

Ferguson Times

Established 1894

CITY OF FERGUSON, MO. Oct. 1999

November, 2014

Serving Ferguson and Surrounding Communities

Please check our website, www.fergusoncity.com, for November City Council meeting dates.

City of Ferguson Candidate Petitions Available Election Notice – April 7, 2015

The City of Ferguson, Missouri, will hold an election on Tuesday, April 7, 2015, for the offices of Council Member Ward 1, Council Member Ward 2, and Council Member Ward 3 for 3 year terms. Any person wanting to file a declaration of candidacy for this office must also submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms are now available in the City Clerk's office and may be picked up at any time during regular office hours.

The petitions may be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on January 20, 2015, and must be accompanied by a \$10.00 filing fee, which will be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson City Council will open at 8:00 a.m. on Tuesday, December 16, 2014, which date is the sixteenth Tuesday before the election. Candidate filing will close at 5:00 p.m. on Tuesday, January 20, 2015, which date is the eleventh Tuesday before the election.

For further information, please call the City Clerk at 524-5152.

CITY OF FERGUSON
Megan Asikainen, City Clerk

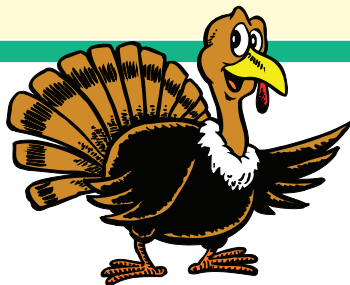


The caption of this illustration is:
YOU CAN'T STOP TIME . . .

but you can turn your clocks back one hour on Sunday, November 2nd at 2:00 a.m.

This 2001 US public service advertisement reminded people to adjust clocks.

PRSR STD
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT No. 05158



ALLIED WASTE HOLIDAY SCHEDULE THANKSGIVING 2014

THANKSGIVING DAY
Thursday, November 27, 2014

Monday routes will not be affected
Tuesday routes will not be affected
Wed. routes will not be affected

Thursday routes will be picked up
Friday, November 28th
Friday routes will be picked up
Saturday, November 29th

FERGUSON NORTHERN LIGHTS

Holidays Around the World

Sunday, November 30, 2014

2 p.m. to 7 p.m.

Victorian Plaza

20 S. Florissant Rd. Downtown Ferguson

Bring the whole family to shop for unique gifts and crafts. Enjoy free cookies, hot chocolate, music and activities for the kids. Stay warm with toasty bonfires and a special appearance from Santa!

Schedule of Events

- 2-7 p.m. Holiday Market
- 3-6 p.m. Kid's Activities Including Free Trackless Train Rides, Gingerbread House Decorating, Face Painting & Balloon Creations and Holiday Entertainment
- 5 p.m. Lighted Holiday Parade on S. Florissant Rd.
- 5:30 p.m. Free Cookies & Hot Chocolate
- 6 p.m. Tree Lighting Ceremony

For more information go to
www.fergusoncitywalk.com
call 314-524-5197
or email citywalk@fergusoncity.com

I Love Ferguson Store Opens in Downtown Ferguson



On Friday, October 24th, the I Love Ferguson store opened at 299 South Florissant Road in Ferguson. North County Inc. officiated at the ribbon cutting.
See page xx for complete story.

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



Greetings from CityWalk

"It was 20 years ago today, that Sargent Pepper taught the band to play."
Lennon and McCartney

Those words were written 47 years ago and are still heard today on radio stations throughout our country.

It was 20 years ago today that the City of Ferguson, with the help of 500 citizens from our urban oasis embraced the idea of 'Diversity' while adopting the ideas set forth from the Oak Park Exchange Congress, known around the country as the Oak Park Strategy.

It all started when the Oak Park Housing Center opened its doors to promote fair housing, integrating their neighborhoods and preventing white flight. The promise was that housing values would not decline and that people from all races could live together and flourish as a community. The Oak Park Strategy just celebrated their 42nd anniversary and they are still working today to keep this idea moving forward.

The Congress featured speakers that understood the values to be gained by living in diverse communities. For instance, Dr. Robert Archibald, president of the Missouri Historical Society, pointed out that true patriotism in America must include a commitment to racial and cultural inclusivity. "More and more people are deciding they want to live and raise their families in integrated communities, knowing they are involved and making a choice in building their community." Mayor, Mike James, 1994.

From this strategy, Proud (People Reaching Out for Unity and Diversity) was born. Bill Duncan and Ed Ferguson co-chaired this group in the hope that, "the Exchange Congress will create action on the part of the public to urge local government to take a more proactive direction with regard to diversity and integration."



PROUD
PEOPLE REACHING OUT FOR UNITY & DIVERSITY

The mission of PROUD is to provide a forum for Ferguson residents to exchange ideas and develop actions that will celebrate our diversity, strengthen our neighborhoods, and make Ferguson the COMMUNITY OF CHOICE.

"United we stand, divided we fall . . . living together in harmony while respecting and appreciating differences in others is integral to any community's strength and future." Those are some pretty wise words that seems to challenge the way we all should view our neighbors. It's time we revisit this way of thinking, repair the disconnect that so many of our neighbors are feeling, and start the rebuilding of our community.

PROUD is still in existence but has not been as active as they once were. If you are interested in helping to bring this group back to the fore front, you can check out the website at; www.proudgroup.org and go to the contact page. If this does not work, maybe someone connected with PROUD will see this and make an announcement in this fine monthly newspaper.

As with the Oak Park Strategy, PROUD is an organization that will always need to be active. While I read more about the Oak Park Strategy, they realized that you cannot become lax when it comes to diversity. We here in Ferguson have come to learn this fact of late. We will always need to be reminded that all neighborhoods of the Ferguson Community are our neighbors. Everyone deserves the respect from their neighbors, community and government that was promised to us by our fore fathers in our constitution. Let's work together to make Ferguson our COMMUNITY OF CHOICE.

As a reminder to all of the Ferguson businesses located in the Business District, keep an eye out for your invitation to our annual Christmas Party. These invites will be sent via email and snail mail. We look forward to meeting our fellow businesses owners. Remember, we are all in this together and a couple of words that make a strong statement that describes all, business and residents . . . United we stand, divided we fall! Think about that!

Happy Thanksgiving



Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the very best.

Maureen Zeugin
Financial Advisor
409 S. Florissant, Suite 101
Ferguson, MO 63135 • 314-524-6333

Edward Jones
MAKING SENSE OF INVESTING
www.edwardjones.com
Member SIPC



The Ferguson Times may be reached . . .
by phone: 314-524-1958
or by mail: Dorothy Seiter, 16 Sandringham, Ferguson, MO, 63135
or by email: cider@att.net
Copy or ads for the paper must be received by the 15th of the month for insertion in the following month's paper.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Leaves are falling, chill in the air, getting dark early, long pants, sweaters, and jackets are the fashion of the day. Football, Hockey, and Basketball are in . . . Baseball is out. That could only mean one thing; it's November and time for a riveting edition of the Plumbers Crack.



pared a month early this year.

First, as I constantly harp on, REMOVE YOUR HOSE. If your faucet is dripping, get it fixed or see that your shut off in basement shuts off. Check around your foundation to see if there are any changes of the ground around your home which can

cause cracks and drafts. Believe it or not a draft is one of leading causes of frozen pipes in a warm home.

If we get sub zero weather with wind and you have plumbing near an outside wall like a kitchen sink, open those cabinet doors and put a small fan aiming at the pipes.

Don't forget to empty your outside ponds and remove the pumps. If you have a walk-in basement you probably have a drain right as you go in. Make sure it is open and free and clear of leaves and debris. If stopped up, it could cause concrete or the drain to crack .

Well I hope this little bit of information didn't scare you too much. You know the old saying – an ounce of Oh Baby is worth a pound of cure.

So until next month, hug them kids, check on your neighbors, get involved in your city and organizations and shop Ferguson first.

God Bless you all. Oh Baby

The "Ferguson Times" may be read online:
FergusonCityWalk.com

P8563, D8563
Premier Plumbing Solutions



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

Dave Walters (Oh Baby)

Master Plumber / Drain Layer / Licensed / Bonded

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

524-0222

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

CALL BOB
524-1264



See Bob on Job column on Page 17

Who's going to win best float in this year's
**FERGUSON
 NORTHERN
 LIGHTS**
 Holiday parade?

Participant applications are due Friday, November 14
 For float building tips find Citywalk on Facebook

For more information
 call 314-524-5197
 or go to www.fergusoncitywalk.com

PAKT 49th Anniversary Prayer Breakfast

Saturday, November 8, 8:30 a.m.

**First Presbyterian
 Church of Ferguson**
 401 Darst Road (enter in the rear)

Keynote Speaker
Rev. Robert Rosebrough
 (Fr. Rosy of Blessed Teresa of Calcutta)

Tickets: \$15.00

For more info call 314.524.2710
 Please fill out the form below and return with payment to:
 J. Toni Burrow, 500 Airport Rd., Ferguson, MO 63135
 Check or Money Orders should be made payable to:
 PAKT Community Resource Center, Inc.

Name _____
 Address _____
 Phone No. _____ email _____
 Organization _____ No. of tickets _____

For Home or Business Delivery call: 314.524.2710 ext. 6
 Purchase 3 or more tickets and have them delivered to you.
 If you are sponsoring a table (8), your name will be listed on the program
 as a PAKT supporter.

4th of July Festival Fundraiser Ham & Bean or Chicken and Rice Soup Dinner



**All-you-can-eat
 dinner includes:**
 • cornbread
 • drink
 • PLUS . . .
 a variety of
 desserts



Fri., Nov. 14th
St. Stephen's Church
 (Corner of Darst & Clay)

4:00 to 7:00 pm

Adults: \$8.00
Children: \$4.00 UNDER 12

Ferguson Residents Celebrate 75 Years of Marriage



Adolphus Watson, 95 years old, and Learlean Watson, 90 years old, are celebrating their 75th year of marriage. The secret of a happy marriage according to the celebrants is "Always put God first in your life".

The Watsons have lived in the 800 block of Deandell in Ferguson for the past 14 years. They were married on October 28, 1939 in Clarendon, Arkansas. They have 4 sons; Kenneth, Anthony, Adolphus, & Byron; and one daughter, Bernita Fowler; resulting in 18 grandchildren and one great-grandchild.

Adolphus retired from Ore & Botta construction company after 30 years of service. Learlean retired from St. Mary's Hospital where she worked 19 years as an LPN.

Adolphus served in the Army during WWII and received 2 Bronze Stars. Both have been members of Mt. Olive Baptist Church located in St. Louis City for 55 years.

Our sincere congratulations to a loving couple.

Heartland Hospice Care

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.

Greetings: Ferguson Neighbors:

We know that this is the month to give thanks unto the Lord for it is the month of Thanksgiving. Families just can't wait for that big old juicy turkey and dressing to be cooked and just can't wait for you all to taste something that is better than turkey and dressing.

Psalm 34:8 Thus said the Lord: O taste and see that the Lord is good."
 Love, Evang. Cheryl Whitaker

Ferguson Community News Page

Change happens when there is mutual understanding

By Mayor James W. Knowles III

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has”

— Margaret Mead, American Cultural Anthropologist – 1901-1978



In 1765, British colonists living in America began to speak out against taxation from the British Parliament, to which they had no representation. As their cries went unanswered, American Colonists grew increasingly frustrated and angry; their petitions to the British Crown were followed by protests which publicly demonstrated their frustrations with the British Government. We now know these protests were the foundation of the American Revolution. The Boston Tea Party, the Woman Suffrage Movement, and the Civil Rights March on Washington were all pivotal moments in our nation's history, where ordinary American citizens brought key issues of their time to the forefront and used their voices to cry out for change.

In each of these major social movements in our history, protest and public demonstrations are only part of the process for change. In all successful change movements, there are those marching on the front lines and those working behind the scenes. While news stories have focused on the action on the front lines of recent protests in Ferguson, countless numbers of committed individuals have been meeting and having conversations that will shape the future of our City.

From day one, city leaders have been listening to what is being said in the streets, on social media, in television interviews, and in neighborhood meetings. We sent prepaid comment cards that were sent to every household in hopes of getting input from every single resident in our community, and we have reviewed comments from an overwhelming number of residents. Our hope is to gain a true understanding of the issues raised by our residents so we can enact meaningful change.

In town hall meetings, City leadership has been able to hear from residents on a variety of topics, including racial tension, communication, and perceptions in the community. Individual councilmembers, staff, and I continue to spend hours upon hours in meetings with a variety of stakeholders, drafting and enacting legislation, and establishing framework to address the many issues that have arisen since the beginning of the unrest.

The City Council has already undertaken groundbreaking reforms to our Municipal Courts, an example that many other communities in the region will likely be forced to adopt in the future. We continue to look at issues such as Civilian Oversight of our Police Department which will again place Ferguson as a leader and innovator, dealing with issues that plague cities and Police Departments around the region.

In the midst of all the work we have done, something struck me in a recent meeting with a group of protestors. In the meeting, we discussed some of the changes the city has undertaken and some of the issues the city continues to examine and look for sound public policy solutions. It was during that discussion that one of the residents that had been protesting made the observation that reforms made by the Council came only because of the level of outcry experienced during the protests. I thought for a moment and responded that the reforms being made are not made under duress, but instead made because the Council saw the merit in the issues raised and felt required to act in the best interest of the City and the Citizens. The protestor responded that as Mayor or Councilmembers, we are the establishment and therefore supporters of the status quo and resistant to change.

As I thought about this person's assumption of me and my fellow councilmembers, I was stunned to think that people actually believe we don't want change ourselves in our community. After all, I didn't run for office for the purposes of keeping things the same, I could have enjoyed the status quo from the comfort of my living room, not putting in countless hours a month engaging residents and serving as an elected official. I shared that sentiment with the protestor who never thought about why some of us dedicate our time to serve this community, and what we hoped the outcome would be. It quickly became clear that we didn't have to be adversarial, but in fact we could collaboratively work for change.

Whether you have an "I Love Ferguson" sign in your yard, or you are standing on a sidewalk with a sign that says "Black Lives Matter", there are more things on which we agree than disagree, simply from the fact that we all inhabit and share this community together, and we all stand to gain or lose based on the city's future.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Nov 4 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	Nov 13 7 pm	Ferguson Comm Ctr 1050 Smith	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	TBA	St Peters UCC 1425 Stein Rd	Paul Beins 314-869-5080
North Hills Neighborhood Assc.	TBA	Spring Valley Park 7486 Halpin Dr	Keith Kallstrom 314-524-1720
Northwest Ferguson Ferguson Hills, Ferguson Fields & Pauline Park	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	Nov 10 7 pm	Corner Coffee House 100 N Florissant	Glenda Rickard 314-364-4306 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Nov 20 7 pm	Corner Coffee House 100 No Florissant	Vicki Salsman 314-522-3883
Robert-Superior Neighborhood Group	As Needed	Robert-Superior Park	Craig Kidd 314-522-3151
Southwest Ferguson Neighborhood Group	Nov 10 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Ken Barnadyn 314-524-5254
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com

City Resumes Leaf Clean-up

Fall is upon us and the leaves are beginning to fall. Responsibility for leaf clean-up lies with each homeowner. However, Ferguson residents are fortunate to have unlimited yard waste pick-up through Allied Waste. For those new to the City or for anyone needing a refresher, here is a brief summary of leaf pick-up rules and regulations.

Leaves can be placed in your own 30-gallon trash can and marked as "yard waste," or they can be placed in paper yard waste bags available from many local retailers and then put out on your weekly trash pick-up day. If you have an extremely large number of yard waste containers, you may want to contact Allied Waste at 636-947-5959 to let them know.

Leaves cannot be blown or raked to the curb or into the street. The City street sweepers are not equipped to clean up leaf debris. Anyone blowing or raking leaves into the street will be cited and issued a summons.

If you are disposing of tree branches, they must be cut into four-foot lengths, bundled no larger than 18 inches in diameter, and tied with string or twine before being placed for pick-up.

If you have any questions or concerns about yard waste disposal, you can contact Allied Waste at 636-947-5959.

Holiday Safety Tips From the Ferguson Police Department

Home Safety:

- Lock all doors and windows
- Remember to set your alarm system whether you're at home or away
- If you see anything suspicious, call the Police or 911
- Remember to let the Police Department know if you will be gone on vacation
- Communicate with your neighbors

Vehicle Safety:

- NEVER leave personal items (purse, cellphone, GPS systems or gift bags) in plain view inside your vehicle
- Always lock your doors and turn on your car alarm (if you have one)
- If you put items in the trunk, put them in there before going to your next shopping location
- Always try to park in a well-lit area
- Be aware of your surroundings
- REMEMBER, safety is in NUMBERS!

The Ferguson Police Department wishes everyone safe and happy holidays!

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

Be sure to get up to the Recreation Office to register or call us at (314) 521-4661.

Community Center

The City of Ferguson is excited to offer a diverse range of programming at the newly opened 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.

Media and Materials - Traditional Uses & Beyond

This series of art classes will teach techniques and allow for guided exploration of art media and materials. The overall objective of this series is to enhance artistic confidence and creative expression. Specific media explored will include Oil Pastel, Chalk, Paper Sculpture and Mixed Media. A final "Gallery Exhibition" will be planned following the class to celebrate this creative process. Each week will focus on a specific media, with one additional "Open Studio" class as an opportunity to fine tune chosen media and techniques.

Week 1: Oil Pastel

Week 2: Chalk

Week 3: Paper Sculpture

Week 4: Mixed Media

Week 5: Open Studio

Week 6: Exhibit

Age: Children's Class: ages 8-12

Adult Class- ages 19+

Date: Wed, Oct 15 (6 week session)

Time: Wed, 4:00 p.m. - 5:30 p.m. (Children)

Wed, 6:00 p.m. - 7:30 p.m. (Adult)

Location: Ferguson Community Center

Fee: \$120/Members; \$130/Residents; \$140/Non-Residents



Tiny Tot Tumbling

A wonderful opportunity for a child to learn simple steps and enjoy tumbling with other children.

Age: 3 ½ - 7

Date: TBD Time: Wed, 6:00 p.m. – 7:00 p.m.

Location: Ferguson Community Center

Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Petite/Ballet Dance

A wonderful opportunity for a child to learn simple steps and routines including tap and ballet.

Age: 3 ½ - 7 years old

Date: TBD

Time: Wed, 7:00 p.m. – 8:00 p.m.

Location: Ferguson Community Center

Fee: \$34/ Members; \$39/Residents; \$44/Non-Residents

Hip Hop/ Jazz Dance

Have fun while getting lots of exercise learning hip-hop and jazz techniques.

Age: 7-12 years old

Date: TBD

Time: Wed, 8:00 p.m. – 9:00 p.m.

Location: Ferguson Community Center

Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Aerobics

This fitness program is designed for all skill levels. High Impact will improve your heart rate, increase energy levels, as well as improve strength and flexibility.

Age: 18 years & up

Date: Ongoing 6 week sessions

Time: Mon & Wed 6:00 p.m. – 7:00 p.m.

Location: Ferguson Community Center

Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

Total Fit

"Constantly varied, high-intensity, functional movement." Come by and see for yourself.

Age: 18 years & up

Date: Ongoing 6 week sessions

Time: Sat 12:00 p.m. – 1:00 p.m.

Location: Ferguson Community Center

Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Yoga

Increase balance, ability to focus/concentrate, develop a strong core & powerful legs, build strength, and enhance muscle tone, circulation, flexibility,

posture, coordination, & range of motion. Enhance body, mind & spirit through movement, meditation & deep breathing.

Age: 18 years & up

Date: Ongoing 6 week session

Time: Tues & Thurs 7:00 p.m. – 8:00 p.m.

Location: Ferguson Community Center

Fee: \$35/Members; \$40/Residents; \$45/Non-Residents

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!

Zumba

Latin inspired, dance-themed workout featuring aerobic & interval training with a combination of fast & slow rhythms that tone & sculpt the body. Ditch the workout and join the party!

Age: 18 years & up

Date: Ongoing 6 week session

Time: Mon & Wed 4:00 p.m. – 5:00 p.m.

Location: Ferguson Community Center

Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Senior Fitness

Have fun and move to the music through a variety of exercises designed to increase cardiovascular health, muscular strength, and range of movement, balance, coordination, and activity for daily living skills. A chair is used for seated and/or standing support. MSROM means muscular strength & range of movement.

Age: 60 years & up

Date: Ongoing 6 week sessions

Time: Mon & Wed 10:00 a.m. – 11:00 a.m.

Location: Ferguson Community Center

Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Ripped

High energy cardio exercise class that involves a variety of cardiovascular activities. This cardio class will help motivate you and challenge your existing workout.

Age: 14 years & up

Date: Ongoing 6 week sessions

Time: Mon & Wed 7:00 p.m. – 8:00 p.m.

Location: Ferguson Community Center

Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Senior Fitness

Have fun and move to the music through a variety of exercises designed to increase cardiovascular health, muscular strength, and range of movement, balance, coordination, and activity for daily living skills. A chair is used for seated and/or standing support. MSROM means muscular strength & range of movement.

Age: 60 years & up Date: Ongoing 6 week sessions

Time: Mon & Wed 10:00 – 11:00 a.m. Location: Ferguson Community Center

Fee: \$40/Members; \$45/Residents

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).

3 on 3 Men's Basketball League

Grab 3 of your closest friends and join the Ferguson Recreation 3 on 3 men's basketball league. Teams are made of 4 players allowing for one substitution. There will be seven weeks of games with 1 week of playoffs.

Ages: 18 and up Days: Tuesdays

Times: 6:00 p.m. - 9:00 p.m. Location: Community Center

Adult Coed Kickball Tournament

Come out to Forestwood Athletic Complex and test your skills this fall at the Ferguson Parks and Recreation Kickball Tournament! Each team will receive a free shirt for each player on the team. All games will have an official umpire and players will be provided with refreshments. The winning team will receive a trophy! The tournament will be held on Saturday, November 22. All teams are guaranteed at least 2 games. For more information call the Recreation Office at (314) 521-4661.

Ages: 18 and up Date: Sat, Nov. 22 Location: Forestwood Park



Ferguson Parks and Recreation (Continued from Page 5)

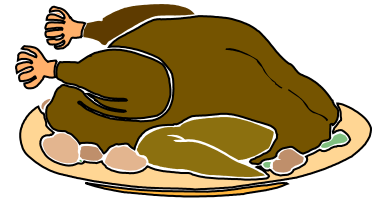
Gambling in Oklahoma/Downstream Casino

This overnight "Gambling Getaway" takes us along the OK-MO-KS border to a "Las Vegas Style" casino! Downstream Casino is unique in location. The casino is in Oklahoma. The hotel which is in the same building is in Missouri. The parking lot is in Kansas. You are in 3 states at the same time! On the way home we'll be stopping at the Indigo Sky Casino. Also on Thursday, a side trip will be included to Sandstone Gardens in Joplin, Missouri. Comps for this trip include: \$25 worth of slot play, 1 lunch and 1 dinner and \$3 off in the food court. This is the total between both casinos. Cost includes: motor coach transportation, lodging, taxes and gratuities.

Date: Wed, Nov 5 - Fri, Nov 7 Time: 7:00 a.m. - 8:00 p.m.
 Fee: \$138/Residents; \$153/Non-Residents (double-occupancy)

Bountiful Feast Bingo

For a cornucopia of fun, make plans to attend this fall's harvest-time lunch and bingo. A bountiful lunch consisting of roasted turkey and stuffing, green beans and pumpkin pie will be served. Then try your hand at bingo. We'll also have lots of attendance prizes with chances to win plus a bit of entertainment too!



Date: Thurs, Nov 13
 Time: 12:00 p.m. - 3:00 p.m.
 Location: Ferguson Community Center
 Fee: \$12/Members; \$17/Residents; \$22/Non-

"Bake Your Best" Fall Product Recipe Contest

Winner receives fourth-generation Apple iPad



Girl Scouts encourage customers to buy some of the many available Fall Products at a booth in 2013.

Calling all cooks! Love creating new dessert recipes? Use your creativity to win an Apple® iPad® as Girl Scouts of Eastern Missouri invites the entire community to take part in the "Bake Your Best" recipe contest. For the Bake Your Best contest, customers must use one or more items from Girl Scouts' Fall Product Program and develop their own dessert recipe. To be considered for the competition, each participant must submit the recipe, a photo of the finished dessert and a photo of the cook with the Fall Product used.

All submissions are due by December 10, 2014. The winner will be announced on December 17, 2014.

Send submissions to bakeyourbest@girlscoutsem.org. Entries will be judged by the Council, 40 percent on creativity and 60 percent on photo presentation.

Fall Product Program Dates:
 Oct. 11-Nov. 30 Order Taking
 Nov. 18-Dec. 7 Troop Booths
 Nov. 18-Dec. 7 Girls Deliver Orders and Collect Payment from Customers

New Fall Products this year are English Butter Toffee and Almond Cran-Orange Crunch while returning Fall Products include top-seller Deluxe Pecan Clusters, Chocolate Covered Pretzels in a Birdhouse Holiday Tin and Whole Cashews with Sea Salt.

The Fall Product Program is one of the best ways for Girl Scout Troops to earn funds for troop activities. Last year, some troops earned more than \$1,400 selling Fall Products and it is an integral part of the Girl Scout Experience, where girls gain hands-on experience with five skills linked to leadership and financial literacy: goal setting, decision making, money management, people skills and business ethics. Troops choose to participate in Fall Product Program because it:

- Gives valuable funds early in the year to pay for troop activities, community service projects and more
- Grows the confidence, skills and financial competence of their Girl Scouts and Provides e-commerce experience as girls design and run their own online storefronts

Girl Scouts is pleased to partner again this year with Ashdon Farms and M2 Media Group, which offer services for our community and the military through the Fall Product Program.

Ashdon Farms provides a community service option, Project Thank You, where each \$5 donation sends one can of candy or nuts to military personnel through the USO of Missouri.

Congratulations, Norma!



Norma Mueller has been an instructor for forty years at the Emerson YMCA in Ferguson. Norma was recognized recently for her many years of service by her friends at the "Y".

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ATTENTION! Noon Swimmer's HOLIDAY GET-TOGETHER

Sunday, December 7th at 1:00 p.m.
 Drake's Place
 701 South Florissant Rd.

Lunch on your own.

Recognizing the Contributions of Military Veterans

November is the month we recognize the many contributions our veterans have made to the United States from their service in the military. The Missouri Veterans History Project works to have these many contributions identified and preserved. Audrey Mack, the Executive Director, will provide the details of this extensive, important project at the **November 17, 2014**, meeting of the Ferguson-Florissant (North County) meeting of the American Association of University Women. Also, representing World War II, will be veteran Lorraine Hageman, who served as a Navy Wave.



The **November 17 meeting** will be held at Immanuel UCC Church Educational Building, 211 Church Street, Ferguson at 7:00 PM. The meeting is free and open to the public.

For more information, call 314-921-5120, 314-831-6884 or 314-831-5359.

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Annual
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Sale**



Homemade crafts, goodies and lots of cookies to help you celebrate the Holidays. Make new friends, visit with old friends over a snack of yummy Holiday Munch and a cup of hot chocolate.

All proceeds to benefit the Ferguson Christian Church's Women's Ministry.

**Sat., Dec. 13
9 am to 1 pm**

Ferguson Christian Church
303 N. Elizabeth

**Feast Day of
Our Lady of
Guadalupe**

**Friday, Dec. 12
9:00 am Mass**



Come and pray with us on this special day where we all live by "**Acceptance & Hope**"
Reception following
All are welcome

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Santa's Winter Wonderland Breakfast

Continental Breakfast, Photos with Santa, Crafts, Face Painting, Games & More

**Saturday, December 13
9:00 am – 11:00 am**

BTC School

Cost: \$7.00 per person

There is no charge for children under 1

Contact Lori 522-3626 or email callmequeen@sbcglobal.net
Reservations Required.

All children must be accompanied by an adult.



Breakfast with Santa

Coming to Our Lady of Guadalupe

WHEN: Saturday, December 6, 2014
9:00 - 11:00 AM

WHERE: Our Lady of Guadalupe Cafeteria
1115 S. Florissant Rd
St. Louis, MO 63121

COST: Children \$6.00 (Breakfast and a picture with Santa)
Children under 2: FREE
Adults \$7.00 (Breakfast)
Seniors \$5.00 (Over 60)



We will be serving pancakes, sausage, orange juice, coffee & water.

Our Christmas Store will be open for everyone to make those last-minute purchases.

All proceeds go directly to Our Lady of Guadalupe school

Any questions, please call the school office at 314-524-1948



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Neighbors
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Proceeds to benefit the Benevolent Care Fund.

Come join us for a neighborly brunch and extend the hand of Christ to those in need. Help us raise funds for residents who outlive their ability to pay for care.

Tickets - \$15
(children under 5 are free)

**Sunday, November 9, 2014
10 a.m. - 2:30 p.m.**

Hidden Lake Senior Living Community
11728 Hidden Lake Dr., St. Louis, MO 63138

- Silent Auction
- Musical entertainment by Mr. Gary Bennett, who is graciously donating his talents for the event.

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Thanks to an anonymous donor matching dollar for dollar.



For ticket information or to make a donation, contact: Becky Zimmer, Director of Stewardship

314.292.7546 HL14289

**Attention Ferguson
Library Teen Council**

Teen Council assembles:

**Saturday, November 1st
and Saturday, November 15th
at Noon
at the library (35 N. Florissant)**

Be sure to bring along a friend. We are charting the course for the Library. Please call ahead as schedule may change.
521-4820



Look What's Coming to the Ferguson Library

Great things are coming to your Library We are pinning down the details for weekly . . .

- TUTORING • ADULT LITERANCY CLASSES and a
- TEEN MEDIA PROJECT.

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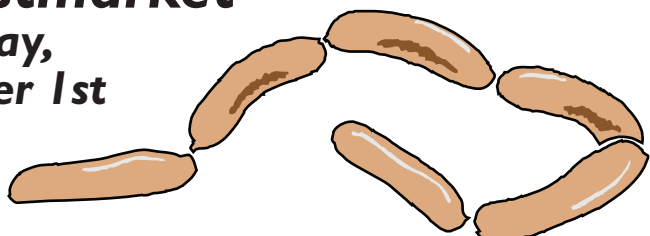
Check out our website: www.ferguson.lib.mo.us;
our Facebook: Ferguson-Municipal-Public Library; or follow us on
Twitter: www.twitter.com/fergusonlibrary
Questions? 314.521.4820

Don't Forget the Immanuel

Wurstmarket

**Saturday,
November 1st**

**Noon to
7:30 pm**



Cool Valley Elementary Participating in "The Mentoring Village"

In order to facilitate access to KhanAcademy.org, (a trusted site) by students from Cool Valley Elementary School, participating in "The Mentoring Village," the St. Louis Chapter of The Links, Incorporated, donated the necessary funds (\$3,250) to purchase and secure ten Nexus-7 computer tablets for the Ferguson Municipal Public Library. In non-school hours, these tablets will be available to participating students on a priority use basis. The tablets were donated in order to make practice access to KhanAcademy.org available to students who have limited or no Internet access at home. The donation allows students to access the site, in a safe place, that restricts Internet access to objectionable Internet sites, as well as giving the Library additional tools needed to meet the needs of all its patrons.

The Mentoring Village is a math pilot project that utilizes KhanAcademy.org as a tool to work with in an attempt to discover ways to help narrow the achievement gap of students in underserved schools.

Volunteers are members of the St. Louis Chapter of Links that work with the third, fourth (and some second) grade students, twice a month (in an art time slot) to introduce and mentor students in the use of KhanAcademy.org, an excellent, free, educational Internet site that gives students the ability to work at their own pace. They can catch-up, keep-up or move-ahead as they enjoy the challenges and rewards of the math exercises on the site. The site also identifies problem areas and notifies teachers of student progress and practice efforts, in real time.

The process used in this pilot project includes a class contract and modest incentives that encourage self-esteem, self-mastery, important character traits and neighbor-nudge learning. Students are encouraged to take



charge of their own efforts that lead to personal successes. Once students conquer their "fear of the unknown site" and understand how to utilize KhanAcademy.org, they can easily access the site for a number of different academic interests into their college years.

Guidelines for priority use access:

- Participating students will be given personalized identification that denotes them as participating in the pilot project, and thus having a right to priority use in non-school hours.
- In general, students will be given one-hour sessions. At the end of that hour, if no other student is in line for the computer, the one-hour time frame can be extended to meet the student's needs.
- If all the donated computer tablets are being used, those being used by other patrons of the library, at the time a participating student arrives, 10 minutes will be allotted for those patrons to close out their work, allowing the student use of a notepad.

In order to insure the safety of the children:

- Parents and students will abide by the "Ferguson Municipal Public Library District's Unattended Children's Policy (FMPLD) approved on 10/17/05. This entire policy can be viewed at the library.
- A parent or responsible adult who takes responsibility for the safety, behavior and care of children using the Library, must accompany minors to the age of 17.
- Children ages 10 to 17 may be permitted to stay unattended, if they are behaving in an appropriate manner.
- Child and/or adult must show his/her library card, which may be acquired by presenting a picture ID, as well as something recently dated that identifies current residence (1st class mail, unpaid utility bill, occupancy permit, etc.).

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Georgia Rossel was the listing broker on this 3 bedroom, 2 bath ranch. CBG was the buyers representative



741 Chatelet Woods



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The Ferguson Computer Corner

by Doug Neely. "Be still, and know that I am God!" Psalm 46:10 (Be at peace; GOD is in control!)



WHO CAN YOU TRUST ANYMORE THESE DAYS?, dept. as you already know, i use a free AOL email account, set up exclusively for my readers to ask me for help. there are lots of free things in this world, most having both good and bad things. for instance, i get spammed by AOL. i admit that it is in a civilized manner, but it's still spam. i admit that the email service is free, but it's still spam. at least AOL doesn't make me use the crapware in order to keep my free email. not yet, anyway. i have gotten 4 emails from AOL, attempting to entice me to accept software that will

1. speed up my puter,
2. make my puter safer, and
3. a free system checkup.

the other one is to let me know what is new & wonderful at AOL, and how i should start my morn-

ings with them. well, nobody ever said they didn't want more speed, or that they didn't want their puter to be safer, or a free system checkup (whatever that is)! still, i start my mornings with prayer, my puter is at optimal levels, it is free of malware, and i don't need it to be given a "checkup". and if i did ever need such services, i would not be getting it from AOL, or from any similar entity that i do not trust. it is AOL who will benefit from these things, not me; or you either, for that matter. don't get me wrong; there's lots of free stuff out there that is also very helpful & reputable. let me know if you require such, and i will help you get it...for free.

FYI, dept. and that trust thing? today i clicked on a "news" story from AOL. that

took me to a dangerous site, with a proven record of malware injections, and other undesirable things. WOT (World Of Trust) immediately interrupted the connection, told me of the danger, and allowed me to leave the site with no harm done. now i am not saying that AOL purposely fed me that dangerous site, but i will say that AOL does not seem to take my puter's safety as seriously as i do. (BTW...if you use FireFox or WaterFox, go to mozilla.org and get WOT.)

WHO Merits Our Trust?, dept. some people trust only God. some put trust in those they know who have a track record of being trustworthy. some trust most anyone or anything, as they are not too picky. some have a hard time trusting at all. it's your decision how you go about giving your trust to others. although i can't give you any numbers, over the past 14 years, a lot of people have put their trust in me, and, as a result, have found me worthy of their trust. i am very proud of that. THANK YOU VERY MUCH! (and you know who you are!) :)

ME GO NOW! sometimes we have no choice but to trust. that doesn't happen very often, but when it does, some of us feel very scared. to you, i say step back, collect your thoughts, & PRAY to GOD for His peace & serenity. HE will not fail you. review all the blessings that HE has showered upon us, and be most thankful to HIM this Thanksgiving! me? i am so thankful to HIM for YOU! truly, YOU are ALL a most gracious blessing! Thanks be to GOD!

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

If you would like to discuss your puter issue with Doug, call him in the afternoon/evening at *314*521*1789*; disregard the outgoing message designed for telemarketers. When emailing, send to: fergusoncomputercorner@aol.com. Remember to put the phrase "i need puter advice" into the subject line, or your missive will not be delivered. Have a blessed Thanksgiving!

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Cindy's Adult Daycare

Cindy's Adult Daycare offers a service that allows someone to care for you or your loved one at home and get paid for it. If the person needing care meets the qualifications listed below, and he or she needs help that includes meal preparation and cleanup, bathing and grooming, shopping and other essential transportation, housekeeping and laundry, and other functions of daily living, it is possible that the caregiver be paid for his or her service (the caregiver may even be a relative, neighbor, or friend, but not the spouse).

The qualifications for the person needing care are: must be 18 years or older; proof of Medicaid eligibility; able to direct his/her own self care; capable of living independently with help from Cindy's; physically disabled; and must meet the level of care requirement set by DHSS.

Contact Cindy Laster at (314) 427-9997 or at cseniors1@aol.com or come by the center at 9424 Guthrie Ave. Woodson Terrace, MO 63134.

Cindy's also has a daycare center located at the address above. The activity department could use small items as bingo prizes. If you have anything that you would like to donate or are having a yard sale and have any small items left over for bingo prizes it would be appreciated. You can reach the activity director, Marie, at (314) 427-9998 or at dreyermarie@yahoo.com. Thank you for your help.

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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.

It's that time of year, when many employers unveil the benefit changes for employees. With most benefit plans this means taking a look and comparing the cost and benefits in your current health care program. While your employer may offer other benefits that I'll mention later, health insurance is perhaps the most costly and concerning to all.

It's probably a safe bet that the coverage offered by your employer is going to cost more this year; costs are not going down. While it is partially due to premiums rising, it may also be due to a change in how much of the coverage is provided by your employer. If you are a two income family, you may have the choice of using either of your employer's plans. However, many employers are now requiring a spouse to take insurance if available from their own employer. United Parcel Service recently dumped coverage for spouses if they have insurance available thru their own employer. So you may not have that choice much longer. Some companies are not completely disallowing spouses, but tacking on another fee which in some cases could be as high as \$3000 annually. So your only real choice may be in the various plans offered by your employers and who takes the children or dependents on their plan.

If the spouse's plan looks better you may be able to include the entire family and still come out ahead even paying a surcharge for the privilege of covering the entire family with one policy. Remember time is money and the aggravation of dealing with claims and paperwork when you must deal with more than one insurer can be significant. Think of any problems you've had in the past times too. It's also important to remember that there hasn't been any requirement for businesses to provide insurance for spouses. So being able to insure the whole family is a real benefit even if the employer only pays a portion of the cost for the employee and any children. With the insurance payments coming out thru payroll it is pre-tax which will also save you money in your tax obligation.

By taking action such as Wal-Mart did recently discontinuing coverage for employees working under 30 hours per week, a business can reduce some of their costs and still be in compliance with the Affordable Care Act (ACA). This may not be so bad for the employees who can now go to the government marketplace and hopefully find insurance options they wouldn't have had otherwise. Low wage workers going thru the marketplace will also benefit with a subsidy to help pay for their insurance. So it looks like the taxpayers will shoulder the extra burden to cover these workers. The income limits for receiving a subsidy are pretty generous. A family of three could have earnings between \$19,790 and \$79,160 and qualify for a subsidy. This was always one of the biggest flaws with the ACA and I've wondered if the maximum salary for assistance shouldn't be lowered. This seems to be a kind of socialized medicine many had complained about.

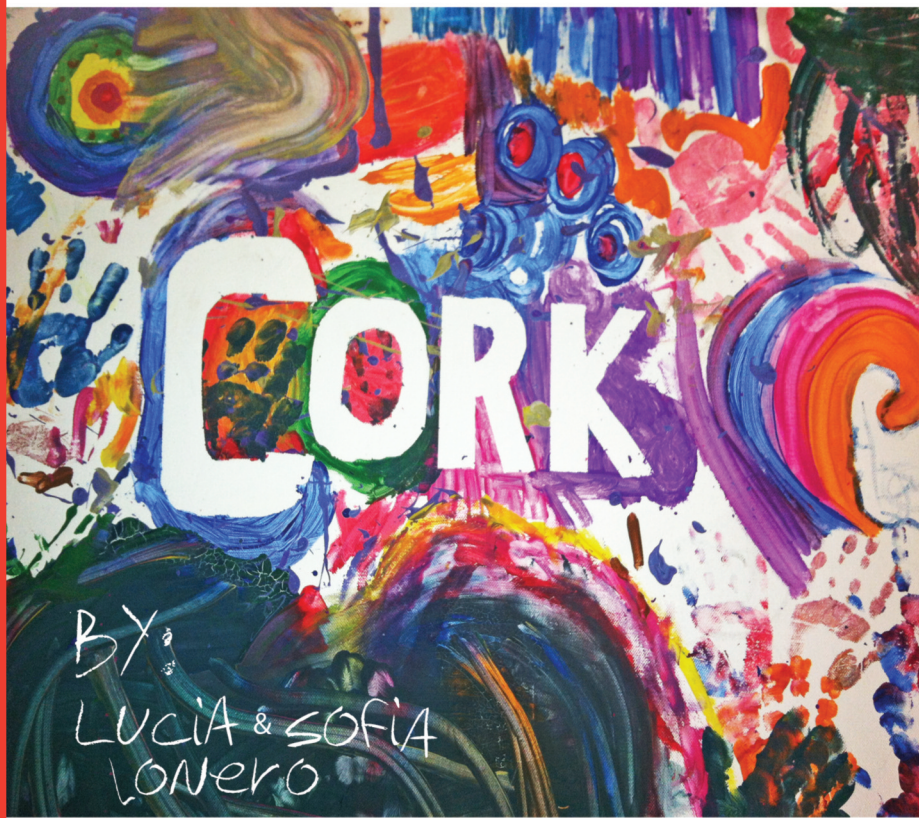
If you are in a situation that points you to the government market place, this year will offer more options and hopefully fewer technical problems. A positive effect of the ACA has been the percentage of people uninsured has dropped by nearly 4% which is a nice change, but when you consider that means 96% are still uninsured it's not so impressive. However, we haven't seen any decrease in health costs or any indication the near future will.

What some may call a "sin fee" is another way for a business to cut costs. By adding an extra fee for those employees who may cost more in claims they can reduce their benefit expenses and keep down expenses for others. If you're a smoker you've probably already been hit with extra fees. That started well before the ACA came into being. And those considered obese may find they will also pay more. Almost anything that may cause you a health issue down the road could be a cause for extra fees. So can we expect an insurance questionnaire that would include other unhealthy habits like how much fast food you might consume? Paying extra because of your lifestyle choices is considered by many to be a bit invasive, yet many people don't feel they should have to pay for others reckless behaviors. And all types of insurance have methods of charging more for higher risks – look at life insurance and car insurance. So I suspect it may come up more in the future.

So back to reviewing your employer's benefit package. If you have the opportunity to use a Tax Savings Plan, definitely consider signing up. These plans allow you to pay for medical expenses and child care with pretax dollars. This can be a real help for those who don't have the medical costs necessary to make it a deduction on their income tax. Typically, you would need to spend more than 10% of your income on medical care to have anything worth deducting. Using the tax benefit gives you the effect of getting this deduction on all costs that are not covered by insurance. And if you pay for child care those expenses can be handled the same way. You estimate the cost per pay period and have that amount deducted from your pay pre-tax. As you spend money for those expenses you put in a claim to get reimbursed from the funds being withheld from your pay. Some companies make it especially easy by issuing a debit card to actually use for expenses as they occur. The only draw back on this benefit is that you must estimate the costs you will incur to make sure you use all the money being deducted from your pay check. If you over estimate the money left can be lost. For childcare expenses this should be fairly simple since you know

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what the fees are up front. With medical costs it may be more difficult because no one really plans to get sick. You can review what you spent out of pocket in the previous year to help. And if you find you are close to year-end without spending everything you had deducted, it might be time to replace your contacts or glasses to get the last of your funds. Don't let this part of the plan prevent you from taking advantage of this benefit.

Another important feature of any benefit plan usually involves retirement and a 401k or 403b. Don't miss this opportunity to start or increase your savings for retirement. Most companies will offer some type of match up to a certain level for any contributions you make to your own account. It's like free money and might help you feel better about paying for health care because here you get extra money in your pocket. Planning for your future is one of the most important things you can do while you are still working. So many people put it off and then try to make up for it in their last few years of working. If you can set up a plan to start saving small amounts while you are young the savings can really add up without much pain. It is perhaps the best protection for yourself and your family.

For those who did put it off, you have the chance to increase your contributions by as much as \$5,500 annually for those over fifty. So you should consider this and remember with the pre-tax contributions you will save in taxes. If you do not have benefits from your employer or you are self employed, it will still behoove you to look into the ways you can access healthcare and take advantage of opening your own individual retirement plan which has its own tax benefits.

As 2014 comes to a close, take the time to assess your financial situation with regard to the things you have some choice on. If you have comments or suggestions please e-mail consultjoan@att.net.



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Soldier's Wish List Fundraiser
Silent Auction
Saturday, November 8th
2pm to 9pm

Open Thanksgiving Day
Thursday, November 27th @ 6:00pm
Friday, November 28th @ 10:00am
No Kitchen Thanksgiving Day
Kitchen will be open Friday

Book Your Holiday Party at Marley's:
marleys@att.net



With the approach of the Holidays, remember gift certificates to any of these establishments. They are always the right size and right color . . . and always much appreciated.



Ferguson by Foot

By: Margaret Wolfinbarger

November arrives amidst a halo of bright fall foliage, plump orange pumpkins and crisp, cool days. Gone are blistering summer afternoons and the quick summer diet designed to get us into our favorite swimming suits. We pull out the sweaters, hug a cup of hot chocolate and prepare to feast! Indulging in homemade fudge and copious amounts of roasted turkey have long been a tradition for my family, so much so, that I can't imagine the month of November without it. For others it may be pumpkin flavored custard, pumpkin bread or even pumpkin flavored candy corn that reign in the early winter months.

Family traditions hold great sway as the holidays approach but many of those can be hard on the body. We can lose perspective as the days shorten and conveniently forget our need to reign in the calories and move more. If we don't work hard to cultivate healthy habits, any progress we made throughout the year will be lost. With that in mind, here are a few ideas to stimulate your brain and your body.

Assess your situation. Are you 10 pounds overweight? 50? Do you simply want to feel better? Set a goal. Make a plan and stick to it. So many people tell me, "I'm simply not motivated to get in shape." Motivation is a buzz word people use to deflect their true intentions. I don't personally find myself to be overly motivated. Most mornings I moan and groan my way out of bed just like 90% of the population. The difference between me and you is that I have made a habit of eating right and exercising daily. Sure I have my off days where I am foiled by cookies, but most of the time I exert my fundamental right to refuse them. Before I go to bed every night I make a decision about what kind of exercise I will do the next morning. I don't always feel like walking so I may do step aerobics or cycling instead. Whatever you do, make a habit of it. Choose to live a healthier lifestyle by making one healthy choice at a time. Think before you eat. It seems trite to say "plan your meals" but this is one of the most effective ways to beat your blubber into submission. If you wait until your stomach begins to growl, it's too late. You will fall prey to your beloved food obsession.

Instead, take 30 minutes out of your weekend, before you grocery shop, and plan your meals for the week. For dinner it can be as simple as writing down your favorite vegetables and combining them with your favorite protein. Think about what you would like to eat for breakfast and lunch that isn't packed with preservatives and fat. I'm sorry but Poptarts are not food and do nothing to nourish the body. Breakfast is probably the most important meal of the day and should be packed with protein and long lasting fiber. If you are perpetually late, hard boil eggs Sunday night for the week. Keep fresh fruit on hand to grab in a pinch. Simple preparation will help you thoughtfully prevent cravings from ruining your waistline.

Make time for yourself to move. Exercise may as well be a dirty word for the perpetually inactive. The most common excuse is, "I don't have time." Nonsense! You definitely won't have time if you eat yourself into an early grave. Move those muscles! Burn that fat! I know. I sound like an aerobics instructor. I'll leave that job to Rae Mohrmann, but seriously folks, lift those buns off the couch and get busy. My friend Sandra loves Zumba. Twice a week she shimmies her thighs away with friends and has loads of fun. Can't afford a gym or a class? There's always the old tried and true method to lose weight; walking. Hey, don't mock it. It's free, and if you have some good tunes it can even be fun.

In fact, I have been walking around Ferguson lately and have been a little lonely. I continue to see my pal Charles walking his boxers and Laura, jogging her heart out, but for the rest of you, I encourage you not to let winter or other factors be an excuse to hide indoors. Get out and breathe in the fresh air. Ferguson is still one of the most beautiful cities in St. Louis, not just aesthetically, but at its core. People here have real grit. They live, love and grow by caring for one another. Ask anyone who's been married for longer than 20 years. Everyone hits a rough patch now and again. And as I like to say, it's how we respond to adversity that really matters.

Gift From GoFundMe Finances Celebrate Children Program for School District

A generous, \$50,000 gift from the crowdfunding website GoFundMe has enabled the Ferguson-Florissant School District to finance its 19th annual Celebrate Children concert in 2015. The program originally had been cut from the district's budget due to a \$7 million budget deficit for the 2014-15 fiscal year.

Inspired by a visit in 1995 by program director Betsy Anderson to Austin, Texas, to observe the Summer Institute of the "Believe in Me" program, Celebrate Children is the only program of its kind in the Midwest and one of just eight in the United States. Using dance to transform lives, Celebrate Children was founded by Anderson and Carl Yochum, retired educators in the Ferguson-Florissant School District. Since 1996 it has helped more than 6,000 children in the District dance across the stage with increased self-confidence.

"This is an unbelievable gift from GoFundMe," said Laura Modrusic, chief financial officer for the Ferguson-Florissant School District. "I know that our students and families will be very excited to learn that this program has been funded. We are most appreciative of this very generous donation."

GoFundMe (www.gofundme.com) was founded in May of 2010 by Brad Damphousse and Andrew Ballester. Their mission was to create a simple, online fundraising platform where people could easily raise money for the things that matter to them most. A little over four years later, GoFundMe users have raised over \$500 million from more than seven million donors.

According to GoFundMe marketing associate Kelsea Little, the crowdfunding site recently hosted a few campaigns relating to the tragic events in Ferguson that occurred in August 2014. GoFundMe was interested in donating its proceeds of \$40,000 back to the community "to make the most positive impact possible for the young people of Ferguson."

District acting superintendent Larry Larrew and Dr. Gwendolyn Diggs, the District's chief learning officer, referred Little's inquiry to Modrusic. After determining that reinstating the Celebrate Children concert would be of wonderful benefit to the students of the district, Modrusic sent information about the program to GoFundMe.

Seeing that the Celebrate Children budget was reduced in order to accommodate the GoFundMe donation of \$40,000, GoFundMe chief executive officers Ballester and Damphousse raised the total donation to \$50,000.

"After everything that Ferguson has been through, we decided to donate our proceeds from the related campaigns in an effort to do something positive for the community," said Damphousse. "Learning about the impact that the Celebrate Children program has on the youth in the Ferguson-Florissant community made our decision easy. We're very excited to be able to bring this program back for the 2015-2016 season."

The 2014 Celebrate Children program cost more than \$92,000 to produce, including rental fees for the Touhill Performing Arts Center at the University of Missouri-St. Louis, professional fees for the director, choreographers, singers and musicians and other ancillary costs. The program generated just over \$23,000 in revenue.

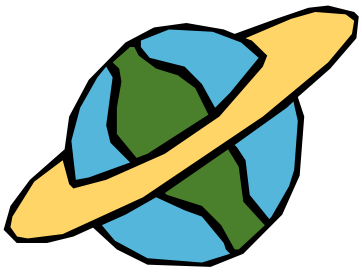
Broadway star and 1995 Kennedy Center Honor Recipient Jacques d'Amboise developed the teaching method used for Celebrate Children along with Ellen Weinstein, artistic director of the National Dance Institute. Celebrate Children is based on the belief that the arts can inspire children to achieve excellence both academically and in their personal lives.

The program is available to students in all 17 District elementary schools and all three District middle schools. Children become participants through auditions and staff recommendations, and must attend 25 dance classes before school or on Saturdays to prepare for the annual performance in May. Students are identified not by their talent, but instead by leadership and a willingness to participate in extracurricular activities.

The theme of the 2014 concert was Oh, Freedom!, saluting the efforts of African-Americans, women and Jewish people who have fought for freedom. More than 250 children performed in the concert, with the assistance of educator liaisons at each school.

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And Now a Word from Our Planet



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

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Non-legal test (up to 3 people) ..\$295
Each additional person.....\$100
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314-942-7443 Sat. 8am-3pm

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Offer expires 11-30-14

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Exercise with Melanie-FREE classes

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Blood Pressure Clinic

Thursday Nov 6 and 20 10:00 a.m. Refreshments served RSVP by calling 314-838-3877

Triva Presented by Maxim Home Health

Thursday, Nov 6 at 9:30 am Complimentary Breakfast at 9:00 RSVP by Oct 31 314-838-3877

Tai Chi for Seniors - FREE classes

Friday, Nov 7, 14, 21, 28 **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

Veteran's Day Happy Hour

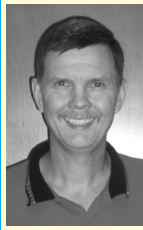
Entertainment with Brent Binkles 10:30 a.m. Happy Hour 11:30 a.m.

Tuesday, Nov 11 Followed by Complimentary Lunch RSVP by Nov 7 314-838-3877



Project Hands

Volunteers needed to knit, crochet, and quilt for various children's org. the last Friday of every month Friday November 28 2:00 p.m. RSVP by calling 314-838-3877



Under The Hood With Robinwood

By Bob McGartland

The Time of Giving Thanks, Especially for Old Reliable

With Thanksgiving around the corner, you may start to think about that which you are thankful. One item you may overlook from that list is your car. As not everyone can have or afford a car, whether it is new or old, having a mode of reliable transportation is certainly one item to add to your "thankful for" list. A good running vehicle allows you to travel to and from places, at your discretion. Having a car means freedom; that you can go where you want, at a time that is convenient.

While being grateful for your car might seem out of the norm, think about everything it does to make your life easier and pleasant. You are able to go to your job in a safe and reliable mode of transportation, keeping you and your employer happy. Having a vehicle is especially beneficial if you live in one town, but have to travel many miles for your job.

So many things we take for granted are made possible by a reliable vehicle...commuting to and from church on Sunday, picking up kids at school and/or daycare, shopping trips, events to attend, nights out with friends, plus many errand "trips" we make every week. Taking family summer vacations across the country or across the state. Getting to the church on time on your wedding day or to the hospital on time before the baby is born. How many

times have we all laughed and smiled while traveling with friends or family. Your vehicle is more than a mode of transportation; it is a social center too.

When you consider everything you do that includes driving, spending some money each year to keep old reliable "reliable" probably makes sense. At Robinwood, we do our best to advise our customers of what needs to be done for your immediate driving safety, and what should be done in future visits. This approach is what has allowed us to prosper for 31 years. We are thankful for all the customers who have trusted us since we opened our doors in 1983. We now serve the children and grandchildren of some of our long time customers...now that is something to be really thankful for!

Thanksgiving is the most traveled holiday each year. When visiting friends or family, remember that your car helped you to get there. Even if you have to fly to see them, you will probably drive to the airport. Being grateful for owning a car might seem silly, but without it, you may not be able to spend Thanksgiving or the holidays with loved ones. Owning a vehicle may not be necessary, but it sure makes life a lot easier!

Let us remember, no matter what is going on in our lives there are blessings for which we can be thankful. So not only on Thanksgiving but each day, take the time to be grateful for the blessings you received. Please have a safe and enjoyable Thanksgiving holiday.

As always, if we can be of service, just give us a call at Robinwood Automotive or visit our website at robinwoodauto.com.



Dennis L. Callahan

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Friday, November 7, 2014 Florissant Golf Club

Registration 10:00 a.m.
Shotgun Start - 11:00 a.m.

**Four Person Scramble Format
\$300 per team - \$75 per golfer**

16th Annual Chili-Dog Golf Tournament



- Includes**
- 18 holes of golf with cart
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 - Box Lunch on Cart
 - Hot dogs, and Chili Dinner
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COUPON EXPIRES 11-30-14

Foundation Created to Raise Private Dollars for School District

The Ferguson-Florissant School District's Board of Education recently approved the formation of the Ferguson-Florissant Foundation for Education (FFFE), which will focus on enhancing community support and expanding resources that enrich teaching, inspire learning, and maximize opportunities for all students in the School District.

The FFFE will provide much-needed dollars for educational programs and activities that are not funded by the District's normal operating budget. It will also award grants to recognize innovative teaching, which will provide resources directly to classroom teachers who develop and implement innovative educational programs.

An advisory board consisting of Ferguson-Florissant parents, students and community members will be formed this fall, and will create grant criteria and oversee grant awards for teachers and staff.

The FFFE is a component fund of the Greater Saint Louis Community Foundation. All gifts to the FFFE will qualify as charitable contributions for tax purposes. The Greater Saint Louis Community Foundation (GSTLCF) will make grants based upon the recommendations of the FFFE advisory board.

According to Laura Modrusic, Ferguson-Florissant's Chief Financial Officer, the District decided to partner with the GSTLCF in order to benefit from the fund management expertise offered by the nearly century-old, community-based institution.

"By tapping the vast resources of the GSTLCF, we can hit the ground running as we work to make a difference in the lives of our students," said Modrusic. "We hope having this kind of support and expertise available to us at the outset will help us quickly fund deserving programs in our District, while also exposing the Ferguson-Florissant Foundation for Education to a greater number of potential donors."

Donors may make contributions directly to the fund at the Greater Saint Louis Community Foundation or through the Ferguson-Florissant School District.

About the Greater Saint Louis Community Foundation
The Greater Saint Louis Community Foundation has been helping St. Louisans put their charitable dollars to work since 1915. The Foundation has nearly 460 charitable funds totaling \$250 million in assets, which make over \$30 million in grants that shape our region, touch communities across the nation and reach across the globe. Moreover, the Community Foundation administers charitable funds, and provides customized giving tools that make giving easy, maximize tax benefits, and give donors the confidence that their dollars are making a real difference in the lives of others. Learn more about the Greater Saint Louis Community Foundation by visiting www.stlgives.org.

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www.earthdancefarms.org
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Are You Ready to Get Your Hands Dirty? **Become an Apprentice in 2015!**

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As an apprentice at EarthDance, you will:

- Grow food
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- Challenge yourself
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- Savor delicious experiences
- Preserve the harvest
- Plan your future agricultural endeavors

For more details and application information, visit earthdancefarms.org/what-we-do/grow-farmers



Want to tour the farm? for more information, email tours@earthdancefarms.org

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314-524-2580

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

Chiropractic Care and Your Health Rating



As a rising tide raises all boats, regular chiropractic care helps improve all aspects of your personal health. This process occurs owing to the fact that chiropractic care directly addresses the nerve system, your body's master system.

The nerve system conducts messages between your brain and every other organ, tissue, and cell in your body. As a result, the proper functioning of your cardiorespiratory, digestive, endocrine, immune, and reproductive systems depends on effective and timely reception and transmission of information from and to your brain.

By making sure your spine is aligned, regular chiropractic care helps reduce and remove irritation to centrally located spinal nerves. Regular spinal alignment allows spinal nerves to do their job properly, helping ensure that your heart, lungs, immune cells, pancreas, thyroid, stomach, and intestines are all doing their job at the best level possible. The outcome is enhanced health, all across the board.

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

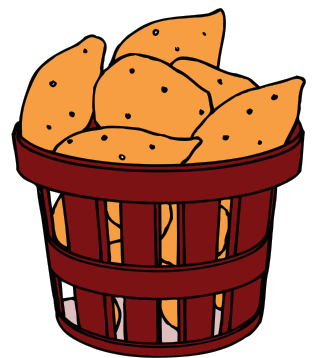


Don't forget that responsibility for leaf clean-up lies with each homeowner.

Leaves may be placed in your own 30-gallon trash can and marked as "yard waste," or they can be placed in paper yard waste bags available from many local retailers and then put out on your weekly trash pick-up day.

Cooking Competition Between the Three High Schools in the Ferguson Florissant School District

An interesting cooking competition between teams of students from McCluer High School, McCluer North High School and McCluer South Berkeley High School was held on October 22nd at McCluer North.



Three teams of four students each participated in the competition. All of the students were chosen by teachers in their Family and Consumer Science class. Students were required to use a mandatory ingredient, sweet potatoes purchased from Earth Dance Farms in Ferguson. Judging was based on taste, presentation and use of the sweet potatoes.

Judges for the competition included Ferguson-Florissant School District chef Tony Dodson; Cortez Thomas, former McCluer North student who now is head pastry chef at Cathy's Kitchen in downtown Ferguson; Dr. Donna Thurman, Ferguson-Florissant School District Board of Education; Laura Modrusic, FFSD chief financial officer; and a chef from LeCordon Bleu culinary academy.

The purpose of this competition was to give FFSD students who love to cook the opportunity to compete with other cooking students. The goal of this event was to highlight young chefs as well as local Ferguson produce.

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I Love Ferguson Store



Before the Grand Opening ribbon cutting of the *I Love Ferguson* store located at 299 South Florissant Road, the *I Love Ferguson* committee donated \$5,000 to Reinvest North County. This fund is for mom & pop / independent businesses that were damaged during the unrest.

Inside the store is a display of *I Love Ferguson* shirts in many sizes and colors. Also available are coffee mugs, hoodies and Koozies.



After expenses, all money collected is donated to Reinvest North County.

Ribbons of Hope for Ferguson

By Gussie Klorer



Many people are curious about the ribbons on fences in the downtown area by the clock tower and in front of the burned out QuikTrip on West Florissant. "Ribbons of Hope," a community arts project conceived by local art therapist Dana Sebastian-Duncan, began as a grassroots project for a town in mourning after the Michael Brown shooting. The purpose of the project is to help to nurture and strengthen community spirit and build bridges toward a positive future for Ferguson. Individuals are invited to write their hopes and wishes for Ferguson (or their own communities) on a ribbon with permanent magic marker or paint. "Ribbons of Hope" is a partnership of the Adolescent Resource Center, a program of Queen of Peace Center, the Northern Arts Council, Ferguson Youth Initiative (FYI), Provident Counseling and the Missouri Art Therapy Association.

Teens involved with FYI, a program that began in 2010, have been instrumental in this project by soliciting ribbons at some of their social gatherings and other Ferguson gathering places, such as the Ferguson Sunday Parkways and Teen Festival, the FYI Youth Summit, Ferguson Farmer's Market, and the opening of the Ferguson Community Center. Ribbons have been coming to Ferguson from throughout the St. Louis metropolitan area and have been made in pre-schools, universities and geriatric centers and by every age in between. Some of the ribbons have pictures without words. Many of the messages are simple: "peace," "hope," "be happy." Some of the messages are inspirational: "Hope is being able to see that there is light despite all of the darkness—Desmund Tutu", "Hope shines brightest in the darkest moments...good things will happen." Some ribbons made by children bring a smile: "It's okay to be mad. Just clam [sic] down and take a deep breath," "You are beautiful no matter what people say," "Dear people of Ferguson, I know you are angry but it will only make it worse." Some ribbons are philosophical: "On the other side of heartbreak is wisdom."

People throughout the country realize that the unrest in Ferguson is really a national issue, not a local issue. Through social media, "Ribbons of Hope" has gained momentum and is attracting participation from all over the country. Ribbons have come to Ferguson from Florida, New York, Ohio, Wisconsin, Texas, Kansas, New Jersey, Michigan, Illinois, and California. Each day, more local schools and churches are joining in the project. Ideally, participants will make two ribbons, one for the larger community project (to be hung at one of the two original locations in Ferguson) and one for a designated place on their own property. (For pickup of ribbons for the larger project, email pklorer@charter.net)

Through this project, we hope and pray that people will stop and read the positive messages and take them to heart. As a fourth grader from New York wrote:

"I hope that everyone learn peace and no guns and only use knife with cookies."



After a call to the community to donate candy for the Ferguson Pumpkin Walk which was held Sunday, October 26th, CVS Pharmacy, located at N. Florissant Road and Dunn Road, donated over \$5,000 of candy. Best of all, this was full size candy bars, not fun or snack size. Our thanks to CVS.



Ferguson Plants Commemorative Trees



TREE CITY USA®

Did you know that Ferguson is a Tree City USA member? You will see the Tree City designation on the Ferguson signposts as you enter the city on North and South Florissant.

The Tree City USA program is a national program that provides the framework for community forestry management for cities and towns across America.

Communities achieve Tree City USA status by meeting four core standards of sound urban forestry management:

1. Maintaining a tree board or department (our Parks & Recreation Committee)
2. Having a community tree ordinance
3. Spending at least \$2 per capita

Pictured at the right is Nancy Whitener (in the plum colored jacket). The tree was dedicated in memory of Nancy's mother, Jane Whitener, who passed away recently. Nancy has worked for the Ferguson Parks & Recreation Department for many years. She had the tree planted by January-Wabash Lake and January Avenue, close to her mother's home.

on urban forestry
4. Celebrating Arbor Day

Participating communities have demonstrated a commitment to caring for and managing their public trees.

In Ferguson we have commemorative tree planting in our parks twice a year; in October and in April. For \$150, anyone can have a tree planted, dedicated (with a stone plaque) and maintained by the city. The one stipulation is it must be planted in one of Ferguson's parks.

Due to last year's May 31st tornado, that devastated many trees in January-Wabash Park, there are a lot of spaces available for a tree.

On Saturday, October 25, four trees were planted. Three in January-Wabash Park, and one in Jeske Park.



Ann Chisholm, had a tree dedicated in her honor by the Ferguson 4th of July Committee. Ann is the 2014 Citizen of the Year.



Above are John & Dorothy Stade standing in front on their Bald Cypress.

Below is Dana Denson and her and James' three children in front of the tree dedicated in memory of James Cox, Jr. James was the son of Jim Cox, long time Ferguson resident and businessman



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Gift Cards Birthday? Anniversary! Christmas!
Gift Cards are always the right size and color.

Trinity High School to Hold Open House November 2nd

Trinity Catholic High School, the only co-ed St. Louis Archdiocesan high school in North St. Louis County, will hold an Open House from 12 noon to 4 p.m. on Sunday, November 2.

Virtually 100 percent of Trinity students graduate from high school, and nearly 99 percent continue on to post-secondary education, including universities such as Stanford, Georgetown, Northwestern and more than 75 selective and highly selective universities and colleges across the country.

Trinity also offers its students up to 58 hours of college credits, and all Trinity students use an iPad to advance their studies.

Trinity Catholic invites students and parents to the Open House to tour the school, meet with faculty and other students and learn about a \$2,000 tuition scholarship and registration incentive for current 8th grade students, a savings of nearly 25 percent on Trinity's annual tuition fee.

For more information contact Dan Grumich in the Trinity Catholic High School Advancement Office at 314-741-1333, ext. 223 or dgrumich@trinitycatholichigh.org.

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Saturday 10am - 2pm

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- Furniture
- Repurposed Items
- Old & New Art
- Home Decor
- Jewelry
- Lighting
- Art Classes

Starting November 7th - Gallery Nights at Corners Frameshop and Honey & Sweeties every 1st Friday from 6pm to 9pm - Refreshments will be provided



My Front Window

– by Bob McCarty

Spending the past few months restoring our windows, I wanted to remind you as to why they were restored. The windows are really the eyes to the soul of your home; enjoy.

"My Front Window"

What a nice apartment,
What a cozy nest,
I love my big front window,
Where the sun shines in the best.

I sit there early mornings,
Being toasted by its rays,
I drink my coffee, read my paper,
What a way to start the day.

On those mornings when it's raining,
My body gets a chill,
But, as I watch the raindrops falling,
My heart with warmth is filled.

The chair I've placed there is a rocker,
No other chair will do,
I feel like a Rockwell painting,
My cat fits the picture, too.

From where I sit, I see a tree,
In the spring, it blossoms whole,
The birds fly in for nesting,
Which is fodder for my soul.

Sometimes the sky is vibrant blue,
With whipped-cream clouds on high,
Their shapes suggest all sorts of things,
Ahoy! Noah's ark just floated by.

Other times the sky is dark,
It is frightening to see,

Yet I am drawn to the window,
As angry clouds look in on me.

The wind can blow most mercilessly,
Spreading leaves and twigs and
limbs,
Being unattached, they freely dance,
And I pirouette with them.

Along the ground, a squirrel runs,
As if upon a mission,
Sometimes it stops and looks at me,
I wave; it leaves my vision.

I laugh at chipmunks looking in,
Or birds warbling on the sill,
I smile and whisper greetings,
I've learned I must be still.

My doorbell now is ringing,
Oh, let it ring some more,
The movers are here early,
Let them wait outside my door.

Why hurry my departure?
I won't come this way again,
All I seek is one last peek,
And then I'll let them in.

–Virginia (Ginny) Ellis

Until next month, Bob is on the Job.
Happy Thanksgiving to you and your family!

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FEATURING



Coleman Hughes Project featuring Adrienne Felton

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Fri.-Sat
11am-12am



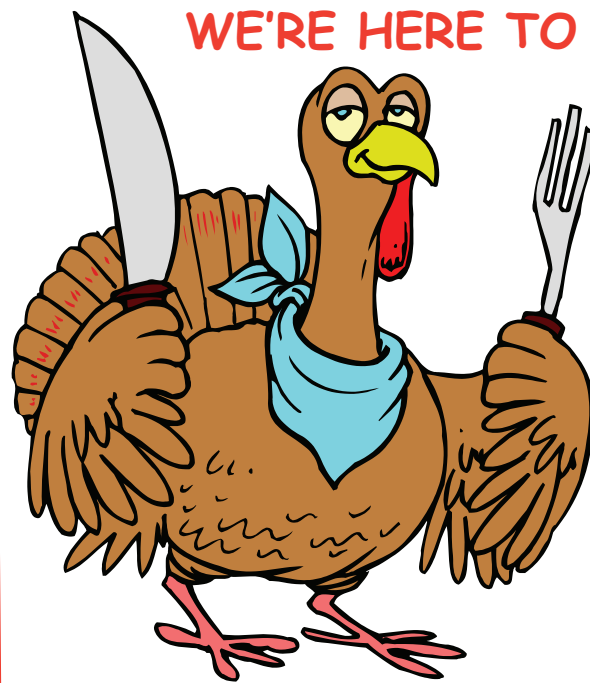
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What Did You Say?

People who know me are well aware that I have a hard time on the telephone (it's why I prefer email), but the impairment is also evident in everyday conversation. Although three of my siblings have hearing problems (it is hereditary), none of our teachers was aware of the hearing impairment. I didn't think I was stupid, but I knew that something was wrong with me. I was constantly being marked "Inattentive." Hearing? Everybody in the family spoke very loudly, so it wasn't an issue at home. When no one in the family paid any attention to me, I just figured I had nothing to say.

But . . . the upside of this problem is that I became a very good listener. I had to concentrate very hard to understand what people said, and, as a consequence became a very good student . . . and very good friend.

As I have gotten older, my hearing has deteriorated even more. So, please bear with me when I don't know what you are saying on the telephone.

Editor

Djeli Tales

By Mama Lisa Gage

Emergency Aid for Africa, Again? Yes!!!

Ebola is killing us. It is not just Africa's problem; we are all affected.

President Ellen Johnson-Sirleaf of Liberia is being faced with an epic crisis that will force international leaders to reroute business-as-usual practices to immediately assist with humanitarian efforts converging on West Africa. Ebola is rapidly spreading not only across space but across time. It interrupts the destinies of families, villages, towns, and nations. It guts economic, social, spiritual, and political traditions that were being healed from another recent history-changing event: civil war in Liberia (1989 & 1999). As in the cases of its bordering neighbors of Sierra Leone and Guinea, Liberian wealth, wisdom, labor, and rich oral history dies with its people, again.

From its roots as an American colony in the early 1820s, the people of the region had been forced to evolve to accept modern ideals and practices. Local ethnic groups sparred with officials to gain respect and alliances for future advancement. Liberia is home to the Kpelle, Gio, Grebo, Bassa, Kru, Kissi, Vai, Krahn, Mano, Bella, Gbani, Mandingo, and Gola peoples. Liberia's strategic location on the Atlantic Ocean and untapped natural resources made it an important American asset during WWI and WWII. Modern airports, roads, and a shipping port were built to accommodate troop movement, including many African American units. So when independence was declared in 1847, all groups attempted to gain political favor with the Americo-Liberian leadership, whom were resettled Black American freedmen and ex-slaves.

However, a greedy and corrupt leadership over the years began to disenfranchise the citizens. Economic protests and mass demonstrations resulted in mass killings, ethnic targeting, migrations, and war. Conflict diamonds were mined to fund weaponry. By the end of the 1970s, citizens were under siege, and a change was needed. In 2003, the courageous Women of Liberia Mass Action for Peace helped broker the end of the civil war, which paved the way for the 2005 election of the first female president in Africa, Ellen Johnson-Sirleaf.

Sirleaf has worked relentlessly to welcome positive change and community partnering in business. East St. Louis native Reverend Maryalice Omokeye Brown Moses (revmoses@missionofhopeliberia.org) has traveled annually since 2010 to provide services to Liberia, first by working with the Honorary Consul General to Liberia, Cynthia Blandford. Now, Reverend Moses is the global missions director for ICF Mission of Hope-Bong County, Liberia. With its 500 acre dominion in Paynesville, the mission houses a guest house, ministry and a school servicing over 400 students. The mission also serves as a resource for 6 villages and 2 communities in the central region of Liberia, approximately 150 miles from Monrovia. She reports that with the Ebola outbreak, efforts must be made to keep the surviving population healthy and hopeful.

Government restrictions on travel have shut down schools and businesses. The people are hungry. Reverend Moses coordinates weekly donations and transports of food and supplies to the area. Current prices hold at \$45 for a 50 lb bag of rice, \$35 for a case of sardines and \$5 for a phone card. Educational literature and training on proper hygiene and Ebola virus prevention spearhead every conversation. As the rainy season ends, more people will try to move out of confined regions, and the risks will escalate. Donations are urgently needed to help the citizens survive beyond the crisis.

As we rise to the occasion to show that we are a compassionate people locally, let us show prayerful compassion abroad for those without first world amenities whom need our help. Pray for Godspeed to the divine wisdoms which guide and protect the hands and hearts of the scientists, healthcare professionals, and concerned personnel providing care to those whom need it most. Thank you...

<https://cgov.sos.state.ga.us/Account.aspx/SearchRequest> , http://missionofhopeliberia.org/?page_id=9 , <http://www.emansion.gov.lr/> , http://www.emansion.gov.lr/doc/WorldBank_Statement.pdf



World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. The actual fighting between the Allies and Germany, however, had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the

eleventh day of the eleventh month in 1918. Armistice Day, as November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. veterans.

Tomb of the Unknowns

Official, national ceremonies for Veterans Day center around the Tomb of the Unknowns.

To honor these men, symbolic of all Americans who gave their lives in all

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Coming December

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Jim Faraci



Oak Hill Baptist Church Food and Clothing Pantry

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Feel free to join us for Sunday
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Membership Meeting Thursday, November 13

Orlando's Event and Conference Center

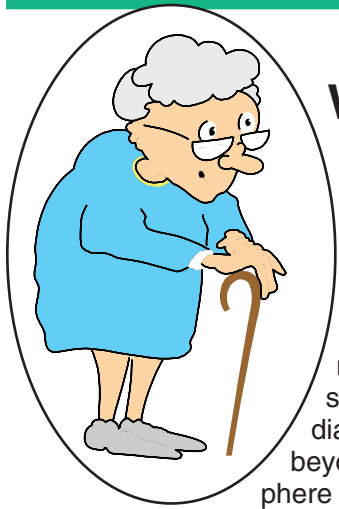
Let's go Blues!
**Wear your Blues gear and we will be
honoring our Veterans for Veterans Day.**

wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath and the playing of "Taps."

Unknown Soldier Identified

On Memorial Day (which honors U.S. service people who died in action) in 1958, two more unidentified American war dead, one from World War II and the other from the Korean War, were buried next to the unknown soldier of World War I. In 1998 the Vietnam soldier was identified through DNA tests as Michael Blassie, a 24-year-old Air Force pilot who was shot down in May of 1972 near the Cambodian border. His body was disinterred and reburied by his family in St. Louis, Missouri.



Ask Grandma Why I Live in Ferguson

20 years ago, Ferguson volunteers, both black and white, formed a committee called PROUD (People Reaching Out for Unity and Diversity). The objective was for black, white and all races to sit down together to discuss our differences and commonalities so that we could better communicate. (This committee was recognized and supported by the City of Ferguson.) Through the dialogue created with this group of volunteers and beyond, Ferguson has strived to create an atmosphere of acceptance of this unity and diversity that many of us love about our community.

A few years ago Neighborhood Organizations were formed. These Organizations meet regularly to discuss and address problems and opportunities in the community. There is always a representative from the Police Dept. and City Council in attendance to clarify laws, give information, listen and act upon any problems. There are 10 of these groups. The meeting dates and contact information is published in the "Ferguson Times" newspaper, which is mailed free to everyone in Ferguson.

These Neighborhood Organizations have done great things to better the community. Several of these groups have formed Community Gardens where the neighbor's plant, maintain, and share the bounty. Another group decided to make their park a small "sculpture" park. The groups have established, with the city, another organization, LiveWellFerguson, which sponsors, among other things, an event called "Sunday Parkways," (a free event) that moves to various neighborhoods. The streets are blocked off for walkers, bicyclists, sports, food and live music. These events are well attended by blacks and whites. . .and I remind you, it is free.

LiveWellFerguson promotes healthy eating and an active lifestyle. The group joins the City in sponsoring the Ferguson Twilight Runs and the Ferguson Twilight Bike Ramble. They also hold a Wag and Walk course for dogs, who run or walk on Ferguson Streets and the Ted Jones Trail.

Another organization, Ferguson Youth Initiative (FYI), regularly holds an event called "Open Arts," where the youth of Ferguson can show off their talents. Youth of all ages can play music, sing, rap, and recite poetry, participate in arts and crafts, create hydroponics, collages, and many other projects. FYI also has a couple of programs such as Earn-A-Bike and Earn-A-Computer program where youth learn the fundamentals of maintaining, caring and safety when using these important items. Within this organization, there is the Ferguson Community Service Program, where youth (aged 16-19) can work off fines while learning the value of community Service. These youth will usually stay with the group to mentor and take on leadership roles within the organization. This is our future and the seeds of the community are planted with our youth.

There are many events sponsored and funded by volunteers. The Ferguson Farmers Market is one. Volunteers arrive before 6am on Saturday morning to set up tents for farmers, crafters and foodies to display and sell their merchandise. These same volunteers man the community booth and stay after the market closes to break down the tents and store them for the next market. Ferguson Farmers Market, May through October, Saturdays, 8am to noon.

The 4th of July committee sponsors dinners all year long to fund the 4th of July parade and Family Fun Festival, which is free. Besides the parade, there is live music, pony rides, pig races, petting zoo, inflatables, games, crafts, and fireworks . . .and it's all free, sponsored by volunteers.

Ferguson has an active Lions Club, Kiwanis Club, Rotary. . .and let's not forget the Ferguson Caring League which helps fund needs of the poor and elderly. All non-profit, all volunteer.

And how about the many Ferguson Churches that sponsor food and clothing pantries, and share their facilities with worthwhile organizations.

The Ferguson Recreation Dept. has many programs for its citizens. Although there is a cost involved, they sponsor, through the new Community Center, exercise, trips and excursions that you could not possibly do for less money traveling on your own. They also sponsor a fun teen activity every month, with chaperons and transportation provided. The teens suggest the activity and pay a nominal fee for attendance.

The Ferguson Special Business District (FSBD) is composed of businesses along Florissant Rd, and a small portion of Airport Rd. and Church St. These businesses tax themselves and use the money to help beautify downtown Ferguson, sponsor free concerts, and advertise the benefits of doing business and living in Ferguson. Again, all volunteers.

Does this sound like the Ferguson portrayed by the media on television and read about in the Post Dispatch?

Incidentally, this "Letter to the Editor" was written and sent to the Post Dispatch. Of course they did not print it.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

Teen Library Council – Library	Sat., Nov. 1
Soroptimist Fashion Show	Sat., Nov. 1
Wurstmarkt – Immanuel UCC.	Sat., Nov. 1
Turn Back Your Clocks (Daylight Savings Ends)	Sun., Nov. 2
Trinity High School Open House	Sun., Nov. 2
Gambling in Oklahoma	Wed.,-Fri, Nov. 5-7
Northwest Chamber Golf Tournament	Fri., Nov. 7
PAKT Prayer Breakfast – 1st Presbyterian.	Sat., Nov. 8
Neighbors Helping Neighbors – Hidden Lake	Sun., Nov. 9
Bountiful Feast Bingo	Thurs., Nov. 13
Northwest Chamber Membership Meeting – Orlando's	Thurs., Nov. 13
4th of July Ham & Bean or Chicken & Rice Soup Dinner	Fri., Nov. 14
Teen Library Council – Library	Sat., Nov. 15
Recognizing Veterans Contributions – Immanuel.	Mon., Nov. 17
Adult Coed Kickball Tournament.	Sat., Nov. 22
THANKSGIVING.	Thurs., Nov. 27
Northern Lights Parade and Festival	Sun., Nov. 30
Breakfast with Santa – Our Lady of Guadalupe	Sat., Dec. 6
Our Lady of Guadalupe Feast Day	Fri., Dec. 12
Breakfast with Santa – Blessed Teresa.	Fri., Dec. 13
Cookies by the Pound Sale – Ferg. Christian Church	Sat., Dec. 13
Fall Arts & Craft Show – Lindbergh High School	Sat., Sun., Nov. 19-20

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