

Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

September, 2014

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 12TH YEAR!

Saturday September 6th:

- Northern Arts Council Annual Art Fair
- Ferguson Eco Team 8-12
- Music: Plain Label 9-11AM

Saturday September 13th:

- Author's Fest: Braxton DeGarmo – Thrillers: The Militant Genome, Indebted, and more
- Margo Dill – middle age and young adult books: Finding my Place, Caught Between Two Curses, and more
- Mike and Carol Hodge – "The Creator's Essence" (Carol), "Where is the United States in Bible Prophecy" and "Unto Us A Child Is Born" (Mike)
- Connie Brown – "Simple Wisdom Nuggets", Encouragement
- Northern Art Council Children's Activities
- Music: Boeing Jazz Band

Saturday September 20th:

- Ferguson Health & Wellness Fair
- Curves Market Tour with Farmers Market Manager
- Music: Maple Jam Band 9-11AM

Saturday September 27th:

- Ferguson Street Fest, farmers only 8-11AM

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

CITYWALK CONCERT SERIES

PLAZA AT 501
 Upcoming Show...

Jim Stevens Group
 Jazz
 Friday, September 12
 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 S. Florissant Rd.
 For more information call 314-524-5197 or email citywalk@fergusoncity.com
 www.fergusoncitywalk.com

Ferguson StreetFest 2014

September 26 & 27
 Victorian Plaza
 20 S. Florissant Rd.

Schedule of Events

Friday 4 p.m. to 11 p.m.	Saturday Noon to 11 p.m.
4:00 - 11:00 StreetFest Market	12:00 - 11:00 StreetFest Market
4:00 - 10:00 Rock Climbing Wall	12:00 - 2:00 Citywalk Business Fair
4:00 - 9:00 Tie Dye T-Shirts & Crafts	12:00 - 8:00 Home Brewing Demo
4:00 - 7:00 Games & Balloon Creations	1:00 - 2:30 Jeanne Trevor Jazz Concert
4:00 - 8:00 Home Brew Beer Demo	1:00 - 4:00 Pony Rides
4:30 - 5:00 Ferguson Talent Show	1:00 - 5:00 Games, Balloon Creations, Circus Workshop, Face Painting & Washers Tournament
5:00 - 9:00 Photo Booth	1:00 - 8:00 Tie Dye T-Shirts
5:00 - 6:30 Kevin Bilchik Blues/Rock Concert	3:00 - 4:30 Whiskey Dixon Country Concert
6:30 - 7:00 Ferguson Talent Show	4:00 - 6:00 Caboose Tours
7:00 - 8:30 Johnny Rock-Itt Rock Concert	6:30 - 7:00 Manly Man High Heel Keg Relay
8:30 - 9:00 Ferguson Talent Show	Girly Girl Combat Wench Relay
9:00 - 10:30 The Smash Band Top 40 Concert	7:00 - 8:30 Coco Soul R&B Concert
10:30 - 11:00 DJ	7:00 - 10:00 Fortune Teller
	10:30 - 11:00 DJ
	9:00 - 10:30 Fat Pocket Concert
	10:30 - 11:00 DJ

Activities and Times are subject to change. For updated information go to FergusonStreetFest.com

Allied Holiday Pick-up

Labor Day, Monday, September 1st

Mon. routes will be picked up Tues., Sept. 2
 Tues. routes will be picked up Wed., Sept. 3
 Wed. routes will be picked up Thurs., Sept. 4
 Thurs. routes will be picked up Fri., Sept. 5
 Fri. routes will be picked up Sat., Sept. 6

The "Ferguson Times" is a privately owned newspaper. The City of Ferguson is an advertiser.

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Food Truck Monday on the Walk



MONDAY, SEPTEMBER 15
 (3rd Monday of month thru October)
11am to 2 pm
Plaza @ 501
501 South Florissant Road
 Finger Foodies, Vincent Van Donut, Juicemasters & more!
 For all participating trucks go to:
www.fergusoncitywalk.com

Dreaming of Performing at Ferguson StreetFest?

Show us what you got!
 Ferguson Talent Show at StreetFest
 Friday, September 26, 2014, 4:30 p.m. - 9 p.m.

Advance registration required. For more information, call 314-524-5197.

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



Greetings from CityWalk

Steady Rain doesn't Dampen the Spirits of Ferguson Residents at Farmers Market.

Saturday, August 16, 2014; Even as a steady, soaking rain fell upon the farmer's fields, saturating the earth and spreading it's nutrients to the roots of their plants, fruits and vegetables, the comradery of the market patrons spread sunshine into the heart of Ferguson.

We now have an opportunity to spread the spirit of diversity throughout our community that PROUD, (People Reaching Out for Unity and Diversity), started almost 10 years ago. Now is the time to support what our community has to offer.

I hope by now the media is gone and we have started the healing process to bring our community back to what we had before the commotion began. How can I get help in the healing process?

Get involved. Take the time to support your fellow business community. I know that nobody has a lot of time with all of your everyday activities of running your business, but all business owners have these same duties. Make the time. Schedule an appointment with your business neighbor. Get involved.

The Ferguson Special Business District is a group of your fellow business owners dedicated to promoting Ferguson as a community that has your best interests at heart. They work hard planning events that brings people to Ferguson who are not familiar with Ferguson.

Have you been to one of the concerts at the Plaza at 501? Are you planning on supporting Streetfest?

In last month's 'Ferguson Times,' Mama Lisa, the author of Djeli Tales, asked the question as to why Ferguson didn't have a list of the African-American business owners. Wouldn't it be better if these business owners were to get involved so that everyone knows who they are as opposed to being on a list? Now is the time to get involved and bring Ferguson back to where it was before this commotion began. Let's take this time, step up and make it happen. Every third Thursday of the month is our board meeting. We meet at 5:30pm in the offices of Pearce Neikirk & Assc. office located at 427 S. Florissant Road. Our next meeting is September 18 and all businesses in the downtown district are invited. All I am asking is that all businesses join together and help put Ferguson in a positive spotlight!

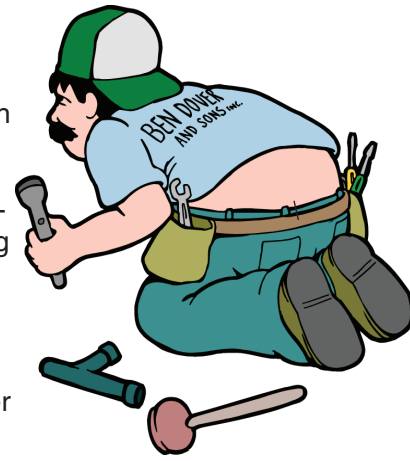
Until next month, I'll be walking 'The Walk', taking the steps to move Ferguson forward!

NOTE: Possible opportunity for one month billboard for CityWalk businesses. For more information call 314-524-5197 or email <citywalk@fergusoncity.com>

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Shorter days, leaves dropping, quiet streets, kids in school, Ferguson people being Ferguson people, (Thank God) Farmers Market showing this summer's bounty, mums showing up at grocery stores . . . it must be September and time for the end of summer edition of the Plumbers Crack.



you it's time for them to change your meter, call your plumber or HVAC person BEFORE they come out to do it. Your service person will then do a pressure check on your gas system and if you have a leak anywhere we can find it and fix it. If the gas company sees a drop in pressure they lock your meter and tell

We'll Crack fans I'm sorry to see the summer come to an end; as you know weather-wise it was just about perfect. Plumbing-wise it was a good one too. It seems a lot of you have been paying attention to my advice. I've gotten a lot of calls from you and emails telling me that my advice worked. One problem I'm still having or I should say you're still having, is gas piping.

Please understand, I am not trying to make the gas company look like the bad guys. They save countless lives every day with preventive measures instituted by service calls and meter changes. I know those of you that follow my article are going to say, "Not again . . . Oh Baby's giving us gas again." Yes I am, but I'm also going to be your Tums.

The one thing I didn't tell you about was not only does the gas company come out to replace gas lines in your yard, they also change your meter periodically. If you get a notice from the gas company telling

you to call a plumber to find and fix it. Now your out of gas until we can get to you. The same thing goes if you smell gas. Call a service company. Now naturally if it's a strong smell, don't hesitate to call the gas company. Your safety comes first.

Well readers of the Crack, it's that time again. Yes I can see you're getting all feisty. Calm down. Don't break the toilet seat. Here comes the Word of the Month. It's a Pilot Tube. It's that chrome tube on your water heater that carries gas from the control valve to the burner.

It's time to end another riveting article of the Plumbers Crack and I would like to tell you how proud I am of our community. Our resolve has been tried and just like any good family we have come together and stayed strong. So keep up the good work; keep on checking on your neighbors; keep good dialogue going; watch out for and hug your kids. Stay and shop Ferguson and join one of our many organizations. It may be a little work but always fun.

God Bless you all, Oh Baby



Reinvest North County Fund

NCI and the Regional Business Council (RBC) has organized an immediate business response to support small business owners and school children who were impacted by the recent tragedy in the City of Ferguson and surrounding communities.

The Reinvest North County Fund, established through North County Regional Development Association, a 501(c)(3), has a twofold purpose: first, to provide immediate relief to small business which have been hurt by this tragedy and second, to provide school districts with appropriate resources to show their children how important school is, particularly in times of distress.

The public is encouraged to contribute to this fund, and can visit <https://givver.com/north-county-inc/ferguson>. Givver is the easiest way to make a contribution - users sign up for Givver once, and then tweet #HelpFerguson to donate. Checks can be made payable to the Reinvest North County Fund at the 501(c)3 non-profit North County Regional Development Association, 350B Village Square Drive, Hazelwood, MO 63042.

The Regional Business Council has stepped up with a \$10,000 donation for this effort and has enlisted the following inaugural donors: the Civic Pride Foundation of the St. Louis Convention and Visitors Commission, Clark-Fox Family Foundation, J.W.Terrill, Negwer Materials, Inc., SSM Health Care, St. Louis Regional Chamber, UMB Bank, the University of Missouri St. Louis and the Kwame Foundation.

Those wishing to apply for funding should fill out the very short and simple form on NCI's website at www.NorthStLouisCounty.com.

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.

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

**"Ferguson Times" now on line:
FergusonCitywalk.com**

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



Provident Offers Counseling Support Following Ferguson Crisis

No Out of Pocket Expenses for Youth Under Age of 20

The tension and unrest in Ferguson in the aftermath of the shooting of Michael Brown, an 18-year old unarmed youth by a Ferguson police officer, demands attention in order to stabilize the situation. Anger and frustration are running high and community members need the opportunity to express their feelings and concerns. Provident offers counseling services to individuals and families in our Ferguson Office at 409 South Florissant Road. And youth, who are under the age of 20 who reside in St. Louis County may obtain services with no out-of-pocket expenses, thanks to a grant from the St. Louis County Children's Service Fund.

Provident's diverse, professional and licensed therapists can address the anxiety, frustration and grief that individuals are experiencing after such a traumatic event. To schedule an appointment, simply call 314.533.8200.

In addition to one-on-one therapy, Provident maintains a 24/7 crisis hotline, offering immediate telephonic counseling to individuals in need. Call 314.647.HELP (4357) or 1.800.273.TALK (8255).

Serving the St. Louis Area since 1860, Provident is an accredited, nonprofit, United Way-funded agency that helps individuals and families to a brighter future through counseling, suicide prevention, and community outreach.

For more Information, contact: Janet Frain
Manager, Communications
Direct: 314-802-2629

Disc Golf

Friends of Ferguson Disc Golf have proposed plans to the Ferguson Parks and Recreation Department for a disc golf course to be developed at one of Ferguson's fine parks.

Disc Golf, one of the fastest-growing sports in the U.S. and around the world, can be played by individuals or groups and consists primarily of throwing discs aimed at target cages that are elevated on poles and fixed in the ground.



A life sport for all ages, interested golfers can make direct inquiries by email to FergusonDiscGolf@gmail.com.

Joe Wenger



Ferguson Community Center

Grand Opening Family Fun Fair

Saturday, September 20, 2014

10:00 a.m. to 4:00 p.m.

Ferguson Community Center, 1050 Smith Avenue

- . Food
- . Games
- . Inflatable Obstacle Course
- . Hourly Drawings
- . Radio Disney
- . Facility Tours
- . Fitness Class Demos
- . Special Appearances

Free shuttles will run approximately every 30 minutes from the Ferguson Farmers Market and the First Baptist Church Parking Lot at the corner of N. Florissant Rd. and January Ave.

Public Notice

The VILLAGE OF CALVERTON PARK will hold a public hearing to discuss the reasons that the Board of Trustees have determined this community may become a fourth class city. The election to establish our village to a city will be held November 4, 2014. The public hearing will be held at 6:30 p.m. on September 22, 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 September 22, 2014.

For More Information Call: (314)524-1212, Ext 11
1-800-735-2466 RELAY MISSOURI
Equal Opportunity Employer

All You Can Eat
CHICKEN & DUMPLINGS
DINNER



- Green Beans
- Cole Slaw
- Dessert
- Drink
- Lemonade

FRIDAY, SEPTEMBER 19
4:00 to 7:30 pm

St. Stephen's Church (corner of Clay and Darst)

Adults: \$8.00
Children (under 12) \$4.00

All proceeds benefit the Ferguson 4th of July Festival 2015

Ferguson Community News Page

Turning Tragedy into Triumph

By Mayor James W. Knowles III,
on behalf of the entire council



Over the past two and a half weeks we have been meeting with residents, religious and elected leaders, and other members of the community to establish immediate, intermediate, and long-term solutions to address concerns raised by this devastating series of events. We are exploring a range of actions that are intended to connect our community members and demonstrate the transparency of all of our City departments, including making commitments to the following:

- Establishment of a Police Commission comprised of residents to advise the city on Police policies and procedures.
- Support countywide programs to increase the number of African American applicants to local law enforcement training academies.
- Develop programs and incentives to encourage residency of police officers in the City of Ferguson.
- Raising funds to secure and install dash and vest cameras for our Police Department.
- Work with local school districts and educational institutions to further engage young people in our community by providing better resources for continued growth.
- Rebuilding and enhancing the West Florissant Avenue corridor guided by the West Florissant Avenue corridor study that was developed in partnership with St. Louis County and the City of Dellwood.
- Expanding and enhancing the school resource officer program.

We will do everything we can to improve the quality of life for all Ferguson residents. To that end, we are actively working with a number of agencies at the County, State, and Federal level. We will keep you informed about new initiatives that come from these efforts.

We have been inspired by the acts of kindness and support shown for our community over the past several weeks. Resident-led initiatives such as the "I Love Ferguson Committee", social media hashtags "This is my Ferguson", "Ferguson Strong", and "Ferguson Proud", the McCluer Alumni Association food drive, the community's unwavering support of our local businesses, and the countless volunteers who have come out to clean up along the West Florissant Corridor and nurture our children while our local schools have been closed are all examples of what makes Ferguson home.

We would like to extend our gratitude to the officers of the Ferguson Police Department, the Missouri State Highway Patrol, the St. Louis County Police Department, and countless other municipal police departments who have secured our City over the past several weeks. Many of these officers worked extended shifts in difficult conditions during this time to ensure peace and order for our residents.

We recently had to make the difficult decision to postpone the August 26, 2014 City Council Meeting after consulting with the Missouri State Highway Patrol, the St. Louis County Police Department, and the Ferguson Police Department. Due to increased interest from residents wishing to attend this meeting, we are searching for a larger venue to accommodate the anticipated attendance. Our priorities remain the safety and well-being of our residents and to allow for honest, productive communications. The rescheduled date and location will be announced in the near future.

The Council and I will be requesting resident input in the coming days via postage paid comment cards. Those comment cards will be delivered this week to every home in the City, they will be available at businesses around the City, and an online forum will be created for those who wish to submit their comments online. The Council and I have a strong desire to hear public input and are committed to using that feedback to develop specific actions to be taken to restore the public trust and move our community forward in a positive direction.

Our city has endured great challenges over the years, from two devastating tornadoes to a national housing and financial crisis. No matter the challenges we have faced, we have proven our resiliency while we continue to persevere and overcome all obstacles. Over the next several months our staff, our businesses, and our citizens will once again turn tragedy into triumph, as the world watches us come together and heal as one community.

The Ferguson City Council will meet twice in September. The meetings will be held in the City Council Chambers at 110 Church Street.

The meeting dates are:
Tuesday, September 9 at 7:00 p.m.
Tuesday, September 23 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	Sept 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	Sept 11 7 pm	Jeske Park (Ice Cream Social)	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	Sept 15 7 pm	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	Oct 2 7 pm	First Baptist Church 333 N Florissant	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	Sept 4 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	Sept 15 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Ken Barnadyn 314-524-5254
Wabash Neighborhood Assn.	Sept 8 7 pm	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com

Attention Ferguson Homeowners

Fix up your home with a low-interest Custom Home Improvement Loan through UMB Bank! Enjoy a simple interest loan with no prepayment penalty and a fixed interest rate for the life of the loan. Loan amounts range from \$2,500 to \$25,000. Loan funds may not be used to refinance existing debt or for improvement projects completed prior to the loan.

With a low-interest loan you could:

- Paint the interior or exterior of your home
- Add new siding
- Repair or replace a fence
- Repair or replace the roof
- Pave or repair your driveway
- Install new windows
- Update your kitchen or bath
- Complete other repairs or improvements

General qualifications:

- You must own and occupy the property to be improved as your primary residence
- You must have good credit history and the ability to repay the loan
- You must have a City of Ferguson occupancy permit
- Your waste disposal payments must be current
- You must not use more than 15% of the total area of your residence in a trade or business
- A City of Ferguson Exterior Appearance Inspection will be conducted. The loan may be used to abate code violations.

For more information and a full list of loan terms please call the Ferguson Neighborhood Improvement Program at 524-5158. For a loan application please call UMB Ferguson Banking Center at 314-595-6000.

Download Ferguson's mobile app today!
Check it out by searching for "Go Ferg!" or "Ferguson, MO" in the Apple App Store or Google Play.

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 coming to a close and the Ferguson Recreation Department has some programs that fit the mood. Be sure to get up to the Recreation Office to register or call us at (314) 521-4661.

Community Center

The NEW Ferguson Community Center is almost completed. The City of Ferguson is excited to offer a diverse range of programming at the new Community Center including fitness classes, youth programming, teen programming, senior programming, and fun family activities. The building will consist of a fitness area, a game room, gymnasium, internet café, locker rooms, multi-purpose rooms, senior center, and a teen center. The building will be open Monday through Friday from 6:00 a.m. to 9:00 p.m., Saturday from 8:00 a.m. to 9:00 p.m., and Sunday from 1:00 p.m. to 5:00 p.m.

The Community center will be available for rentals for special events, meetings, and parties as well as provide space for a variety of community groups such as neighborhood associations, civic groups, and other local organizations to meet. The multi-purpose rooms will be able to house a small meeting up to a larger event.

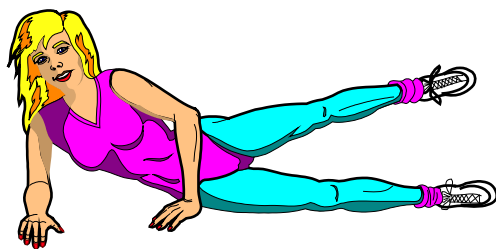
The City of Ferguson will be hosting an open house event on September 20, 2014 from 10:00 a.m. to 4:00 p.m. The Grand Opening Fun Fair will include games for families, food, and tons of fun. We look forward to showing off our new community center!

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 non-stop series of integrated movements. Yoga sessions run on Tuesdays and/or Thursdays. The cost for a 6 week session is \$25 for members, \$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. The cost for a 6 week Tai Chi session is \$34 for members, \$39 for residents, and \$44 for non-residents. Sign up today!



High Impact Aerobics

Want to improve your cardiovascular health and burn off those holiday pounds? Our high-impact class involves exercises that get your feet off the ground and really get your heart pumping. Classes are offered three days a week. It's easy to get a routine started. If you're ready to burn those pounds off, give high-impact aerobics a try. The cost for an 8 week session is \$19 for members, \$24 for residents, and \$29 for non-residents for one punch card.

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. The cost for a 6 week session is \$34 for members, \$39 for residents, and \$44 for non-residents. Sign up today!

Adult Softball

Break out the glove and step up to the plate in the Ferguson Fall Softball League. Registration ends August 29, league starts in September.

Ages: 21 and up
 Days: Sun: Men, Thurs: Seniors, and Fri: Co-Ed
 Times: 6:30 p.m. - 9:30 p.m.
 Location: Forestwood Park
 Sunday Fee: \$310/Residents \$350/Non-Residents
 Thursday Fee: \$310
 Friday Fee: \$190/Residents \$230/Non-Residents

Adult Volleyball

Calling all teams for adult volleyball! Come on out for either our Monday or Thursday League. Registration starts August 1, league starts early September.

Ages: 18 and up
 Date: Mon, Sept 8 - Nov 17 Thurs, Sept 10 - Nov 20
 Days: Mon and Thurs, 6:30 p.m. - 9:30 p.m.
 Location: Ferguson Middle School
 Fee: \$180/Residents \$195/Non-Residents

Adult Coed Kickball

Go back to the good old days and join the Ferguson Kickball League! Registration is now open.

Ages: 21 and up
 Date: TBD
 Days: Fri
 Times: 6:30 p.m.
 Location: Forestwood Park

Fee: \$155/Residents

Puppy Pre-School

Get your puppy off on the right paw with classes that encourage good behavior while helping you establish a strong bond with your new arrival.

Date: TBD (Call Recreation Office)
 Time: Fri, 6:00 p.m. - 7:15 p.m.
 Location: January Wabash Park
 Fee: \$49/Resident \$54/Non-Residents

Beginner Dog Obedience

Covers commands such as heel, sit, down, stay, and come. Introduction to agility and socialization with other dogs and people.

Date: TBD (Call Recreation Office)
 Time: Thurs, 6:30 p.m. - 7:45 p.m.; Fri, 7:30 p.m. - 8:45 p.m.
 Location: January Wabash Park
 Fee: \$49/Resident \$54/Non-Residents

Advanced Dog Obedience

This class expands on all beginner level instruction with further development for your dog to learn behaviors involving distance, duration and distractions.

Date: TBD (Call Recreation Office)
 Time: Mon, 6:45 p.m. - 8:00 p.m.
 Location: January Wabash Park
 Fee: \$49/Resident \$54/Non-Residents

Day in Effingham, IL

Join us for this trip to the "cross at the crossroads". We will enjoy a variety of locations and wonderful stops including: Firefly Grill, My Garage Corvette Museum, shopping, and tours.

Date: Thurs, September 18
 Time: 8:00 a.m. - 6:30 p.m.
 Fee: \$75/Residents \$80/Non-Residents

Mystery Trip

We can't tell you much, but we promise you will enjoy this trip to a beautiful area of our country!

Date: Thurs, Sept. 25 - Sun, Sept. 28
 Time: 7:00 a.m. - 10:00 p.m.
 Fee: \$620/Residents \$645/Non-Residents
 (double-occupancy)

Branson, Missouri

Join us for this great trip to Branson, MO. We will enjoy several shows while staying at the Savannah House for 2 nights. Features include an extensive breakfast each morning and a warm treat each evening.

Date: Thurs, October 9 - Sat, October 11
 Time: 7:00 a.m. - 8:30 p.m.
 Fee: \$480/Residents \$505/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. Half off for the remainder of 2014.

Yearly Fee: \$15 Residents \$30 Non-Residents
 \$5 per additional dog (three dogs per family).

Dog Splash

Bring your dog out for an evening of swimming and socializing. September 3 from 6 p.m. - 8:00 p.m.

Fee: \$10 per dog w/ 1 human \$3 per additional human

Ferguson Hires New Municipal Services Manager



The City of Ferguson welcomes Ronald Kilburn as its new Municipal Services Manager. For the past 32 years, Mr. Kilburn worked for the Ohio Department of Transportation (ODOT), where he most recently served as a Transportation Manager. He was in a management role for 17 years at ODOT. Mr. Kilburn also has extensive experience managing natural disasters, such as flooding and heavy snow.

Mr. Kilburn is looking forward to getting to know the employees and the community. His first day with the City was Monday, August 4. Please join us in welcoming him to Ferguson.

Volunteer With Your Heart

AND BRING COMFORT INTO SOMEONE'S LIFE

Everyday people say "I would like to be a part of helping someone" and just don't know where to start...you can start here!! Hospice is a special kind of care designed to provide sensitivity and support for people in the final phase of a terminal illness. Heartland Hospice's goal is to provide palliative and supportive services to meet physical, psychological, social and spiritual needs of patients and their families in a health care facility or other residential settings. Volunteers can provide one-on-one attention to residents who are lonely or cut off from their families, thereby reducing feelings of isolation and contributing to their sense of belonging. Veterans dedicated to visiting with other Veterans are also needed in our hospice care. The benefits are endless when one can make a "DIFFERENCE".

Volunteers are the heart of the Hospice Team.

We depend on our Hospice volunteers to help us provide the extra love and care our clients and their families need at this time in their life. Heartland volunteers offer support, companionship and practical, caring help to this special group of people. Staying with the patient so family members can take a break, reading scripture to patients, or holding their hand. The help and support our volunteers give is returned to them in countless ways. You can make a DIFFERENCE. All assignments are in close proximity to your home, work or school. You can donate as little or as much of your time as you desire. Please contact Virginia at 314-453-0990 if you would like to bring something special into someone's life. Be sure to inquire about our next Training Class.

Be Part of Project Kingdom Building!

Job losses, foreclosures, and overall concern about the future has put tremendous stress on families. Developing strong family units through spiritual guidance, educational and economic opportunities are key components of Project Kingdom Building. Goals to address these issues include establishing programs for mentoring, coaching, college planning, and entrepreneurship; establishing computer centers and technology resources after school and weekends for Youth; providing college fairs, and information with focus on math, science, and technology, just to name a few goals.

You are cordially invited to any of the below events. All events will take place at 1442 Hudson Road.

- Thursday, September 25, 2014 – Civic Night, 7:00 p.m.
- Friday, September 26, 2014 – Gospel Explosion, 7:00 p.m.
- Saturday, September 27, 2014 – Community Day, 9:00 a.m.
- Sunday, September 28, 2014 – Family and Friends Day, 11:00 a.m. and 3:30 p.m.

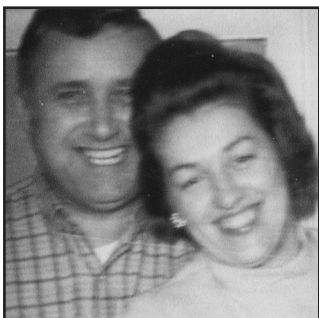
In addition to attending an event, we invite you to support this effort financially. Check the amount you desire to give.

_____ \$1000 _____ \$500 _____ \$250 _____ \$100 _____ Other

Please make checks or money orders payable to All Creation Northview Holiness Family Church or ACNHFC and mail to ACNHFC, P.O. Box 11001, Ferguson, MO 63135, Attention: PROJECT KINGDOM BUILDING. You can donate online by going to www.acnhfc.org, click on Donation, complete Donation Information, and click on Donate at the bottom of the page. ACNHFC is a 501-c3 nonprofit organization. You may request a receipt for tax purposes.

For additional information, please call the Church at 314-521-2444 or Mrs. Antoinette Watson at 314-650-5504.

Margaret "Mert" Schaefer June 7, 1936 - August 7, 2014



Frank and Margaret Schaefer

Margaret Schaefer, age 78, of St. Charles, Missouri, Fortified with the Sacraments of Holy Mother Church, passed away on Thursday, August 7, 2014 after a courageous battle with breast cancer. She was the loving wife of the late Francis "Frank" Schaefer, a Ferguson police officer for many years.

"Aunt Mert" had no children of her own but was always active and fun loving, making her the favorite aunt of her many nieces and nephews.

Margaret was a devoted member of St. Charles Borromeo Church and a member of the St. Charles Borromeo Choir for 17 years. She was also a member of the Ferguson Lion Club and International Juvenile Officers Association Women's Auxiliary. She was deeply loved and will be missed by all who knew her.

Educational Seminar on Heart Valve Disease

If you have heart valve disease, you need to know the risks. Problems could be life-threatening. Even if treated with medications, faulty heart valves might need to be repaired or replaced.



Anyone interested in learning more about heart valve disease is invited to a special presentation by Georges Chahoud, MD, a board-certified cardiologist with SSM Heart Institute at DePaul Health Center, and David Theodoro, MD, a board-certified cardiothoracic surgeon with SSM Heart Institute at DePaul Health Center. "Healthy Heart Valves" will be held from 6 to 7:30 p.m. Thursday, Sept. 4, in the May Center at DePaul Health Center, 12303 DePaul Drive in Bridgeton.

Drs. Chahoud and Theodoro will explain why it's so important to manage heart valve disease and discuss the latest advances in treating valve problems — including minimally invasive surgery using the da Vinci robot.



Enjoy dinner and get answers to all your questions about heart valve disease. The free program includes a light dinner. Space is limited and reservations are required. Please call 1-866-SSM-DOCS (1-866-776-3627) to register by phone or register online and learn more about heart health at ssmhealth.com/heart.

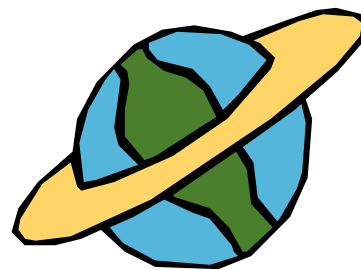
AAUW Reception

The American Association of University Women Ferguson-Florissant Branch (North County) opens its program year with a reception on Sunday afternoon, September 21, 2014, from 2:00 to 4:00 p.m.

All individuals interested in women's equity are invited to attend. An overview of AAUW's mission, programs, and activities will be featured at the event, including a review of AAUW's 130 plus years of advocacy for women and girls. Attendees will learn more about the long-standing advocacy mission of the organization. The latest research reports underwritten by the organization will be distributed.

Refreshments will be served. For additional information or to obtain directions to the reception, call 314-831-6884 or 314-831-5359 or e-mail sbreeze@mindspring.com.

And Now a Word from Our Planet . . .



The aluminum can you toss out your car window will still be there 500 years from now.

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

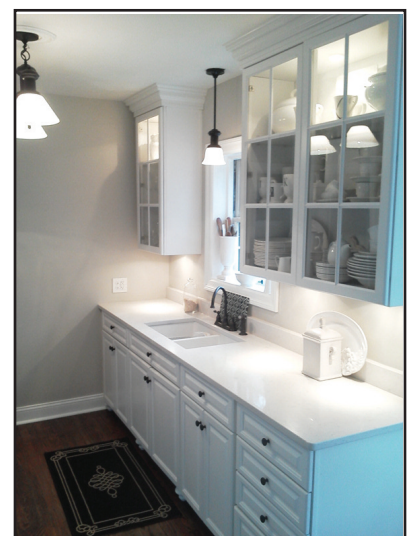
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dan@cowinconstructionllc.com

Community Health Fair

Memorial Tabernacle Christian Life Center
1350 South Lafayette St., Florissant
Saturday, October 18th – 9:00 a.m. to 3:00 p.m.

The purpose of this Community Health Fair is to increase the awareness of health-related issues and conditions affecting men and women of all walks of life through the provision of health and wellness information and screenings from local health organizations throughout the Greater St. Louis Metropolitan Area. Information regarding local, state, and national health services, screenings and resources will also be available. We want to motivate everyone to make positive health changes.

314.921.6825 or info@mtclcenter.org

Oak Hill Annual Homecoming

Sunday, September 21, 10:30 a.m.

Pastor Gibby Adams will bring the sermon during the Worship Service, followed by a Luncheon in the Church's Fellowship Hall for meet and greet.

**Pastor Harry Birlew of Oak Hill Baptist Church
3166 Pershall Road in Ferguson**

Our Lady of Guadalupe Parish is...



YEARS OLD

Save the date to join us for a walk down memory lane.
**SUNDAY, OCT. 12
1:30 - 4:00 p.m.**

Our Lady of Guadalupe Catholic Church
1115 S. Florissant Road
Ferguson

Meals On Wheels Needs Volunteers

We are looking for volunteers to deliver hot meals to our community Seniors 60+ who are homebound. This service allows them to remain independent in their homes. Time commitment is 1-2 hours per week. Mileage is reimbursable.

Please call Theresa or Dave at 314-741-1930 to offer your services.

Come One, Come All . . .

St. Peters United Church of Christ

(1425 Stein Road at West Florissant)

is hosting a . . .

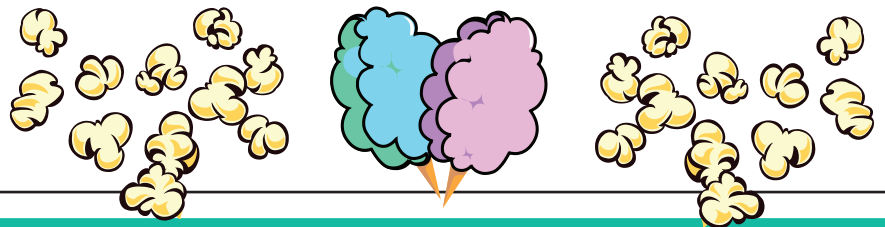
FREE COMMUNITY PICNIC!

Sunday, September 7

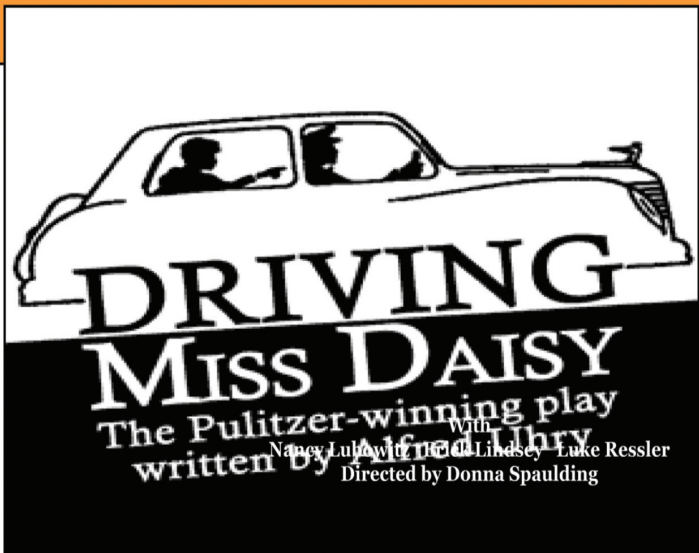
- Giant Inflatable Slide and Obstacle Course
- Popcorn
- Snow Cones
- Cotton Candy
- Arts and Crafts
- Face Painting



Children under the age of 15 MUST be accompanied by an adult



St. Peter's United Church of Christ and North County Ensemble Players Present



A LIVE theatrical production of this Classic!

September 19 & 20, 2014, 7:00 pm
Two performances only!

Admission is free to Our Neighbors and Friends!

Recommended for ages 10 & up!

St. Peter's United Church of Christ is located at
1425 Stein Road at West Florissant Ave.
For More Information Call 314-521-5694

These Books Need New Homes!

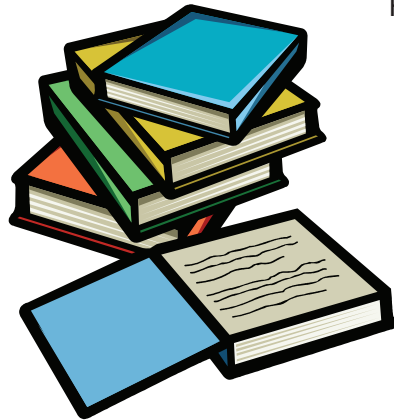
FLIERS (Friends of the Ferguson Library)

FALL BOOK SALE

Friday, October 17
Noon to 5:30 pm
and
Saturday, October 18
9:00 am to 3:00 pm

All proceeds go to the library and all workers are volunteers

**Library Auditorium
35 No. Florissant Road**



Ferguson Library Storytime

Children (ages 3 to 10) and their parents and caregivers are invited to join us on **SATURDAY, SEPTEMBER 20TH AT 10:00 a.m.** As the weather starts to cool off, kids come back to school, and the year inches closer to fall, the Library celebrates September with books dealing with the harvest and shifting seasons. and . . .

EVERY MONDAY AT 10:00 a.m.

We'll have stories, songs and crafts. Always FREE!

**Ferguson Public Library
35 No. Florissant Road
314-521-4820**

Trunk or Treat



October 31st – 6pm-8pm

Ferguson Church of the Nazarene, 1309 N. Elizabeth Ave.

Trunk or Treat is a safe and family-friendly party on Halloween. Children enjoy trick-or-treating by going from trunk to trunk to receive candy from costumed car owners. Please come and join us!

For more information, call (314) 522-3388.
www.fergusonchurch.org
Facebook: Ferguson Church of the Nazarene
Ferguson Nazarene Kids

The Ferguson Cyclist by Gerry Noll

This month's column can't be all about bicycling. Not after the shooting of Michael Brown by a Ferguson police officer and all the turmoil that followed. But it can be about hope for the future.

Ferguson has become a byword for racial injustice, the disenfranchisement of blacks, the militarization of the police, etc. We even have our own hashtag "#Ferguson". That's alarming to those who love Ferguson and mourn the loss of its reputation.

The City allocated money in this year's budget for a branding study. It's too late for that. The last few weeks have branded Ferguson. This branding won't be turned around by a slick campaign.

However, it can be turned around. We have been given the opportunity to be a model for how a town can solve the racial problems that plague our entire country. If we do that we won't have to worry about how we're branded. Our branding will take care of itself.

We didn't ask for this opportunity but it's been thrust on us. Very few communities have the opportunity to have a national impact. My hope is that as a community we will seize the opportunity and lead the way. I'm optimistic that there are many like-minded people living in Ferguson who want to seize that opportunity. If we do that, two, three, five years down the line, Ferguson, and the hashtag "#Ferguson", can be a byword and model to the country for how to work through and solve many of the problems of racial injustice.

* * *

A few encouraging things happened at the bike shop in the middle of all this.

First, a new customer brought two bikes for us to work on because she wanted to bring her business to Ferguson. She said that these events motivated her and her husband to come to Ferguson more frequently now in order to support the community.

Second, a few bicyclists from around the metro area began showing up in the shop and purchasing items to show their support.

And third, a normal number of people chose to weigh-in at the shop during the current Just Lose It! weight loss challenge sponsored by Christian Hospital Northeast. Normally we have 20-25 people weighing in for the 12-week period of the challenge. For this session, which began Aug. 16, we have 27 people weighing in. Every one of them could have chosen to weigh in at other places in the area. The fact that a normal number chose to weigh-in here is a vote of confidence.

* * *

How can bicycles be woven into these events? For some reason, a person on a bicycle is seen as non-threatening. I've seen this demon-

strated before when exploring on my bicycle. A car moving slowly through a neighborhood might be regarded by the residents as suspicious. But a bicyclist moving slowly through a neighborhood is ignored.

During the protests on W. Florissant at least one local bicyclist was able to ride around and even between police lines without arousing any notice or suspicions. And then during a Sunday afternoon rally at Greater Grace Church that featured Al Sharpton, etc., while Pershall Rd. was gridlocked with cars and people were parking a long ways away and hiking in, those of us who went by bicycle were able to easily ride right to the event.

* * *

Life must go on. Bicycle rides will continue.

Weekly 10-10-10 bicycle rides. Leaving from the Ferguson Bicycle Shop every Saturday, these rides go 10 miles at 10mph. Meet behind the shop at 10:00am, and be ready to leave promptly at 10:10am.

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. More info at <http://www.bworks.org/events/>

- Sept 13th • Lafayette Square and Soulard Meet at the Lafayette Square Park Office and former Police Station, near the southeast corner of the Park at the intersection of Lafayette & Mississippi
 - o Explore the first municipal park west of the Mississippi, the oldest extant "private place" in St. Louis, and BikeWorks' neighbors in this tour of two of the most historic neighborhoods in the entire Midwest.
- Oct 18th • Bellefontaine Cemetery. Meet just inside the cemetery gates, 4947 West Florissant (near the intersection of W. Florissant and N. Kingshighway)
 - o Visit some of the most important "ghosts" from the City's past and learn about their role in the history of both our city and our country on this tour of the first "rural cemetery" west of the Mississippi.

Sunday Parkways/Youth Festival – October 12, 1-4pm. The last Sunday Parkways of the year will also be a youth festival organized by FYI - Ferguson Youth Initiative. In addition to the usual Sunday Parkways activities (rock climbing wall, free helmet fittings, bike blended smoothies, loaner bikes, jump rope, clowns/face painting, family fitness challenge, Zumba, life-size chess and checkers, etc.) there will also be activities organized by teens, including live bands, puppets, and an obstacle course. More info at <http://fyiferyouth.org/programs/teen-festival-2014/> and <http://livewellferguson.com/main/livewell-events/sunday-parkways/>.

* * *

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

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1080 Chatelet – \$207,900

This home is located in a cul-de-sac neighborhood providing peace and quiet for the new owners. With 4 bedrooms, 3 and a half baths and a finished walkout lower level, you are going to enjoy entertaining large groups of family and friends. The TREX deck overlooks a wooded backyard with multiple water features. Call us today.

1245 N. Elizabeth – \$73,500

This home may be the most easily identified in all of Ferguson. Tucked in between two of Ferguson's many churches, the home faces to the north on Elizabeth on a pie wedge shaped lot. The home is in great condition with 3 bedrooms, spacious Dining and Living rooms and a walk out lower level. The TREX deck is just off the kitchen and is covered, perfect for rain delayed bar-b-ques. Call Wayne Moss at 706-1875 for more information and for your appointment to visit.



We are Bullish on Ferguson's future . . . and THAT. IS. NO. BULL!



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A Bit of Levity



A scene along Florissant Road.

Women's Retreat

**Hosted by Ferguson Christian Church
Saturday, October 18 – 7:30 a.m. to 4:30 p.m.**

The retreat is a relaxing chocolate-themed day with the focus on helping women build a strong relationship with God as well as lasting friendships.

**Registration by Oct. 12th. Call Angie Garner (314) 521-4850
Ferguson Christian Church, 303 No. Elizabeth**

ROBYN L. STRANQUIST

Attorney at Law

101 Darst Road • Ferguson, MO 63135
314-521-1401

The Ferguson Computer Corner

by Doug Neely



SEPTEMBER: BACK TO SCHOOL MONTH!

i hope that all you students have prepared thoroughly and wisely for a new school year. if not, there may yet be some time. and i have to give you all a great deal of credit for actually looking forward to school. many years ago, when i was of school age, not all of my classmates were excited or happy to return. it is wonderful that YOU have such a great desire to study, learn, and of course, see all your old friends and make new friends! CONGRATULATIONS!

and a great thing about the age we live in is that we have computers to help you study. you can find infor-

mation faster, and it is far more complete than ever. search engines make finding anything a breeze. schools have computers for your use, the Ferguson Library has computers for your use, and many of you have computers at home. you are the most blessed generation yet.

i would suggest that you use www.startpage.com and [wikipedia](http://wikipedia.org) for the great majority of online tasks. if you do not have Microsoft Office, download [openoffice.org](http://www.openoffice.org) from www.openoffice.org; it will be compatible with Microsoft Office. also try out FoxIt Reader at <http://www.foxitsoftware.com/downloads/> it is compatible with Adobe Reader,

and it runs a little faster, as well. if you are using Firefox or Waterfox for your browser, download WOT (Web Of Trust). WOT will then help you to stay away from bad web-sites. read about it and download it here:

<https://addons.mozilla.org/en-US/firefox/addon/wot-safe-browsing-tool/>

ME GO NOW!

before i go, i have one more thing to mention. some of you may want to study the bible for Sunday School or church. you can use WOT to safely find downloadable bibles for study. also, if you are looking for a particular bible verse, you can put keywords or phrases from that verse into your search engine to get the whole verse. i found the following when i searched for love:

"A new command I give you: Love one another. As I have loved you, so you must love one another."

John 13:34 NIV

"Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD." Leviticus 19:18

"For the entire law is fulfilled in keeping this one command: Love your neighbor as yourself." Galatians 5:14

i pray for God's Peace for us all.

...it is now safe to turn on your computer!

If you would like to talk to Doug about your puter issue, or if you just want to talk, call him at:

*314*521*1789* in the afternoon or evening of most any day. When emailing, make sure you include your phone number, and put "i need puter advice" into the subject line.

God bless you!

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314.799.2818

Meet & Greet at the Ferguson Library

Our new Director, Scott Bonner, invites you to get to know him at the Library's Meet & Greet

Monday, September 22, 2014
4:30 – 6:30 PM

Light refreshments provided.

Ferguson Municipal Public Library
35. N. Florissant Rd. 314-521-4820

Curves

We are deeply saddened by the recent events in Ferguson. We know that the residents of this area are strong, diverse and compassionate individuals. Our prayers are with the families involved, our community and our neighbors during this difficult time. We also understand that in this time of sorrow the first thing that many women put aside is their health. For this reason, Curves will remain open. We are proud that our members are women of all sizes, shapes, ages, colors and religions and we cherish each and every one of you. We look forward to seeing you and helping you maintain your healthy lifestyle.

Eileen Dyall
Curves
252 S. Florissant Rd.
Ferguson, MO 63135
Phone: 314-521-7200



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Ferguson Historial Society Invites You to Tour the Cabooses



Saturday, September 27th
4:00 to 6:00 p.m.
During Ferguson StreetFest

Sunday, November 30th
4:00 to 6:00 p.m.
During Ferguson Northern Lights

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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.

Providing financial literacy education and an understanding of how the bigger picture economy affects us individually has always been one of my goals with this column. Like most people in Ferguson, I have been saddened by the events last month involving the death of Michael Brown. As things unfolded it became apparent the problems were much larger than one young man's death. And the effects of this turmoil in economic terms will have a long lasting impact on Ferguson and the St. Louis area. At this time, I am unsure of how this will play out over the next couple of weeks. I can only hope that the results of both investigations have come to the same conclusions and that we can move forward toward healing.

The past week has brought forth many discussions and good things in Ferguson as people look for positive ways to express themselves and suggestions for improving relations in the community. What's important to understand is that this could have happened anywhere. I can see certain areas of St. Charles City that could fit the same demographic as this particular area in Ferguson. If the same thing had happened there it is possible that reactions would have been the same. And if we are honest with ourselves we could all find other areas of St. Louis facing these same issues.

In economic terms this area can suffer from more empty storefronts and a much harder time attracting new businesses among chains and other retail businesses. While many people think insurance will cover the damage experienced during the looting, it very well may. However, the increased cost of insurance and the possibility of being cancelled for too many claims within a short period will make it most difficult for the small businesses. Those owners who have put their sweat equity in a business to provide a service in this community may decide the cost outweighs the benefit. So services such as grocery stores, department stores and restaurants may avoid these areas. I hate to bring it up, but Ferguson had already experienced difficulty in getting certain types of businesses in the past such as a coffee house like "Star Bucks." Just being located in North County carries a stigma in the St. Louis area. So how did Ferguson get a coffee house – a citizen invested in his community by opening one. I am not sure all of those involved with the looting appreciate or even care about this aspect.

Along with the empty storefronts, potential customers who would prefer to shop in areas with more selections and less crime may go elsewhere. Again making it difficult for a business owner to survive even if they are part of a larger chain just because of "fear." When the businesses go, so does the sales tax that would have been paid by the customers who are afraid to enter a war zone. Like dominos the cause and effect reaches further in helping cause the demise of an area by shrinking its tax base.

And where do the taxes come from to fund our schools? I believe much of it comes from property taxes paid by individual home owners and business owners alike. This was probably one of the biggest causes of white flight in the sixties. The fear of losing value in a home came up in many discussions and people started to sell out just because someone of a different color moved into the neighborhood. I remember growing up in Florissant in the sixties and hearing my parents talk to other neighbors when the guy up the street was selling his home and showed it to a black family. Property values were brought up and the fear that the first black family would bring the type of violence that caused many riots during that time. Seeing the newsreels back then seemed so distant and so unlikely to happen here.

Well fast forward 50 years and see that not much has changed. These types of events cause "fear" and many of the economic problems I just described. Listening to the discussions on what caused the anger to explode; "trust" was pointed to many times. When the Civil Rights Act was passed it put laws in place to protect minorities and help level the playing field. Segregation was supposed to become a thing of the past, but the hope that new laws would make us all color blind just weren't enough.

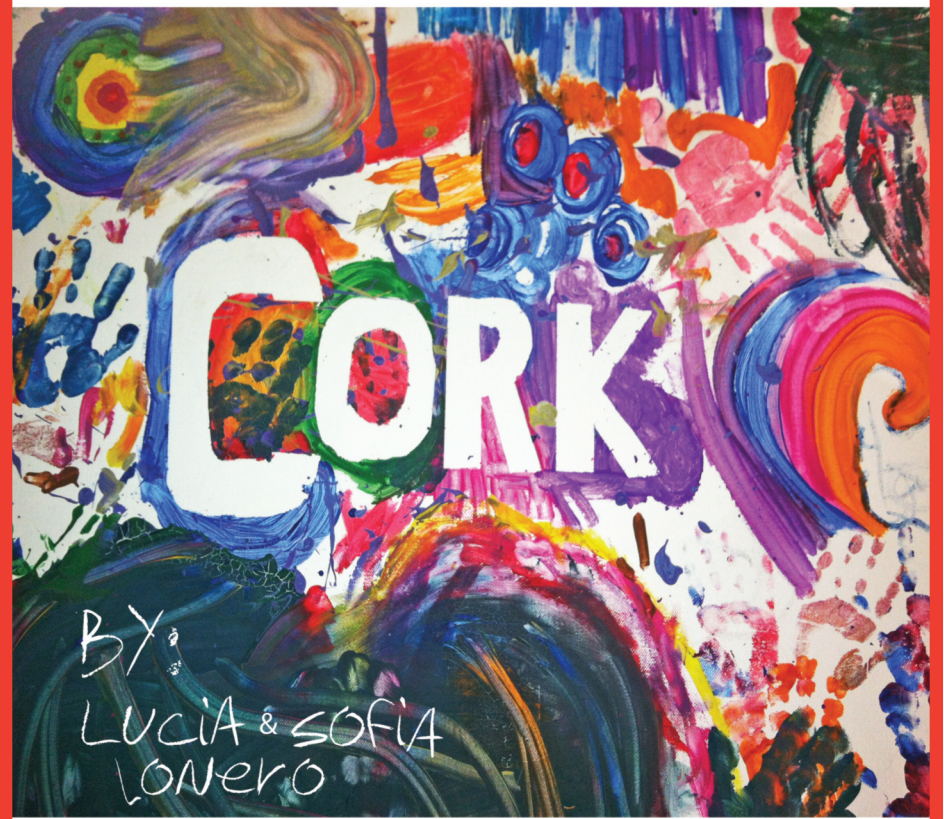
You can't keep people from reacting to fear and doing irrational things that in the long run hurt us all. And in order to enforce the new Civil Rights laws it was important not to discriminate or try to control the demographics of any particular area; in hindsight this may have contributed to redlining. When I started working in Ferguson back in 1988, there were many positive things happening, back then it seemed like a pipe dream. Restoring the downtown area and bringing back the customers who had gone elsewhere as retail shops closed and shopping malls attracted more customers. Ferguson seemed to be on the track to making a difference and showing the rest of St. Louis how to maintain a racially diverse area with a good mixture of various nationalities.

Out of these efforts The National Oak Park Conference was hosted by Ferguson in 1993. Here was a community working to prevent the demise that had hurt so many other suburban neighborhoods in cities experiencing the white flight. When the demographics of an area change many of the problems I mentioned earlier seem to follow. I admired the people in Ferguson who were involved with this conference and wanted to embrace diversity. There were many diverse groups at the programs and the dialogue between various races seemed to be positive. So it makes me wonder what happened. Well many of the ideas have taken shape and the results can be seen in the downtown Ferguson. I hope all of the citizens of Ferguson can recognize what a gem they have in their town and look for ways to have the conversations necessary to expand the good things happening. Many have chosen Ferguson to be their home for these

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reasons.

So if the root problems are lack of trust and fear, we need to address them head on. We all need to recognize that our police departments are there to serve and protect. For a small amount of pay these men and women put their lives on the line everyday for us and we really do need to respect them. You may recall a couple of examples from the past 20 years or so which illustrate that bias does happen. Dr. Henry Givens the former president of Harris-Stowe College was detained and questioned at Frontenac Plaza because he didn't fit what the security officer expected to be the typical clientele. Once they determined who he was everything was fine. He was calm and polite during the encounter. And what about the time, Nellie was asked to remove his doo-rag at Union Station. He handled it in a most dignified way as he removed it and agreed the rules applied to everyone. In another example, I met a man at a party who drove an older Cadillac. He told of being stopped and searched because the car matched the description of a vehicle involved in a robbery. He was truly frightened by the experience and the color of his skin happened to be white. However, if he had taken off due to being afraid the outcome in his case might have been much different.

I am certainly not suggesting that the police get respect no matter what, but we do all need to help them keep our communities safe. If we can trust them and be comfortable in communicating the outcomes in many situations can be improved. Listening to some of the positive conversations on healing, just one small idea struck me as a good start. The police in our community need to be involved in the neighborhoods especially those that may have the highest crime. Spending time talking to the people there and just being present may deter crime and help build trust. One man mentioned that where he grew up the police were your friend and handed out pencils or crayons. Certainly, it won't solve everything, but it just might be a start. If you have comments or suggestions please e-mail consultjoan@att.net.



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Welcome baby Harrison Matthew "Baby Harry," born August 1st, weighing 7 pounds 5 ounces. Proud parents are Matt & Sarah Frankum. Harry was named after his grandfather and great grandfather, Harry Nieman, long time Ferguson resident and volunteer.

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Ferguson Kiwanis

51st ANNUAL PANCAKE DAY
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119 So. Florissant Road
Sunday, October 19
Serving 8:00 am to 1:00 pm



Proceeds to Scholarship & Welfare Fund
Adult: \$8.00
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For tickets or more information, call Kay Klein 521-5960



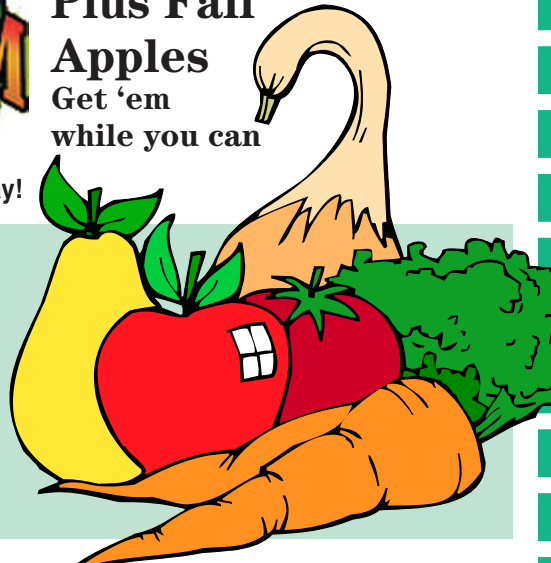
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Pumpkinland 2014 Opens Sept. 27th

NORTH COUNTY 4215 North Hanley Rd. (1 block south of I-70) Open 9-6 Mon-Sat & 10-4 Sun	ST. CHARLES 3200 Greens Bottom Rd. "Thies on the Trail" Located on the Katy Trail Open 9-6 Mon-Sat & 10-4 Sun) (314) 428-9878	WEST COUNTY 3120 Maryland Heights Expressway (2 miles north of Page) Open 9-6 Mon-Sat & 10-4 Sun
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Ferguson by Foot

By: Margaret Wolfinbarger

In a strange twist of irony, August brought about some of the loveliest weather we've had all year. While Ferguson is usually hot and humid, we instead experienced cool breezes, downright chilly nights and a super moon to boot! However, for reasons that are readily apparent, I was not able to enjoy our beautiful community as much as I wanted to. I spent entirely too much time in my cramped cubicle at work and when I was at home, I was glued to the television. This behavior did nothing to improve my mood. Frustration and stress took an immense toll on my body but by the time I fully

realized my funk, I had gained a few pounds from comforting myself with a variety of unhealthy foods.

I gather I am not alone. So how does one get back on track? The first and best thing you can do is turn off the news. They rarely report anything good and all that negativity can't be good for the body. Second, hop on your treadmill or elliptical machine and burn off some of that nervous energy. Get your heart rate up for at least 30 minutes and then drink a big cup of water. That will help flush the excess toxins from your body. If you keep your body fully hydrated, it will run more efficiently to help burn off those extra pounds. If you don't have any equipment in your house, visit a local park with a walking trail. My son takes guitar lessons at Dale's Music in Hazelwood(which I highly recommend by the way). While he was recently learning how to be a rock star, I went exploring and found Pershall Park. While not as nice as my Ferguson parks, I thoroughly enjoyed the walking path while I soaked up the fresh air and sunshine. I met a few nice people, sweated enough to relieve stress, and worked up a healthy appetite.

Third, make a trip to the Ferguson Library and pick up a healthy cookbook. There is nothing I enjoy more than trying new recipes. One of my recent selections was Richard Simmons "Never Say Diet" cookbook. Not only did I find some great recipes, I got a good chuckle out of the pictures. Once you pick out a fun dish, stop by your local grocery store or the Ferguson Farmer's market and select some fresh ingredients. I really love my local Shop N Save. I like to cruise through the produce section and ogle the fresh veggies. I recently discovered their portabella mushrooms and have been using them in all kinds of stir fry's. While you're there, be sure to stop by the deli and say hi to Dirk and Leah. They slice a mean Muenster cheese, which is one of my guilty pleasures.

If you still feel stressed out, you can use some of that energy to plant a winter garden. I recently hoed out my excess energy on a small plot of ground in my yard. It was hard work but I was able to plant several rows of lettuce, kale and broccoli. They will produce fresh greens until the first hard frost, which if I'm lucky, will not occur until early November. Another benefit of planting your own vegetables is giving away the extras to your friends next door. This builds a strong sense of community and combats the loneliness our more reclusive neighbors experience as they age. I recently encountered Millie who told me how lonely it is in her apartment. Loneliness is its own special brand of suffering and I feel it is my civic responsibility to reach out to those who are not as mobile as I am. When we step outside of our personal situations and enter into the lives of others, we enrich not only their lives but our own as well.

As we enter into the Fall months, we should enjoy every moment of warmth and sunshine we can before cold weather sets in. I encourage you to take a moment to step outside and breathe in the fresh air. Hug a family member. Barbecue some ribs. Smile at a stranger. Ferguson is my community of choice. It is beautiful because of the hard work and sacrifice by residents to make it a better place to live. It is also beautiful because the people who live here refuse to stop hoping and dreaming. For more inspiration, follow me on my blog: <http://margaretwolfinbarger.blogspot.com>.

St. Stephen's Food Pantry



St. Stephen's shoppers were unable to get food from Aldi's where they normally shop on Mondays because of the protests along Florissant Road. Channel 5 ran a story about the empty pantry and the public support has been incredible. UMSL had a food drive, McCluer Alumni, churches in

and around the community, as well as international calls to Fr. Steve Lawler about monetary donations. There have been people just bringing extra food when they did their weekend shopping. One woman brought two cans of beans; which might have been a meal for her for a couple days (the widows mite!) Such an outpouring of love for Ferguson. St. Stephen's is so grateful to all the volunteers who brought truckload after truckload to our doors. Not only will it fill St. Stephen's pantry, but Blessed Teresa's and more.

God is at work in the midst of chaos. This, my friend, is the Ferguson we all know and are proud to call home.



Reverend Reflections

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

DISMANTLING RACISM, HEALING COMMUNITY

I am writing this just days after the tragic fatal shooting of Michael Brown in Ferguson, so, like most of the community, I am still caught up in all of the emotion of this unfortunate event in our great city. The unrest continues. The investigation by a Grand Jury into the shooting is just beginning,

but I wanted to put my two cents in about dealing with racism here or anywhere. We thought it couldn't happen here, that measures were being taken to prevent such unrest and protest; but, lo and behold it happened here, and now the whole world knows about Ferguson. And as the St. Louis Post Dispatch editorialized on August 14, not only does Ferguson have issues, the whole St. Louis region has issues with race, and they must be addressed. No more running away.

First a quick reminder of what racism is from a book I have found helpful over the years, Dismantling Racism: The Continuing Challenge to White America, by Joseph Barndt. He says that racism is not just prejudice against another race, it is prejudice plus power. All of us have certain pre-conceived notions about other races but in the American society, only white people are racist because they have the power to dominate the other races, to "keep them in their place" if you will. And this attitude and position is embedded in all the political, economic and social systems of the society. Racism must be dismantled, rooted out so that power is shared by all. That is what real democracy is all about.

Racism must be addressed on two levels. The first is interpersonal. We do need to get to know each other better not only in the workplace, in schools, in churches, in the stores and restaurants, and on the streets, but also on a personal, social level. Ferguson and North County St. Louis are situated to make this a possibility since the races intermingle daily and even live next door to one another. We need to celebrate and affirm each other's gifts and passions and dreams and we need to be tolerant of our differences.

The second, the systemic level, is much more challenging and controversial because racism is built into our government, business and cultural systems from the national to the local levels. This is especially true in law enforcement situations where police have daily contact with minority communities. And it has to be addressed at every level from the federal to the local, from Washington to Ferguson.

In the aftermath of the Michael Brown shooting, I appreciated a statement by the Cabinet of the St. Louis Interfaith Partnership: "...until the systemic causes (of such tragedies in Black communities) are addressed and rectified, there will be no change. The Cabinet calls for all people to pray for calm and peace and be part of healing processes that work toward dismantling systemic racism."

May this sad event of August 9, which we all wish had never happened, be a catalyst for addressing the racial realities of Ferguson and for building a city and region where all races can enjoy the rights, privileges, opportunities, and respect they deserve.

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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

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Thursday Sept. 4 and 18 10:00 a.m. Refreshments served RSVP by calling 314-838-3877

Tai Chi for Seniors - FREE classes

Friday, September 5, 12, 19, 26
NEW TIME! 10:00 a.m.
Reduce stress, strengthen joints, develop balance and coordination.
RSVP by calling 314-838-3877

Line Dancing with Minnie-FREE

Every Monday at 6:00 pm
Beginners welcome!
RSVP by calling 314-838-3877

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Presented by Nurses & CO
Thursday, September 11 at 9:30 a.m.
Complimentary Breakfast at 9:00 a.m.
RSVP by calling 314-838-3877

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Entertainment by Bryan Foggs
Tuesday, September 23 10:30 a.m.
Happy Hour 11:30 a.m.
Followed by Complimentary Lunch
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TRIVIA with prizes

Sponsored by MAXIM Home Health
Thursday, September 25 at 9:30 a.m.
Complimentary Breakfast at 9:00
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 September 26 2:00 p.m.
RSVP by calling 314-838-3877



Under The Hood With Robinwood

By Bob McGartland

The Change of Seasons

As we enter the fall driving season, there are a few important service I recommend every vehicle owner to have done. Now through the holiday season is always a busy time and our goal at Robinwood is trouble free driving!

Number one, make sure the coolant is checked. The coolant in your vehicle's radiator will break down over time. Not only is it vital to keeping your vehicle's engine operating at the proper internal temperature, it is what keeps you warm & comfortable inside the car. Proper operation of the window defroster and interior comfort levels depend on proper coolant. If you are not sure when you last had your engine's cooling system flushed, stop in and we can perform a quick test and advise you about the condition of your coolant. A coolant flush is an inexpensive service that can prevent a very expensive repair. It is also vital to your comfort while driving as the cooler temperatures of fall approach.

As we enter the fall driving season, it is a great time to have a bumper to bumper inspection done on your vehicle. At Robinwood, we have a car care special that we offer all year round. In

addition to an oil change, we will inspect all your under hood fluids, inspect your belts and hoses, load test your battery, inspect your brakes, test the coolant condition, grease your steering linkage, inspect your tires, test drive your vehicle to check the alignment, and give you a written report about every thing we find. This service is an inexpensive option to make sure your vehicle is in good shape. It also allows us to catch a problem before it gets more serious and expensive.

Other areas you will want to make sure are "at their best" are:

* Tires – Have us perform a tread check and tire inspection. Fall is famous for gray, rainy days and we all know that snow and ice will be next. Your tires are your only contact with the road and good tires are critical to proper handling in all driving conditions.

* Brakes – Because your brakes are out of sight, they can be easily forgotten. Let us perform a free brake inspection to make sure you are ready for the upcoming fall and winter driving conditions. More than anything, good brakes are critical to your driving safety.

Lastly, with fall comes shorter days and longer nights. Make sure to inspect all the lights including the headlights, taillights, and very important brakes lights. Any burnt out bulbs should be replaced. This can improve safety as it allows you better visibility, as well as allowing others to see you.

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Darren White, Owner and Master Plumber, Spartan Plumbing, Florissant, MO

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Bob Maloney, Owner, G-Force Laundry, 7517 N. Lindbergh Blvd.

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Ferguson Motor Service



Thanks to Rizzo's

After the funeral of a family member, I made arrangements for a reception to take place on Monday, August 11th at a restaurant on Florissant Road. Due to the events happening in Ferguson during that weekend the restaurant was forced to cancel the reception late Sunday afternoon. After frantically calling everyone I could think of in north county Sunday evening, Rizzo's on Dunn Road in Florissant agreed to accommodate us.

Instead of the 50 people I said would attend, 85 showed up. In spite of the last minute arrangement and overflow crowd, Kurt Rizzo and his staff handled the crowded event very professionally. The service was great and the food was delicious.

Dorothy Seiter

Teachers gather at Library to Tutor Kids



When the Ferguson-Florissant schools were postponed in August, teachers gathered in the Ferguson Municipal Library and commandeered the auditorium to any child who would like to be tutored.

Pictured here are teachers standing out on Florissant Road welcoming students.

Inside the library, teachers were working one-on-one with students at every grade level. The teacher pictured was working with the student on the far left, but the two younger children who were coloring, stopped to listen.

Our thanks to our dedicated teachers throughout the district who gave up another holiday to serve our children.



Ferguson Wellness & Chiropractic

Dr. Robyn Lawrence
314-524-2580

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



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A properly functioning nerve system is required to efficiently digest, metabolize, and use the nutrition you're obtaining in your daily diet. Similarly, your muscles, joints, and bones need to receive a proper nerve supply to effectively perform all the elements of your exercise routine, including cardiovascular activities and strength training. All your body systems must receive and send accurate, timely information so that your body works well as a unified whole.

Your body's master system, the nerve system, makes this possible. Regular chiropractic care helps ensure that your nerve system is functioning at peak efficiency. The result, in combination with the other health-promoting action steps you're taking, helps ensure high levels of health and well-being over the long-term.

Wednesday, September 3rd at 6:30 pm So You Think You're Healthy?

Getting to the root of the cause of ill health. If health is our most precious treasure, stress is a menacing thief trying to rob us of it every day. And if you're not diligently protecting your health against potential beak-ins, chances are you'll lose it without any warning.

Wednesday, September 17 at 6:30 pm Everything Essentials 101

Why you need essential oils in your home, gym bag, diaper bag and life!

Dr. Robyn's Office Hours:

Monday, Wednesday, Thursday 10:00 am to 6:00 pm
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Dr. Robyn is available to speak to your group. Give her a call.

EarthDance Organic Farm School

www.earthdancefarms.org
233 S. Dade Ave. Ferguson, MO
(314) 521-1006



Weed Dating

September 21st, 6-8:30pm



EarthDance FARMS will host an evening of LGBT Weed Dating. This includes a brief tour, paired weeding rotations, and a BYOB Happy Hour afterwards. The event is free and open to anyone that wants to meet other food-passionate and agriscurious folks. All ages and orientations welcome, however, this event is especially for LGBT folks.



2014 Course Listing

September

All courses are part of the Farm & Garden Apprenticeship, and are also open to the public for \$20 per session.

September 2nd
Animals for Food & Fertility

September 9th
Preserving the Harvest: Simple Methods

September 16th
Field trip to The Grove

September 23rd
Keep on Growing! Season Extension in the Midwest

Tuesdays: 6pm - 7:30pm

Locations listed onsite

Pay at the door

or register in advance:

earthdancefarms.org/classes

Want to bring your group to tour the farm?

for more information, email
tours@earthdancefarms.org

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Lindbergh High School Rotary Club
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 Saturday, Nov. 19 • 9am to 4pm
 and
 Sunday, Nov. 20 • 10am to 4pm
You don't want to miss this one!



This is one of St. Louis' largest and most widely known arts and crafts shows, and features, among others, the well known *Sew Good and Trendy*. The show's a great place to find a unique holiday gift for that special person in your life!

Lindbergh High School, 5000 So. Lindbergh, Sappington

Zion Child Development Center invites you to a
MURDER MYSTERY AND DINNER THEATER
Saturday, October 25
Doors open 5:30 pm, dinner starts at 6:00 pm
\$25 / person
 Call 314-524-7677
 Zion Lutheran Church
 Corner of Carson and Clark in Ferguson




What to Do with Your Two and You
 On Tuesdays

Time for Two's
 with Moms, Dads and Grandparents

Cooking in the Kitchen
 Kid Friendly Snacks and a Story

Music and Movement
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Themed Creative Learning Stations
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Find out What to do With all that Stuff in your Kitchen and Bathroom Cabinets

Women's Fellowship Immanuel UCC
Cards & Luncheon
Thurs., October 9
(doors open at 10:30 am)
Lunch at noon
\$10.00 Donations
Call Chris for tickets 522.1886 or church at 521.7324
Ticket also available at door!

Raffle Tickets \$1.00 or 6 for \$5.00:
 Handmade Quilt, Afghan, Flower Arrangement, a Miniature and Hand Craft Wood Shelf.

Immanuel UCC, 221 Church Street, Ferguson



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Scripture for September:
 Psalm: 63:3-4
 Because thy loving kindness is better than life my lips shall praise thee. Thus will I bless thee while I live: I will lift up my hands in thy name.
Evang. Cheryl L. Whitaker
 314/521/1952

Coordinating Partners:
 St. Louis Regional Chamber
 U.S. Small Business Administration
 Missouri Department of Economic Development
 St. Louis Economic Development Partnership
 North County Incorporated, Regional Development Association

Try Square Dancing for the Health of It!

Free square dance classes starting on Wednesday Sept. 17, 7:30 to 9:30 p.m. Sessions continue on Wednesdays. Couples/singles welcome; no experience needed; casual clothes; mental stimulation and physical exercise. Christ Lutheran Church, 1 Selma Ave. (at Lockwood) in Webster Groves.

Contact Susan 314.909.0393 or Eunice 636.861.6943

FREE FOOD PANTRY
 Open the 3rd Saturdays of the month
 from 10:00 am to 12:00 noon
 (September 20th)

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

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Schedule a SPRING LOCK "TUNE-UP"
 Includes Inspection, Lubrication and Latch Alignment.

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Ferguson OnWatch News

as reported by Keith Kallstrom
keith.kallstrom@gmail.com

Community Resource Officer Tim Zoll opened the August 13th, 2014 meeting of the Ferguson On Watch, welcoming everyone. The crowd in attendance numbered about 60+ people, including managers of some of our apartment complexes.

Our guest speaker was Rita Valenciano of the U.S. Department of Justice (DOJ), Community Relations Service (CRS) and her associate, Darryck Dean, also from the Kansas City MO office. Rita is a Conciliation Specialist with the DOJ, and her presentation topic was

Demonstration Marshalling

The DOJ CRS Community Peacekeepers was created by the Civil Rights Act of 1964, Title 10. The CRS, a U.S. Department of Justice agency, is the Federal Government's "peacemaker" for community conflicts and tensions arising from differences of race, color, and national origin. CRS also works with communities to help them prevent and respond to violent hate crimes committed on the basis of gender, gender identity, sexual orientation, religion and disability in addition to race, color and national origin.

The CRS Conciliators offer the following services of Mediation, Facilitation,



Training, and Consulting. They serve to bring people together and mediate – facilitate dialog, & training. They work with community groups to prevent and reduce violence. Their web site is www.usdoj.gov/crs

The Town Hall portion of the meeting included comments from residents of the Canfield Apartments & Oakmont Apartments, regarding their inability to obtain police, fire, & ambulance services due to outsiders blocking their streets during the tragedy. Applause occurred when another resident reported that outside people were taking this last week-end tragedy and turning it into an opportunity for selfish gain.

The following information comes from the training guide passed out by Rita.

- Response & assistance in critical incident assessments & demonstrations.
- School / Community outreach programs & resource contacts.
- Assistance to departments in training & community education programs, etc.
 - GOAL: Maintain Peaceful Relations
 - Objectives: Avert Violence
 - Methods: Presence, Modeling, Constructive Communication, Engage People, Direct them to options, You are

NOT law enforcement.

- Marshals: Tone Setting
 - To serve as a conscience for anyone who would do harm or cause disorder to the community.

-To serve as a conduit of unity and peace for the Ferguson Community.

- Marshals: Provide:
 - Information about do's & don't
 - Rumor Control
 - Modeling
 - Constructive communication
 - Project calm peaceful actions

Act as a resource for participants needing assistance.

- Marshals are:
 - Familiar with the community, and the community's familiar with them.
 - They are a part of the community.
 - Just your presence serves as a reminder
 - You are NOT law enforcement ---

- Marshal Safety:
 - Plan an exit.
 - Maintain visual contact with your team members at all times
 - Remember to check in and out with your team leader before and after your assignment.

- Marshals must be...
 - Visually Identifiable
 - Professionally Positioned
 - Able to communicate

- Peace Making:
 - If you encounter an angry Individual/Crowd:
 - Assess risk level

- Do not touch individuals
- Be respectful of personal space. Assess ability to direct individual to an alternative resource other than violence.

- Common Causes of Conflict:
 - Poor communication
 - Difficult personalities
 - Problems in relationships
 - Unmet expectations
 - Conflicts over rights or power
 - Hierarchical or undemocratic organizations
 - Lack of clarity in roles and responsibilities
 - Contradictory self-interests
 - Scares resources
 - Externalization of internal conflicts

The semi-annual Rx prescription (old, expired, etc.) drug take-back program will again be sponsored by the DEA, Ferguson Police, and Walgreens at N. Florissant & Airport Rd, on September 27, from 10 am to 2 pm.

Next month's Ferguson Neighborhood Watch meeting will be September 10th, at 7pm, at Ferguson City Hall.

Ferguson's annual Night Out against Crime will be held on Oct. 7, 2014.

After a traumatic event like the crisis in Ferguson, some people become fearful and overwhelmed with emotion. It happens to between 5% to 20% of those who witness or are affected by a crisis. This can become Acute Stress Disorder and has the following signs and symptoms:

1. A feeling of numbness
2. A feeling of "being in a daze."
3. Feelings that things are not real.
4. Feeling like you are outside of your body.
5. Not being able to remember the events that happened.
6. Reliving the trauma with or without a trigger
7. Avoiding things that remind you of the events
8. Trouble sleeping
9. Easily irritated
10. Nervousness
11. Poor concentration

All of these symptoms can then cause you to not be able to do things you used to be able to do like going to work or taking care of your kids. These can happen between 2 days and a month after the crisis.

If you have any of these symptoms, please come to the Mental Health Fair at Immanuel UCC at 221 Church Street in Ferguson. It is on Saturday, September 6th from 10:00 a.m. to 2:00 p.m. There will be screenings for these types of symptoms as well as for others. You will then be given resources to help you get back to doing what you need to do.

At least 90% of people fully recover as long as they seek help. You are not alone because there are others around you who are having the same issues. Please don't wait and come and get the resources you need.

Dr. Rachel Morel, D.O Psychiatrist and native Fergusonian

Immanuel UCC Mental Health Fair Saturday, September 6th 10:00 am to 2:00 pm

What do you need?

- Cleaning
- Decorating
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- Organizing



Meet Sonya

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Window Restoration

– by Bob McCarty

Seeing as how we recently restored the wood of the window sash, this month's article will delve into the restoration of the window frame and jamb.

It is not as critical to remove all of the paint from the frame as with the sash. If you would prefer to remove the paint, a chemical paint stripper, or heat will do the trick; just don't use an open flame. When using a heat gun, be sure to wear protective breathing respirator, because the fumes that are created could contain lead gases. Lead gases are expelled from lead paint at somewhere around 650 degrees.

I recommend that the frame to be scraped. Just don't forget to protect yourself from possible lead dust by wearing a dust mask. The use of a pull scraper will be in your best interest but a stiff putty knife will also come in handy. With the pull scraper, the process is exactly that, you pull the scraper over the paint to remove any loose flakes. With the stiff putty knife, you will push into the flaking paint.

To begin, spritz the area that you will be scraping with water to keep the dust down to a minimum. Scrape the damp area and remove any loose paint. When you finish that area, spritz and move onto the next.

Upon scraping, if there are any areas that have wood rot, you will find it. Just remove any of the loose fibers to sound wood. The Abatron two part epoxy is the best product that I have found but is not readily available. You can also find wood repair products at our local Hardware store.

The process using the Abatron product is to mix and apply consolidate (Liquid Wood), to the area to be filled, this product will solidify any loose fibers in the wood. Wait an hour or so and mix up the WoodEpoxy putty and fill the area. Whatever product you use, read and follow the directions. After the product has dried, smooth the filled patch, spritz the frame with water and sand the entire area with a coarse sandpaper, I would use a 60 or 80 grit.

Using your oil based primer, prime the frame and if the jamb has never been painted, you could either stain it, or if it is in good shape, just wax. Allow the frame and jamb to dry before lightly sanding again and filling any small imperfections in the wood with spackle. If you have noticed, spritzing the frame is not necessary after it has been primed, you are basically sanding the primer and you shouldn't be using a coarse sandpaper, say something like a 120 or 150 grit.

Now that everything is primed, it's time to paint. I recommend using a high quality exterior paint. Spend the money on your paint because this is what protects the wood of your window.

Before applying the paint to the sash, make sure that the glaze has skinned over. You would do this by just touching it and you will be able to feel the skin.

If you don't, it's not ready to be painted. If it is ready for paint, cut the paint onto the glaze and the glass about 1/32'nd of an inch. You will see the glaze rabbit through the glass and if you cut right up to that line, you will not see the paint from the inside.

The frame and the sash has been restored, primed and painted so next month we will put everything back together.

With all of the commotion that has been happening lately in Ferguson, our community, I would like to close this month with a little positive thought or direction to put your mind at ease.

"Breathe! Try New Things! Keep Calm and Carry on! Laugh Out Loud! Peace!

Until next month, when we finish up our window restoration primer, Bob is on the job.

An Inspiration

I grew up with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen before they had a name for it. A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, and dish-towel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes

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away...never to return.. So... While we have it..... it's best we love it.... And care for it... And fix it when it's broken..... And heal it when it's sick.

This is true. For marriage..... And old cars..... And children with bad report cards..... And dogs with bad hips.... And aging parents..... And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people and communities we know who are special..... And so, we keep them close!

This article was taken from the Internet

Djeli Tales

By Mama Lisa Gage

...A moment in time

Think about a handshake, a pinch, a cool breeze, a hornet sting, the smell of a newborn, or a scream in agony. Think about a first speech, passing the driver's exam, being well-dressed, peering down a steep drop on a roller coaster, or the loss of a loved one. Think about acquiring a credit card, getting the keys to a first home or apartment, making a first entrepreneurial sale, receiving an award from a community organization, or helping a friend or neighbor. All of these moments have been imprinted in our index of experiences and affect us in some way.

The recent events in Ferguson surrounding the shooting of Michael Brown have a far-reaching, deep-rooted impact on us all. I received a call from Gambia from residents there whom were worried about my family's well-being and the community peace. Local, national and international commentary from leaders, activists, civil servants and citizens has spawned debate and empowerment, though not all positive.

For a brief 2-week period in June, I spent a short but sweet moment in time with Michael Brown. Working as a mathematician in Normandy is a great joy that leaves me with abundant 'think about' moments. Principal White asked me to get involved with Michael to assist him in completing course-work for math. He understood that his final grade would be based on my evaluation of his work as it aligned to the project rubrics.

I will admit that at my first meeting, I was astounded by Michael's sheer physique. His stature to me was reminiscent of the robust and resilient build and strength of his ancestors. Yet, upon seeing his first smile, I was instantly reassured that our time together would be positive, productive, and pleasant. He needed to use the computer and hands-on applications to solve exercises dealing with data comparison, graphing, research, floor-plan blueprints, and geometric cartooning.

With backpack in tow, Michael sat at his desktop station and always eagerly approached his tasks. I was happy to learn that he already possessed good computer application and research skills. In most cases, I simply needed to provide good guidance towards how to improve the final presentation of the project in order for Michael to receive the maximum points. "Can I take this home?" he would ask. The next morning, he brought back a quality amount of work that he'd completed. When I needed to give constructive feedback, Michael carefully watched my gestures and nodded understandingly when I posed the question, "Do you think you could fix this for me and bring it in tomorrow?" He never resisted or questioned huffily why he had to do this. Even on a day when I was late getting to the lab, he teasingly reminded me, "Hey, I waited for you for a long time." (That makes a teacher's heart melt.) He was also holding me accountable.

At the end of the 2 weeks, Michael asked, "Am I done?" I congratulated him and thanked him for his efforts and wished him a great summer vacation. "Thanks," he replied. Two months later, Michael Brown was dead.

Unfortunately, the circumstances surrounding this moment in time has provoked peaceful as well as violent responses. There has been mass destruction of property, looting, and injuries. There has also been a mass effort towards clean up, repair, and reconciliation. An old cliché reminds us that hindsight is 20/20, but I beg all adults and authority figures to remember to try several strategies when encountering youth you don't know, beginning with a warm greeting and a kinder courtesy request to evoke simple compliance. At the mall, I sometimes approach a couple of youth in extremely saggy pants, and I say, "Hi, I am sorry to bother you, but could you make an old lady happy by pulling up your pants a bit?" They usually flash a broad smile and respond with, "Sure," and a tug at their waistbands. In my mind, simple courtesy and cozy compliance will get us one step closer towards bridging the gaps that will bring short but sweet moments that last a lifetime.

When you die, 9 things GOD won't ask you:

- 1..... God won't ask what kind of car you drove. He'll ask how many people you drove who didn't have transportation..
- 2..... God won't ask the square footage of your house, He'll ask how many people you welcomed into your home.
- 3..... God won't ask about the clothes you had in your closet, He'll ask how many you helped to clothe.
- 4..... God won't ask what your highest salary was. He'll ask if you compromised your character to obtain it.
- 5..... God won't ask what your job title was. He'll ask if you performed your job to the best of your ability.
- 6..... God won't ask how many friends you had. He'll ask how many people to whom you were a friend.
- 7..... God won't ask in what neighborhood you lived, He'll ask how you treated your neighbors.
- 8..... God won't ask about the color of your skin, He'll ask about the content of your character.
- 9..... God won't ask why it took you so long to find Him and ask Him into your house, He'll lovingly take you to heaven and not to the gates of Hell.

What's Happening at the Touhill?



ARIANNA STRING QUARTET: Dynamic Duo
September 5; Fri @ 8PM; \$27

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ZILUN ART SCHOOL Presented by UMSL International Studies and Programs

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Kurtis L. Miller

Peace Poster, created by Kurtis L. Miller

Kurtis Miller has taken his passion of fine arts and used it as a tool to empower others. His goal is to use his personal journeys to inspire and motivate people. The various creative techniques are inspired by the people, places and events of his ventures. His relentless efforts have opened the doors for him to be an exhibiting artist in The Art Takes Times Square exhibition for 2012.

Mr. Miller sent this poster expressly to be printed for the people of Ferguson, as well as people around the world. *All rights reserved.*



Ask Grandma

Remembering the Titanic

Last night I was flipping channels and came across the movie, "The Titanic." It brought back memories of a time in the 90s when I read in the Post Dispatch travel column about a cruise on the Queen Elizabeth II to England. The price was very affordable, but the only drawback was we would be in the middle of the Atlantic Ocean on Thanksgiving Day

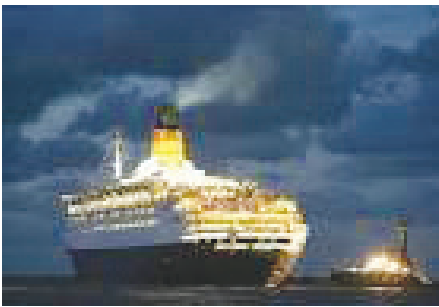
Since Thanksgiving has always been my favorite holiday, I thought long and hard about being gone that week. I talked to my children and they said to go ahead with the trip, as long as they could have Thanksgiving Dinner at my house.

Bud and I flew to New York and boarded the QEII. It was just like the movies. People drinking champagne on board with bouquets of flowers; beautiful women in fur coats standing on the pier and waving goodbye to their family and friends who were sailing out past the Statue of Liberty.

Most of the passengers were British, and except for the afternoon game of Trivia Pursuit in which I was the only American participant, it was pretty mundane. I was the star Trivia player until they decided to play the British equivalent of Trivia. Then I knew nothing.

A few days out on the ocean things got pretty exciting. In the middle of the night there was a loud thump and the engines stopped running. (Good thing I had not seen "The Titanic" before then.) After an hour or so, the engines started again and we were on our way. The next morning the captain came over the PA to say that we had hit a whale. He assured us that there was no damage to the ship . . . he didn't mentioned any damage to the whale.

On Thanksgiving night turkey and dressing were on the menu; I suppose in deference to the American passengers. Bud and I ordered the turkey and the dressing came out in a jellied form. It was sliced just like cranberry sauce from a can. It wasn't very good. As the waiters began serving dinner, the ship began to rock. By the end of the meal the rocking was hard enough that we could hear dishes crashing in the kitchen.



We went to bed early that night as the rocking back and forth had forced the swimming pools to be emptied, the bands to be canceled, and the bars to be closed. Our room had two single beds separated by a dresser that had a 2 inch lip around the rim. Sometime early in the morning the book I was reading flew off the dresser and hit me in the head. We had a bottle of spirits

on the dresser also and I yelled at Bud when I heard it sliding towards him. He was not bloodied so I guess he caught it. Since it was hard to stay in the bunk, we decided to get up and get dressed. Just then the lights went out. It was very dark before the ship lurched in the opposite direction and the lights came back on. It wasn't the lights . . . our porthole had been under water!

The halls leading to the cabins were very narrow with handrails on both sides. It still took awhile to navigate to the elevator, which wasn't working . . . we mounted the steps to the restaurant. We just sat down at our table when breakfast was cancelled. Small wonder because we were the only two people in the huge restaurant. They served breakfast and lunch in one of the hallways. Was everybody sick? I had wondered why I had seen so many people with a round patch behind their ears. Since I didn't see anyone until the next day, I guess that patch was for sea sickness. Apparently it didn't work.

By the next day the ocean was calm and the captain said that we had sailed through a gale. Little did he know that the storm had made my trip. It was the most exciting vacation I ever had. Incidentally I called home on Thanksgiving Day and told the children our longitude and latitude (the spot where the Titanic hit the iceberg), but no one caught the significance.)

We were late arriving in South Hampton, but the train was waiting to take us into London. Because the ship was not full, our accommodations were upgraded to a 5 star hotel. It was located in Mayfair and was very plush.

I recommend going on vacation in the winter. Although we had been to London before, we didn't do any of the tourist things. The lines were too long. On this trip, the weather was cold, but not uncomfortable; we saw no rain. We went to the Tower of London, saw the Crown Jewels, went to Madame Tussaud's Wax Museum (a must see), sailed up to Greenwich and looked down the Prime Meridian, saw several plays and rode all the underground transportation. We did not stand in line even once.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

Dog Splash	Wed., Sept. 3
Arrow Rock Theatre and Lunch Trip	Wed., Sept. 3
Heart Valve Disease Seminar – DePaul Health Center.	Thurs., Sept. 4
Mental Health Fair – Immanuel	Sat., Sept. 6
Free Community Picnic – St. Peters UCC	Sun., Sept. 7
Ferguson City Council Meeting – City Hall	Tues., Sept. 9
Jim Stevens Concert – Plaza @ 501	Fri., Sept. 12
Food Truck – Plaza @ 501	Mon., Sept. 15
Free Square Dance Lessons – Christ Lutheran Church	Wed., Sept. 17
FLIERS Fall Book Sale – Library Auditorium.	Fri. & Sat., Sept. 17 & 19
Day in Effingham Illinois Trip	Thurs., Sept. 18
Chicken & Dumpling Dinner – St. Stephens	Fri., Sept. 19
Driving Miss Daisy Play – St. Peters UCC	Fri. & Sat., Sept. 19-20
Food Pantry – Ferguson Christian Church	Sat., Sept. 20
Storytime at the Ferguson Library	Sat., Sept. 20
Open House – Ferguson Community Center	Sat., Sept. 20
Blessing of the Pets – Immanuel	Sun., Sept. 21
American Assc. University Women Reception	Sun., Sept. 21
Oak Hill Homecoming.	Sun., Sept. 21
Meet & Greet the new Library Director	Mon., Sept. 22
St. Louis Community College Golf Tournament.	Mon., Sept. 22
Ferguson City Council Meeting – City Hall	Tues., Sept. 23
Mystery Trip	Thurs., - Sun., Sept. 25-28
Ferguson Streetfest	Fri. & Sat., Sept. 26, 27
Ferguson Caboozes Open for Tour.	Sat., Sept. 27
Ferguson Night Out	Tues., Oct. 7
Branson Trip	Thurs.-Sat., Oct. 9-11
Card and Luncheon – Immanuel UCC	Thurs, Oct. 9
Our Lady Guadalupe Homecoming	Sun., Oct. 12
Community Health Fair – Memorial Tabernacle	Sat., Oct. 18
Kiwanis Pancake Breakfast – Savoy	Sun., Oct. 19
Murder Mystery Dinner – Zion Lutheran	Sat., Oct. 25
Trunk and Treat – Church of the Nazarene	Fri., Oct. 31

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