

2015 FERGUSON CITY COUNCIL CANDIDATE'S FORUMS

All Ferguson residents are invited to attend and ask questions of the candidates at three forums



Monday, March 9th – 6:30 p.m.
at First Baptist Church in Ferguson
Ward 1 Candidates

Thursday, March 12th – 6:30 p.m.
at First Baptist Church in Ferguson
Ward 2 & 3 Candidates
Sponsored by the Ferguson Neighborhood League

Sunday, March 15th – 3:00 to 5:00 p.m. (doors open 2:30 p.m.)
at Greater St. Mark Family Church – 9950 Glen Owen Drive
Ward 1, 2, and 3 Candidates *Sponsored by ONE Ferguson*

Ward 1 Candidates: Adrienne Hawkins, Ella Jones,
Doyle McClellan, Mike McGrath

Ward 2 Candidates: Brian Fletcher, Robert “Bob” Hudgins

Ward 3 Candidates: Wesley Bell, Lee Smith

Saturday, March 21st Ferguson Indoor Farmers’ Market

It may be March, but the monthly Ferguson Farmers Market is still the place to find fresh produce and homemade goods. The market takes place on the Third Saturday of every month at St. Stephens Church, 33 North Clay.

Make plans to visit our vendors 9:00 a.m. to noon to stock up on meat, bread, eggs, winter greens, squash and more!

St. Stephen’s Church
33 North Clay – 9:00 am to noon



Farmers Market & StreetFest Presents

Ferguson SpringFest 2015

Saturday, May 9, 2015 8 a.m.-11 p.m.

Victorian Plaza
20 S. Florissant Rd.

Great live entertainment including...




Bedlam Brothers, Jeske Park, Jeanie Trevor & Javier Mendoza



Games and activities for kids, crafts,
food and gift vendors, relay races
and much more!!!



www.fergusonstreetfest.com

Be a SPRINGFEST VOLUNTEER



Join the SpringFest Planning Committee

Meetings on Wednesday 3/11 & 3/25
6 p.m. to 7 p.m.
Ferguson Community Center

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The Ferguson City Council

will meet twice in March.

All meetings will be held in the
City Council Chambers at 110
Church Street.

The meeting dates are:
Tuesday, March 10
at 7:00 p.m.
and
Tuesday, March 24
at 7:00 p.m.



The Biggest YARD SALE in History is Coming in May!

The annual yard sale will take
place on
Saturday, May 30,
7:30 a.m. – 2 p.m.
Call 521-7721 with questions.



Time to start training for the
Annual Ferguson Twilight Run
which is being held this year
on Saturday, May 16th.

Join your friends and
neighbors experiencing the
growth of the Twilight Run and
its incredible effect of building
community.

See details on Page xx



Greetings from CityWalk

It seems that business is returning to the downtown district. The boards are beginning to be replaced with glass; the businesses that were forced to close because of damage are reopening and the barricade in front of the police station is gone. The view along 'The Walk' seems to be getting back to what we saw before the changes came to our community.

But there is still a long way to go!

Spring is nearly here and with every new spring, new life is inevitable. We all need to work together to bring that new life back to CityWalk. We need to embrace the fact that the ever-increasing business we were enjoying before last summer will return with everyone's cooperation.

As was noted in previous articles, getting to know your neighbors is a beginning of our rebirth. Working with our neighbors means starting with the small stuff like keeping the trash picked up around your business. This makes a big impression on your future customers who are coming into town to see the destruction – and they see the opposite – a community working together to put back the pieces that were taken from us. Just doing small things will make a big impression.

Get involved with your Business District. We are here to not only promote the district, but to promote your business. It doesn't take a lot of time or money, but it does take a commitment. Great things can happen when we all work together.

Just in case you are thinking that Ferguson CityWalk has suffered its last hurrah, let me ask you a question:

Have you noticed the progress done at the corner of Randolph and Florissant Road? It is the little blue house that is now the home to Montrey's Cigar Bar. Opening soon! The plan is to open sometime this month; so take a walk on down and see the progress in our little town.

In case you are wondering about the name, "Montrey's," Mike Palmer, the owner and renovator of the Cigar Bar, discovered that the house was originally owned by the Montrey family who owned Montrey's Tavern, a mainstay in Ferguson many years ago. Montrey's Tavern is now Marley's Bar and Grill.

(This section reserved for the General Membership Businesses of the FSBD.) Every third Thursday of the month is our board meeting. We meet at 5:30 pm in the offices of Pearce Neikirk, located at 427 S. Florissant Road. Our next meeting is February 19th. All businesses located in the Downtown District are invited. We hope to see you at our meetings. If there is anything that you would like to share with your fellow district businesses, let us know, we'd be happy to help you get the word out.

Until next month, Keep walking.

Don't forget to make your 2014 IRA Contribution.



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

www.edwardjones.com



Edward Jones
MAKING SENSE OF INVESTING
Member SIPC

Please support the hard-working small business owners and employees in our community

SHOP LOCALLY FIRST

DELLWOOD • FERGUSON • JENNINGS

shopfergusonmo.com
#ShopFerguson

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

Pants suits instead of dresses, scarves instead of hats, little green elves popping up everywhere, fish fries in full swing, days are getting longer, and yes, it's March and time for a windy edition of the Plumber's Crack.



Well followers of the Crack, your questions are getting fewer and fewer and my material is getting thinner and thinner . . . I wish I was. I want to start with an old problem that kind of reared it's ugly head last week. It has to do with your bathroom sink. This may or may not affect you. I had a lavatory sink (vanity style) that just wouldn't drain properly. We ran our cable through all the way to the stack with water not completely stopped up but holding steady with the water running. All of a sudden the water went down fast and before I could get my cable out it did it again. After the third time it dawned on me that the drain really wasn't stopped up.

I know you think Oh Baby is losing it. I am, but not over that. When I looked in the bowl I noticed there was no overflow built into the sink. Believe it or not those sinks are illegal. If someone walks away with water running and the drain closed, your bathroom turns into a swimming pool. All your drains come with little openings to collect water from the overflow. They also serve as a little vent for the drain. When there is no overflow and there is a pop up drain, large amounts of water has to fight to get out.

To see if this is your problem open your pop up and turn the water on fast enough to just land on the pop up. If the water drains good you know your drain is fine and that

your sink is causing the problem. When you turn it on full blast and it builds up then sucks down and then builds up again, that proves it is your problem. One thing you can do to help this work better is remove the pop up, turn the water on about half way. Then take a

tooth brush (not one that your going to use again) and start scrubbing the side of your drain an inch or two down. You should be able to see the little slots where the overflow is supposed to be. This will do two things: it will help drain better and it should remove any odors you smell from the drain .

Just a quick note before we get to the word of the month. Water Heaters had another price increase this month for the 3rd time this year. On April 1st they will no longer produce this style of water heater. The new ones will be a lot larger with more controls and worst of all, even higher prices for the heaters and installations. If your heater is pushing that 20 year mark you might consider replacing it before you're forced to have the new style.

Now the word of the month. Are you ready? Sit down and control yourself. The word is P O better known as a P O Pop Up. Yes, it's a pop up drain for your bathroom sink.

I hope that this hard core reporting helped you out a little and I also hope you're staying warm and dry. Please check on the elderly, get to know and talk to your neighbors, hug and watch over them babies. Check out the fish fries and other fund raisers to help Ferguson and Dellwood. This is the holiest time of the year for the Christian faith but remember we are all family in God's Eyes. God Bless you all.

Premier Plumbing Solutions

P8563, D8563



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



**Food Truck Mondays on the Walk
Back By Popular Demand!**

Coming April 2015
www.fergusoncitywalk.com



Free Tutoring at the Ferguson Municipal Public Library!



Who is welcome? Anyone, of all ages!
Who are the tutors? Our tutors are 10th, 11th, and 12th graders from Parkway Central High School.
What subjects are available? All core subjects: English, Math, History, Science, as well as special areas (depending on the tutor) such as foreign languages, music, engineering, etc.
When is it? Thursdays, from 3:30pm-5:30pm. As we are just starting, we hope to expand to more days of the week as we continue.

If you can, stop by at the library to sign up (sign up not required). This way, our tutors know how many are coming and what subjects to teach. Hope to see you there!

Fire & Emergency Explorer Program

Recently the fire department visited McCluer South High School to inform students there about the Fire & Emergency Explorer program that is being started in Ferguson and invite them to our Open House which was held on February 19. Firefighters talked with students about the program and showed them some of the equipment they'd be given the opportunity to use. Some students signed up on the spot and several others signed up to attend the open house and learn more about Fire Explorers.



The Explorer program is designed to build character and develop leadership skills that will help Explorers as they advance through the ranks of the Post and prepare for academies as well as other career opportunities. By participating in the Fire Explorer program, the individual will gain personal confidence, learn to use firefighting equipment, develop mechanical skills, and learn to work in a team atmosphere. Once enough training has been acquired, Explorers will be allowed to ride along with the fire crew to actual fire/ems emergencies and help assist in a limited role.

While the Explorer program is new for the City of Ferguson, we look forward to working with our youth to help them set and fulfill any goals they may have.

**Want to sell concessions at the
Ferguson Concert Series Shows?**







Call 524-5197 or email
CityWalk@fergusoncity.com
For an application.

LIPKA ANNUAL TRIVIA NIGHT Saturday, March 21st

Doors open at 6:00 p.m. – Games start at 7:00 p.m.

Ferguson Community Center
in the City Room
1050 Smith Avenue, Ferguson

RESERVE A TABLE OF 8 FOR \$160.00

(30 tables available)

INDIVIDUAL TICKETS, \$20.00 / each

Price includes Beer, Wine Soda and Snacks
Cash Bar Available (no outside liquor please)
10 V.I.P. TABLES AVAILABLE, seat 8 for \$260
Includes: Mulligans, Double Up, Bottle of Wine, Dessert and Servers!

Attendance Prizes, Raffles, 50/50s and more!
Prizes for 1st, 2nd, 3rd place, losing team and
MOST CREATIVE TABLE

Feel Free to Bring Your Own Snacks

AND

CELEBRITY WAITERS! This year's lineup:
to be announced!

Bid on your favorite waiter to serve your table all evening!

MAKE YOUR RESERVATION BY CALLING LINDA LIPKA AT

314.524.4444 (office #) or 314.973.2594 cell (text capable)
email LindaL@SounSationalDJs.com

OR

go to our website to by tickets online:
www.LipkaTriviaNight.com

FILM NIGHT: "IN ORGANIC WE TRUST," MARCH 24

What is organic food? Why is it a healthy choice? Is everything labeled "organic" actually organic? How and where do we get food that is healthy for our bodies and sustainable for the planet and local communities? These are some of the questions the next environmental film/discussion night raises and answers.

This film event, hosted by the Ferguson Ecology Team, will be Tuesday, March 24, 7:00 PM in the St. Stephen's Episcopal Church Parish Hall, 33 N. Clay (at Darst), Ferguson, MO 63135. The event is free and open to the public. For more information: (314) 521-8418; carletonstock@aol.com.

The Power of Ideas

What do you get when two dozen people gather to talk about a sensitive topic like race? A lively conversation, that's what. Honest dialogue without judgment fosters understanding among people with differences—and that's the purpose of the Readings on Race Book Club which has been meeting at the Ferguson Municipal Library since January. Each topic challenges readers to shift perspectives and grow a little.

The topic in February was the impact of the war on drugs and incarceration of people of color as set out in *The New Jim Crow* by Michelle Alexander. The topic March 9 will be *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson. A national bestseller and winner of the Pulitzer Prize, it is a deeply moving work—once opened, almost impossible to put down.

Looking ahead to April 13, participants will explore with Tim Wise who wrote *Color Blind* what it means—or does not mean—to be color blind in the world of today. Books are selected by club members from a short list prepared by facilitators Dan Sachs and Carla Fletcher.

The books are available for purchase at book stores, online at Amazon and Abe Books, and from the Ferguson, St. Louis City, St. Louis County, and St. Charles County Libraries, all of which Ferguson residents can use free of charge. In addition, Ferguson Library Director Scott Bonner is obtaining more books for the library when notified at sbonner@fergusonlibrary.net that more are needed.

The readers gather on the second Monday night of each month at 6:30 p.m. at the Ferguson Municipal Library.

For information contact: Carla Fletcher 314-524-3644

Ferguson Community News Page

Let’s have a campaign for something, not against it

By Mayor James W. Knowles III

“Elections are won by men and women chiefly because most people vote against somebody rather than for somebody”

— Franklin Pierce Adams, American Columnist - 1881-1960



One of the greatest characteristics of our representative form of government is that we enjoy free elections where citizens are allowed to participate and have their voices heard at the ballot box. We can run for office ourselves, or support someone else in that effort. We may win, we may lose, but we have the freedom to be heard. While elections are a necessary part of our form of government, with them comes the necessary evil of campaigns.

I call it a necessary evil because most people usually do not like campaigns. Campaigns are usually disliked by many because they are often by nature divisive and at times can get dirty. By design they focus on our differences, even at a time when we need to be focusing on what brings us together. And with the advent of the 24-hour news cycles brought to us by stations like CNN, Fox, MSNBC, and others, it seems like we live in the middle of a perpetual campaign for federal, state and local office. Consider that we also have general and primary elections, and you have a constant workload for sign-makers, mail houses, and printers feeding the campaign machine.

I've been working on political campaigns since the 4th grade, when I spent weekends walking Ferguson neighborhoods handing out campaign literature and evenings licking stamps and envelopes for campaign mailers. (Note for the very young: yes we had to lick them in the old days to get them to stick.) Since those days I've worked on local, state, and federal campaigns from Kirksville, MO to Latrobe, PA, and campaigns can vary greatly in style and form, but there is one important characteristic that binds them all. They are solely about winning an election, not about governing.

Campaigns can use different strategies to connect with voters. Some campaigns will focus on trying to make their candidate be the most likable or personable candidate in the race. Others will try to gain support by concocting grand plans or present lofty ideas for the future. Sometimes campaigns are simply focused on cutting down the opposition, in hopes of showing the only other choice is their candidate. Most often, campaigns will find a balance between all three tactics in order to maximize their support on Election Day.

People can run positive or negative campaigns, personal attacks or substantive debates, but ultimately what people want is to know the difference between candidates, so they may decide who to vote for. Voters need to know who they can trust to govern, and ultimately make decisions for them on important issues.

But connecting with voters and defining differences should not have to alienate others. Unfortunately as we move into the heart of our City Council campaigns, I have already seen this happening. Candidates position themselves as establishment or anti-establishment, as this neighborhood vs. that neighborhood, as homeowners vs. renters, and the list goes on. While candidates try to curry favor by putting residents into groups and pitting them against each other, we are further driving a wedge into a community in order to win an election based not on a substantive discussion of the issues, but rather trying to piece together a plurality of voters bound only by their opposition to other worthy citizens.

Should we really be focused on that kind of discussion? Aren't we in this together, ultimately as one community? For years I've talked about how we have to work together in our region because Ferguson can't exist as an island. That we can't work to improve our community without regard for the well-being of our neighboring cities. That goes double for internal discussion about the future of our community. Can one group or segment of our city do well at the expense of others?

Being a member of the City Council is about making decisions for the community, and about allocating a very finite amount of resources to address an infinite number of needs. Campaigns can often tempt candidates into making uninformed statements or promises that are made out of context from larger decisions that have to be made. Ultimately you can win an election by appealing to one group over another, or promising a larger share of the resources to your supporters, but you will not be successful in governing a sustainable community. A candidate may win with a majority of the votes (or even a plurality in some cases), but as an elected official, you will be responsible in serving the interests of the entire community, including those that opposed you. It's much easier to govern if your campaign is one for something, and not simply against.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Mar 3 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	TBA	St Peters UCC 1425 Stein Rd	Paul Beins 314-869-5080
North Hills Neighborhood	TBA	Check website 7486 Halpin Dr	Keith Kallstrom 314-524-1720
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-364-4306 glenda.rickard@mercy.net
Old Ferguson West Neighbors	TBA	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	As Needed	Robert-Superior Park	Craig Kidd 314-522-3151
Southwest Ferguson Neighborhood Group	Mar 9 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Hills Neighborhood	TBA	TBA	Mary Simmons hudsonhills63135@gmail.com
North Elizabeth Assn	Mar 2 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net

Pride of the City – Summer 2015

Summer will soon be upon us and it is time to start thinking about nominating your favorite homes for the “Pride of the City” award. There are many beautiful homes in Ferguson, and each year residents are asked to help the City recognize homeowners who take great care and pride in maintaining their homes and property.

Through the Pride of the City program, residents nominate homes that are the best-maintained homes in the neighborhood. The nominations are listed by area wards for the Housing Board of Appeals to review; members of the board choose one home per ward each month from May to September to receive an award.

Winning homeowners get to display an attractive sign in their front yard showcasing their home as a Pride of the City selection. They are also invited to attend a City Council meeting for special recognition by the Mayor and members of the Council where they receive a certificate, a picture of their home, and a City of Ferguson flag.

Nominations are now being accepted for the Pride of the City program. If you are interested in nominating a home in your neighborhood, or anywhere in the City, there are three ways to do so:

- Send an e-mail to Public Works at publicworks@fergusoncity.com
- Call in your nominations to (314) 521-7721.
- Stop by Public Works, 110 Church Street, to fill out a nomination form.

Spring Time in Ferguson!

It's time to start cleaning up your yard and home after the winter chill. The Code Enforcement Inspectors will start looking for tree and leaf debris. This will need to be cleaned up from all front and rear yards and flower beds.

This debris can be put in paper yard waste bags or your own 30-gallon trash cans marked as yard waste. Tree limbs may be cut into no longer than 4 feet lengths and bundled with twine no larger than 18 inches in diameter. This yard waste can be put out at the same times as your regular trash for pick-up by Republic Services. If you have any questions about your yard waste you can contact Republic Services at 636-947-5959.

The inspectors will also be looking for chipped or peeling paint, cracked driveways, fences in disrepair, dangling gutters and downspouts, and any other items pertaining to the maintenance of your home.

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

Use one of the Ferguson Community Center’s Multipurpose Rooms for your next event or gathering! These spacious rooms are perfect for any occasion! Also, newly opened is the Ferguson Event Center, a 5,600 square foot air-conditioned facility with a stage toward the front of the room , which can accommodate up to 450 guests for your next wedding reception or family reunion! Call the Ferguson Community Center for booking information, pricing, and any additional information at (314) 521-4661

Open Gym Basketball

Come to the Ferguson Community Center for pick-up basketball games. Times can be subject to change in the event of rentals or further programming.

Age: 16 years & up
Time: Mon 6pm-8:30
Tues 6pm-8:30
Thurs 6pm-8:30
Location: Ferguson Community Center
Fee: Free/Members; Daily Fee/Resident; Daily Fee/Non-Residents

Friday Family Fun Night

Enjoy the Ferguson Community Center Gymnasium every Friday evening with the company of your family. These nights are centered around parents and guardians spending time with their young ones in the gymnasium, which will be blocked off from normal day to day traffic.

Ages: All youth must be accompanied by an adult
Time: Fridays 6pm-8:30
Location: Ferguson Community Center
Fee: Free/Members; Daily Fee/Residents; Daily Fee/Non-Residents

PROGRAMMING

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 a.m. to 9 p.m. daily. Registration is required and can be completed at the recreation office. Owners will need to bring up-to-date shot records: rabies, DHPP and Bordetella.

Yearly Fee: \$30 Residents; \$60 Non-Residents
\$5 per additional dog (three dogs per family).

Ferguson Tree Dedication

The tree dedication program was started in Ferguson in 1989, to date the City has dedicated over 300 trees throughout our parks. Dedicated trees can create a living memorial or honorary tree for friends, family, and loved ones. A \$150 contribution to the program entitles the donor a planted tree with a plaque at the base and a framed certificate. Our next dedication ceremony is Saturday, April 11th at 10 a.m., registration deadline is Friday, March 13. For more information call Matt Asikainen with the Recreation Department at 521-4661.



Children Tumbling

This class starts off with coordination and balance exercises followed by basic tumbling skills such as forward rolls, back bends, and cartwheels. Gymnastic or ballet shoes, leotard and tights are highly recommended, but not required. No jeans, baggy clothing, tennis shoes, or bare feet

Age: 3 1/2-7
Date: Wed, March 18 (8 week session)
Time: Wednesdays 6 p.m. – 7 p.m.
Location: Ferguson Community Center
Fee: \$34/Members
\$39/Residents
\$44/Non-Residents

Children Tap and Ballet

A wonderful opportunity for a child to learn creative movement along with simple dance steps and routines in tap and ballet. Tap and ballet shoes, leotard, and tights are highly recommended, but not required. No jeans, baggy clothes, tennis shoes, or bare feet.

Age: 3 1/2-7 years old
Date: Wed, March 18 (8 week session)
Time: Wednesdays 7 p.m. – 8 p.m.
Location: Ferguson Community Center
Fee: \$34/ Members
\$39/Residents
\$44/Non-Residents

Hip Hop/ Jazz Dance

High energy class, starts with a warm-up and stretching exercises followed by dance skills in hip hop and jazz which will be incorporated into dance routines. Jazz shoes highly recommended but not required. Stretch pants

should be worn. No jeans or baggy clothing, tennis shoes, or bare feet.

Age: 7-15 years old
Date: Wed, March 18 (8 week session)
Time: Wed, 8pm-9pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

FITNESS

Fitness

*Fitness Class Pricing:
All fitness classes are priced for a single day session per week. If you would to add additional days of a class to your workout schedule the following pricing applies.

Aerobics:
\$10/members add day
\$15/residents add day
\$20/non-residents add day

All other classes:
\$20/members add day
\$25/residents add day
\$30/non-residents add day

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: Mon. March 9, April 20, Wed. March 11, April 22, Fri. March 13, April 24 (Ongoing 6 week sessions)
Time: Mon, Wed, & Fri 6pm-7pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/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: Tues, March 10, April 20, Thurs, March 12, April 23 (Ongoing 6 week session)
Time: Tues & Thurs 7pm-8pm
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.

Age: 18 years & up
Date: Tues, March 10, April 21, Thurs, March 12, April 23 (Ongoing 6 week session)
Time: Tues & Thurs 1:30pm-2:30pm
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

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: Sat, March 14, April 25 (Ongoing 6 week session)
Time: Saturdays 9 a.m.
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

ATHLETICS

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
40 and up
Dates: Men’s Tues., TBD
Senior’s Thurs., TBD
Times: 6:00-9:00 p.m.
Location: Ferguson Community Center
Fee: \$140/ Members; \$150/Residents; \$160/ Non-Residents



Ferguson Parks and Recreation (Continued from Page 5)

Adult Softball

Teams are needed for adult softball leagues. League fees include one umpire per game, lighted fields, ASA regulation softball, bases, awards, and make-up for rainouts. Additional information and rosters can be obtained at the Ferguson Community Center. A \$40 discount is given to resident teams. For Additional Information call (314)521-4661

Supervisor: Jon Gehrin

Men's DH: Sun., April 19th – Length of Season: – 20 Games

Fee: \$580

Men's: Mon., April 20th – Length of Season: – 10 Games

Fee: \$350

Men's (Over 50): Thurs., April 23 – Length of Season:– 20 Games

Fee: TBD

Co-ed: Fri., April 24 – Length of Season: – 10 Games

Fee: \$350

Adult Coed Kickball Tournament

Come out to the new Ferguson Community Center 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 and games will be provided with an official umpire. The winning team will receive a trophy! All teams are guaranteed at least 2 games. For more information call the Ferguson Recreation Office (314) 521-4661

Ages: 18 and up

Date: Sat., March 21

Location: Community Center

Fee: \$100/team

Forestwood Field Rentals

Are you looking for space for your team to practice or even hold a tournament? The Forestwood Athletic Complex has state-of-the-art fields with or without lights available for rental. We offer baseball, softball, soccer, football, and even tennis courts within the Forestwood Athletic Complex.

Call Jon Gehrin for details: (314) 521-4661

Baseball/ Softball

Field #1 Without Lights: \$6/Hr

Field #1 With Lights: \$15/Hr

Fields #2, 3, 4, 5 Without Lights: \$6/ Hr

Fields #2, 3, 4, 5 With Lights: \$13/Hr

Soccer/ Football

Field #1 Without Lights: \$6/Hr

Field #1 With Lights: \$15/Hr

Fields #2, 3, 4, 5 Without Lights: \$6/ Hr

Fields #2, 3, 4, 5 With Lights: \$13/Hr



JUST FOR TEENS

Incredible Pizza Company

Join us for an afternoon of games and food! Video Games, Bumper Cars, Go-Karts, Laser Tag, Mini Golf, and an all you can eat pizza buffet. This is going to be a trip not to miss!

Age: Teens 13-17

Date: Saturday, March 21

Time: 11:00 a.m. - 4:00 p.m.

Location: Ferguson Community Center

Fee: \$15/Residents; \$20/Non-Residents

Rock Climbing

Join us as we test our skills in a climbing adventure! Get ready for intense climbing with arches and top-out boulders that challenge even experienced climbers. No experience needed, you will be an expert by the end of the trip! We will stop for a snack on the way back so bring some extra money.

Age: Teens 13-17

Date: Saturday, April 18

Time: 11:30 a.m. - 4:00 p.m.

Location: Ferguson Community Center

Fee: \$10/Residents; \$15/Non-Residents

SENIORS

Lunch & Bingo

Time to get out and treat yourself to an afternoon of Lunch and Bingo. Our March bingo celebrates St. Patrick's Day with corned beef and cabbage as well as a contest for the best dressed Irish person. Our May bingo event celebrates the coming of summer with a lunch and bingo featuring your choice of chicken or beef. Cost includes lunch as well as bingo.

Maximum size: 125

Date: Thurs., March 12

Time: 12:00 p.m. - 3:00 p.m.

Location: Ferguson Community Center

Fee: \$10/Members; \$14/Residents; \$19/Non-Residents

TRIPS

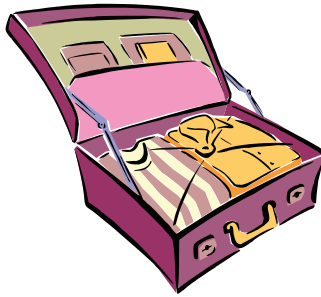
Tunica, MS

Yes, it's time for Ferguson's gambling extravaganza. Odds are you'll love Tunica – with lots of casinos and gaming activities you choose from one-arm bandits, hitting "21" in Blackjack, or winning a poker hand you can bet you are sure to have a winning time on this trip. While staying at the popular Fitzgerald's Hotel and Casino, we'll also be gambling in Sam's Town, Bally's, Gold Strike and Resorts. Six fabulous buffet meals are included in the fee as well as \$50 back in cash. (Note: cash back subject to change due to casino promotions.) Cost includes motorcoach transportation, two nights lodging, six buffet meals, luggage service, plus driver gratuities.

Date: Tues., March 24 – Thurs., March 26

Time: 7:00 a.m. – 8:30 p.m.

Fee: \$140 Residents; \$150 Non-Residents (double occupancy)



Lee's Summit via Amtrak Train

What better way to start spring than to go for a train ride to Lee's Summit, MO? We'll head to Kirkwood's station for a 3 ½ hour train trip aboard Amtrak's Missouri River Runner train to see some of the beautiful changes of the spring season. While on the train, lunch will (be on your own) in the snack car before we arrive in Lee's Summit. Upon arrival, we'll meet our motorcoach guide who will give us an overview of some of the highlights of the town. Sites such as

the historic downtown area, Train Depot, and Unity Village, just to name a few. Before heading home, we will dine at Henry's Antiques, Collectibles & Tea Room before returning to Ferguson via motorcoach.

Date: Wednesday, April 8

Time: 8:30 a.m. – 10:00 p.m.

Fee: \$130 Residents; \$140 Non-Residents

Civil War Museum/Crystal City Underground

The Missouri Civil War Museum located at Jefferson Barracks is the state's premier Civil War museum dedicated to honor thousands of men and women who made the ultimate sacrifice. View the Civil War through the uniforms of those who lived during our nations defining moment in history. After our museum visit we will head to Kimmswick, MO for lunch at the famous Blue Owl. Enjoy this quaint restaurant with friendly service and charming atmosphere. After lunch it's off to Crystal City Underground, a unique experience where it is always 55 – 60 degrees, so bring your jackets. Here we take a pontoon boat ride through the amazing underground area. After a full, fun day, let's head back to Ferguson.

Date: Thursday, May 21

Time: 8:00 a.m. – 4:30 p.m.

Fee: \$80 Residents; \$90 Non-Residents

Isle of Capri – Booneville

Grab your good luck charms and join us for some super fun as we head to Booneville, Missouri. The Isle of Capri Casino is perfect for a great afternoon of gambling. We will enjoy a buffet lunch that is included at the Farmers Pick restaurant. Following lunch everyone will receive \$5 cash to get your gaming started. Before leaving town we will make a stop at the Russell Stover's Outlet Store where they have some awesome deals on chocolate and other delicious candy.

Date: Tuesday, April 21

Time: 9:00 a.m.- 6:00 p.m.

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

Effingham, IL

Let's visit Effingham, Illinois – the Crossroads of America. This excellent location, coupled with fine schools and health care facilities, has made Effingham a prime site for business and industry. In Effingham we'll visit; the Cross at the Crossroads, Boos Butcher blocks- -the town's oldest manufacturer, lunch at the scrumptious Firefly Grill, tour My Garage Corvette Museum and visit the downtown sculptures. Cost includes: motorcoach transportation, lunch, all admissions, taxes and gratuities.

Date: Thursday, June 4

Time: 8:00 a.m. – 6:30 p.m.

Fee: \$80 Resident; \$85 Non-Resident

SPECIAL EVENTS

Rascally Rabbit

Annual Adult Easter Egg Hunt

Our very own rascally rabbit increased the size of our hunting area and relocated the hunt to January Wabash Memorial Park. Our in house rabbit has been busy stuffing eggs with candy, and 40 prize eggs filled with coupons will be scattered on the grounds of the park. This "egg-cellent" event is open to adults 21 and older. So grab your basket and flashlight for an evening down memory lane. Bring your own refreshments. Pre-registration is required for this event! Maximum event size: 100.

Date: Friday, April 3

Time: 7:30 p.m.

Location: January Wabash Memorial Park

Fee: \$5 Residents; \$8 Non-Residents

Children's Easter Egg Hunt

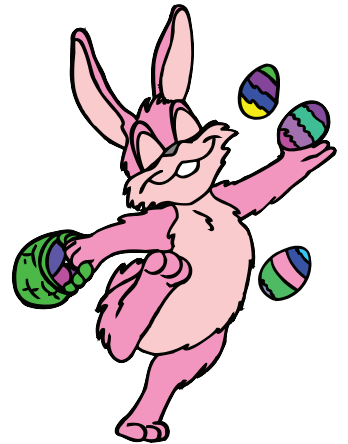
Hop over to January Wabash Park for the annual Egg Hunt. The park will be filled with brightly colored, filled eggs for Ferguson children (8 and under) to enjoy. The children will be divided into separate hunts by the following ages: 3 – 4, 5 – 6, and 7 – 8. The Easter Bunny will be on hand for photo opportunities. Children should meet at the upper parking lot of January Wabash Memorial Park with their own basket.

Date: Saturday, April 4

Time: 10:00 a.m.

Location: January Wabash Memorial Park

Fee: FREE Children ages 3-8



Our Lady of Guadalupe Men's Club **MEAT RAFFLE**

1st Prize: 12 lbs. cut frying chicken
6 lbs. boneless chuck roast
6 lbs. rump roast
5 lbs. ground chuck
6 lbs. T-bones
6 lbs. center cut pork chops
6 lbs. stew beef
6 count filet mignons (8 oz.)

2nd Prize: 6 filet mignons (5 oz.)

3rd Prize: 4 filet mignons (5 oz.)



Meat purchased from Paul's Market

Donation: \$5.00 each - 3 for \$10.00

Drawing will be March 23
For more information call 314.522.9264

FISH FRIES

Zion Lutheran Church Fish Fry

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

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

Every Friday (Zion's Multi-purpose room)
4:00 pm to 7:00 pm

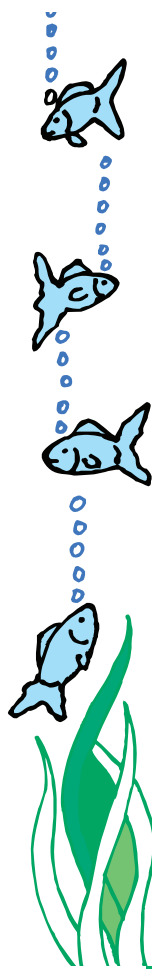
If you are interested in helping on the fish fry line every other Friday, contact Sue Dunham at 314-524-7677

Blessed Teresa of Calcutta

150 North Elizabeth

Fried and baked cod (with lemon pepper seasoning), Shrimp, Fries, Hush Puppies, Homemade Cole Slaw, Green Beans, Spaghetti with Red Sauce, Clam Chowder Soup, Mac 'n Cheese, Cheese Pizza and Homemade Desserts

4:00 pm to 7:00 pm
Feb. 27th, March 6th, 13, 20, 27 and April 3rd.



Membership Meeting **Thursday, March 12**

Orlando's Banquet & Conference Center
Erin go Bragh! Come dressed in your Irish gear to be entered into a special drawing!

St. Peter's United Church of Christ presents . . .

ERIN BODE

Sunday, March 29th
5:00 p.m.

This is a FREE event!

St. Peter's United Church of Christ
1425 Stein Road
Ferguson
521-5694



Our Creative Ministry season kicks off with one of St. Louis' great talents!
Come spend an evening with this incredible vocalist and her wonderful band.

Guadalupe Princess Tea

Saturday, March 21 - 10:00 a.m. to Noon
Guadalupe Cafeteria / Ballroom
1115 So. Florissant Road, Ferguson
Age 2 and under \$5
Ages 3 and up \$10

Every little girl (princess) must dress up like a princess
Every princess must be in the care of an adult staying for the event

Ballroom Activities:

- Storytelling • Queen's Wave
- Queen's Dance • Face Painting
- Queen's Tea

Bring your camera to take pictures with Disney princess'

Limit 100 children
For more info: Parish Office 522-9264
Sr. Cathy 522-9264



Sitting with the Lord

Come join us for an evening of prayer followed by adoration and benediction.

Wednesday, March 4, 7:00 - 8:30 pm

Speaker: Deacon Jim Powers

Call 314.522.9264 for more information

Faith in Ferguson

Everyone is invited to continue praying for **JUSTICE, PEACE AND CHARITY**

Tuesday, March 10 - Sister Antona Ebo

Our Lady of Guadalupe Parish

1115 So. Florissant Road, Ferguson

"In the dry land of the desert there is living water to be found. Come, Let us look and see."

"Come hear the Whispers of God's Voice."



Zion Child Development Center's 17th Annual TRIVIA NIGHT

Saturday, April 25th
Doors open at 6:30 and the games begin at 7:00 pm
123 Carson Road, Ferguson.

This is our annual trivia night that benefits the learning center's summer camp and many of the day-to-day needs of the facility

\$20 / person and tables seat 8 to 10.

Come on out and support the CDC

There will be: Silent Auctions, Raffles and Door Prizes

The winning team gets a special prize

Call 314.524.7677 for reservations



Members of the St. Louis Symphony

will play at . . .

Our Lady of Guadalupe

Featuring the World Premiere of

"The Modern Season"

by Chistian Woehr

Sunday, April 12th at 7:00 p.m.

Reception begins at 5:30 p.m.

Sponsored by St. Louis Symphony Community Partnership

City of Ferguson Partners with Lindenwood University

In its mission statement, Lindenwood University, in St. Charles, Missouri expresses its goal of helping each student develop into a “whole person – an educated, responsible citizen of a global community.” The City of Ferguson will soon reap the benefits of this mindset.

During a press conference on Wednesday, February 18, 2015 at the St. Charles campus, Lindenwood President Dr. James Evans announced a major partnership between the university and Ferguson that will assist city officials, residents and students who attend North St. Louis County schools with an eight-phase initiative that will include scholarships, grants and entrepreneurial opportunities.

“We like to involve our students and our faculty in any community outreach efforts that are available, and this certainly is a very worthy community outreach effort,” Evans said.

It is a welcome outpouring of support as well, said Ferguson Mayor James Knowles III.

The initiative includes scholarship opportunities for adult Ferguson residents to study entrepreneurship, thanks to a \$25,000 donation by the Pinnacle Entertainment Foundation.

“I think this shows the residents of Ferguson that there is a pathway for you,” Knowles said. “There is a pathway to that economic opportunity, there is a pathway to that educational opportunity, there is a pathway to that entrepreneurial opportunity, and Lindenwood is going to help give you those tools to go out and be successful.”

In addition, Lindenwood is offering a new scholarship program for up to 25 qualifying seniors from the Ferguson-Florissant, Normandy, Riverview Gardens, Hazelwood and Jennings school districts. Each student who meets the criteria will be eligible to receive a grant/scholarship amount of \$5,000 per year, along with a \$2,400 Work and Learn award, for five years.

“This is an outstanding opportunity for our kids,” said Jana Shortt, Director of Communications for the Ferguson-Florissant School District. “For the students, it says to them that there are people who want to invest in them, because they believe in what you can accomplish,” added Charles Pearson, interim superintendent of the Normandy School District. “And that is a powerful thing.”



Mayor James (in center) with Jana Short from the Ferguson-Florissant School District and Lindenwood staff.

Also included in the partnership:

- Lindenwood University’s Criminal Justice Department is creating a program to encourage greater interest among North County residents and students in law enforcement careers, and to increase the diversity of the region’s law enforcement agencies.
- Lindenwood students are serving in a newly created internship program to assist various departments within the City of Ferguson throughout the academic year, including the summer.
- Lindenwood University students will begin organizing and participating as volunteers in a number of community service projects, including a day of activities for kids and parents on April 25 at the Ferguson Community Center.
- Faculty from Lindenwood’s School of Communications will work with the Ferguson Media Relations Department to create free media content for the city, including public service announcements highlighting businesses and residents to be used on Ferguson’s Charter Communications channel.
- Lindenwood students will begin filming short documentaries to contribute to the historical record of Ferguson’s recovery.
- Lindenwood students have launched a campaign on Twitter and Facebook (#FergusonFavorites) to encourage people to shop and dine in Ferguson and surrounding cities.

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



Ferguson Winter Farmers Market March 21st, 9am - 12pm at St. Stephen's Episcopal Church

Purchase our locally grown organic produce this month at the Winter Farmers Market at St. Stephen's Episcopal Church. We will be selling:

- Arugula
- Cilantro
- Mâche
- Radishes
- Leaf lettuce
- Salad mix
- Spinach
- Parsley

St. Stephens is located at 33 North Clay Avenue, Ferguson, MO 63135

EarthDance CSA Program

Get a box of fresh, seasonal produce grown right here in Ferguson for 24 weeks from May - October. Pickup at the Ferguson Farmers' Market, 8am to 12pm on Saturday mornings

Learn more and sign up at
www.earthdancefarms.org/what-we-do/earthdance-csa-program

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

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314-664-5100

www.missouriglass.com

Offer expires March 23, 2015

The Ferguson Computer Corner

by Doug Neely, who is not an electrical engineer, but he knows his puter stuff! :)



SEASONS...WE DO HAVE THEM HERE, DON'T WE?

seems like winter has been here forever, and after a short spring, we move into summer & 100+ degree days. and we'll mostly be inside in the air conditioning...so let me give you something to do!

CHECK THOSE USB PORTS!!!, DEPT.

i know that most of you are not equipped with an electrical degree, but you need to know the following:

1. USB 2.0 ports, the kind MOST of us have, can be identified by a white plastic bar on the end of the wire & plug (some makers didn't get the email, so they used black), and MOST of the larger notebooks & desktops have 500ma (1/2 amp) of current available per port, at a pressure of 5VDC.

2. USB 3.0 ports have a blue plastic bar, and SHOULD have a full 750ma of current, but this can fluctuate among the manufacturers to give you anywhere from 500ma to almost 1A. (see? again, we find that everybody does not always read their emails!) this is also at 5VDC of pressure.

3. if you go buy one of those "USB port replicators," plug it into ONE USB port, and then use all of the USB ports, the current draw from them could easily exceed the current available from the computer's single port. sometimes the on-board fuse pops. sometimes it resets. most of the time it doesn't. computer USB port is now DEAD!

4. if you MUST have a replicator, buy one that has a supplemental power supply that plugs into the AC in the wall. it will USUALLY, BUT NOT ALWAYS, supply 1A or more for the replicated ports to share. you'll have to read the spec sheet that comes with the replicator to find out how much juice it provides...IF they give you that info at all.

5. as a matter of fact, you will not be able to learn the current drain of nearly all of the USB-powered devices you have, because they don't seem to think you need to know!

6. in XP, Vista, or 7, go to the control panel, then to Device Manager, and look down the list until you see UNIVERSAL SERIAL BUS CONTROLLERS. double click that to open it, scroll down to the bottom and right click on USB ROOT HUB, then PROPERTIES, then click on the POWER tab. it SHOULD say 500ma available (on a USB 2.0 port, more if you have a USB 3.0 port). whatever windows tells you is considered to be in the ballpark. windows 8 doesn't seem to want to tell you, so it must be a big friggin' secret here, also!

7. so, USE YOUR COMMON SENSE, and don't go bananas on the USB stuff. REAL ports can be ADDED to desktop puters, so you won't need replicators for them.

ME GO NOW!

March is the 3rd & last month for \$10/hour puter labor; get it while it's hot & get your puter ready for Spring! btw, if you want to get yourself ready for The Last Day, i can introduce you to The Man Himself; He is a personal Friend of mine, and He wants to be your Friend, too! :) just holla! Blessings!

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

If you would like to ask Doug for his FREE puter advice, or just jaw with him about stuff, it's best to phone him at *314*521*1789* in the afternoon or evening of most days. When emailing him, make sure to put i need puter advice into the subject line, and include your local phone number. Send your missive to: fergusoncomputercorner@aol.com BTW; Jesus Saves ALL!

Social Media



Which Social Media Platform is right for your business? That's a question many small business owners find themselves asking. If you're like most small business owners, you will ask yourself the question, but find yourself unable to answer it. The reason you can't answer this perplexing question is because you want to use something that will work for your business and won't be a waste of time. As we all know, social media is a real time killer. Let's take a look at a fictional auto repair shop, named Mel's Auto Repair. Using this fictitious business, let's discover the best way to promote the auto repair shop using social media.

Mel's Auto Repair has a stable customer base consisting of the local community of Ferguson, Missouri. His shop does oil changes, tire rotations, brakes, sells tires, and does tune-ups and other auto repair needs. The shop does not work on foreign cars, his specialty is domestic manufacturers. All his mechanics are certified and a few of them have earned advanced automotive certification and are experts on the newer vehicles that require specialized knowledge.

Your business is making money, but you want to increase your customer base and want to service more than just the Ferguson community because you've recently added two more bays for more advanced repairs. You don't want to spend additional money advertising, because you still haven't received a return on your advertising dollars from 2014. Your wife and friends tell you to get on Facebook or YouTube and then you'll get a lot of people to your shop. But the problem is, you don't know how to do it. Here's is what Mel's Auto Repair should use.

Every business is not going to find success on Facebook; some will and some won't. Facebook is great for restaurant owners who may post photos of the food on their menu. But for Mel's Auto Repair I would use a combined social media approach, using both Facebook and YouTube. Here's why: I would use YouTube AND Facebook. This approach doesn't cost much, just some time. Time to produce some low budget videos showing how to keep your car running well at all times. Call them Mel's Auto Tips, show how important it is to not allow your gas to get below a quarter of a tank in cold weather; or the importance of regular oil changes. These videos could be 2-3 minutes each and would show the business name, address, phone number web page and Facebook page link. It's important to include the contact information in the video because the videos will do the talking and promoting for you once people start sharing them. Everyone loves advice that will save them money, and that should be the focus of your videos. Once you upload your videos to YouTube, you will have the opportunity to share that video anywhere you want, like Facebook for example. And that is what you do, share the link to your YouTube video by copying and pasting it on your Facebook Business page.

This is known as cross-promotion and guess what? It doesn't cost you a penny, just a few minutes of your time. You will want to keep the conversation going by responding to questions that people may ask you on Facebook or YouTube about your services. And that is how you use social media to grow your auto repair business. This is just one suggestion for a fictional auto repair business. Keep in mind it won't grow automatically, you will have to cultivate your social media activity by posting videos, and promoting sales and other special offers on Facebook. People like to know where they can get good, honest auto repair, that's a huge thing for women. We want to be able to trust our auto mechanics, and social media marketing allows for transparency. Use transparency to your advantage by engaging daily with your customers, talk to them, offer suggestions, and most of all answer their questions, all of them, good, bad or mediocre. Don't be afraid of controversy; approach it as an opportunity instead of a threat.

That's my advice this month on how to choose a social media platform for your business. Next month we'll discuss why it's important to have a website or a domain name for your business. Thank you for reading this column, if it weren't for you, I would not be able to share what I know with you. -LaTease Rikard

May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love.



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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.

Its tax season and everyone lucky enough to get a refund is planning how to spend it. A friend stopped by and let me know that she and her husband were notified by their tax preparer that when he attempted to file for them on-line, he got a message back saying she had already filed and received a refund. Now this means she and her husband must go to the IRS and prove she is in fact herself. So they must also prove that someone else impersonated her with false documents that created a person who would receive a refund. What a nightmare!

Obviously, she was alarmed and curious to know how someone got her social security number. When you think of all the places you must give your number to, it really gives pause to just how dangerous it can be. In the past year, so many companies have had information compromised that it seems almost impossible to figure out how her information was acquired. Within a few days I was hearing more about this happening and finding alarming statistics on just how much money is being lost thru this type of crime. In one article I read someone pointed out that the Internal Revenue Service is using an antiquated system. It apparently, doesn't really match up information until long after refunds have been paid out. I guess in our zest to be paid our refunds quicker, we haven't really kept the IRS up to date with the proper controls that would prevent this type of theft. And from what I've heard fixing the problem and getting the refund you are entitled too is a long difficult process.

It seems the deadlines for tax payers to receive their W-2s or 1099s is about one month into the New Year. Meanwhile employers and those providing the verification of this information are not required to file with the IRS until more than a month later. By then early filers have usually gotten their refunds and in many cases they may have even spent it. If it is really that simple of a problem it seems like there might be a quick fix. So there must be more to it.

So if a thief were to file a false return, I am guessing the only information they would need is your social security number, birthdate and name. I'm not so sure the birthdate would be necessary. But, in any case, this is the exact information that has been involved in every security breach we hear about. It would seem that anyone with computer skills could create a phony W-2 and show a small amount of income enough to qualify for the earned income tax credit. Then you may need to identify a child, likely a newborn, so you wouldn't need a social security number this year. You could be a single parent and this might give you a few thousand as a refund. If the thief files electronically and has the refund deposited into a checking account, it can pay off pretty quickly.

As I thought more about it, a thief might just make you a single person who makes a great deal of money and showed an ample amount was deducted by the fake employer. If the fake you also pays out a lot of money in mortgage interest, business expenses or other deductions it might help create a scenario for a nice size refund. The fake job and income won't get discovered for a few months or possibly more if the person whose identity you are using isn't required to file a return. It seems these things get caught when the real person tries to file their return. Just think if the thief actually prepared the fake return as a paper return, the real you might file on-line and beat it.

When I think about all of the technology that surrounds us today, it kind of gives me the creeps. I don't want the shopping mall to know my thoughts or my every pause to look at a product. Yet we hear daily about the new ways our technological advances are invading our private lives for marketing purposes. So if Google can suggest things I might like while I am shopping on the internet, why can't the IRS figure out that that tax return prepared by a fake me with a fake job isn't really me. When the thief files the phony return, their main goal is to get the refund quickly before anything turns up to create suspicion. So they must give some address that doesn't belong to you and perhaps a bank account that also doesn't belong to you. At this point I am wondering if the person has a fake ID with his or her picture and the victim's name along with the phony address. To open a bank account with 2 forms of identification would require a second ID. As I go over in my mind how this is accomplished it seems hard to believe it doesn't get detected along the way. Most banks will do some verification on new customers after they are gone. Sending a thank you letter to make sure mail is received and the address is good is one method. They also keep copies of the identification used in the opening of a new account. So the thief could actually be using their own address or that of a friend to make sure any correspondence would be caught.

We've all heard of those stupid criminals that do things like rob a bank using the back of their own deposit slip to write the note on. Maybe some of these crooks actually have the funds going into their own bank accounts. About 10 years ago I recall a customer we discovered at the bank that was getting quite a few direct deposits for tax refunds and they all came in other people's names, but all were being direct deposited into the one account. When I questioned the customer she explained that she did tax returns for others and many people didn't have bank accounts so she would file their returns on-line and once the money was deposited she would pay it out to her customer. If I remember correctly the bank was not comfortable with the arrangement and did close her account.

We had experiences in the past with social security direct deposits being "reclaimed"

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*EVENINGS &
WEEKENDS*

by the government, sometimes as many as three years later because the real recipient hadn't received their money. In some cases the account holder had died and no one notified the bank so another person on the account might have withdrawn the funds. In other cases, it was found that person who opened the account had stolen the identity of the social security recipient, similar to the tax refund problem. As I recall the bank was responsible for returning the funds even if they did not have them anymore. And if you didn't return the funds, they might just be taken from your account at the Federal Reserve Bank. I believe the rules were covered in a green book published by the U.S. Treasury to cover the rules banks had to follow in handling automated government payments. There were some circumstances where the bank could limit its liability on returning funds if they followed certain procedures.

Being out of banking for a number of years I wondered if this had gotten to be a bigger problem or if the responsibility for ensuring the correct person got the funds had shifted. So I checked on-line and it appears that the old green book is still in effect. There is one page in the book dealing directly with the tax refund issue and it gives the bank's responsibility as follows: "As long as the financial institution posts the payment to the account indicated, it has met its responsibility. If the funds are posted to a valid account that turns out to be the wrong account, the financial institution is not liable to the Government for the return of the funds. If the taxpayer or the taxpayer's agent gave the incorrect account information, neither FMS nor the IRS will assist the taxpayer with recovering the funds, and the taxpayer is free to pursue civil actions. If, however, the IRS made the error, it will make the taxpayer whole." It doesn't specifically address verifying the actual name of the payee, so I do wonder about the situation I brought up earlier where one person was receiving several different tax refunds with various names. If in fact those taxpayers gave the IRS the account # that belonged to the woman who was doing tax returns and she never paid them, it sounds as if the bank would not be liable nor would the IRS. Next month, I will look into this further with regard to the stolen identity problem. If you have comments or suggestions please e-mail consultjoan@att.net.



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Prayer Breakfast
Wednesday, April 1 – 7:00 am sharp

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For tickets contact any member of the Ferguson Kiwanis Club
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Ellen Smith, a former Ferguson resident and volunteer, often comes into Ferguson to enjoy dinner at Vincenzo's. Here she is being served cannelloni, her late father's favorite entree. She requested half red sauce and half white sauce. At Vincenzo's, just ask if you want something special. The server is Sarah.

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What is "Corned" Beef?

Corned beef has no corn. Corn was the old British name for grain before corn on the cob was discovered in North America and usurped the name. "A corn of salt" was as common an expression as a "grain of salt" is today. So corned beef is really just another name for salted beef.

How do you "Corn" Beef?

Have you ever tried to make corned beef? One year I was determined to start from scratch in making the family St. Patrick's Day dinner. After reading the recipe, I discovered that it took six weeks to prepare. I now appreciate the cost and time-saving aspect of eating Corned Beef and Cabbage at a local restaurant or bar.



Ferguson by Foot

By: Margaret Wolfinbarger

Sometimes when I am walking I begin to wonder if what I'm trying to accomplish is futile. I am frequently overwhelmed as I try to balance my desire to eat what I want with the right amount of exercise. I worry that one day, maybe even tomorrow, I will lose the desire to exercise and make healthy food choices. My brain is constantly on a treadmill of "eat this not that" and "get your butt in gear!" It is always interesting when people say to me, "You've got your life under control" when in reality I feel no such conviction.

As winter breathes its last gasps, I face icy hills and muddy inclines with trepidation. My feet feel as uncertain as my heart. In the past month a co-worker at the peak of health suffered a catastrophic stroke and lost use of the left side of his body. This event sent shock waves through my place of employment and had many people asking, "If it happened to him, what's the point of living a healthy lifestyle?" I have a natural a tendency toward negative thoughts. I like to borrow trouble by worrying about tomorrow. What if I face a moment where I can no longer exercise? What if I succumb to my food lust? What if aliens invade and put a pod person parasite in my body that takes control of my life (i.e. The Body Snatchers)? Then all of my hard work will be for nothing. What's the point?

A wise man once said, "Whatever one sows, that he will also reap." Our Ferguson farmers know about planting and harvesting. They know that if you plant a row of corn, you will not harvest a row of asparagus. That's good for me because I think asparagus is weird. I believe living a healthy lifestyle is like planting a crop. Tilling the ground and making sure it is nutrient rich is hard work, but that first vine ripened tomato is worth the effort. The reality of life, however, is that tomato horn worms happen. One day you have a plant full of healthy green tomatoes and the next, a withered vine.

But withered vines don't mean the entire garden is lost, or that you can't replant. I believe all of our life experiences serve to teach us something, even if it is how to squish plant decimating insects. So when I begin to worry—which, I might add, is a fruitless exercise—I like to remind myself that as long as I learn from my negative experiences I am always a richer person. I will never suffer for my noble attempts to do the right thing, even if my attempts end in failure. To think anything different is to fail before I've even begun. That is why I persist through pain and injury. It is why I continued to exercise after major surgery, a pulled ligament and a crippling bout of ice cream-itis. I refuse to stop trying to take care of my body because the despairing heart is fully conquered, and I don't ever want to live that way again.

My friend Jill, a long time Ferguson resident, has been struggling with her weight for years. She lost 40+ pounds a few years ago and then found it. She struggles with a diet coke addiction and a love for peanut butter and jelly. For various reasons, including her age, she has struggled to exercise. Recently she called to tell me she had lost 13 pounds. She is back in a pattern of making healthy choices and is experiencing the hope that comes with success. The funny thing about the conversation was that she called me while I was in route for an ice cream fix. Her hopeful attitude was so infectious that I made a course correction and skipped the sugar binge. As I listened to her talk about the shackles of the excess weight and her hope for a brighter tomorrow, I felt the sun rise in my own heart.

I realized that as much as I like to worry about all of the bad things that could happen tomorrow, I am a much more sanguine soul when I focus on the beautiful harvest I will reap when I sow in good health today. So if the pod people find me, if I lose all my self-control, if I even lose my good sense, I hope my friends will find me and remind me who I am.

Film Showing for Women's History Month

In celebration of March as Women's History Month, the Ferguson-Florissant Branch (North County) of the American Association of University Women will show the film "Feminist: Stories from Women's Liberation." This highly-rated film by Jennifer Lee documents personal stories by a diverse group of feminists from the 1960s and 1970s. Included are reflections from women of all economic and social status.

Pam Ross, a national officer of the Veteran Feminists of America, will introduce the film and moderate a discussion following the showing. Ms. Ross has been active in correcting societal issues in St. Louis for a number of years and has served on a number of boards advocating improvements in society.

The film showing will be held on Monday, March 16 at the Florissant Public Library, 195 South New Florissant Road, Florissant in the lower level Community Room. An elevator is available. The meeting starts at 7:00 pm.

This event is free and open to the public. All community members are invited to attend. Refreshments will be available. For information on the meeting or on AAUW, call 314-831-5359, 314-831-6884 or 314-355-8033.

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Ritenour High School Jazz Band Arts & Craft Fair and Omelet Breakfast Fundraiser



The Ritenour High School Jazz Band will be hosting an Arts & Crafts Fair on Saturday, February 28 and Sunday March 1, 2015 from 10am – 4pm both days at Ritenour High School, 9100 St. Charles Rock Road, St. Ann, MO 63114. The omelet breakfast will be 8:30 – 11:00am.

A cultural exchange between the Ritenour Jazz Band and the Dingolfinger Stadmusikanten (the town musicians) started in June of 1999 when the Ritenour German teacher at the time organized a trip for some of his students and invited the jazz band to join them to meet the requirements of a cultural exchange. Since then, the bands have hosted each other numerous times. After a seven-year lapse, the Dingolfingers once again traveled to St. Louis in August of 2014 performing at several locations around the city. Before leaving, they invited their Ritenour hosts to visit them in June 2015. Both bands have played at the Ferguson Farmers Market and the old Whistle Stop Concert Series several times. Dingolfing, Germany is in the heart of Bavaria about an hour outside of Munich.

Profits from the Arts and Crafts Fair will help defray some of the travel costs to the students. Airline tickets are around \$1600 each.

Crafters and artisans of all kinds will be in attendance at the fair with various handcrafted items such as jewelry, soaps, music boxes, bird feeders, crocheted items, purses, pet products, salsas, teas, stained glass, African and South American products and much more.

Whether a shopper or just a band supporter, come early for our Made-to-Order Omelet Breakfast, including hash brown patties and orange juice from 8:30 – 11:00am. Lunch and snack concessions will be open from 11:00 am – 3:00 pm.

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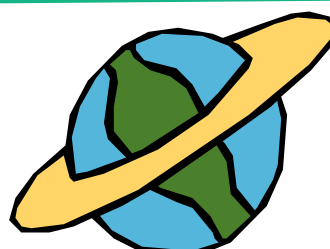
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And Now a Word from Our Planet . . .

A society grows great when old men plant trees whose shade they know they will never sit in.

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



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Blood Pressure Clinic

Thursday Mar. 5, 12, 19, 26 at 10:15 a.m. Refreshments served RSVP by calling 314-838-3877

Tai Chi for Seniors - FREE classes

Friday, Mar. 6, 13, 20, 27 10:00 a.m. Reduce stress, strengthen joints, develop balance and coordination. RSVP by calling 314-838-3877

Safe Strides

Presented by GENTIVA Thursday, March 12th at 9:30 a.m.

Complimentary Breakfast at 9:00 a.m. RSVP by calling 314-838-3877

Medication Management

Presented by PREMIERE Thursday, March 19th 9:30 a.m. Complimentary Breakfast at 9:00 RSVP by Jan 9th 314-838-3877

Easter Happy Hour

Entertainment with Gene Tisum & Roland Kurtz Tuesday, March 31st 10:30 a.m. Happy Hour 11:30 a.m. Followed by Complimentary Lunch RSVP by Jan 23rd - 314-838-3877

Project Hands

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



Under The Hood With Robinwood

By Bob McGartland

Your Nose Can Warn You of Possible Car Trouble

Ahhh, those lovely smells and sounds of spring, how we all wait for them to surround us. Flowers and trees blooming, birds chirping, and the aroma and sounds that each creates wakes up our senses for the warmer months ahead.

But, when those car windows go down, your nose can be a great detective in discovering possible issues with your vehicle. We all know that "new car smell." Many car dealers now spray that smell into their used vehicles to give your senses a new car treat. Here are some other smells that you may detect as the warm weather replaces the coolness of winter...

Burnt rubber; now that is a nasty smell. If you get a scent of that, it can relate to a belt slipping or one of your rubber hoses rubbing against a drive pulley.

The smell of hot oil can be an indication of oil sizzling on top of your exhaust system. To verify the leak, look for oil on the pavement or smoke coming from the engine area. If the oil leak is not fixed, it can cause further damage to your engine.

Gasoline has a distinct aroma, and other than a little extra spilling when you gas up, make sure to be aware of this issue. A persistent gasoline smell usually

indicates a leak somewhere in the fuel system. Please have this inspected and corrected by your auto service person right away.

Did you know the smell of syrup could occur from your vehicle? One problem, no pancakes! If you smell syrup, it indicates that there is a leak or other issue with the cooling system of the vehicle. Even a small leak can create quite a syrupy smell, so make sure you are aware of this smell.

A burning carpet smell normally indicates a brake issue. If you get a whiff of this, I suggest that you schedule an appointment as soon as possible. Faulty brakes are never something you want to hesitate on repairing.

Lastly, the smell of rotten eggs means something could be rotten with your catalytic converter. The catalytic converter plays a major role on the emissions of your vehicle, and also impacts the performance of the engine.

After a long, cold driving season with our windows up, once they come down, put your nose and ears to work. You will be surprised how much your favorite senses can be a great tool in making sure your vehicle is operating in peak condition.

Let's hope for a beautiful spring filled with wonderful aromas and sounds, but if you catch any of the smells or hear any unusual sounds, just give us a call and we will get you in.

As always, drive defensively and stay safe.

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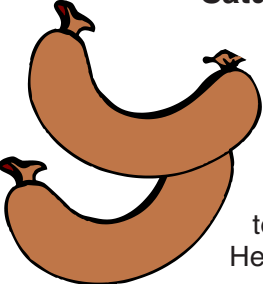

Wurstmarkt / Sausage Dinner

Saturday, March 7th – 2:00 pm to 6:00 pm
Dine-in or Carry out • Walk-ins welcome
Adults: \$10.00
Children (ages 5-12) \$5.00

Bratwurst, kraut with pork chunks, peas with German Spalese Noodles, real mashed potatoes, homemade peeled apples with cinnamon, Helfers pastries and drink – all served family style

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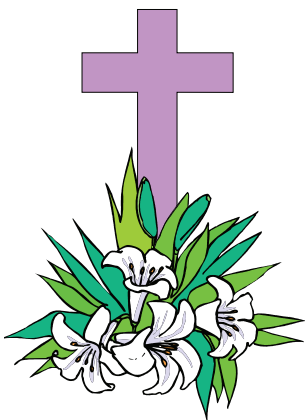


Stations of the Cross

Come and pray the stations in various ways:
PLACE: Our Lady of Guadalupe Church
TIME: 6:30 p.m.
DATES: Friday, February 27, March 6, 13, 20, 27

Each Friday, a presider will help you pray the stations according to a theme:

February 27, Traditional Stations, Deacon Jim Powers
March 6, Stations at St. Ferdinand's at 2:00 p.m.
March 13, Way of the Cross in Times of Illness, Betty Newberry, Parishioner
March 20, Mary's Walk with Her Son, Judy Ruder, Parishioner
March 27, Rosary Stations, Paula & Mike Taylor, Parishioner
For more information, call the Parish Office, 314-522-9264.





Free Adult Counseling

Provident Receives Ferguson Relief Program Grant from United Way

Provident recently received a \$26,250 grant from United Way to provide FREE counseling to adults 20 years of age and older who have been affected by the issues in Ferguson. The grant went into effect February 1, 2015 and will continue through the end of September 2015.

"Provident is grateful to United Way for providing this support to help individuals who are experiencing issues related to the unrest in Ferguson," expressed Steve Sullivan, Executive Director of Provident. "We have an office in Ferguson at 409 South Florissant Road and this free counseling will provide the support that many people need to deal with anxiety, trauma and frustration."

Individuals do not have to reside in Ferguson to take advantage of this free counseling. To schedule an appointment, call 314.533.8200 and mention the Ferguson Relief Program. Provident has six convenient locations in the metropolitan area-2650 Olive Street, St. Louis, MO 63103, 409 South Florissant, Ferguson, MO 63135, 12755 Olive Blvd., Creve Coeur, MO 63141, 3675 W. Outer Road, Suite 203, Arnold, MO 63010, 2634 Highway 109, Suite E, Wildwood, MO 63040, and 141 Market Place Dr., Suite 206, Fairview Heights, IL 62208.

For more details, contact Janet Frain at jfrain@providentstl.org or call 314.802.2629.

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Greetings: To Ferguson family and others; the scripture for the month is Isaiah 54:17

No weapon forged against us shall prosper, and every tongue which rise against you in judgement.

May God bless you all in Jesus' name, Amen.
Love you all, Minister Cheryl Whitaker
Help me celebrate my birthday, March 31, 2015

Retaining Walls and Landscaping



Have you seen stone walls like the one on the left, that begin to look dark and discolored after just a few months? Because White Landscaping lines their walls and flower beds with plastic before filling with soil, this discoloration will never happen.



Look at the two walls on Carson Road, across from the Ferguson Depot. Although the clean one is newer, it does not have any discoloration. That wall was installed by White Landscaping.

White Landscaping pays attention to this sort of small but important detail.

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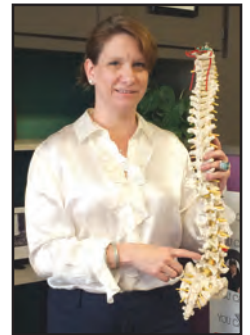
Mr. White (24/7)
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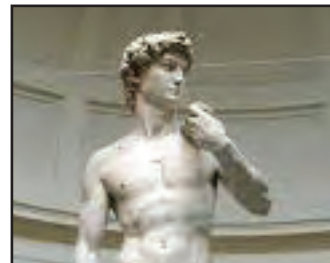
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Chiroangelo

David was sculpted out of a "ruined" block of marble rejected by all his contemporaries. In choosing the block, Michelangelo said that he looked past the flaws to visualize the figure that had to be freed. He then merely chipped away at what was NOT David to reveal the masterpiece. Likewise, in his dramatic series known as the Captives, partially sculpted figures appear as if they are escaping from the stone that imprisons them. Subluxated patients are very similar.



Within each subluxated individual is a masterpiece waiting to emerge. Like Michelangelo, a skillful Chiropractor sees the potential health within every patient. Years of stress, trauma and fear acting as granite which entombs your potential – every adjustment acting as a finely placed chisel strike that gently chips away the stone to free the beautiful Life inside you.

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Ferguson Youth Initiative (FYI) has partnered with the community on a public installation of their most recent ONE LOVE mural. As Ferguson marks the 6 month anniversary of the death of Michael Brown they wished to spread a little bit of love to all corners of the Ferguson community.

Project Mural STL was a collaborative art project open to teens in Ferguson and surrounding communities. The event took place over the course of three weekends in October at the Ferguson Youth Initiative Backbay located in Ferguson along side City Hall. The mural consists of 8 4' x8' panels titled: ONE LOVE. Youth had the opportunity to develop their art-making skills and earn community service hours while contributing to a collaborative project.



Participants painted with bold colors to illustrate a harmonious, colorful abstract mural. A primary goal of the project was to encourage a long-term approach to community-building and to underscore the importance of art as a valuable voice for change and progress for the next generation.

The mural was installed on January 31st, and will be displayed at each location listed below for two months:

- McCluer South-Berkeley High School 201 Brotherton Lane
- Earth Dance Farms 233 S Dade Avenue
- Streetcar Lofts 425 S Florissant Road
- Forestwood Park 806 Ferguson Avenue
- Peking Chop Suey 10715 Old Halls Ferry Road
- Ferguson Community Center 1050 Smith Avenue
- Wayside Park Unleashed 1026 Chambers Road
- Center for Hope and Peace, 9200 West Florissant

Art materials were generously donated by Grove Properties.



Community supporters for the project include: Northern Arts Council, Adolescent Resource Center, Ferguson-Florissant School District, Center for Hope and Peace, City of Ferguson, Earth Dance Farms, Peking Chop Suey and the Streetcar Lofs

Ferguson-Florissant School District News

About the Ferguson-Florissant School District

The Ferguson-Florissant School District, located in suburban St. Louis, serves more than 11,000 students from preschool through 12th grade with an excellent comprehensive educational program. Fully accredited by the state of Missouri, the Ferguson-Florissant School District operates 17 elementary schools, three middle schools, three A+ and NCA-CASI-accredited high schools and an alternative school. In addition, the District includes a nationally-recognized early education program, the award-winning Challenger Learning Center space education facility and the Little Creek Nature Area, a 97-acre nature preserve which offers experiential learning opportunities for students in science, biology, ecology and related areas of study.

Dr. Joseph Davis Named Superintendent

The Ferguson-Florissant School District Board of Education announced the appointment of Dr. Joseph Davis as superintendent, effective July 1. The contract, signed on Feb. 6 and ratified by the Board on Feb. 10, will run July 1, 2015 through June 30, 2018. Davis will receive an initial annual salary of \$200,000.

Davis' appointment concludes a thorough and deliberative search conducted by the Ferguson-Florissant Board of Education with assistance from national executive search firm PROACT Search.

"My goal for the Ferguson-Florissant School District is to do everything I can to assure that our children are successful – both in school and in life," Dr. Davis said regarding his appointment. "This is an outstanding district and I am proud to be a part of helping shape the future of Ferguson-Florissant students. I also look forward to working with the families of our students and the community at large to continue to improve our district so that we can do even more to benefit kids."

"First and foremost, Dr. Davis cares about kids. Combine that with his experience and leadership skills, and we are confident we have chosen the right person to lead our district," Robert Chabot, Board President, said. "The board is very eager to work side-by-side with him as we strive to continue our pursuit of educational excellence for the students, families and community of Ferguson-Florissant."

Francis Howell Sophomore Skips 16th Birthday Party to Provide Scholarships for FFSD Students

As her sweet 16 birthday approached this past August, Faith Becker knew she wanted to celebrate in a special way. She wasn't interested in having a big party like other 16-year-olds, but she wanted to do something that would impact others. So Becker, a sophomore at Francis Howell High School, decided to skip having the "big" birthday bash and started raising money that will be used to provide scholarships to one graduating senior from each of the district's high schools.

With the support of her mom, a McCluer North Class of '92 alumnae, Becker invested \$30 to purchase candy bars and began selling them door-to-door in her St. Charles neighborhood. Known as Project 16, Becker's original investment of \$30 has grown into \$4,500 to date. Her goal is to raise \$6,000 so that three \$2,000 scholarships can be awarded. She is no longer going door-to-door, but sets up tables at St. Charles and Wentzville area grocery stores on the weekend to sell the candy. She has the support of several friends who help her.

Becker and her mom recently visited McCluer North high school where she met with the principal, toured the school and was featured on the school's news show. She also met students who could potentially be the recipient of one of the three scholarships and was invited back to the school's Senior Awards Night in May to meet the recipient of the scholarship.

Free Workshop for Parents on Therapeutic Limit Setting

At 9:30 a.m. on two consecutive Saturdays, March 6 and 13, a two-hour, two-part workshop will be held in the Staff Development Room at the Administration Building, 1005 Waterford Dr.

Sponsored by Special School District and Early Childhood Special Education social workers, the workshop will make a difference in the life of parents and their child(ren). Parents will learn to enhance the relationship between them and their child; help their child develop self-control; effectively discipline and limit inappropriate behavior; understand a child's emotional needs; communicate more effectively with their child; and increase confidence as a parent. Although the focus is targeted for two to five year olds, the content is suitable for children of all ages.

To register for the workshop, call 314-506-9069 or email tcosentino@fergflor.org. The first 25 households to register will be eligible for a raffle prize to be drawn on the second day of training. There is limited seating to this event. Light snacks and beverages will be served. This is an adults only workshop and childcare will not be provided.

February 2015 Meeting Minutes

Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)

Lt. Ray Nabzdyk opened the February 12th, 2015 meeting of the Ferguson On Watch, welcoming everyone.



Police Station Construction

All employees are now at their final location. A return to full operations is close at hand. A new Sally port is finally completed.

Body Cameras

We were shown how the new body cameras work. When the officers report for duty each day, they select a camera pack that has 2 blinking blue lights. Those cameras are fully charged and ready. They log in at a computer server with their user ID and password, and the camera is then initialized to that officer. At the end of the shift, the camera is returned to the charging station, and its data & video is automatically downloaded to the server.

Racial Profiling Overview

One of the Police Officer Training courses (POST) is an overview of racial profiling. Does racial profiling exist today? Yes it does. So we have to ask the questions, "What is racial profiling? Is there a difference between racial profiling and effective law enforcement? How do the two go together?"

The legal basis: the 4th amendment to the Constitution. "The right of the people to be secure in their persons, houses, papers, and effects (including cell phones) against unreasonable searches and seizures, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized." Warrants have to be based upon probable cause. Probable cause is that which leads a reasonable person to believe that a crime has been, or is about to be, committed, as opposed to reasonable suspicion.

The 14th amendment contains the part about "nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws." We cannot discriminate due to race, religion, or sexual preference.

One case of an incident involved a black college student suspect with cuts on his hands. The police sought out the black population on campus, and asked to see their hands. A lawsuit claiming racial profiling was initiated, but failed in court as race was not the only factor in locating a suspect. The fact that there were cuts on hands provided the additional information regarding the probable cause.

Probable Cause

Our officers are taught to articulate their probable cause when stopping someone. A story was related about a Black family coming back from a funeral in a Cadillac in Washington DC, being stopped by the Maryland State police. The police said they suspected drugs, and held the family outside in the rain for over an hour, had the K9 search the vehicle, and found no drugs. One of the people in the car was a law clerk for a Judge in Washington DC, and he filed a racial profiling case against the Maryland State Police. Since there was no probable cause for the stop, the police were fined \$50,000, and had to submit their traffic stop details to the ACLU. That law clerk, Robert Wilkins, later became the 1st black federal judge. Probable cause has to be built upon the facts of the case. The more facts, the more specific the probable cause becomes.

Missouri's response

Senate bill 1053 on 8/28/2000 became 8590.650 RSMO, our Racial Profiling Statute. Due to that, each stop done in Missouri has the officers collect certain information, such as: Race, Age (<18, 18-29, 30-39, 40+), gender, where stopped, cause for stop, searched (Y/N), and duration of search (0-15 min, 16-30, or over 30 min), type of contraband discovered, what type of charges, location of stop. A sample of the reporting form is at <http://ago.mo.gov/VehicleStops/vehiclestopform.pdf>

Checkpoints for DWI do not count as stops.

The data above is compared with the residential population to determine if a disparity exists. The data is sent to the Missouri Attorney General each March, which is then sent to UMSL professors for compiling. The data does not take into consideration population passing through. The index compares the population percentage against the report findings. A score of 1 is ideal. A score higher than 1 indicates a higher count of that race is stopped compared to the resident population percentage. The police department is able to pull up the statistics by each officer, so that if any officer has abnormally high disparity figures compared to other officers, then the police command staff is able to counsel the affected officers regarding their behavior.

Missouri Attorney General Vehicle Stops Report

A map of the State of Missouri is available at the following website: <http://ago.mo.gov/VehicleStops/>

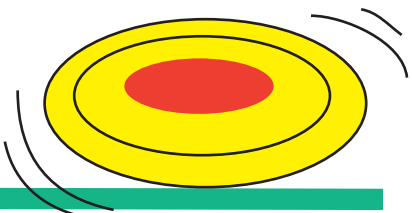
By clicking on the map, for instance, in the St. Louis County area, a page with the cities in St. Louis area appears. Click on the city you want to look at and the annual statistics for the disparity indexes for that city are displayed and graphed. In Ferguson, for example, 2004 showed 1.57 as our

Disc Golf In Ferguson

The Friends of Ferguson disc golf have passed their first hurdle with the installation of Hudson Park Disc Golf Course. We have been given permission to start clearing the underbrush to make way for the course. We are always looking for volunteers to assist in clearing and hauling brush and branches. Keep up with our Facebook page and find out when our workdays are. www.facebook.com/FergusonDiscGolf

In additions to volunteers, we are seeking sponsors and donations to help with equipment and development. If you are interested or know of a business or others in the community who would like to donate please contact us through our Facebook page or email us at fergusondiscgolf@gmail.com.

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highest Black population disparity index, with 2013 showing 1.37. State wide shows 1.59, and Pine Lawn, for example, showed 0.80 for their Black disparity index, versus Clayton is 3.24, and Ladue is 12.64

Ferguson Explorer Programs

Ferguson held signup for our Police & Fire Department Explorer Programs recently, with 33 young adults signing up for the police program, and 12-13 for the Fire Department program.

Next Meeting

The next Ferguson Neighborhood Watch meeting scheduled at City Hall would be at 7:00 pm on March 11th, .

Cert Update:

After completing the periodic inventory, we received familiarization training in the new police station. Our next Cert training will be at the training room downstairs in the police station on the 2nd Saturday March 14th. Cert members will be receiving calls to confirm their activity status during the next month. Coming up this Spring: fire extinguisher training.

Have a safe month. Keith :-)K



By
Bob
McCarty

Before we adorn our armor for battle; I need to make an addendum to last month's article. As I stated in regard to stopping the air leak around the chimney, I said to use the foam caulking rod to fill larger gaps and caulk over it or stuff the area with insulation. Well that is fine if you don't use your fireplace for fires or if your flue has been stuffed with fireproof insulation for the ventless gas fire place logs. If you have a working fireplace, take a piece of sheet metal and bend it to form and attach it to the chimney and the bottom side of your roof using a high-temperature caulk or you could use furnace cement to fill that void. You will definitely want a fire proof seal in that area.

Your best investment when it comes to creating a draft free, cozy older home is to insulate the attic floor. As has been discussed in previous articles, you could lose up to 50% of your energy dollars through the roof compared to 10% to 15% through your walls. To insulate your walls is not only a major project, but you could destroy the integrity of the buildings envelope. See, your open wall cavities allows air to infiltrate into the area between the outside and inside walls and as moisture migrates through the plaster walls from our everyday lives, the air grabs the moisture and evaporates it as it is pulled back outside through the venting at the top of the wall. This process keeps the wood of your walls dry and mold free.

For the sake of argument, we will be insulating an attic floor that is open. If you do have a floor in your attic, you will need to decide if you want to take the time to pull the floor up or invest your time and money into those heating and cooling bills.

Your attic floor has open floor joists and the ceiling of the living space is secured to those boards, the floor joists will be between eight to 12 inches high. This should yield an R-Value of between R-30 to R-40. According to the Department of Energy, this is the area of R-Value we should be seeking in the area where we live.

Since the floor is open, a loose fill type of insulation could be used. When purchasing your insulation, knowing the depth of the area between the joists, you will be able to determine the amount that needs to be applied. Rent the insulation blower; take it home and blow the loose fill product onto the attic floor to your desired depth. When using this process, work around the perimeter of the attic before working your way back to the stairs or attic access. There are many types to choose from so do your homework and determine what will work best for you.

Rolled or Bat insulation comes in different thicknesses as well as width. You will need to measure how far each joist is from each other and buy that size. The Roll or Bat comes with a paper, foil face or none at all. The paper and foil will act as a vapor barrier to a certain extent. You do not need a vapor barrier! Remember when I was telling you about the moisture migration through the walls? It's the same thing with your ceilings. The moisture migrates through the plaster and with your attic ventilated either through the soffits or the vent windows. That moisture will just dry up and/or evaporate.

Before you start the actual installation, you will want to put on your work clothes, don a pair of gloves, dust mask and goggles, grab the tools you'll need and get to work. Upon completion, take yourself a nice shower to clean any renegade insulation off of you, put your clothes in the washer and take the rest of the day off because you deserve it.

I know you've been working with me as we have been buttoning up all the areas of your home that will allow any kind of air infiltration into your living space. Now that the attic floor has been insulated, you'll be able to undo the top button of your sweater and when your next gas bill comes in, you'll be jumping up and clicking your heels.

If there is a subject, in regards to older home/building maintenance you would like for me to touch upon, let me know, or if you need someone to help batten down the hatches in your home, my contact info is paintedeffects@sbcglobal.net with a subject of BobonJob or by phone at 314-524-1264.

Until next month, Bob is On the Job.

Stan Kreidler, Director of Parks and Recreation is Retiring

Stan Kreidler, is retiring after working for The City Of Ferguson Parks and Recreation Department for 40 years, and as the Director for the past six years. A University of Missouri-Columbia graduate, Stan became a full time Ferguson employee who enjoyed creating and developing programs and maintaining the city vision. He was involved in the new Aquatic Center, Sports Complex, and the new Community Center and, in his spare time, conducted professional seminars. During Stan's employment, Ferguson received Municipal Park Grants totaling \$1,428,418, a huge amount in which only one other city received more grants than the City of Ferguson. The last grant includes a walking trail and a sand volleyball complex to be installed at the Community Center complex this summer.

"I'm not leaving," says Stan. "You will see me around the parks jogging, walking, playing softball, volleyball, or just talking to old and new friends.

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Tues. & Thurs.
11am-11pm
Fri.-Sat
11am-12am



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Lunch Size Fish and Chips \$7.99
Two pieces of beer battered cod, fries, chipotle coleslaw and spicy tartar sauce.

DINNER: 5:00 pm to 11:00 pm

Crawfish Po'Boy \$8.49
Fried crawfish tails, shredded lettuce, tomatoes, sliced pickles, horseradish sauce, and topped with fried onion rings with choice of side.

Catfish Plate \$9.99
Breaded catfish filet on white or wheat bread served with jalapeno hush puppies, fries, chipotle coleslaw and spicy tartar sauce.

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Seafood Gumbo cup \$3.49 bowl \$4.99
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of her office in Ferguson



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Ferguson-Florissant School District

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TO SUPPORT
OUR STUDENTS

Paid for by Citizens For School Innovation ~ Brian Scott Ebert, Treasurer

Brian Scott Ebert 

Strong Schools = Strong Communities

I have served on these committees:

- St. Louis County Special School District Governing Council
- Ferguson-Florissant School District Committee for Special Education
- Health Committee
- Financial Task Force Committee
- Security Advisory Committee
- Student Expectations Committee
- Technology Committee

I accomplished the following changes since being on the Board:

- Cutting \$4 million from the budget.
- Private donations to keep Celebrate Children
- Brought Scholar Bowl back from budget cuts
- Created a rigorous bidding process to create transparency
- Extended Learning Program on Saturday mornings
- We have replaced the CFO, Law Firm and Audit firm
- Put into place the District's Strategic Plan.



Ferguson-Florissant School Board

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Ferguson-Florissant School Board Candidates

The following individuals are candidates for two three-year terms in the April 7 Ferguson-Florissant School District Board of Education election. The candidates are listed in the order of which they filed and will appear on the ballot.

Brian Scott Ebert, 53, has lived in the Ferguson-Florissant School District for 26 years and has served on the district's Board of Education since 2012. He and his wife Susan, have two children attending Cross Keys Middle School and one child attending Combs Elementary School. Mr. Ebert has served on various committees within the district and is a member of several community organizations. He is presently employed as a systems technician with AT&T. Mr. Ebert studied business at the University of Missouri-St. Louis and electrical theory and digital transmission at St. Louis Community College-Florissant Valley.

Roger Hines, 40, has been a resident of the Ferguson-Florissant School District for more than 10 years. He and his wife Jeana, have two children attending McCluer North High School and one child attending Combs Elementary School. He is a member of the Combs PTO, the Combs Parent Advisory Committee and holds membership in several community organizations. Mr. Hines, who has a Bachelor of Arts degree in political science, is currently a project manager at Anixter.

Donna Dameron, 52, has lived in the Ferguson-Florissant School District for 23 years. She and her husband John, have three adult children. The youngest child is a graduate of McCluer South-Berkeley High School. Mrs. Dameron has served on multiple district organizations and committees, and volunteers her time with several not-for-profit organizations. She attended St. Louis Community College-Florissant Valley studying real estate and is retired from the banking industry.

Michael Person, 58, has been a resident of the Ferguson-Florissant School District for three years. He is the father of two adult children. Mr. Person is a member of several labor and community organizations. He is the owner of Person Office, an office supply/support company and is also employed with Ameren UE. Mr. Person studied engineering at the University of Missouri-Rolla.

Dr. Courtney M. Graves, 36, has lived in the Ferguson-Florissant School District for 20 years. She is a product of the district, having attended Walnut Grove Elementary School, Berkeley Middle School and graduated from Berkeley High School. Dr. Graves has two children. One child attends Cross Keys Middle School and the other child attends Halls Ferry Elementary School. She is a member of the PTO at Halls Ferry Elementary School and the FFSD Parent Leaders Focus Group. She is also a member of several community organizations. Dr. Graves holds a bachelor's degree in psychology, a master's degree in professional counseling and a Doctor of Education degree in counseling psychology. She is a licensed professional counselor/program director at The Salvation Army Veteran's Residence.

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Candidate List for April 7th Ferguson City Council Election

WARD ONE

ELLA M. JONES
554 Monceau Drive
Ferguson, MO 63135

DOYLE MCCLELLAN
1131 Hudson Road
Ferguson, MO 63135

ADRIENNE J. HAWKINS
1330 Fargo Drive
Ferguson, MO 63135

MIKE MCGRATH
1599 Knollstone Drive
Ferguson, MO 63135

WARD THREE

WESLEY BELL
419 S. Florissant Road, Unit 3N
Ferguson, MO 63135

LEE SMITH
7491 Castro Drive
Ferguson, MO 63135

WARD TWO

BRIAN P. FLETCHER
202 S. Elizabeth Avenue
Ferguson, MO 63135

ROBERT "BOB" HUDGINS
313 Louisa Avenue
Ferguson, MO 63135



Polls will be open to registered voters from
6:00 a.m. to 7:00 p.m.
on Election Day.



CALL FOR NOMINATIONS Fourth of July Committee Accepting Nominations for 2015 Ferguson Citizen of the Year

Nominations for the 2015 Ferguson Citizen of the Year are now being requested by the Fourth of July Festival Committee. A Citizen of the Year nominee should have made some real contribution to quality of life in the City of Ferguson. The Citizen of the Year need not be a resident. Nominations will also be accepted for Ferguson Business owners and volunteers.

Nominations should be submitted with an informal resume that includes the nominee's name, address, kinds and periods of service, and the name and phone number of the sender. All nominations should be addressed to the Ferguson Fourth of July Festival, Ferguson Parks and Recreation Department, 1050 Smith Avenue, Ferguson, Missouri 63135.

The deadline for nominations is Wednesday, April 15, 2015. For more information, call 521-4661.



Brian P. Fletcher

Ferguson City Council Ward 2

Immediate past Mayor of Ferguson
Chairman of I♥Ferguson Committee
Ferguson 4th of July Committee
Ferguson Pension Board
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2014 - Northwest Chamber of Commerce

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ELLA M. JONES

Candidate for Ferguson City Council – Ward 1



Ella with Tom Sansevere,
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- Neighborhood Beautification
- Community Communication and Involvement

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votemike4ward1@yahoo.com**

**I would appreciate YOUR
vote!**

APRIL 7th

Paid for by Friends of Mike McGrath.
Pam Walsh Treasurer

PERSONAL

- Lifelong North County and Ferguson resident.
- Graduate of McCluer High School, STLCC@Florissant Valley, and Washington University, BSBA.

FERGUSON VOLUNTEER

- Award recipient in 2011 for Service to Community from President Barak Obama.
- Served as Ward 1 representative for past 8 years on Ferguson Planning and Zoning Commission.
- Delivered Meals on Wheels weekly in Ferguson.
- Volunteers every Saturday with Farmers Market crew.
- Active committee member of Ferguson 5k Twilight Run, Sunday Parkways, StreetFest, and Northern Lights.

I AM COMMITTED TO:

- Fostering a better relationship between City Hall, citizens and police. Establishing open communication and dialogue is essential to rebuilding the public's trust.
- Restoring an effective Neighborhood Policing Program. Improved officer interaction with the community is paramount to earning the respect of the citizens.
- Implementing the Great Streets Initiative in order to revitalize and rebuild the W. Florissant Corridor. Now, more than ever, business owners need to know that City leadership recognizes and stands behind their investments in this community.
- Ensuring that Ferguson maintains its own police department rather than relinquishing control to St. Louis County. Losing control of our police department would be the first step in losing Ferguson's identity.
- Improving the City's role and responsibility in ensuring that all residents have the same opportunities to enjoy our great city. Change is good and necessary in a diverse and forward thinking community.

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NOTE: Voting is at the heart of democracy. A vote sends a direct message to the government about how a citizen wants to be governed. Please attend one of the forums listed on Page 1 and vote for the person who most represents your views.

Djeli Tales By Mama Lisa Gage

2 Kisses for Kidneys in March

Did you know that March was National Kidney Month? The coming of spring is a great motivator for rebooting a stagnant health calendar. Often times we forget to add a body booster to ramp up the health and function of our kidneys. The National Kidney Foundation challenges us each year to participate in local health activities which promote greater awareness of kidney risk factors and disease. (https://www.kidney.org/news/monthly/Focus_KidneyMonth)

The kidneys are two bean-shaped organs found near the middle of our backs. Each is roughly the size of a fist and has a tremendous job to do. Approximately 200 liters of blood must be filtered daily by the kidneys to remove waste, excess water, and drugs. Added duties include balancing body fluids and regulating the amount of salt, potassium, and acid we maintain. Lastly, kidneys control the production of red blood cells and vitamin D as well as release the necessary hormones to regulate blood pressure. Whew! Kidneys....no kidding around!

After we eat, the body converts food to usable energy. Wastes that are left over from muscle use and bodily repair are sent to the blood. Strong, healthy kidneys will process the extra water and waste into urine, where it will be discarded by the bladder. (<http://www.webmd.com/a-to-z-guides/function-kidneys>) We definitely don't want to have a build up of wastes in our blood to damage our bodies.

So, regulating kidney health is essential. Kidneys can become damaged by diabetes and high blood pressure. Diabetes will stop the body from properly breaking down the sugars from foods, causing the sugars to remain in the blood. High blood pressure will destroy tiny blood vessels in the kidneys themselves which help to filter the blood. Disaster! The statistics are staggering. With nearly 100,000 people currently needing kidney transplants and roughly 15,000 receiving a transplant, we have to adopt a more aggressive approach towards increasing the longevity of our kidneys. Just over 47,000 lives were lost in 2013, ranking kidney disease as the 9th leading cause of death in the United States. Sadly, African Americans possess a much higher risk than any other race in the country. (<http://www.kidney-fund.org/are-you-at-risk/risk-factors/race-kidney-disease/>)

National Kidney Month organizers encourage us to share facts about kidney health with our friends and family. An improved kidney-friendly diet monitoring potassium, salt, phosphorus, and fluids gets us started. Nutritionists suggest eating more red bell pepper, cabbage, garlic, onions, blueberries, raspberries, apples, and cauliflower to name a few. (<http://www.yourkidneys.com/kidney-education/Diet-and-nutrition/15-superfoods-for-kidney-health/2924>) The coming of spring will give us more opportunities for increasing exercise and controlling weight. Let's learn about and adhere to our family histories regarding kidney health and possibly plan a group outing to have a screening done. Never miss a chance to encourage someone to moderate or simply give up smoking and alcohol. We must try our best to minimize our risk factors because the kidneys deteriorate slowly and silently with warning signs that some of us may not notice until it's too late.

The American Kidney Fund wants us to take the time to honor someone in March who is fighting kidney disease. I have already lost my most cherished wellspring of wisdom to diabetes in 1996, my grandmother. Yet, by the same token, I was inspired by my cousin, Marie Mitchell, whom was courageous enough to donate one of her kidneys in 2004 to a patient at Barnes-Jewish Hospital. Awesome! Let's all toast with a liter or two of water and commit to 2 kisses for our kidneys. Try not to hold back if your celebration happens to drag on all year long! Salut! (<http://www.kidney-fund.org/kidney-month/10-ways-to-celebrate-national-kidney-month/>)

Kappa Kappa Gamma Donates Books to Central Elementary



Picture is of Cristina Stoverink's first grade classroom during the party. First grade volunteers included Bree Anne Doebling, Suzanne Dalton, Barb Kuhn, Robin Crawford, and Mia Walters. The second grade team included Joan Ball, Marilyn Lange, Lillian Talbot, Gay Reese, and Nancy Allen.

Our Central School community would like to acknowledge the generosity of the members of The St. Louis Alumnae Association of Kappa Kappa Gamma to the students and staff of Central Elementary School.

In August, this organization began a book drive for our school library. More than 100 books will be presented. Each book contains a special Kappa Kappa Gamma bookplate. Over the past three years, these ladies have provided our two first grade classrooms (42 students) with an "I Love Reading Party" in February with a Dr. Seuss theme. Each student has received a hard cover Dr. Seuss book of his or her own, bookmarks, snacks and a read-aloud time.

This year, they expanded to our two second grade classrooms (37 students) as well. They provided 2 books for each of our second graders (Magic Tree House series and Captain Underpants series), a coloring book about dinosaurs, and a Magic Tree House bookmark, plus snacks and a read-aloud time. There were also 38 additional books donated by one of the alumni for classroom libraries. There will be a presentation reception for the library books on March 9, 2015 from 11:00-1:00 PM. Central Elementary Staff, book donors, and members of the St. Louis Alumnae Association of Kappa Kappa Gamma will be invited to attend the reception.



Genny Watkins, President of the St. Louis Alumnae Association Of Kappa Kappa Gamma, will present Ms. Isom, Central Elementary School Principal, with a list of Kappa Book Drive Donors. We cannot begin to thank these ladies enough for the joy they have brought our students through their many acts of kindness.

Submitted by Patti Paton, Reading Specialist.

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Sponsorships are still available for the 2015 Ferguson Twilight Run.



Families, runners and spectators wait for the run to begin at the Plaza last year.

Since 2010, the Ferguson Twilight Run has helped thousands of people set and achieve goals of healthier living. Your generous sponsorship has supported each person who has crossed the finish line. Your donation has provided everything from live music along the route to medals for runners and walkers. This year, we hope that the Ferguson Twilight Run interests you again as an opportunity to be a part of a healthy community and promote your organization through sponsorship.

5K Presenting Sponsor - Negwer Materials

As the sponsor, Negwer receives Good Living Sponsor Benefits plus:

"Ferguson Twilight Run with 5K presented by..."

Name on the ribbon of the 5K finisher medals

Sponsor logo on the Ferguson Twilight 5K race bib

10 complimentary race entries

10 complimentary admissions to the Thank You Reception

10K Presenting Sponsor (Maximum of 1).....\$2,250

Peak Performance Sponsor (Maximum of 5).....\$2,000

1 Mile Fun Run Presenting Sponsor (Maximum of 1).....\$1,000

Good Living Sponsor\$1,000

Staying Healthy Sponsor\$500

Being Active Sponsor.....\$250

Living Well Vendor\$100

In-Kind Donations: Volunteers, printing, marketing, fruit, cookies, water, etc.

Race proceeds support active living opportunities for residents of North St. Louis County. Please consider joining Live Well Events once again in promoting healthy and active living by sponsoring this fun, positive event. If you have any questions about the race or the available sponsorship packages, please contact Dwayne T. James at (314) 395-2430 or by email at Dwayne@fergtwightrun.com.

Teams, Organizations, Families . . . All Join in the 5K



Three sister, one husband and 2 children of one family all completed the 5K run in 2014. Another husband also ran but he was too busy celebrating after the race to have his picture taken.



Train to Run (Couch to 5K) Starts March 16

Now that you've registered for the Ferguson Twilight Run, it's time to start training.

What's that, you say? You're not sure you can train for a 5K?

"Running is definitely not our thing, but the training for the Couch to 5K is something we look forward to. The camaraderie and motivation of our group was inspiring, and we met some wonderful people, including our coach, Pat Shelton.



Joining the C25K program helped John Winston Powell and Lisa Tebbe cross the finish line at the 2013 Ferguson Twilight Run. Photo courtesy of Powell, Tebbe

"We have experienced the growth of the Ferguson Twilight Run and its incredible effect of building community. We are excited to take part again this year!" ~ John Winston Powell and Lisa Tebbe

The C25K training program starts March 16. It's free and open to all ages and fitness levels; you do not have to be a Ferguson resident.

"All you need is a good pair of running shoes and the determination to put in the effort," said Pat Shelton, coach.

The nine-week program prepares runners and walkers for the Ferguson Twilight Run on May 16.

Sessions are Monday, Wednesday and Friday at 6:00 p.m. at Ferguson Sports Complex at Forest-

wood Park, located at 824 Ferguson Avenue. Sessions are under an hour, including warm up and cool down exercises. To join C25K, contact Pat Shelton - patshelton60@yahoo.com.

2015 marks the sixth year for the Ferguson Twilight Run. It's the only evening race in North St. Louis County. There's more to the race than running and walking. There's a free live concert, beer samples from Ferguson Brewing Company, food and health vendors and specials at local restaurants. The race route is USATF certified. Races start and finish at Plaza at 501, an outdoor entertainment area at the intersection of Florissant Road and Suburban Avenue.



C25K team pic.jpg – C25K team photo, courtesy of Pat Shelton

Race fees are \$20 for the 5K and 10K for early registrants. The race fee for the One-Mile Fun Run is \$10. Team rates are available; rates increase in April and May. Register online at www.fergtwightrun.com

The One-Mile Fun Run is presented by Ferguson Citywalk. The 5K is presented by Negwar Materials, and the 10K is presented by Emerson. Good Living Sponsors include Ferguson Brewing Company, City of Ferguson and North County Inc. Staying Healthy sponsors include FormPak, Trailnet and Tim Larson and Thea Rubin; Being Active sponsors include Berkshire Hathaway Home Services Select Properties, Challenger Learning Center and ArchCity Defenders.

Follow Ferguson Twilight Run on social media:

Twitter @FergTwilightRun

Facebook – Ferguson Twilight Run



Ask Grandma

Embarrassing Moments

A number of years ago my sister, Marie, lost her life to cancer. She was only in her 60s, but she was a life long smoker, and she died of cancer of the lungs.

The wake was held at White-Mullen Mortuary which was here in Ferguson. That afternoon a man dressed in a suit that I did not recognize came into the funeral home. Looking around, I didn't see any other family members, so I walked up to him, shook his hand and introduced myself.

"I'm Dr. Xxxxxx," said the man. Oh my gosh, Marie's doctor (who, incidentally, was also my doctor). "Sorry, I didn't recognize you with your clothes on," was my reply. No sooner was that out of my mouth than I realized what I had said. I was so embarrassed I must have turned crimson. The doctor, did not blink. Maybe a lot of women say that to him. Hmmm.

Another time, a person from an adoption agency was suppose to come by my house and talk to me about a couple of friends I knew who were trying to adopt a baby. I completely forgot this woman was coming and was out in my backyard talking to a neighbor. It wasn't until I saw the car pull up and a well dressed woman get out, that I remembered the appointment. My neighbor rushed home and made a pitcher of lemonade for me to serve. When she returned, I was so intent upon remembering the guest's name that I forgot my neighbor's name. I wonder now if the adoption agency didn't completely disregard my testimony since I was such a dunce.

Ferguson Senior Citizen Board



Ferguson Senior Citizens visited the Missouri History Museum in January and toured the Louisiana Purchase exhibit. Then, after lunch, they visited the 250th anniversary of the founding of St. Louis. Stories of 50 people, 50 places, 50 images, 50 moments and 50 objects provided an excellent exhibit and was enjoyed by all. Shown from the left is Bill Dehmer, Florence Cooper, Marie Gores, Helen Moody, Don Gores, and City moderator, Nancy Whitener. The Senior Citizens meet at the Ferguson Community Center every 3rd Thursday of the month. If you would like to join, or want more information, call 521-4661.

Conversations

Fight the urge to defend yourself and your views; try to focus instead on really understanding where other people are coming from – especially those whose experiences completely differ from yours. Never tell another person that how he/she views the world and his/her role in it is "wrong" or not worth your time. Think about how it would feel if someone did this to you? Ask questions, listen to the answers, and always treat others as if they have value.



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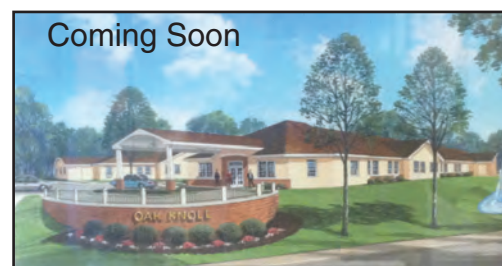
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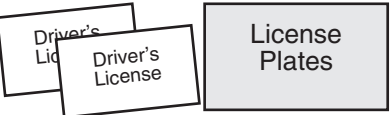
Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

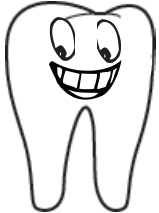
Wurstmarkt – St. Peters	Sat., March 7
Corners First Friday Gallery Night	Fri., March 6
Aerobics Classes Begin	Mon., March 9
Yoga Classes Begin	Tues., March 10
Ferguson City Council Meeting – City Hall	Tues., March 10
Tai Chi Classes Begin	Tues., March 10
Neighborhood Watch Meeting – City Hall	Wed., March 11
Senior Lunch & Bingo	Thurs., March 12
Zumba Classes Begin	Sat., March 14
Film: Women's History Month – Florissant Library	Mon., March 16
Hip Hop Jazz Begins	Wed., March 18
Children's Tumbling Begins	Wed., March 18
Children's Tap and Ballet Begins	Wed., March 18
Adult Coed Kickball Tournament	Sat., March 21
Princess Tea – Our Lady of Guadalupe	Sat., March 21
Teen Incredible Pizza Company Trip	Sat., March 21
Ferguson Indoor Market – St. Stephens	Sat., March 21
Lipka Trivia Night – Ferg. Comm. Ctr.	Sat., March 21
Spaghetti Supper – 1st Presbyterian	Sat., March 21
Meat Raffle, Our Lady of Guadalupe	Mon., March 23
Trip to Tunica	Tues., March 24-26
Movie "In Organic We Trust" – St. Stephens	Tues., March 24
Ferguson City Council Meeting – City Hall	Tues., March 24
Senior Citizen Resource Day – Fer. Com. Ctr.	Fri., March 27
Erin Bode Free Concert – St. Peters	Sun., March 29
Kiwanis Prayer Breakfast – Savoy	Wed., April 1
Adult Easter Egg Hunt	Fri., April 3
Children's Easter Egg Hunt	Sat., April 4
VOTE	Tues., April 7
Ferguson Tree Dedication	Sat., April 11
St. Louis Symphony – Our Lady of Guadalupe	Sun., April 12
Teen Rock Climbing Trip	Sat., April 18
Adult Softball Begins	Sun., April 19
Isle of Capri Trip	Tues., April 21
Zion Trivia Night	Sat., April 25
Ferguson Springfest	Sat., May 9
5K / 10K Ferguson Twilight Run / Walk	Sat., May 16
Biggest Yard Sale in History	Sat., May 30

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