

Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

August, 2015

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 12TH YEAR!

Saturday, August 1st:

- Annual German Fest
- Ferguson Public Library, Children's Activities, 8-11:30
- Yoga 9:30-10:30 in the grassy area.
- Music – Quintent Bavarian Balasmusik, 9-11



Saturday, August 8th:

- Thies Farm Samples and Corn Roast
- Author Fest 8-12
- Honey & Sweeties – Sign Up for Some Classes 8-12
- Northern Arts Council, Crafts for Kids 10-12
- Ferguson Public Library, Children's Activities 8-11:30
- Yoga, 9:30-10:30.
- Music – Maple Jam Band 9-11

Saturday, August 15th:

- EarthDance Farm Samples
- Ferguson Public Library, Children's Activities 8-11:30
- Music – ForestWood Boys 9-11

Saturday, August 22nd:

- Operation Food Search, Cooking Demo
- Northern Arts Council, Crafts for Kids 9-11
- Ferguson Public Library, Children Activities 8-11:30
- Yoga 9:30-10:30.
- Music – Rewind Band 9-11



Saturday, August 29th:

- Ferguson Youth Initiative's Drum Line 9-11
- Ferguson Public Library, Children's Activities 8-11:30.
- Yoga 9:30-10:30
- Music – Funk Session Band 9-11

Come Visit Us Saturdays, Now thru
October 8am - Noon
20 S. Florissant, at the Victorian Plaza
(just south of the train trestle)

Check our our website, FergusonFarmersMarket.com
"LIKE" us on facebook

Exciting Events Happening in Ferguson:

2015 CityWalk CONCERT SERIES
FREE 7PM-9PM
Plaza at 501

September 11 Dave Black Group | Jazz
October 9 Blend | Doo Wop / A Capella

FREE

Upcoming Shows...

Kevin Blichik Band Aug 14	Nitro Aug 28
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Bring a lawn chair.
Coolers are permitted. No glass please.
Concessions available for purchase on-site.
501 S. Florissant Rd.
www.fergusoncitywalk.com

Ferguson StreetFest 2015
Friday, September 25, 4 p.m.—11 p.m.
Saturday September 26, 12 p.m.—11 p.m.

Great live entertainment including...

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

www.fergusonstreetfest.com

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Get Involved!

- Be a Sponsor
 - Be a Vendor
 - Volunteer to Help
- Committee Meets Tuesdays,
August 4th and 18th
at 6:00 p.m.
Ferguson Community Center
For more info:
www.fergusonstreetfest.com
or call
413-524-5197

Dreaming of Performing at Ferguson StreetFest?

Show us what you got!
Ferguson Talent Show at StreetFest
Advance registration required.
For more information, call 314-524-5197.

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



Greetings from CityWalk

During these dog days of summer, many of us have enjoyed the concert series, food truck lunches, and special festivals. We are fast approaching end of the summer months and are now looking forward to the fall.

The Ferguson Special Business District would like to recognize and reflect upon the anniversary of the death of Michael Brown and the events that proceed. As a part of the Ferguson community, the FSBD is committed to progress. We share in the one year reflection of our City's growth.

We're coming back! You may have noticed the renovations that are taking place at the Ferguson Brewing Company. We are hard at work to reopen to the public. Look forward to some improvements, but rest assured that great food and outstanding customer service is still there. Be on the lookout for our relaunch. We hope to see you there.

We have three months remaining in our Monday food truck series. The next food truck Monday will be August, 17, 2015. With just a few months remaining, August is the perfect time to make another visit. Visitors are pleased with the selection and options that are available for lunch. Stop by with friends for lunch. Meals can be picked up to go, or enjoy lunch on the plaza.

The Farmer's Market is open each Saturday morning, we'd love to see you there. The Farmer's Market is committed to working with local vendors to bring you fresh home grown foods. Stop by and check out new vendors and the selections of fresh seasonal fruits and vegetables.

We hope that you have been enjoying the concert series thus far. Judging from the turnout at each concert, we are most certain that many residents and visitors to our City have chosen to make our summer concert series a fun-filled family event. On behalf of the FSBD, we would like to thank you for your continued support and we look forward to your comments and suggestions about the incredible performances.

The SpringFest appreciation dinner was held at Vincenzo's on Tuesday, July 21 at 6:00 p.m. A special thanks went out to all the volunteers who assisted. We are now in the planning stages of our annual Streetfest. The planning committee is currently meeting and we are still seeking volunteers. Whether it's making phone calls, running errands, or setting up equipment, your help is much needed and appreciated. If you are eager to be a part of the Streetfest team, please send an email to troper@fergusoncity.com.

(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 August 20, 2015. All businesses located in the Ferguson Special Business District are invited and welcomed. 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.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

School Bells ringing, summer clearance sales, unlimited bounty at the Farmers Market, hot streets, cool pools . . . it must be August and time for another edition of the Plumbers Crack.



or ice pick. Slowly cut and dig out that washer until you can see the screw. Spray a little penetrating oil on. With your pliers, unscrew the screw. If you haven't already, take the stem to your local hardware store and get the proper washer and screw. Hopefully Kim gave you a stainless steel

Well my loyal readers of the Crack I think we are going to go back to the roots of the Plumbers Crack. It's hard to believe I've been bending minds with this article for more than 8 years. When we first started we talked about simple repairs that homeowners could do themselves. I think I'll start with faucet repairs.

Bibb screw. Either way get a small container of stem grease and dip the screw in it.

Let's start with your old kitchen or lav faucets. When I say old I mean the type that still uses the old rubber or fiber washers. Removing the handle sometimes can be a challenge – I know it can be for me. The first thing to do when the handle is being stubborn is spray a little WD 40 or penetrating oil where the screw came out. Then carefully work the handle side to side till you get it removed. Next you will probably see two nuts. The small one is the packing nut. Leave that one alone. The larger nut is the bonnet nut. Make sure the water is off, then turn the stem towards the open position and then turn the bonnet nut counter clockwise. You know righty tighty, lefty loosey. Now do the same with the stem. You're starting to feel like a super star, but watch out for the curve ball.

After you completed that phase, take the stem grease and smear a little on all the stem threads, bonnet nut, and the screw for the handle. Before you put the handle on, check the packing nut. Just give it a quarter turn to make sure there is no leak. Now turn your water on. Before you open the faucet, remove the aerator at the end of the spout and flush the line good. That's because when you shut water off, debris in the line has a tendency to break loose and stop up your aerator. Now screw your aerator back on and voila, you are a plumber for the day .

Sorry if I burdened you with old info. Next month we will talk about washerless faucets. If you have anything you want me to talk about email me and we will see if we can help you.

You look at the washer and the screw is all corroded and you can't even see the slot to remove it. Oh no; what you do now? Well Oh Baby's gonna tell you. Find a sharp knife with a point, or a razor blade

So until next month you know the drill. Shop Ferguson first, check out the Farmers Market, check out our many organizations and join one – you won't be sorry. Hug them babies, check on the elderly, get to know your neighbors, and most of all, take care of yourselves.

God Bless, Oh Baby.

Shop Ferguson, Jennings, Dellwood First!

Keep Your Sales Tax In Your Community.

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

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

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!

Are your investments ready to fight inflation?



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



Edward Jones
MAKING SENSE OF INVESTING

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North County Incorporated Honors Community Leaders



Making a Difference in North St. Louis County

As part of the organization's 38th Annual Breakfast celebration, North County Incorporated (NCI) recognized several area leaders for making a significant positive impact in North County. At a sold out event in May, more than 600 business, civic, and community leaders gathered to honor this year's award recipients.

Scott Bonner has been the Director of the Ferguson Library since 2014, Bonner demonstrated commitment to area families by keeping the library open during the community's civil unrest. He hung a simple sign out front saying "Stay Strong Ferguson. We are family." He worked with teachers, churches and volunteers to offer educational programming and provide a safe place for up to 200 children a day. The library urged children to check out "healing kits" that included books dealing with trauma and included a stuffed animal gift.



Ferguson Library Director, Scott Bonner.

I Love Ferguson Committee Chair, Brian Fletcher, Ferguson Councilman, accepts the 2015 Special Recognition Award.

I ♥ Ferguson Committee, an all-volunteer group sold products, such as mugs and shirts, and earmarked the proceeds to help businesses that were damaged in their community. The Committee generously donated \$100,000 to the Reinvest North County Fund to help small businesses with hardships they experienced. The Committee's chairman is Ferguson Councilman Brian Fletcher.

Emerson, St. Louis Crisis Nursery and Urban League receive 2015 Sustaining Our Communities Award, presented by NCI Chair Dan Boyle Emerson establishing two initiatives in the wake of the Ferguson unrest. Emerson developed the Ferguson Forward and Neighbors Helping Neighbors programs. Ferguson Forward increases educational and job training opportunities especially in the fields of business, science, technology, engineering or math. The Neighbors Helping Neighbors program provides financial and expertise-based assistance for small businesses.

St. Louis Crisis Nursery has had a presence in North County for twenty years serving children and their families. During the civil unrest Crisis Nursery provided families in Ferguson items of necessity, including diapers, formula, baby wipes; food, cleaning supplies and clothing. They assisted ten families with emergency funds to prevent homelessness/utility disconnection and hundreds of hours of counseling for parents and children were provided.

Urban League participated in the Reinvest North County Fund, served over 2,000 Ferguson and surrounding North County residents with hot meals, and provided groceries, school supplies, toiletries, utility and rental assistance at the Dellwood Community Center. The Urban League created the Save Our Sons program in North County which provides a workforce development-focused solution to African American males, ages 18 and over who are unemployed and underemployed.

Griffith Elementary is the district's newest Green Ribbon Award recipient. Members of the Griffith Elementary family were presented with a certificate and ecology flag for their sustainability efforts.



The City of Ferguson's Ferguson Twilight Run has awarded \$15,000 to the Donnie White Sr. Memorial Ferguson Twilight Run Beneficiaries.

News From the 2015 Best Library in the Country

Yes, It's the Ferguson Municipal Library

2015 Summer Reading Program

The Ferguson Municipal Public Library's 2015 Summer Reading Program, Every Hero Has a Story, is now over! We had over 150 participants registered and reading with us this summer. Raffle prize winners will be contacted soon. A big THANK YOU! goes to the Fantasy Shop Comics and Games, the Magic House, the St. Louis Zoo, the Missouri Botanical Garden, and the St. Louis Rams for donating prizes for our readers. An even bigger THANK YOU! goes to everyone who participated and helped make the program a success. The summer may be over, but we hope you keep reading!

EVERY voice matters – tell YOUR story with StoryCorps!

What is your first memory of Ferguson? How did you meet your spouse? Did you fight in a war, and what was that like? Do you have a favorite family memory or story that you want to preserve for future generations? Come to the Ferguson Municipal Public Library and tell your story with StoryCorps! We are still recording people's stories for inclusion in StoryCorps's archives as well as building our own. A typical recording session will take about an hour from start to finish, with forty minutes of that time reserved for recording your story. When you are finished recording your story, you can decide then who will be allowed to listen to it later. A few weeks after your recording session, you will receive a copy of your recording in the mail that you can do with whatever you like. Interested in learning more? Want to reserve a time? Visit us at the library, or call (314) 521-4820, or visit our StoryCorps website at <http://www.fergusonanducity.org>.

If we don't tell our stories today, then history will tell them for us later. Be a part of this important project TODAY!

A fresh look at the Ferguson Municipal Public Library!

The final square of carpet has been laid, the last new computer plugged in, and the books rearranged. We have new carpet throughout the library and new computers for patrons to use, and with the installation of these finished, we would like to remind you of our policy regarding food and drink in the library. Absolutely NO food or drink (even those with lids!) is allowed in the library. Please leave those items in your car or finish and dispose of them before coming inside. Failure to follow this rule may result in staff asking you to leave the library. In addition to these physical changes, we have rearranged some of our book collections. Paperback books and westerns can now be found in the regular fiction collection, shelved under the author's last name. The adult reference collection and science fiction are now shelved along the back wall of the library next to large print, and young adult books can be found on the same wall as the new fiction and non-fiction section. Stop by today to check out the changes!

Teen Gaming at the Ferguson Municipal Public Library

Have you ever wanted to try table-top role-playing games (RPGs)? Or are you a veteran player, looking for a new group to play with? Join our new teens-only gaming group on Saturday, August 1 and Saturday, August 15 from 12:00 – 3:30 pm! We will be playing a complete game each Saturday, so come prepared for action, adventure, and some furious dice-rolling. For more information, visit us at the library or call us at (314) 521-4820.

Earn a computer with STL Byte Works!

The Ferguson Municipal Public Library is proud to offer Byte Works, a six-week class designed for 4th – 8th graders (9-14 years old). Learn about the inner and outer workings of a computer, how to program using Scratch, internet safety, and more. At the end of the course, participants will get to take home their very own computer for free! Space is very limited. Visit us or call the library at (314) 521-4820 to register TODAY!

Calling all young journalists!

Interested in writing news stories? Want to know what it's like to take a newspaper from start to finish, from story idea to final copy? Do you dream of being the next Woodward or Bernstein? Join the youth-led Ferguson Phoenix team at the Ferguson Municipal Public Library! We have jobs for everyone, from reporters to editors to photographers. We're just getting started, so come by the library or call us at (314) 521-4820 today!

ALLIED WASTE HOLIDAY SCHEDULE LABOR DAY 2015

LABOR DAY – Monday, September 7, 2015

Monday routes will be picked up Tuesday, Sept. 8th

Tuesday routes will be picked up Wednesday, Sept. 9th

Wednesday routes will be picked up Thursday, Sept. 10th

Thursday routes will be picked up Friday, Sept. 11th

Friday routes will be picked up Saturday, Sept. 12th



Food Truck Mondays on the Walk is Here!



August 17, 2015
11 a.m. to 2 p.m.
Plaza at 501, 501 S. Florissant Rd.
www.fergusoncitywalk.com



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.

August Pride of the City

Ward 1
 The Sanders Family
 1282 Chateau Woods Dr.



Ward 2
 The Frankum Family
 28 Almeda Place

Ward 3
 Shirley Moore
 832 Marion Place



The Ferguson City Council will meet only once in August. All meetings will be held in the City Council Chambers, 110 Church St. The meeting date is:

Tuesday, August 25 at 7:00 p.m.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Aug 4 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
	Aug 5 6:30pm	Park Ridge Apts. (Comm. Room) 1379 Sharondale Circle	
Jeske Park Neighborhood Assn.	Mtg as Needed Watch for signs	Ferg Community Ctr. 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	TBA	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 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Aug 27 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Robert-Superior Park	Irene Kidd kiddirene87@gmail.com
Southwest Ferguson Neighborhood Group	TBA	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson 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	TBA	Ferg 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. **Contact Us by Email:** 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

Facility Rentals

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 to 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
January Wabash Park	Friday, August 21	Cinderella

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, Aug 31 13 (8 week session); Wed, Srpy 2 (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, Aug 31 (8 week session); Wed, Aug 2 (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, Aug 2 (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, Aug 31 (8 week session)
 Location: Ferguson Community Center
 Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Wayside Park Unleashed

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

The park is open from 7 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).

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, Aug 17; Wed, Aug 19; Fri, Aug 21
 (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, Aug 8 (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.

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

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.)
 Weekends only beginning August 9

Pool Closes for the Season Sept 7

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!

Friday from 8pm-10:00pm
 August 21
 \$11 Member, \$3 Resident, \$5 Non Resident

ATHLETICS

Adult Softball

Break out the glove and step up to the plate in the Ferguson Fall Softball League. Registration begins now and the League will start in early September.

Ages: 21 and up
 50 and up Senior League
 Date: Sun – Men, Thurs – Senior
 Time: 6:30pm-9:30pm
 Location: Forestwood Park
 Sunday Fee: \$395/Residents; \$440/Non-Residents
 Thursday Fee: \$375/Residents; \$420/Non-Residents

Adult Volleyball

Calling all teams for adult volleyball! Come on out and show your stuff for our Monday or Thursday Leagues! Registrations start August 1, leagues start early September.

Ages: 18 and up
 Days: Mon, Thurs
 Times: 6:30pm-9:30pm
 Location: Ferguson Middle School
 Fee: \$180/Residents; \$195/Non-Residents

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.

North County Gala

The fifteenth annual North County Gala Dance is sponsored by the City of Ferguson, as well as the Cities of Florissant, St. Ann, Bridgeton, Maryland Heights, and Hazelwood. This year's event will again be held at the City of Florissant's James J. Eagan Center. Snacks will be provided. Music provided by the Sentimental Journey Band. Tickets must be purchased in advance through any of the sponsoring cities

Ages: 50 and up
 Date: Thurs, Aug 20
 Time: 7pm-10pm
 Location: James Eagan Center
 Fee: \$9/Members
 \$12/Residents
 \$15/Non-Residents

(Continued on Page 6)

Mystery Meal

If you love good food and enjoy fun-loving people, then this program is for you! Every trip is an adventure, so register to enjoy the day with good times and good friends. Due to the popularity of this program, residents have registration priority. All residents can receive door to door pickup. Fee includes transportation via the Jolly Trolley and meal.

Ages: 50 and up
Date: Wed, Aug 12
Time: 10am pickup
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

Bratwurst and Bingo

Join us for another fun lunch and bingo. Our luncheon will begin with an appetizing meal of bratwurst, sauerkraut, baked beans, chips, dessert, and drink. After lunch we'll play bingo for practical, fun and zany prizes as well as attendance prizes. Advance registration is required.

Ages: 18 and up
Date: Thurs, Aug 20
Time: 12pm-3pm
Location: Community Center
Fee: \$9/Members; \$12/Residents \$15

TRIPS

Tropicana Casino-Evansville, Indiana

Bring along your good luck and join the gang on this day of fun to Evansville, Indiana at Tropicana Casino. A \$9.95 voucher towards any restaurant, plus \$10 in tokens, transportation, gratuities and a fun day is all included in the price. Remember that you MUST have a picture ID with you. Don't forget your money, bring a good appetite and we'll see you there. Cost includes: motor coach transportation, lunch, and all gratuities.

Ages: 21 and up
Date: Tues, Aug 4
Time: 8:30am-8:30pm
Fee: \$34/Residents; \$39/Non-Residents

Brewers vs Cardinals

Travel north to Milwaukee and see the Cardinals take on the Brewers in what could be a battle for the division title. Upon arrival in Milwaukee check into the hotel before heading to a progressive meal adventure. The next day we will spend the morning visiting the Harley Davidson Museum and learning about the history and culture of this iconic American Company. In the afternoon take a historic Milwaukee Boat Ride.

Ages: 18 and up
Date: Fri Aug 7-Sun. Aug 9
Time: 7:00am-10:00pm
Fee: \$570/Residents; \$595/Non-Residents

Toyota Manufacturing Plant/ Red Skelton Museum

Get under the hood at the Toyota Princeton, Indiana Visitors Center! Here you'll explore the history of Toyota. Next you will see a Toyota Manufacturing Facility and Toyota Production System up close and in-depth. You will be riding on a tram throughout most of the tour. Lunch will be included at Broadway House Bistro. Next travel to Vincennes, Indiana for a visit to the Red Skelton Museum of American Comedy.

Ages: 18 and up
Date: Wed, Sept 9
Time: 7am-8:30pm
Fee: \$86/Residents; \$96/Non-Residents

Ferguson Resident Is a Camera Afficionado

Many years ago a local printer, Gus Tiemann, donated some big boxes full of old cameras to the Ferguson Historical Society.

All this time, these boxes sat in the Society's storage room because no one knew exactly what they were. A few weeks ago, Jerry Benner, a local resident, took them home and figured out there were four cameras in the boxes. Not particularly operable, they are about 100 years old and interesting.

At the right is Jerry Benner holding one of the cameras.

Thanks, Ruth Brown



Ferguson Twilight Run Awards \$15,000 to the Donnie White Sr. Memorial Ferguson Twilight Run Beneficiaries

Since 2010, the Ferguson Twilight Run has brought together friends, neighbors, families, runners and walkers from throughout the community. Even with the trials facing our community over the past 10 months, this year was no different. More than 1,900 registered for this year's event, with 1,070 finishers in the 5K and 301 finishers in the 10K. There are deep wounds that are still facing the region; however, those participating in this Ferguson Twilight Run saw what community feels like.



From the first race in 2010, Ferguson Twilight Run has donated proceeds to support the community. This year, in memory of our friend and Ferguson Twilight Run planning committee member, we renamed the beneficiary award to the Donnie White Sr. Memorial Ferguson Twilight Run Award. Donnie passed away in September 2014. We continue to be humbled and honored by his leadership and support for the race over the years. His presence was missed this year, but his strength carried on through his family and friends who were present to honor his spirit. The 2015 beneficiaries include:

- The Emerson Family YMCA receives \$6,000 to benefit their camp scholarship and subsidies for their annual summer camp offering daily opportunities for recreation, character development education, healthy living tips and family events.
- Marygrove receives \$3,000 to benefit its Recreation Therapy Program, which provides children with an opportunity to learn to relate to peers, learn about nature and the world around them, and understand how to work as part of a team.
- The St. Vincent Home for Children Creative Learning Annex receives \$2,250 to support the development of the annex, consisting of healthy living lessons, culinary arts programming, youth development activities, financial planning classes, music and arts education.
- The Girls on the Run St. Louis - Bermuda Elementary Scholarship Fund receives \$1,500 to provide need-based scholarships and funding for the school's training and program materials.
- The Ferguson Youth Initiative receives \$1,500 to benefit the Ferguson component of St. Louis BWorks Earn-a-Bike program that gives youth the opportunity to earn a free bike while they learn about bicycle safety and maintenance from volunteers.
- Friends of Ferguson Disc Golf receives \$750 toward installation of a 9-hole disc golf course at Hudson Park.

We thank all of the organizations that applied for the beneficiary program, and we applaud each for their work in delivering healthy programs in North County. Organizations seeking to apply for next year's Donnie White Sr. Memorial Award can find an application at www.FergTwilightRun.com/Live-Well-Events in late October.

The Ferguson Twilight Run is hosted by Live Well Events, a 501(c)(3) non-profit providing residents of Ferguson and the North County area with programs and events that showcase the enjoyable, healthy and sustainable aspects of fitness activities. For more information on Live Well Events and the other programs, visit www.LiveWellEvents.org.

Readings on Race Book Club Changes

The Readings on Race book club will have a special dinner meeting at J & C BBQ at 304 South Florissant Road on Monday, August 10, at 6 p.m. People can prepare for the discussion by reading *The Fire Next Time* by James Baldwin. This is a change from the previous selection for August because the group's original choice is out of print and difficult to obtain.

On September 14, the book club will return to its home location in the Ferguson Municipal Library at 35 North Florissant Road. The subject of that discussion will be *Witnessing Whiteness* by Debby Irving in anticipation of her appearance in St. Louis later that month.

The Readings on Race book club was formed in January to explore issues of race through the exchange of ideas. Members suggest books to use as starting points for the conversations. The goal is always to increase understanding through honest sharing in an open and caring setting. The public is welcome.

For information contact Dan Sachs (dansachs77@gmail.com) or Carla Fletcher (carlajeanfletcher@yahoo.com) or look in Facebook for the Ferguson Race Relations Book Club, which is open to the public.

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!



The Pakt Legacy Campaign

Five years ago, when Toni Burrow took over the operations of Pakt Community Resource Center as President and Executive Director, she had a vision. Her vision was to create a Pakt Legacy, a partnership with caring

members of the community who seek to ensure the longevity of Pakt. Five years later, this vision has become a reality.

Pakt Community Resource Center is a non-profit organization that selflessly provides the North St. Louis County area with such services as emergency food, shelter, mortgage, rent and utility assistance. The organization also provides both an after school program and summer day camp for children of the community, a safe haven where the children are able to learn and grow in a structured environment that incorporates the many fundamental teachings of the STEAM (STEM + Art) initiative.

The community center relies solely on support from donations, grants, and gifts in kind to continue providing these services. As such, we have created the Legacy Campaign in order to create a strong, lasting plan for the future. The Legacy Campaign is simple--pledge any amount to be donated to Pakt annually, and you or your business will be listed on our Legacy page. Your name and or your business may also be linked to our website. Your name will remain on our Legacy page as long as the partnership between us lasts. If you meet a certain dollar amount for your donations in a calendar year, you will additionally be awarded a customized Bronze (\$500+), Silver (\$1500+), or Gold (\$5000+) plaque on Our Legacy page.

If you would like to become part of Our Legacy, please visit our Legacy page by going to <http://www.paktcenter.org/legacy>.



Teen Table-top Role-Play Gaming! Ferguson Public Library

Saturday, August 1
Saturday, August 15
12 - 3:30 pm

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PRESENTS

Laval Belle
Karen Briggs
Cherise Carroll

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AUGUST 8, 2015
6:00 P.M.

Prince of Peace Church – 9350 Natural Bridge Road, Berkeley
www.blackmindsmatterberkeley.eventbrite.com
Information: Dianne Terrell-Malone 618-558-8477
dianne.terrellmalone@gmail.com



The North County Laugh Club

In an attempt to bring a little laughter and peace into our community, St. Stephen's and The Vine are establishing North County's first laugh club.

Wednesday Evenings 6:30 to 7:30 p.m.

ANYONE AND EVERYONE interested in spreading joy and laughter are invited to join.

THE NATURAL CHILDBIRTH EDUCATION CIRCLE

"Bringing Awareness of Natural Pregnancy & Childbirth Options to our Communities"

Welcome to a space where you learn how to birth your way from qualified birth professionals! Our purpose in hosting this educational circle, is to bring awareness of natural pregnancy and child birthing options, allowing you to make informed decisions for your birthing journey. We'll discuss the role of Midwives and Doula's as well as some of the many different ways to afford the birth you desire.

In attendance will be two midwives, as well as Doulas and lactation consultants to answer important questions about nursing, birthing at home, a hospital or a birthing center. Bring your girlfriends, questions and notebooks for this informational and fun circle!

This Event is free and a part of Live, Love, Latch Presented by La Leche League. Refreshments will be served. Visit www.thecosmicgrove.com



August 12, 2015 6:00-7:30pm
Ferguson Municipal Library
35 N. Florissant Rd. 63135





You are invited to attend and participate in a four-day SKY Meditation Workshop from Thursday, August 27th to Sunday, August 30th.

Based on a precise 5000+ year-old science, SKY Meditation (also known

as Sudarshan Kriya Yoga) involves natural rhythmic breathing cycles that energize your body, revitalize your nervous system, and naturally quiets your mind so that you effortlessly slip into deep meditation.

This spring, leaders and organizers of One Ferguson, the Ferguson Human Rights Commission, and EarthDance agreed to co-sponsor a string of workshops open to the public with a specific focus on helping our community members find relief after the series of traumatic events that have occurred in our region.

In an effort to allow participants to fully immerse themselves in this unique opportunity for peace-building, we're hosting a four-day SKY Meditation Workshop at St. Stephen's Episcopal Church for the following dates & times:

- Thursday, August 27th, 6:30-9:30 pm
- Friday, August 28th, 6:30-9:30 pm
- Saturday, August 29th 1:00-6:00 pm
- Sunday, August 30th 1:00-6:00 pm

The SKY Meditation program is a hands-on, experiential program where we learn how to use the breath to let go of unwanted stresses, traumas and impressions so we can experience the underlying nature of our mind – peace and joy. In addition, we will be engaging in unique conversations and interactive processes, so that we can integrate the benefits of the practice into daily life. By the end of the program, you will have knowledge, a daily at-home practice, and a support system to help you along your meditation journey.

Participants (18+) are required to attend all four sessions. Sessions will be donation based for Ferguson residents.

SKY Meditation is project of IAHV, which is committed to helping build a stronger Ferguson by imparting tools to help the community heal old wounds and move ahead to work for a just and sustainable future. For additional information, please visit <http://www.iahv.org/us-en/>.

Join us at St. Stephen's (33 North Clay Avenue) from August 27th to August 30th to be a part of the healing.

Please contact Program Specialist Dan Mueller at the EarthDance office (314-521-1006) or via email (dmuell23@slu.edu) to register and if you have any questions.

JOBS AND MORE STL Continues Training in Ferguson

JOBS AND MORE STL started its two-week participant Work Force Training Workshop in Ferguson with 5 Achievers. Achievers learn Keys to Professional and Personal Success, Resume Writing, Practice Interview Skills, Conflict Resolution, Interpersonal and Communication Abilities, and more. These skills are crucial to obtaining and retaining employment.

The next training workshop will start August 17-28 (Monday-Friday) 9:30 am-1:30 pm, with Orientation on Wednesday August 12, 9:30 am. All sessions are held at the Ferguson Municipal Public Library, 35 N. Florissant Road. Thank you Ferguson Library!

LEARN SKILLS THAT ARE CRUCIAL TO OBTAINING AND RETAINING EMPLOYMENT.

There is no fee for the Work Force Training Workshop offered by JOBS AND MORE STL. This non-profit (501.c.3) organization was founded by Executive Director Adrian Shropshire. JOBS AND MORE STL serves the community by offering a work force training program, developing people through life-changing training, support and mentoring to help obtain and retain employment. JOBS AND MORE STL's mission is to help unemployed or underemployed men and women to find jobs by providing them with the training and motivation to find work. JOBS AND MORE STL strives to ensure achievers understand their options and engage in career opportunities that align with their interests.

Want to know more? Interested in enrolling in our next workshop? Contact JOBS AND MORE STL for more information at jobsandmorestl@outlook.com or 314.283.2215.

Tax-deductible charitable contributions may be made by check to JOBS AND MORE STL or through PAY PAL.

Visit website jobsandmorestl.org for more information.

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Don't Forget . . . Twilight Christmas House Tour Sunday, December 6, 2015, 3:00 to 7:00 p.m.



Ferguson Church of the Nazarene presents it's 1st ever

TOUCH A TRUCK

"Touch a Truck" is a community wide event where kids (and adults) have the opportunity to see, touch, interact with and learn about dozens of cool vehicles. From fire trucks to motorcycles, tractors to police cars, school buses to snow plows. Kids of all ages can climb, discover and explore their favorite things on wheels. How often does anyone get to look inside any of these vehicles and get to talk to someone who operates them?



The event is free for any participants to set up their vehicles and for the public to attend.

**Saturday, August 8th
from 10 am - 2 pm
Ferguson Church of the Nazarene
1309 N. Elizabeth, Ferguson, MO.**

The church will be selling concessions to help raise funds for our children to attend church camp next summer.



The Ferguson Computer Corner

by Doug Neely
GET SOME OF GOD'S FREE GOOD STUFF FOR YOURSELF!



August, The Month With No Holidays.

well, no MAJOR holidays. so, here we are with only 5 months to go till next year, and less than one month till school, and a few days after M\$ was scheduled to release Windows 10. you may not find 10 in a box on retail shelves yet, but it is supposed to be in new retail computers already.

the Ferguson Library does have plans to go with 10, but that will be sometime in the (near) future. the question is this: will YOU want to go to 10?

Will I Want 10?, dept.

maybe. did you like 8/8.1? if so, you will like 10. and 10 will have a few things 8 didn't have, but pretty much most of the things that it did have.

M\$ thinks that 10 will be accepted by most who both love and hate 8. (and if you buy a new phone with windows on it, it will be 10.) so, if you didn't like 8 (either 8 or 8.1), you MIGHT like 10, or at least not HATE it as much as 8. if you liked 8, then you should like 10 just as much, or maybe more.

if you are not familiar with 8, you have a moderate learning curve to climb. if you have a touch-screen monitor, you will still be able to use it with 10, as the Metro interface will still be there, as will the desktop you are familiar with. you will have a choice of which to use, and will have the option of switching between them at any time. it is unclear as to how much, if any, backwards compatibility will be available. this means older programs made to run on previous versions of windows, as well as driver support for older hardware. i

know that all this just touches the tip of the iceberg, and that i have purposely not been specific; that is because all is not yet known about 10, and even what is known now would take more space than i am allowed here. sorry, but if you want to know more, you will have to google a query, and maybe even go to a store that is selling computers with 10 installed & take a test drive.

On The Other Hand, dept.

i have not yet had the time to do so, but i am going to ask Scott at the library about putting my copy of 10 FINAL BETA onto a computer for you to test drive. i cannot speak for him, but if specifics can be worked out, and done in a timely fashion, maybe this can be available for you also.

ME GO NOW!

speaking of that which floats YOUR boat, God is a very likeable kinda Guy. but, more importantly, He likes YOU. as a matter of fact, He LOVES us ALL, and far more than you could possibly imagine. His love is FREE! why not get some of that good stuff? i'm gonna go now and pray for us all to get an extra large helping (you can up-size for free!).

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

If you would like Doug's free computer advice, here is his contact info: *314*521*1789* in the PM hours only. EMAIL: fergusoncomputercorner@aol.com Be SURE to include your local phone #, and put i need puter advice into the SUBJECT LINE of your email. Share His love with all!

Using Facebook To Grow Your Email List

By LaTease Rikard



I'm not sure some business owners know how to grow their email marketing subscriber list using Facebook. Oh and yes, I'm sure you've seen how network marketers offer products that claim to do it for you if you are willing to pay a nominal fee and get others to buy the product you just spent your money on. I'm not knocking any of those products that proclaim to accomplish this for business owners. However, there are some things you should know before entering into any agreement to use any email marketing program that purports to grow your email subscriber base. Let's look at the basics of email marketing.

Email marketing is by far one of the most lucrative and successful methods of making money online. Costs are low, and with so many different content automation



products available, it is not time consuming. (It takes about an hour to build and design a contest or giveaway when you use a template.) Let's face it, if you have an email mailing list of subscribers who have agreed to receive marketing messages from your company, then you are familiar with CAN-SPAM laws. Done properly, with compelling subject lines and copy, your business can obtain conversion rates as high as 40%. Using Facebook to grow your email marketing list will not increase your conversion rate that is pretty constant. However, Facebook email marketing will grow that list, adding more subscribers, while increasing brand awareness. The best way for your business to grow your email marketing list using Facebook is by integrating giveaways and contests in your promotional efforts.

To make it almost effortless, many email service providers offer templates that assist you in building and designing your contest or giveaway. Functioning like a one-box meal recipe, contest and giveaway templates need only images and copy. They even have social sharing options built in, so you don't have to hunt for Facebook or Twitter icons and then create links for them. That's done for you.

Your email marketing efforts on Facebook will really come to life and be successful if your audience is active and engaged in what your business posts. It also helps if you know your audience and what their needs are. Ask yourself, does my audience like my updates? Do they engage with posted content? If the answer is yes to both these questions, then Facebook giveaways and contests will increase your email marketing subscriber list.

The reason contests and giveaways work is because everyone likes freebies or likes winning things. It's also a great way to say thank you to your customers and fans. Oh, and make sure you implement your contest or giveaway on a Facebook Business page and not your personal profile page (these should be separate anyway.)

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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.

The economics news these days seems to have many examples of fiscal problems caused by too much debt. As I have been reminding readers over the past few years, keeping your own debt to a minimum is the best way to improve your net worth and protect yourself during tough times. Only borrowing when you see an opportunity to increase wealth in other ways, such as paying for an education or buying property that will appreciate is the best way to keep your own finances in check. And what's good for the individual would likely be good for a government, right? Not exactly, if we are looking for lessons we may want to look at Greece.

They've had troubles for many years mostly due to a huge debt load. If we look back to 2008 when the economic crisis started in the USA, Greece was already deep in debt. With the global financial system frozen, countries like Greece had to pay a higher price for its borrowing needs. And because they were living beyond their means, their loans represented risk and rates went even higher. So they took some drastic measures to get back on track by reducing spending and increasing taxes. As we can see it hasn't cured the problem. While they tried to rein in their spending and have even created a small surplus in their budget, they don't seem to be able to improve the economy enough to create jobs and growth.

Some blame this problem on the Euro because it isn't a Greek monetary system – eighteen countries have this as their national currency and because they are not suffering from the same types of problems, reducing the value of the Euro isn't really a choice for Greece. Suggestions on how to help Greece and other European nations recover have involved more sharing than just a common currency. If the eighteen countries in the Euro Zone were to issue a "Eurobond" they may be able to assist the poorer countries with less expensive borrowing. The strength of the bond would be backed by the entire continent rather than a single country. For some this doesn't seem quite fair because they may have to pay more to borrow.

When other countries have found themselves in a slump they have sometimes devalued their own currency to help improve their situation. Some have also spurred growth in the GDP (Gross Domestic Product) by spending more on infrastructure and necessary services. Many believe this is what is missing from the solutions being implemented in Europe. While spending does seem counterproductive, the higher taxes and cut backs on social services are creating riots and discontent among the Greek communities. Even here in the United States some have blamed the lack or reduction in social spending is responsible for the discontent in many of our poor communities. So as we watch Greeks suffer, many people are wondering if these kinds of problems could happen right here.

Just like the people who must live paycheck to paycheck never being able to build up some capital to carry them through the tough times, a country can also be on the edge. If it is carrying large amounts of debt a jolt like the financial crisis in 2008 could cause some problems. As I mentioned earlier, the countries that can borrow to spend on infrastructure and services can help an economy recover. The recovery will have the effect of reducing the deficit and creating a surplus like we saw during the Clinton years.

The danger is, if we don't control our debt, it leads to other socioeconomic issues and those can be the real danger for a country like ours. Watching the path being taken in Europe to solve their problems should be making us more cautious. While we don't want to be required to accept austerity measures, we need to recognize the best ways to re-invest in ourselves to improve our economy. Just spending more money isn't the answer unless we make sure those dollars are going to the right places. Borrowing from our future generations needs to create growth and promise for them. So we need to keep in mind that it is a balancing act and if done right it can make things better, but if not, a taste of what our European neighbors are experiencing may be in our future.

Meanwhile closer to home, we see the problems Illinois is having trying to pass a budget. I looked on-line to see what they are up against and found a three year budget projection from the Governor's Office of Management & Budget. It shows an expected deficit of over 5 billion dollars in 2016 and about the same for the next 2 years. That is why they need to take action now and work on either increasing revenue or decreasing expenses.

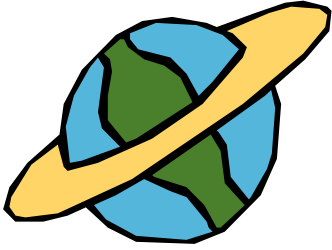
In Illinois we've also been hearing about the pension funding being the largest cost in the budget. Many states have also been dealing with these same issues involving their pensions that are underfunded due to the economic climate. Could it be that our Government needs to take a different view and look at helping the states dig out of their mess by loaning funds for infrastructure and jobs? In a better economy we can continue to pay for the pension funds and social programs. Should we also allow some adjustments to be made to acknowledge the changes in our life span and environment? I'm not sure it would work, but some reasonable changes are going to need to be accepted or perhaps a crisis will force change that may seem even less palatable.

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And Now a Word from Our Planet . . .

"In the end the only thing that really matters is how you treat all living things."

Anonymous

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

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EVENINGS & WEEKENDS

Like our social security mess, changes are a necessity, but we need to be careful. Redistribution of wealth is what this is often called and because we need to live together, it is only fair that we provide for those less fortunate. However, like in Greece we need to make sure everyone is paying a fair share and there is no cheating or corruption going on. The problems created by the states under funded pensions are costing more than just money. They are also costing the state in downgraded credit ratings and like I mentioned earlier, this can make borrowing cost even more. If this is happening on the state level, we need to address it and hope our elected officials can actually accomplish the necessary actions. If it continues to be pushed down the road, it will eventually catch up and the result may be more difficult to manage.

I don't know the correct answers, but from what I have read and seen, we've got to come up with solutions that work and abandon those that seem to be making things worse. Our government isn't functioning as well as it should and we need to be careful about continuing on our path of dealing with every economic crisis by borrowing more, spending more and taxing more. Creating sustainable growth is the only way to keep our country financially sound. And that is something every individual should be doing for themselves: creating a sustainable financial plan so they can be prepared. If you have comments or suggestions please e-mail me at consultjoan@att.net.

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- 2 tbsp. extra-virgin olive oil
- 3 medium tomatoes, each cut into 4 1/4 inch-thick slices
- 1/2 teaspoon kosher salt
- 1/2 tsp. freshly ground black pepper
- 1 8-oz. ball fresh mozzarella, cut into 8 1/4-inch-thick slices



1. In a small bowl, stir together olives and oil.
2. Place a slice of tomato on each of 4 small plates; sprinkle lightly with salt and pepper. Top each with a slice of mozzarella, then a basil leaf. Repeat layering one more time. Top each stack with a slice of tomato and garnish with basil leaves.
3. Drizzle olive dressing over each stack. Serve immediately.

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Sun., Aug 2.....closed	Mon., Aug 17.....closed
Mon., Aug 3.....closed	Tues., Aug 18.....coffee toffee
Tues., Aug 4.....chocolate heath	Wed., Aug 19.....banana foster
Wed., Aug 5.....snicker	Thurs., Aug 20..brownies and cream
Thurs., Aug 6.....cherry bon bon	Fri., Aug 21.....choc. almond fudge
Fri., Aug 7.....butterfinger	Sat., Aug 22.....peanut butter cup
Sat., Aug 8.....black forrest	Sun., Aug 23.....closed
Sun., Aug 9.....closed	Mon., Aug 24.....closed
Mon., Aug 10.....closed	Tues., Aug 25.....birthday cake
Tues., Aug 11.....chocolate brownie	Wed., Aug 26.....tin roof
Wed., Aug 12.....cookies and cream	Thurs., Aug 27.....German chocolate
Thurs., Aug 13.....turtle swirl	Fri., Aug 28.....peaches and cream
Fri., Aug 14.....smore	Sat., Aug 29..choc. strawberry fudge
Sat., Aug 15.....M&M	Sun., Aug 30.....closed
	Mon., Aug 31.....closed

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Ferguson by Foot

By: Margaret Wolfinbarger

I was at a family gathering recently and found myself being ridiculed by a loved one for a dessert I brought to the event. My dessert was sugar free. He went so far as to tell my husband, "Here, eat some brownies. They have sugar in them!" His remarks implied that I torture my family with staunch regimens of health food and restrict sweets like some sort of gastronomic barbarian. One would think I hold my family hostage and beat them over the head with stalks of celery while screaming, "You will eat Brussel sprouts and you will like them!"

Misperceptions about living a healthy lifestyle spread like mold in a wet basement. These misunderstandings about food and its consumption are frequently the result of strongly held personal beliefs that are shared as oral history, but have no factual basis. For example, I grew up believing if I drank a large glass of water after consuming a large pizza, it would somehow wash away the excess calories. Fact: Hydration helps the body eliminate toxins. Myth: Water is calorie killer. So how do we determine if our ideas about healthful living are right and true? And how do we dispel mischaracterizations about diet that are readily perpetuated by our culture? And while we're at it, how do we handle the people we know and love when they are critical of our success?

When it comes to determining personal truth, honesty is the best policy. But sometimes we are too busy or too set in our ways to analyze our perspectives. I am a creature of habit, and for various reasons, I grew up very narrow minded. It may have been arrogance or ignorance—probably both—but I refused to try new things, whether it was a green vegetable or a new way of thinking. My way was the right way and no one could ever tell me otherwise. Something that helped me as an adult was building friendships with people who are different than I am. Sure, I hated my skinny, "healthy" friends, but they did seem to care about me. The few who dared to speak truth into my life, even after I had rebuffed them, gave me a solid foundation for my future as a healthy person. Our attitudes on body image and health will only improve if we are willing to listen and learn from perspectives that are different from our own. Helpful hint: Surround yourself with people who love you for who you are and will speak truth into your life.

Our culture throws a lot of information our way as it pertains to diet and exercise. There was the infamous Adkins Diet, Insanity®, and who can forget the fat burning vibration belt? There is no shortage of ways to "shed pounds and look years younger" if you follow "six easy steps". However, if we are serious about permanent change, we must reconcile each new fad with our personal habits, routines and personal history. This can get complicated very quickly, and as anyone who has signed up for a gym membership and then failed to follow through on that commitment can attest, our impulse decision to change our lifestyle can be as fleeting as the Road Runner when being chased by Wiley Coyote. The Road Runner takes off, the anvil falls on our head, and before we know what's happening we've gained five pounds. I will say this as gently as I can, if you want lasting change, you will need to dig deep and determine the reasons why you want to live a healthier lifestyle. Then you will need to honestly analyze your habits and set about making new ones. These things take time and energy you may not have. Do it anyway. I promise you will not regret it.

The Road Runner takes off, the anvil falls on our head, and before we know what's happening, we've gained five pounds.

Finally, jealousy is an ugly and far too prevalent practice in our society. Rather than address the inner longings of our hearts and find personal satisfaction on our own terms, we tend to project our bitterness onto our neighbors. I have personally been guilty of walking up Elizabeth Avenue and hurling mental bricks at the homes of my neighbors who have nicer houses than I do. My modest brick bungalow never won any prizes though I worked tirelessly to improve the structure and fill my yard with flowers. But once I took the time to meet the people who live in those homes, my opinions began to change. I learned that most of my neighbors work hard for what they have, just as I do. They love their children and grandchildren. They get frustrated with tornadoes. They frequent The Whistle Stop.

Once I took the time to probe my thoughts and feelings, I realized how unjust my behavior was. So when my family members who are heavier than I take issue with my weight loss, I understand those emotions and work hard to be patient with them. I remember we are all at different stages in our journeys. Love is patient after all, and kind. Never underestimate kindness. So when friends or family make cruel remarks when you find success, forgive them and keep moving. Maybe one day they will remember your success and glean a kernel of truth that helps them begin a journey they never anticipated.

Life is short. Love is powerful. Myths prevail whether we like it or not. Be brave today and write a new chapter in your story. For more inspiration, follow me on my blog: <http://margaretwolfinbarger.blogspot.com/>

Painting for Peace in National Book Festival

Painting for Peace in Ferguson to represent Missouri at the 2015 Library of Congress National Book Festival Saturday, September 5 in Washington, D.C.

Painting for Peace in Ferguson is honored to be Missouri Center for the Book's 2015 selection to represent the state at what is considered the largest book fair in the country: Library of Congress National Book Festival. Held in Washington D.C. at the Walter E. Washington Convention Center, the 15th anniversary of the book festival takes place Saturday, September 5 from 10 a.m. - 10 p.m. and boasts more than 100 authors, poets and illustrators for the day. More than 100,000 people are expected at this year's festival.

Painting for Peace in Ferguson, by Carol Swartout Klein, was published in February 2015. Since then it has sold nearly 2,000 paper- and hard back editions and is currently pressing its second edition through its new, national publisher: Amphorae Publishing Group, based in St. Louis. Most recently the book won the Independent Publisher's (IPPY) 2015 Outstanding Book of the Year Award Gold Medal, one of only nine selected out of 6,000 applicants. It has been on the St. Louis independent book best-seller list for at least 15 weeks and in the number one position for 10 of those weeks.

"This honor really goes to all the artists and volunteer who came out on cold winter days to paint hundreds of works of amazing art," noted author Carol Swartout Klein. "It was so inspiring to see hundreds of people show up and work together despite differences in age or race to bring hope to their community. The effect it has had on the town and its people was transformational; turning fear into hope and destruction into creation. This book is about an inspirational moment, but is also aspirational in that it shows the kind of society we can strive to become."

According to an email from Missouri Center for the Book as to why they selected Painting for Peace in Ferguson to represent Missouri it was "because it represents such a timely and beautiful story of hope."

Written in child-friendly verse, the book features the actual artwork that was painted on hundreds of boarded up windows in Ferguson and surrounding areas and the South Grand street in St. Louis City. The art ranges from simple messages of hope and peace to provocative works calling for social change.

The soon-to-be-released second edition of the book features additional artwork from the effort, showcasing more than 160 images of art and acknowledges more than 300 artists and volunteers who participated in Paint for Peace STL. The book's simple, but powerful message, as told by Klein, is that when people reach out to each other across lines that divide us and work together, remarkable things can happen. A single paintbrush cannot make much change – but hundreds working together can transform a landscape. Painting for Peace in Ferguson shares the basic idea that anyone, at any age has a talent that they can contribute to help others. Although the plywood boards have come down off the windows, this book will forever capture this moment of goodwill and community outreach and the compelling works of art that were the result.

With the new publisher and national distribution, Painting for Peace in Ferguson will be available at book stores throughout the country beginning August 1 to share its message of hope, healing and unity. Until recently, the book was available at local St. Louis retailers, on its website or through Amazon. Painting for Peace in Ferguson has proven to be a valuable tool to help parents and educators start the conversation about the issues that come between us and to envision a brighter future. Additional resources and links to curriculum suggestions are available online at www.paintingforpeacebook.com. All profits from the book will benefit youth and economic recovery programs in Ferguson and surrounding areas.

The book is available at independent St. Louis book retailers, select St. Louis shops or through Amazon, and nationally beginning August 1. The book retails for \$15.95 for the paperback and \$25.95 for the hardback.

More about Painting for Peace in Ferguson

The book is a complete product of St. Louis artists and artisans. Designed by Robert O'Neil and Michael Kilfoy, the book was published by Amphorae Publishing group, printed by Advertisers Printing Company and bound at Jaffe Book Solutions. www.paintingforpeacebook.com. Facebook. Twitter. YouTube.

About the author

Carol Swartout Klein grew up in Ferguson and was so inspired by witnessing the spirit of hundreds of volunteers coming together to bring hope to a community in shock that she wanted to capture the story and Painting for Peace in Ferguson is the result. A journalist and marketing professional by training, Klein has always wanted to write a children's book. She saw how healing the actual process of creating the artwork was for all those involved ... as the community came together to help others, the artists, business owners and volunteers benefited themselves ... and created new connections that she hopes will continue to strengthen in the future.



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Tai Chi for Seniors-FREE class

Friday Aug 7, 14, 21, 28 10 p.m. Reduce stress, strengthen joints, develop balance and coordination. No class on July 3rd, RSVP by calling 314-838-3877

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Presented by Caption Call Thursday, Aug 13th at 9:30 a.m. Complimentary Breakfast at 9:00 a.m. RSVP by calling 314-838-3877

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Under The Hood With Robinwood

By Bob McGartland

The History of the Windshield Wipers-Now You Know!

You slide into your vehicle and you are surrounded by accessories that make your driving experience convenient and safe. It has not always been that way. Take your windshield wipers and washers for example...early vehicles did not have them. The first mechanical windshield wipers had to be operated by hand. Either the driver or the passenger had to work a crank to make the windshield wipers go back and forth.

In 1916, manual windshield wipers replaced squeegees. Five years later automatic windshield wipers were invented. They were called Folberths, named after their inventors, Fred and William Folberth. This was a vacuum-powered, single blade wiper that operated by suction from the engine’s intake manifold. Timing was an issue in the wiper speed matching that of the car. If the throttle was wide open, the engine vacuum dropped and the wipers either slowed down or stopped altogether.

On cars built prior to 1920 most wipers were paired and anchored at the top of the windshield. Cadillac introduced vacuum-driven wipers in the 20s and other manufacturers soon followed suit. Henry Ford, notoriously stubborn about adding any new gadgets to cars, saw the light after a Trico salesman installed a manual wiper on Ford’s own car.

As electrical systems evolved, wipers were relocated to the base of the windshield. By the mid-thirties Trico had introduced the first windshield-washer system and by the late forties the first combination wiper and

washer system. Eventually windshield washers were commonplace, requiring spray nozzles in front of the windshield and a reservoir for washer fluid located under the hood. Typically they were operated by an electrical pump.

In the late 1950s another novelty was introduced whereby a driver could push the washer button and activate the wipers for a few swipes across the windshield. In 1967, Robert Kearns patented intermittent powered windshield wipers. 1970 found Saab introducing headlight wipers and Citroen bringing out rain-sensitive intermittent wipers. The engine measured the resistance wipers met on the first swipe. If there was slight resistance, it meant the windshield was relatively dry while greater resistance indicated more moisture.

In the 1990s, infrared optical micro sensors built into windshields could sense rain and determine wiper speed. Cadillac introduced these sensor wipers in 1996, as the cost of this technology dropped they are now available on many other makes and models.

The earliest wiper technology, while relatively primitive, upped vehicle safety considerably. With the passage of time and the further development of electronic gadgetry, wipers appeared on front and rear windshields and also on headlights. Now the wipers, will be there when we need them.

I want to remind everyone the 3rd annual Taste in Ferguson is coming up on Sunday, September 13th. Tickets are now on sale for \$20.00. For locations and more info, see the ad in the paper or go to www.thetasteinferguson.com.

Looking forward to seeing everyone there!

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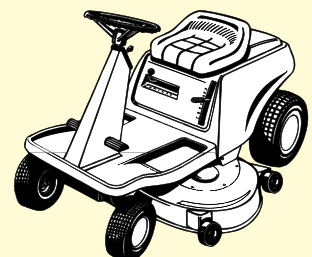
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We Are All Ferguson: What's Next

It's been a tumultuous year surrounding the shooting of Michael Brown in Ferguson, Missouri on August 9, 2014 and subsequent events that followed not only in the Ferguson and St. Louis region, but throughout the U.S. and world. What took place has drawn attention to racial and economic justice issues in the immediate community and across the nation. We Are All Ferguson, a series of workshops and conferences starting August 2 through August 9, 2015 aims to bring people together in productive ways. Created by Ferguson clergy leaders Steve Lawler and Pastor Willis Johnson of St. Stephen's Episcopal and Wellspring Churches, respectively, in Ferguson, *We Are All Ferguson* will bring community business leaders, schools, nonprofits, clergy and others to spearhead discussions, panels, conversations, workshops, prayer, and more. All programs will take place at Wellspring Church, 33 S. Florissant Rd., Ferguson, 63135. To register and for up-to-date information visit: WeAreAllFerguson.org.

Pastor Johnson stated, "We Are All Ferguson is not just about the ZIP code. It's about the shared human experience and the realities we're all faced with across the country of immense inequities, injustice and the need for us to work toward the eradication of them. *We Are All Ferguson* is our hope and effort; inviting folks from across the community, the nation and internationally, to a place where we saw humanity touched. And at this place where there was trauma and tragedy, we're trying to encourage, inspire and even renew the human spirit through engagement, education and enterprise."

Reverend Lawler adds, "In my work in the parish and with community organizations, it is the spark of innovation that most often makes the big change, and can offer the greatest impact. We Are All Ferguson is a platform for people of all ages, races and backgrounds to continue to engage and grow. We've identified from a grassroots level what kinds of things are going to give us the most leverage and impact."

We Are All Ferguson schedule of events (all programs will take place at 33 S. Florissant Rd., 63135):

August 2. Sunday of Solidarity

Worship begins at 10:45 a.m. A time of worship and a call to grow productive impact in Ferguson and beyond. This is a gathering for local, regional and national people of good will to gather at the beginning of this week of remembrance and renewal. The official unveiling of the Center for Social Empowerment and Justice will also take place during worship at Wellspring Church in Ferguson. Light refreshments will be served following the service.

August 3. Man Up. Back 2 School Supply Drive and Distribution

1-3 p.m. An ecumenical gathering focusing on developing young men for leadership through training and mentoring.

3-5 p.m. Request that people donate school supplies to fill 500 backpacks (donated by Salem United Methodist Church). Items needed for the backpacks include: pencils, safety scissors, water based colored markers, notebook paper, composition books, glue sticks, highlighters, pencil sharpeners, crayons, and pocket folders.

4-8 p.m. Community Back 2 School Blessings

Join others at Wellspring Church for an opportunity to get free school supplies for youth, hair cuts and health screenings. A community dinner (at 5 p.m.) and worship (at 6:30 p.m.) blessing of school staff, students and parents will also take place.

Register online at: <http://www.eventbrite.com/e/agents-of-change-empowering-families-and-communities-to-thrive-tickets-17623168371?aff=es2>

August 4. 9 a.m. - 12 p.m. Agents of Change: Empowering Families and Communities — three sessions cover:

- How to Reach Me: A Conversation with Young Adult Activists
- Show Me What Theology Looks Like: Bridging Faith and Activism
- Engaging Multicultural Communities

Brought to you by: the Ecumenical Consortium for Social Justice

Register online at: <http://www.eventbrite.com/e/agents-of-change-empowering-families-and-communities-to-thrive-tickets-17623168371?aff=es2>

August 4. 4:30 – 6:30 p.m. Incubate Ferguson: What's Next in Business

A networking and panel discussion for those interested in resources for launching, growing or relocating business in Ferguson. Panelists represent local business owners, community leaders, funders as well as the Center for Entrepreneurship at St Louis University.

Incubate Ferguson coordinates space and resources in Ferguson to create opportunities for anyone who wants to be better prepared, informed and engaged in launching new responses to long-term issues.

Limited attendance is 100. Register online: <http://www.eventbrite.com/e/incubate-ferguson-whats-next-in-business-tickets-17765957457>

August 5-6. Ministry on the Edge: Faith in Struggle and Justice

Far too many communities have been stricken by crisis and injustice. The uncharted waters of crisis are unfortunately a familiar feeling for faith leaders across the country. Hosted by Abingdon Press and the Center for Social Empowerment and Justice, this is a gathering for pastors and faith-base practitioners to learn from one another concerning faithful leadership amid situations of crisis and injustice. An exercise purposed towards learning, growing, and preparation together for such times as these.

Sessions will cover this and related topics in three capacities: as leaders, in the congregation and in the community.

Registration: <https://www.eventbrite.com/e/ministry-on-the-edge-faith-in-struggle-and-justice-tickets-17747835253>

August 7-8. Black Scholars National Gathering: Lessons from Black Lives

Black Scholars from across the nation will gather in Ferguson. They will discuss the significance of activism for Black communities, create a positional paper regarding #BlackLivesMatter and will address what it means to them as scholars with access within the academy to frame for their students the work of scholar activists. They will also meet and hear from local activists and community leaders. Listening and learning not as spectators but as people with deep commitment to the Black community. Black scholars from all disciplines, students, activists, concerned citizens and Black leaders are welcome.

Dr. J. Kameron Carter, Duke Divinity School and Dr. Brittney Cooper, Rutgers University are two of the speakers during this program.

Registration, cost and timeline available:

<http://www.eventbrite.com/e/lessons-from-black-lives-black-scholars-national-gathering-in-ferguson-tickets-17503578675>

August 9. Sundays of Solidarity

Opportunity to get info out to churches across the nation on how they can partake through litany, worship, scripture, prayer, lesson suggestions, "homework" and more. More information will be available online soon at WeAreAllFerguson.org

Ferguson has been likened to the mythology of the phoenix rising: obtaining a new life out of the ashes. It takes time, effort, hard work, infrastructure, funds and more. Most importantly, it takes is the desire of people to work together with a common vision.

Rev. F. Willis Johnson, D. Min.

Rev. Johnson, senior minister of Wellspring Church, an United Methodist urban-parachute church plant, captured national attention for his leadership last August after Michael Brown, an unarmed teenager, was shot and killed in Ferguson, Missouri.

With more than 15 years of professional ministry experience in Indiana, North Carolina and Missouri, Reverend Willis Johnson's skills extend far beyond the pulpit. Trained in nonprofit management, Johnson has served in volunteer and paid leadership positions for multiple nonprofit organizations. Additionally, he is adjunct at Eden Seminary and chairs Ferguson's Human Rights Commission.

Rev. Steve Lawler

Reverend Steve Lawler is rector of St. Stephens Episcopal Church and The Vine in Ferguson, Missouri. Before coming to St Stephen's in 2001 he worked at a venture capital firm in Belgium and for a business design consultancy. Since 2004, Lawler has been an adjunct professor at Washington University in St Louis teaching classes in leadership and strategy. He is also chair of the board of EarthDance Farms, an organic farm school in Ferguson.

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City of Ferguson Names Andre Anderson as Interim Police Chief

The City of Ferguson announced Commander Andre Anderson of the Glendale, Ariz. Police Department as its new interim Police Chief. Ferguson Mayor James Knowles III and Interim City Manager Ed Beasley introduced Anderson at a press conference on Wednesday, July 22, 2015.



Anderson will take a six month leave of absence from the Glendale Police Department to assume his duties as interim chief. His first day is Thursday, July 23, 2015.

"Commander Anderson has over 24 years of law enforcement experience," said interim city manager Ed Beasley. "We believe his leadership ability and his years of serving the community will be beneficial to the citizens of Ferguson. He has led the Glendale Police Department

with several leadership initiatives concerning community policing and crime reduction initiatives that helped sustain community partnerships for Glendale residents," added Beasley.

Anderson's duties with the Glendale Police Department also included leading the Criminal Investigations Division, supervising detectives from Homicide, Fraud and Computer Forensics, Family Violence as well as other undercover operations to include joint task force agents assigned to the DEA, FBI and U.S. Marshals.

Anderson is a United States Army Veteran and holds a Master's Degree in Education and Leadership from Northern Arizona University and a Bachelor of Arts Degree in Public Safety Administration from Grand Canyon University. He is a graduate of the FBI National Academy (Class 251), Northwestern Police and Staff Command School and West Point's Leadership in Police Organizations Command School.

"The City of Ferguson and our police department have endured a tremendous amount of distrust during the past nine months," said Ferguson Mayor James Knowles III. "We understand that it will take time to once again gain the trust of everyone. We believe that Commander Anderson can make recommendations to the police department that will be innovative and will have long standing improvements for our citizens and to the entire community," added Knowles.

Anderson has served as the Region Six Vice President of the National Organization of Black Law Enforcement Executives (NOBLE) where he led the activities of several chapters. He also served as a co-chair for the National Civil Rights Committee and has been recognized both nationally and locally as an organizational mentor/change agent.

Anderson will replace Lieutenant Colonel Al Eichoff, who will resume his duties as Assistant Police Chief.

Retaining Walls and Landscaping



The top photo is another new wall erected by White Landscaping. This one is located on Sandringham Lane and replaces a flagstone wall that kept falling apart every time it rained.

The wall below is over two years old and still looks brand new. It is located on Carson Road directly across the street from the Ferguson Depot.



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Who Do You Call?

If your house was on fire who would you call? The fire department of course! Who do you call if your car's check engine light comes on? The mechanic of course! Who do you call if you have a toothache? The dentist of course!

Who did you call when your health issues didn't resolve the way you thought they would? Perhaps the MD, or PT or the orthopedic? Perhaps you asked your friends and family who they would call. Someone said call the Chiropractor, someone told you about Dr. Robyn Lawrence at Ferguson Wellness and Chiropractic!

Thank goodness they did, imagine your life not knowing about chiropractic and the amazing things that have happened for you and your family.

Now is the time to pay forward that information, Dr. Robyn's calendar can fill up quickly with community events, so if you belong to a club, group or organization that invites in guest speakers let them know about her and her about them.

You are a part of the Ferguson Wellness Tribe, become warriors for good and spread the message of goodness to those you love. We know you don't want them to suffer unnecessarily.

Like the sign outside her office says, "Pain Is Not A Lifestyle." Dr. Robyn believes that you were born to be healthy, and that the body is self-healing and self-regulating, and any body signal can be traced back to the cause and corrected!

So get the word out and let's fill up her calendar with community events! You can share your groups with her. Share her posts from Facebook, Twitter and Linked In. Together we can raise the health, wealth and vitality of our community!

Dr. Robyn's Office Hours:

Monday, Wednesday, Thursday 10:00 am to 6:00 pm

Friday, 3:00 p.m. to 6:00 pm

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Listen. Talk. Learn.

Six Sessions During the First Week in August.
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Each session is FREE and will focus on race, racism, unconscious bias, as well as promote awareness around these topics.

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Monday, August 3, 5:30 p.m. to 7:30 p.m.
Holocaust Museum & Learning Center, 12 Millstone Campus Dr.

Tuesday, August 4, 7:00 p.m. to 9:00 p.m.
Christ Church Cathedral, 1210 Locust Street (4th floor)

Wednesday, August 5, 12:00 p.m. to 2:00 p.m.
Washington University, Danforth Campus, Laboratory Sciences Building – #1 Brookings Drive

Thursday, August 6, 7:00 p.m. to 9:00 p.m.
Left Bank Books, 399 North Euclid

Friday, August 7, 8:30 p.m. to 10:30 p.m.
Old Post Office, 815 Olive Street

Details are also
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June 2015 Meeting Minutes

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

Lt. Col. Alan Eickhoff, our Acting Chief of Police, opened the July 8th, 2015 meeting of the Ferguson On Watch, welcoming everyone.



The monthly crime statistics were reviewed with those in attendance. Assistant Chief Eickhoff reported that our violent crimes are down.

A conversation with Chief Eickhoff

The Chief reported that our homicide rate is 100% solved. He also gave a quick overview of the assaults. The meeting was then turned over to Sergeant Tim Allen for extended detail on questioned events.

One Neighborhood On Watch member remarked about needing more lighting. Ferguson's Neighborhood Policing Consultant, Peter Belmio, would be addressing lighting needs during his review of our city needs.

The same audience member then talked about loitering at the Ferguson Market and McDonalds. The Chief noted that no complaints have been filed by either business, which makes it harder to react with enforcement. The same lady then asked about security, She wanted to put bear traps on her property. The Chief reported he was in favor of security systems, but that bear traps were not acceptable.

JOBS & MORE and YOUTHBUILD

The Chief advised he was working with 2 organizations to help employ our youth. JOBS & MORE and YOUTHBUILD are working in Ferguson to help youth get employment. Emerson Electric recently gave a \$5,000 grant to Jobs & More. Youthbuild helps with getting G.E.D.s for youth and with training in the Trades.

Speeding Complaints

The Chief was asked about positioning an Officer to address speeding issues. Chief Eickhoff reported that he would like to receive more complaints about where we observed speeding, because the DOJ thinks we only do speeding enforcement to raise revenue. The police respond to citizen complaints about speeding by doing speed enforcement, not to raise revenues.

Marijuana Usage

When asked about marijuana usage, the Chief advised that misdemeanor amounts of marijuana usually would lead to a citation, but that having six bags for distribution could lead to jail.

Junior Achievement

Bill Dehmer asked about forming a J.C. Chapter in Ferguson. The Junior Achievement program gets high school students involved in how to start a business, market and sell products. In some cities the Junior Chamber of Commerce uses young adults between 18 and 35 to create parklands and other community service projects.

Sgt. Tim Allen

Mr. Dehmer then asked what is the difference between robbery and burglary. Sgt. Allen replied that robbery is taking of property by force; burglary is taking property by stealth. Burglary second degree is taking property while you're at home. No bear traps please.

Peter Belmio

Peter Belmio was then introduced to the audience, as our departments' consultant on police staffing and on neighborhood-oriented policing. Getting to know the children in the neighborhood is an important step for the team of officers working in your neighborhood. The key is giving them ownership of the territory that they are patrolling. We will be soon looking for citizen volunteers to assist us in doing meetings for a Ferguson plan for neighborhood policing.

Respectful stops vs Felony stops

Chief then asked an attendee to assist him in a demonstration. After placing her and her chair at the front of the room facing the audience (Simulating an auto pulled to the curb), the Chief then approached her from right rear and introduce himself. By approaching from the right he maintained his safety from the rest of the traffic. He then demonstrated how to do a respectful carstop for both. The police officer should kindly and respectfully ask his questions and advised her of his probable cause for stopping her. Chief described an event where his wife was stopped by a very disrespectful officer and the officer ended up getting a five day suspension because of her complaint.

Staffing Needs

Peter then described the process he would use to review staffing needed to respond to calls for service. He also described some options he would give the City Council for work process changes to improve efficiencies. In comparing Ferguson's 911 activity: St. Louis County with over 850 officers receives the most 911 call activity, just above Ferguson, with 53 officers. Schools are going to be brought into this process, to help identify the solutions that are needed to help out at an earlier age. The other group being brought into this process is Mental Health. Peter says Ferguson is a success waiting to happen.

Next Meeting: 7:00 pm on August 12th Next Cert Meeting: August 8th

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Second Place Best Theme.....City Walk
First Place Musical Marching UnitDiva Sweat Girls
Second Place Musical Marching UnitMcCluer Marching Band
First Place Walking UnitEarthdance Farms
Second Place Walking UnitWisdom Over Hustle
Mayor's TrophyFerguson Swim Club
Len Winter's Memorial AwardStrength and Honor
Summer Camp
Best Antique Automobile Unit.....Kids Car Club
Best Organization Unit.....Spirits of New Northside Drill Team

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Sleeping Porches

— by Bob McCarty

Hot summer days lead to restful nights. How were our ancestors able to achieve this feat? They slept on sleeping porches. You might be asking yourself, "What is a sleeping porch?" Well ask no more. . .

Sleeping Porches

Sleeping porches became a prevalent feature in many of the houses that were built in the early 20th century. It was common that sleeping porches were often cited as a special home feature in real estate advertisements such as the finished basement is offered today.

But what is a sleeping porch? As the name implies, it is a screened second floor porch, usually built on the back of the house or in a corner; open on two or three sides that allowed the cool summer evening breezes to flow over the occupants. These sleeping porches were adjacent to a bedroom and could be accessed through a door or possibly a window.



In the early 20th century, tuberculosis was the number one cause of death and most doctors of the day considered fresh air as the best treatment of this lung disease. The sleeping porch offered a healthy and comfortable escape from the stuffy indoor air. Hospitals would take the patients beds and place them on porches and with the use of mosquito netting; the occupants could take advantage of those summer breezes and fresh air.

The sleeping porch was decorated simply. A couple of iron beds, sparse furnishings, and a ceiling fan to encourage the breeze. These were the days when everyone did not have a television in every room let alone have one at all. Now that most all homes have converted to being air conditioned, the majority of the original sleeping porches in today's homes have been converted to all season rooms or some other type of room to add square footage.

Can you imagine being lulled to sleep by the song of the cicadas, the hoot of the owl, or even the monotonous staccato of rain drops on the porch ceiling? What a great place to escape the fast pace of our frenzied world back to a time when things were much simpler.

Even though my older home doesn't have a sleeping porch, our back porch is equipped with a bench, lots of pillows propped against the wall under the kitchen window and until next month, Bob will be napping there.

Stay cool!

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Celebrating AAUW

The American Association of University Women Ferguson-Florissant Branch (North County) opens its program year with a reception on Sunday afternoon, September 20, 2015, from 2:00 to 4:00 p.m. All individuals interested in women's equity are invited to attend. State President Diane Ludwig will be in attendance and make remarks. An overview of AAUW's mission, programs, and activities will be featured at the event, including a review of AAUW's 130-plus years of advocacy for women and girls. Attendees will learn more about the long-standing advocacy mission of the organization. The latest research report underwritten by the organization dealing with women in the STEM fields will be distributed.

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

Membership Meeting



Thursday, August 13th
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Ferguson -Florissant School District News

Back-to-School Fair & Celebration

The Ferguson-Florissant School District will host a Back-to-School Fair and Unity Celebration from 10 a.m. – 1 p.m. **Saturday, Aug. 1** on the grounds of the district's Administration Building, 1005 Waterford Dr.

Attendees will have the opportunity to receive health screenings, student immunizations and vital information on curriculum and resources; enjoy fun and educational activities for children and teens, main stage entertainment and music; purchase appetizing food from several of the food trucks that will be set up; and interact with district staff and administrators. Staffers from the admissions office will also be available to register students. A limited number of book bags filled with school supplies will be offered, and parents may register their child for the opportunity to receive one.

"The Back to School Fair and Unity Celebration will showcase our students, staff and community partners while acknowledging positive changes within the district and new and renewed relationships," said Dr. Joseph Davis, superintendent. "Families will receive information on the district and their respective schools while participating in a fun activity to kick off the new school year."

In addition to the above activities, attendees will also be encouraged to sign a giant unity puzzle. After the event, each school will receive a piece of the puzzle to display.

The Back-to-School Fair is free and open to all Ferguson-Florissant School District residents.

Free Preschool

The Ferguson-Florissant School District is partnering with Head Start to offer residents five full day weekly preschool classes for 3- & 4-year-olds. Head Start income and employment based eligibility is necessary. Classes are held at McCluer South-Berkeley High School and Griffith Elementary School. Both programs are open 7:30 a.m. to 5:00 p.m. For additional information call 314-595-3910.

Free Preschool for 3- and 4- year- olds are 2 mornings a week, 8:30 a.m. to 11:30 p.m. For 4 year olds there are two options: 3 mornings a week 8:30 – 11:30 a.m. or 4 afternoons, 12:15 – 3:15 p.m. For additional information on this program with degreed, certified teachers call 314-506-9066.

Parents as Teachers

Parents as Teachers is a free support program for families prenatally to kindergarten entry. Child development information, developmental screenings and parent- child activities are delivered in your home by degreed certified parent educators. For more information or to enroll call 314-506-9069.

Child Care Centers

Fee based Child Care Centers are state-accredited and offer full day education and care for children ages 2, 3 and 4. These tuition-based programs operate year round at McCluer High School and the FFSD Administration Center from 7 a.m. till 5:30 p.m. For more information call 314-506-9031.

Registration for 2015-2016 School Year

The Ferguson-Florissant School District is holding central registration for the 2015-16 school year Monday thru Thursday, July 20-31 and Monday thru Friday, August 3-20. Parents or guardians may register their child between the hours of 8:30 a.m. and 3 p.m. at the registration center located at 1005 Waterford Dr., Building B.

In order to register a child in the Ferguson-Florissant School District, parents or guardians must have the following in addition to the completed registration forms which are available on the district's website at www.fergflor.org:

- Updated occupancy permit dated within the last 90 days, plus a current lease or mortgage payment book or mortgage bill
- If living in someone else's home the parent and student need to be on the occupancy permit, have the lease or mortgage bill of the person they are residing with PLUS mail addressed to the parent at the address they are registering the student from.
- Proof of birth date
- Immunization record
- Proof of guardianship (if applicable)
- Parent or guardian's photo identification
- Student's original social security card

The following items are also required to complete enrollment:

- Last report card or unofficial high school transcript
- Withdrawal form from previous school
- Discipline report in sealed envelope
- IEP and evaluation if applicable

For additional information on student registration, call the district's Admissions Office at 314-506-9962.

Adventure Club Registration

Parents wishing to enroll their child(ren) in the Ferguson-Florissant School District's 2015-16 Adventure Club before and after school program may do so starting Monday, July 27 in the district's Community Education Office, 1005 Waterford Dr., room B-10. Registration will be held daily from 7:30 a.m. to 3:45 p.m. until Wednesday, Aug. 5. The hours of registration will be extended on Aug. 5 to 6 p.m.

Adventure Club will be held at Commons Lane, Parker Road and Vogt Elementary Schools. The program will also serve Airport, Bermuda, Central, Cool Valley, Duchesne, Griffith, Holman, Johnson-Wabash, Lee-Hamilton and Robinwood Elementary Schools. There is a monthly charge to participate in the program, and \$35 non-refundable registration fee is required. Services must be requested in advance and prepaid.

For further information, call 314-506-9979.

Back-to-School Tips for Parents

Taken from the Internet

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and



take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping

basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling.

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child

is very important.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

The Reluctant Student

Child to Class —By Grace Hwang Lynch

The transition back to school can be a tough one for many kids, and it's not just the first day. When my son started kindergarten last fall, he skipped down the sidewalk, eager to meet his teacher and new classmates. Then there was the second day. He sat down in the middle of the sidewalk, half a block from home, and insisted, "My hair looks doofy!" Eventually, I coaxed him to class. Only the next day, his shoes were uncomfortable. The day after that, his pants didn't fit.

Sometimes called school refusal or school avoidance, this form of separation anxiety happens most commonly between the ages of five and seven and 11 and 14, according to the American Academy of Child and Adolescent Psychiatry. Those are periods when youngsters are dealing with the new challenges of elementary and middle school.

Like my son, children are most likely to refuse to go to school after a period of spending extended time with a parent (i.e., summer vacation) or being under stress, such as moving to a new neighborhood. Here are tips you can use before school's in session.

Help your child get familiar with school—before the first day. Visit the campus ahead of time, or even better, go to an orientation or welcome-back activity. While it's tempting to stretch out summer vacation as long as possible, meeting future classmates and teachers or reconnecting with old friends can really help your child feel more comfortable at drop off.

Say it's okay to feel nervous. Acknowledging your child's feelings helps him to understand that it's normal and common to be anxious about going back to school. "Remind your child of another time they had to make a change, such as going to a party where they didn't know the other kids," says Dr. Paul Horowitz, a Valencia, California pediatrician. "Remind them of how that turned out to be a good experience."

Teach your kids words to explain their feelings. Sometimes children just don't know how to describe what is wrong. "Teach them words like 'anxiety,' 'fear' and 'stress.' Those kinds of words are not words that parents usually talk about with their children," says Brenda Carrillo, MA/MSW, Student Health and Safety Coordinator for the Santa Clara County Office of Education.

Establish routines, in and out of school. Although it can be fun to stay up late and have unstructured days during vacation, kids need to transition back to normal bedtimes (and healthy diets!) well ahead of the big day. Once school starts, learn about the classroom routines and talk to your child about the activities that are coming up each day (such as show and tell, library visits, or computer lab).

Ask for help from teachers. Don't be embarrassed if your child resists going to class. Not only are educators used to it, they are trained to help. When Amy Ratcliffe of Palo Alto, California struggled to get her six-year-old daughter to say good-bye at the classroom door, she worked with the teacher. "Instead of having her wait in line, the teacher called her in early and had her help in the classroom. They can recognize a shy kid and engage them," says Ratcliffe.

Follow your instincts if you need help from a doctor or counselor. Stomachaches or headaches are common complaints when school starts. "The most important thing to do is to tell your child you understand, that you believe they have the pain," says Horowitz. "Do the best you can with your parental instinct to determine whether it's physical or psychological." If pain persists, it's time to consult a pediatrician or school counselor.

Within a few weeks, my son not only had adjusted to the new school year but also was excited to go to class. I'm hoping that by following these tips, we can make the transition even easier this fall.

Grace Hwang Lynch is a writer, consultant and mom in the San Francisco Bay area. She blogs about raising an Asian-mixed race family at HapaMama.com

Historical Facts?

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions.

When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.'

Should the woman smile, the wax would crack, hence the term 'crack a smile'.

In addition, when they sat too close to the fire, the wax would melt.....Therefore, the expression 'losing face.'



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Our returning culinary vendors:

- Breakaway Cafe
- Faraci's Pizza
- Cornerstone Bakery
- Marley's Bar & Grill
- Cosi Dolce Bakery
- Mimi's Subway Bar and Grill
- de-lish Cheesecake Bakery & Café
- Papa Murphy's Pizza
- Drake's Place
- Paul's Market
- Earthdance Farms
- Piecraft
- El Palenque Mexican Restaurant & Cantine
- Schnucks Markets
- Whistle Stop
- Wilsing Design and Desserts

New to the Taste this year:

- Cathy's Kitchen
- Ferguson's Burger Bar & More
- J&C BBQ and Blues Restaurant
- Natalie's Cakes & More
- Roper's Ribs
- USA Market
- More vendors to come!



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Ferguson Farmers Market ... It Doesn't Get Any Fresher Than This!



The Ferguson Farmers Market is open every Saturday from 8:00 a.m. to noon until the end of October. The produce is brought to the market within 24 hours from the time it is picked. It doesn't get any fresher than this!

Strength & Honor Summer Camp



Learning does not stop just because kids are on summer break. Community leaders in Ferguson paid a very special visit to a summer camp to inspire participants to reach their full potential. The summer camp awards program was held at Central School in Ferguson.

The kids in the camp were very inspired that elected officials along with law enforcement would take time out to stop by to share their advice on the tools needed to help them shape a meaningful and successful future. The summer camp in Ferguson is centered around strength and honor, with hopes the kids leave the camp with confidence, ready to learn and eager to succeed.

Little Caesar's Pizza Rebuilding



Work has begun on the Little Caesar Pizza building that was burned down last year. This is the third time the building has had to be replaced. Two different tornadoes demolished the business in recent years.

Thanks to the owners for their persistence in the face of adversity. The business is located at 220 North Florissant Road in Ferguson

Hidden Treasures Antiques was also located in the Little Caesar's building, and they plan to return once the building is completed.

Our Own Justin Goolsby to Appear at Ferguson Farmers Market on Saturday, August 29



Justin plays with the Funk Session Band. On Saturday, August 29, the band will be playing from 9:00 a.m. to 11:00 a.m. at the Ferguson Farmers Market. You can contact Justin at funksession@hotmail.com.

Historical Facts?

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in 'straight laced' wore a tightly tied lace.

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the 'Ace of Spades.' To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't 'playing with a full deck.'

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

Did you know the saying "God willing and the Creeks don't rise" was in reference to the Creek Indians and not a body of water? It was written by Benjamin Hawkins in the late 18th century. He was a politician and Indian diplomat. While in the south, Hawkins was requested by the President of the U.S. to return to Washington. In his response, he was said to write, "God willing and the Creeks don't rise....." Because he capitalized the word "Creeks" it is deduced that he was referring to the Creek Indian tribe and not a body of water.

North County Chamber 2015 Annual Scholarship Bowl



Wednesday, August 5, 2015
6:00 p.m. - 9:00 p.m.
Crest Bowl
 650 N. Florissant Road in Florissant

The Chamber was proud to award 6 scholarships of \$1000 each to the following students this year:

- Amanda Blanton -- Duchesne High School
- Christine Marie Bollinger-- North County Christian School
- Courtney Spink -- McCluer High School
- Craig Biernbaum -- North County Christian School
- Joyce Hau -- McCluer High School
- Sharne McGill -- McCluer High

Kudos to the Ferguson Volunteer Flower Department

A recent visitor to Ferguson wanted to know what company maintained the flowers in the City. Imagine her surprise when I told her that it was an All-Volunteer effort.

Pictured here are the flower beds at the Victorian Plaza.



The Ferguson Volunteer Flower Department meets every Thursday evening throughout the Spring, Summer and Fall. They are a friendly, upbeat, fun group who work, visit, and share news from around town as well as around the country.

They can use all the help they can get; so volunteers, put on a pair of work gloves and join them. No experience necessary.

Volunteers meet Thursday evenings at 6:00 p.m. at either the library or Victorian Plaza. For more info, call Kathy Noelker at 521-3613.

Flo-Valley Event To Focus on Peace and Transformation

Chalk For Peace

St. Louis Community College at Florissant Valley is seeking proposals from organizations, community members, citizens, artists and performers to participate in a one- or two-day event celebrating and promoting peace and community transformation in Ferguson and the surrounding communities.

Day 1 of the event is dedicated to dialogue related to peace in Ferguson and its neighbors. The event will take place from 9 a.m.-4 p.m. on Sept. 18 at the Florissant Valley campus, 3400 Pershall Road, Ferguson.

Day 2 of the event is open to the community and will provide a platform for peaceful demonstration and celebration. The day's activities will take place 11 a.m.-3 p.m. on Sept. 19 and will center on hopes for peace and justice. The main group activity will be led by the international Chalk4Peace organization. The day's activities are free.

The community is invited to submit abstracts or proposals for presentations, discussions, participatory panels, lectures and interactive discussions for break-out sessions of 30-60 minutes.

"We are asking individuals, groups and organizations that seek to promote peace and justice or prevent and resolve conflict to apply," said Janice Nesser-Chu, arts and humanities chair at STLCC-Florissant Valley. "For Day 2, we invite you to submit a proposal for group activities, performances or information booths that will bring the community together as we continue healing and developing our vision for peace in Ferguson."

Proposed sessions could focus on:

- Community projects
- Models for building peace
- Advocacy efforts
- Workshops
- Immersion experiences
- Best practices
- Conflict resolution
- Service learning
- Organizing and empowering the community



Abstracts or proposals should be no more than two double-spaced pages and should include objectives or goals, format and contact information. Preference will be given to proposals that creatively incorporate group participation to promote peace, harmony and cooperation using all-inclusive approaches.

Proposals in a Microsoft Word or pdf document must be submitted to Lonetta Oliver by 5 p.m. on July 10. Selected participants will be asked to support the conference with a participation donation of \$25. The funds will be used to support Ferguson residents to attend the conference on Day 1.

For more information on submitting a proposal, click here or contact Nesser-Chu at 314-513-4861.

Ferguson Optical Celebrates 50th Anniversary



Ferguson Optical, located at #1 South Florissant Road for 50 years, recently marked its anniversary with a week-long celebration.

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Open evenings and Saturdays. See their ad on page 24.

Djeli Tales

By Mama Lisa Gage

Taking a Moment

This month's Djeli Tales wishes to take a month of silence in support of two very loving parents:

- Ms. Lesley McSpadden and
- Mr. Michael Brown, Sr.

My family and I wish you both strength and peace as you journey towards the difficult days ahead.

Please support the "Ferguson Times" advertisers. It is their advertising money that permits the publishing of Ferguson's only newspaper!

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.

DOROTHY KAISER,
78-year resident of Ferguson



None are so old as those who have outlived enthusiasm.
- Henry David Thoreau

Today I'm honoring Dorothy Kaiser, who seems ageless because of her undying enthusiasm to be of service to our community and to everyone she meets. She is all that is good and beautiful about America. As an immigrant, I have appreciated America differently from those of you who are born and bred here. I love that the spirit of volunteerism is inculcated early in students, and that almost everyone volunteers for a cause. The nonprofit organization that my late husband and I ran right here in Ferguson for some time, The Enlightened Sentencing Project (tesp.org), was run by a cadre of volunteers. The I Love Ferguson store is run by volunteers, including Dorothy. The pantries are run by volunteers; and so many more services that we take for granted are given selflessly from the hearts of volunteers.

Dorothy is 80 years old, a 78-year resident of Ferguson and a cancer survivor!! Hurrah!! She counts among her many blessings this life, a long happy marriage to Dale, her late husband, wonderful parents, and kids, Scott, Martha and Stephen. She and Dale were married for 56 years and she became a widow in 2010. They lived in four different houses in Ferguson and chose to send their kids to the Ferguson public schools. Their children went on to college and to lead productive lives. She herself attended Central Elementary School in Ferguson and Ferguson High School.

Dorothy worked at Western Electric and SW Bell as an associate and service representative. She met Dale at church and they got married at Zion Lutheran. Dale was an engineer and among the places he worked was Emerson Electric and at Mc Donnell Douglas (now Boeing) for almost 35 years.

I first met Dorothy at Zion Lutheran Church where I attend services in addition to those at Blessed Teresa of Calcutta church. We greeted each other when we exchanged "peace" as the whole congregation exchanges with each other; quite a warm and unusual sign of peace that I enjoy! Some months ago, I attended the party at church celebrating Dorothy's 80th birthday.

I really came to know Dorothy, however, when she came to the Corner Coffee House in the early days of the I Love Ferguson drive, when volunteers were first coming out to offer their services to raise funds for those businesses affected by the events surrounding Michael Brown's death. Dorothy and I were working partners. We picked each other and kept choosing Mondays for us to volunteer together. She is a sprightly, smiling, kind woman who is active and busy doing what all of us volunteers do at the shop: attending to customers, folding Ts, packing boxes, doing mailings, cleaning up, locking up. The credit card running she always left to me!



From L: Dorothy Kaiser; Ferguson Councilman, former Mayor and head of the I Love Ferguson Committee, Brian Fletcher; and Mary Roth of Zion Lutheran Women's Guild.

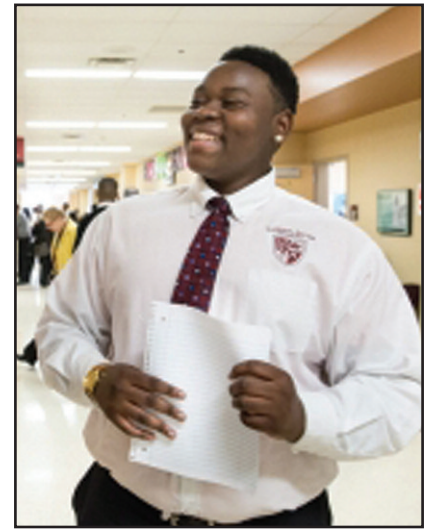
Center at the riverfront. She did walking tours at Laclede's Landing, showing historical areas, bars and restaurants and old warehouse buildings. This was before the arch was built. She describes herself as somewhat of a "professional volunteer" back in the day!

Dorothy has been a volunteer usher with the Touhill Performing Arts Center at the University of Missouri, St Louis, for the past 12 years, getting an opportunity to meet many people and see many theatrical performances over this time. Once a month she packs seeds for the Seeds of Hope Project,

What drives Dorothy? What makes her come out to volunteer not only at the I Love Ferguson store but at so many other places? It is her lifelong commitment to serving others. In July 2010, Dale, her husband of 56 years, passed away. When her kids were at school, she volunteered as a Room Aid, for the First Aid Room, the marching band, and as Brownie Leader and Scout Leader. In her younger days, she volunteered at the St Louis Visitor

Cameron Caldwell Empowered for Success at Cardinal Ritter College Prep

Cameron Caldwell is motivated to succeed. Attending Cardinal Ritter College Prep, Caldwell was the Vice-President of his senior class, and a member of the 1st place winning Constitution Project Team, hosted by the Supreme Court of Missouri's Committee on Civic Education. He won an individual trial advocacy award and was the recipient of a \$1,000 scholarship. He was also a recipient of the \$750 scholarship from the Archdiocese of St. Louis Annual Catholic Appeal's Essay Contest.



Caldwell was chosen as the keynote speaker for the Archbishop's Gala and delivered his speech even though he had injured his shoulder that very afternoon.

Recognized as the salutatorian of his graduating class, Caldwell received the school's prestigious Cardinal Ritter Prep Award. After receiving \$560,000 in college scholarships, he ultimately chose Jackson State University where he will join the university's Honor College. Caldwell accomplished all this while working a part-time job, serving as a member of the Cardinal Ritter

Prep Student Ambassador Organization, participating in the Pathways to Success Program (100 Black Men) and the Intern Leadership Program at Cardinal Ritter Prep where he has received two internships at Nine Network of the Public Media and Clayton Capital Partners.

Caldwell was educated in the Ferguson-Florissant school district. He attended Johnson Wabash Elementary school before moving on to Ferguson Middle School. Caldwell's parents play highly active role models in his life.

Free Intro to Square Dance

Classes starting on Wednesdays, August 9th. Sponsored by Singles & Doubles Square Dance Club. Join us at Christ Lutheran Church, 1 Selma Ave. (at Lockwood) in Webster Groves, 7:30-9:30 PM. Sessions continue on Wednesdays - the first 3 sessions are free, then they are \$2/class.

Couples/singles welcome...no experience needed...casual clothes...mental stimulation and physical exercise. Try square dancing for the health of it!

Contact Susan 314.909.0393; email sbasquaredc@hotmail.com OR Eunice 636.861.6943; email egray12@charter.net

with participants from two churches packing seeds for third world countries at Grace Chapel in Bellefontaine. She is a hospice volunteer attending to those associated with Heartland Hospice, giving her attention and loving care to those in need of it. These include residents of St Sophia, De Smet and Manor Care nursing homes or assisted living communities. Dorothy provides comfort to those needing it, reading to those in her care, praying with them, talking to them, offering them solace and relief to the caregiver.

Dorothy has been an Oasis Volunteer with the Ferguson School District for the past two years, providing one-on-one reading support at BTC school. She has been President of the Women's Guild at Zion Lutheran Church for the past nine years. I remember when the Guild brought me a welcome basket of love, in their home-made cookies, at Christmas of 2012, when I was recovering from major surgery and spending my first Christmas without my husband who had passed away in June of that year. The Guild's thoughtfulness is one of the many kindnesses I will never forget during that harrowing period of my life. The Guild goes to shut-ins at home or in nursing homes spreading God's love in concrete ways.

Dorothy plays lawn tennis once a week at Lake Forest, pick-a-ball at Egan Center, and does water aerobics twice a week at the YMCA. She loves gardening and biking.

I asked Dorothy what advice she would give to live a happy life and she said: "Be willing to give of your time. Give, not with the expectation of getting. Being involved with people is the greatest asset. You learn to treat people with respect. As a mother, you have to give of your time. Money is not as important as being involved with your family." Good advice from a wise woman.

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 314 521 4390



Ask Grandma

My Hero

Do you believe in coincidences . . . or do you believe that a higher force has a hand in events that are too incredible to be true?

I have a true story about my daughter Jean and her husband Bob; and I'll let you determine whatever you wish.

I'm going to let Jean speak for herself:

"Bob and I were in his Dad's boat on the Meramec River. The river was high so the current was stong. We were boating around just fine until we stopped on a gravel bar. When we got back in the boat, the current swept the boat into a fallen tree before Bob could get the motor restarted. The boat sunk! Bob sunk with the boat! I had enough smarts to jump in the fallen tree before the boat went down.

"So I was sitting in this tree freaking out because Bob had not surfaced. To make matters worse, there was a drowned dog in the tree with me. I was starting to panic when out of the clear blue I saw my brothers, Ed and Don, and Don's wife, Dodie paddling down the middle of the river in a canoe. They just so happened to be on a float trip that day and they just happened to be in the exact place on the river at the exact time that I needed them.

"How incredible is that?"

"They pulled the canoe over to the gravel bar across the river from me. Ed yelled for me to stay put; he would come over and rescue me. He assured me that he saw Bob pop up out of the water down-river and that he was OK.

"I climbed out of the tree onto dry land. It took Ed some time to find a place shallow enough for me to cross without destroying my hearing aids. The water was still about chest high where we crossed so it was really tough to keep our footing.

"Bob walked through the woods, back to the gravel bar and met up with Ed, Don, Dodie and me. Once we figured out we were none the worse for wear, Ed decided he was going to rescue the boat. He tied a rope to a tree, put the other end in his mouth and dove into the river just like Tarzan. He swam under the tree and tied the rope onto the boat's motor. After pulling the motor off the boat, the boat became dislodged from under the submerged tree and then popped up down-river, just like Bob had done. Too bad the boat didn't survive as well we did."



My Hero!

Well . . . I personally think that God had a hand in saving Jean and Bob. I keep waiting for them to perform some miraculous deed to change the world.

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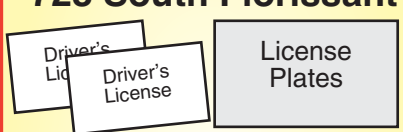
Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Back-to-School Fair & Celebration – Administration Bldg. Sat., Aug 1
- Adventure Club Registration – Community Education Office until Aug. 5
- Teen Gaming at the Library Sat., Aug. 1
- Hip Hop / Jazz Dance Begins. Wed., Aug. 2
- We Are All Ferguson – Wellspring Church. Sun.-Sun., Aug. 2-9
- F-F School Registration – Administration Bldg. Aug. 3-20
- Listen. Talk. Learn.– Various Venues Mon.-Fri., Aug. 3-7
- Trip to Tropicana Casino – Evansville, IN Tues., Aug. 4
- North County Chamber Scholarship Bowl – Crest Lanes. Wed., Aug. 5
- Trip to Milwaukee – Cards vs. Brewers. Fri.-Sun., Aug. 7-9
- Zumba Begins Sat., Aug. 8
- Touch a Truck – Ferguson Church of Nazarene. Sat., Aug. 8
- Black Lives Matter Concert – Berkeley. Sat., Aug. 8
- Book Club Meeting – J&C Barbecue Mon., Aug. 10
- Mystery Meal Wed., Aug. 12
- Natural Childbirth Seminar – Library Wed., Aug. 12
- Concert @ 501 – Kevin Blichik Band. Fri., Aug. 14
- Teen Gaming at the Library Sat., Aug. 15
- Aerobics Begin Mon., Aug. 17
- Jobs & More Training – Library Mon.-Fri., Aug. 17-28
- Brats and Bingo Thurs., Aug. 20
- North County Gala – James Eagan Center Thurs., Aug. 20
- Movie: Cinderella – January Wabash Park Fri., Aug. 21
- Teen Night at the Splash Fri., Aug. 21
- City Council Meeting – City Hall. Tues., Aug. 25
- SKY Meditation Workshop – St. Stephens Thurs.-Sun., Aug. 27-30
- Concert @ 501 – Nitro Band Fri., Aug. 28
- Children's Tumbling Begins Mon., Aug. 31
- Children's Tap and Ballet Begins Mon., Aug. 31
- Beginning Adult Dance Mon., Aug. 31
- Library of Congress National Book Festival – Washington DC . . Sat., Sept. 5
- Trip–Toyota Manufacturing Plant, Red Skelton Museum Wed., Sept. 9
- The Taste of Ferguson – Savoy Sun., Sept. 13
- Chalk for Peace – Flo Valley Sat., Sept. 19
- Celebration of American Association University Women Sun., Sept. 20
- Ferguson Streetfest Fri., Sat., Sept. 25-26

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- Social Security Number
- Proof of Missouri residence

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