

Serving Ferguson and Surrounding Communities

Ferguson Mourns the Loss of Gail Babcock

Gail Babcock, Ferguson's 2015 Citizen of the Year, passed away after her battle with cancer on Monday, December 14th. The whole community of Ferguson will miss her generosity and unselfishness as she devoted her time, energy and personal resources to make Ferguson a better place to live and work.



When her daughter, Meghan, died of a drug overdose at age 23, Gail began to search for a way to help local youth who were beginning to choose the wrong lifestyle. Some of the youth who had broken minor laws had no means to pay their fines, so they avoided going to court and ended up having warrants issued for their arrests. Gail tried to find a creative way to help them learn from their mistakes, and to turn their lives around before they got into real trouble. She sought out resources that might work with her to develop an alternative to going to jail.

The result of her hard work and dedication was the start of the Ferguson Community Service Program, in partnership with the Ferguson Youth Initiative, Adolescent Resource Center, and Provident Counseling. Together, these resources make a big difference.

Gail lived in Ferguson for 17 years, had two children, loved to garden and was an avid reader.

Snow Removal Guidelines

- Don't push snow into the street. Placing any materials, yard waste, or snow on a public street is against city ordinance and may result in a fine.
- Clean your own driveway, sidewalk, mailbox, and parking lots. Residents and Business Owners are required to keep their own driveways, sidewalks, mailboxes, and private streets clear of ice and snow.
- Clear the road. No service will be provided if the crews feel they cannot safely plow your street because of parked cars or other obstructions.
- Cul-de-sac's – over the course of the last few years, it has become increasingly difficult for crews to effectively plow cul-de-sacs. Parallel parking is the only approved parking for cul-de-sacs. If cars are parked in any other fashion, we will not be able to plow these cul-de-sacs. It's difficult to plow a Cul-de-sac even when cars are parked correctly; so it's better if no cars are parked in the street at all.

See additional snow information on page 3.

JANUARY EVENTS

at the
FERGUSON PUBLIC LIBRARY

KIDS CODING CLASS

Our coding class for 4th-8th graders returns! Learn how to create your own computer programs. Six-week course begins Tuesday, January 12 from 6-7 pm.
Registration required.

YOGA FOR ADULTS

Increase your flexibility and de-stress with our yoga for adults class. No experience necessary! Class meets every other week. Starting Saturday, January 23 from 2-3pm

BOEING TECHNOLOGY NIGHT

Get your hands on some cool tech like a 3d printer and MaKey MaKeys! For kids and parents in kindergarten-8th grade. Thursday, January 28 from 4-6 pm

COMING SOON - CISCO NETWORKING ESSENTIALS

Interested in working in IT, but don't know where to start? Take our FREE Cisco Networking Essentials class! Class will start in February - look for more information next month or visit our website - ferguson.lib.mo.us!

FOR MORE INFORMATION, VISIT OR CALL THE LIBRARY AT 521-4820

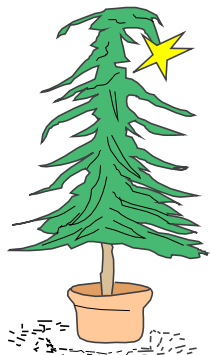


Saturday, January 16th Ferguson's Indoor Farmers' Market

Find friendly farmers, meat vendors, specialty baked goods, teas, olive oils, coffees, made-to-order omelets, and other natural goodies.

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

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Christmas Tree Recycling

The City of Ferguson will once again be offering a site to drop off your Christmas tree for recycling.

The drop site is located at 825 Ferguson Ave. at the Forestwood Sports Complex parking lot nearest the basketball court.

The site will be set up from December 26, 2015 through January 31, 2016.

City Hall News

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

The meeting dates are:

Tuesday, January 12, 2016 at 7:00 p.m.

Tuesday, January 26, 2016 at 7:00 p.m.

Ferguson City Hall will be closed in observance of the Martin Luther King holiday on Monday, January 18, 2016.



Greetings from CityWalk

Shepherding Images Studio and Good Shepherd Gallery officially opened at 252 S. Florissant Road on November 17.

The location is the working studio for Sr. Glynis Mary McManamon, a Good Shepherd Sister, who creates sacred art as a way of inspiring viewers to reflect on a larger worldview. Work exhibited in the gallery includes large format Byzantine icons, smaller panel icons and abstracts, as well as a handful of watercolors and drawings of secular subjects.

Sr. Glynis Mary hopes to enlarge the offerings of the gallery in 2016, inviting youth groups, school groups and other community-based groups to use the gallery space as a venue to showcase art. The themes can be widely varied and need not be religious. They must, however, speak in some way to one or more of the four core values of the Good Shepherd Congregation: mercy, reconciliation, individual worth and zeal (expressed concern for others).

The Studio/Gallery is open Tuesdays through Fridays, 10 a.m. to 6 p.m. and Saturdays from noon to 4 p.m. It is also open by appointment. The phone number is 314-522-1155. There is a quiet meditation space and a café table and chairs waiting for visitors.

No stranger to creating and exhibiting sacred art, Sr. Glynis had a studio/gallery in Louisville, Kentucky from 2006 to 2010. She accepts commissions from individuals and private and public organizations. In the future, in addition to the artwork available for purchase, she hopes to add cards and small prints.

Thank you to all who attended our annual holiday party. It was great mixing with old friends and mingling with new ones. We hope to see you all at our monthly meetings and quarterly breakfast meetings.

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

Every third Thursday of the month is our board meeting. We meet at 5:30pm in the offices of Pearce Neikirk's office located at 427 S. Florissant Rd. Our next meeting is January 21, 2016. 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.

Texting and Driving

The Fire Fighter of Eastern MO, Local 2665 have published tips that they label "Preventable Risk" while driving.

Texting while driving involves all three types of distracted driving: cognitive, manual, and visual impairment – in all three instances every part of you is unfocused on the road.

Texting while driving is leading cause of death among teen drivers.

According to the National Highway Transportation Safety Administration, distracted driving caused over 1.6 million accidents in the US in 2012.

The National Highway Traffic Safety Administration reports that over 3,000 distracted drivers crash and die every year.

Texting while driving makes you 23 times more likely to get in a car accident than a non-distracted driver.

The minimal amount of time your attention is taken away from the road while texting and driving is 5 seconds. A crash usually happens within an average of 3 seconds of a driver being distracted.

1. Put your phone somewhere you can't see it. Out of sight, out of mind.
2. NEVER use your phone while driving.
3. Silence your phone while driving. If you can't hear your notifications, you are less likely to check them.
4. Designate a texter. Ask a friend to read and reply to your texts while you're driving.
5. Pull over or wait until parked to check or send messages.

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.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Fitness centers packed with people, exchange lines backed up, school lots are full, children looking to the skies for frozen help, credit cards being cut in half, it must be January and time for the Happy New Year edition of the Plumbers Crack.



pipes, you start seeing those boils and cancer spots on your pipes. We know what that means.

Another tip for you who have waste disposals. Once a month fill them up with ice cubes and squirt some lemon juice in there. Turn on disposal with a

real slow flow of water. That will keep your disposal blades sharp as a tack and your drain smelling fresh and clean.

Oh Baby's resolution will be to try and throw a tip in every month in order to try and save you a dollar and maybe have some fun with .

It's January people, and the weather has been mild so far this winter, but we all know that's not going to last. Remember those winter tips and if you haven't done it yet get those hoses put away.

I would like to take this time to welcome back DeCarlon Seewood, Ferguson's new City Manager. Let's all get behind him and our city council and make Ferguson prosperous like it was before all the unrest.

Remember to get to know your neighbors, lend a hand when they need it, check on the elderly, hug and nurture them kids . . . they are our future.

God Bless, Oh Baby

Well followers of the Crack it's that time for New Years resolutions. Oh Baby is going to try and help you with a few of those and help you save a buck doing it.

1st resolution we should make is to take some of that left over food coloring and drop a little of it in our toilet tank at night when we go to bed. If we wake up and see some of it in our bowl that means our toilet is running and wasting water.

Look in the tank and if the water level is above the fill or overflow tube you need to adjust the fill valve or replace it. The most common cause is the flapper or tank ball which is an easy fix and now your saving money.

Our next resolution is at the end of the day after dishes are done, either by hand or dishwasher, fill the bottom of the sink with cool or Luke warm water and pull the plug. This will wash away the detergent that's left clinging to the pipes in your wall and basement. Detergent is made up of petroleum products and animal fat . . . that's right grease and oil. When that finally coats your

P8563, D8563

Premier Plumbing Solutions

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

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

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

524-0222

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

CALL BOB

524-1264

See Bob on Job column on Page 17

January 19th Last Day to File Declaration of Candidacy for City Council

The City of Ferguson, Missouri, will hold an election on Tuesday, April 5, 2016, for the offices of Council Member Ward 1, Council Member Ward 2, and Council Member Ward 3 for 3 year terms. Any person wanting to file a declaration of candidacy for this office must also submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms are now available in the City Clerk's office and may be picked up at any time during regular office hours.

The petitions may be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on January 19, 2016, and must be accompanied by a \$10.00 filing fee, which will be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson City Council is open now. For further information, please call the City Clerk at 524-5152.

CITY OF FERGUSON
Megan Asikainen, City Clerk

Declarations for Candidacy for Ferguson-Florissant School Board

Two (3) three-year terms for the office of Director on the Ferguson-Florissant School Board will expire in April 2016. Anyone interested and qualified to file for the office must submit a Declaration of Candidacy which can be picked up at the District's Administration Center, located at 1005 Waterford Drive in Florissant, Missouri from 7:30 a.m. to 4:00 p.m. on days the district is open. Under Missouri law, the first day to file as a candidate is Tuesday, December 15, 2015. Filing closes at 5:00 p.m. on Tuesday, January 19, 2016. School district offices will be closed Monday, December 21, 2015, through Friday, January 1, 2016.

The annual election for the Board of Education is Tuesday, April 5, 2016. A person who wishes to file for candidacy for the Board of Education must be:

1. A citizen of the United States
2. At least 24 years old
3. A resident taxpayer of the school district
4. A resident of the state of Missouri for at least one year

In addition, the candidate must follow these procedures:

1. File a declaration of candidacy
2. Line up for filing pursuant to district Policy 4013

For more information, contact the Ferguson-Florissant School District at (314) 506-9000.



Are You Ready to Get Your Hands Dirty?

Apply now to become a 2016 Apprentice at EarthDance Farms.

Ever wanted to grow your own fresh, organic food – but don't know how or where to begin? Jump-start your agrarian dreams at EarthDance Farms as a 2016 Farm & Garden Apprentice. We offer a part-time apprenticeship running from mid-April to September.

Each week offers the opportunity to work on the farm, to sell at market, and to attend enrichment classes, which include field trips to local farms and gardens. You'll even take home a weekly share of the harvest. From farms to school gardens, alumni apprentices are launching their own food projects across St. Louis. Come join the fun!

Tuition is \$1000 for the five-and-a-half month season and includes a weekly Community Supported Agriculture (CSA) share during the 24-week harvest season. Partial and full scholarships are available on a limited basis, so apply soon! We accept Americorps VISTA educational stipends. Class credit is available through the University of Missouri-St. Louis.

Snow Route Streets

No one wants to think about snow yet, but the Ferguson Public Works Department's snow removal crews are already making plans for the upcoming winter weather season. One of the main issues our crews encounter during snow removal is trying to properly clear our streets of snow and ice with vehicles obstructing the truck's passage. To alleviate this issue, the City has designated a number of streets as snow routes.

When a street is on a snow route, all vehicles must be removed from that street if there is an accumulation of snow and/or ice. It is best if residents remove vehicles if there is a forecast or threat of snow and/or ice to assure their vehicle does not block the snow plow. If a vehicle is parked on the street when snow and/or ice accumulate, the vehicle owner will be issued a summons and the vehicle will be towed.

We ask all residents and motorists to cooperate during inclement weather so our crews can make the streets passable and safer for all citizens and motorists. Safety is our first concern.

The following streets have been designated as snow routes:

Street	Side
Arline	west
Averil	east
Ballman (Robert to Royal)	west
Bayview Court	north, circle and court
Briarwood	entire circle
Castro (7475 to 7495)	north
Estelle (S. Harvey to Georgia)	south
Forest (Millman to Hartnett)	north
Halpin (Dupree to Blanton)	north
Lamotte	east
Laurette (Blanding to Castro)	west
Millman (Robert to Royal)	west
North Clay (Robert to Thoroughman)	west
Palace Court	north
Plaza (North to Graf)	west
Roberta	north
Ronbar Place	east
Rowles	South
Shirley	west
Superior (Robert to High)	west
Teston	west
Vershire	South and circle
Willman Court (1050 to Woodstock)	east
Wylin Court (1032 to Woodstock)	east

Snow Removal

The City of Ferguson crews work 24/7 to clear approximately 150 (lane miles) of pavement to keep traffic moving. As a resident, the number one thing you can do to assist snow removal crews is to not park on the street whenever snow is in the forecast. If you must park on the street, please make certain that you don't park directly across from another vehicle. This makes it almost impossible for our snowplows to safely pass. Please remember to always stay clear of snowplows.

The City of Ferguson is responsible for most streets within the Ferguson City Limits including Florissant Road from Thoroughman to Brotherton. There are several private streets the City does not plow. MoDOT and St. Louis County are responsible for several streets within the City; a list can be found at the bottom of this article.

When snow begins to accumulate, snow removal crews are dispatched. To keep traffic moving, the city emphasizes clearing primary streets such as Florissant Road, Frost, January, Dade, Carson, Suburban, Forestwood, Powell, Church, Woodstock, Paul, Ferguson Avenue, etc. first.

After this is completed, we move on to secondary streets (all remaining streets in the City). Keep in mind the City has four separate snow route crews, and depending on where your street falls in that route, it could be a few hours until your street is plowed. Rest assured, we will be there to plow your street.

For more information on the Ferguson Snow Removal process, please call the Public Works Department, Street Maintenance Division at (314) 521-8373.

The Missouri Department of Transportation (MoDOT) is responsible for clearing the following federal and state roads; Florissant Road north of Thoroughman, New Halls Ferry, and Pershall Road. St. Louis County is responsible for; Bermuda, Elizabeth, Hudson, Airport / Hereford / Chambers, and West Florissant. The City of Ferguson cannot clear these areas. If you have questions or concerns about these roads, please contact MoDOT at (314) 275-1500 or St. Louis County at (314) 615-1111.



Ferguson Community News Page

New Year is time for new goals

By Mayor James W. Knowles III

“Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man (or woman)”

--Benjamin Franklin-- Inventor, Statesman, Founding Father



They don't necessarily teach this in school, but our beloved Benjamin Franklin was not a perfect man. In fact, beyond all of the inventions, philosophic writings, political statesmanship, and his work to secure our freedom from the British, he was by many accounts a naughty boy. He liked to party and drink to excess, and was known to be quite the lady's man. Some would probably call him a womanizer. He did extremely well with the ladies for being a balding man with a portly build. Known for having said "everything in moderation", he was not known for taking his own advice. Although he constantly battled those vices, he often succumbed to them.

He, like many, knew what was right even if he wasn't always able to personally live up to those words. It is important that we all take a moment to examine what is right and wrong in our lives, and take the opportunity of a new year to start fresh. Though many would claim that New Year's resolutions are empty goals that are too easily broken, setting goals such as a New Year's Resolution is an important part of self-improvement. Without introspection into what is wrong in your life, and a subsequent action item to cure it, you will never be able to move forward and better yourself.

Especially over the past year, the Ferguson City Council and staff have continuously reviewed what is going well and what could be better in the city. The constant review, planning, and implementation of new goals and projects is what keeps this city moving forward in a positive direction. Without a careful and periodic review of our situation and defined goals for improvement, we would never see the progress that we have made in our community.

As the City begins the new year, we hope to be moving toward a settlement with the Department of Justice which will define specific improvements we can implement in our city government to better serve our citizens. A settlement with the DOJ on mutually agreeable terms will both save the city money in the long run, as well as allow us to continue and eventually complete the process of making reform minded improvements in our city government. The City Council has been extremely mindful of the financial impact of such an agreement, and continues to recognize the financial realities of living up to the terms of any agreement with the DOJ. Though this agreement will come with a price, the intention of the city is that any price we agree to pay will be an investment in our community through more effective policing and governing. Investing in our city services through an agreement would be more desirable than spending your tax dollars on years worth of legal fees to lawyers.

Lastly, but certainly very important, our city administration will be working with community input to devise a budget and finance strategy that allows our city to continue to move forward in a financially responsible manner. With revenues falling and expenses rising, our city budget has been squeezed more than ever. Our hope is to work with residents to make the hard decision of either trimming back services or seeking a tax increase.

Even with hurdles ahead, there is great hope and great opportunity for our city. With the completion of some of our reform goals and the continuation of others, we will show the St. Louis region the strength of our community and the resolve of our citizens. With a police department and city government on the cutting edge of modern policing and governing practices, we will set the standard for other communities to follow. Again, we will show the region that we are breaking the trends in North County and are leading an economic and community revival in our city.

Ferguson Police Department Welcomes New K-9 Officer Argo

The Ferguson Police Department and Officer Matthew Miller are proud to announce the addition of K-9 Argo to the Department. Argo is a 21-month old German Shepherd whose lineage derives from a line of Czechoslovakian police dogs. Officer Miller adopted Argo at the age of 8 weeks old and has agreed to donate him to the City of Ferguson to serve as a K-9 Officer. Argo and Officer Miller trained from the early age of 8 weeks old and continue to train every day. Argo and Officer Miller are certified in Narcotics detection through the National Narcotics Detector Dog Association and have also achieved a Level 2 Patrol Certification through the National Police Canine Association.



Argo and Officer Miller at Argo's Swearing-In Ceremony

Through the generous contributions of Officer Miller and through other private donations, the City received Argo at a cost well below the typical \$15,000 total cost of obtaining a trained, certified K-9 Officer. Argo will be assisting with drug detection, locating evidence from crime scenes, handler protection, and tracking and apprehending fugitives from the law.

Numbers to Remember:

Ferguson City Hall.....	314-521-7721
Ferguson Community Center	314-521-4661
Ferguson Library	314-521-4820
Ferguson City Garage	314-521-8373
Police.....	314-522-3100
Fire Department.....	314-522-1122
Republic Services.....	636-947-5959

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Jan 5 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	Jan 14	Ferg Community Ctr 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	Feb 25 7 pm	St Peter's 1425 Stein Rd	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	Jan 14 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	Jan 5 7 pm	Ferg Community Ctr 1050 Smith Ae	Irene Kidd kiddirene87@gmail.com
Southwest Ferguson Neighborhood Group	Jan 11 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferg Community Ctr 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Jan 11 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Keith Kallstrom 314-524-1720
North Elizabeth Assn	Jan 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.

Don't miss out on The Ferguson Parks and Recreation Departments Holiday Promotion from November 28-December 24! Huge holiday savings available if you purchase a Combo Center Pass for both the Community Center and The Splash at Wabash!

Call or come up Ferguson Community Center for details: 314-521-4661

PROGRAMMING

Slide Dance

Do you want to enjoy a great workout while having fun? Join our Slide Dance class. Slide Dance is a fun 1 hour dance class designed to learn basic and intermediate slide dance routines and popular variations. Participants will become more confident on the dance floor at social events. Slide dancing is a low impact aerobic exercise. Students should wear comfortable clothing and adhere to 3 rules: have fun, forgive themselves and keep moving.

Ages: 18 and up
Date: Mon, Jan 25 (8 week session)
Times: 6:30pm-7:30pm
Location: Community Center
Fee: \$25/Member; \$30/Resident; \$35/Non-Resident

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 1/2-7 years old
Start Date: Wed., Jan 13 (8 week session)
Time: 6pm-6:50pm
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, Jan 13 (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, Feb 22 (8 week session)
Mon, April 18 (8 week session)
Mon, June 13 (8 week session)
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Private Dance Lessons

Are you going to a wedding, on a cruise, or will you be attending a social event that includes dancing? Are you an engaged couple that need to learn a routine for their first dance? Or do you just want to learn to dance for fun and fitness in a class designed to teach you the styles of dance you want to learn? Private dance lessons are the answer. Classes are taught by Diane Brown, instructor and choreographer of 30 years. Diane can teach you most any style of dance including Ballroom, Latin, Swing, Salsa, Hip Hop, Tap and Ballet. For wedding dances, she can teach the bride and father-of-the-bride and the entire wedding party, as well as the bride and groom, a dance to the music they have selected for that special day.

Fee: \$45 for a one hour class for up to 4 students
\$5 more for each additional student
Beginner's discount: receive a discount for 6 classes if paid in full at the first class. \$38 per class.

Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.
Days: Mon
Times: 6:00pm-Close
Location: Community Center
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Resident

Computers for Seniors

Do you feel like you're left in the Stone Age while technology keeps moving forward? Do you have grandchildren who you would like to keep up with through social media? If so, then sign up for Ferguson's Computer 101 course for seniors. This class will teach basic computer functions as well as valuable information about the internet. After the completion of this course you will be exploring the world wide web with confidence and ease.

Ages: 50 and older
Date: Tues, Feb 9 (6 week session)
Times: 10am-11am
Location: Community Center
Fee: \$20/Member; \$25/Resident; \$30/Non-Resident

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.

Age: 3 1/2-12 years old
Start Date: Mon, Jan 11 (8 week session)
Mon, March 7 (8 week session)
Mon, May 9 (8 week session)
Time: 6:45-7:40pm (Age 8-13)
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Open Play Basketball

Come to the Ferguson Community Center for pick up basketball games. (Half court only)
Days: Tues, Thurs, Sat, & Sun
Times: 1:00pm-Close
Location: Community Center
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Resident

Family Gym Night

Gather up your family and friends and join us for Family Night in the Gymnasium. This night is set aside for families to play basketball and other games in the gymnasium.

Age: Open to All Ages (children must be with an adult)
Date: Fridays
Time: 5pm-Close
Location: Ferguson Community Center
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Resident

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.

2016 Wayside Dog Park memberships now on sale.
Yearly Fee: \$30 Residents; \$60 Non-Residents
\$5 per additional dog (three dogs per family).

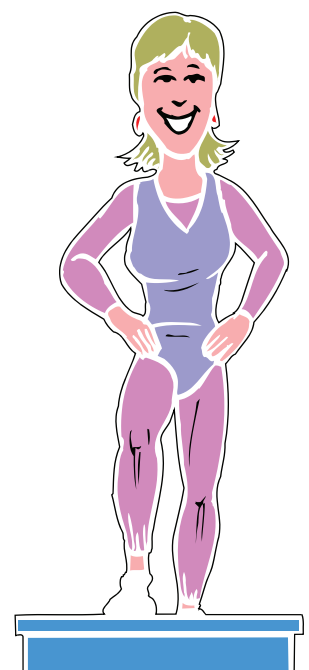
FITNESS

Aerobics

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

Age: 18 years & up
Date: Mon, Jan 11, Mar 7, May 2
Wed, Jan 13, Mar 9, May 4
(Ongoing 6 week sessions)
Time: 6pm-7pm
Location: Ferguson Community Center
Fee: \$25/Members 1 day a week
\$30/Residents 1 day a week
\$35/Non-Residents 1 day a week

Additional Days:
\$10/members add day;
\$15/residents add day
\$20/non-residents add day



(Continued on Page 6)

Ferguson Parks and Recreation Continued from Page 5.
Call 521-4661 to register for any of these events.

FITNESS (Continued from Page 5)

Zumba

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

Age: 18 years & up
Start Date: Sat, 1/16, 3/12, 5/7 (Ongoing 8 week sessions)
Time: Sat 9am
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Yoga

Increase balance, ability to focus/concentrate, develop a strong core & powerful legs, build strength, enhance muscle tone, circulation, flexibility, posture, coordination, and range of motion. Enhance body, mind & spirit through movement, meditation and deep breathing.

Age: 18 years & up
Date: Tues, 1/12, 3/8, 5/3
Thurs, 1/14, 3/10, 5/5 (Ongoing 8 week sessions)
Time: Tues & Thurs 1:30pm-2:30pm
Location: Ferguson Community Center
Fee: \$35/Members - 1 day per week
\$40/Residents - 1 day per week
\$45/Non-Residents - 1 day per week
Additional Days:
\$10/members add day; \$15/residents add day
\$20/non-residents add day

Yoga

Increase balance, ability to focus/concentrate, develop a strong core and powerful legs, build strength, enhance muscle tone, circulation, flexibility, posture, coordination, and range of motion. Enhance body, mind and spirit through movement, meditation and deep breathing.

Age: 18 years & up
Date: Sat, 1/16, 3/12, 5/7 (Ongoing 8 week sessions)
Time: 10:00am-11:00am
Location: Ferguson Community Center
Fee: \$35/Members - 1 day per week; \$40/Residents - 1 day per week
\$45/Non-Residents - 1 day per week

3 on 3 Coed Basketball League

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

Ages: 18 and up
Dates: Friday, Feb 5
Times: 6:00-9:00pm
Location: Community Center
Fees: \$190/ Members/team; \$200/Residents/team
\$220/ Non-Residents/team

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: Mon, 1/4 – Thur, 1/7
Times: 6:30-9:30pm
Location: McCluer High School
Fee: \$180/Residents; \$195/Non-Residents

Sand Volleyball

The Ferguson Recreation Department is proud to announce that Sand Volleyball Courts will be added to the Ferguson Community Center this spring. The beautiful complex will be complete with three lit volleyball courts with high quality white sand. To introduce this new amenity to the Ferguson Community Center the Ferguson Recreation Department will be hosting a sand volleyball league!

Ages: 18 and up
Women's Monday's – Thursday
Coed – Friday's
Men's – Wednesday – Sunday
Time: 6:30pm-9:00pm
Location: Community Center
Fee: \$180/Residents; \$195/Non-Residents

ADULT PROGRAMMING

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.

Yahtzee

There is no need to know the rules; come and expect a good time at our next Yahtzee event at the Ferguson Community Center. We'll start the afternoon chowing down to a great tasting lunch. After lunch, the excitement begins with 3 thrilling games of Yahtzee. Great prizes, good food and lots of laughter are in

store. Door-to-door transportation via the Jolly Trolley is available for Ferguson residents. Advanced registration is required. Transportation fees apply

Date: Thur, Feb. 11 & Thur, Apr. 14
Time: 11:30am – 2:30pm
Location: Ferguson Community Center
Fee: \$8/Members; \$12/Residents; \$15/Non-Residents

Mystery Meal

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

Date: Fri, Feb. 19 & Thu, May 12
Time: 10:00am pick-up
Fee: \$32 Members; \$37 Residents; \$42 Non-Residents

TRIPS

Honoring our National Parks

After a 1972 visit to Bryce Canyon and the neighboring parks, French composer Oliver Messiaen created an extraordinary musical creation capturing the vastness of National Parks in the American West. St. Louis Symphony Orchestra performs Messiaen's "From the Canyons to the Stars" alongside projected video and images of nature by visual artist Deborah O'Grady in honor of the 100th anniversary of the National Park System. Dinner plus evening concert in Powell Symphony Hall – a sure way to chase the winter blues away! Dinner before the show will be at Vito's on Lindell. Cost includes: transportation, dinner, taxes, tips and symphony ticket.

Date: Sat, January 16
Time: 5:00pm – 10:30pm
Location: Ferguson Community Center
*Parking on north end of Community Center or behind the Community Center only
Fee: \$60 Resident; \$65 Non-Resident

TEEN PROGRAMMING

Hidden Valley Teen Ski Trip

Get ready for fun in the snow! Join us for our annual trip to the Hidden Valley Ski Area. Whether you have never skied, have skied, or think you are a semi-professional, this trip is for you. Instructional classes for beginners and refresher classes for the experienced will be available. Please bring additional money for food and drink. Sign up early as this trip fills fast.

Age: Teens 13-17
Date: Sat, January 30
Time: 8:00am—5:00pm
Location: Community Center
Fee: \$32/Residents; \$37/Non Residents

City Museum

Come explore the City Museum! Make your way through the Enchanted Caves and much more. This 600,000 sq. ft. multi-level interactive museum was built for exploration and fun.

Age: Teens 13-17
Date: Fri, February 12
Time: 5:30am—10:30pm
Location: Community Center
Fee: \$5/Residents; \$8/Non Residents

Ferguson Winter and Spring Brochure Available Now!

Environmental Film Series Begins

FROM THE PIPELINE is the first film of the 2016 monthly winter/spring environmental film series hosted by the Ferguson Eco Team. The film focuses on the construction of the Flanagan South, a Canadian tar sands pipeline, through the heart of the Midwest U.S. It captures the stories of the changing landscapes and communities along the entire Missouri route of the pipeline. From farmers to concerned citizens, unnamed creeks to the mighty Mississippi River, the Flanagan South pipeline leaves many environmental impacts.

The film will be shown Tuesday, January 26, 7:00 PM in the St. Stephen's Episcopal Church Parish Hall, 33 N. Clay (at Darst), Ferguson, MO 63135. The event is free and open to the public.

For more information: (314) 521-8418; carletonstock@aol.com .

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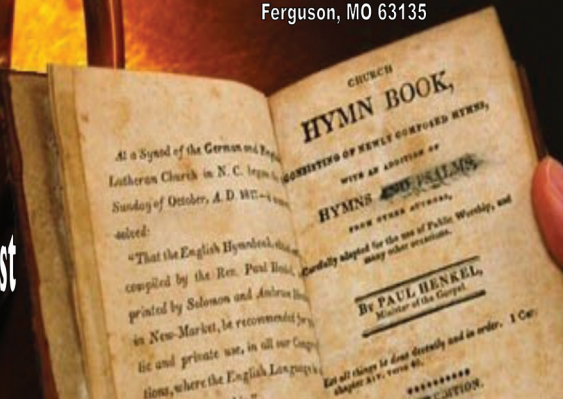
What's More Fun Than BEER & HYMNS???

January 24, 2016 6PM - 8PM

What?? Come sing your favorite hymn while enjoying your favorite beverage (purchased by you) !!!

Where?? Ferguson Brewing Company
418 S. Florissant Rd
Ferguson, MO 63135

Hosted by
St. Peter's United Church of Christ
For more info call
314-521-5694





Learn how to Cook Confidently!


A FREE cooking demonstration sponsored by Operation Food Search

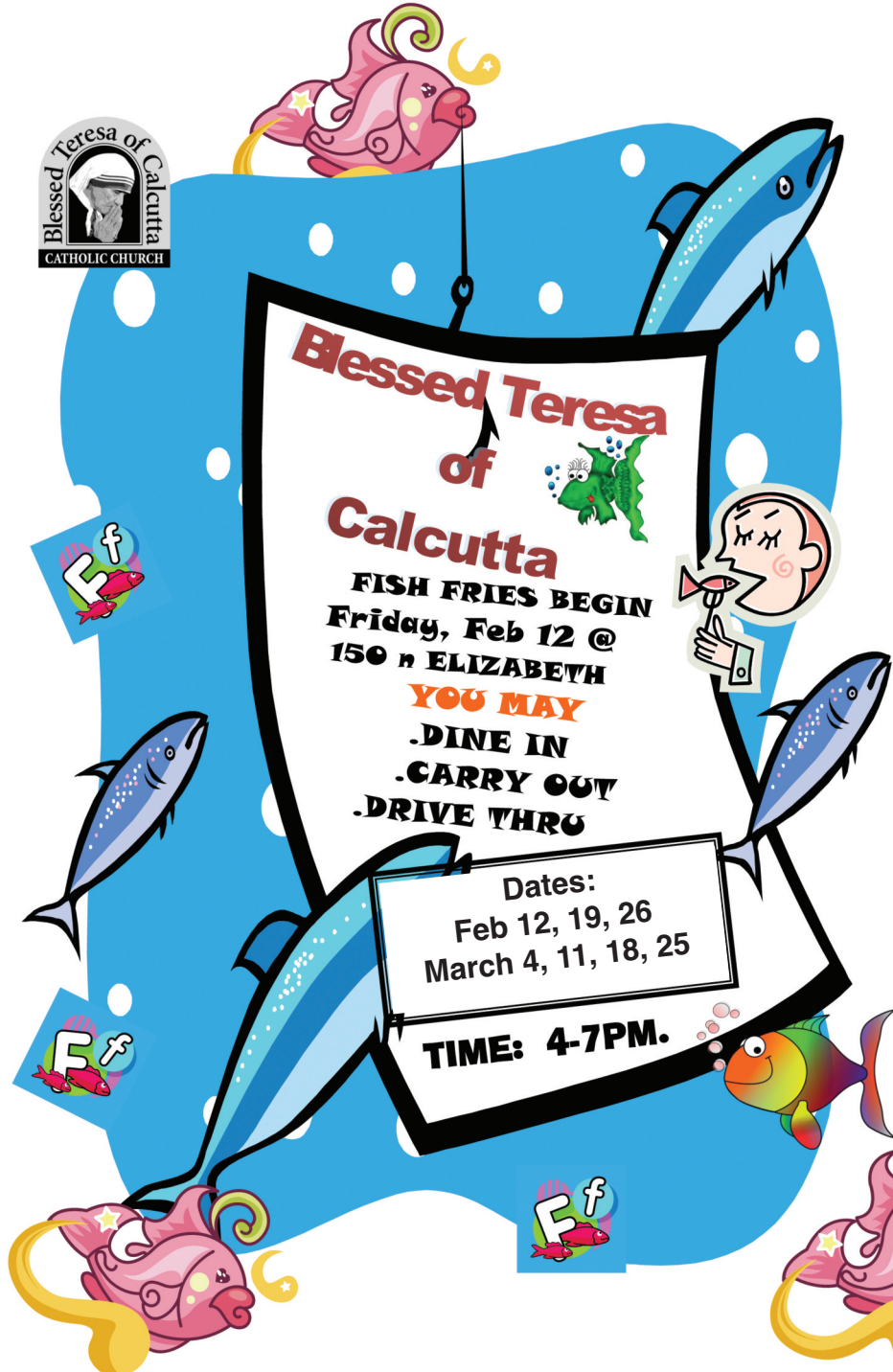
- Learn basic cooking techniques
- Learn how to prepare different kinds of produce
- Learn basic skills and information to lead a healthy life

Participants will see the recipes prepared, receive samples, as well as recipe cards and handouts

**Demonstration will be held at , , ,
St. Peter's United Church of Christ
1425 Stein Rd.
Ferguson, MO 63135
Saturday, January 9th, 11am to 2pm
in the lobby**







Blessed Teresa of Calcutta

FISH FRIES BEGIN
Friday, Feb 12 @
150 n ELIZABETH

YOU MAY
.DINE IN
.CARRY OUT
.DRIVE THRU

Dates:
Feb 12, 19, 26
March 4, 11, 18, 25

TIME: 4-7PM.

Family Game Night With A Twist



**Welcome Families to
Game Night
January 23rd, 7:00 pm**


St. Peters UCC Fellowship Hall
1425 Stein Road, Ferguson

Continuing with the tradition of having fun with a purpose, St. Peters is hosting Game Night. We will play board games, card games, games you bring, and any kind of games you can think of. We will meet new folks, hear new stories, and get to know all kinds of people. Join us!
Oh, and don't worry, we have the snacks covered.

Electrical Fire Closes Another Ferguson Business

**Bakery in Scott Plaza
Is Condemned by
Fire Marshall**

1130 North
Florissant Rd.
in Scott
Plaza



Cakes by Nette

Nette is closed but trying to find kitchen space to rent to fulfill all her current orders. Please keep her in your prayers as she tries to rebuild and bounce back from this catastrophe.

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sweetinfo@cakesbynette.com



Gitana Productions invites you and your family to

RISE UP 2 B U: PERFORMANCE FOR UNITY

A Recital of Music, Dance and Drama
featuring youth from Ferguson and St. Louis City



Saturday, January 16 at 1:00 PM
Ferguson Library, 35 No. Florissant, St. Louis 63135
A Free Event

This project is a collaboration between Ferguson Library,
Gitana Productions, and Carpenter Branch Library.

314-721-6556 or info@gitana-inc.org

Do These Mid-Winter Blues Have You Down???

Well, then grab your family and friends and come on down to our 9th Annual Entertainment and Dining to benefit the St. Louis chapter of

Handicapped Encounter Christ (HEC)

at the Savoy Banquet Center at
119 S. Florissant Road in Downtown Ferguson:
Friday, January 15th, 2016 – 6:00pm
Tickets are \$20/person for Dinner & Entertainment
\$30/per couple
"Free-Will Offering" for Entertainment only

For Tickets, Family Rates, or more Information, please contact:
Dwain at: 314-522-1857
Jeff at: 314-524-0500
Pat at: 314-570-3409

Martin Luther King, Jr. Holiday Celebration

Martin Luther King, Jr. was an American Baptist minister, activist, humanitarian, and leader in the African-American Civil Rights Movement.

Born: January 15, 1929, Atlanta, GA
 Assassinated: April 4, 1968, Memphis, TN
 Spouse: Coretta Scott King (m. 1953–1968)
 Education: Boston University (1951–1955), More
 Children: Martin Luther King III, Dexter Scott King, Yolanda King, Bernice King

On December 1, 42-year-old Rosa Parks boarded the Cleveland Avenue bus in Montgomery Alabama to go home from an exhausting day at work. She sat in the first row of the "colored" section in the middle of the bus. As the bus traveled its route, all the seats in the white section filled up, then several more white passengers boarded the bus. The bus driver noted that there were several white men standing and demanded that Parks and several other African Americans give up their seats. Three other African American passengers reluctantly gave up their places, but Parks remained seated. The driver asked her again to give up her seat and again she refused. Parks was arrested and booked for violating the Montgomery City Code. At her trial a week later, in a 30-minute hearing, Parks was found guilty and fined \$10 and assessed \$4 court fee.



On the night that Rosa Parks was arrested, E.D. Nixon, head of the local NAACP chapter met with Martin Luther King Jr. and other local civil rights leaders to plan a citywide bus boycott. King was elected to lead the boycott because he was young, well-trained with solid family connections and had professional standing. But he was also new to the community and had few enemies, so it was felt he would have strong credibility with the black community.

In his first speech as the group's president, King declared, "We have no alternative but to protest. For many years we have shown an amazing patience. We have sometimes given our white brothers the feeling that we liked the way we were being treated. But we come here tonight to be saved from that patience that makes us patient with anything less than freedom and justice."

Martin Luther King Jr.'s fresh and skillful rhetoric put a new energy into the civil rights struggle in Alabama. The bus boycott would be 382 days of walking to work, harassment, violence and intimidation for the Montgomery's African-American community. But the African-American community also took legal action against the city ordinance arguing that it was unconstitutional based on the Supreme Court's "separate is never equal" decision in Brown v. Board of Education. After being defeated in several lower court rulings and suffering large financial losses, the city of Montgomery lifted the law mandating segregated public transportation.

Thus began Dr. Martin Luther King's leadership in the African-American community.

The rising tide of civil rights agitation produced a strong effect on public opinion. Many people in cities not experiencing racial tension began to question the nation's Jim Crow laws and the near century second class treatment of African-American citizens. This resulted in the passage of the Civil Rights Act of 1964 authorizing the federal government to enforce desegregation of public accommodations and outlawing discrimination in publicly owned facilities. This also led to Martin Luther King receiving the Nobel Peace Prize for 1964.

Famous Quotes:

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Faith is taking the first step even when you don't see the whole staircase.

Our lives begin to end the day we become silent about things that matter.

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315 Darst:

Ready for New England manor living?

Then you have to come and see this shingled Colonial Nantucket Century Home available now. This historic multi-bath gem boasts 5 bedrooms, and even fantastic sleeping porch areas. The rooms are spacious, and have wonderful hardwoods throughout. The butler's pantry is a must see!

With a rear-mounted garage as well as additional garage space, storage abounds for your vehicles and belongings. Call us today to see just how impressive this house truly is.



841 Gerald:

Looking for a wonderful starter home, located within walking distance to Lee Hamilton Elementary school, Jeske Park, and Paul's Market? Then be sure to come check out this wonderful 2 bedroom ranch. The kitchen is bright and full of function, and the large sunporch offers a pleasant retreat

from the world. The corner lot has plenty of room for backyard entertainment and enjoyment. It's a great home, at a great value, in a great neighborhood. Come see today!

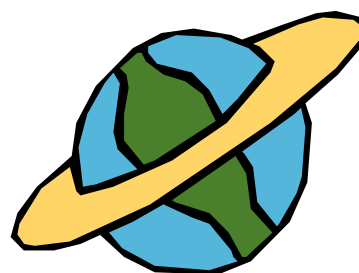
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And Now a Word from Our Planet



Consider bringing your own leftovers container with you when eating at a restaurant that sends folk home with styrofoam--And ask them to consider switching to cardboard.

(This message is provided by the Ferguson Eco Team.)



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The Ferguson Computer Corner

by Doug Neely



WELCOME TO 2016!

so...didja think we would've made it this far, yet? so, didja? (OF COURSE!) so, HAPPY NEW YEAR! <GRIN!> His blessings shall NOT be prevented by any man; they are FREE for ALL!

SOME THINGS HAVE CHANGED, dept.

win 10? well, now i say that it may be best for most of you than win 8.1; certainly better than win 8, BUT NOT, in my opinion, better than win 7. so there! i have said it; that's my story, and i'm stickin' to it! :)

you can still get win 10 until July 29 2016, if you get the free upgrade. M\$ no longer tries to FORCE you to upgrade, according to M\$. (and that seems to be true, so far.) 10 is far better for you gamers, & will port to many more new "apps", going forward. (yeah, that's right; everything will be an "app" from now on, not a program or a prog-gie...so says M\$!...(even tho they are all the same thing; but app suggests something that runs on a phone or a tablet, & that's how M\$ wants to confuse you!)

WHAT DOES THIS MEAN?, dept. i think it means that NObody who codes SW for windows will make anything for 8/8.1 anymore; they will port it for 10, & that's it. 10 is going to be M\$'s baby from now on, & they will be trying to make it compatible & usable on ALL devices that use an OS. (that means computers, laptops,

phones, tablets, & whatever.) for a "long" time, so says M\$!

THE BOTTOM LINE, dept.

if you wanna stay up-to-date, you need to upgrade to 10; UNLESS you have 7, & you LOVE it, like i do. so, for all of you out there who wanted to know what i think, & what i will be doing, there you have it! that's it! (in other words, if i have 8/8.1, i will take the free download of 10; otherwise, i'll stick with 7, thank you very much! (btw; i'm STILL using VISTA on this puter! just FYI, you know!) :)

ME GO NOW!

my half-price labor deal is still going on! also, God is STILL ALIVE, & offering LOVE, GRACE, & MERCY FOR ALL! (that means you, me, & everyone!) may God bless us ALL in this NEW YEAR that He has now given us ALL! blessings to you, & to yours in this NEW YEAR! THANKS BE TO GOD FOR JESUS CHRIST! AMEN & AMEN!

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

If you want to ask Doug for his FREE puter advice, call him at *314*521*1789*. When emailing, use fergusoncomputercorner@aol.com as the mailto, & be SURE to put the phrase "i need puter advice" into the subject line, & include your local telephone #. May His joy & blessings be all yours, & may His Peace be yours throughout this new year!

Ferguson-Florissant School District

MCCLUER SOPHOMORE IS FIRST SINCE 2004 TO PARTICIPATE IN SWIMMING CHAMPIONSHIPS

Drew Tallent, a sophomore at McCluer High School, is the first swimmer from the school since 2004 to qualify for the Missouri State High School Activities Association (MSHSAA) Boys Swimming and Diving State Championships. Tallent participated in the championships in November qualifying in the 100 Butterfly and 500 Freestyle. He was the only swimmer in the Ferguson-Florissant School District to qualify this season.

"Drew set a goal at the beginning of the season to qualify for State and he made it," said his coach Annie Cook. "He worked hard in the pool to meet his goal while maintaining a 4.14 GPA in the classroom. His positive attitude, hard work and sportsmanship make him a true student-athlete leader."

This was the first time Tallent qualified for the MSHSAA Boys Swimming and Diving Championships. It is also the first time Coach Cook had a swimmer to qualify. Immediately after completing his events, Tallent set his sights on next year. His goal is to qualify for the championships again, finish in the top 16 at the meet, and medal in at least one event.

MCCLUER NORTH STUDENTS ARE FINALIST IN ELEVATOR PITCH COMPETITION

Kenise Hoard and Jouwell Westbrooks-Stevenson, sophomores at McCluer North High School, are finalists in the St. Louis University Cook Business School's "Real" Elevator Pitch Competition. The two are among 24 area finalists who submitted 30 second pitch videos of their business ideas.

Kenise's business idea is called, "My Lunch". My Lunch is a customizable lunchable that can be ordered online, making the lunch planning process easier on parents by saving time, money and waste. Jouwell wants to develop an app that combines social media and the professional environment. Targeting young entrepreneurs, the app will allow users to build networking opportunities.

Kenise and Jouwell will pitch their ideas to 16 different judges while going up and down an escalator at the Edward Jones Dome on Saturday, Dec. 5. The competition's grand prize is \$500.

FERGUSON-FLORISSANT SCHOOL DISTRICT TO HOST "STEAM EXPO" JAN. 21

Celebration of science, technology, engineering, arts & math will feature interactive STEAM displays and information on college and careers

The Ferguson-Florissant School District will hold its fourth annual STEAM Expo from 5-7 p.m. Thursday, Jan. 21, 2016 to showcase the district's programs and community resources related to science, technology, engineering, arts and math (STEAM).

The STEAM Expo will be held at McCluer South-Berkeley High School, 201 Brotherton Lane and will feature special presentations and interactive displays related to STEAM. Among the attractions, attendees will be able to see robots in action, observe the stars in a Planetarium and make fruit smoothies using electricity generated by a stationary bicycle.

The expo will also feature information on college and career paths in STEAM. Representatives from colleges and universities, technical schools and community colleges will offer information on STEAM-related courses of study. Schools to be represented include St. Louis Community College, Southern Illinois University-Edwardsville, Sullivan University, Truman University, the University of Missouri-Kansas and others. Manufacturing and construction unions will be present to speak with attendees about STEAM-related trades, and recruiters from the armed forces will be on hand to discuss STEAM-related jobs.

Ferguson Lions Hall Rental

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All Proceeds Support Ferguson

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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.

With each New Year, most people see it as a chance to start over and look at their personal situations for ways to improve. One of the most popular resolutions has to do with personal health. Setting a resolution to eat right or lose weight can be an improvement in ones overall health. Yet we seem to constantly put it off. It's so predictable that people sign up for fitness clubs in January only to skip using them within a few weeks. For those who can stay the course seeing changes in health and energy levels can provide the incentive to maintain. This is also a good time to do a financial fitness check-up. I've mentioned this many times over the years and it is definitely something you should do at least once a year. A couple of times during the year is also helpful and can give you the motivation to stay the course or make adjustments for improvement.

The place to start is by finding out what your net worth is. Just like the recommendation to have a check up with your physician before starting a new exercise program, this is place to begin assessing your financial health. You can simply take a piece of paper and divide it down the middle. Using a PC and putting this information on a spread sheet is also a great idea. If you've been already doing this comparing the figures from year to year can help you decide on some goals and see where work is needed. This information is often called a personal financial statement, a balance sheet or statement of condition. No matter what you call it, it is the best measure of how you are doing whether for an individual or a business.

On the left side you would list your assets. First on this side would be the actual cash you have on hand. Your checking account and savings accounts would be at the top. Listing assets in order of liquidity is the standard and helps you to see what is available to meet your regular obligations and also small emergencies that might crop up like an unexpected automobile repair. Other assets would include retirement accounts and other types of securities that are not as easy to liquidate. If you have any other valuables, such as jewelry or antiques, they may be worth a sizable amount and should be listed. These longer term assets are the ones you would try to avoid tapping into until you are older. These longer term investments are also volatile, so use your statements provided by the institution to show the actual worth. This statement you are creating is just a picture of your new worth at a particular point in time and you want the values to all be in that same period.

The value of your home, other properties and material assets like a car would be next on the list. Keep in mind that these types of assets also change in value over time, unless the car is a collectible, its value will likely go down. And any property can increase or decrease just depending on the market and location. So from year to year these things will change and to be true you should adjust the amounts listed accordingly. Some recommend using the cost of your home as the value to list on the statement. This might have helped people resist using their home's equity to borrow against during the real estate bubble. When home values were going up people really started taking advantage by using that asset to borrow and spend more. In any case, you can choose which way to count it, but don't forget that what goes up can also go down.

On the other side of the balance sheet you would list your liabilities. Perhaps the largest would be the mortgage on your home. And let's hope that the value exceeds the amount of the mortgage. Other types of loans should also be listed according to size and whether secured or unsecured. Most of the time unsecured loans have higher interest rates and knowing how much debt you owe on each type of loan can help you decide the ones to pay off first. Credit cards usually have higher rates unless you happen to be in a promotional period. If that is the case certainly take advantage of it, but remember when it is set to end and plan your payoff accordingly. Car loans and any other secured loans probably have a fixed rate and set terms. If you also have a line of credit either secured or unsecured it's like a credit card and if you are able to pay the balance each month you will never see a debt on your balance sheet. However, most people do have credit card balances in the thousands.

Once you have listed all of your assets on the left side and all of your liabilities on the right side, total each column. Now if the left column of assets is more than the right column of liabilities, you can feel pretty good. If the number is in the tens of thousands, you can feel mighty proud. And more than that is cause to celebrate. The difference between these two columns is known as your net worth or capital. If you had to liquidate everything this is what you would have left, so how comfortable do you feel with that number? Depending on your age this number can also be an alarm. For those close to retirement age, seeing a negative net worth can be frightening.

If you don't like what you see, it's time to start making some changes. It is an election year and the economy is a hot topic, along with homeland security, global warming, foreign policies, etc. How will this affect your wallet or personal financial statement? Just what can you do to protect your assets and even help them grow? Interest rates are moving up for the first time in years, so if you are prepared to invest this may be good news. Unfortunately, it is likely the small increase isn't going to quickly trickle down to our savings accounts. Chances are the first thing affected will be unsecured loans, such as credit cards and this can go up without much notice. So as you review your current balance sheet, think about how you would like it to look this time next year.

For those with something to invest you may be able to get a slightly higher return on a certificate of deposit, money market account or some treasury securi-

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ties. We've grown so used to earning so little that many people have decided it was better to spend or pay down debt than save anything. If you have debt with higher interest rates, this is perhaps a good strategy. However, building up some savings to help during those emergencies that seem to crop up is also very important. Last year, I set up an amount to be automatically transferred to my savings account the day after my paycheck is deposited. Just this one small change has put me in a much better position to weather an unexpected expense. While the savings account isn't earning much, it has given me some piece of mind knowing it is there.

So even as you plan to pay down those high interest debts, you can't ignore the likelihood of an emergency that could really set you back. Also, if you are someone who looks at your home equity line of credit as the emergency fund, remember that is on the liability side of your balance sheet and an increase in this debt will impact your net worth. If you increased your line of credit debt by \$10,000 your net worth would go down by that amount. With rising interest rates think about your mortgage; does it have an adjustable rate, if so now might be the time to lock into a rate if you can while they are still low.

As I mentioned over the past couple of months being caught in high risk loan products can be devastating. So your biggest priority should be to pay those off quickly, if you have any outstanding. And perhaps a good part of your goals for the New Year should be to avoid those loans in the future. And take advantage of the assistance out there to help change your financial snapshot to build up the net worth section over the next year. Having an income source which is usually a job is the most important part of improving your financial health.

Next month, I will be looking at resources that can help in that area. If you have comments or suggestions please e-mail consultjoan@att.net.

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

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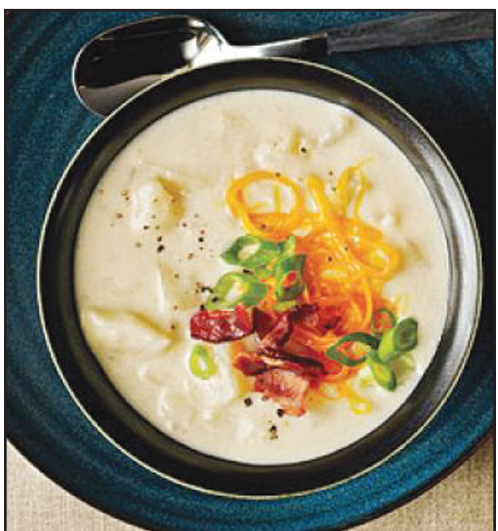


Glazed, Raised and Long Johns, Muffins, Danish, Turnovers and Cookies

Loaded Potato Soup
from Cooking Light

Serves 4 – Prep time: 20 minutes

- 4 (6-ounce) red potatoes
- 2 teaspoons olive oil
- 1/2 cup prechopped onion
- 1-1/4 cups fat-free, lower-sodium chicken broth
- 3 tablespoons all-purpose flour
- 2 cups 1% low-fat milk, divided
- 1/4 cup reduced-fat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 bacon slices, halved
- 1.5 ounces cheddar cheese, shredded (about 1/3 cup)
- 4 teaspoons thinly sliced green onions



1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.
2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1-1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.



Ferguson by Foot

By: Margaret Wolfinbarger

I stepped on the scale and grimaced. The numbers I read didn't make sense so I did what any sane woman would do. I went to the bathroom, stripped off all unnecessary clothing, and tried again. Surely I didn't eat that many cookies over the holidays. This time the scale barked at me like an angry squirrel so I jumped clear of that sucker and clung to the sink.

Ah, the cold and dreary days of January have finally arrived. The days are short. The air is cold, and my once friendly scale has gone all Count of Monte Cristo on me. I stared at the half-empty tins of fudge, caramel corn and cookies and sighed. It's just not fair that I can't eat whatever I want and not gain weight.

Motivation is a dish best served cold. It's like a slap to the cheek when you were expecting a kiss or a sucker punch when all you really wanted was a massage. But I'll take my motivation cold if that's what it takes to break me out of the feasting rut I'm stuck in, because I am not going back to where I was. No amount of special homemade cinnamon buns is going to ruin years of healthy habits. It's time to jump back on that horse no matter how high it is. It's time to kick that cellulite in the gonads and shed that extra layer of flubber. In short, it's time to throw all those tasty vittles in the trash can and kiss my bigger butt goodbye.

I'll be honest, I break into a little bit of a cold sweat as I write that. After all, I really like my goodies. But spring is only a few days away (metaphorically speaking) and I've got big plans for the summer. So there are a few simple things I can do to get this show on the road.

First, I will stop eating two (or three) desserts after dinner. And I refuse to feel guilty for throwing away the holiday extras. And now that it's safely tucked away in the dumpster, I can focus on portion control. Instead of loading up and stuffing my stomach, I can carefully measure my protein and carbs and cut back on those fatty favorites. I can grab a big glass of water, take a sip after each bite, and chew. That's not so bad, right? I can eat as many veggies as I like, and dessert will be a bowl of diced apples rolled in cinnamon.

Now that I've got my food situation under control I can focus on the fun stuff; exercise. Nobody ever said burning calories had to be expensive or boring. This column is named for the years I spent walking the streets of Ferguson, Missouri. Rather than sit in my house and despair, I bought some snazzy sneakers and went exploring. I'm a big fan of seeking out the extraordinary in every day sights and sounds. Like the full moon on a crisp January morning, or the hoot of an owl that alerts me to two bright eyes from a perch low in a tree. The soft rattle of leaves skittering across Elizabeth Avenue is enchanting, especially as the sun crests over the horizon. I love when the sky is lit by brilliant amber, peach, purple and hot pink clouds. And on those days when the streets are snow or ice covered, I have a step aerobics video that is more fun than the cat and cucumber YouTube videos.

Just because the January doldrums have set in, that doesn't mean I have to sit in my house and pout. I still enjoy a nice hike in a dry creek bed or, if we are lucky enough to get a good snow, a nice bout of sledding.

I suppose it would be easy to settle into complacency and cling to those old bad habits. After all, maintaining a healthy life style can be a real challenge. But it can also be rewarding and a whole lot of fun too. I suppose I'll always be fighting to keep the weight off, but if that's my worst problem in life, i.e., having too much food to eat, what in the world am I complaining about?

For more inspiration visit me on my blog: www.destinationdiscipline.com.



Open House at Our Lady of Guadalupe School

Our Lady of Guadalupe School, as well as the other schools in the Federation of Catholic Schools, will be hosting an OPEN House on Sunday, **January 31, 2015 from 1:00 p.m. until 3:00 p.m.**

Please come tour the building, meet with teachers, students, and school parents, and learn about the great school that we have right here in our neighborhood. Our Lady of Guadalupe accepts students in Prekindergarten through Grade 8. The school boasts of a safe environment, nurturing discipline, and high academic expectations.

Our Lady of Guadalupe is located at 1115 S. Florissant Road, just one-half mile north of Interstate 70. Please call 524-1948 for more information. We hope to see your family on Sunday, January 31, 2015!!!

Our Lady of Guadalupe Celebrates



Our Lady of Guadalupe Parish and School celebrated the feast of Our Lady of Guadalupe, December 12, for the entire weekend of December 11, 12, and 13. They extended their celebration through Monday when all of the school children returned.

The OLG seventh graders and second graders are participating in a program sponsored by the Campaign for Human Development which is designed to help children from different parts of the St. Louis community learn about one another, become friends, and realize that our similarities are much more important than our differences.

The OLG seventh graders were pleased to welcome the seventh graders from Incarnate Word School in Chesterfield for the feast day celebration. The students attended Mass, enjoyed a meal, and even did some dancing. It was a great day of faith, fun, and fellowship.

The celebration will continue in January when the OLG second graders welcome the 2nd graders from St. Cletus School in St. Charles.

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Under The Hood With Robinwood By Bob McGartland

Should You Lease your Next Car?

I want to first start off this month's article with wishing everyone a healthy, happy and blessed New Year. Many thanks go out to everyone who donated to our Shoeboxes for Seniors collection drive in December. Because of your generous donations of personal care items, gift cards, hats, gloves, scarves, monetary donations and shoeboxes, we were able to put together 115 shoeboxes. Know that many local seniors had a brighter Christmas this year.

If you are deciding whether to buy or lease your next car, there are some things you should consider. For some, it is a personal preference of what they want. Leasing does afford you the ability to always be driving a newer car. In most cases, this can be a car that is within a few years of the latest body style and technology and is nearly always under the factory warranty.

When you lease a car, you essentially only pay for a portion of the vehicle's cost. So if you lease a car for two or three years, you pay a monthly rate based on the car's depreciation. At the end of the lease period, you either return the car or you can buy the vehicle and make it yours.

The benefits of leasing are fairly straightforward. 1) You can always drive a fairly new car. 2) It is typically under warranty and has minimal repair costs. (Sometimes manufacturers will include routine maintenance as part of

the lease agreement). 3) In many cases the monthly lease is very affordable.

You can often lease a car with little to no money down, which could free up your money for saving, investing, or other items. Since you only pay for the portion of the vehicle that you actually use, your payments are often lower than if you bought the car.

The downside to leasing is it can come with mileage limitations, usually under 15,000 a year. If you exceed those numbers at the end of your lease, you will be assessed a penalty per each mile that you go over.

As a rule, leased vehicles should be returned in excellent shape or you can be assessed an excessive wear and tear fee. Since the terms of a lease are binding, you must be prepared to stay with the vehicle for the entire lease.

Terminating a lease can be difficult and expensive, so once you sign, plan to be in for the full duration of the lease. If necessary, you can customize your lease with higher annual mileage allowances, so make sure to ask the dealer for details.

Lastly, watch the up front fee. If the monthly lease payment seems too good to be true, there is probably a substantial up front payment. If you are looking to drive a new vehicle with little or nothing down, watch for lease opportunities called "sign & drive".

Remember if you are holding on to old faithful; routine maintenance keeps her safe and reliable for many years to come.

Visit us at robinwoodauto.com

Buy Locally & Small at Area Businesses

Shop North County Day, which was held on November 28, marked the beginning of the holiday shopping season in the communities of Dellwood, Ferguson and Jennings. The one day event also spurred a renewed interest among shoppers to patronize and visit the many restaurants, boutiques and other specialty businesses located in the area.

Shop North County Day was sponsored jointly by North County Incorporated and the Regional Business Council with support from American Express, a founding sponsor of the national "Shop Small" initiative.

Shop North County Day celebrated small businesses by showcasing their unique characteristics and allowing consumers to see how shopping locally not only provides economic value but also helps to strengthen a community.

Although the holiday shopping season is over, North County Shoppers are still encouraged to shop locally and keep your tax dollars in your own communities.



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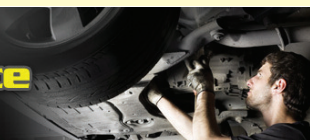
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JOBS AND MORE STL Continues Training, Hosted Recent One-Day Resume Writing Workshop

JOBS AND MORE STL is continuing their mission to help the unemployed and underemployed find employment. JOBS AND MORE STL is a Ferguson-based 501(c)3 non-profit, providing training and motivation in the job search process. JOBS AND MORE STL's goal is to arm workshop achievers with the skills and drive necessary to find employment that aligns with their individual strengths and interests.



On December 12, 2015, JOBS AND MORE STL hosted a special, free, one-day workshop in which we focused solely on resume writing. Our local subject matter experts worked individually with eight achievers to create or update their existing resumes. Commercially prepared resumes often cost at least \$50, but JOBS AND MORE STL was happy to perform this service to the community for free. Thanks to the Ferguson Municipal Library for

hosting and promoting this very successful event.

Does your resume need an update? Contact JOBS AND MORE STL for assistance. We can help. Also look for JOBS AND MORE STL to host future resume workshops at a later date and to co-sponsor a job fair in February.

Additionally, JOBS AND MORE STL is continuing to host FREE, monthly, Rise Above Workforce Training workshops. Two of our recent graduates obtained job offers within weeks of completing their workshop. JOBS AND MORE STL wishes all of our graduates continued success in their future endeavors.

Our workshop achievers learn the importance of traits such as Integrity and Trustworthiness, Resume Writing, Personal Presentation, Problem Solving and Conflict Resolution. Local HR representatives discuss keys to the job search process, and perform mock interviews. These skills are crucial to achievers in obtaining and retaining employment.

Free Rise Above Workshop: **Monday January 11 through Friday, January 22, 9:30AM-12:30 PM**, Ferguson Municipal Public Library, 35 N. Florissant Rd. Transportation assistance is available for the workshop.

Contact JOBS AND MORE STL for more information about the services offered, to enroll in one of our workshops, to make a tax-deductible charitable contribution, or to volunteer to serve as a mentor, fundraiser or workshop facilitator: jobsandmorestl@outlook.com, 314.283.2215, on the web jobsandmorestl.org, or visit the JOBS AND MORE STL Facebook page.

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Noon-2pm

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We've Been Busy at BTC School!

Our first semester of the 2015-16 school year has been busy as we've continued to grow in numbers of students, families and programming at BTC! Some highlights:

The Arts

From September to November the 4th-8th grades worked with theatre company STAGES ST. LOUIS to produce the musical Aladdin Jr. Students were involved on stage and off as BTC continued this on-going partnership with STAGES for the 6th year as we produced our biggest production to date to a full house of family, friends and community members!

The 5th grade class also had the opportunity to participate in the 4th year of the Dancing Classrooms program at BTC. Through funding assistance provided by the Missouri Arts Council, BTC welcomes in professional dancers who teach students the art of various Ballroom Dance styles including the rumba, tango, foxtrot and swing. Students showcased what they had learned in front of their school in November and attended a dance competition at Bayless High School, where they took a second place ribbon.

Faith Formation

As a Christian Catholic school community, the lives of the Saints and their actions encompass the values we teach our students each and every day at Blessed Teresa of Calcutta. This year, we are bringing to life those saints that embody who we are as a school community at BTC through our Saints Hall of Fame Campaign. Over the past several months Fr. Rosy and classrooms of students have researched saints that mirror our mission at BTC. Ultimately groups of students advocated for their saint to enter the "hall of fame" and the entire student body voted, selecting thirteen saints who were elected. This was a great way for students to learn about faith-filled people living lives of service to others!

During the international "Year of Mercy" in the Catholic Church, BTC School and Parish will join Pope Francis and celebrate his calling to live A Year of Mercy by growing in our understanding of and living the Corporal Works of Mercy: Feed the hungry; Give drink to the thirsty; shelter the homeless; Clothe the naked; Visit the Sick; Visit the imprisoned, and Bury the dead. Throughout this year, each time an individual class, small school group, or whole school community join together in an action that lives one of the Corporal Works of Mercy, and short informational piece with photo will be placed next to the Corporal Work of Mercy being lived out.

Come visit us at BTC School at any time to learn more about our work in the community and how we aim to bring exemplary education to students through the lens of Christian service to others!

Rob Grumich
Advancement Director
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Northern Lights Celebration

A slight drizzle did not dampen the spirit of the Ferguson Annual Christmas Market and Lighted Parade. The theme was "Home for the Holidays."

Here are the Parade Winners:

Best Float	1st Baptist Church of Ferguson
Best Theme	Valley of the Flowers
Best Music Entry	Jeske Park
Best Community Entry	Friends of Ferguson Disc Golf
Best Business Entry	Ferguson Optical



The mayor, his wife, and child, step down from the City entry in the Northern Lights parade.

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Set Your Health Goals For The New Year!

Here is *Time Magazine's* list of the Top Ten Most Commonly Broken New Year's Resolutions:

- | | |
|-----------------------------------|--------------------------------|
| 1) Lose Weight and Get Fit | 6) Spend More Time With Family |
| 2) Quit Smoking | 7) Travel To New Places |
| 3) Learn Something New | 8) Be Less Stressed |
| 4) Eat Healthier and Diet | 9) Volunteer |
| 5) Get out of Debt and Save Money | 10) Drink Less |

Many of us have the best of intentions when we choose our New Year's Resolutions – to exercise, lose weight, quit smoking, manage anger, be nice to a difficult neighbor, co-worker or family member, and a host of other constructive actions.

But for too many people, their good attitude fades quickly when they are faced with the challenge of being persistent and following through. Decades of research into success have demonstrated that setting goals, making plans and taking action until the goal is achieved is a time-tested and consistently effective formula.

The same thing can be said about setting our health goals – if we intend to accomplish some particular milestone in a given area of our health, we'll do better when we set a goal, prepare a strategy we know will work, and execute that strategy with drive, enthusiasm, resilience and determination.

Here are some suggestions for health and wellness goals for the New Year:

1. Evaluate your eating habits, and create some reasonable steps you could take to improve them. If you eat too much, or the wrong things, decide upon some guidelines you feel you can honor, and hold yourself to them. There are many right ways to eat -- some eating styles focus on or avoid certain food groups, while others recommend a balance of foods, but you can find a healthy way to eat that works for you. Avoid eating late at night – it makes your body work when it should be resting and recuperating from the day's activities. Pick finite, specific, measurable goals, like no eating after 8 PM, or eating only at mealtime, or a particular blend of foods that nourishes you properly.

2. Drink plenty of water. A good goal would be to drink half your body weight in ounces every day – in other words, if you weigh 128 pounds, you need to drink 64 ounces, or eight 8-ounce glasses per day, while if you weigh 192 pounds, you need to drink 96 ounces, or twelve 8-ounce glasses per day.

3. Develop an appropriate exercise program. You may need to start with parking the car a block from work and walking a little bit each day to get into shape to do more. Depending on your level of fitness, you may want to include running, stretching, weight lifting, martial arts, yoga, or any individualized mix of movements that suits your fancy. The key is to establish a system and do it consistently.

4. Reduce the impact of your stress with some kind of breathing exercises, yoga or meditation. Calming your mind and relaxing is essential for good health. Set a goal to spend a certain amount of time each day investing in your mental and emotional health.

5. Make an investment in the health and wellness of your brain, your heart, and your body. Your doctor of chiropractic can help you design a dream team of health professionals, and a game plan for using each to best advantage.

To get and stay healthy, take responsibility -- see yourself well, write out your goals and plans and refer back to them daily or weekly to keep yourself on target -- it will reward you many times over.

Get Inspired For The New Year!

Dr. Robyn's Office Hours:

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

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

November 2015 Meeting Minutes

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



Captain Dennis McBride opened the December 9th, 2015 meeting of the Ferguson On Watch, welcoming everyone.

Canine (K-9) Handling

Officer Greg Casem, Senior Canine Handler, told us about training a dog from a puppy vs training a 3 year old dog. He told a story about how a car-jacker crashed his vehicle and ran into the woods. The County helicopter lost track of the suspect, so the K-9 was sent in to apprehend the suspect. The police don't send a dog in to rip and tear someone up, like the DOJ claims, but is used as a TOOL to APPREHEND felony suspects.

Officer Casem described the use of the K-9 is for felony situations only, like Burglary. An announcement is given to alert the burglars that the dog is being sent in. If the burglar doesn't take advantage of the opportunity to exit the premises peacefully, the dog will be sent in to locate and hold them. In one incident, burglars were found in a dryer, one between beds, and even found 3 in an attic.

We now have 4 dogs, 1 for each sector. Office Casem brought his K-9, Anok, in to greet the audience. The dogs we have are dual purpose. Unlike a bomb detection airport dog, or a cadaver dog, which are "single purpose". Our dogs, Anok, Merica, Jory, & Argo are multipurpose tools.

Enhanced Crime Review

For a few months now, the sector 4 apartment complexes near West Florissant have been getting the Ferguson Crime Review that our neighborhood meetings are given.

Recently, Park Ridge Apartments asked for an additional document: the "EVENTS BY STREET" which not only has the 6 crimes that are in the regular report, but also included about 150 other Calls for Service, Watch on Patrol, Vacation Checks, Code Enforcement, and Welfare Checks. Now the "Walk & Talk" events are also recorded. The average events for November for Park Ridge Apartments were about 5 per day, which included self-initiated events.

Call us for Service (522-3100)

Captain McBride described what occurs when someone sees something suspicious, like someone walking down the street with a stuffed pillow case. This suspicious activity begins with the police approaching individuals in that neighborhood, and engaging them in conversation. "Do you live around here?" is a common initial question. "What's your name?", etc. Usually within 3 questions, they can tell what's going on, and whether or not they will detain the individual. They observe how the questions are answered, and assess their facial and body expressions, as well as mannerisms during questioning.

Next meeting:

The next Ferguson Neighborhood Watch meeting scheduled for City Hall will be at 7:00 pm on January 13th, 2016. We're hoping that our new city manager, De Carlon Seewood, might come visit and have a talk with us.

Cert Update:

On Saturday, December 12th, we had a Basic First Aid Class Refresher, & Patient Carry & Transport Review. Information about a CERT phone application with training information was given at that meeting. The Next Cert training event is scheduled for the 2nd Saturday of February, the 13th, at 8:30 am, at which time we will review the Ferguson Emergency Operations Plan, update & revise the CERT roster and call-out procedures. Future dates: April 9th, 2016 NIMS Refresher: Incident Command system and outdoor search & rescue. June 11, 2016; Farmer's Market Demonstration & Recruitment.

Neighborhood Policing Steering Committee meeting

Peter Belmio, our Neighborhood Policing (NP) consultant, held a meeting of the Steering Committee at the 1st Baptist Church on December 10th. We learned that the planning process would consist of 4 phases:

Phase 1: Late January (21st) - Describing our Situation, "Where are we now?" by defining our strengths & weaknesses.

Phase 2: Early March – Measuring Forces of Change - "What will the future bring?" by identifying Threats and Opportunities.

Phase 3: April 2016- Develop Goals "What needs to change to adopt NP?"

Phase 4: May 2016 - Form Implementation Teams for Each Goal Including elements of the DOJ Agreement

It was obvious from the attendees, that the youth were not sufficiently represented. The task of recruiting additional Youth, and having Community – wide representation was discussed.

We need this to work, so can we count on you to help us with that?



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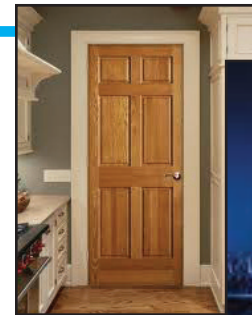
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As the New Year begins to unfold before our very eyes, many environmental issues still loom among us.

The West Lake Land-fill and Cold Water Creek are issues that could be a direct threat to many in our little piece of the county.

A few weeks ago, it was found that the city of Flint, MI was having problems with an unacceptable amount of a dangerous heavy metal; lead, in their water supply. The problem was that the city was trying to save money and started using the water from the Flint River as their water supply. While having an antiquated water system in the city, the chemicals that were used to purify the water to drinking standards corroded the pipes and released the heavy metal, of which the pipes were made, into the water supply. Many children were exposed and are now suffering from the effects of lead poisoning.

Needless to say, the products that made life easier yesterday are potential hazards today. Could some of the products being used today be potential hazards to our children and grand-children tomorrow? Don't get me started!

As you know, if you live in an older home that was built before 1978, you could have lead in your home. Is this reason for concern? yes, to a certain extent; especially if you are a pregnant woman or have children under the age of six.

If you live in an old house, you know that chipped and peeling paint could be a problem if these substances were to be ingested. Even just opening and closing your windows and doors could create lead dust that may concentrate on your floors. And, as you know, when young children crawl around on the floors, they also tend to be sticking their hands, and anything else they may find, in their mouths. This is another way that lead could be ingested into the body.

But common sense and good house cleaning habits can defuse these concerns. Just keeping your house clean and the floors free of dust can help to control any lead that may have inadvertently found its way into your home.

Nutrition is another culprit in to how our bodies cannot combat the effects of lead poisoning. When lead is ingested into our system and you have a calcium deficiency, your body cannot determine the difference between lead and calcium and attempts to use lead in the same metabolic process as it would calcium. So when you make the New Year's Resolution to eat better, you're not just doing it to lose weight.

In 2010, the EPA passed new regulations dictating how renovators

must conduct their work in buildings built before 1978. Renovators must now be licensed and follow not only very stringent work practices regarding dust creation and containment, but also the paperwork that must be filed and saved. Compliance with these regulations has greatly increased costs which are passed along to the owners of older homes to help cover the extra costs associated with working under the Renovate, Repair and Paint (RRP) rule.

Let's take a look at a few statistics to see how far we have come since the government has forced changes in how we deal with lead and lead paint.

The Clean Air Act Amendments of 1990 mandated the elimination of lead from all U.S. motor fuel by January 1, 1996. The EPA has determined that from the years 1980 through 2010, the Lead Air Quality has shown an 89% decrease of lead contamination in the air that we breathe. According to statistics compiled by the Center of Disease Control (CDC), the State of Missouri, in 1997, had a population of 443,042 children under the age of six. Of those, 41,747 were tested for lead, and of those tested 5,060 had Blood Lead Levels (BLLs) of 10 micrograms or more per deciliter, or 12.12% of the children tested. Remember, that was one year after lead was removed from gasoline.

In 2009, one year before the EPA mandated the RRP rule into effect; Missouri had a population of 482,354 children under the age of six with 93,301 were tested for lead. Of those tested 687 tested above the BLL of 10 mcg/dl or 0.74%. As of the last year of this recorded data, 2012, there were 468,264 children and of those, 89,638 were tested and 630 or .70% showed BLLs of 10 mcg/dl or above.

Looking at these results, just taking the lead out of gas did more to help reduce the incidents of lead poisoning in the children of Missouri than the RRP rule has in the five and a half years it has been in effect. And, supported by all of this data, do you think that we can safely say that old lead paint, while still a potential danger, is not the overly hyped, expensively regulated, massive health problem that it has been made out to be?

Of course, common sense will always help improve the rate at which lead poisoning can be completely eliminated. So with that being said, when you plan a project in your home, do some research and plan to use Lead Safe Practices (LSP) when doing any kind of work on your old house. If you are hiring a renovation contractor, talk to them and make sure they are using LSPs. With all of the data we just looked at, just doing your project safely will help improve the chances that less and less lead poisoning incidents end up in our neighborhoods.

Until next month, Bob is on the Job and would like to wish a Happy and Prosperous New Year to all.



Membership Meeting
Thursday, January 14th
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Annual Meeting
Awards Banquet & 2016 Board Installation
Pull out the business attire! Time to play dress-up!

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The Easiest Way to Dive Into Content Marketing

By LaTease Rikard

In my opinion, EVERY business should have a blog. What better way to create content, that is, dive into content marketing, while controlling your message and educating your consumer. Your audience will refer to your blog for advice and knowledge, and Google will crown you in your niche as the go-to company for topics in your industry. I recommend localizing your blog, to gain even more traction and website traffic. Localizing means to just add where the company is based

throughout the content once or twice. Here are some tips to help you get to the top of Google, and own your niche for content.

None of these tips cost money, only time. If you've got the time, you can optimize your blog into a substantial traffic-generating machine. The following tactics are what I do to give the search engines something to crawl about as well as to make money. Here are 19 Free SEO Tools that will increase your traffic, give you higher page rankings in the search engines and convert readers into customers.

1. **ARTICLE MARKETING:** There are hundreds of article directories that need articles on almost any subject you can think of. In addition, article writing is a great way to drive targeted, highly responsive traffic to your blog. I turn every blog post into a keyword dense, promotional information piece guaranteed to create traffic. Doing this will not only strengthen your search engine visibility, it has been known to increase sales. But, best of all, it's absolutely free.

2. **BACK-LINKS:** These are links that link back to your blog. I make it a practice of reading at least 1-2 blogs a day that my peers create. When I read something I'm interested in, I comment on it then follow up on the comment with an email to the Blogger requesting a link exchange. The theory is, if a blog has enough relevant links linking back to it, your search engine page rank will increase, therefore causing more traffic sent your way, as well as it boosts credibility to your blog.

3. **SOCIAL MARKETING: FACEBOOK, TWITTER, TUMBLR, INSTAGRAM, YOUTUBE, GOOGLE+, etc.** Social Marketing is the new method for surfers to find information on the internet. Make your blog posts easy to find by submitting your posts to as many social networking sites as you can and watch your traffic grow.

4. **SIGNATURE ON EMAILS:** I know this is old, but it still works. Each time I send an email, I include my website link under my name. Most email programs allow you to include signatures. It's a great promotional tool to use when you are forwarding those wacky emails to all your friends.

5. **PUBLISH A NEWSLETTER:** Your subscribers are loyal to you and will be more likely to buy the things you recommend to them because they trust you. Use your built in list to market your favorite products and services.

6. **FORUMS:** Answer questions in forums and discussion groups. Yahoo! Answers has a wonderful method to publicize your blog by allowing you to present your advice to people posing serious (and not so serious) questions on a variety of topics. They even allow you to include your link in your answer.

7. **LINK REFERRAL:** A traffic magnet that I use daily. I review other business websites, give honest opinions, and in turn I receive targeted traffic. Tip: Use your forum to post and respond to questions. This gives you an added bonus.

8. **MY BLOGLOG:** Kind of a social bookmarking-blog-traffic enhancer site. I just signed up yesterday and I received 20 visitors in the first 30 minutes.

9. **SEARCH ENGINE SUBMISSION:** Using Web CEO, I submit my site to all the major and minor search engines. There is a free version as well as a paid version. However, I find that the free version suits my professional needs.

10. **BLOG OPTIMIZATION:** Again, Web CEO comes in handy. I use it to correct errors that my eyes can not see. It is the program to use that will remedy the nuts and bolts of any website or blog.

11. **KEYWORD DENSITY:** Should be at least 3% in order for the search engines to crawl your site.

12. **BLOG DESIGN:** Having a clean site design that is uncluttered and easy to navigate doesn't hurt. Don't 'crowd' your site with an over abundance of advertising, the search engine spiders might consider your blog to be spam if you do.

13. **CONSISTENT BLOG POSTING:** The recommendation is to post at least 3-4 times per week. Personally, I post Monday - Friday, treating my blog like a job. It helps cure any procrastination urgings I might feel.

Letters to Editor

The Ted Jones Trail

Several weeks ago a team of AmeriCorps worked extremely hard on the Ted Jones Trail in Ferguson. It has not looked better in ten years. The two women and three-four men trimmed and cut down some of the old trees and brush along the 1-1/2 miles of the walking/biking trail.

I would suggest that rather than leave the remains of the trees along the trail, they cut the wood into 3 to 4 foot lengths and stack it neatly at the entrances to the trail. That way residents could gather the wood for their fireplaces.

The County Parks employees pick up cans, bottles and other trash left on the trail. They sometimes pick up this trash bi-weekly. But several of us pick up trash on a daily basis. Please try to use the trash cans when walking or biking the trail.

On another note, some of my neighbors have complained about security on the trail at different times of the day. Normandy Police occasionally have an officer on a bike or ATV patrol the trail in the summer. It would be nice if the Ferguson or Country Police would also patrol the trail during the afternoon.

Dennis Allward

Library

The Ferguson FLIERS (Friends of the Ferguson Municipal Public Library) would like to thank all the people who shopped at our December "Treasures, Trinkets, and Treats" Sale. We appreciate your helping us in this way to raise money for the Library!

Sincerely, Janie Norberg, FLIERS President

Happy New Year from Friends of Ferguson Disc Golf

You want to get outside and get away from the slumbering Winter doldrums? The Friends of Ferguson Disc Golf just might have something for you ... Volunteer Hard Labor! That's right, we are making great progress on the remaining holes at Hudson Park Disc Golf Course, but we're far from done. We still need help clearing and hauling brush, removing downed trees and picking up trash.

We will be working every Saturday afternoon until late Spring depending on weather. Only the rain and snow will keeps us away, the cold won't! The times may vary, but are generally posted on our Facebook site.

Do you know a Boy/Girl Scout or Troop that is looking for a service project? We have a couple of fairly large Projects that will require physical labor and some engineering aptitude.

Try playing Disc Golf and enjoy the outdoors!

Fergusondiscgolf@gmail.com www.facebook.com/Fergusondiscgolf

14. **RELEVANT CONTENT:** It is imperative that you create relevant content. Don't mix a potpourri of information on a blog that is supposed to be about digital cameras. Resist that temptation to step outside of the box, instead contain your flow of information as it relates to your niche subject.

15. **RELEVANT ADS:** This is also true for the type of advertising you allow on your blog. Health and vitamin supplements don't belong on a blog about video email software.

16. **DEEP LINKING:** Create strong internal links to other blog articles in other postings. The search engine spiders love this. It allows them and your readers to crawl around your blog longer and deeper.

17. **RSS FEEDS:** Use FeedBurner to help distribute your blog to the rest of the blog reading world. RSS Feeds are like hungry virtual Venus fly traps waiting for your information to satisfy its information craving. Use it to your advantage and create strong backlinks as well as free distribution of all your content.

18. **USE TAGS AND LABELS:** Tagging creates a point of reference for your reader as well as the search engines. Remember when we were children and we played the game of tag? Getting tagged then was bad; however having tags for your blog posting helps to categorize your work; it helps readers find what they are looking for.

19. **BLOG POPULAR:** Give your audience what they are looking for. There are times when I go to what's popular on Yahoo! or I will just use Web CEO to tell me what all the search engines are showing as popular for the day and write an article or blog about that (I keep the topic relevant to my content though.)

Ok, these are just 19 Free SEO Link Building Tips. Let me know if you have more, the list is always free to grow!

Driving While Impaired -- Alcohol and Drugs

Following are facts and information according to the National Highway Traffic Safety Administration

- An estimated 32% of fatal car crashes involve an intoxicated driver or pedestrian. 3,952 fatally injured drivers tested positive for drug involvement.
- Over 1.2 million drivers were arrested in 2011 for driving under the influence of alcohol or narcotics.
- Car crashes are the leading cause of death for teens, and about a quarter of those crashes involve an underage drinking driver.
- On average, two in three people will be involved in a drunk driving crash in their lifetime.

Alcohol, drugs and driving simply do not go together. Driving requires a person's attentiveness and the ability to make quick decisions on the road, to react to changes in the environment and execute specific, often difficult maneuvers behind the wheel. When drinking alcohol, using drugs, or being distracted for any reason, driving becomes dangerous – and potentially lethal!

Despite increased public awareness, drinking and drugged driving continues:

In 2012, 29.1 million people admitted to driving under the influence of alcohol – that's more than the population of Texas.

According to the 2013 National Survey on Drug Use and Health, an estimated 9.9 million people aged 12 or older (or 3.8 percent of adolescents and adults) reported driving under the influence of illicit drugs during the year prior to being surveyed.

Alcohol

Alcohol is a depressant because it slows down the functions of the central nervous system. This means that normal brain function is delayed, and a person is unable to perform normally. Alcohol affects a person's information-processing skills, also known as cognitive skills, and hand-eye coordination, also referred to as psychomotor skills.

Consuming alcohol prior to driving greatly increases the risk of car accidents, highway injuries, and vehicular deaths. The greater the amount of alcohol consumed, the more likely a person is to be involved in an accident. When alcohol is consumed, many of the skills that safe driving requires – such as judgment, concentration, comprehension, coordination, visual acuity, and reaction time – become impaired.



Drugs

Americans know the terrible consequences of drunk driving and are becoming more aware of the dangers of distracted driving. Drugged driving poses similar threats to public safety because drugs have adverse effects on judgment, reaction time, motor skills, and memory. When misused, prescription drugs, over-the-counter drugs, and illegal drugs can impair perception, judgment, motor skills, and memory.

According to the National Highway Traffic Safety Administration's National Roadside Survey, more than 16% of weekend, nighttime drivers tested positive for illegal, prescription, or over-the-counter medications (11% tested positive for illegal drugs). In 2009, 18% of fatally injured drivers tested positive for at least one drug (illegal, prescription and/or over-the-counter).

According to NSDUH data, men are more likely than women to drive under

Ferguson Home Decorating Contest Winners



Ward 1 Winner – Harry Chandler – 900 Cheri Heights



Ward 2 Winner – Jeffery Garvey – 1229 N. Elizabeth

the influence of an illicit drug or alcohol. And young adults aged 18 to 25 are more likely to drive after taking drugs than other age groups.

Youth

Vehicle accidents are the leading cause of death among young people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.

In 2011, 12 percent of high school seniors responding to the Monitoring the Future survey admitted to driving under the influence of marijuana in the 2 weeks prior to the survey.

Marijuana and Driving

Since marijuana is the second most commonly used drug associated with drinking and drugged driving after alcohol, it is important to understand why it is particularly dangerous.

THC, the high producing element in marijuana, affects areas of the brain that control body movements, balance, coordination, memory and judgment. Evidence from both real and simulated driving studies indicate that marijuana negatively affects a driver's attentiveness, perception of time and speed, and ability to draw on information obtained from past experiences.

Research also shows that impairment increases significantly when marijuana use is combined with alcohol. Studies have found that many drivers test positive for alcohol and THC, making it clear that drinking and drugged driving are often linked behaviors.

Driving Under the Influence (DUI) is a Crime

All 50 states and the District of Columbia have laws that specifically target drugged drivers. Almost one-third of states have adopted the per se standard that forbid any presence of a prohibited substance or drug in the driver's body while in control of the vehicle, without any other evidence of impairment. Others have established specific limits for the presence of intoxicating drugs, while still others follow a zero tolerance rule with regards to the presence of intoxicating drugs in a person's system.

Being convicted of driving under the influence of drugs or alcohol can impact your life in ways you may not be aware of, including loss of employment, prevention of employment in certain jobs, higher insurance rates, serious financial setbacks, personal and family embarrassment, and possible incarceration.

The consequences of driving while impaired are far reaching, and the effects impact not only impaired drivers, but many, many others.

Paint for Peace 2

As an arborist columnist, I'm supposed to talk about trees and tree care. But being also an artist, my passions are divided. And although the one compliments the other, one pays the bills and not the other (yet). I surmise that if 'Oh Baby', Dave Walters, on page 2 of this paper can make his plumbing articles 'flush' with people news, then as the Ferguson times tree guy writer, I'm going to 'branch' out.

Two events happened the week of Thanksgiving 2014 that caused me to temporarily trade chainsaws for paint brushes. One of the 'events', was when riots and fires and looting raged. This will be fortunately fizzling out into the annals of anarchy. The second event was a response of historic proportion to the destruction, when 350 + artists, and families, and sort of artists, descended on the beat up, boarded up businesses still standing on North, South, West Florissant avenues, and south Grand Blvd, and painted PEACE. Businesses were encouraged, and what was an ugly assault became beautiful redemptive art.

The Ferguson-Dellwood-south Grand painting phenomenon was the first such thing of its kind to ever happen in America, and could become an annual event in St Louis, dove-tailing with a vision that Mayor James Knowles, and Ferguson sculpture artist Bryce Olen Robinson had, and that the rest of the city council had begun prior to it all; Ferguson becoming a destination of the arts. How their wishes became wildly true.

Although the riots of Thanksgiving week, 2014 got media and press coverage to the ends of the earth, and though the 'Paint for Peace' movement in comparison got little media coverage to the ends of the earth, loads of paint, supplies, and brushes were being set to us from the ends of the U.S.. The volunteers were too many to name. There was Michael Brandon, a house painter in Ferguson, who putting his business on hold, scurried between artists, laying down base coats of white on top of the plywood for us all to paint colors upon. Mike Halaska, the owner of the Art Bar on Cherokee teamed up with Mike and Liz Lonero of Ferguson where the back deck of Vincenzo's Restaurant became Paint for Peace central, artists coming and going with paints and supplies.

Fast forward to the recent Thanksgiving week, 2015, one year later. There was but one night of protest in Ferguson, with more than half the protestors from out of town, and the loud, vulgar young man with the megaphone from Chicago. The police finally closed down south Florissant Road so that citizens would not be halted in their vehicles. The protestors ultimately got bored and went back to where they came from. Most amazing is that St Louis television stations 2, 4 and 5 ignored them. Instead, they majored on reporting in a large way our small 'Paint for Peace 2'. This was a refreshing change of positive reporting.



Art is a bridge, along with music, dance, and all the performing and creative arts. The river of restoration, and the power of creation under the eyes and easel of the CREATOR could save, heal and restore St Louis. There is no reason that Ferguson could not remain a city of choice and of the arts.

Wendell Phillips (Phil) Berwick
 Pres. Living Tree Care / Certified ISA Arborist
 Creator of Merferd of Ferguson & the TreeToons
 Ferguson



Pictured on this page are some of the artwork created last month in Ferguson:



Michael Brandon, pictured above, not only painted the white backgrounds for the artists, but he is shown here repairing one of the paintings that was damaged by the winds.

Mike is also active in the 4th of July Festival Committee, and many other Ferguson events throughout the year.



30th Anniversary of Challenger Learning Center

It's hard to believe that this year will mark the 30th anniversary of the loss of the Challenger Space Shuttle 51-L and its seven crew members, including Christa McAuliffe, who would have been the first teacher in space.

While the actual anniversary of the accident will be reflected upon and remembered, we also want to celebrate the success of Challenger Center and its 30 years of inspiring the future generation of explorers. On January 28, 2016, we will be holding some special programs to not only honor the Challenger crew but also recognize those who seek to continue the mission of inspiring the future generation.

We need your help in spreading the word about an opportunity for current and former students to nominate an inspiring teacher. More information about the program and how to nominate a teacher can be found below.

Nominate an Inspiring Teacher!

On January 28th, 2016, we will host a ceremony to honor local teachers who have continued the Challenger legacy of inspiring the future generation of explorers. To select teachers for this award, we are asking students (age 13 and older) and adults to help us by nominating a teacher who has inspired them toward a lifelong love of science, technology, engineering, and/or mathematics (STEM). Nominations are due Wednesday, January 6.

Area Companies and Foundations Help Us Continue the Mission

We are so fortunate to have the support of so many area corporations and foundations. The Challenger Learning Center recently received grants from the following:

The Boeing Company awarded the Challenger Learning Center a grant for a new program, Challenger Academy, which is detailed at the right.

The Monsanto Fund recently renewed their support for the Monsanto Sprouting Astronauts Program, which provides Science, Technology, Engineering and Math (STEM)-based programs to all 5th-grade students and science teachers in the Ferguson-Florissant School District.

Wells Fargo Advisors is a new supporter and has granted funds to the Challenger Learning Center for the Center's Great Rocket Design Challenge workshop.

Have Your Own Martian Adventure

In the movie *The Martian*, an astronaut gets stranded on the Red Planet after a dust storm forces the emergency evacuation of his crewmates. If you think you have what it takes to brave dust storms and other harsh Martian elements, join us on January 23, 12:30-2:30, for our public mission, Voyage to Mars. (Don't worry: on our missions, no one gets left behind!)

To get more information or to sign up, please call (314) 521-6205 or email us at info@clcstlouis.org.

Make it Snow!

For those who are eager for that first real snowfall of the year, SciJinks Precipitation Generator will help you bring on the winter wonderland (at least virtually). It's a great tool to help kids (and adults) understand what it takes to make it rain, sleet or snow.

Boy Scout Merit Badge Workshop: Astronomy

December 12, 12:30-4pm

In this workshop in December, Boy Scouts observed the Moon and neighboring planets in our planetarium, learned the history and stories behind constellations, and engaged in celestial navigation techniques.

Share Your Challenger Experience

As part of the 30th anniversary events, the national Challenger Center is surveying current students, alumni, and teachers to learn about the impact of Challenger Learning Center experiences. If you have ever participated in a Challenger Learning Center-St. Louis program, please share your experience. Your story could be told through our national Challenger Center network!

Challenger Learning Center Receives Funding For STEM Academy



The Challenger Learning Center-St. Louis has received a grant from The Boeing Company for its new "Challenger Academy" program. The program, which will serve 25 middle school educators, will include a series of four professional development workshops during the 2015-16 school year, educator resources, and a volunteer component for Boeing engineers to engage with students.

Teachers who were interested in participating in the program submitted applications to the Challenger Learning Center. Priority was given to teachers in underserved communities in the North County region.

"The generous support of Boeing will allow us to provide teachers with resources and programs that will increase students' knowledge of and interest in science and engineering by connecting academic experiences with real science and engineering professionals and careers," says Tasmyn Front, Director of the Challenger

Learning Center-St. Louis.

"The funding community needs to continue to invest in organizations that are committed to providing educators the tools and resources to inspire and engage their students in meaningful STEM (Science, Technology, Engineering, and Math) experiences. Boeing is proud to support the Challenger Learning Center, which is one of those organizations that is making a difference in the community," says Brittany Douglas, Community Investor, Boeing Global Corporate Citizenship.

About the Challenger Learning Center-St. Louis

The award-winning Challenger Learning Center, located at 205 Brotherton Road in Ferguson, Missouri, provides simulated space missions and other STEM-related programs for schools, scouts and corporate groups as well as the general public. It features a replica Mission Control center and an orbiting space station.

The Challenger Learning Center-St. Louis is a partnership of the Ferguson-Florissant School District, the Saint Louis Science Center and Education-Plus and 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 crew tragically lost during the Challenger space shuttle mission. For more information, visit www.clcstlouis.org.

Ferguson Supporters



Pictured above is a group of Ferguson supporters who meet every Thursday evening at Marley's Bar and Grill. Anyone looking for good food, good service and good company is welcome to join this group. When more people arrive they just add another table.

If you're a part of a group that meets regularly for breakfast, lunch or dinner at a Ferguson establishment, please send the Ferguson Times your group's picture and a short caption. We would love to publish it.

ROBYN L. STRANQUIST
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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.

Sherri Chisholm



Happy New Year to all our readers! May all your resolutions come true and may we continue to build a strong and vibrant Ferguson together. I cannot help but marvel how much better Ferguson has become since our crisis in August 2014. We seem to all know each other and interact informally and regularly on social media. We now have a sense of community that we didn't have before. We feel, as one friend told me, "invested and embedded" in the life of our city. We feel we have weathered the storm together, are picking up the pieces together, and enjoying the ensuing sunshine.



As an avid FaceBook user on all things Ferguson, I have gotten a flavor of our diverse people. I have also come to appreciate the many strong women who live here. One of those women stood out in her posts because of her leadership, her caring attitude for others in the community and practical advice. This is Sherri Chisholm, the woman I honor today representing the Best of Ferguson.

Sherri sponsored a brunch table for us Ferguson ladies to participate at the First Annual Ferguson Youth Initiative Benefit Banquet on March 25th of last year.

The Banquet was classy and the evening was well spent in the company of Ferguson ladies at our table.



At the FYI Banquet with, from L, Sara Holmes, Terri Franks, Stefannie Wheat, the author, and Beth Thomas

I discovered that Sherri and I were both alums of Washington University in St Louis. She has a Bachelor's in Chemical Engineering and I have a Master's in International Affairs from the same college. She attended an all-girls high school in Frontenac called St Joseph's Academy. I attended an all-girls high school called St Joseph's Convent, in Port of Spain, pan, France, Italy, the UK, Germany and Canada, all of which I also visited!

Sherri has been involved with a local 501 c (3) organization called "Jobs and More, STL," started by Adrian Shropshire after the protests in 2014. The organization has many volunteers and provides workforce training at monthly training sessions for the unemployed. They teach trainees how to prepare resumes, how to develop trustworthiness and integrity, and problem-solving techniques.



Hiking with a friend, Nicole Nuernberger, in Colorado.

They give them tips on how to get and keep a job. From the last batch of trainees, three out of four trainees gained employment. Anyone with a high school diploma or equivalency can sign up for these training sessions held at the Ferguson Library every month. Hats off to Adrian for this great idea of giving back to the community in a very concrete way, to the volunteers and to Sherri who is Secretary to the organization.

Sherri grew up in Ferguson and her parents have been residents since 1963, so her roots run pretty deep here. She had a choice of where to live and she chose to live in Ferguson. With a ringside view of the bandshell in January Wabash Memorial Park, she gets to see fireworks practically from her backyard! She grew up playing in Jeske Park, my favorite park in Ferguson, and lived through two tornadoes like most of us residents. We were both in need of help at that time because of damage to our homes and were marveling at how the good people of Ferguson came together to help each other to rise from the ashes of two major tornado strikes.

Sherri is one of those rare people blending logical, scientific capabilities, with creative and artistic skills; signs of a balanced brain. Sherri remembers feeling conflicted in high school and college when she had to choose courses for she was equally attracted to . . . science and the arts. She satisfied her need to express her creative side by being a singer with a band in the St Louis area, practicing once a week, playing original rock music. She is learning to play the guitar as well.



Sherri mentors girls from Girls Inc. who are interested in STEM careers.

Congratulations to Sherri for representing what is the Best of Ferguson and for embodying her alma mater's motto so well: "Not I, But We!"

The author teaches Transcendental Stress Management meditation to members of the public; and provides these services to the family courts in St Louis. She conducts Retreats here in Ferguson, across the U.S. and abroad. She is also a Motivational Speaker and her lectures include corporate presentations on Wellness. www.BestAgainstStress.com 314 521 4390

THE YEAR IS 1916

The year is 1916 – One hundred years ago.

Here are some statistics for the Year 1915:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average US wage in 1910 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year.

A dentist \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

And, a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all Doctors had no college education!

Instead, they attended so-called medical schools, many of which were condemned in the press and the government as "substandard."

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Two out of every 10 adults couldn't read or write.

And only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at local corner drugstores.

Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" (Shocking?)

Eighteen percent of households had at least one full-time servant or domestic help...

There were about 230 'reported' murders in the entire U.S.A!



Ask Grandma

Spam

Most of you young'uns think of SPAM as the unsolicited or undesirable electronic messages that come over your computers. But you older, more experienced and intelligent folks know that Spam was, and is, a canned meat product that became very popular during World War II. The difficulty of delivering fresh meat to the front lines during the war was solved by sending Spam, a mixture of pork shoulder and ham packed in a tin that had an extended shelf life. Therefore, it became a food staple for the military. It was referred to as "ham that didn't pass its physical" or "meatloaf without basic training".

In fact, one of my husband's favorite meals was "Sh__ on the Shingle", sliced Spam served on toast (the shingle) topped with a cream sauce. Bud was drafted in World War II and then was drafted again during the Korean conflict . . . so he ate plenty of S on the S.

SPAM-A-RAMA

A few weeks ago, the Corner Coffee House held its semi annual "Spam-a-rama". The event was conceived by a group of men (the older, more experienced, intelligent men referenced above) who meet regularly at the CCH at what they call the TOK (Table of Knowledge). Joanie B. puts together a full breakfast buffet which includes fried Spam.

It is interesting to note that the Canned Spam variety is extremely popular in the Pacific islands, particularly Hawaii, Guam, Okinawa and the Philippines. During World War II it was immediately absorbed into native diets.



Some of the people enjoying their Spam breakfast are shown here. Notice the cans of Span featured as a centerpiece in the above photo.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

NEW YEARS DAY	Fri., Jan. 1
Women's Adult Volleyball Begins – McClure High School	Mon., Jan. 4
Cook Confidently – St. Peters.	Sat., Jan. 9
Aerobics Class Begins – Comm. Ctr.	Mon., Jan. 11
Rise Above Workshop – Library	Mon. Jan. 11 to Fri., Jan. 22
Kid's Coding Class – Library	Tues., Jan. 12
Yoga Classes Begin – Comm. Ctr.	Tues., Jan. 12
Teen City Museum Trip	Fri., Jan. 12
Children's Tumbling Begins – Comm. Ctr.	Wed., Jan. 13
Children's Tap and Ballet Begins – Comm. Ctr.	Wed., Jan. 13
Hip Hop / Jazz Dance Begins – Comm. Ctr.	Wed., Jan. 13
Northwest Chamber of Commerce Membership Mtg.	Thurs., Jan. 14
Handicapped Encounter Christ Dinner – Savoy.	Fri., Jan. 15
Rise Up 2 B U Recital – Library	Sat., Jan. 16
Dinner and Show	Sat., Jan. 16
Yoga Classes Begin – Comm. Ctr.	Sat., Jan. 16
Boeing Technology Night – Library	Sat., Jan. 16
Ferguson's Indoor Farmers Market – St. Stephens	Sat., Jan. 16
Zumba Classes Begin – Comm. Ctr.	Sat., Jan. 16
Martin Luther King's Birthday Remembrance	Mon., Jan. 18
Yoga for Adults Begins – Library	Sat., Jan. 23
Family Game Night – St. Peters	Sat., Jan. 23
Beer & Hymns – Brewhouse.	Sun, Jan. 24
Slide Dance Begins – Comm. Ctr.	Mon., Jan. 25
Environmental Film – St. Stephens	Tues., Jan. 26
Teen Hidden Lake Ski Trip	Sat., Jan. 30
Open House – BTC and OLG	Sun., Jan. 31
3 on 3 Coed Basketball – Comm. Ctr.	Fri., Feb. 5
Computers for Seniors – Comm. Ctr.	Tues., Feb. 9
Lunch & Yahtzee – Comm. Ctr.	Thurs., Feb. 11
Mystery Meal?	Fri., Feb. 19
Beginning Adult Dance Begins – Comm. Ctr.	Mon., Feb. 22

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