


# Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

June, 2015

Serving Ferguson and Surrounding Communities



## Ferguson Farmers' Market

CELEBRATING OUR 13TH YEAR!

**June 6, 2015**  
 Stop by the Ferguson Farmer's Market for the annual Whistle Stop Ice Cream Social, 9-11. Come early, we sold out fast last year! You can sample Whistle Stop's delicious custard before heading to yoga; every Saturday we have Yoga, 9:30-10:30 in the grassy area. Forestwood Boys, 9:00-11:00

**June 13, 2015**  
 STL Grillin' Fools BBQ are grillin' up some even more delicious food, 9:00-11:00.  
 Author Fest and Honey & Sweeties, 8:00-noon, buy a book or sign up for some classes, either way nourish your creative side.  
 Northern Art's Council, crafts for kids, 9:00-11:00  
 Ferguson Public Library will have children's activities, 8:00-11:30.  
 Yoga, 9:30-10:30.  
 Peaceful Fools, 9:00-11:00

**June 20, 2015**  
 Berry Festival recipe challenge, judging begins at 11:00, enter our contest and the best recipe wins \$25 in market bucks!  
 Eco Team will have a new challenging test for you, where do they come up with these questions anyway?  
 Ferguson Library will have children's activities from 8:00-11:30.  
 Boeing Jazz Band, 9:00-11:00

**June 27, 2015**  
 The Ferguson Farmers Market is proud to be working with El Palenque for the 1st annual *Farm to Table Dinner*\*. The secret menu will be revealed today! You will be able to sample what's on the secret menu.  
 Northern Art's Council, crafts for kids, 9:00-11:00.  
 Ferguson Public Library will have children activities, 8:00-11:30.  
 Yoga, 9:30-10:30.  
 Maple Jam Band, 9:00-11:00

\*Farm to Table Dinner tickets may be purchased at the Ferguson Farmer's Market or El Palenque starting May 30.

Market Bucks make great gifts!  
 Check out our website, FergusonFarmersMarket.com

**20 S. Florissant, at the Victorian Plaza**  
 (just south of the train trestle)

## 2015 CityWalk Concert Series

Plaza at 501

**FREE · 7PM-9PM**

- May 22 Ralph Butler Band | Variety
- June 12 Tish Haynes Key | Soul/R&B
- June 26 Kingdom Brothers | Blues
- July 10 FanFare | Variety
- July 24 Righteous Mind Project | R&B
- August 14 Kevin Blichik Band | Blues
- August 28 Nitro | Latin Jazz
- September 11 Dave Black Group | Jazz
- October 9 Blend | Doo Wop / A Capella

**FREE**

www.fergusoncitywalk.com

<b>Tish Haynes Keys</b> June 12	<b>Kingdom Brothers</b> June 26
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Bring a lawn chair.  
 Coolers are permitted. No glass.  
 Concessions available for purchase on-site.  
 501 So. Florissant Road  
 www.fergusoncitywalk.com

## FERGUSON 4TH OF JULY FESTIVAL

### COCKTAIL AND APPETIZER RECEPTION

Saturday, June 20th – 7:00 p.m. to 9:30 p.m.  
 Ferguson Community Center  
 1050 Smith Ave., Ferguson, MO 63135  
 \$25.00 per person / \$40.00 per couple  
 The Ferguson 4th of July Festival Committee Thanks You for Your Support

Tickets available at the Corner Coffee House, Farmers Market, I Love Ferguson Store, or by calling Brian Fletcher at 314.521.8294

PRSR STD  
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 ST. LOUIS, MO  
 PERMIT No. 05158

# Happy Fathers Day!

**Sunday, June 21st**

## Food Truck Mondays on the Walk is Here!



June 15, 2015  
 11 a.m. to 2 p.m.  
 Plaza at 501, 501 S. Florissant Rd.  
 www.fergusoncitywalk.com



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



## Greetings from CityWalk

Ferguson Special Business District (FSBD) would like to give a special thanks to all those who participated in SpringFest on May 9, 2015. We are pleased with the awesome turnout of residents, members of the community, businesses, volunteers, and elected officials. Whether you celebrated SpringFest with family or with friends, there was plenty of entertainment for everyone. The special performances of the event were highlighted on a concert stage with audience participation every step of the way.

If Springfest was exciting, wait until September 2015, when we return to StreetFest. If you are interested in participating in StreetFest this fall, we are eager to have you. Be on the lookout soon for upcoming sponsorship and volunteer opportunities.

Once again, a special thanks and recognition goes out to participants of the Twilight Run held on May 16, 2015. Through the support of our sponsors, volunteers, and our Ferguson community, the Twilight Run has proven to be a success with participation growing beyond expectations each year. We are proud of the new and now established traditions taking place to let people know just what Ferguson is all about. Whether you were a runner, walker, or just came out to offer your support, the Twilight Run is an experience that we look forward to each year.

Have you had a chance to stop by the Plaza for lunch on the third Monday of the month yet? The next food truck Monday will be June 15, 2015. With plenty of trucks to choose from and ample seating for lunch, the third Monday from April to October is the way to enjoy a delicious lunch in the beautiful outdoors.

Check out the concert series hosted on the 2nd and 4th Friday of the month. The popularity of the CityWalk Concert Series is growing and we want you to be a part of it. With a line-up of great performers, we want to make sure that you are there. Pack the coolers and bring the lawn chairs and blankets and enjoy the performance. Remember safety comes first so let's leave the glass bottles at home.

The FSBD would like to invite Ferguson businesses to our quarterly meeting. We look forward to new faces, new ideas, and new colleagues. Our quarterly meetings afford businesses the opportunity to stay informed and involved in events pertinent to the economic growth and development of our City. We hope to see you from 7:30am-9:00am on June 16, 2015. Please visit us at [www.fergusoncitywalk.com](http://www.fergusoncitywalk.com), for our June location and additional information. Breakfast will be provided courtesy of the FSBD.

(This section reserved for the General Membership Businesses of the FSBD.)

Every third Thursday of the month is our board meeting. We meet at 5:30pm in the offices of Pearce Neikirk's office located at 427 S. Florissant Rd. Our next meeting is June 18, 2015. All businesses located in the Downtown District are invited. We would like to see you at our meetings. If there is anything that you would want 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.

## Market Swings Making You Uneasy? Let's Talk.



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

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC



**Edward Jones**  
MAKING SENSE OF INVESTING

## Shop Ferguson, Jennings, Dellwood First!

### Keep Your Sales Tax In Your Community.

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](mailto: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](mailto:bigohbaby@sbcglobal.net)

Lawnmowers purring, shorts, tank tops, and sandals are the fashion. Swimming pools open, parks and playgrounds bustling. Farmers Market in full swing. It must be June and time for another Plumber's Crack .



Well my friends were going to talk about plumbing emergencies – mainly broken pipes and what we can do until a plumber can get there. I'm talking about the ones that happen after hours and all of a sudden your plumber doesn't answer the phone.

I recently received a call on a Sunday night about pipe that accidentally broke off by a man falling and grabbing the pipe to break his fall. The pipe was almost broken in half. I was out of town my plumbers were not able to respond. It was after 8:00 p m on a Sunday. Why in the world would I mention It was after 8:00 on a Sunday? Well Oh Baby's gonna tell ya.

Home Depot closes at 8:00 pm on Sundays and that's usually the last line of defense for home owners or business people to get parts in case of an emergency. I mention this because if they could have had access to certain parts I could talk them through capping the one pipe and still have water throughout the rest of the building. The plumber could then come the next morning without charging overtime.

So what are these parts that could have saved the day? Oh Baby is going to give a list of things you can keep in your home or business in

case one these emergencies happens to you.

If you have copper or plastic water lines in your house, you would want to have a 3/4 and 1/2 inch shark bite cap. What in the world is a shark bite? It is a fitting that you just push on a broken

piece of pipe and voila . . . the water stops. You do need to cut the pipe square in order that the cap holds. If you really want to be a show off they make shark bite shut off valves also.

If you still have galvanized pipe you need to pick up a 1/2" and 3/4" cap and plug. You will need a hack saw to cut the pipe to unscrew that section and cap. They also make a repair clamp if it just springs a leak. All these items can be purchased at your local hardware store. They are great items to keep in your tool box or your everything drawer. I know I'm keeping these items at my home .

Well I hope Oh Baby didn't bore or confuse you. If you have any questions on this you can call or email me and I'll try and help you out.

Please look at the calendar of Ferguson events and get involved. Trust me it's rewarding and a great way to meet your neighbors and have fun.

As always, check on your neighbors and elderly; hug and nourish them baby's.

See you at the Farmers Market.

## 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

## Letter to the Community

Dear supporters of the Ferguson Youth Initiative Banquet,

We want to personally express our heartfelt thanks to each and every area leader, business, and supporter in attendance for making the Ferguson Youth Initiative's inaugural banquet an enormous success. We are proud to see the Ferguson community come together to invest in our most precious resource, our youth, and we are humbled to see the generous giving of time and resources the St. Louis region contributed to this outstanding organization. Because of your outpouring of support, not a single seat was left empty at the banquet, and \$20,000 was raised to aid the Ferguson Youth Initiative in providing a safe space for our young people to grow in leadership and civic engagement. The impact of this community's generosity will be seen in the lives of our youth for years to come.

Members of the Ferguson community and the St. Louis region will have many more opportunities like this to invest in the well being of our neighbors, our city, and our region in the days to come. Ferguson is our home, and we ask you to continue to join with us in committing to serve and strengthen this community as we move forward.

Sincerely,

Ferguson Youth Initiative Board of Directors

## Free Lego Sets to Some Lucky Kids at the 4th of July Festival



Ken Wheat supervises the Lego builders at the Library.

During this year's Fourth of July Festivities in January Wabash Park, keep your eyes peeled for a new activity kids are sure to enjoy. A 20 by 20 tent will be set up from 1 – 7 pm for kids from 7 – 13 years of age to come and experience the fun of Lego's. Kids will receive free kits to put together compliments of the I Love Ferguson Committee.

This fall a program is being developed for kids to come and enjoy Lego building in the Community Center. Further information will be available in upcoming issues of the Ferguson Times.

**We are seeking more local builders to assist children, on the 4th, for a few hours. If You have questions, or you are looking to volunteer, at this event, Please call Mike Brandon at 314-322-9883.**

## NOTICE OF PUBLIC HEARING

The Board of Trustees of the Ferguson Municipal Public Library District will hold a hearing to discuss the budget and adoption of same for the fiscal year 2015-2016.

The hearing will be held at 35 N. Florissant Rd., Ferguson, Missouri, in the Library Auditorium on June 22, 2015 at 7:00 p.m.

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

Becky Chisholm  
Senior Administrative Assistant  
Ferguson Municipal Public Library District  
314-521-4820 ext. 101

## I Love a Parade!

The July 4th festivities begin with a parade that starts at 10:00 am and marches down Florissant Road to January-Wabash Memorial Park. At one time this parade had as many as 90 entrants. Participation has dwindled in the last few years, but now it's time to show our neighbors just how proud we are of our community.



Anyone with a trailer or truck can decorate it with your choice of themes and join the parade. Churches, businesses, clubs, scouts . . . anyone can participate in the parade. If you have a trailer, that is a good start. Decide on a theme and start decorating. But, how about bikes, motorcycles, wagons, or just plain walking! Neighborhood kids . . . get together and wear a super hero mask and a black or red towel or sheet as your cape and march with pride. How about our hometown super hero Cardinals. Wear your Cardinal jersey (or Ram or Blues). Carry a flag!

It's free to enter, but please fill out an entry form (available by stopping by the Community Center, or calling them at 521-4661). The reason for the application is so that we can give your group the proper spacing. And, who knows; you may win a trophy. The theme is "Hometown Heroes."

Together, we can do it! We can make this the very best parade that Ferguson has ever seen!

## Mental Health Awareness

Provident, a nonprofit mental health agency founded in 1860, intends to bring mental health to the forefront in the St. Louis community by raising awareness about mental illness, expanding the conversations about the topic and ensuring that people know about the available resources.

With one in five adult Americans experiencing mental illness in the past year, this affliction touches all of us in some way. It's up to us to become informed and learn how to address this significant issue within our community. Early identification and treatment make a big difference in the successful management of an illness and recovery," stated Steve Sullivan, Provident's Executive Director. "We're able to prepare a comprehensive assessment and determine the most appropriate treatment plan to facilitate a positive recovery."

For more information or to schedule an assessment, contact our first appointment line at 314.533.8200.

## PUBLIC NOTICE

The City of Ferguson will hold a public hearing to discuss the allocation of \$155,300 in Community Development Block Grant funds, which will become available after January 1, 2016. The public hearing will be held at 7:00 p.m. on June 23, 2015 at Ferguson City Hall, 110 Church Street, Ferguson, MO 63135.

Comments and suggestions for the use of the funds will be heard at the public hearing or may be submitted in writing to Dan Bish, Community Development Coordinator, at the address below before June 19, 2015.

To further its commitment to fair and equitable treatment of all citizens, the City of Ferguson has enacted and/or enforces the following:

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

If you would like information regarding the above policies or if you believe you have been unlawfully discriminated against, contact the following municipal official or employee who has been designated to coordinate compliance with equal employment opportunity requirements referenced above.

Dan Bish, Community Development Coordinator  
110 Church Street, Ferguson, MO 63135  
314-524-5196

If you are a person with a disability or have special needs in order to participate in this public hearing, please contact Megan Asikainen no later than June 19, 2015. For more information call:

314-524-5152 VOICE  
1-800-735-2466 RELAY MISSOURI  
Equal Opportunity Employer

# Ferguson Community News Page

## Focusing on that which we can agree

By Mayor James W. Knowles III

"So let's leave it alone  
'Cause we can't see eye to eye  
There ain't no good guy, there ain't no bad guy  
There's only you and me, and we just disagree"  
— Chorus from the Song —  
"We Just Disagree", Dave Mason - 1977



I may have been born a couple years after the song from this month's quote hit the radio waves, but some of my fondest memories growing up were listening to the music of my father's youth while I spent time with him, usually working in his growing small business. For some reason I always loved this song, but it wasn't for many years that I truly understood the wisdom of it's words.

When I was a younger man, I was firmly grounded in my ideas of what was right and what was wrong. I believed clearly there were definitive answers to most things in life, and those constant truths were worth fighting for, and I did fight for them, all the time. I, like many, people probably spent more time than necessary in trying to convince everyone to think as I did. I often found myself in a futile attempt to set right all of those things I was convinced was wrong.

A cousin of mine (who lives in town), once admirably referred to me as Don Quixote on my chivalrous quest to convince the world of what is right. While those efforts were wildly idealistic and even romantic, they are often burdensome and counterproductive to being successful in your broader efforts.

We've all heard the old adage, "choose your battles." The ancient Chinese Military strategist Sun Tzu wrote about this in his book "The Art of War." It is something that strategists in war and politics alike have been saying for well over a thousand years. With the exception of the young and impetuous; we all choose the battles in our lives to some extent, but we don't always chose those battles wisely.

In times of great controversy when issues rise to the forefront of the public discourse, it is commonplace for lines to be drawn and opinions to be shaped and hardened. Few people remain in the category of the undecided, and those on either side are often vocal and sometimes persistent in their attempt win public sentiment to their cause. The cry "you're either with us or against us" is commonplace, and the debate devolves into a "zero sum" game; meaning one side's gain is equal to the other's losses.

In governing, I've learned to avoid "zero sum" games when at all possible. As a public servant whose goal is to serve the best interests of ALL people, it is counter to my sworn duty to serve only one side or another, even if one side is the "majority" in a given moment. Instead, I've learned that it is more appropriate and productive to be a facilitator, conciliator, and an advocate for moving the community together and forward on issues of economic and community development. To take sides in debates that only divide us and have no consequence on how we move forward is a moot point. To be a shaper of morals, or opinions on matters unrelated to the immediate and future governing of the city is often counterproductive to moving us forward on the issues that are central to my role as a public servant.

Over the past 9 months, people in this region and throughout this country have drawn lines on a multitude of issues and have demanded people take sides. These debates and the resulting divisions have seriously hindered our ability to work on the many pressing issues that impact us as a community, many of the issues that we can easily agree on.

One truth I've grown confident in my time in public service, is that we all have so much more in common than we have dividing us. Many of those issues that we fight about are symptoms of broader issues that ultimately affect us all. Most of these issues when reduced to their lowest common denominator are either issues of family, safety, housing, education, or economics. Most of these issues affect all of us, and all of us should be working together to improve these things for our entire community.

In war, in governing, and in life, we all must learn to choose our battles, and not let our differences or disagreements keep us from making progress. Not picking a fight about something you believe in is not the same as giving up that belief. However, ultimately you, and society, may be better served if the focus was on that which brings us all closer together, and moves us all forward.

## Jace Knowles Arrives On May 16th



The population of Ferguson grew by one early on Saturday, May 16th as Mayor James Knowles III and his wife, Lisa, greeted the arrival of Jace Knowles.



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

The meeting dates are:

**Tuesday, June 9 at 7:00 p.m.**  
**Tuesday, June 23 at 7:00 p.m.**

## Ferguson Neighborhood Organizations

Dates & times subject to change. Check [www.fergusoncity.com](http://www.fergusoncity.com)

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	June 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	Meeting as Needed	Ferguson Community Ctr. 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton Neighborhood Walk	June 6 9 am	Nesbit-Newton Park	Paul Beins 314-869-5080
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	June 4 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Robert-Superior Park	Craig Kidd 314-522-3151
Southwest Ferguson Neighborhood Group	June 8 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	July 13 7 pm	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	TBA	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Check website or call for updates	Keith Kallstrom 314-524-1720
North Elizabeth Assn	July 20 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net

Ferguson Community News Pages are published monthly and paid for by the City of Ferguson.

City of Ferguson City Council: James W. Knowles, III, Mayor; Mark Byrne, Ward 1; Ella Jones, Ward 1; Dwayne James, Ward 2; Brian Fletcher, Ward 2; Keith Kallstrom, Ward 3; Wesley Bell, Ward 3; Public Relations Intern, 314-524-5229.

City Hall: 110 Church Street, 63135, 314-521-7721. Website: [www.fergusoncity.com](http://www.fergusoncity.com). Contact Us by Email: [Information@fergusoncity.com](mailto:Information@fergusoncity.com)

# Ferguson Community News Page

Be sure to stop by 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 5600 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 up the Ferguson Community Center for booking information, pricing, and any additional information at (314) 521-4661

### Ferguson Flicks

The Ferguson summer movie series will again take place in 3 neighborhood parks as well as three nights at our new Community Center. Bring your lawn chairs and/or blankets and take this opportunity to enjoy a beautiful night under the stars. Movies start at 8:45 pm and are always FREE!

Location	Date	Movie
Jeske Park	Friday, June 5	Big Hero 6
Community Center	Friday, June 19	The Lego Movie

## PROGRAMMING

### Children's 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. Ballet shoes recommended.

Age:	3 ½-7 years old
Start Date:	Mon, July 13 (8 week session); Wed, July 15 (8 week session)
Time:	6pm-6:50pm
Location:	Ferguson Community Center
Fee:	\$34/Members; \$39/Residents; \$44/Non-Residents

### Children's Tap & Ballet Dance

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 clothing, tennis shoes, or bare feet. Ballet shoes recommended.

Age:	3 ½-7 years old
Start Date:	Mon, July 13 (8 week session); Wed, July 15 (8 week session)
Time:	7pm-7:50pm
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
Start Date:	Wed, July 15 (8 week session)
Location:	Ferguson Community Center
Fee:	\$34/Members; \$39/Residents; \$44/Non-Residents

### Beginning Adult Dance

Warm-up with easy Freestyle dance steps followed by basics in Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Salsa, and Swing (learning these dance styles will enable participants to dance at any social event). Class is taught by Diane Brown who has 30 plus years dance and choreography experience in the St. Louis area. Wear comfortable clothing and hard-soled shoes. No tennis shoes.

Age:	18 & Up
Start Date:	Mon, July 13 (8 week session)
Location:	Ferguson Community Center
Fee:	\$40/Members; \$45/Residents; \$50/Non-Residents

### Summer Day Camp

Join the Ferguson Recreation Staff for an action packed summer of fun and excitement! Campers will spend most of their time at the Ferguson Community Center where they will enjoy games, activities, crafts, and loads of fun. They will swim twice each week at the Splash at Wabash facility. Campers will also visit several local parks and area attractions throughout the summer.

Age:	6-14 years old
Start Date:	Monday, June 1, 2015 (10 weeks)
Time:	9am-4pm
Location:	Ferguson Community Center
Fee:	\$70 per week/Members; \$80 per week/Residents; \$90 per week/Non-Residents

### Before Care:

Time:	7am-9am
Fee:	\$10 per week/Members; 15 per week/Residents; \$15 per week/Non-Residents

### After Care:

Time:	4pm-6pm
Fee:	\$10 per week/Members; \$15 per week/Residents; \$15 per week/Non-Residents

### Before & After:

Fee:	\$20 per week/Members; \$25 per week/Residents; \$25 per week/Non-Residents
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### 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).
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## FITNESS

### 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, June 8; Wed, June 10; Fri, June 12 (Ongoing 6 week sessions)
Time:	Mon, Wed, & Fri 6pm-7pm
Location:	Ferguson Community Center
Fee:	\$25/Members; \$30/Residents; \$35/Non-Residents
To Add an Additional Day:	\$10/members add day; \$15/residents add day \$20/non-residents add day

### 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
Start Date:	Sat, June 20 (Ongoing 6 week sessions)
Time:	Sat 9am
Location:	Ferguson Community Center
Fee:	\$40/Members; \$45/Residents; \$50/Non-Residents

## AQUATICS

Cool off with us this summer at the Splash @ Wabash, Season Passes on Sale Now!

**Splash Phone (314) 521-1313**  
**Open Daily May 23 through August 9**

### Parties

Private Parties- Call the Ferguson Recreation Office to find out more about your next private party at The Splash at Wabash, perfect for any occasion! Available daily after normal operation hours, two hour minimum required. 314-521-4661

**Birthday Parties-** Make your next birthday a Splash! Party Package includes admission, party room use for 5 hours, cupcakes, utensils, and drinks. Maximum of 25 people (adults, kids, swimmers, & non swimmers included). Available Wednesdays, Fridays, or Saturdays only. Two week advanced registration required. Call for more details.

### Open Swim

Mon, Thurs, and Sun (1:15 - 6:00 p.m.) – Tues and Sat (1:15 - 7:00 p.m.)  
Wed and Fri (1:15 - 8:00 p.m.)

### Family Memberships

Community Center Member Only \$99!  
Resident \$135; Non Resident \$210

### Individuals Memberships:

Community Center Member Only \$50!  
Resident \$65; Non Resident \$125

### Non Club Membership:

Individual - \$25 Resident Mini - Member  
(10 individual uses)

### Teen Nights at the Splash

Teens get your friends together and come enjoy nights at the Splash, there is only 1 catch, ONLY TEENS ALLOWED IN! Enjoy all the features of the pool, race your friends down the slides, show your best dive, and visit the concession stand. Attendance prizes will be given away as well!

Fridays from	8pm-10:00pm
June 12, July 10, August 21	
Fee:	\$11 Member, \$3 Resident, \$5 Non Resident

**Swim Lessons offered all summer long, sessions begin June 1st.**  
**Call and register today!**

*Parks & Rec info continues on Page 6*

**SENIORS**

**Senior Center**

The Ferguson Senior Center offers a variety of activities, classes and programs for residents. We offer a number of leisure and recreation opportunities to enhance the quality of life. Activities at the center include clubs, classes, social activities, entertainment, games, fitness, health, and education. Call the office to be placed on a list to receive our monthly event schedules.

**Lunch and Bingo**

Time to get out and treat yourself to an afternoon of Lunch and Bingo. Our May bingo event celebrates the upcoming of summer with a lunch and bingo featuring your choice of chicken or beef. Cost includes lunch as well as bingo.

Date: Thurs, July 23  
 Time: 12:00pm-3:00pm  
 Location: Ferguson Community Center  
 Fee: \$10/Members; \$14/Residents; \$19/Non-Residents

**TRIPS**

**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: motor coach transportation, lunch, all admissions, taxes and gratuities.

Date: Thursday, June 4  
 Time: 8:00am – 6:30pm  
 Fee: \$80 Resident; \$85 Non-Resident

**Mystery Trip**

Can't tell you much, but you will enjoy it! Experience something new and different. You'll learn a lot in a beautiful area of our country.

Dates: Sunday, June 7-Thursdays, June 11  
 Fee: \$725/Residents; \$750/Non-Residents; (Double-Occupancy)

**Soothing Sunday Symphony**

Are you going to "Scarborough Fair" the acclaimed national touring duo of AJ Swearingen and Jonathan Beedle bring their interpretations of Simon and Garfunkel to the St. Louis Symphony with guest conductor Michael Krajweski. Hear "Bridge Over Troubled Water" "The Sound of Silence," "America," "Mrs. Robinson," and more at the beautiful Powell Symphony Hall. Dinner at Miss Sheri's in Warson Woods brings this day to a harmonious finale!

Ages: 18 and up  
 Date: Sun, June 14  
 Time: 1:00pm – 6:30pm  
 Fee: \$62/Residents; \$67/Non-Residents

**A Gardener's Delight**

Calling all gardeners and those who appreciate a beautiful garden! Come for a scenic late spring drive into the rural Shawnee Hills of Southwestern Illinois to Long Shadow Gardens where beautiful dry cast limestone planters and garden ornaments are designed and handcrafted. See artisans in action and walk the beautiful gardens, enjoy lunch at a nearby locale before enjoying wine tasting on the Shawnee Hills Wine Trail before returning home.

Ages: 18 and up  
 Date: Thurs, June 18  
 Time: 7:00am – 8:30pm  
 Fee: \$82/Residents; \$87/Non-Residents

**The Lantern Festival Magic Reimagined**

The Lantern Festival, Magic Reimagined brings 22 all new sets art crafted from silk, porcelain and steal to the Missouri Botanical Gardens in an event rarely staged outside of Asia. Each lantern ties closely with Chinese legends, botany and popular local sights. An early dinner will be served at Soulard Restaurant will be thoroughly enjoyed by all!

Ages: 18 and up  
 Date: Thu, June 30  
 Time: 4:00pm – 9:30pm  
 Fee: \$75/Residents; \$80/Non-Residents

**Meskwaki Casino Tama, Iowa**

Travel with Ferguson Recreation to Tama, Iowa and Meskwaki Bingo and Casino Hall. Cost of the trip includes: motor coach transportation, all admissions, 3 \$5 coupons good at any food outlet as well as the gift shop or spa, lodging and gratuities plus \$60 in promo dollars on your card. Don't forget your photo I.D.

Ages: 21 and up  
 Date: Tues, July 14- Thurs, July 16  
 Time: 7:00am-8:30pm  
 Fee: \$136/Residents; \$151/Non-Residents

**Fairmount Park**

Join us as we make our way to the races in Collinsville, IL. Experience this popular destination as we enjoy the fantastic view of thoroughbred horse racing. We will also provide you with racing forms. A scrumptious lunch buffet will be served at the Black Stallion Room. Cost includes lunch and race admissions.

Ages: 18 and up  
 Date: Tues, July 28  
 Time: 10:30am-5:00pm  
 Fee: \$15/Residents; \$50/Non-Residents

**SPECIAL PROGRAMING**

**Trivia Night**

Grab six of your smartest friends and test your knowledge at the newly open Ferguson Banquet Theater, located at the Ferguson Community Center, for our Adult Trivia Night. There will be multiple rounds with different categories and prizes for the winning table! There will also be free beverages and popcorn available, but feel free to bring your own snack. This will be a night that you will not want to miss! Proceeds will be donated to Ferguson Day Camp Scholarship and Friends Ferguson Disc Golf.

Age: 21 years and older  
 Date: Friday, June 12  
 Time: 6pm -10pm  
 Location: Ferguson Event Center at the Community Center  
 Fee: \$20/ Members; \$25/Residents; \$30/ Non-Residents



Ferguson Landmarks Commission invites you to attend

**CENTURY SUNDAY**  
 June 14  
 1:00 pm

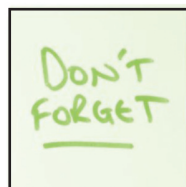
... to recognize  
**99 South Clay • 24 Tiffin • 106 Tiffin • 316 Carson**  
**Ferguson's Newest Century Homes**

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



- |                                   |                                    |
|-----------------------------------|------------------------------------|
| Ferguson CityWalk                 | Complete Auto Body & Repair        |
| City of Ferguson                  | Nonie's Closet                     |
| Ferguson Farmers Market           | LeafFilter North of Missouri, Inc. |
| Negwer Materials, Inc.            | Provident                          |
| City of Florissant                | UMB Bank                           |
| McDonald's                        | Ferguson Church of the Nazarene    |
| UMB Bank                          | Sportsprint                        |
| Thomas Business Enterprises, Inc. | Merit Home Health Care             |
| Sam's Club                        | Haywood Hoosman Realty             |
| Tim Larson                        | Hewkin Auto Body                   |
| Ferguson Brewing Co.              | Ferguson Hardware                  |
| Creative Designs Gift Shop        | I Love Ferguson                    |
| Marley's Bar & Grill              | Corner Coffee House                |

Special thanks to the SpringFest Committee, Volunteers, Vendors and Entertainers who Support Ferguson!



**StreetFest will be back!**  
**September 25 & 25 2015**  
**Get involved!**  
 Details coming soon to [www.fergusonstreetfest.com](http://www.fergusonstreetfest.com)

**DISC GOLF**

The Friends of Ferguson Disc Golf have been progressing quickly with Hudson Park Disc Golf Course. The course has been laid out; the land is being cleared and details falling into place. We are still 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](http://www.facebook.com/FergusonDiscGolf)

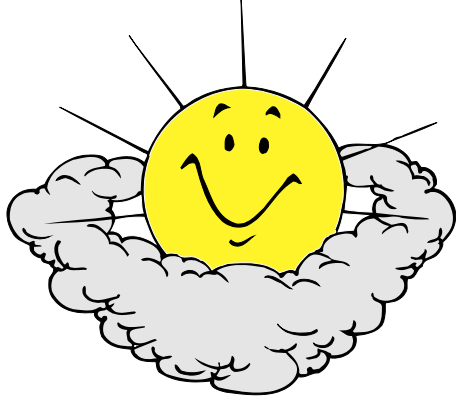
In additions to volunteers, we are seeking sponsors and donations to help with equipment and development. If you are interested or know of a business or others in the community who would like to donate please contact us through our Facebook page or email us at [fergusondiscgolf@gmail.com](mailto:fergusondiscgolf@gmail.com).

Thank You, Friends Of Ferguson Disc Golf

## Vacation Bible School

Ages: Kindergarten-5th grade  
**June 1st to 5th**

Theme:  
 Shine in This Dark World



Ferguson Christian Church  
 303 No. Elizabeth

Call for registration or questions  
 521-4850

## Zion Lutheran Church Fish Fry

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

Fabulous desserts!!! made by several of the Ferguson Community Outreach Programs!

Every Friday In Zion's Multi- purpose room Through August 28th! 4:00pm - 7:00pm Join us for fellowship!

If you are interested in helping on the fish fry line every other Friday, contact Sue Dunham at 314.524.7677

If you are interested in a free table to sell desserts, please contact Pamela Statler at 314.921.8077

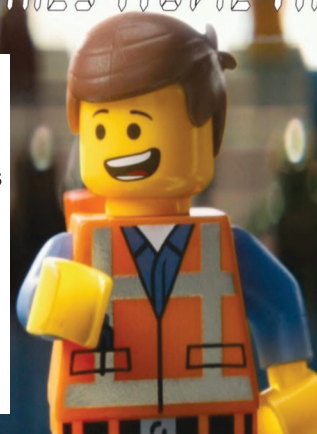
See you at the Fish Fries!

## COMMUNITY FAMILY MOVIE NIGHT

### The Lego Movie Saturday, July 11

Popcorn, Desserts and Drinks served at 6:30 p.m.  
 Movie starts at 7:00 pm  
 Free to the Community

**St. Peter's United Church of Christ**  
 1425 Stein Road, Ferguson



## Come join us for summer camp at Zion Lutheran Child Development Center!

Summer camp starts on June 1st and goes until August 13th! Field trips include picnics in the park, Grant's Farm, Planet Fun, and much, much more.

Ages 2-12 are welcome and we are open 6:00am to 6:00pm. Breakfast, lunch, and snack are provided.

Please call to reserve your child's place at 314-524-7677

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## Tony Award Nominated Broadway Actress



*Patti Cohenour*

*Broadway Star of The Phantom of the Opera, The Light in the Piazza, The Sound of Music, and The Mystery of Edwin Drood*

*with David Horstman at the Piano*

**Sunday, June 14, 7:00 p.m.**

The event is FREE and recommended for ages 10 and up

*St. Peter's United Church of Christ  
 1425 Stein Road, Ferguson  
 More Info: 314-521-5694*

## Journey Off the Map

Take your kids to uncharted territory where they will begin to understand that obedience to God can lead them beyond the expected.

**June 22-26**

**9:00 am to Noon**

Ages Pre-K through 6th grade  
 First Baptist Ferguson  
 333 No. Florissant Road  
 521-1515  
[www.fbcfergson.org](http://www.fbcfergson.org)



Jennings Neighborhood Watch

## BARBEQUE

**Friday, June 5th  
 11:00 am to 7:00 pm**

Seivers Park  
 Hord Avenue at Jennings Station Rd.  
 (Next to Jennings City Hall)



## CALLING ALL SUPER READERS!

For YOUR origin story this summer at the Ferguson Municipal Public Library's 2015 Summer Reading Program

**EVERY HERO HAS A STORY**



**MAY 18TH - AUGUST 2**

There are prizes and programs for all ages. All you need is a valid Ferguson Municipal Public Library card.

**CALL OR COME BY TODAY**  
 35 North Florissant Road - 314.521.4820

## Berkeley High School - Class of 1990 25th Reunion

July 24-26, 2015

Contact Alisa 314.614.4972 or Shonte 314.341.7734  
 Facebook: Berkeley Sr. High Alumni Class of the 90's

## Time to Enroll in Free Program for Young Children

New babies don't come with instruction manuals, but the Parents as Teachers program is the next best thing. Being a parent is hard work. During the first few years, children learn more and at a faster pace than at any other time in their life. Parents help shape their child's future through the kinds of experiences they provide.

Babies are born to learn. Parents are their child's first and most important teacher. The Ferguson-Florissant School District offers Parents as Teachers, a free parent education and family support program, to all families throughout pregnancy until their child enters kindergarten, usually age 5. Parents are supported by Parent as Teachers certified parent educators trained to translate scientific information on early brain development into specific when, what, how, and why advice for parents. Understanding what to expect during each stage of development helps parents capture teachable moments in everyday life to enhance their child's language development, intellectual growth, social development and motor skills so children can learn, grow and develop to realize their full potential.

The program offers:

- Personal Visits: Certified parent educators' help parents understand and be ready for each stage of their child's development. They offer practical ideas on ways to encourage learning and manage behavior.
- Prenatal Visits: Educators help parents prepare for the arrival of their baby.
- Group Connections: Parents meet to enhance their parenting knowledge and share their experiences. Parent-child activities are fun for all.
- Developmental Screenings: Parent educators offer yearly screenings of overall development, health, hearing and vision.
- Resource Network: Parent educators help families access needed community services that are beyond the scope of Parents as Teachers.

You and your children deserve the support Parents as Teachers provides. Give your child the best possible start in life. Call the Ferguson-Florissant School District, 506-9066, to enroll in this free program.

## Central Elementary Girls on the Run Give Back While Training for 5K Run



Girls on the Run club members took time from their lessons and training to meet with a representative from Cardinal Glennon Children's Hospital who accepted their donation of 679 packs of gum.

For the past 10 weeks, female students at Central Elementary School who are members of the Girls on the Run (GOTR) club, have been training for a 5K run that was held on Saturday, May 9. In addition to training for the run, the students have also been participating in lessons to enhance their self-esteem and confidence. With their focus on making it through the race, the girls found time to think of others and spearheaded a school-wide gum drive for children with cancer. Central students donated 679 packs of gum to Cardinal Glennon Children's Hospital. The gum makes chemo treatments more bearable by giving kids a more palatable taste in their mouths while taking treatments.

"Central students and families have a big heart for kids in need," said principal Cynthia Isom-Adu, who along with Chimere Williams serves as coach of Central's GOTR club.

A representative from Cardinal Glennon recently met with the GOTR members to accept their gum donation. She thanked the students and encouraged them to continue in their pursuits and not let anything deter them from attaining their goals.

GOTR is an international not-for-profit organization to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment.

GOTR and Girls on Track clubs are also in place at Bermuda, Griffith and Johnson-Wabash Elementary Schools, and Ferguson Middle School.

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**720 Palace Ct. \$89,500**

Very nice updates through out this brick ranch. Newer windows, large eat in kitchen with breakfast bar, main floor family room, three bedrooms and multiple baths all at the end of a private and quiet cul-de-sac. Call us for a visit.

**342 Tiffin Ave. \$99,500**

French doors, oak hardwood floors, large rooms, wood burning fireplace, four bedrooms and multiple baths are just a few of many features. Possible three car garage in the lower level. Call us for more info!



**451 Robert Ave. \$109,900**

Beautiful classic bungalow with wonderful floor plan. The kitchen is updated, rooms are spacious, landscaping, including a pond, is extensive and this home is ready for you and your family. Call us today and make plenty of time for your visit, there are many features to appreciate!



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## Ferguson Middle School Girls Participate in First 5K Run

The Girls on Track team at Ferguson Middle School can now add to their list of accomplishments, "successfully completed a 5K run". The students participated in the Girls on the Run 5K run, which was held May 9.

"Each and every girl on the team ran courageously, had an absolute blast, and I'm very proud of them!" said Wendie Cummings, head coach of the team and director of bands at Ferguson Middle School.

Cummings has been coaching Girls on the Run for 10 years, however, this is the first year she's coached Ferguson Middle School students. After teaching band at the elementary level for seven years, she was reassigned this school year to Ferguson Middle. It was only natural that she start a team at the school with the goal of participating in the annual Girls On the Run 5K.

Each of the student runners was partnered with an adult buddy, who ran the race with them. Cummings ran with the team's strongest runner – Octavia Williams, and they completed the race in 24 minutes. "That's a super fast time for a middle schooler," she said.

"Even if I got tired during the race and felt like stopping, I thought about positive things - like feeling good about finishing strong. I learned a lot of lessons in Girls on Track, like stay outside the girl box (which means be confident about being yourself and don't cave to peer pressure)," said Williams. "I also learned that Molly Barker, the founder of Girls on the Run, started with one great idea and had one team of girls in North Carolina back in 1996. Since it was such a good idea, it spread all over the country and became a great success. I hope to make a big impact on the world like she did!"

"This has been an unprecedented school year in which our kids have really needed an outlet for conversation about what it means to grow up strong and independent while pursuing healthy goals," said Coach Cummings. "The conversation is essential, and the running really helps, too."

# The Ferguson Computer Corner

by Doug Neely  
big-time supporter of DADDY-DAY!!! :)



## IT'S JUNE ALREADY!

halfway through the NEW year; absolutely amazing! how time flies!

## Guess What I Did?, dept.

i JUST got rid of the AT&T D\$.L. (it was time to \$top getting cleaned out \$o badly, and i didn't want to get Uver\$, as it isn't much better.) i got 1.5Mbps down, and for that, i was paying "only" \$45/month. such a deal.

i replaced it with Charter Cable. i am now paying the same \$45/month, but i am supposed to be getting 100Mbps. when i checked earlier today, i was getting only 63.4Mbps. it looks like the speed goes downhill at night, because now i am only getting 16Mbps. down. how do i know?

## This Is How I Know!, dept.

i use an online website called testmy.net. this site uses "multiple" servers for the test, and then averages the speed, and gives you that result. they test for both up & down speeds at the same time, btw. (there are so many variables, and your speed does change, like mine has already done. you can never nail it down to an exact speed.) go to testmy.net and test your speeds on a regular basis; hourly, daily, weekly, monthly, & keep a record of it. i will be testing mine on a daily basis, and several times during the day and night. this will give me a good idea of what to expect. and yes, 63.4 is not good enough out of the 100 i am supposed to be getting. i never expected 100, but i did expect at LEAST ninety-something, on average. after i monitor things for a bit, i will contact Charter to find out why my speed is so much slower than they advertise. you should, too! (testmy.net, NOT http://www.testmy.net)

## I Wonder..., dept.

does Al Gore still think he is the Father Of The Internet? idk. but Al, if you're reading this, write in to let us know. in the meantime, we celebrate Father's Day this month, so be sure to tell your Dad that you love him! it'd be good if you got him a little something, and maybe took him out to eat, too.

## ME GO (temporarily, i hope) NOW!

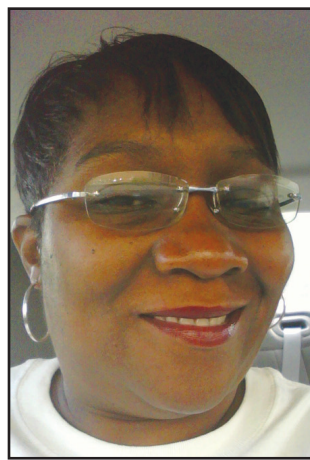
nobody knows how fast we are cruising to the end of our "life-cycle", and we each cruise at different speeds. there is no way to test our speed to find out when we will get to the end here on earth. why not have a sesh with your heavenly Father, and get your present life in order so that you will enjoy your eternal life in heaven, not that other place where unrepentant souls will go. idk when my last day here will be, but i've got heaven all locked-up and secured! won't you join me? please? Our Father wants you! and don't forget to thank Him for your life!

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

If you would like to ask Doug for his FREE puter advice, or chat, praise or complain, please email him at: fergusoncomputercorner@aol.com. When doing so, you must put the phrase i need puter advice into the subject line, & include your local telephone #. When calling him on the phone, please call in the PM hours at \*314\*521\*1789\*; in case he can't take your call right then, he will call you back ASAP. (if you get the machine, IGNORE the outgoing message, wait for the beep, & then record your brief message.) Praise God from Whom all blessings flow! blessings to you!

# More Keyword Usage Tips For Your Business

By LaTease Rikard



Another reason I've been writing about keywords and how important they are to your online promotional and marketing activities is that the keywords you use are like the gold nuggets to everything you produce on the internet. These words are how your current and brand new customers will find you. It's what your business will be known for. Most times businesses get this part of their online marketing wrong. Then they wonder why they aren't getting traffic to their website, or that no one is noticing their online advertising.

Successful keyword development should be a well thought out activity. According to Wordtracker, "Keywords are what we type in when we are searching for products, services, and answers on the search engines, an act that Americans performed 15.5 billion times in April 2010 according to ComScore, the web research firm."

That's why it's imperative to use words and phrases that your customers are searching for. If your customers are looking for 'cupcake stores in Ferguson' (better known as local search) – 'Natalie's Cakes and More' shows up as the third listing on the first search page of Google. That's just how important keywords are to your marketing efforts. When a user finds this listing on Google, more than likely they will consider Natalie's Cakes and More as a first choice. Maybe they are familiar with the name of the bakery because of the news reports or just word of mouth. It is still a powerful testament to what and how keywords are beneficial to your marketing efforts.

Still using Natalie's Cakes and More as our example, the company could also use what are known as 'vanity keywords' as another method of getting found in the search engines. These are trickier keywords to use as they are words that describe the kind of cupcakes Natalie's bakery sells. For instance, if Natalie's sold a special summer only flavor of cupcakes like key lime for instance, the vanity keywords could be, 'key lime cupcakes in Ferguson.'

This use of keywords will target the type of cupcakes available for the user as well as the location of the bakery. Keywords are a powerful tool that must be used in order to have any success online. Even using those same keywords for Facebook advertising is another way of utilizing your marketing power. Since Facebook allows for targeted advertising like local and vanity keywords, this practice will cause your marketing efforts to be earn you more customers and in turn, more money.

Have questions? Call me for an initial free consultation at 314-323-1126.



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1- Based on internal wet braking test results versus Goodyear Assurance ComfortFlex®. Tread wear test results: 18,500 miles.  
2- 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See MichelinMan.com for warranty details.  
3- Based on commissioned third-party wear test results versus Continental ProContact™ with CCOPlus technology tire size 215/60R16.

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## Financial Focus

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

With all of the unrest in the past several months, the effects of poverty have come into discussions about race, education and lack of jobs. The problems are often cited as consequences of poor education and lack of resources that are available to the more affluent people. It's been fifty years since Lyndon Johnson introduced legislation in his 1964 State of the Union Address that would deal with poverty. He stated the goal as, "Our aim is not only to relieve the symptoms of poverty, but to cure it and above all, to prevent it." So where are we fifty years later?

As the riots and looting have confirmed, there is still much to do. The accusations of racism and the resulting riots and looting have given a voice to the problems that may lead to poverty, or at the least, prevent people from rising out of poverty. Many feel they do not have the opportunity to seek the good life because they lack a good education that may help find a job that can support a family. The racism aspects don't just affect blacks they also affect others who are poor and find it difficult to make it to a better life.

Over the next year and a half as we get closer to the 2016 presidential election, we are sure to hear some possible solutions and opinions on how to fix the problem. Many will be critical of Johnson's "War on Poverty" and suggest reasons for its failure to solve the problem. Other will defend it and point out the changes in legislation over the past fifty years that weakened its effects. Since this is something that impacts all of us whether we are the one receiving aid or the one providing it thru taxes, we may want to look at it on a more personal level.

In 1964, I think most people must have been in favor of setting up a government system to aid the poor, possibly believing we could help them move into the middle class. I believe that was the expectation. Like most people, I feel sad when I see someone living in poverty. I may want to help them and if I did perhaps life wouldn't be so hard for them. The big question might be what would be the best kind of help to give. Would it be fair for me to give up 10% of my earned income to help this person with my only reward being to see them improve their way of life? If I did see this person enjoying a better life with my help and using that help to be able to sustain this better life without my assistance I would truly feel rewarded. Then I might feel better about stepping up to help another person in such need.

What if the help I gave this next person had a different effect? Suppose this person was ever so grateful for my help and continued to expect my help without trying to help himself. Perhaps I would suggest jobs or give opportunities to this person through introductions. Maybe each time I brought it up, the person would give excuses that didn't seem logical. Eventually, I may grow weary of seeing my hard earned funds go to someone I now consider a 'lazy no good.' Would it make sense to speak up and explain that the gravy train is ready to stop? If you gave notice that revenue would no longer come into this person's account and suggest they use their own resources to improve their situation, what would happen? It might be enough to motivate the person to do more to help himself. It may also be that they decide another sympathetic person or organization can take the place of me.

The second scenario is one that gets painted often when we talk about poverty. We hear stories of those who are on the dole and too lazy to work. We see examples of able bodied people who are not engaged in any work that can help support them. This is the difficulty in trying to help those whom can really benefit from some assistance and help reduce the number of those living in poverty. So we have to wonder if our tax dollars are being wasted trying to solve a problem that can never be solved. In the past fifty years we've spent over 22 trillion in taxpayer dollars on programs to fight poverty, yet it still remains at about the same levels as it was in 1964.

It's important to remember when we hear about new ideas and critics of LBJ that his ideas were not to set up a welfare state. As I quoted earlier his intentions were to prevent poverty and thereby reduce welfare spending in the future by helping recipients become self-sufficient. His plans were for it to be an investment in the future. So if we don't want to repeat history, we can possibly learn from it. Many will point out that some of the programs created actually diminished the work ethic and the family structure.

We can look at statistics that show a tremendous rise in the number of single parent families in the past fifty years. Is this because they can receive more assistance? Many have claimed this is so. And if that is true what can be done to improve the lives of those who are married and still not able to get by. The theory is that if the husband leaves, his family will be better off. So it would seem that jobs paying a living wage would be the answer. We all know that things are never that easy.

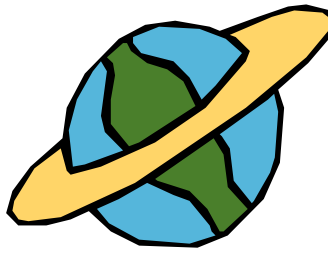
The decline in work ethics and self-sufficiency are what seems to frustrate so many who believe government needs to be less of a big brother and more like a stern uncle with high standards. Like with the second person I mentioned in the

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

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EVENINGS & WEEKENDS

scenario above, I also would become disillusioned if no amount of assistance could get that person to live up to their potential. I'd be like the stern uncle giving some ultimatums. In our much larger scheme of things, it is much harder to make sweeping changes to some of our programs without hurting those least able to really help themselves. And that is what we need to be careful of.

To truly address poverty in the richest nation in the world, we need to be flexible with programs and perhaps set time limits. We also need to be prepared to adjust and review as the world changes. With all we have learned it would seem that education and jobs may be the most important factors needed to create a way for the poor to help themselves. In the meantime we need to continue to be the safety net for those who are least able to help themselves; the disabled and children. We will always have those who will need our help and I believe we want to be the kind of people who are there for them. But, I also agree that our best way of helping those who are capable of helping themselves, is to expect them to work towards self-sufficiency. When a person is able to support his or her self, they have more choices and freedom to live a better life. I can't think of a better gift to our children than to provide a better way to solve the problems that the War on Poverty was intended to.

If you have comments or suggestions please e-mail [consultjoan@att.net](mailto:consultjoan@att.net)

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**Chicken Strawberry Salad**



Celebrate Spring with the tangy and juicy flavor of fresh strawberries. Here is a recipe that looks good and is good for you too:

Ingredients:

- 1/2 cup bottled poppy-seed dressing
- 1/4 cup minced green onions
- 3 tablespoons chopped fresh basil
- 1/2 teaspoon freshly ground pepper
- 4 cups chopped cooked chicken
- 2 cups diced fresh strawberries
- Salt to taste
- 1 cup chopped toasted pecans

Preparation:

Stir together poppy-seed dressing, minced green onions, chopped fresh basil, and freshly ground pepper in a large bowl. Fold in chicken and strawberries; add salt to taste. Cover and chill 2 hours. Stir in pecans just before serving on a bed of lettuce.

Recipe Time  
 Hands-on: 20 Minutes  
 Total: 2 Hours, 20 Minutes

Note: This recipe is from "Southern Cooking," the inspiration of delicious meals for many generations.

**Vincenzo's ITALIAN RISTORANTE**

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Dwain Bollinger was seen at Vincenzo's last month while celebrating his engagement to Shelly Ashley. Shelly is from Springfield, Missouri. The wedding is planned for early next year.

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Mon., June 1.....closed	Wed., June 17...cashew & caramel
Tues., June 2....cookies and cream	Thurs., June 18.....choc. malt
Wed., June 3.....chocolate M&M	Fri., June 19.....cookie dough
Thurs., June 4.....turtle swirl	Sat., June 20.....death by chocolate
Fri., June 5.....chocolate brownie	Sun., June 21.....closed
Sat., June 6.....Snickers	Mon., June 22.....closed
Sun., June 7.....mud pie	Tues., June 23.....French silk
Mon., June 8.....closed	Wed., June 24.choc. almond fudge
Wed., June 10.....Andes Mint	Thurs., June 25-straw/b cheesecake
Thurs., June 11....rasp. tootsie pop	Fri., June 26.....peanut butter cup
Fri., June 12.....coffee toffee	Sat., June 27.....chocolate heath
Sat., June 13.....banana pudding	Sun., June 28.....closed
Sun., June 14.....closed	Mon., June 29.....closed
Mon., June 15.....closed	Tues., June 30.....black forest
Tues., June 16.....mint Oreo	

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## Ferguson by Foot

By: Margaret Wolfinbarger



I recently wanted to do something nice for my family. Aside from homemade bread and muffins, which I make with regularity, I decided to treat them to homemade carrot cake. I'm not talking about a box mix. I used real butter, whole milk, freshly grated carrots and genuine white flour. Better yet, I made homemade cream cheese frosting. That cake was a thing of beauty and everyone loved it. I promised myself I wouldn't eat it. I was just doing something nice for my family. For the most part, I stay away from processed foods, consuming only fresh vegetables and protein, but there was something particularly enticing about that cake. I didn't eat any the first day, but the second day was stressful at work and that cake got me. 12 "fresh" pounds later, I resolved to never make cake again. That's all it takes for me—one week of cake and none of my clothes fit.

America's fascination with dessert confounds me. One would think we couldn't survive without it, and yet the human race survived fairly well before sugar became a staple in our diet. For those too young to remember, sugar was rationed in World War I and World War II, along with butter and meat. Malnutrition was common among the poor so the government stepped in to ensure everyone got their fair share. After the war, when agriculture and trade returned to normal, everyone celebrated with—you guessed it—cake! Our obsession with sweets has not subsided since.

It boggles the mind that one of our biggest problems in this country is obesity when tremendous amounts of people on this planet are starving. It is as if we don't know how to press the pause button when it comes to consuming sugar. Much of that has to do with our bodies' inability to sufficiently manage highly processed foods. Our bodies weren't created to consume thousands of calories a day and be largely inactive. To complicate the issue, corporate greed "feeds" off our desire for more and better tasting goodies by marketing to our salivating taste buds. Thus we have a never ending cacophony of advertisements screaming for our hard earned dollars while we desperately cry that we don't look like the emaciated women in fashion magazines.

There is something wrong with this picture. How do we stop the madness? It may seem like a novel idea to put down the cake, turn off the television, and go for a walk, but it is a good one. Since Ferguson became a media hot spot, I practiced ignoring the news and found myself a much happier person. I established new relationships with people in my community, and made a point to get more exercise. It's a proven fact that I am less likely to overeat when I'm digging in my yard or chasing my children around the block. The less television I watch, the better I feel about myself. When I invest my time in other people, I am richly rewarded with friendship. The more I move, the less I weigh, which gives me more energy to do the things I love like hiking and fishing.

Now these activities might not be something you enjoy, but I would venture to guess no one likes being so fat that they can't fit comfortably into the driver's seat of their car. Ask me. I spent years stuffing myself into a space not designed for a 300 pound woman.

## McCluer Junior Receives UMSL Distinguished Achievement Award



Valden Campbell, a junior at McCluer High School, received the University of Missouri-St. Louis Distinguished Achievement Award for Excellence in World Languages. The award recognizes high school juniors who demonstrate outstanding achievement in academics and languages, as well as participation in foreign language-related activities and studies. Campbell, whose achievement was for his study of the Spanish language, is the only award recipient from a North County School.

## Pride of the City – May



Ward 1  
Susan Field  
501 N. Clay  
Ave.



Ward 2  
Keith & Karen  
Brown  
410 Hereford  
Ave.



Ward 3  
Stanley &  
Charlene  
Pisciotta  
9248 Ellison

## Pride of the City – June



Ward 1  
Timothy &  
Cynthia Garvey  
409 La Motte



Ward 2  
Brandy  
Hodges  
309 S. Clark



Ward 3  
Vall Brady  
9330 Clarion



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**Exercise with Melanie/Ann-FREE classes**

Classes are led by a licensed Physical Therapist with the use of weights & resistance bands that are provided! Mondays and Wednesdays 1:00 p.m. RSVP by calling 314-838-3877 There will no class on June 17.

**Blood Pressure Clinic**

Thursday Jun 4, 11, 18, 25 at 10:15 a.m.

Refreshments served

RSVP by calling 314-838-3877

**“Watch Out for the Heat”**

Presented by Premiere HHC

Thursday, June 11 at 9:30 a.m.

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

**Project Hands**

Volunteers needed to knit, crochet, and quilt for various children’s organizations The last Friday of every month Friday June 26 at 2:00 p.m.

RSVP by calling 314-838-3877

**4th of July Happy Hour**

Entertainment by Sterlig Burgess

Tuesday, June 30 at 10:30 a.m.

Happy Hour 11:30 a.m.

Followed by Complimentary Lunch

RSVP by April 23 - 314-838-3877

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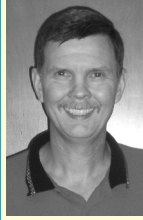
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**Under The Hood With Robinwood**

By Bob McGartland

**Being Cool in Your Car Hasn't Always Been Easy**

*The History of Automotive Air Conditioning*

With summer here, you may reach to turn on the air conditioner. It may seem like second nature to turn on the air conditioner, but did you know that was not always the case?

In 1933, a company in New York City first offered installation of air conditioning for cars. Most of their customers operated limousines and luxury cars. The Packard Motor Car Company was the first automobile manufacturer to offer an air conditioning unit into its cars, beginning in 1939. These air conditioners were manufactured by Bishop and Babcock Co, of Cleveland Ohio. The "Bishop and Babcock Weather Conditioner" also incorporated a heater. Cars ordered with the new "Weather Conditioner" were shipped from Packard's East Grand Boulevard facility to the B&B factory where the conversion was performed. Once complete, the car was shipped to a local dealer where the customer would take delivery. Packard fully warranted and supported this conversion, and marketed it well. However, it was not successful for a number of issues:

- The main evaporator and blower system took up half of the trunk space.
- It was superseded by more efficient systems in the post-war years.
- It had no temperature thermostat or shut-off switch other than switching the blower off.
- The price, was \$274 (\$4,692.12 in 2014 US dollars), was unaffordable to most people in post-depression/pre-war America.

This resulted in the option being discontinued after 1941. The innovation was adopted quickly, and by 1960 about 20% of all cars in the U.S. had air-conditioning. American Motors made air conditioning standard equipment on all vehicles starting with the 1968 model year, a first in the mass market, with a base price starting at \$2,671. By 1969, 54% of the domestic automobiles were equipped with air conditioning, with the feature needed not only for passenger comfort, but also to increase the car's resale value.

The big cars of the 1970's used cast iron air conditioning compressors weighing up to 40lbs. and needing 5lbs of freon gas to fill the a/c system. As the need for lighter, more fuel efficient vehicles became the main stay, the air conditioning systems dramatically change too. Today's vehicles have much smaller, lighter weight aluminum compressors working more efficiently than their heavy weight counterparts of the 70's. Most a/c systems today, hold only 2 lbs of freon gas. There are some systems using just 1lb of freon.

These newer a/c systems are not like the old ones, where you grabbed a can of freon from the parts store and dump it in. Over charging the system by 2 to 3 oz. will reduce the cooling effect felt inside the passenger compartment and could damage the compressor. Let the certified train technicians service your a/c system.

Today, more than 99% of all new cars are air conditioned. This is a great benefit to allow you and your passengers to be comfortable during the hot summer weather.

Now that the public pools and water parks are open, another way to stay cool is by having some fun in the water with the family.

Enjoy long days of Summer! Visit us at robinwoodauto.com

**Letter Carrier's Food Drive**



Many thanks...to everyone who donated food to the Letter Carrier's Food Drive in May. A record amount of 5,300 pounds was collected! And for the third year in a row Marley's Bar and Grill donated a barbecue lunch for the carriers and staff of the Ferguson Post Office on that Saturday!

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**Ferguson Teens Pair Up  
With VolunTEEN  
Nation / Whole Foods / Galleria**

Ferguson Youth Initiative teens are gearing up to release a small Peace Project storyboard video on social media sites for June/2015. The Peace Grant Project is an effort supported by the national organization VolunTEEN Nation, along with Whole Foods Market/Galleria to encourage young people to see themselves as positive change makers and take action to improve communities.

Ferguson Artist, Peggy Neely Harris, an FYI Volunteer, read about the Peace Grant opportunity on the social media site Twitter. She took the information back to Councilman Dwayne T. James to present the idea to the youths to get involved. Other members of FYI and NAC, (such as Dana Sebastian) encouraged a small group of teens from FYI to take advantage of the mini-grant application this past winter.

When the application was accepted in early February, Peggy immediately assigned teens to the task of spotting random acts of kindness throughout the City Ferguson, and the St. Louis community in general. They were encouraged to use their "ever so handy" cell phones to capture truly positive moments, and add them to a collection of archived photos.

They decided to put together a mini-storyboard of still life photos, which has been set to music in the video. Since the project required that youth primarily take charge and become active change makers in their community, FYI teen and 2015 graduating senior, Parris Nathan/McClure high school student, accepted the responsibility of Youth Leader for the VolunTEEN Nation Peace Grant project. Peggy Neely Harris served as its Project Supervisor. Everyone is excited about the Peace Grant Project results!

**FIRST FRIDAY ART WALK  
JUNE 5, 6-9 PM**

Participating Galleries: Corners Frameshop & Gallery,  
Honey & Sweetie's, F.Y.I. (Ferguson Youth Initiative Open Arts)

**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.

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**One, Two or Three Miles?**

Regular Chiropractic Care and Injury Prevention Cardiovascular exercise such as walking, running, biking, and swimming is a necessary component of all exercise programs. But as with all forms of exercise, the possibility for injury exists and must be accounted for. Hamstring, quadriceps, and calf muscle strains are common examples of cardiovascular exercise-related injuries. Low back muscles and ligaments may be injured as well. A complete training program is one that minimizes the likelihood of injury and is supported by regular chiropractic care.

Exercise-related injuries are often the result of faulty biomechanics. Such imbalances put excessive loads on one side of your body versus the other side. As time goes on the overworked side will begin to fail, and injury to the low back or one of the large muscle groups of the leg will occur. Regular chiropractic care detects and corrects spinal misalignments, the primary source of faulty biomechanics. By helping restore and maintain optimal functioning of your spine, regular chiropractic care helps you avoid painful injuries and setbacks in your training program. The result is improved fitness, health, and long-term well-being.

Even experienced exercisers sometimes find it difficult to know how much to do. For the beginner this uncertainty represents a significant stumbling block. Fortunately well-established guidelines and protocols exist to provide assistance to all exercisers, regardless of your skill level.

In general, the beginning exerciser requires the most instruction. The key is to build up strength and endurance slowly and not do too much too soon. In terms of strength training, the best plan is to determine at what weight you can comfortably perform three sets of eight repetitions. If you can't do three sets of eight reps at the weight you've selected, it's too heavy. If doing three sets of eight reps with the weight you've chosen doesn't feel like anything at all, then the weight is too light. Overall, of course, too light is better than too heavy. The majority of strength training injuries occur when you're attempting to train with an inappropriately heavy weight.

The same principles apply to cardiovascular exercises such as walking, running, biking, and swimming. If you haven't exercised in a very long time, walking is a good method with which to begin. On your first day, go for a normally paced 10- or 15-minute walk. Don't be concerned that your walk feels like it's over only a few minutes after it's begun. Your main focus should be on getting started, not on how much or how little you're doing in the first few sessions. Over the course of four to six weeks, build up a minute or two each session until you're able to comfortably walk for 30 minutes at a moderate pace. At this point you can begin to increase your pace gradually, building up to a 30- or 40-minute walk at a brisk pace. At this level, you're doing a very good, vigorous cardiovascular workout and your heart, lungs, and other components of your cardiorespiratory system are becoming stronger, healthier, and more efficient.

In this gradual, steady, measured way, all exercisers, of whatever age, prior experience, and skill level, can gain a lifetime of benefit from their fitness programs and minimize the likelihood of setbacks or injury.

*Dr. Robyn is available to speak to your group. Just give her a call.*

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## McCluer North Senior Wins Gates Millennium Scholarship

Ayesha Wahidi Selected from Among 57,000 Applicants to Receive Prestigious Award



Ayesha Wahidi, a senior at McCluer North High School in the Ferguson-Florissant School District, is the district's most recent recipient of the Gates Millennium Scholarship. The Gates Millennium Scholars Program selects 1,000 talented students each year to receive a good-through-graduation scholarship to use at any college or university of their choice. Recipients also receive academic support throughout their college career, plus personal and professional development opportunities through the Gates leadership program.

Wahidi's accomplishment is especially notable in context of the more than 57,000 students who applied, making this year one of the most competitive

candidate groups in the program's history.

"We are very proud of Ayesha and her accomplishments," said Lawrence Larrew, acting superintendent. "Ayesha joins a growing list of Ferguson-Florissant School District graduates who are Millennium scholars."

Other FFSD alumni who have received the Gates Scholarship include:

- Sherie McClerkin (2003): Washington University
- A'daris McNeese (2005): Northwestern University
- Errynne Page (2009): Howard University
- Aroona Toor (2010): Saint Louis University
- Allison Wallace (2011): University of Southern California
- Mark Vassell (2012): University of Missouri
- Kristen McPike (2013): Loyola University

In order to be eligible for the scholarship, students must demonstrate sustained academic success, leadership and community service. Applicants, along with teachers or academic advisors, must complete the program's rigorous, comprehensive application process, which includes a student-written section, plus sections to be completed by a nominator and a recommender on the student's behalf.

"In order to ultimately receive this scholarship, a student must plan over his or her entire school career to receive it," said Larrew. "Staff work with students as early as their freshman year to prepare to apply for the Gates Millennium Scholarship, making sure they maintain excellent grades and pursue leadership opportunities throughout their high school career. It's a practice that elevates not only the students who receive this scholarship their senior year, but encourages all our students to set and reach ambitious goals."

## School District and Great Circle Expand Mental Health Services

Ferguson Florissant School District will provide full-time therapists in all district schools beginning fall 2015

Building on last fall's successful offering of in-school therapists to students in response to community violence, Ferguson-Florissant School District and Great Circle are partnering to provide full-time therapists in all schools beginning fall 2015. To address ongoing mental health needs, individual and group counseling will be offered to students. Case management and referrals to other services may be offered as needed.

Research indicates that the mental health of children and adolescents impacts academic success. Embedding a therapist in the daily routine of a school enables therapists to become familiar with the students, get to know them better and be more attuned to their needs. As the therapist becomes a familiar face in the school, students are likely to be open to the therapist's involvement in their lives and needs.

Great Circle currently works with Ferguson-Florissant School District providing individual, family, group and crisis therapy, and case management for students in the Mark Twain Alternative Program. Great Circle provided therapists and counselors to Ferguson-Florissant School District in welcoming back students to school after community violence delayed the opening of the academic year in late summer 2014.

Last month, Baltimore City Public Schools modeled Ferguson-Florissant's partnership with community health organizations to provide mental health support services for students.

"Traumatic childhood experiences negatively impact a child's chances of success later in life," said Angela Bratcher, statewide director of student support services. "Our partnership with Ferguson-Florissant School District aims to address the impact of trauma and equip students with the tools for positive, fulfilled lives."

Training will focus on how traumatic events impact children and youth, their families and communities. Other potential components of training: skills for psychological recovery and Trauma-Focused Cognitive Behavioral Therapy to assist children and youth that need this service. Children's Services Fund of St. Louis County is funding the program.

## Ferguson-Florissant School District to Host Free Meals This Summer

Seven sites will offer breakfast and lunch to children and teens at no charge

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

The following locations in the Ferguson-Florissant School District will offer free summer meals, Monday thru Friday, during the dates indicated:

### Administration Center

1005 Waterford Drive, Florissant, MO 63033  
June 1 - June 26, 2015  
Breakfast: 7:45-8:00 a.m.  
Lunch: 11:00-11:15 a.m.

### McCluer South-Berkeley High School

201 Brotherton Lane, Ferguson, MO 63135  
June 4 - June 25, 2015  
Breakfast: 8:30-8:45 a.m.  
Lunch: 11:00-11:30 a.m.

### McCluer High School

1896 S. New Florissant Road, Florissant, MO 63031  
June 4 - July 1, 2015  
Breakfast: 7:10-7:30 a.m.  
Lunch: 10:50-11:20 a.m.

### Ferguson Middle School

701 January Avenue, Ferguson, MO 63135  
June 4 - July 1, 2015  
Breakfast: 7:10-7:30 a.m.  
Lunch: 11:30 a.m.-12:15 p.m.

### Central Elementary School

201 Wesley Ave, Ferguson, MO 63135  
June 1 - July 31, 2015  
Breakfast: 9:00-9:15 a.m.  
Lunch: 11:00-11:30 a.m.

### Commons Lane Elementary School

2700 Derhake Road, Florissant, MO 63033  
June 1 - June 26, 2015  
Lunch: 11:30 a.m. -12:00 p.m.  
Snacks: 3:00-3:45 p.m.

### Wedgewood Elementary School

14275 New Halls Ferry Road, Florissant, MO 63033  
June 4 - July 1, 2015  
Breakfast: 7:45-8:00 a.m.  
Lunch: 11:00-11:15 a.m.

## McCluer North Senior is a National Merit Scholar

Melissa Henniger, a senior at McCluer North High School, has been selected from among 16,000 students across the United States for a prestigious National Merit Scholarship.

Henniger will receive the National Merit Boeing Scholarship, which is sponsored by The Boeing Company.

Scholars were selected from students who advanced to the Finalist level in the National Merit Scholarship competition and met criteria of their scholarship sponsors.

Henniger was selected a finalist based on her abilities, skills and accomplishments including her academic record, two sets of test scores, written recommendations, involvement in school activities, leadership, and an essay.

Corporate sponsors provide National Merit Scholarships for finalists who are children of their employees, who are residents of communities the company serves, or who plan to pursue college majors or careers the sponsor wishes to encourage.



## May 2015 Meeting Minutes

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



### Code Enforcement Update

Capt. Dennis McBride works with the Code Enforcement division. He gave us an update on the Code Enforcement process with regards to tall grass complaints.

After receiving a complaint about tall weeds or grass (over 7 inches tall), the code inspector places a small flag in the yard with the violation notice. The owner of the property has 7 days to comply before the citation is sent to the court. After that, an application for search warrant is made. Currently we are revamping the court processes.

Originally, all the addresses with tall grass were put on one warrant list. The list had the names of the owner, the address of the property, who was going to cut it, etc. Now, each address has to have its own administrative search warrant. Currently there are about 40 addresses on the list.

These warrants have to go back to the court in 10 days. By this time, 5 days have been used, leaving 5 days for the grass cutter to get the yard cut. If it doesn't get cut, then that address gets added to the next round. When the grass cutter gets the yard cut, he makes out a receipt and gives it to Code Enforcement, which "Returns" it to the judge. A bill is issued to the homeowner, and if not paid, a Lien is then issued for the address to go to St. Louis County Recorder of Deeds. When a property is sold, the title cannot transfer until the liens have been paid or released.

Capt. McBride then updated the audience with the status of complaints that were brought up last month regarding pit bull & other violations.

### Crime Classifications

Sgt. Tim Harris then began his presentation of crime classifications.

#### Murder 1st Degree:

Homicide caused with a motive or preplanning (premeditation) (felony).

#### Murder 2nd Degree:

Manslaughter caused by accident, did not mean it. (felony)

#### Assault 1st Degree:

Shooting involved, attempted murder. (felony)

#### Assault 2nd Degree:

Weapon or fist used - causing bodily harm. (felony)

#### Assault 3rd Degree:

Argument & Threat/ aka Peace Disturbance. (misdemeanor)

#### Assault Domestic:

2 cohabiting together, Evidence of Assault - Police can press charges

#### Burglary 1st Degree:

Armed burglar doing a home invasion while occupant is home. (felony)

#### Burglary 2nd Degree:

Burglar steals property from inside home while house is unoccupied

#### Drug Violation:

Seller of crack/heroin - felony. Buyer - misdemeanor

#### Property Damage 1st Degree:

Destroyed property

#### Property Damage 2nd Degree:

Damaged property

#### Robbery 1st Degree:

Person threatened when robbed. (felony)

#### Robbery 2nd Degree:

Person forced by robber / forcibly stole (felony)

Stealing: over \$750 - felony, under \$750 - misdemeanor

### Protestor Activity

It was noted that the 10 protestors that visited the SpringFest event at Victorian Plaza behaved themselves, and even joined the friendly crowd doing purchases and enjoying the music. Have we turned the corner?

### Cert Update

The April 11th meeting was held in the training/muster room of the Police Department. We received information on how to conduct road blockades at the Ferguson 5K/10K Twilight Run for May 16th. The next Cert meeting would be June 13th at 9:00 am.

### Next Meeting

The next Ferguson Neighborhood Watch meeting scheduled at City Hall will be at 7:00 pm on June 10th.

## Left, Right, Left, Right, Left, Right Attention:

Angels of Mercy are having our 11th Gospel Parade here in Ferguson on **Saturday, June 13 at 10:00 a.m.**, starting from Central Elementary School back parking lot, located at 201 Wesley. We will be marching down Florissant Road to January-Wabash Park for fun, food, and games.

This march is for Peace in Your Community. If you would like to be part of this event, contact Evang. Cheryl Whitaker @gmail.com.

In Jesus name this is a soul saving ministry.

3rd Annual  
**THE TASTE IN FERGUSON**  
A FUNDRAISER FOR THE ROBBIE MCGARTLAND / SAMANTHA LIPKA MEMORIAL SCHOLARSHIP FUND  
[www.TheTasteInFerguson.com](http://www.TheTasteInFerguson.com)

**MOVING TO A NEW DATE!**  
**Sunday, September 13, 2015**  
**3:00 — 6:00 p.m.**

Event location { Savoy Banquet Center  
119 S Florissant Rd  
Ferguson, MO 63135 } 



**Membership Meeting**  
**Thursday, June 11th**  
Hollywood Casino & Hotel St. Louis

**Who is your Super Hero?**  
Bring out the capes or masks to be entered into a special prize drawing!

Sponsors






## Meet Sonya



Sonya is a lifelong resident of Ferguson with 11 years of experience cleaning and organizing. She has a Bachelor's Degree in Fine Arts and is able to transform your home or office into a functional area that is also attractive.

Sonya is up for any challenge, large or small.

- Cleaning • Decorating Party Hosting • Organizing

### MOVING?

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Check out Sonya's website  
[sonyassolutions.com](http://sonyassolutions.com)

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<b>School/Camp &amp; Sports Physicals \$2500</b> 314-736-1333 With coupon. Expires 6-30-15	<b>Adult Wellness Screening Packages</b> Office Visit with Lab Package (Complete Blood Count, Cholesterol, Thyroid Function, Kidney Function, Liver Function & Blood Sugar) <b>\$1500</b> Reg. \$250 314-736-1333 With coupon. Expires 6-30-15

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## Washing Your House

– by Bob McCarty

This month, I wanted to include everyone in on this little project and not just us who own older homes. So, if you know of someone who lives in a newer home, share this article with them so that they may be as prepared as you when it comes to cleaning up the exterior of your home. That's right, we are

going to wash the exterior of our homes either to prepare for painting or perhaps as part of your spring cleaning.

If you already own a pressure/power washer, great! If not, you have two choices, but before you rent or buy, you may want to do some internet homework to make sure you get a washer that is big enough to do the job but not so big that you tear up the material that makes up the envelope of your home. As a rule of thumb, always read the instruction manual because they always include a few tips on how to make the project easier.

The pressure washer that I own and use quite often is rated at 3200 pounds per square inch of pressure (PSI) and will run five gallons of water per minute (GPM). What this means is that the higher pressure created by the machine along with the amount of water being projected towards the object being cleaned, I will be able to finish the project faster than with a smaller machine. That is why you need to do your homework before delving upon the task of purchasing or renting a power washer.

Your pressure washer usually comes with four tips. They are red, yellow, green and white. The red tip will deliver the pressurized water through a zero degree tip which will blast the hair off of a turtles back as well as blow the creature to Duluth! This tip is usually only good for cleaning concrete but you will still need to be careful. The yellow tip delivers a 15 degree fan of water which is good for cleaning objects such as metal patio furniture and the higher reaches of your house. The green 25 degree tip is good for heavy cleaning of vinyl siding and weathered deck boards; just be careful to test the stream in an inconspicuous area to determine if this tip is too much for the deck's wood. The white tip delivers a stream of water with a 40 degree fan, this is the tip that I would use if I was washing an older home with wood siding. My machine also includes a black tip which is used with the chemical injector. I would fill a 5 gallon bucket with water, add the detergent I am using to clean with and drop the injector hose provided into the bucket. By using the black tip, the detergent is siphoned into the hose and delivered to the area being cleaned.

A few more things you will possibly need are a ladder, scrub brushes, poles to attach the scrub brushes to, house cleaning detergent, possibly mildew killer, algae killer. You will be able to find any cleaners at darnn near any paint store that would have knowledgeable sales people, with knowledgeable being the operative word here.

Before you get started, what you need to do is to cover all of your electrical fixtures with plastic as well as any delicate plants. Before covering your plants, spray some water over them to keep them from burning up, and spray down the areas of grass and other plants that are not being covered to avoid any of the cleaning agents burning them up.

Now it's time to get to work and clean your house!

If you have any mildew (black dots or spots) or algae (brownish green areas usually on the north side of the house), you will need to scrub these areas with the appropriate cleaner. Just a heads up here, bleach does not kill mildew alone! You will need to use bleach along with a mildew killer to get rid of it as you will with algae. Have a dedicated hand or pump up sprayer and spritz the affected area and scrub it down real good. If it is going to be a while before you are going to get back to this area, rinse it down with clean water.

After starting your pressure washer, using the 40 degree tip, rinse an area that is not so big that it dries up before you can finish the process depending on your washer and experience, between 200 and 500 square feet. Make sure all areas are wet and change to the black tip and spray the wet areas with the house cleaner. Any stubborn areas may need to be scrubbed, so have a sturdy scrub brush handy. (NOTE, no matter how clean or dirty any given area is, I always run a scrub brush on all areas being cleaned.) After the soaping and scrubbing, change back to the white tip and rinse the soap off of the side of your house. Upon completion of an entire side of the house, remove any plastic from the delicate plants and rinse any and all vegetation that may have some soap residue on it.

Here are a few tips to help with your house cleaning project;

1. Never spray up into your siding. You could get water behind the siding and if it can't get out, you could be creating a mold problem.
2. Lay a towel on the inside window sill just in case any water wants to infiltrate through the windows, especially if you live in an older home with original windows.
3. Keep the tip of the wand you are using at least three feet from the surface you are spraying.
4. Always read the instructions and follow them with your pressure washer and any cleaning detergents that you plan to use.

Sun-Mon.  
11am-9pm  
Tues. & Thurs.  
11am-11pm  
Fri.-Sat  
11am-12am



### FERGUSON BREWING HOT WINGS

Life Sherpa (Joe Holleman) says:

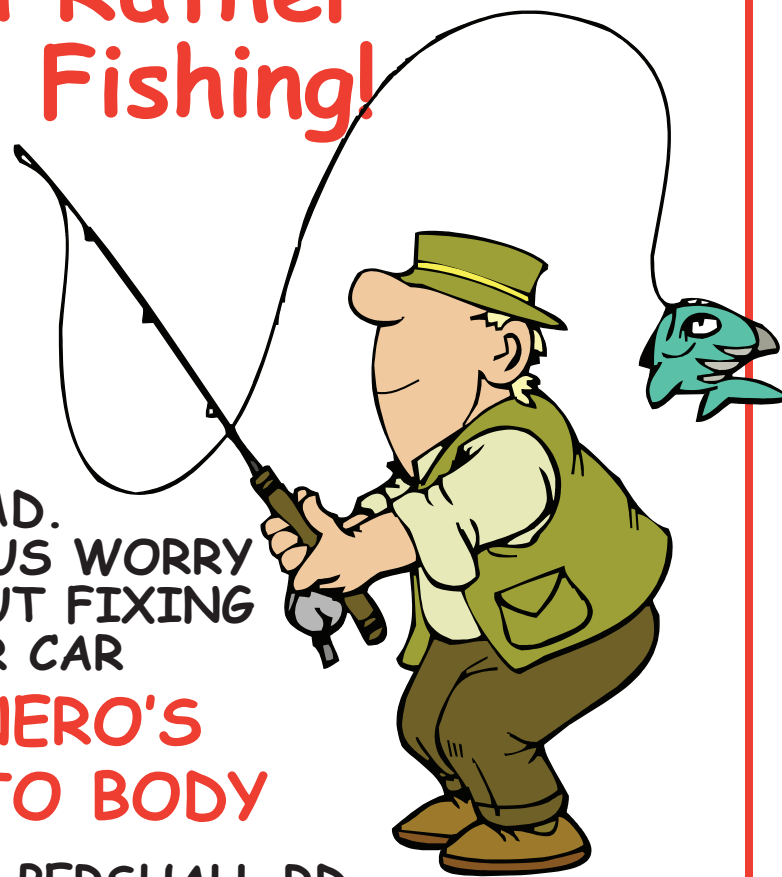
These wings put some heat on my lips and a drop of sweat on my forehead. Using the time-tested blend of hot sauce and butter, the thin, red-orange sauce was among the best of the lot. Because the wings were smoked (to perfection) and not fried, they were not as crispy as your standard wings, as I normally prefer. But after the wings are smoked, they're grilled over an open flame, which adds a welcome additional flavor.

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## I'd Rather Be Fishing!



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5. If you are cleaning your house in preparation of painting, always allow at least two days before painting so that the surface has dried thoroughly.

And there you go; you now have the cleanest house on your block. Enjoy!

Until next month, Bob is on the Job and don't forget, if there is a subject, in regards to older home/building maintenance you would like for me to touch upon, let me know, you can contact me at [paintedeffects@sbcglobal.net](mailto:paintedeffects@sbcglobal.net) with a subject of BobonJob or by phone at 314-524-1264.



## 6th Annual Ferguson Twilight Run a Success

May showers failed to dampen the enthusiasm of runners and walkers participating Saturday, May 16, in the sixth annual Ferguson Twilight 5K/10K and one-mile fun run.

“There wasn’t a doubt in our minds that the event would take place,” said City Council Member and Race Director Dwayne T. James. “Our focus this year was to make sure that everyone felt welcome and had a good time. Based on initial feedback, we can truly say that those missions were accomplished.”

The number of race participants was slightly down from last year. In 2014, 2,087 signed up for the Twilight event and 1,926 registered this year. “When it’s all said and done, we are pleased with the number of runners,” James said. “People being active, having fun, and enjoying their community are the main goals. We invite everyone to come back on May 14, 2016 and bring a friend.”

## Central Elementary Celebrates Its 135 Year Anniversary



In recognition of their 135 Anniversary, Ralph Rockamann, owner of long time Ferguson business, SportSprint, donated 3,000 tee shirts to Central School.

The picture above depicts Mr. Rockamann surrounded by Mrs. Christina Stoverink’s first grade class. Looking on is principal Crystal Isom.

To the right is a closeup of the donated shirts.



## Former Cool Valley Resident Gives Back to the Community

John Brauch, owner of Interstate Cleaning Company has donated 1,000 books to Blessed Teresa of Calcutta and Our Lady of Guadalupe.

Mr. Brauch, whose family owned Cool Valley Dairy, wanted to do something special for the Ferguson community. Through the intercession of Ralph Rockamann, owner of SportSprint, he obtained 1,000 children’s books and presented 500 books to each school.



Pictured above, from the left, is Mrs. Addie Govero, principal of BTC, Paul Gaudy, Executive Vice President of Interstate Cleaning, Ralph Rockamann, Jamie Shroeder, BTC volunteer, and Mr. Brauch.



Students at Our Lady of Guadalupe got to choose which books from the many boxes to take back to their classrooms.

## “Painting for Peace in Ferguson” Has Received Another Award

Independent Publisher’s “2015 Outstanding Book of the Year Gold Medal” was awarded to “Painting for Peace in Ferguson.” The book, by author Carol Swartout Klein, depicts the murals painted on the boarded up windows along South, North and West Florissant Avenues shortly after the August 9th unrest in Ferguson.

“Painting for Peace in Ferguson” was selected from nearly 6,000 entries from all 50 U.S. states, the District of Columbia, eight Canadian provinces, and 34 other countries around the globe.

## SUMMER BEGINS

The summer solstice heralds the beginning of summer in the Northern Hemisphere. In 2015, the summer begins with the solstice on June 21 at 12:38 P.M. EDT. The timing of the solstice depends on when the Sun reaches its farthest point north of the equator. In the Northern Hemisphere, the solstice that occurs on or about June 21, and is our longest day of the year.

In the Southern Hemisphere, the summer solstice occurs on our about December 21 (their longest, but our shortest day of the year).

## FREE! Read to All!

Reading and Playing Can spell Hurray!

Parents, you can now bring your children to the park and relax while a member of the Ferguson Municipal Library entertains them with a song, a game and reads stories from books up to first grade.

Meet the storyteller at 10:00 a.m. for 30 minutes of fun at any of the playgrounds listed below. Join week to week and we'll connect fun and reading together. "Show Me" your library card and each child will be sent home with 2 free coloring sheets and a bookmark.

Become a member of the "Follow the Reader" Club on the Facebook Page: <https://www.facebook.com/FollowTheReader> or on Twitter: <https://twitter.com/Read4AllStL>.

Every month, the playground locations will be published, so you may plan to bring your children and Follow the Reader.

Start Your Week Reading.

### 10:00 a.m. June 1, 2015

January-Wabash Memorial Park (next to the pool complex)  
501 N Florissant Rd. – Ferguson, MO 63135

### 10:00 a.m. June 8, 2015

Ferguson Sports Complex at Forestwood  
824 Ferguson Ave. – Ferguson, MO 63135

### 10:00 a.m. June 15, 2015

Dade Park  
414 Dade Ave. – Ferguson, MO 63135

### 10:00 a.m. June 22, 2015

Nesbit-Newton Park  
1150 Nesbit Dr. – Ferguson, MO 63135

### 10:00 a.m. June 29, 2015

January-Wabash Memorial Park (next to the pool complex)  
501 N Florissant Rd. – Ferguson, MO 63135

## St. Louis Regional Youth Entrepreneurship Challenge

St. Louis Regional Youth Entrepreneurship Challenge highlights youth entrepreneurs, who won their classroom business plan competitions. Throughout the school year students have learned from an extraordinary teacher, listened to guest speakers and received business plan coaching as they enhanced their entrepreneurial mindset.

The students competed to win a venture capital award of \$1,000 and a chance to compete at the National Challenge in New York City.

Twenty semifinalists competed on May 15.

2 from Jennings, 4 from McCluer South Berkeley, 2 from Clyde C. Miller, 6 from McCluer North and 6 from McCluer.



A proud moment for McCluer High School. All the finalists in this competition were from McCluer and 2 of them are going to New York City in October! 1st place Winner (\$1,000 and trip to New York) Destiny Davis; 2nd Place Winner (\$750 and trip to New York) Jacob Tiemann; 3rd Place Winner (\$500) Daija Jackson.

## Local Cadet Graduates From West Point

Cadet Jacob Chisholm, son of Mike and Becky Chisholm, grandson of Don and Ann Chisholm of Ferguson, graduated from the U.S. Military Academy on Saturday, May 23. Chisholm graduated from St. Louis University High School in 2011. While at West Point, he concentrated his studies in mechanical engineering. He was commissioned as a second lieutenant in the U.S. Army within the Infantry branch and will report to Fort Campbell, Kentucky, for his first assignment.



The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

### About West Point

The U. S. Military Academy at West Point is a four-year, co-educational, federal, liberal arts college located 50 miles north of New York City. It was founded in 1802 as America's first college of engineering and continues today as one of our nation's premier leader-development institutions, consistently ranked among top colleges in the country. Its mission remains constant—to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for a career of professional excellence and service to the nation as an officer in the U. S. Army. For more information, go to [www.westpoint.edu](http://www.westpoint.edu).

## Nyeela Johnson-Burns Finalist in the National American Miss Pageant



Nyeela, daughter of Shumsheia Johnson and Derrick Burns, has been chosen as a State Finalist in the National American Miss Missouri.

The winner of the Pageants will receive a \$1,000 cash award, the official crown and banner, a bouquet of roses and air transportation to compete in the National Pageant in California. The National American Miss Pageants are dedicated to celebrating America's future leaders and equipping them with life-long skills.

Nyeela's activities include Girl Scouts of Eastern Missouri, Blessed Teresa of Calcutta's

Angels Among Us, PROBE, Dance Explosion Studio's Children's I, reading, writing, drawing, skateboarding and art. She is sponsored by family, friends, Blessed Teresa of Calcutta School, University City Schools, High Calling Ministries Church and Dance Explosion Studio.

## Feel More Secure. Call a Locksmith.

- Broken off key
- Sticky locks
- Loose locks
- Change your locks (just moved in?)
- Rekey your locks (cheaper than lock change)
- Check all your locks (to be sure they are secure)

**Jim Alexander**  
**314.550.0517**

## Jobs and More STL Has First Participant Training in Ferguson

Monday, June 8, JOBS AND MORE STL will have its first two-week participant training workshop in Ferguson. Orientation for the session will be held Wednesday June 3. The next training workshop will start July 13, with orientation on Wednesday July 8.

JOBS AND MORE STL, founded by Executive Director Adrian Shropshire, models their Ferguson program after the successful RISE ABOVE program. Training topics include Keys to Professional and Personal Success, Resumes, Practice Interviews, Interpersonal and Communication Skills, Hidden Rules, and More. Interested in enrolling in this opportunity? Contact JOBS AND MORE STL for more information at [jobsandmorestl@outlook.com](mailto:jobsandmorestl@outlook.com) or 314.283.2215.

JOBS AND MORE STL serves the community and has a work force training program, developing people through life changing training, support and mentoring to help obtain and retain employment. Their mission is to help unemployed or underemployed young men and women to find jobs by offering them support in preparing them for and motivating them to seek work. JOBS AND MORE STL strive to ensure clients understand their options and engage in career opportunities that align with their interest. They can serve people from various socioeconomic and educational levels.



As Founder, Executive Director Adrian Shropshire has 32 years as an out-of-doors Journeyman Construction Carpenter with a passion for personal training and coaching. He discovered his passion when he was a high school football coach. Adrian Shropshire said "I have a passion for mental and physical fitness; and I enjoy encouraging and helping others to reach their goals. As a resident of Ferguson for more than 25 years, I see an opportunity to combine my experiences in construction management and fitness training for the benefit of disheartened and underemployed men and women in my home town. Establishing JOBS AND MORE STL would directly serve this goal." Shropshire is now retired from carpentry and is devoting and donating himself full time to JOBS AND MORE STL. In less than 6 months, Adrian Shropshire has taken JOBS AND MORE STL from a vision to a significant beginning.

Training will be held at the Ferguson Library. Charitable contributions may be made by check to JOBS AND MORE STL or through PAY PAL. Visit website [jobsandmorestl.org](http://jobsandmorestl.org)

## Memorial Tabernacle Christian Life Center Hosts Youth Explosion

The Youth Explosion shares positive ways through which youth can use Social Media.

On Friday, June 5th, 7:00 to 9:00 p.m., join local elementary and high-school-aged youth as they celebrate Jesus Christ through song, dance and words of encouragement. Through Youth4Christ, youth are inspired to #Neverloseconnection with Jesus Christ in both real world, and social media situations.

The two hour event will be held at the Memorial Tabernacle Christian Life Center located at 1350 Lafayette Street in Florissant. Admission is free, refreshments will be served and all are welcome.

For more info contact 314.921.6825 or via email at [themtcl@gmail.com](mailto:themtcl@gmail.com)



## Flag Day – Sunday June 14th

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes – one for each state.



Although it is not certain, this flag may have been made by the Philadelphia seamstress Betsy Ross, who was an official flag maker for the Pennsylvania Navy. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.

Honor our country by flying your flag on June 14th.

## Ritenour Jazz Band Concert Saturday, June 13, 7:00pm



A favorite in past years at the Ferguson Farmers Market, the Ritenour Jazz Band will entertain you with big band favorites by Duke Ellington, Glenn Miller, Count Basie and more! Come see them at Tiemeyer Park, 3311 Ashby Road, St. Ann, Missouri. It is their last concert before they travel to the heart of Bavaria in Germany for a two-week cultural exchange.

## Ferguson Lions Support 4th of July Kids' Activities, Fishing Tournament and Summer Camp

The Ferguson Lions Club is an organization based on providing community assistance when needed, support for sight, hearing and food pantries, and other charitable activities.

Again this year, the Lions support the local children by donating \$1,700 to the Ferguson 4th of July childrens' activities.



The Lions also support the non-profit Strength and Honor Mentoring and Tutoring (SAH) childrens' summer day camp with another \$1,700 check and the free use of the Lions Community Hall as the main camp location.

The Ferguson Fishing Tournament is also supported by the Ferguson Lions.

## Job Search

1. My first job was working in an Orange Juice factory, but I got canned – couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a Tailor, but wasn't suited for it -- mainly because it was a sew-sew job, and people liked to hem and haw about the price.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, I tried being a Chef – figured it would add a little spice to my life, but just didn't have the thyme.
6. Next, I attempted being a Deli Worker, but any way I sliced it...couldn't cut the mustard.
7. My best job was a Musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a Doctor, but didn't have any patience.
9. Next, was a job in a Shoe Factory. Tried hard but just didn't fit in.
10. I became a Professional Fisherman, but discovered I couldn't live on my net income.
11. Managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.
12. So then I got a job in a Workout Center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as an Historian - until I realized there was no future in it.
14. My last job was working in Starbucks, but had to quit because it was the same old grind.
15. My job at the M&M plant ended because I ate all the W's.
16. **SO, I TRIED RETIREMENT, AND I FOUND I'M PERFECT FOR THE JOB - LOVE IT!**

## Djeli Tales

By Mama Lisa Gage

### School's Out!!!!

So, let's walk, run, bike, or ride to support the numerous activities that will make the summer of 2015 enriching, safe and fun for us all. Thanks to the awesome efforts of enthusiastic and dedicated committee members, the fun began in a big way. The Ferguson Spring Fest and Ferguson Twilight 5K/10K & Fun Run mobilized a merry mob to dance or sprint up a sweat.

To keep the momentum going, plan an activity calendar and require 'all hands on deck.' Take turns being responsible in transporting and feeding your family and friends group. Try wristbands and a group text to make sure everyone is accounted for. Be open to trying new things by letting the teens and younger children choose an activity for the group to do. Have a check-in system for everyone under 21 for the entire summer because safety is key. Strive to support local events as well as city-wide venues.

The Ferguson Community Center at 1050 Smith Avenue offers programs for all ages. Membership allows access to children's tumbling, dance classes, and summer day camp. Adults will enjoy kickball or fitness and dance classes, while seniors stay connected with a course on the computer and games galore.

The Wabash Aquatic Complex at January-Wabash Memorial Park remains a family favorite. A splash at Wabash for the veteran pool-goers includes water aerobics and a beginner can still get swim lessons on the basics. As a member, even the dog can join the group for the Dog Splash in late summer. (Dog Obe-

dience training is also available for pets needing a little push.) <http://www.fergusoncity.com/>

Don't forget that group reading is a must for the summer. The Ferguson Municipal Public Library opens at 9 a.m., Monday through Saturday. Get an early start and designate a 60-minute read-in to jump start the day. The Fliers (Friends of Ferguson Library) would love to have your active group volunteer to help with a special project on behalf of the library. <http://www.ferguson.lib.mo.us/index.html>

And yes, the Emerson Family YMCA in Ferguson awaits a chance to service your group's next activity. This may be the summer to trek into a camping experience. Or maybe your group would love to create a bragging rights sports tournament that lasts all summer long. You may ask "Y?" and I ask you, "Y not?" <http://www.ymca.net/y-profile/?assn=3405&address=63135>

Beyond the borders, many family-friendly events beckon. Surf the internet to find a perfect fit for your GROUP. I continue to emphasize group because everyone is needed to account for the health, well-being, and whereabouts of our kids this summer. Who knows? Maybe starting or maintaining this type of family and friends participation will help us to get along better and feel better about being a part of the 'village.' Enjoy!

(ANNIE MALONE PARADE RESULTS: first place – Gateway High Steppers Drill Team of Kansas City, Broadway Drill Team, Normandy High School Marching Band, Kids Car Club, Fair St. Louis Foundation, St. Louis Stylez, and Alpha Phi Alpha Fraternity, Inc. Congratulations.)

## Michael Brown Memorial

The Mayor and City Council and City Administration worked for a number of months with representatives of the Brown family and Lipton Properties, the owner of Canfield Green, to remove the memorial items from the center of Canfield Drive. The items have been a sensitive issue for some time and have become both a safety and health risk to residents and visitors. The City was happy the family was willing to work with us, not only to remove the items, but also to discourage others from placing new items in the street where the event occurred.

Lipton Properties offered, to the family, to purchase and place a dove, on private apartment complex property, near the site as a historical marker and a symbol for peace moving forward. The City is not placing the marker, nor are we paying for it; this is being done on private property and at the expense of the apartment complex owner. The complex owner further agreed to pay for the cost of repaving a portion of Canfield Drive, at the family's request. The City did not pay any of the costs associated with the removal of the items and the placement of the marker. It was also not necessary for the City to permit the placement of the marker, as it was placed on private property. The City did not have any input on the design of the marker or any control over its content.

The Mayor and Council realize this is a sensitive issue for many members of the public. We recognize that this was not communicated in a clear way through the media to the public.



### Sunday, June 21

Father's Day is observed on the third Sunday of June. It honors all fathers, grandfathers, great-grandfathers, and father figures for their contribution. It was created to complement Mother's Day. It is not a federal holiday. Businesses will be open or

closed based on the day of the week, Sunday.

#### Celebration \ Observance

Father's Day is a time to recognize fathers and father figures who have influenced a person's life. It is celebrated through cards, gifts, dining out, gifts such as electronic gadgets, sports attire, household tools or time spent together.

#### History

Father's Day started in the early 20th century in the United States to celebrate fatherhood and to complement Mother's Day. It was first celebrated on June 19, 1910 in Spokane, Washington at the YMCA by Sonora Smart Dodd. She heard about Mother's Day in 1909 and told her pastor she thought fathers should have a similar holiday. Her father raised six children as a single parent. The local clergymen agreed to the idea and the first Father's Day sermon was given on June 19, 1910.

## McCluer North Students Recognized by State Journalism Association

Darlise Goodlow and Jennifer Fowler, students at McCluer North High School, have been recognized by the Missouri Journalism Education Association (MJEA). Goodlow is one of 10 students statewide named to the 2015 MJEA All-State Team, and Fowler earned special recognition for her Ferguson coverage this year.

Goodlow is the clubs editor and business manager for the McCluer North Polaris yearbook. She organized, designed and managed the clubs section, which the book lacked the previous year. As business manager, she entered and kept track of all yearbook sales. She also designed the senior ads and index. She is a three-year member of the publications program and was instrumental in developing the theme for the 2015 book, "Did You Catch That?" at a summer workshop.

Fowler is a two-year editor-in-chief of the McCluer North Stargazer newspaper. She's been a part of the Stargazer staff since her freshman year, accumulating awards for her reporting and page designs, as well as leading the paper to garner its first superior award at the School Sponsored Publications Conference in March. A graduating senior, Fowler plans to attend the University of Missouri as a journalism major.



Darlise Goodlow

## Home Safety Improvements Checklist

Did you know that falls are the most common cause of fatal injuries in older adults. They can cause traumatic brain injury and fractures of the spine, forearm, leg, ankle, pelvis, upper arm and hands.

Injuries from falls can seriously impact quality of life and the ability to live independently and are responsible for more than 90% of hip fractures.

To help prevent falls:

- engage in regular exercise to improve strength, balance and coordination.
- Review medicines with your doctor. Some medicines can cause more side effects like sleepiness or dizziness.
- Schedule a yearly vision check because better vision can decrease your risk for falls.
- Improve your home safety. Since half of all falls happen at home, review the safety improvements in your home by:
  - Rise slowly after you sit or lie down
  - Avoid walking barefoot or wearing slippers
  - Wear rubber soled shoes.
  - Replace burned out light bulbs
  - Use brighter bulbs like fluorescent bulbs
  - Add lighting to stairwells
  - Clear paths of shoes, books or cords.
  - Fix loose handrails and install handrails on both side of steps
  - Remove small rugs or secure with double sided tape.
  - In the kitchen, store frequently used items on shelves at a convenient level to avoid bending or reaching
  - Use step stools with safety bars – never a chair to reach things
  - Install safety bars in the bathroom near toilet, tub or shower
  - Use non-slip mats in the tub or shower
  - If you get up at night, use a night light to light your path
  - To improve balance, stand on one leg for one minute at a time; slowly increase the time
  - Keep emergency numbers near the phone
  - Consider wearing an alarm device that will alert help if you fall
  - If you fall, try to fall forwards or backward because if you fall to the side, you may break your hip

## The Best of Ferguson

This column is devoted to the people of Ferguson whose efforts and dedication make Ferguson the "Community of Choice"

– by Ruffina Farrokh Anklesaria, M.A.

### The Ferguson Volunteer Flower Department (FVFD)



First of all, thanks to all of you who have expressed appreciation for my new column; it is always uplifting to focus on all that is good and beautiful in our community. Today, I recall the words of Hans Christian Andersen as I honor the Ferguson Volunteer Flower Department (FVFD) as this month's Best of Ferguson. He said: "Just living is not enough... one must have sunshine, freedom, and a little flower." In these days of sunshine, we are particularly grateful to those who take time to bring beauty to our city, silently working behind the scenes so that we may enjoy the flowers!

How often along life's roads we seem to be trudging along, only to find a flower growing through the cracks, smiling up at us, reminding us that life is intended to be enjoyed, and we are here to bring happiness to each other. For the past 15 years, the volunteers of the FVFD, have been planting flowers and shrubs and maintaining them at the Victorian Plaza and the Ferguson Municipal Library. In the fall of 1999, Kathy Noelker did the landscaping for both areas after Joe Lonero and the late Bud Seiter had done the "hard-scape" for these sites. Joe paid for the plants from Maxwell Homestead. Kathy recruited friends and neighbors to maintain the sites and this laid the foundation for the FVFD.

Today I would like to honor those dedicated women, the original members from 1999, who are still gardening on a weekly basis from the first of May until the end of October! What amazing perseverance and commitment to the people of Ferguson, to the beauty of our city, and to the joys of gardening: Ruth Brown, Renee Benage, Sandy Hunter and Kathy Noelker. Hats off to you ladies! I would also like to give a shoutout to the small loyal group, in addition to these founding gardeners, who contribute to the success of the FVFD at this time: Kathy Noelker (yes, there are two!), Stephanie Becker, Ruth Kosmal, Sue O'Dell, Jen and Gene Stephens and Bev Prost and Hannah Murphy.

Do you have a green thumb and would like to join efforts with this group to keep our city beautiful? The FVFD welcomes anyone who would like to assist. They meet Thursday evenings during gardening season, May through October, at 6.00 p.m. at Victorian Plaza or the library. No experience necessary! Join them and brighten someone's day with the flowers you plant along the way! To quote Renee Benage, whom I wish to thank for bringing this group to my attention: "We do this because public gardens are spots of beauty for the community. But more important, they are a most public statement that people care about Ferguson."

Send your nominations for "Best of Ferguson" to: [BestofFerguson@tsmo.org](mailto:BestofFerguson@tsmo.org).



Ruffina Farrokh Anklesaria, M.A., has been a Ferguson resident for the past 12 years. She is a TSM Meditation Instructor, Stress Management Consultant; and Wellness Corporate Trainer. [www.BestAgainstStress.com](http://www.BestAgainstStress.com)  
314 521 4390

Ferguson Volunteer Flower Department; some who showed up as their planting season began in May 2015: from L: Sandy Hunter, founding member; Cathy Cunningham; Kathy Noelker, founding member; and new volunteer Hannah Murphy.

## Danger of Heat Stroke

Heat stroke is the most serious form of heat injury and is considered a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- call 911 immediately and give first aid until paramedics arrive.

Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.

Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. But it can strike even if you have no previous signs of heat injury.

Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 105 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

### Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 105 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

Throbbing headache  
Dizziness and light-headedness  
Lack of sweating despite the heat  
Red, hot, and dry skin  
Muscle weakness or cramps  
Nausea and vomiting  
Rapid heartbeat, which may be either strong or weak  
Rapid, shallow breathing  
Behavioral changes such as confusion, disorientation, or staggering  
Seizures  
Unconsciousness



## Spring . . . the Angry Season

After printing a column about heat stroke above, I must say a words about allergies. As I finish the June edition of the "Ferguson Times," my eyes are watering, my nose is running, and I have the most awful headache. So, here are some helpful hints about making the Spring allergy season more comfortable.

Allergies are among the most common chronic illnesses. They can develop at any age. They're usually mild, but can be life threatening. If ignored, they can lead to chronic conditions in your head, chest, skin or digestive tract. Allergies can be the cause of your sinus problems, headaches, earaches, snoring, eye problems, skin problems like eczema and hives, as well as diseases of the chest like asthma, bronchitis and chronic cough.

Turning on the air conditioning helps to relieve symptoms because it filters out some of the allergens; but what happens when you go outside? Here are some hints for the gardener:



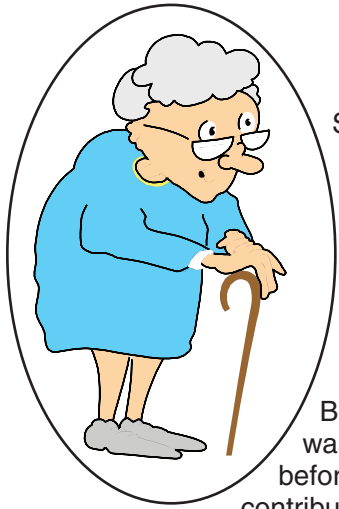
- Wearing gloves, large sunglasses and dust mask can reduce your exposure to allergens.

- Try to garden in the late afternoon when the pollen count is lower.

- Plant away from windows and doors to keep pollen out of the home.

\* Large, colorful flowers have the most visual of impact and the least allergens.

- Shower, wash your hair, and change your clothes as soon as you head indoors.



## Ask Grandma

### Car Washing

So . . . what was it like to wash a car in the old days Grandma?

No, none of my grandchildren or great grandchildren ever asked that question. But the thought occurred to me as I finally pulled the hose out of the shed and turned on the outside tap to wash the car.

Believe it or not, things have changed in car washing since I was a kid. I think I have mentioned before that everyone in the family was expected to contribute to the household chores on Saturdays. Since I did not care for housework, I always chose to do something outside. That included mowing the lawn and washing the automobiles. Yes, that is plural automobiles. There were always at least three automobiles in the family. Dad's, and at least two shared family autos. (We had a big family.)

So what was different about automobiles? First, there were no rugs, thus no need for hand vacuums. Everyone kept a whisk broom under the front seat. I swept out the floorboards (I think they were rubber, or at least some sort of hard material). I also swept the seats and wiped then down with a damp cloth. Wiped down the dashboard and doors too.

There were ashtrays in all the cars. It was necessary to press a lever inside the ashtray in order to release it from the dashboard and I hated that job because then I smelled like cigarettes. I always rinsed out the ashtray with vinegar and water because when I reinserted them it kept the odor out of the car at least for a little while.

Now the outside of the car. First, you inspected the grill and fenders for oil and tar. I don't know if Ray Bliss made a great living by spraying roads with dioxin laced oil in Fenton, but it sure seemed like there was always tar on the cars in north county as well. I used a diluted turpentine or gasoline to gently remove the black marks.

If there were special soaps for car washing then as there are today, I didn't know about them . . . I just used the hose and an old rag. If the car was really dirty, it was necessary to go over it twice with this method. After washing and rinsing the car I took a chamois skin (yes, the skin of a real chamois) and went over the windows and then the rest of the car. It erased the water spots and made the windows and car gleam. I see that they have some sort of synthetic fabric now for that same purpose. The inside windows could also be cleaned with the chamois. If that didn't work I would use a rag with vinegar and water.

There were little triangular windows between the windshield and the side windows that could be adjusted to catch the breeze for the driver and the passenger. There was no air conditioning, so these little windows were a godsend. They also had another purpose. They were used to get inside if for some reason the keys were locked in the car. Even though these windows had a latch, it often was not engaged, so if you could get that little window open, you could use a wire coat hanger to pull up the door lock.

Now the tires. Most of the cars I remember had whitewalls. If you scraped the tires on the curb when parking your car, you scuffed the whitewalls. Worse yet, that oil that I talked about earlier would really dirty up a tire. I would take Old Dutch cleanser and a brush and scrub the tires until they were white again. I think about this every time I use the driveup mail boxes at the Ferguson Post Office. In order for me to reach the mailbox from the driver's side window, I have to just touch the curb with my front tire. I would never do that if I had whitewalls. As I remember they had some sort of whitening cream that you could apply to the whitewalls once they were clean, but I never used it.

Most teens and young men would buy Turtle Wax and spend a whole day waxing and polishing their cars. I never did that . . . it was too much like waxing furniture. I still see people waxing their cars today and still think that it's just too much work.

I guess you already can tell that I spent all day on the cars, so when I was finished, all the other chores were done and I didn't have to clean house.

After I finished writing this column, I noticed that "Bob on Job" wrote his column about washing the outside of your house. I wonder if he has ever tried vinegar and water?

## ROBYN L. STRANQUIST

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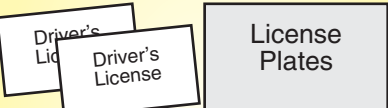
### Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Summer Day Camp Begins . . . . . Mon., June 1
- Vacation Bible School – Ferguson Christian Church . . . . . Mon.-Fri., June 1-5
- Summer Camp – Zion Lutheran Child Dev. Center . . . . . Mon., June 1- Aug. 31
- Trip to Effingham, Ill. . . . . Thurs., June 4
- Movie Night "Big Hero 6" at Jeske Park . . . . . Fri., June 5
- Barbecue – Jennings Neighborhood Watch Group. . . . . Fri., June 5
- 1st Friday Art Walk – Downtown Ferguson . . . . . Fri., June 5
- Aerobic 8 weeks classes begin. . . . . Mon., June 8 and Wed., June 10
- City Council Meeting . . . . . Tues., June 9
- Mystery Trip . . . . . Sun.-Thurs., June 7-11
- Tish Hayes Keys Concert – Plaza @ 501 . . . . . Fri., June 12
- Trivia Night – Community Event Center . . . . . Fri., June 12
- Angels of Mercy Gospel Parade . . . . . Sat., June 13
- Ritenour Jazz Band Concert – Tiemeyer Park, St. Ann. . . . . Sat., June 13
- Flag Day . . . . . Sun., June 14
- Century Home Plaueing . . . . . Sun., June 14
- Sunday Symphony Excursion – Powell Hall . . . . . Sun., June 14
- Patti Cohenour Concert – St. Peters. . . . . Sun., June 14
- Food Trucks @ 501 Plaza . . . . . Mon., June 15
- A Gardener's Delight Trip – Long Shadow Gardens Trip. . . . . Thurs., June 18
- Movie Night "Lego Movie" at Community Center . . . . . Fri., June 19
- Zumba Classes begin . . . . . Sat., June 20
- 4th of July Cocktail Reception – Community Center . . . . . Sat., June 20
- Father's Day . . . . . Sun., June 21
- Journey Off the Earth – VBS 1st Baptist Church . . . . . Mon.-Fri., June 22 - 26
- City Council Meeting . . . . . Tues., June 23
- Kingdom Bros. Concert – Plaza @ 501 . . . . . Fri., June 26
- Lantern Festival Excursion– Botanical Garden . . . . . Tues., June 30
- Meskiwaki Casino Trip . . . . . Tues.,-Thurs, July 14-16
- Lunch and Bingo – Community Center . . . . . Thurs., July 23
- Fairmount Park Trip . . . . . Thurs., July 28

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