

Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

September, 2015

Serving Ferguson and Surrounding Communities



Ferguson Farmers Market

CELEBRATING OUR 13TH YEAR!

This Saturday morning tradition brings you fresh fruits and veggies, picked within 24 hours of our market and brought directly to you by the friendly farmers who grow them.

Enjoy live music in a festive family atmosphere, and discover a wide variety of edible delights, including homemade jelly, farm fresh eggs, cheese, honey, spices, and organic meats. You'll also find an ever-changing array of gift and specialty vendors, selling everything from cut flowers and bedding plants to hand-painted artwork and small-batch soaps.

If it's homemade, handmade or fresh and tasty, you can buy it at the Ferguson Farmers' Market.

Come for the farmers, stay for the fun!

Saturday, September 5:
 American Assn. of Univ. Women Voter Registration, 8:00-12:00.
 Taste in Ferguson, Cooking Demonstration, 9:00-11:00.
 Ferguson Public Library, Children's Activities, 8:00-11:30.
 Yoga, 9:30-10:30.
 Boeing Jazz Band, 9:00-11:00.

Saturday, September 12:
 Mexican Independence Day Celebration, 9:00-11:00, Co-Sponsored with El Palenque Mexican Restaurant.
 Author Fest and Honey & Sweeties, 8:00-noon, buy a book or sign up for some classes, either way nourish your creative side.
 Northern Art's Council, Crafts for Kids, 10:00-12:00
 Ferguson Public Library will have children's activities, 8:00-11:30.
 Yoga, 9:30-10:30.
 Our Lady Guadalupe, Dance & Music, 9:00-11:00

Saturday, September 19
 Cose Dolci Cookie Decorating, Contest Judging at 11:00
 Ferguson Library, children's activities 8:00-11:30.
 Yoga 9:30-10:30
 Retro Band, 9:00-11:00

Saturday, September 26
 Farmers Only 8-11am
 Streetfest Noon to 11:00pm

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

2015 CityWalk
CONCERT SERIES Plaza at 501
 FREE 7PM-9PM
 Upcoming Show...
Dave Black Group
Sept 11

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

September 25 & 26
 Victorian Plaza
 20 S. Florissant Rd.
 Schedule of Events

Friday 4 p.m. to 11 p.m.

- 4:00 - 11:00 StreetFest Market
- 4:00 - 10:00 Rock Climbing Wall
- 4:30 - 6:00 Retro Boogie Motown Funk Concert
- 4:00 - 6:00 Face Painting, Balloon Creations
Kid's Games & Crafts
- 4:30 - 7:00 Strolling Juggler, Magician, & Stilt Walker
- 4:30 - 8:30 Photo Booth
- 6:30 - 10:30 Fortune Teller
- 6:45 - 8:15 Jim Steven's Group Funky Jazz Concert
- 9:00 - 10:30 Dr. Zhivegas Variety Dance Concert

Saturday Noon to 11 p.m.

- 8:00 - 11:00 StreetFest Market
- 12:00 - 6:00 Face Painting, Balloon Creations, Kid's Games & Crafts
- 12:30 - 2:00 Maple Jam Band
- 12:30 - 7:00 Strolling Juggler, Magician, & Stilt Walker
- 12:30 - 8:30 Photo Booth
- 3:00 - 6:00 4 on 4 Basket Ball Tournament
- 3:30 - 5:00 Coco Soul R&B & Jazz Concert
- 5:30 - 6:00 Manly Man High Heel Keg Relay
Girly Girl Combat Wench Relay
- 6:30 - 10:30 Fortune Teller
- 6:45 - 8:15 Pat Liston Rock & Folk Concert
- 9:00 - 10:30 The Coleman Hughes Project R&B & Soul Concert

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

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 ST. LOUIS, MO
 PERMIT No. 05158

See Inside for These Happenings:

- Food Truck Monday**
(see page 3)
- Taste in Ferguson**
(see page 3)
- City Council Dates**
(see page 4)
- Library Events**
(see page 12)
- Allied Waste Holiday Pickups**
(see page 3)

FREE ICE CREAM SOCIAL
 At the Ferguson Cabooses during StreetFest.
 Help us celebrate the winning of the Ferguson Municipal Library as the "Best Library in the Country." See details on Page 16.

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



Greetings from CityWalk

At the last quarterly membership meeting, FSBD (Citywalk) decided that our Fourth of July parade float should honor our own Hometown Heroes – the police, firefighters, and EMTs that are headquartered right here in the heart of Citywalk.

Linda Hensiek of Benton's for Hair and Robin Shively of Corners Frameshop & Gallery came up with the design featuring a police car, firetruck & ambulance. There were also puppets representing a police officer, a fireman, & an EMT. Mike Palmer of Monterey's Cigar Lounge provided the trailer, while Bob McCarty of Painted Effects, Rob Chabot of Mobile Eyecare Solutions and Toni Roper from the City of Ferguson helped Linda & Robin decorate the float. On the 4th, Tom Hensiek drove while Robin, Linda and Toni were joined by Chris & Maureen Zeugin of Edward Jones. They all had a fun time handing out candy & using the puppets to give "high-fives" to the children along the parade route. The float won Second Place for Best Theme! If you missed the parade, the vehicles & puppets from our float (and our trophy!) are currently on display in the windows at Corners.

The Ferguson CityWalk Concert Series is nearing the end of another successful season. Smooth jazz, R&B, blues, Latin, Motown, Pop, Disco, & Rock have all played underneath the stars at Plaza at 501. There are two more shows lefts. Things will be jazzy on September 11, 2015, with the Dave Black Group. Then enjoy StreetFest later in the month. The concert series will resume for the final show on October 9, 2015. This will be something new; *Blend*, an a cappella quartet will bring fun loving music of the 50s & 60s. Pack a lawn chair in your car and make plans to join us. Or come early and grab a picnic table. Two concession stands are available on site.

We have two months remaining in our Monday food truck series. The next Food Truck Monday will be September 20, 2015. With one month remaining, September is the perfect time to make another visit. 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.

The Streetfest 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 with 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, located at 427 S. Florissant Rd. Our next meeting is September 17th, 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

Cooler Temperatures, days getting shorter, pumpkin ale brewing at the brew house, quiet streets during the day, and some strange phenomenon called StreetFest being advertised. It must be September and time for the end of Summer Plumbers Crack.



a hole in it. Take a small screwdriver or an ice pick; stick it through the hole and lift it out. Usually the little spring will come with it. Drop a new seat and spring in and and put it back together. Repeat on the other side and just like that you have a new faucet.

Well followers of the Crack, last month we talked about repairing older style faucets so this month we will talk about the so called washerless faucets. Some of the most common brands, whether they be single handle or two handle, have some of the same parts in them. They are not washers but they do need to be changed periodically.

They have two little springs and rubber cups that drop down in a slot. A cartridge sits over them. The cartridge is plastic and has a opening so that as you turn the faucet that opening is slid to a tube in the faucet which lets water pass through the seat and spring. Too much info Huh?

Well let's talk about the easy part – repairing them.

On the two handle you very simply turn one Phillips screw and pull off the handle. You will then see a chrome ring around the cartridge that is the bonnet nut. (Don't forget to turn off the water first.) Turn that nut counter clockwise and remove it. Next take the stem and pull straight up. It should come out pretty easy. Set it behind the faucet exactly how you pulled it out so that it goes back in the same way. Now look into the open space and you will see a little piece of rubber with

The single handle is a little more difficult and there are a lot of different cartridges and styles. You would be better off getting the name off the faucet or take a picture of it. Go to your local hardware store where they should have the parts and installation instructions.

Then, if you think you can handle it, take your parts and get busy. If not, call your local plumber or handyman. Just make sure your handyman is familiar with the faucet. They are easy to screw up .

It's September and this city is looking good. Great things are beginning to happen. My favorite and what I consider the jewel of the city is CityWalk.

The Ferguson Brew House is opening back up is going to be better than ever. Let's support Joe and Sue and over worked Mikey and put them back on the map.

I'll end this month as I always do: Support your city, get to know your neighbors, look out for the elderly and offer them a ride to church. HUG them babies and pray for the one we lost.

See you at Streefest!
God Bless You All

Oh Baby

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 inclusion in the following month's paper.

P8563, D8563

Premier Plumbing Solutions

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

Dave Walters (Oh Baby)
Master Plumber / Drain Layer / Licensed / Bonded

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

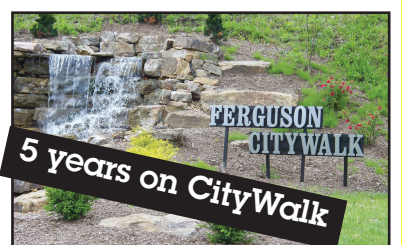
524-0222!

Joining with our friends and neighbors to **CELEBRATE**



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

Member SIPC **Edward Jones**
MAKING SENSE OF INVESTING



www.edwardjones.com

Notice of Public Hearing

Tax Rate — Ferguson Municipal Public Library District

A Public Hearing will be held at 7:00 p.m. on Monday, September 28, 2015, at the Ferguson Municipal Public Library District, 35 N. Florissant Road, at which citizens may be heard on the property tax rates proposed by the Ferguson Municipal Public Library District, a political subdivision.

The tax rates shall be set to produce the revenue that was budgeted for the fiscal year beginning July 1, 2015. The rates allowed under the existing tax rate ceiling are at or below the \$0.2200 authorized by Ferguson voters. The Library District may make adjustments pursuant to Missouri Revised Statutes Section 137.073, and as required by Law, in accordance with Article X, Section 22 of the Missouri State Constitution.

Plan For The Date & Make Your Float Great!

Sunday, November 30,
Annual Community Holiday Celebration

**FERGUSON
NORTHERN
LIGHTS**

Parade Application available at fergusoncitywalk.com

Join the planning committee
Next Meeting: 9/9/15 • 6 p.m. • Ferguson Community Center



Lemonade Day is empowering today's youth to become tomorrow's entrepreneurs. Program participants learn what it is like to run their own business. Please support the youth you see around town selling lemonade. On Saturday, September 5, a number of stands can be found at the Ferguson Community Center from 11:00 a.m. to 3:00 p.m.

For information visit LemonadeDay.com
For information visit LemonadeDay.com


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

3rd Annual
**THE TASTE
IN FERGUSON**

A FUNDRAISER FOR THE ROBBIE MCGARTLAND / SAMANTHA LIPKA MEMORIAL SCHOLARSHIP FUND

- Food Sampling • Beer and Wine Tasting
- Celebrity Chef Cooking Demonstrations
- Music by Dave and Them Band
- Music by Brian Owens • Family Fun
- Kids Activities by Magic House & BeBe the Clown



Premier Event Sponsor

Sunday, September 13, 2015 • 3-6 p.m.
Savoy Banquet Center
 119 S Florissant Rd | Ferguson, MO
 (Tickets \$20.00 • Children 10 & under FREE)

Buy your tickets at
 Whistle Stop Frozen Custard, I Love Ferguson Store, Robinwood Automotive,
 Roper's Ribs, The Ferguson Farmers Market Saturday Mornings 8AM-Noon,
 and online at www.TheTasteInFerguson.com

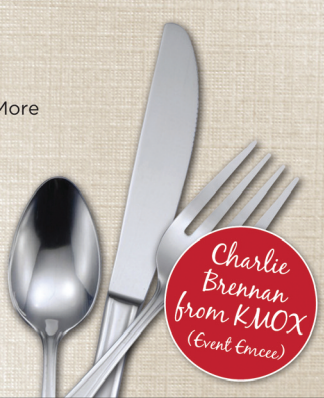
Our returning culinary vendors:

■ Breakaway Cafe	■ Faraci's Pizza	■ Schnucks Markets
■ Cornerstone Bakery	■ Marley's Bar & Grill	■ Whistle Stop
■ Cose Dolci Bakery	■ Mimi's Subway Bar and Grill	■ Wilsing Design and Desserts
■ Drake's Place	■ Papa Murphy's Pizza	
■ Earthdance Farms	■ Paul's Market	
■ El Palenque Mexican Restaurant & Cantina	■ Piecraft	
	■ Sam's Club	

New to the Taste this year:

■ Cathy's Kitchen	■ Natalie's Cakes & More
■ Ferguson's Burger Bar & More	■ Roper's Ribs
■ J&C BBQ and Blues Restaurant	■ USA Market

Celebrity Chef Cooking Demonstrations by:
St. Louis' own... **Lia Weber**
 2014 Winner of TLC's "Next Great Baker"
 -AND-
Mike Johnson
 owner of Sugarfire Smoke House and
 National BBQ Competition Chef



Charlie Brennan
from KMOX
(Event Emcee)

CLASSIC
ALBUMS LIVE

DARK SIDE
OF THE MOON

OCTOBER 16

Classic Albums Live: Dark Side of the Moon at the Touhill

Classic Albums Live is a group that recreates the musical brilliance of the 60's and 70's most enduring albums – start to finish, note-for-note. It is not a tribute or cover band. Rather, it is a live performance of one of the greatest pop/rock albums ever performed by some of the country's finest musicians, an ensemble created for the nuances of the specific album. The group will perform Pink Floyd's Dark Side of the Moon on Friday, October 16th, at the Touhill at UMSL.

For tickets or more information, call 314-516-4949 / 866-516-4949.



**Food Truck
Mondays on the Walk is Here!**






September 21, 2015
11 a.m. to 2 p.m.
Plaza at 501, 501 S. Florissant Rd.
www.fergusoncitywalk.com



Ferguson Community News Page

The ties that bind us

By Mayor James W. Knowles III

“For in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's futures. And we are all mortal.”



*F. Kennedy – 1917-1963
35th President of the United States*

As I sit down to write this month's article, I have just returned home from vigil mourning the senseless killing of one of our community's most precious and most innocent lives. News of the killing of Jamyla Bolden not only shook the neighborhood, but the heartbreaking news reverberated around the country. There was no debate that this very innocent life mattered to each and every one of us. As I stood in the street, surrounded by mourners, I took note of the people all standing in solidarity with Jamyla's family. As I scanned the crowd I saw faces of every different race and ethnicity, I saw police officers standing next to protesters, and community leaders out in the neighborhood interacting with community members. The very worst of incidents appeared to bring out the very best in our community.

This display of unity was a very different picture than had been witnessed just weeks before; where only two blocks from where the mourners had gathered, lines of police squared off against angry protesters blocking the streets. The gap between some members of the community and the police was as visible as ever, with vulgar anti-police slurs and water bottles being hurled at officers, it seemed unlikely that the burgeoning gap was to close any time soon. While positive dialogue had been occurring over the past weeks and months, the reality is there is still a long way to go to heal that divide and build trust in the community. Then tragedy struck, and people realized they shared the same heartbreak, the same grief, and now the same cause.

While standing in the street, listening to the words of family members crying out over the bullhorn, I could see on the faces of every person in attendance, the heartfelt sorrow and empathy towards the family. Mourners didn't have to be from the community to understand the loss; they didn't have to have a child of their own to feel the pain; and certainly no one cared about the color of anyone's skin, because a tragic death such as this knows no racial boundaries. We were one community sharing in the loss together, supporting our neighbors, often times who were complete strangers, through the toughest of times.

When faced with tragedies such as this, people often seek understanding and comfort in their religious faith. Though it is hard to understand and even harder to accept, many may seek a divine plan in tragic events. The hope is that something good is destined to come from such a terrible act. Even those without faith, who believe that events in life are mere coincidence and not from divine providence, know that tragedy can inspire people to right action. This night, I saw the seeds of that inspiration taking root.

As I noticed many familiar faces of protest leaders at the vigil, there was a stark difference in the rhetoric coming from those bullhorns. You could still hear the pain and anger in the tone of the speech, but the words no longer sought to be a wedge between the police and the community. Instead, I heard pleas for cooperation, not confrontation with police. The overwhelming call for justice for this innocent life superseded any code of silence on the street or any feelings of anger for past incidents with law enforcement. They called for the community to be a partner with police, to find justice for Jamyla. It was a bold call to action, and one, if successful, could lead to a real breakthrough in the police/community dynamic.

As the family and community mourn this tragedy together; it is hard to see anything but loss and feel anything but pain. But, as we move forward to seek justice for this crime, we can also honor Jamyla's memory by marking this moment as the point in which police and protestor can find those common ties that bind us. This could be the moment where we noticeably begin to bridge the gap between law enforcement and members of our community. Where we can see the benefit or working with and not against one another. Through this cooperation, I have the utmost confidence in our Police Department and our community's ability to find the perpetrator of this heinous act and by continuing those cooperative efforts; we can and will build a stronger and safer community, for all our residents.

Dellwood Community Day/City Parade

Saturday, September 19, 2015
Parade 10:30 a.m. from Al Nicolai Park 1641 Atmore Dr. to the Dellwood Community Center 10266 West Florissant Ave.
The Business Expo and Health Fair will start at 11 a.m.
In partnership with the City of Ferguson, the Business Expo will include Ferguson Businesses.
For more information Dellwood Recreation
Phone: 314-393-0825 Email: mcrumer@cityofdellwoodmo.com



Train Trestle Park Keeps Getting Better!

A special thank you to Linda Hensiek and the Ferguson Community Service Program for beautification of the area. Your work is appreciated!



The Ferguson City Council will meet twice in September. The meetings will be held in the City Council Chambers at 110 Church Street. The meeting dates are:
Tuesday, September 8 at 7:00 p.m.
Tuesday, September 22 at 7:00 p.m.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Sept 1 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	Sept 10 7 pm	Ferg Community Ctr. 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	Sept 15 6 pm	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	Oct 8 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	Sept 14 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	Sept 14 7 pm	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	TBA	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Check website or call for updates	Keith Kallstrom 314-524-1720
North Elizabeth Assn	Sept 14 7 pm	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.

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: Wed., Oct 7 (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: Wed., Oct 7 (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, Oct 7 (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, Oct 5 (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.

The Wayside Dog Park is now half price for the half of the year.

Yearly Fee: \$15 Residents; \$30 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, Oct 19; Wed, Oct 14; Fri, Oct 16 (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, Sept 26 (Ongoing 6 week sessions)
Time: Sat 9am
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

AQUATICS

**Labor Day, Sept 7th will be the last day the Splash at Wabash Aquatic Center is open.
Splash Phone (314) 521-1313**

Dog Splash

Bring your dog out for an evening of swimming and socializing.

Age: Open to all ages (children must be with an adult)
Date: Wed, Sept 9th
Time: 6pm-8pm
Location: Splash at Wabash Aquatic Complex
Fee: \$10/per dog and one human; \$3/additional human

ATHLETICS

Adult Softball

Break out the glove and step up to the plate in the Ferguson Fall Softball League!

Ages: 21 and up
Days: Sun, Thurs, Fri
Times: 6:30-9:30 pm,
Location: Forestwood Park

Sunday Fee: Men's League

Sun, Sept. 13
\$310/Residents
\$350/Non-Residents

Thursday Fee: Senior League

Thurs, Sept. 10
\$310/Residents
\$325/Non-Residents

Friday Fee: Coed League

Fri, Sept. 11
\$190/Residents
\$230/Non-Resident



Women's Adult Volleyball

Calling all teams for women's volleyball! Come on out and show your stuff for either our Monday or Thursday Leagues!

Ages: 18 and up
Date: Monday September 14; Thursday September 10
Times: 6:30-9:30pm
Location: Ferguson Middle School
Fee: \$180/Resident; \$195/Non-Residents

Cricket Camp

Cricket is a growing sport in the St. Louis area and this is the perfect opportunity for your young ones to get introduced to the game. They will learn the basic fundamentals and have a lot of fun in the process, while learning from an experienced coach during this six week camp. All of the equipment is provided. All that is needed is the proper athletic attire, tennis shoes, water, and a snack. Don't miss this perfect opportunity to learn more about this popular European Sport!

Ages: 7-14
Date: Monday, September 14(six weeks)
Times: 6:00-7:30pm
Location: Forestwood Park
Fee: \$10

TRIPS

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 Bristo. Next travel to Vincennes, Indiana for a visit to the Red Skelton Museum of American Comedy.

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

(Continued on Page 6)

TEEN TRIPS

Haunted House

Ages: Teens
 Date: Fri, Sep 25
 Time: 5:30pm-9:00pm
 Fee: by 9/18: \$15/Residents; \$20/Non-Residents
 Fee: after 9/18: \$20/Residents; \$25/Non-Residents



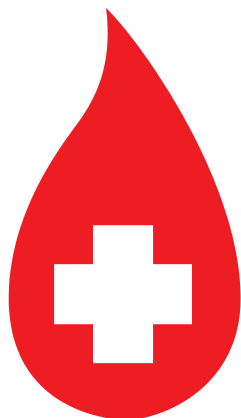
Six Flags Fright Fest

Ages: Teens
 Date: Sat, October 17
 Time: 12:00pm-11:00pm
 Fee: by 10/9: \$20/Resident; \$25/Non-Residents
 Fee: after 10/9: \$25/Residents; \$30/Non-Residents

SPECIAL EVENTS

American Red Cross Blood Drive

The Ferguson Recreation Department will be hosting a Red Cross Blood Drive at the Ferguson Community Center, located in the Event Center at 1050 Smith Avenue. It will be taking place on Thursday, September 3rd from 2:00pm to 6:00pm. To schedule appointments go to redcrossblood.org and enter the sponsor code: FergusonCC. Please bring a valid ID.

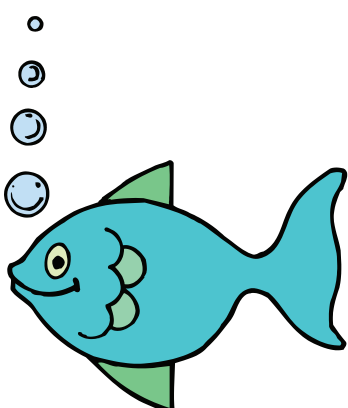


Fishing Tournament

The 30th annual Kid's Fishing Tournament will be held at the January-

Wabash Lake. There will be 2 age divisions: 10 years old and under or 11-16 years old. Awards will be given for the heaviest stringer and largest fish in each age division. All participants receive a bag of goodies and a certificate of participation.

Ages: 5-16
 Date: Sat, September 12
 Times: Sat, 8:00am-12:00pm
 Location: January-Wabash Park
 Fee: \$3/Resident; \$5/Non-Resident



Riverview Gardens Schools to Receive Apple Ipad, Mac Books

Secondary teachers in the Riverview Gardens School District received new Apple Ipad and Mac Books Friday, July 31st aimed at helping students analyze data, make connections and improve literacy.

Apple ConnectEd Program representatives and school district officials will assist teachers with setting up the devices during the new technology roll out at three schools in the district. Earlier this year Riverview Gardens was awarded a grant through the White House ConnectED initiative which will provide Central Middle, Westview Middle and Riverview Gardens High School comprehensive 1:1 technology solution for every student and teacher.

By integrating the technology and software with curriculum, teachers will be better equipped to provide relevant hands on experiences and learning connections outside of the classroom.

Teachers will have time to become familiar with the new devices through interactive sessions with local Apple store and ConnectEd Program representatives.

These Books Need New Homes!

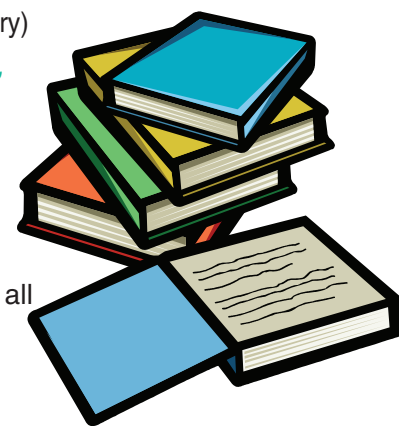
FLIERS (Friends of the Ferguson Library)

FALL BOOK SALE

Friday, October 23
 Noon to 5:30 pm
 and
 Saturday, October 24
 9:00 am to 3:00 pm

All proceeds go to the library and all workers are volunteers

Library Auditorium
 35 No. Florissant Road



**VOLUNTEER WITH YOUR HEART IN 2015
 PERHAPS YOU CANNOT GIVE FINANCIALLY
 BUT YOU CAN BRING COMFORT
 INTO SOMEONE'S LIFE**

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

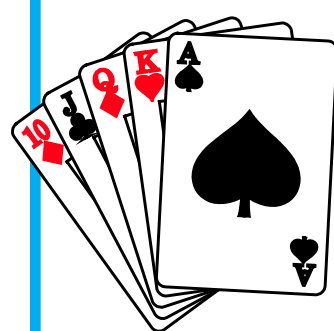
Volunteers are the heart of the Hospice Team.

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

REDSKINS

Daniel Snyder, owner of the NFL Redskins, has announced that the team is dropping the word "Washington" from the team name, and it will henceforth be simply known as "The Redskins."

It was reported that he finds the word 'Washington' imparts a negative image of poor leadership, mismanagement, corruption, cheating and lying, and is not a fitting role-model for young fans of football.



Women's Fellowship Immanuel UCC
Cards & Luncheon

Thurs., October 8
 (doors open at 10:00 am)
 Lunch at noon

\$10.00 Donations

Call Chris for tickets 522.1886
 or church at 521.7324
 Ticket also available at door!

Raffle Tickets \$1.00 or 6 for \$5.00:

Handmade Quilt, Afghan, Flower Arrangement, a Miniature and Hand Craft Wood Shelf.

Immanuel UCC, 221 Church Street, Ferguson

STAND UP & OUT RALLY CONCERT

oh yeah! It's Free

PROJECT 3:FOURTEEN Partnering with FELLOWSHIP OF CHRISTIAN ATHLETES

BE BOLD IN YOUR FAITH & STAND UP & OUT FOR JESUS CHRIST!

BE THE SALT BE THE LIGHT

SAT. SEPT 26, 2015
Doors Open @ 6PM
 @ THE NORTH COUNTY REC PLEX
 2577 Redman Ave, St. Louis, MO 63136

Hosted by, Minister, Ryan Camper, Founder of Project 3 Fourteen
 Phone: (314) 504-7131
 Email: Project3fourteen@yahoo.com
 Web: www.project3-14.org

Vendor booths available
 Grab your FREE tickets @ www.standupyourthally.eventbrite.com

Speaker: Pastor, Arbie Peterson, of Memorial Tabernacle Christian Life Center

Featuring Gospel Recording Artists



Provident Announces 'Spirit of Provident' Award

Recognizing Contributions to Quality of Life and Community

Inaugural Recipients: Risa Zwerling and Mark Wrighton to be honored at February 26, 2016 Gala

The Board of Directors of Provident has created the Spirit of Provident Award, granted to members of the greater community whose achievement and dedication truly advance quality of life in St. Louis. The inaugural honorees will be Risa Zwerling and Mark Wrighton, Chancellor of Washington University, acknowledging their many years of working individually and collaboratively to strengthen the St. Louis community.

Dr. William H. Danforth is serving as the gala chairperson to be held February 26, 2016 at the Four Seasons Hotel. The event also will mark the 50th Anniversary of Life Crisis Services, a division of Provident that provides suicide prevention services, and counseling for individuals and families marked by suicide.

The keynote address will be provided by special guest Kevin Hines, author of Cracked, Not Broken, a memoir about his attempt to take his own life by jumping from the Golden Gate Bridge. He is now an internationally known author and mental health advocate.

Registration is open for the event at www.providentstl.org

About the Spirit of Provident Award

Each year, in conjunction with the Spirit of Provident Annual Gala, the board will consider those individuals and organizations who have demonstrated leadership in improving the future of our community and its citizens; shown compassion for those at-risk in our community; demonstrated commitment to ensuring access to high-quality mental and behavioral health services; and shared a commitment to both action and investment.

Rain Gardens



One look at the photo above convinced me that I needed to investigate the installation of a "water garden." It looks just like my backyard . . . the spot where water gathers before running into my neighbors yard. The heavy rainfall we have experienced this year can cause damage to grass and foliage, multiply mosquitoes and cause leaky basements.

A good way to solve these problems is a rain garden. Type in 'rain gardens' on your computer and look at the many solutions to the water problems that tax our sewer systems and contribute to pollution in our drinking water.

Know the warning signs of **STROKE** and act **FAST**

Face – Facial droop, uneven smile
Arm – Arm numbness, arm weakness
Speech – Slurred speech, difficult to understand
Time – Call 911 and get to the ER

Full Lawn Maintenance & Landscaping

- Full lawn care
- Leaf removal
- Curbside leaf vacuuming
- Commercial
- Residential

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 Ferguson resident for 56 years!

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And . . . Don't Forget Our Leaf Vacuuming Service!

You bring your leaves to the curb (not in the street) and then give us a call. We will vacuum and dispose of them. You have no backaches, no bags.

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When the last tornado removed their roof and deposited it on Hereford, the insurance company gave these homeowners a choice, move or rebuild. The homeowners chose to rebuild with terrific results!
Available in the next few days!



16 Cardigan Dr. \$136,900

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We are excited to welcome AMY BEIKIRCH-JAMES to Pearce Neikirk and Partners. Amy will be wearing many hats with us but Amy's primary role will be as an agent committed to helping you buy a home or sell your home or business.

"I am originally from Rochester, NY but have made Ferguson my home and community of choice for myself and my children for the last fifteen years. I have also been teaching English at Incarnate Word Academy over the last twelve years and am proud of IWA's commitment to educating the young women of North County and metropolitan area."

Amy can be reached at 314 660-8050 or at amybeikrich-james3@gmail.com.

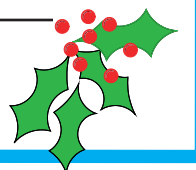
Barrietta Killiebrew makes selling and buying homes a learning and gratifying experience with buyers and sellers. She has over 17 years of experience, and knowledge in which she has gained from working at Coldwell Banker Gundaker, and Berkshire Hathaway Home Services Select Properties as a real estate agent. Barrietta is dedicated and will go the extra mile to secure a closing for her buyers and sellers. She is a graduate from Lindenwood College and a resident of Ferguson. She is also a HISTORYMAKER and will be featured in The Library of Congress announced as permanent Repository for The HistoryMakers Collection. Barrietta may be reached at 314 497-0229 or at barrietta@sbcglobal.net



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



LEARN MODERN SQUARE DANCING FOR 10 WEEKS

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Registration startings Sept. 10 and closes Sept. 17

At Florissant Valley Christian Church

1325 N. Highway 67, Florissant MO

BEGINNING AT 7:15 PM

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The Ferguson Computer Corner

by Doug "always ready" Neely



September, And Still Counting 2 Christmas!

you know, it used to be that school started in September, not August. this means that the kids will be in school longer, and that makes it seem that Christmas is further away than it actually is. well, lots of things used to be, but not anymore, it seems.

it used to be that M\$ wanted to be paid real healthy for their products, especially Windows. now they are GIVING IT AWAY! why? i think they don't want to deal with 8/8.1 anymore so much that they are willing to take a big hit to their wallet. i also think M\$ is trying to get us into 10 like the Democrats wanted us to sign up for health-care. (remember nobody could read it; they had to pass it before they were allowed to see what was in it?) well, it seems that M\$ is also desirous of having 10 on computers that i have heard (from a reliable source, of course) that M\$ has their servers force-feeding 10 to all win 7/8/8.1 puters on large business networks thru the built-in windows updating service, which exists on all windows OSs.

now, this does not (at THIS time) affect our personal home puters. i guess M\$ still wants to give us the chance to buy it from them for our windows 7/8/8.1 puters first. at least until after the one year anniversary of 10's rollout. after that, everyone has to pay.

you should also know that the conspiracists still believe that M\$ has a kill switch in all windows, & they will throw it when the only OS you can get is 10. but M\$ wouldn't do that, would they?

Speaking Of 10, dept.

it appears, in MY experience, that 10 will indeed run most of the programs you used in prior OSs. i put 10 on 3 puters, and 10 ran 5 of the 7 programs i installed. one of those programs was made to run on XP & Vista; SURPRISE! so, there is no guarantee, but it's most likely that 10's impact on older programs isn't going to be as bad as we thot.

as a side issue, after installing 10 on these 3 puters, almost all the drivers needed were provided by 10; there were only a handful for me to personally oversee the installation of. once i told 10 to find the drivers, it took only 30 seconds for 10 to locate drivers online & install them. these puters were between 1 & 5 years old. that was really COOL! :) so, if 10 is forced upon you, at least it will work, mostly.

ME GO NOW!

when i wore a gun & badge, the most common thing we said to each other (usually when we would get that call and look serious at each other) was "well, ya never know". it would be then that living the Boy Scout motto of "BE PREPARED" became very important. (i believe it is wise to keep that in mind throughout our daily lives.) i think that is what God is trying to tell us. BE PREPARED, because you never know when you will get that call. but fear not, for He is not willing that any should perish, but that all will have eternal life with Him in heaven. me go now to prepare for something, and i know not what, or when. but i WILL be PREPARED! gimme a call if you would like to prepare yourself. God bless you!

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

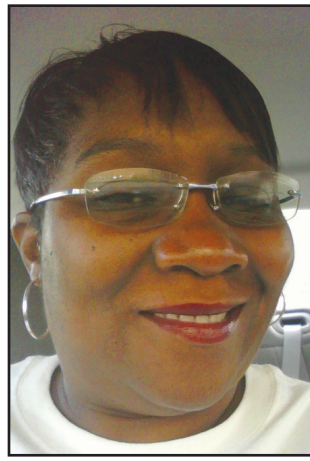
If you would like to get some of Doug's FREE puter advice (or whatever) call him in the PM hours at *314*521*1789*. Remember to disregard the outgoing message from the machine, wait for the beep, and leave a short message; he will call you back. When emailing, make sure to include your local phone #, and put "i need puter advice" into the subject line. Send your missive to:

fergusoncomputercorner@aol.com
You will be contacted as soon as possible.

Praise God from Whom all blessings flow!

5 Things You Can Do To Make Social Media Work for You

By LaTease Rikard



Why haven't you integrated social media marketing into your business? The answers may vary. Maybe it's because you haven't seen any results from it, you know "I tried social, but it didn't work," syndrome. Here are 5 things you can do right now to get results from your company's social media efforts.

1. Include social media into your marketing calendar. For instance, if the President of the company is speaking at an event, make sure you let your customers know about it. YouTube it, Tweet it, Facebook it, Instagram it, or email it, BEFORE the event happens. In the old days, a press release would have worked. Now, your customers are responding in real time. Train your social media department to think proactively, to get in front of the event, not behind it. This requires keeping a calendar of events so your marketing department can plan a course of action around the upcoming event. Make sure this information is available to everyone on the team, and each member knows the tasks they're responsible for. If you have budget restraints, use any number of free sharing tools, like Google Docs or Google Spreadsheets to keep each team member informed of upcoming events, as well as different tasks that need to be completed for those events. This way you are able to share updates, etc. with all members of the team. Always support your thought leaders and executives by showing up and noticing what they do. It will pay off in the long run.
2. If possible, video the event, then upload it to YouTube or Vimeo. Share the link those video marketing sites provide you with across social platforms like Facebook, Twitter and others to gain as much marketing traction as possible. I recommend utilizing the time saving app Hootsuite. Hootsuite allows you to share your content to social media platforms so you only have to post once. There is a free model of Hootsuite, which allows for the sharing of 3 social networks to get you started. Just type in whatever you are sharing and then select the social media networks you want to share it with, then voila! You've just shared your event across multiple networks in a matter of seconds. Make sure everything you produce for the web is shareable.
3. When sending emails to your customer base, make sure you include any available social share icons so your customers can share your great content with their friends and family. Remember, no one knows how great your business is if you don't tell people about it! Here is an example of social share icons you should be using each time you speak to your customers. 'Share This' is a free tool that will allow you to integrate that icon box into your content. Remember, it's free, so go get it!
4. Reward your most active influencers, the ones who frequently share your social posts, give them coupons or loyalty points for their next shopping experience. Give them a shout-out on your social page like Facebook, create a shout out day, like Shout Out Saturday, where you recognize your most active commenters and those that share or Retweet (on Twitter) the most. One of the most gratifying experiences for us as humans is to see our name in print, especially being rewarded for good deeds. It lets them know they are important to you, and you appreciate what they are taking time out of their busy day to do for you. This goes a long way in customer retention and growth. Remember it only takes one bad experience to travel at an exponential speed; yet one good experience can quickly go viral.
5. Another idea is to talk to your influencers one on one. Quote them on your website or in social media. That counts as a testimonial, and again, it is recognition for that person. This seemingly small task, will create a desire and others will want to feel good about themselves. See, when you do something for others that they are looking for, they will view your business in a new light. Look at your business as an extension of yourself. You are there to be a help to others. Making money is just a side benefit. Doing these 5 things daily will definitely make you a social media Zen master. It's simple, but most importantly it requires some planning, as well as some thought into what you want your social media marketing to accomplish. When planning your posts, think of the end result first, and then let your thinking evolve from that.

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1- Based on internal wet braking test results versus Goodyear Assurance Comfort[®] Touring tire size 18S2815.
2- 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See MichelinMan.com for warranty details.
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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.

Last month 'debt' was the topic and this month I figured it might be a good time to review 'interest rates' and what they mean when you are acquiring debt. As I mentioned last month the debts of nations can cause havoc with their economies often causing a domino effect across the globe in our modern world. Debt is a problem and the interest being paid by some countries is crippling them and it can do the same to individual consumers.

We've heard so much about payday lenders and the ridiculous interest rates they charge. Legislation to protect consumers from predatory lending always seems to scrutinize the payday loan industry comparing them to loan sharks. On the flip side we also hear how some folks need to have the ability to borrow and they can't meet the standards of the more reputable lenders, so there is a need for high risk lending. A recent newspaper story gave examples of how loans from high risk lenders can really turn into a nightmare quickly. The interest rates are so high that if a payment is missed they build up quickly to create an unmanageable debt. The article pointed out that in Missouri the laws do not prevent these types of lenders from setting up a loan with provisions that can keep you in debited to them for years and create a windfall for the lender in interest and fees.

So it's a good idea to understand the different methods of calculating interest and how you can avoid high risk lenders by keeping up with your loan agreement. It has always been confusing and although reforms to protect consumers are in place, we still read stories like the one I mentioned earlier where an \$80 loan turned into a debt of almost \$25,000. How does this happen? I think it must be lack of knowledge. So what if instead of new laws we could educate people to reduce the customer base for those high risk lenders.

The annual percentage rate known as the APR is the figure you usually look for when comparing loans. It may or may not match the actual interest rate in the contract. So it helps to understand how the interest amount is figured because as you will see the methods vary and it can make a difference in the amount you will pay.

There are 3 main ways to calculate interest in lending: the add-on method, the discount method and the remaining balance method. The add-on method is probably the most common and is basically considered a simple interest type of loan. The loan amount is multiplied by the interest rate in the contract and then multiplied by the length of time for repayment – months or years. Here is an example of how it would work for a four year loan of \$1000 at 10% with annual payments:

$\$1000 \times .10 \times 4 = \400 this would be the total interest amount and each annual payment would be \$350. So the total amount paid back at the end of four years would be \$1400. (350×4)

The discount method works pretty much like the add-on method except the interest amount is subtracted from the loan amount in the beginning. So in the example above the borrower would receive a \$600 loan and pay back the loan in annual payments of \$250 each year. So the interest paid would be \$400 just like the example above. In this case the borrower is only able to use \$600, so this loan seems to cost more.

The remaining balance method is different mainly by the fact that you don't pay interest on the funds that have already been paid back. With this method we have two ways to calculate one with equal payment amounts with some applied to interest and some applied to principal. The other method would have equal principal payments with the interest amount reducing the actual payment amounts for the four years would go down each year.

With the equal payment method on our \$1000 loan the interest for the first year is \$100 ($1000 \times .10$). To determine our payment amount we need to check an amortization schedule to find the factor to be able to come up with equal payments. After using the factor of .31547 I came up with four equal payments of \$315.47. See how these are applied:

1st payment \$315.47 (principal portion is 215.47 interest portion is 100)
 The principal amount is now $\$1000 - 215.47 = \784.53 . So for the second year our new interest amount is $\$784.53 \times .10 = \78.45 .
 2nd payment \$315.47 (principal portion 237.02 interest portion 78.45).
 The principal balance is now $\$784.53 - 237.02$ which is \$547.51. So our new interest amount for the third year is $547.51 \times .10 = 54.75$.
 3rd payment \$315.47 (principal portion 260.72 interest portion 54.75)
 Now the new loan principal amount is 547.51 less $260.72 = 286.79$.
 The last payment has only \$28.68 going to pay interest and the remaining amount is \$286.79 for principal and the loan is paid off. In this example the total interest paid over the four years comes to \$261.88 which sounds much better than \$400 in the first two examples.

The other variation has equal principal payments, so the payment goes down each period because the principal amount being paid toward the loan balance is



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Custom-made wood benches are now lining the walls of the Cork Wine Bar. They are 4 inch thick oak boards sawn from a tree felled by a recent Ferguson tornado. The benches are comfortable as well as attractive.

GOOD TIMES
GREAT FOOD & COCKTAILS
LIVE MUSIC FRIDAY & SATURDAY NIGHTS



And Now a Word from Our Planet

September is a good time to save for winter by sealing air leaks. Get ideas by visiting energysavers.gov.

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

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EVENINGS & WEEKENDS

always the same. So in this example we would see payments like this: 1st year $\$1000 \times .10 = 100$. The principal payment would be $1000/4 = \$250$; so the first payment would be \$350 and then \$325, then \$300 and the final payment would be \$275 (25 interest and 250 principal.) To compare these 4 calculations see the table below and you'll notice this method is the least costly.

	Add On method	Discount method	Remaining Bal Equal principal method	Remaining Bal Equal principal method
Borrowed	\$1000.00	\$600.00	\$1000.00	\$1000.00
Repaid	\$1400.00	\$1000.00	\$1261.88	\$1250.00
Interest paid	\$400.00	\$400.00	\$261.88	\$250.00

Who wouldn't choose the last method if they could see this – remember the interest rate was the same 10%

Next month, I'll be looking at high risk lending a little more and possibly ways to avoid the traps people can get into with loans. If you have comments or suggestions please e-mail me at consultjoan@att.net

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We are now taking reservations for Pumpkinland. Schools & groups call now to reserve your preferred time!

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--	--	--

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Easy Apple Crisp



Ingredients

- 6 -8 tart apples, peeled, cored, and sliced (such as Granny Smith)
- 2 -3 teaspoons lemon juice
- 1/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter
- 1 cup flour
- 1 cup brown sugar
- 1/2 cup butter
- vanilla ice cream or fresh whipped cream

Directions

Toss apples with lemon juice, sugar, and cinnamon; turn into an 8x8" baking pan that has been lightly coated with no-stick cooking spray; dot with butter. Cut together flour, brown sugar, and butter until crumbly; sprinkle evenly over apples. Bake at 350° for 30-40 minutes until apples are tender; serve warm with vanilla ice cream or fresh whipped cream.

VARIATION: This recipe can be made diabetic-friendly by substituting Splenda for the granulated sugar and substituting 1/2 cup Splenda for 1/2 cup of the brown sugar - the remaining 1/2 cup of brown sugar is still used.

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"Friends Supporting Ferguson" meeting at Vincenzo's. See story on Page 18.



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Tues., Sept 1cookies dough	Wed., Sept 16.....German chocolate
Wed., Sept 2smore	Thurs., Sept 17snicker
Thurs., Sept 3.....chocolate M&M	Fri., Sept 18cookies and cream
Fri., Sept 4.....mint Oreo	Sat., Sept 19butterfinger
Sat., Sept 5.....chocolate malt	Sun., Sept 20.....closed
Sun., Sept 6.....closed	Mon., Sept 21closed
Mon., Sept 7.....closed	Tues., Sept 22Rocky road
Tues., Sept 8cinnamon	Wed., Sept 23cherry bon bon
Wed., Sept 9.....birthday cake	Thurs., Sept 24.....mud pie
Thurs., Sept 10.....banana pudding	Fri., Sept 25.....strawberry
Fri., Sept 11choc. almond fudge	Sat., Sept 26.....French roast
Sat., Sept 12peanut butter cup	Sun., Sept 27closed
Sun., Sept 13.....closed	Mon. Sept 28closed
Mon., Sept 14closed	Tues., Sept 29.....banana foster
Tues., Sept 15chocolate heath	Wed., Sept 30strawberry Ore

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Ferguson by Foot

By: Margaret Wolfinbarger



Discipline. It is a word that at once invokes horror and invites admiration. Those who have mastered it like to tout its virtues (usually as they try to sell you something). Those who sneer at it chuck it off as fool's gold for the lucky. I have yet to meet someone who shrugs their shoulders at it. The attitude about discipline as a principle is usually all or nothing.

So when a co-worker looked at me and said, "I admire your discipline," I felt like a deer in the headlights. I wanted to say, "Are you talking to me?" In

fact, I might have turned my head to see if there was someone behind me. While he walked away, I stood there scratching my head. Me? Disciplined? When I think of discipline, I imagine Jillian Michaels unleashing her verbal assault on an unsuspecting Biggest Loser contestant. I think of my children squealing in terror as I describe the discipline that is soon to visit their person because of misbehavior. I do not generally think of myself.

Not too long ago I felt like a runaway freight train sliding down a mountain-side with a heavy cargo. I kept trying to apply the brakes but they weren't working properly. With all hope lost, I carelessly careened around each corner. Sometimes I cried. Other times I denied the mountain even existed. It wasn't just my diet that lacked discipline, but my mindset. My thoughts ran rampant, fluctuating from hopeless to desperate to apathetic. I was rarely happy and frequently exhausted. So when I prayed for God to teach me discipline, I figured my case was just about as hopeless as they come because mentally, I was very squishy.

In the beginning my journey to learn discipline meant abstaining from certain food groups. Yes, french fries are a food group. Discipline also meant physical exercise. My daily routine involved marching around the block with my three boys, one of whom was in a stroller. It also involved crying. I realized that if I was to have any success with weight loss I would need to change my thinking. Instead of focusing on what I could not have, I would focus on what I could. For instance, I could have a big bowl of strawberries. I could enjoy the flowers in my neighbor's yards as I walked. I could resist negative thinking.

I am five years into my journey and I have not perfected this process, but I try to make it a habit. I realized the power of this recently as a co-worker bad mouthed one of my friends. I felt my internal temperature rise as I rose to her defense, but instead of losing my temper I asked a few simple questions. It was evident her opinion would not be changed, but rather than work myself up into a lather, I simply spoke truth to the situation, shut down the conversation, and returned to the task at hand. The distinction was that I chose not to get riled up or run to another co-worker and gossip about it. I tucked it into my heart, prayed for both people, and moved on.

Sometimes, in very small ways, we have the ability to shape our culture by our behaviors. We can choose to intentionally alter the course of our lives and those around us. So often we don't take the mental time to consider our path or how it may affect others. What is clear, however, is that there are certain groups of people who practice this type of thinking. They assault us with their ideology and seem to want to force us to adhere to it. Strength lies in determining truth and standing up to those who would hurt us or take advantage of us.

I was bullied as a child. My father tried to give me advice to defend myself, but his course of action caused me to get in trouble with my teacher. I learned that I had no recourse but to accept the abuse as it was doled out. As an adult I have had to work very hard to overcome that mentality. My opinion is important. My life and that of my family is important. My health is important. If I don't stand up for these truths, I do a disservice to those around me. Personal responsibility is the choice I make every day as I seek to learn and grow in this life. I have not "arrived" but discipline is the course by which I study. For more inspiration, follow me on my blog: <http://margaretwolfinbarger.blogspot.com>.

Train Track Tales at the Whistle Stop



Storytime for preschoolers with Mrs. B will be held at the Whistle Stop Depot Museum on Saturday, October 3 at 10:30 a.m.

Ferguson Municipal Library Events

We want YOU to tell your story with StoryCorps!

We've recorded stories from first memories of Ferguson to studying abroad in South America to what it was like the night of the grand jury announcement – now we want YOUR story! The Ferguson Municipal Public Library is still recording people's stories for inclusion in StoryCorps's archives as well as 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, you can decide then who will be allowed to listen to it later. A few weeks after your 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. Don't let the media have the last word about Ferguson - be a part of this important project TODAY!

SAVE THE DATE! How to run for local office workshop to be offered at the library!

Join us at the Ferguson Municipal Public Library in October for a two-night event about local government and how to run for office. On October 8th from 6:30 to 7:30 pm, we will discuss and hear from speakers about the different offices and what they do, from city council to mayor to school board. Then, on October 15th from 6:30 to 7:30, come and learn what it takes to run for office. Look for more information in the coming weeks about this event at the library or online at twitter.com/fergusonlibrary, or by searching "Ferguson Municipal Public Library" on Facebook.

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!

Readings on Race Book Club

Join our Readings on Race Book Club on Monday, September 14, at 6pm for a discussion on this month's selection, "Witnessing Whiteness: The Need to Talk About Race and How to Do It" by Shelly Tochluk. Anyone having trouble getting a copy should contact the library director, Scott Bonner, at sbonner@fergusonlibrary.net. For more information, please contact the group facilitators, Dan Sachs at 202-309-5875, or Carla Fletcher at 314-524-3644.

JOBS AND MORE STL Receives National Attention for Efforts

JOBS AND MORE STL's mission is to help unemployed or underemployed men and women find jobs by providing the training and motivation to find work. JOBS AND MORE STL strives to ensure that achievers understand their options and engage in career opportunities that align with their interests.

Monday, August 17, JOBS AND MORE STL began its latest two-week participant Workforce Training Workshop in Ferguson, after graduating eight achievers from their July, 2015, session. By the end of the July workshop, 25% of the achiever participants had already found full-time employment.

Achievers in the program learn soft skills such as Integrity, Trustworthiness and Personal Presentation. Resume Writing, Practice Interviews, and Conflict Resolution are stressed, in addition to other lessons. These skills are crucial to obtaining and retaining employment. All achievers receive a mentor following completion of the workshop.

Because of this exciting work, JOBS AND MORE STL was recently profiled by CBS Evening News, on August 7, 2015. Journalist Michelle Miller interviewed JOBS AND MORE STL's Executive Director, resident Adrian Shropshire about their grassroots workforce training and mentor programs.

Are you interested in enrolling in the next FREE workshop, to be held September 14-25, 9:30AM-1:30 PM, M-F? NOTE: The workshop orientation session will be held September 9, at 9:30AM. Both the orientation and workshop will be held at the Ferguson Municipal Public Library, 35 N. Florissant Rd.

Contact JOBS AND MORE STL for more information about the services offered, to make a tax-deductible charitable contribution, or to volunteer: jobsandmorestl@outlook.com, 314.283.2215, on the web jobsandmorestl.org, or visit the JOBS AND MORE STL Facebook page.

To read the CBS article, visit: www.cbsnews.com/news/jobs-seen-as-key-in-healing-of-ferguson.



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Exercise with Melanie/Ann-FREE classes

Classes are led by a licensed Physical Therapist with the use of weights & resistance bands that are provided! Mondays and Wednesdays 1:00 p.m. RSVP by calling 314-838-3877
No class on Monday 9-7 due to Holiday

Blood Pressure Clinic

Thursdays Sept. 3, 10, 17, 24 at 10:15 a.m. RSVP by calling 314-838-3877

Tai Chi for Seniors-FREE class

Fridays 10 a.m.
No September classes
Class resumes October 2
Reduce stress, strengthen joints, develop balance and coordination. RSVP by calling 314-838-3877

Alzheimer's Awareness

Presented by Premier Home Health Thursday, Sept. 10 at 9:30 a.m. Complimentary Breakfast at 9:00 a.m. RSVP by calling 314-838-3877

Good Ole Rag Time & Boogie Woogie Happy Hour

Entertainment by Brent Binkley Tuesday, Sept. 8 at 10:30 a.m. Happy Hour 11:30 a.m. Followed by Complimentary O Lunch RSVP by calling 314-838-3877

Project Hands

Volunteers needed to knit, crochet and quilt for various children's organizations Last Friday of every month Friday, Sept. 25 at 2:00 p.m. RSVP by calling 314-838-3877

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Under The Hood With Robinwood

By Bob McGartland

Five Tips for Fall Car Care

Now is a great time to get your car ready for the cooler temperatures that fall will bring. Taking a few simple steps now can save you the headaches and cost of an emergency breakdown later. Here are five tips of what you should look at in your vehicle.

1. **Battery** – Make sure the battery connections are clean, tight and corrosion-free. Cold weather is hard on batteries, so it is wise to have the battery and charging system tested. Since batteries do not always give warning signs before they fail, it is advisable to replace batteries that are more than four years old.

2. **Heater, Defrosters, and Wiper Blades** – Make sure that the heating, ventilating, and air conditioning system are working properly as heating and cooling performance is critical for interior comfort and for safety reasons, such as defrosting. Fall is also a great time to check the air filter and the hidden interior cabin filter. Wiper blades that are torn, cracked or do not properly clean your windshield should be replaced. As a general rule, wiper blades should be replaced every year. Also check the washer squirters operation and fluid level in the windshield washer reservoir.

3. **Tires** – Have the tires inspected for correct tire pressure

and tread depth. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots. If snow and ice are a problem in your area, consider special tires designed to grip slick roads. During the fall, tire pressure should be checked weekly as tires lose pressure when temperatures drop.

4. **Brakes** – Have the brake system checked, including brake linings, rotors and drums. Brakes are critical to vehicle safety and particularly important when driving on icy or snow-covered roads.

5. **Regular Maintenance** – By bringing your vehicle in for a regular fall maintenance inspection; will make sure that all these parts and components are in safe working conditions. If you ever notice anything out of the norm, make sure to have your vehicle inspected as soon as possible.

Getting your vehicle ready for winter while temperatures are still mild is a proactive approach to preventive maintenance that helps ensure safety, reliability, and fewer unexpected repairs when severe winter weather strikes.

I would like to remind everyone about the 3rd annual The Taste in Ferguson fundraiser event that is happening Sunday, September 13th from 3-6pm at the Savoy Banquet Center. Come on out and enjoy a family fun event and support a great cause. For all the details and where to purchase tickets, see the ad in this month's paper or go online at www.thetasteinferguson.com.

Flower Valley Quilt Show

Saturday, September 26
10:00 am to 4:00 pm

and

Sunday, September 27
Noon to 4:00 pm

at

Atonement Lutheran Church
1285 New Florissant Road, Florissant



The Flower Valley Quilting Guild, which meets monthly at Zion Lutheran church in Ferguson will hold its 16th biennial show featuring Theresa Prosser, a long-time member of the guild.

The guild will hold a drawing for its raffle quilt (pictured above) on Sunday. Tickets may be purchased at the door. There will also be a brown bag raffle for gift items, demonstrations of quilting techniques and a vendor aisle with fabric, patterns, books and accessories.

A barbecue wagon will provide meals and concessions on site. Call Sarah Carr-Jordan at 314.395.6089 or Debby Hughey at 314.723.5753.

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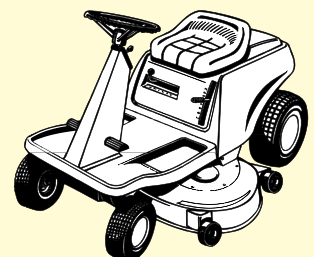
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Letter Posted to the Editor

Dear Ms. McSpadden,

I stand with you.

When I think of Michael, and I think of him every day, I think of my own child. I never met your beautiful boy, but I promise you that I carry him in my heart. I mourn his loss. I pray for your healing and that you may find comfort as you move forward without him.

Nine months before Mike was killed, police confronted my seventeen year old child in the street. At the time, my Alice was agitated, frightened and despondent. She has high functioning autism and is transgendered. She was suicidal and in crisis, running out into traffic on Schuetz Road. My husband called 911 when he could not keep her safe. When the police arrived, they saw a very upset, very large (Alice was then 6'3" tall and weighed over 300 pounds) young man (Alice had not yet fully transitioned to a female).

During the confrontation, Alice attempted to take the police officer's gun to shoot herself. The St. Louis County police officers on the scene responded with appropriate force and compassion. Alice was handcuffed and taken to a hospital where she received lifesaving care. She was not beaten. She was not shot. She was not even arrested.

Nine months later, your son found himself in similar circumstances; his outcome was absolutely catastrophic. His death hit me like a body blow. I know that our lives are very different. I know that our children were very different from each other. But in those adrenaline fueled moments on Canfield Drive and on Schuetz Road, they were the same.

I stand with you.

When my white West County peers condemn the riots after Michael's death, I tell them that had my child been killed in the street and not afforded even the dignity of a sheet or a screen to cover her body for four hours, my rage and grief and anguish would have been explosive. When they say they are tired of hearing about Ferguson and racism, I tell them I am sure you are tired of grieving and missing Mike. When they tell me that Michael was the wrong person to base a movement on because he made poor choices, I tell them that my children sometimes make poor choices and I know theirs do too. We don't kill them for that. If we can't guide our children and teach them without shooting them dead, we need a movement.

While I did not inherit money from my hardworking Irish parents, I did inherit something of even greater value: white privilege. Your loss has taught me that this is true. I did not earn this privilege. I do not deserve it.

I do not feel guilty that my child's life was spared. I feel outrage that your child's life was not.

I stand with you.

Since Michael's death, I have protested in Ferguson, attended a Town Hall at Wellspring Church, joined the Readings on Race Book Club at the Ferguson Library, attended a Diversity Awareness Partnership Workshop, supported Ferguson businesses, donated to the United Way Ferguson Fund and had many heartfelt and sometimes uncomfortable conversations with my white friends and neighbors. I have taken my children to Canfield Drive to honor Michael's memory and offer a prayer. Alice has volunteered at the Ferguson Library. My youngest daughter, Shoshana, is active in the Black Lives Matter Movement and spent this summer as an intern for a social justice media project on the movement.

Alice has since lost 90 pounds, completed her transition and graduated high school. She is happy and excited about her future. She is kind, intelligent and loving. The first thing she bought with her graduation money was a gift for her sister.

This weekend, as the world and our community mark the first anniversary of Michael's death, there will be discussions about policing, panels, municipal courts, and politics. We will hear about institutional racism, racial disparity, profiling, educational inequities and violence. I know these things are important and must be addressed, but this weekend, I will think of Michael and of you.

Others will stand on soapboxes and preach, stand on principle and raise their voices, or stand their ground in defiance.

As for me, I stand with you.

Respectfully yours,

Julia Williams

Letter to the Editor

My name is Pat Jackson and I believe if I don't say something, I feel like a great opportunity will be lost.

I was an apprentice at Earthdance Farm for the 2010 growing season. My thanks to Molly, Vicki, and my fellow farmies. It was a wonderful 10 months and I would recommend it to anyone. Stepping out of the everyday world and into rows of 10-foot tall okra, where the blooms were as big as my head, was my favorite part. I wouldn't trade it. It's a great place to be in Ferguson, and there are many.

I love Ferguson. It's not just a sign or the slogan on my tee shirt. I love the residents and the workers that make this a community. I love the organizations. I love the trees that brought people together from everywhere to clean up after first one, then another, tornado, during which there were no lives lost to that "act of God", as the insurance companies call it. I love the homes and churches. I love the Farmers' Market. I love the 4th of July here. I love the businesses. I love this Historic City.

At first it seemed odd to me that Ferguson was the flashpoint for racially heated protests, riots and looting when this city had embraced its diversity, and had a working relationship with its police department. The real problem of concentrated poverty, compliments of federally subsidized housing, was a known quantity, and concerned residents within those areas solicited and appreciated police response.

But, as my son would say, there's a reason for everything. I think it had to happen here, because Ferguson was meant to be a beacon to the world, that shining city on its hills. Another city would have crumbled. I drove Meals on Wheels through August and September, watching the signs go up in yards here and beyond. I saw people continue to leave their front doors open, sit on their porches, take walks and talk to their neighbors. When I turned on my television or read the paper, I didn't see those signs or peaceful neighborhood streets. They're still here.

I asked myself, "Who benefits when businesses are on fire, people's livelihoods are destroyed, and the jobs they provided are removed from a community?" Then it hit me. The media in all its glory sells more airtime and ad copy when people are drawn to the chaos. No one tunes in to see peace break out. They stir the conflict.

It's not just the media. There's an industry that circles like sharks around conflict. Civil rights activists everywhere are out of a job when social order is a way of life. When people own their own businesses or have found gainful employment, they don't need federally subsidized housing and food stamps. When citizens and police are working together for safer, more vibrant communities, that leaves the so-called Justice Department with little to justify its existence. It had to be Ferguson because Ferguson was getting it right. I hope you're asking yourself, "So where's this opportunity?"

It's really simple.

Be who you are. But turn up the volume.

Look around at this historic city, and embrace it. Look at the stunning mansions, the starter homes and unique fixer-uppers, the shops and restaurants, the parks and bike trails...and yes, the destruction. Look at the physical manifestation of fear and hatred. Look at the burnt businesses and the graffiti and the boarded up windows.

Embrace it all.

Bring your neighborhood associations and your business leaders together. Sit down with them, and ask this community to stand up and tell the world they are still Ferguson. Would any mansion owners consider partnering to offer bed-and-breakfast accommodations, so Ferguson can invite the world in to continue this conversation about getting it right? That's where the real dialogue should be.

Debunk that vile report from DOJ by showing individuals you were getting it right. Then let them go forth and spread the news.

Be who you are, tell the world who you are, and come together, as you have always done, to be Historic Ferguson. You were getting it right. Make that your path back to getting it right.

Invite the media back, on your terms. Let them know they've been part of the problem, perpetuating the Big Lie. Have them ride through the neighborhoods, and come to the meetings. Have them talk to the citizens who live in Ferguson because they love their diverse, dynamic community.

Lives don't matter more or less because a sign says so. Let's really talk about the underlying problems. The media can go into the subsidized housing areas, and talk to people about how they got where they are, and what happens next in their lives, and let's really have this conversation.

Thank you,

Pat Jackson



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Brewhouse Fundraiser



Even though the infamous August 9th anniversary triggered many positive and negative reactions, something other than meetings and protests happened on that day last month.

On August 9th, Anheuser Busch held a Biergarten Fundraiser for the employees of Ferguson Brewing Co., which has been closed since July 31st when a fire gutted the kitchen at the establishment located at 418 South Florissant Road.

At the fundraiser, held outside the Anheuser Busch plant located on Lynch Street, people throughout the St. Louis community stopped by to sample great beers and to participate in a raffle of an "amazing" collection of items available. All funds collected went to the employees of the Ferguson Brew-house

The latest word is that the Brewhouse will reopen in early September. The popular Pumpkin Ale is brewing now and should be available by the time of the reopening,

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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About the Center

The Challenger Learning Center-St. Louis is part of the Challenger Center for Space Science Education, an international not-for-profit education organization founded in April 1986 by the families of the astronauts tragically lost during the Challenger space shuttle mission.

50% off September Missions for Schools

We are offering 50% off the cost of a simulated space mission for schools and other non-profit/community groups who would like to book a mission Monday-Friday during the month of September.

Unlike the limitless boundaries of real outer-space, availability in our calendar is limited, so call soon at (314) 521-6205 to book your mission.

Teachers Engage in STEM Learning

As students were enjoying their first few weeks of school, teachers are busy getting new ideas to get their students excited about learning.

A group of science teachers from Ferguson and Berkeley Middle Schools who are part of our Emerson STARS program, participated in a one-day professional development workshop here at the Challenger Learning Center.

National Challenger Center Conference was Out-of-this-world!

The Annual Challenger Learning Center national conference was held this year in San Antonio. It was an amazing experience that included several current and retired astronauts, and an opportunity to be a part of a live downlink with twins Mark and Scott Kelly and Kjell Lingren.

We also had the opportunity to see the amazing, new Scobee Education Center, and most important, an opportunity to meet and talk with other Challenger Learning Center staff members from around the world.

Farewell and Good Luck!

This August, we said farewell to our Lead Flight Director, Heidi Lung, who took a job at the University of Iowa as the Lecturer of Museum Studies program. We know she will do great and will miss her. We hope to have her position filled in the coming months.

We also said farewell to Pam Nazzoli who had been with the Challenger Learning Center for 10 years. Pam was also involved with the initial effort to bring a Challenger Learning Center to St. Louis. We appreciate everything that Pam has done for us over the years.

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Front Porches

– by Bob McCarty

Before the advent of technology – before television and air-conditioning lured us indoors – a lot of our leisure time was enjoyed on the Front Porch. Many an hour was wiled away sitting with the family and greeting the neighbors from our porches.

Wicker furniture with bright fabrics adorning the cushions, wooden swings and rocking chairs were where many a weary bone would sit and relax after a hard day, away from the closeness of the air in the house. This is where you would retire after dinner to enjoy the cool evening breezes associated with this time of year.

Throughout the history of American architecture, one element has remained. “Few architectural features have been more important in the formation of a unique American identity than this highly beloved perch. The image of the front porch remains as one of the few semi-public outdoor spaces associated with community and neighborliness,” says Victor Deupi of the Institute of Classical Architecture. “Then there are the practical considerations that have long kept the porch in favor: Porches add beauty to a streetscape.”

Porches in American architecture were influenced by tropical architecture with their large porches—to accommodate for the humid climate—and incorporating the classic styles of Europe. The most famous early American classical porch is George Washington’s Mt. Vernon, which set the standard for porch building in America’s south. The classical porch was also popular in Charleston, blended with the climate sensitivity of the Caribbean building tradition to create regal, double-story piazzas.

America’s most iconic porches belong to the Greek revival movement in the Civil War-era south. This classical revival is remembered for its devotion to tradition and grandeur. Across the South, Greek porches (or porticos) -with their thick white columns -were blended with the prevailing French plantation architecture. Often the full width and height of the house, the porch served to not only provide much-needed shade, but also bring a sense of stateliness to already impressive homes. As the fashions of Europe flooded this new American style, adorning homes with ornate cast iron (particularly on second-story sitting porches) added a softness to these impressive porticos. The Greek revival porch remained the height of fashion throughout the Antebellum Era, only to fall out of style with the demise of southern society after the war.

Americans then turned their eyes to a different European trend; Victorian Gothic. A style facilitated by industrialization (which lowered the price of building materials and upped the ease with which porches could be constructed), the American fascination with Victorian architecture left few houses without a porch, balcony, or both.

Though they were in direct contrast to the elaborately decorated outdoor spaces that characterized the Victorian era, Bungalows and Arts and Crafts were the last major historic architectural styles in the United States to incorporate the porch. They are instantly recognizable for their prominent deep, wide porches while still maintaining the importance of being a part of “the community and neighborliness.”

As World War II ended, demands for housing were great due to the returning veterans and their families. In response to these needs, WWII Era Cottages; aka “Roosevelt Cottages”, were built with little ornamentation and no porches. If you were lucky, maybe you had a small hood over the front door. But for the love of porches and the association with the American identity, we have recently seen a revival of porch-building. Home builders are finding that there is a certain value to this and porches are finding their way back to the front of these houses.



Pictured above is the wrap around porch of a Ferguson home that happens to be where I live. The multiple entrances to the porch are in conjunction with the entry doors at the front of the house. The more formal front entrance has a much wider staircase that welcomes visitors to the home. The smaller side entrance serves more as an entry for the homes residents; who happen to arriving home after a leisurely neighborhood stroll. (Note: We also have a back porch and entrance for times that we arrive at the back.)

The side porch is where we spend a lot of evenings watching the sun make it’s decent over the horizon. We spend many an evening watching the kids riding their bikes or playing ball, waving at the neighbors as they come and go, or just relaxing as we talk about our day, all while taking the time to shout out a ‘howdy’ to someone just walking down the street. This is the classic image of a front porch filled with family and friends on a hot summer evening which has long been a symbol of traditional American values, and it’s one that still holds true today.

Until next month, enjoy your porch and if I just happen to be ‘On the Job’ in your neighborhood, shout out a “Howdy”, because you know, I will.

Thank You For Your Support Through The Rebuilding Process.

We Plan To Be Reopened In September!

We can't wait to see everyone again!

We are brewing & filling growlers every Friday 3pm-6pm

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.

The August Neighborhood On Watch Meeting was postponed.

Next meeting will take place on Wednesday, September 9th at City Hall.

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Jeffrey Boyd Speaks Out

A few years ago, Jeffrey Boyd held a position with the City of Ferguson. After leaving Ferguson, Boyd was elected an Alderman in Ward 22 of the City of St. Louis, a position he now holds.

A few weeks ago, Rashad Farmer, Boyd's 23-year-old nephew, was fatally shot on Lotus Avenue in Boyd's own ward — yet another victim in a year of victims in the St. Louis area.

Let's look at what Boyd said, just in case you missed it:

"This has to stop. It's absolute madness. Absolute madness. People say they need jobs. Well, dammit, go get a job. There are plenty of jobs out here.

"People say they need stuff to do. Well, we have recreation centers in the city of St. Louis. You can go up to the recreation center and play basketball. You can do whatever you want in the city of St. Louis. We have resources in our city.

"And I'm tired of people talking about they need something to do. There's plenty to do besides shoot and kill each other. It's sad and it's sickening."

"We march every time the police shoot and kill somebody. Whether they deserve it or not, I can't call it. But we're not marching when they're killing each other in the streets."

Friends Supporting Friends



I walked into Vincenzo's on a Wednesday night and the whole restaurant was filled with people! Three large crowds were celebrating important occasions with dinner at Ferguson's favorite Italian Restaurant.

One of the groups obviously enjoying themselves sat at a long table that filled the whole bar area. They call themselves "Friends Supporting Ferguson." Led by Michael and Margie Duenke, this group decided last October that Ferguson businesses needed support. The common core of the group

seemed to be people who graduated from McCluer High School.

"It just kind of mushroomed," says Mike, who lives in Lake St. Louis. "When people heard that we planned to regularly eat dinner in Ferguson, they wanted to join us. Friends invited other friends until we had a congenial group with one aim in mind . . . to not let the Ferguson restaurants lack customers."

The strange thing about this group is that not many were originally from Ferguson. Only three people actually live in Ferguson at the present time.

One gentleman, Jim Shannon, who lives in Fort Lauderdale, Florida, flew back just to have dinner with 'Friends Supporting Ferguson.' "I moved to Florida because it was warmer," he said; leaving me to wonder what he thought of our 107 degree heat index that day. "My parents built the first house on Suburban in 1949," Jim continued. "It's the house that was torn down when the Plaza @ 501 was built. I moved to Cool Valley and then to Denver, before finally settling in Florida."

Here is a partial list of the people pictured here and in Vincenzos ad on Page 11, starting from the rear:

Jeff from O'Fallon, Mike & Margie from Lake St. Louis, Steng & Gina from Florissant, Jan & Leslie from St. Charles, Greg & Terry from Bellerive Acres, Karen from Troy, Dave from Florissant, Julie & Ray from Fenton, Dena & Rich from O'Fallon, Mark & Anna from Ferguson, Christine from Ferguson, Gary from Florissant. Not pictured but regular attendees are Susie from St. Charles, Butch from Florissant, and Bob from St. Charles.

This is not the only group I have encountered that makes a regular habit of eating at Ferguson restaurants. I see groups eating lunch or dinner that have made it a priority to see that Ferguson will survive. If you belong to one of those groups, please take a picture, write a brief caption, and send it to the "Ferguson Times."

Thanks to 'Friends Supporting Ferguson,' and to all the people who continue to patronize our businesses.

Painting for Peace in Ferguson adds curriculum guide for parents and teachers

It's back to school for students across Ferguson, Missouri and the United States. Teachers are faced with several hurdles, and during hard times, they face several more, including ways to discuss unrest children may feel within their own community or from what they see and hear through the media. *Painting for Peace in Ferguson*, a children's book about hope written in the aftermath of the riots in Ferguson in the late fall of 2014, has several resources available on its website to help teachers and parents open up supportive conversations. The author of the book recently teamed with a grade school teacher to create a core curriculum aligned teacher's guide based on the story in the book for students grade K-2 and 3-5.

Despite parents' best efforts to protect children from today's harsh realities, most children still learn about current issues and the majority of time if it's not discussed, they have hard times understanding and expressing their feelings.

Several other resources exist on the book's website to help parents and teacher talk to youth about civil unrest, tolerance, answering hard questions and more.

Susan Shelton, a retired elementary teacher who now substitutes in the St. Louis region, said "I've read *Painting for Peace [in Ferguson]* to high school students, sparking a conversation about the different experiences of students in that district versus those in North County. They were able to ask questions they might not have asked otherwise, and gained an understanding for the different experiences of students elsewhere."

"Teachers and educators embraced this book as soon as it came out and immediately began using it in their classrooms," said Carol Swartout Klein, author of *Painting for Peace in Ferguson*. "From the beginning, this book has been a tool for opening dialogues with people of all ages and backgrounds."

Klein added "With the recent national distribution of *Painting for Peace in Ferguson*, I hope that we can get it into more teacher's classrooms, school libraries and the hands of parents across the country to help children understand that during hard times, there are ways for all ages to help."

Background on *Painting for Peace in Ferguson*

Since its February 2015 release, *Painting for Peace in Ferguson* has gained prestigious national recognition. It is the 2015 selection to represent Missouri at Library of Congress National Book Festival in Washington D.C. on Saturday, September 5. It also 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. As Kid Lit Reviews stated *Painting for Peace in Ferguson* is a picture book like no other and belongs on the collective landscape for years to come as a reminder that communities need not implode in anger and grief."

Written in child-friendly verse, the book features images of 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 in November, 2014. The art ranges from childlike messages of hope and peace to provocative works calling for social change.

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 muraled 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.

The book retails for \$15.95 for the paperback and \$25.95 for the hardback. All profits from the book will benefit youth and economic recovery programs in Ferguson and surrounding areas.

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.

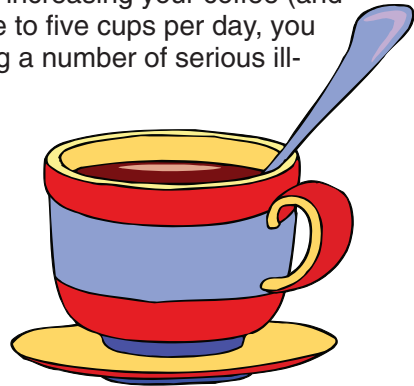
Carrie Zukoski
Owner, Open Road Communications
p: 314-367-4419 | m: 314-791-3457
e: carrie@openroadpr.com | w: openroadpr.com | Facebook

Coffee – Good For You?

This year, the Dietary Guidelines Advisory Committee, the nation's top nutrition panel, shared some good news for coffee lovers everywhere. You can safely drink up to five cups of coffee a day, and even enjoy some healthy benefits as a result.

If you've been trying to kick your coffee drinking habit for years, it's time to focus your energy on another vice. In fact, if the panel saw anything, it was that people need to drink more coffee to enjoy the health benefits of the brewed beverage. According to data collected by the United States Department of Agriculture, Americans only drink one cup of coffee a day. But many studies done over the years say that by increasing your coffee (and therefore caffeine) consumption to three to five cups per day, you could actually reduce your risk of getting a number of serious illnesses including:

- Type 2 Diabetes
- Cardiovascular Disease
- Parkinson's Disease
- Liver Cancer and Disease
- Stroke
- Prostate Cancer
- Endometrial Cancer



Studies on the health benefits and risks of drinking more coffee have been performed by a variety of institutions, including Harvard's School of Public Health and Kaiser Permanente's Medical Care Program. Regardless of where the study was performed, there is a consistent theme – the benefits of drinking more coffee far outweigh the negatives. So drink that morning coffee (and maybe an afternoon pick-me-up or two) guilt free.

Remember Eggs?

The egg is no longer a nutritional no-no

What would we do without the egg? It's a dietary mainstay, not only for breakfast but to feed finicky kids, stand in for a quick lunch or supper, blend raw into holiday nogs, and as an ingredient in all kinds of sweet and savory dishes.

But for a few decades there, eggs had a rather unwholesome reputation. Thanks to its high cholesterol content, the egg was deemed villainous. Years went by while many of us shunned eggs, ate only the whites, or ventured into the world of egg substitutes.

Then, in 2000, the American Heart Association (AHA) revised its dietary guidelines and gave healthy adults the green light to enjoy eggs once again. The AHA's guidelines now allow an egg a day for healthy adults while still advising a total daily cholesterol limit of 300 mg.

The confusion over eggs stems from their cholesterol content. One large egg contains 213 mg of cholesterol, accounting for two-thirds of the recommended daily limit.

When scientists learned that high blood cholesterol was associated with heart disease, foods high in cholesterol logically became suspect. But after 25 years of study, it has become evident that cholesterol in food is not the culprit -- saturated fat has a much bigger effect on blood cholesterol. Full-fat dairy products and fatty meats are examples of foods that are loaded with saturated fat and which trigger the body to produce cholesterol.

Let Us Eat Eggs

With science on our side, we can once again enjoy the wonderfully nutritious egg. Along with milk, eggs contain the highest biological value (or gold standard) for protein. One egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids.



The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin. These carotenoids may reduce the risk of age-related macular degeneration, the leading cause of blindness in older adults. And brain development and memory may be enhanced by the choline content of eggs.

But the full health benefits of eggs can only be realized if you store them

properly -- in the refrigerator -- and cook them thoroughly to kill any potential bacteria. As a child, I loved my father's egg-nogs, made with fresh, raw eggs blended with milk, vanilla and ice. These delicious treats are no longer considered a good option -- unless pasteurized eggs are used in place of the raw eggs.

Can An Apple Help You Buy You Better Groceries?



You already know that grocery shopping on an empty stomach can be perilous. When you're hungry, you're more likely to buy high-calorie, low-quality foods. Cupcakes look especially yummy when your tummy rumbles. A new study out of the Cornell Brand Lab has discovered that eating a healthy snack before you shop will not only tame your hunger but may put you in the mindset to buy healthier foods.

Researchers Aner Tal, Ph.D. and Brian Wansink, Ph.D. recruited 120 people and randomly gave them an apple sample, a cookie sample, or no sample before the start of their grocery shopping. At the finish, Tal and Wansink took an inventory of each person's cart and found that the apple eaters had purchased 28 percent more fruits and veggies than those who had eaten the cookie and 25 percent more healthy foods than those who ate nothing.

They followed up with two studies in their laboratory where volunteers again were given a cookie or apple sample and then went on a virtual shopping experience, choosing from 20 pairs of foods, each pair containing one healthy and one unhealthy item. Those who enjoyed the cookie chose 35 percent more unhealthy foods than those who ate the apple sample.

In another laboratory study, participants were divided into three groups. One group was asked to drink chocolate milk labeled "healthy, wholesome chocolate milk." The second group drank the exact same milk but labeled "rich, indulgent chocolate milk," and the third group drank no milk. All the participants then shopped in a virtual grocery store. The group that drank the "wholesome" chocolate milk made the healthiest food choices, indicating that it's not the food itself that influences your buying decisions but rather that if you eat a food you believe to be good for you before you shop, it may influence you to purchase healthier groceries.

"We don't have scientific evidence to explain why this happens," says Tal, "but we believe that eating a healthy food primes healthiness—it exposes you to the concept of healthiness, sensitizes your mind to it, and subconsciously steers to you make healthier food choices."

Make your next trip to the market—or maybe your next meal—nutritionally more fruitful by first snacking on an apple, carrot sticks, or other healthy food. Pass on the chocolate milk though.

Taken from "Curves" website

And My Favorite . . .

Moderate alcohol consumption may provide some health benefits. It may:

- Reduce your risk of developing and dying from heart disease
- Possibly reduce your risk of ischemic stroke (when the arteries to your brain become narrowed or blocked, causing severely reduced blood flow)
- Possibly reduce your risk of diabetes

Even so, the evidence about the possible health benefits of alcohol isn't certain, and alcohol may not benefit everyone who drinks. If you choose to drink alcohol, do so only in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Moderate alcohol use may be of most benefit if you're an older adult or if you have existing risk factors for heart disease. If you're a middle-aged or younger adult, some evidence shows that even moderate alcohol use may cause more harm than good. You can take other steps to benefit your cardiovascular health besides drinking — eating a healthy diet and exercising, for example.



Where to Eat Breakfast, Lunch or Dinner on CityWalk

Cathy's Kitchen
250 S Florissant Rd, Ferguson, MO
Phone - 314-524-9200

Celebrity Soul Food, LLC
103 N Harvey Av, Ferguson, MO
Phone - 314-521-0310

Chinese Express
718 S Florissant Rd, Ferguson, MO
Phone - 314-524-7565

Cork Wine Bar
423 S Florissant Rd, Ferguson, MO
Phone - 314-521-9463

Cosi Dolci
425 S Florissant Rd, Ferguson, MO
Phone - 314-799-2157

Drake's Place
701 S Florissant Rd, Ferguson, MO

El Palenque Mexican Restaurant & Cantina
254 S Florissant Rd, Ferguson, MO
Phone - 314-524

Faraci Pizza
520 S Florissant Rd, Ferguson, MO
Phone - 314-524-2675

Ferguson Brewing Company
418 S Florissant Rd, Ferguson, MO
Phone - 314-521-2220

Ferguson Chop Suey, Inc.
63 N Florissant Rd, Ferguson, MO
Phone - 314-521-8300

Imo's Pizza
510 Airport Rd, Ferguson, MO
Phone - 314-522-9000

J&C BBQ and Blues
304 S Florissant Rd., Ferguson, MO,
Phone - (314) 738-9222

Little Caesars
220 N Florissant Rd, Suite A, Ferguson,
Phone - 314-524-5442

Marley's Bar & Grill
500 S Florissant Rd, Ferguson, MO
Phone - 314-524-3277

Mimi's Subway Bar
46 N Florissant Rd, Ferguson, MO
Phone - 314-524-6009

Montrey's Cigar Lounge
401 S. Florissant Road, Ferguson, MO,
Phone - 314-473-1859

New Chinese Gourmet
42 S Florissant Rd, Ferguson, MO
Phone - 314-522-0026

Popeyes
20 Airport Rd, Ferguson, MO
Phone - 314-521-9599s

Queens House, LLC
130 S Florissant Rd, Ferguson, MO
Phone - 314-521-0208

Just take a look at all the places along CityWalk that you can enjoy your meals! And . . . don't forget Ferguson Farmers Market on Saturday mornings or Food Truck Monday.



What is CityWalk? CityWalk is a group of businesses along Florissant Road reaching north to Thoroughman, South to Brotherton, east on Church Street to City Hall, and West on Airport Road to Harvey. These business pay a special extra tax with the purpose of publicizing the district and attracting new businesses into the area.

When a new business opens in Ferguson, they pay taxes which help provide services for all who live and work in Ferguson.



Quiznos Sub
256 S Florissant Rd, Ferguson, MO
Phone - 314-521-8080

Spencers Bakery
100 Church St, Ferguson, MO
Phone - 314-521-0259

St. Louis Fish Chicken and Grill
200 N Florissant Rd, Ferguson, MO
Phone - 314-524-3474



Subway Sandwich Shop
151 S Florissant Rd, Ferguson, MO
Phone - 314-524-1011

The Corner Coffee House
100 N Florissant Rd, Ferguson, MO
Phone - 314-521-4600

The Whistle Stop
1 Carson Rd, Ferguson, MO
Phone - 314-521-1600



Vincenzo's Italian Ristorante
242 S Florissant Rd, Ferguson, MO
Phone - 314-524-7888



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.

Jennifer Ice, 10-year resident of Ferguson



On May 29th this year, I was sitting alone in beautiful Jeske Park. I was feeling a little sad. I had just tied a red rose to the oak tree dedicated to my late husband, Farrokh. It was his birthday. I saw a woman walking to me across the park. She smiled knowingly as she came close to me then wrapped me in her arms. She said: "I know. It's a hard day for you. I read it on your FaceBook." Tears filled my eyes. We said nothing more; her warm hug, her caring, her lovingness, her attention, was enough. I felt nourished in that moment and stronger for it. One random act of kindness that made me feel so much better.

This was Jennifer Ice, my neighbor, my social network friend. I had met her at the I Love Ferguson store last year when she came in to buy our merchandise. Jennifer is well known in our community as the lady who gives yoga classes in Ferguson. But to me, she's the woman who cares deeply for others and strives to make a difference, one random act of kindness at a time.



Jennifer Ice

Jennifer teaches Latin at St Louis University High School, an all-boys school. She is married to Brandon Delgado, who does research in genome sequencing and mapping at Washington University in St Louis. She has her Master's of Arts in Classics (Latin and Greek) from the University of Texas in Austin. She founded the Random Acts of Kindness Club at her school. She has 20-30 boys weekly doing a good deed anonymously, without pomp, ceremony or recognition. Here are some of the kindnesses others have enjoyed because of her group of students: a nutrition center in Honduras received a donation to help the malnourished kids cared for by the center.

They raised funds for this by selling peanut butter and jelly sandwiches. They raised money to assist faculty members who had very sick kids to care for; one had leukemia and the other heart problems. These gifts were totally unexpected and the recipients were humbled and gratified for the love and attention they received. Her Kindness Club leaves notes for people and cleans windshields in snowy weather, among other things.

What a wonderful way to teach and to bring joy to others! Her eight-year old son, Max Delgado, and his friend, Maddie Wenger, both third graders at Blessed Teresa of Calcutta, are following in her footsteps. This summer, they set up a lemonade stand and raised over \$100, donated to the Brew-house which was damaged in a recent fire.



Learning Yoga at Ferguson Farmers' Market

In Jennifer, I also found a kindred spirit. We are both mainly vegan, slipping into vegetarian mode for holidays or when we're guests, as necessary. We were both vegetarian for most of our lives even though our families were not. We both believe in the power of meditation and yoga to bring about integration of body and mind and to unfold our deeper inner divine nature. She teaches yoga at the local Om Turtle studio on Florissant Road next to the Cork Wine Bar and gives free yoga classes at the Ferguson Farmers' Market on Saturday mornings.

Djeli Tales

By Mama Lisa Gage

Man, is it time to get back to class already?!



As parents, kids, teachers, and staff push to shake off the lazy morning snooze of summer, several local businesses around Ferguson await the chance to service our back-to-school needs. Amidst the pressing chores of shopping for suggested school-listed supplies, let's not forget to add wellness maintenance to the list.

For me, stressful events in my life from spring 2015 began to manifest themselves in a physical way, which impeded my usually happy outlook on life. I shrunk into an emotional depression and somehow smothered a desire to maintain my appearance. I had gone too far and left two main areas in desperate need of an overhaul, my eyes and my teeth.

Upon feeling better, I spent the summer venturing to a couple of local vendors to get back on track. First, I forced my wobbly knees to guide my dragging feet into the waiting room of Ferguson Dental at 46 S. Florissant Road. Regrettably, I'd developed a really bad habit of enduring the pain and discomfort coming from my back teeth. I'm the first to admit that I was afraid of dental offices because of a very bad experience lingering vividly in my memory from a time long passed. Now that I am in my 50's, I have gained the courage to face this fear and find my comfort zone with a lot of help from an awesome R.D.H. professional named Claudia Frazier. Claudia had a great chair-side manner and talked me through each and every procedure along the way. She made sure that I was comfortable, NUMB, and ready to move forward as she approached the use of her tools. (I could not help but want to find Claudia a reflexology masseuse to relieve the stress in her hands from working so intensely on me.) It was my first ever deep cleaning. (Sigh.) With all of the initial work completed, including a filling by Dr. Steven Workman, D.M.D., the upkeep was now up to me. And boy, am I fighting to gain a better finesse at flossing; I feel like a goof in trying to put both of my hands into my mouth to effectively scrape behind my back teeth without choking! Consequently, I am trying hard to get a good report on my upcoming checkup this month, which coincides with my goals for starting the school year off right—feeling good, working great.

Next, I trekked to Ferguson Optical at 1 S. Florissant Road which was celebrating a milestone service record of 50 years in business. My night vision and deciphering of written text over long distances was in serious misalignment, though I would not go so far as to say that I was blind as bat. I had resolved to using 'cheaters' as my grandmother would say to read small print, which is why I am not a fan of using a cell phone for anything other than talking. I needed prescription glasses and was welcomed politely to follow Dr. Jasper to complete a battery of exams. (I smirked to think about an 'old school' joke related to my regret in not getting a chance to study for the exams first.) Afterwards, I decided to purchase seamless bifocals, but gave up on looking for some cool frames that my students would like. So I downgraded to a pair of simple, petite-wired rims that my students would consider just plain ugly, and by my standards, ugly was in.

With the two main chores done from my back-to-school list, I'm raring to go. I feel happy to have supported businesses in my neighborhood and developed some new relationships as well. I bumped into my neighbor, Bob, while I was finishing up during my last visit to the dentist. I took a moment to bask in the thought that 'great minds think alike.' And surely, greater is better. Let's commit to a good transition plan back into the routine of school which includes a backpack or briefcase full of supplies, snacks, water, wisdom, and wellness. Here's to a great Fall semester!

Jennifer considers yoga and meditation a way of life and every week she picks one virtue or uplifting philosophy to focus on and to put into practice. For example, one week she focussed on "ahimsa," the principle of non-violence. She reflected with me that she had remembered when my daughter Anahita was sobbing over an animal that was hurt and she too was deeply touched. I shared with her that Annie was a firm advocate of ahimsa and protects all living creatures.

Jennifer practices mindfulness and online guided meditations at home, 10-20 minutes daily. She promised to come to learn more about the meditation that I teach, which comes from the Shankara tradition in India and made popular in the West by Maharishi Mahesh Yogi. We also promised each other to share some vegan meals.

Ferguson has natural scenic beauty and a wealth of knowledge, wisdom and diverse skills in its citizens. I congratulate Jennifer for representing the Best of Ferguson every day, with her wonderful random acts of kindness, her warm hugs and ever present smile!

Ruffina Farrokh Anklesaria, M.A., has been a Ferguson resident for the past 12 years. She is a Transcendental Stress Management Meditation Instructor and Consultant; and Wellness Corporate Trainer.
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Ask Grandma

Hurty Medicine

When my children were young, I got a job hand lettering Rexall Drug sales flyers. The arrangement worked well because I could work at home and didn't have to get a babysitter. Part of the job also included sometimes illustrating Rexall products. So we had a lot of Rexall items in the medicine cabinet.

One of the products was "Redi-Spray" Antiseptic. When one of the kids got hurt and bleeding, they were suppose to wash the cut and spary on what they soon named the "hurty medicine."

It seemed that my youngest son, Ed, was the one who always hurt himself the most. But he knew that if the wound bled, he had to submit to the "hurty medicine." Ed would let one of his older siblings know that he was hurt and the two of them would walk outside until Ed worked up enough courage to subject himself to the "remedy."

Once Ed was prepared for the pain he would say, "OK, I'm ready." As soon as the "hurty medicine" was sprayed, Ed would run around the neighborhood like a "bat-out-of-hell" until the stinging would stop. This procedure went on for several months until the spray can was empty. It was only when I was throwing away the can that I noticed that it was not "Redi-Spray" Antiseptic, but "Redi-Spray" Deodorant.

In my defense, the cans were exactly the same size with the exact same design. The only difference was the wording on the front. Do you know that not one of my children ever had a cut that got infected, which makes we wonder if the same ingredients were in both products.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

Blood Drive – Community Center	Thurs., Sept. 3
Lemonade Day – Community Ctr.	Sat., Sept. 5
Splash Aquatic Center Closes for Season.	Mon., Sept. 7
City Council Meeting – City Hall	Tues., Sept. 8
Trip–Toyota Manufacturing Plant, Red Skelton Museum	Wed., Sept. 9
Northwest Chamber Membership Meeting	Thurs., Sept. 10
Concert Series – Dave Black Group – 501 Plaza.	Fri., Sept. 11
First Friday – Ferguson Youth Initiative	Fri., Sept. 11
Kids Fishing Tournament – Jan. Wabash Lake	Sat., Sept. 12
Taste in Ferguson – Savoy.	Sun., Sept. 13
Free Community Picnic – St. Peters	Sun., Sept. 13
Cricket Camp Begins.	Mon., Sept. 14
Women's Adult Volleyball Begins.	Mon., Sept. 14
Chalk for Peace – Flo Valley	Sat., Sept. 19
Dellwood Community Day and City Parade	Sat., Sept. 19
Celebration of American Association University Women	Sun., Sept. 20
Songs of Faith – St. Peters	Sun., Sept. 20
Food Truck Monday – 501 Plaza.	Mon., Sept. 21
City Council Meeting – City Hall	Tues., Sept. 22
Teen Haunted House Trip.	Fri., Sept. 25
North County Inc. Golf Tournament	Fri., Sept. 25
Ferguson Streetfest	Fri., Sat., Sept. 25-26
Flower Valley Quilt Show – Atonement Church	Sat., Sun., Sept. 26-27
Ice Cream Social – at the Cabooses.	Sat., Sept. 26
Peace Meal – St. Stephens	Sun., Sept. 27
Stand Up & Out Youth Concert – North County Rec Ctr.	Sat., Sept. 2
Zumba Begins	Sat., Sept. 26
Public Library Tax Rate Hearing – Library	Mon., Sept. 28
Train Track Tales for Tots – Whislte Stop	Sat., Oct. 3
Beginning Adult Dance	Mon Oct. 5
Childrens Tumbling and Tap & Ballet Begin	Wed., Oct. 7
Hip Hop / Jazz Dance Begins	Wed., Oct. 7
Cards and Luncheon – Immanuel Church.	Thurs., Oct. 8
How to Run for Local Office Workshop – Library	Thurs., Oct. 8
Classic Albums at the Touhill	Fri., Oct. 16
Teen 6 flags Fright Fest.	Sat., Oct. 17
Murder Mystery and Dinner Theater – Savoy	Sat., Oct. 17
Aerobics Classes Begin.	Mon., Oct. 19
FLIERS Fall Book Sale – Library	Fri., Sat., Oct. 23-24
Ferguson Northern Lights Parade and Festival.	Sun., Nov. 30

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- Social Security Number
- Proof of Missouri residence

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