

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 12TH YEAR!

Saturday, August 6th:

- Annual German Fest
- Music – The Wurst Bavarian Band, 9-11

Saturday, August 13th:

- Voter Registration with AAUW, 8-12
- Operation Food Search, Food Drop-off and Cooking Demo. 9-11
- Northern Arts Council, Crafts for Kids 9-11
- Music – Ribtip and Rogers 9-11

Saturday, August 20th:

- Voter Registration with AAUW, 8-12
- Painted Effects: Building a Window Sash with hand tool (hands-on event)
- Music – Terry Beck 9-11

Saturday, August 27th:

- Taste in Ferguson Preview, 9-11
- Northern Arts Council, Crafts for Kids 9-11
- Music – Boeing Jazz Band 9-11



Come Visit Us Saturdays, Now thru October 8am - Noon
20 S. Florissant, at the Victorian Plaza (just south of the train trestle)
 Check our our website, FergusonFarmersMarket.com
 “LIKE” us on facebook

2016 CityWalk CONCERT SERIES

Plaza at 501

FREE · 7PM–9PM

September 9 Taste of North County
 Jeske Park, Funk Session, Edicks Way

Upcoming Shows...

Odds Lane - Rock
August 12



Bedlam Brothers - Americana
August 26



Bring a lawn chair.
 Coolers are permitted. No glass please.
 Concessions available for purchase on-site.
 501 S. Florissant Rd.
www.fergusoncitywalk.com

**The Ferguson City Council will meet once in August. All meetings will be held in the City Council Chambers at 110 Church Street.
 Tuesday, August 23 at 7:00 p.m.**

Republic Waste Holiday Schedule – Labor Day 2016
LABOR DAY – Monday, September 5, 2016

Monday routes will be picked up onTuesday, September 6th
 Tuesday routes will be picked up onWednesday, September 7th
 Wednesday routes will be picked up onThursday, September 8th
 Thursday routes will be picked up onFriday, September 9th
 Friday routes will be picked up onSaturday, September 10th

PRSRT STD
 U.S. POSTAGE
PAID
 ST. LOUIS, MO
 PERMIT No. 05158

See What's Inside:

- City Walk NewsPg. 2
- Letter from the Police Chief.....Pg. 3
- Food Truck Monday.....Pg. 3
- Prop UPg. 3
- Letter from the Mayor.....Pg. 4
- Neighborhood Groups.....Pg. 4
- Parks & RecPg. 5
- FoodPg. 11
- Taste in Ferguson.....Pg. 14
- Calling All Barbers.....Pg. 19

Ferguson StreetFest 2016

Friday, September 24, 2015, 12 p.m.-11 p.m.

Great live entertainment including...



The Ralph Butler Band



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

www.fergusonstreetfest.com

Ferguson StreetFest

Last Weekend In September

FergusonStreetFest.com

Get involved! It's as easy as 1, 2, 3!

1. Are you a resident? Join the committee, work a booth at StreetFest & meet your neighbors!
2. Are you a business? Become a sponsor by making monetary or in-kind donation.
3. Do you make unique gifts or treats? Sell your items at StreetFest!

For additional information go to www.fergusonstreetfest.com or call 314-524-5197.



Greetings from CityWalk

As the fall months are quickly approaching, we begin to prepare for kids starting back to school and all the fall activities in September and October. This would be a great opportunity to consider volunteering.

CityWalk has many events, festivals, and opportunities available for you to volunteer throughout the Ferguson community. Here are a couple of functions that you may want to consider:

- Ferguson StreetFest is North St. Louis County's largest annual outdoor music festival that draws thousands of visitors each September. We are looking forward to a great turnout on September 24, 2016. Renowned for its great live music, crazy fun events and mouthwatering food vendors, the event has hosted some of the Midwest's top musicians and performers.
- Everyone loves the annual Manly Man High Heel Keg Relay and the Girly Girl Combat Wench Relay.
- Don't miss out on this year's great live entertainment. There will be crafts, food, artisans, and activities for kids and delicious food galore. You won't want to miss one second! Ferguson StreetFest is looking for sponsors and planning committee members. If interested, please email citywalk@fergusoncity.com or call 314-524-5197. More details are coming soon.

With the start of the school year fast approaching, you may want to pay a visit to Akers computers, one of our new businesses on CityWalk. It is important for parents and the community as a whole to set the tone for the start of the year. Let's make sure that our kids have all the resources and support needed for a successful start to the year.

Volunteering at your local school not only supports our students, but strengthens our community as well. From collecting school supplies for children to providing school staff with educational resources, your volunteerism is essential. Let's make certain that our children are provided with the academic stability that will ensure success. The Ferguson-Florissant School District will be hosting a Back to School Festival and Literacy Fair on August 6, 2016, from 10:00 am-1:00 pm. For those interested, there will be a Back to School Run starting at 8:00am. We look forward to seeing you there.

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

Every third Thursday of the month is our downtown business district board meeting. We meet at 5:30 pm in the offices of Pearce Neikirk located at 427 S. Florissant Rd. 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. See you **August 18th**.

Your Nu Beginnings Starts Here

Nu Beginnings Employment Organizers is a 501(c)(3) organization that supports every unemployed and underemployed individual in America. We are the only organization in Missouri where customers can walk-in to receive professional resume services, employment assistance, and career direction without scheduling an appointment, being a participant of a special program, or attending job readiness classes.

Services:

- Custom Resumes - We Write the Right Resume for the Right Job!
- Job Skills Training - Further Your Career or Improve Employment Opportunities!
- Employment Specialist - We Assist You with Finding Employment!
- Career Planning - Resources for Career Change, Choice & Advancement!
- Hiring Strategies - The Most Effective Hiring Techniques!
- Interview Coaching - Interviewing Techniques to Get You Hired!

"Leave your past behind and start a Nu Beginning"

Please contact us:

Nu Beginnings Employment Organizers
119 Church Street Suite# 131 • Ferguson, MO 63135
314-355-JOBS (5627) Toll Free 844-693-3874
www.mynubeginnings.com
Office Hours: 9:00 am- 5:00 pm Mon- Fri
9:00 am -1:00 pm Sat

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Scorching temperatures, fire sales on summer clothing, kids getting nervous, school busses making practice runs, Farmers Market loaded with fruits and vegetables, family vacations in full swing, it must be August and time for another Plumbers Crack.



don't have the house shut off after lawn irrigation, you might want to turn off the irrigation system before you turn off the main. If your uncomfortable turning off the water to the whole house, one of the most important places to check is your washing machine. Those old rubber hoses could

Well my friends this summer is flying by and as I mentioned above, a lot of people are going on vacation before school starts. I'm going to give you a few hints on keeping your house safe from major home repairs while you're gone.

First thing to do is go to your water heater and look at the gas control valve. If you have an older heater and the knob only reads low medium and high, turn to the lowest setting, or you can turn the small knob on top to pilot. Most of the newer style heaters have a setting that says vacation or vacation low. Turn the knob to that setting.

If you have an electric water heater, you're better off leaving it alone. If you're familiar with how to reset the electric water heater, then you can go ahead and turn the power off when your gone. After you have done that, find your main water supply for the house and turn it off.

blow at anytime. Turn off the water to that washer if you don't do anything else. It's a good idea to do that even when you're home. Make sure your outside faucets are turned off on the inside if possible. Check your floor drains to make sure there are no obstructions. If you don't want to do any of the above, have a friend or family member check on the house daily. Have great worry free vacation.

Well my friends it's time to check out the Farmers Market . . . it's the best time of the year down there. Special thanks to the 4th of July committee for another outstanding 4th. We are looking for some more fresh ideas so come join the fun. Don't forget the 501 concerts. It's a great way to get to know your neighbors. As always shop locally first. Our business district has stuck with us, so we need to return the favor. As always check on the elderly, get to know your neighbors, hug dem babies and support your local law enforcement.

God Bless you all.

Oh Baby

If you have lawn irrigation and you

Premier Plumbing Solutions

P8563, D8563



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

Dave Walters (Oh Baby)

Master Plumber / Drain Layer / Licensed / Bonded

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

524-0222

Growing Old

Older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem. It is nature's way of making older people get more exercise.

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

CALL BOB
524-1264



See Bob on Job column on Page 17

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

Letter to the Community by Ferguson Police Chief Delrish Moss

Earlier this year, the city of Ferguson entered into a consent decree with the U.S. Department of Justice after an investigation sparked by the shooting of Michael Brown by former Officer Darren Wilson. That Aug. 9, 2014, shooting led to civil unrest and protests, and federal and state investigations ensued. Soon the glaring media spotlight focused on Ferguson and served to tarnish the city's reputation.

The mayor, council members and the newly appointed city manager, De'Carlton Seewood, were determined to restore the police department's reputation. That was the mission set for me when I was appointed chief of police.

In a very real sense, the Ferguson Police Department is working tirelessly to become a model of police professionalism and restraint. The majority of our officers have embraced the need for new policies and training that emphasize the principles that all people are to be treated with respect and courtesy; community engagement is critical to success; all people regardless of race, economic status, gender or creed should be viewed as equal under the law; and that deadly force should be used only when it is absolutely essential to save a life.

At the same time, we remain steadfast in our commitment to reduce crime and the fear of crime as we work to encourage more resident engagement with the Ferguson Police Department. Remarkably, the homicide clearance rate to date stands at 100 percent. This is largely the result of the men and women of Ferguson Police and the department's commitment to working with the Major Case Squad of Greater St. Louis. The levels of cooperation by agencies on both sides of the state line have never been stronger in working to investigate and apprehend murderers.

When it comes to investigating homicides and shootings, Ferguson detectives are second to none. Our homicide clearance rate is significantly above the national average. By investigating cases as soon as they happen, we are able to arrest those involved before they can get away.

Although we are working tirelessly with laser focus on the future, the responsibilities of the Ferguson Police Department to ensure the safety of the public have greatly expanded amid budgetary constraints and high levels of attrition that have resulted in fewer officers on our streets. The city manager and council are working diligently to address this, and we are aggressively seeking grants and other funding to alleviate shortages. We are working to recruit police officers as part of our program aimed at greater community involvement to prevent criminal activity.

Our efforts and commitment to deliver quality service will only grow as we work to increase the confidence that our residents have in us. Another goal is to reduce complaints against officers and to focus on community and neighborhood policing and engagement.

Ferguson officers have a right to be proud after going through more than their fair share of hard times. However, we cannot afford to become complacent. More needs to be done. Further improvements need to be made. For example, we must do better at traffic enforcement; there are far too many people speeding through neighborhoods and driving recklessly. This places our residents at risk.

Too many are the victims of quality of life violations that affect the perception of the general level of crime and safety.

With the encouragement of Mayor James Knowles and the city council, the Ferguson Police Department strives to improve and we are committed to making this one of the safest, cleanest, most livable cities in America

Jeff Small, from KSDK News Channel 5, to be City of Ferguson Spokesman

—By: Lucas Schnake

Small, a St. Louis-area native, did not set out to have a career in the news business, but was led there nonetheless after volunteer work at Jackson State University in Mississippi. He now conducts public relations work for the City of Ferguson, Mo.

"I earned my degree in Administration of Justice, but I always had an interest in journalism," Small said. "My original career goal was to go into the FBI, but I started volunteering at the campus radio station and that led to doing the same at the campus TV station."

Small was a TV newsman for stations in Texas, Mississippi, and Louisiana before landing at KSDK in St. Louis, where he anchored live newscasts for nine years and won two Emmy Awards, one for breaking news coverage. He left KSDK in 2012 and began working as a model, actor in corporate advertisements, and event promoter for national businesses before starting a new career in public relations.

"I met ELittle Communications Group founder Johnny Little while I was working at KSDK," Small said. "He was handling public relations for St. Louis Public Schools, and we ran into each other several times. We kept in contact, and after I left Channel 5, he asked me if I had ever considered doing any public relations work?"

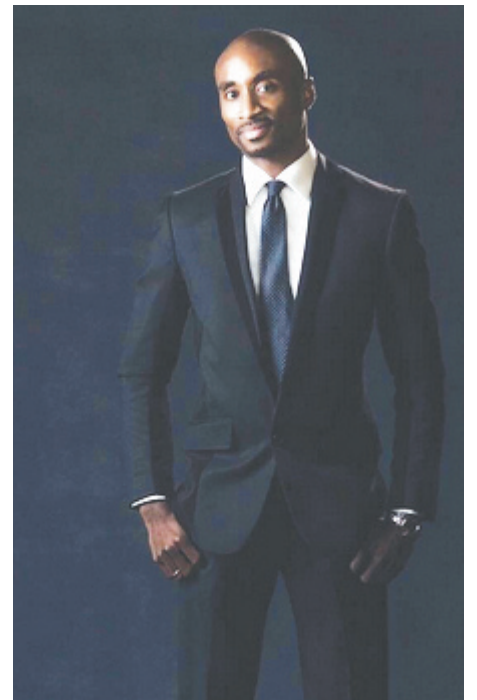
ELittle eventually came to represent the City of Ferguson following the 2014 death of Michael Brown. Small had already begun working with the PR agency prior to the events in Ferguson, but remembers getting the call from Johnny Little, and discussing his interest in providing strategic media counsel and assisting the city now known around the world..

"I was honestly floored when Johnny told me he'd signed to represent Ferguson," Small said. "I was watching the news coverage of what was going on there and seeing mistakes I thought were being made by officials speaking during the initial fallout. I knew it would be a lot to undertake, but I thought I could bring something to the table."

"At the end of the day, I wanted to come on board and not necessarily represent just the city officials, but the 20,000-plus residents of Ferguson," Small added. "Let me get in there and see what I could bring to the table. While city officials come and go, the residents and families of Ferguson will always be there."

Was being a journalist before crossing into public relations helpful for Small?

"Absolutely," he said. "Especially in Ferguson where there were some pretty disturbing misperceptions about the community for a while," Small said. "We were getting around 300 media inquiries a week at one point, and despite the huge volume of work, reporters from around the world knew I would get back with them to answer their questions. As a former reporter, I knew they were very appreciative of that."



Who do you depend on in a crisis? Will they be able to come quickly?

The current city budget can only fund 44 police officers. Normal staffing is 55. On Sept. 1st, 3 additional firemen will be laid off, forcing the closure of Firehouse #2 due to lack of staff. Coverage and response times for calls for assistance will be impacted throughout the city.

With your YES vote on August 2nd to increase utility taxes on electric, gas and phone, enough money will be generated to keep Firehouse #2 open and hire back 5 additional officers.

For more information, visit FergusonUnited.org or call 314-787-1672



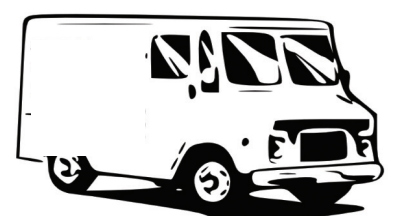
Photos by Steve Pellegrino

**VOTE YES
PUBLIC SAFETY
FOR FERGUSON
PROP U** Tuesday
August 2nd



Paid for by Ferguson United, Tom Sansevere, Treasurer

Food Truck Monday on the Walk



MONDAY, AUGUST 15
11am to 1:30 pm
Plaza @ 501
501 South Florissant Road

**Gioia's Deli,
Wing Nutz,
Juice Masters**
St. Louisiana Food Truck
www.fergusoncitywalk.com

Choosing Unity over Division

By Mayor James W. Knowles III

"At times, it seems like the forces pulling us apart are stronger than the forces binding us together. Argument turns too easily into animosity. Disagreement escalates into dehumanization. Too often, we judge other groups by their worst examples while judging ourselves by our best intentions."



- George W. Bush, 43rd President of the United States
-From Dallas Police Memorial Service – July 12th, 2016

Just recently, a group of citizens got together at a meeting in support of Proposition U, which is the Utility Tax increase that is on the ballot this month. During the discussion, this group of citizens, some of which did not ever meet each other prior to the Prop U effort, began talking about the blanket negativity being projected by some activists. When one citizen referred to this small group of negative people as "protestors", one of the citizens chimed in and said, "Hey, I was a protestor". It stopped the conversation in its tracks. The resident stated she had attended some protests early on, in hopes of bringing attention to some issues that she had seen, but she attends these meetings because she wants to work with her fellow citizens to improve the community for everyone. Suddenly there was a realization within the group that using that label might unfairly characterize some people over what was being done by a small group of contrarians.

The bond of the citizens pushing for the passage of Proposition U is one marked by a shared love of this community and a sincere belief that Proposition U was necessary for the benefit of all our residents. While some members of the group will certainly have their individual differences, it is clear that people from all different perspectives could come together and agree on a shared path for improving our city. And it started by accepting that each person in the room, regardless of their opinion, was there with good intentions.

We are now two years removed from the events of 2014 which sparked months of unrest in our community. From what started here, emerged a nationwide discussion of police-community relations and an examination of the issues of disparity that exists in our country, especially in inner-ring suburbs like the city of Ferguson. Over the past two years, the council, staff, and our citizens have worked tirelessly to bring this community together to make reforms and ensure the fair and equitable treatment of all residents by our city government and law enforcement.

Throughout that time, the city has made numerous changes in its municipal court procedures, including the appointment of a new municipal judge. The city has invested in body cameras and dash cameras to ensure transparency and accountability in our law enforcement, and the city council has adopted an ordinance that sets up a new Citizen led Review board that will review complaints and give input on Police Department procedures.

While many of these reforms have been put into place, there are still contrarians that refuse to trust the city's commitment to reform or believe these reforms are taking place. This past spring, these and other reforms were put into an agreement, known as the Consent Decree, that was filed and is enforceable in federal court. This past month, the city and the Department of Justice came to an agreement on a firm of legal and law enforcement experts that will be in place to monitor compliance with the consent decree and give regular updates on the progress of the reforms. This monitor will provide assurance to people on both sides that independent professionals are transparently and fairly monitoring and reporting compliance with those reforms and improvements the city has already agreed to.

With the agreement filed, and the monitor in place, it is important that we as a community work to put aside the individual differences some might have, and focus on that which will bring us together. The future of our community is in our hands, it up to us collectively to make sure it is a bright one.

Ferguson Neighborhood Organizations

Dates & times subject to change. Check www.fergusoncity.com
Unsure of your group? Call 314.524.5257

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Aug 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-stees@att.net
Jeske Park Neighborhood Assc.	Aug 18 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	Sept 13 6 pm	Nesbit-Newton Park	Paul Beins2016 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-364-4306 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Aug 11 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	Irene Kidd kiddirene87@gamil.com
Southwest Ferguson Neighborhood Group	Sept 10 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	Ferguson Community Ctr 1050 Smith	May Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	Aug 25 7 pm	North Hills Methodist 10771 Trask Dr	Ella Jones Ejones@fergusoncity.com Rosalyn Lee Rlee@fergusoncity.com

Longtime Leader in Ferguson Fire Department Retires after 40 Years



Asst. Fire Chief Steve Fair receives a proclamation from Mayor James Knowles III.

In exchange for a life as a retiree, a long and widely recognized firefighting career is ending for Steve Fair. On June 30, 2016, Assistant Ferguson Fire Chief Steve Fair retired on the same day he began his career decades ago. Never one to simply show up for work, Fair believed in going above and beyond for his department and community.

Over the years, Fair received many hugs, words of appreciation, and some very important acknowledgment of his role in saving lives. Two prestigious awards were presented to Fair after he rescued a young boy from a burning home, and a man trapped in a burning car. "I received a medal of honor from the St. Louis County Fire Chief's Association and a Medal of Honor from the Ferguson VFW in 1981 for rescuing a 7-year-old boy from a burning house on Courtney in Kinloch in November of 1980," said Fair.

Fair was promoted to Captain in the Ferguson Fire Department in September of 1990. 4 years later, in May of 2004, Fair was to Battalion Chief. He served as Assistant Fire Chief since January 2014. In addition to his role as second in command, Fair also served as Department Arson Investigator and Department Training officer.

Upon his retirement Fair was presented with a proclamation by the City of Ferguson along with a standing ovation. Fair briefly fought back tears as he thanked his family and community, and looked ahead to a new chapter being retired. "I just want to say again what an honor it has been to serve and be a part of the Ferguson family for 40 years!"

Fair and his wife Kay have two children, Steven and Shawna, and three grandchildren: Andrew, Samuel and Marshall.

Ferguson Community News Page is published monthly and paid for by the City of Ferguson.

City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Laverne Mitchom, Ward 2; Keith Kallstrom, Ward 3; Wesley Bell, Ward 3. City Manager: DeCarlon Seewood. Public Relations Intern, 314-524-5229.
City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. Contact Us by Email: Information@fergusoncity.com

Ferguson Community News Page

Be sure to stop by the Recreation Office to register or call us at (314) 521-4661.

COMMUNITY CENTER

Facility Rentals

Use one of the Ferguson Community Center's Multipurpose Rooms for your next event or gathering. These spacious rooms are perfect for any occasion. Also, newly opened is the Ferguson Event Center, a 5600 square foot air-conditioned facility with a stage toward the front of the room, which can accommodate up to 450 guests for your next wedding reception or family reunion. Call up to the Ferguson Community Center for booking information, pricing, and any additional information at (314) 521-4661.

PROGRAMMING

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.

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

Silver Sneakers

The Ferguson Community Center is now enrolled in the Silver Sneakers program for seniors! This program offers free admission to the Ferguson Community Center and Silver Sneakers exercise classes. Check with your health insurance provider to see if you apply! For more information call the Ferguson Community Center, 314-521-4661.

Silver Sneakers Classic

This class is designed for seniors or someone who is starting to work out for the first time. Have fun and get moving through a variety of exercises designed for a total body workout that will increase muscular strength, range of movement, and activity for daily living skills. A chair is made available for seated and/or standing support.

Days: Tuesday and Thursday
Dates: Ongoing
Time: 10am
Fee: Free/ Silver sneakers members
\$3/ Everyone Else

AQUATICS

SPLASH! Phone number: (314) 521- 1313

Hours of Operation:

Pool open through August 7

Monday, Thursday, and Sunday (1:15-6pm)

Tuesday and Saturday (1:15-7pm)

Wednesday and Friday (1:15-8pm)

Adult Swim (12pm- 1pm)

Daily Rates:

Open Swim: \$3.50/ Residents (\$2 Tuesday)

\$6.50/ Non-Residents (\$5 Tuesday)

After 4pm: \$2.50/ Residents; \$5/ Non-Residents

Adult Swim: \$2.50/ Residents; \$4.50/ Non-Residents

ATHLETICS

Adult Softball

Age: 21 & up
Days: Sun Men, Thurs Seniors, and Fri Coed
Times: 6:30pm-9:30pm
Location: Forestwood Park
Sunday Fee: \$395/ Residents; \$440/ Non-Residents
Thursday Fee: \$375/ Residents; \$420/ Non-Residents
Friday Fee: \$220/ Residents; \$260/ Non-Residents

Open Play Basketball

Days: Tue, Fri, Sat, Sun
Time: 1pm-close
Location: Ferguson Community Center
Fee: Free/ Members;
Daily fee/ Residents;
Daily fee/ Non-Residents

Open Play Volleyball

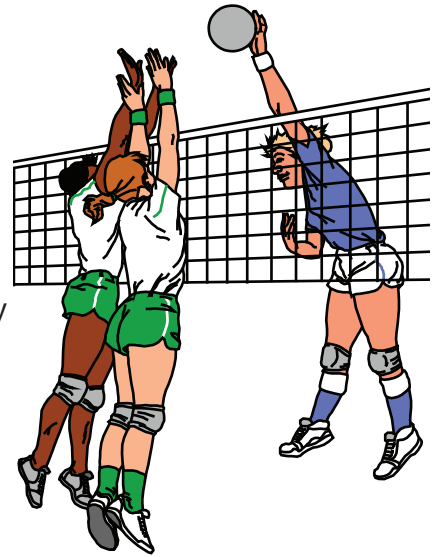
Days: Thursdays
Time: 6 - close
Location: Ferguson Community Center
Fee: Free/ Member
Daily fee/ Residents; Daily fee/ Non-Residents

Adult Sand Volleyball League

Age: 18 & up
Days: Mon Women's Recreation
Thurs Women's Power
Fri Coed
Time: 6:30-9:30
Fee: \$180/ Residents; \$195/ Non-Residents

Adult Volleyball

Age: 18 & up
Days: Mon, Thursday
Time: 6:30-9:30pm
Location: Ferguson Middle School
Fee: \$180/ Residents; \$195/ Non-Residents;
\$50/ Non-Residents



SENIORS

Lunch and Bingo

Come and treat yourself to an afternoon at one of Ferguson's fantastic lunch and bingos. Our August bingo features a menu of bratwurst, sauerkraut, baked beans, chips, dessert and drink. After lunch we'll play bingo for practical, fun and zany prizes as well as attendance prizes. Advance registration is required.

Ages: 18 and up
Date: Thurs, Aug. 25
Time: 12 pm- 3 pm
Location: Ferguson Event Center
Fee: \$10/Members; \$14/Residents; \$18/Non-Residents

Gambling in Booneville

Ready for a vacation – Island fun and great food! Let's get away from the heat and head over to Booneville to get the full-tilt thrills of hot casino action, "Caribbean-style", at the Isle of Capri Casino. Lunch is included in our package today. Let's all wear our Hawaiian shirts or something "Festive"... maybe it will bring us some lunch! Don't miss out on the fun!! Also, \$5 will be given on your card to start out your day. A stop at Russell Stover's will also be included. Lunch and all admissions, motorcoach transportation included.

Date: Thurs, Aug. 11
Time: 9am – 7:30pm
Fee: \$35 Residents; \$40 Non-Residents

Baseball in Pittsburgh

Grab the sports page and enjoy a comfortable ride as we head to Pittsburgh, PA to watch our St. Louis Cardinals compete against the Pittsburgh Pirates at the beautiful PNC Park. We have field box seats to Monday's game. Also included in our visit to Pittsburgh: a ride on the Duquesne Incline "The second best view of America", Meals at DeLucas and Pamela's Diner, plus a scenic boat ride and lots more included in your package.

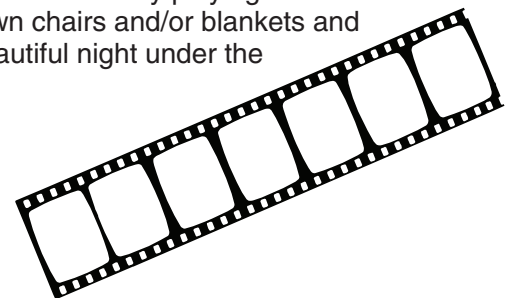
Ages: 18 and up
Dates: Sat, Sept. 3 – Wed. Sept. 7
Time: 7:00am – 10:00pm
Fee: \$600 Residents; \$625 Non-Residents;(double occupancy)

SPECIAL EVENT

The Ferguson summer movie series finishes by playing at the NEW Community Center. Bring your lawn chairs and/or blankets and take this opportunity to enjoy a beautiful night under the stars.

Date: Fri. Aug. 19
Time: 8:45 p.m.
Movie: Zootopia
Fee: Free
Location: Community Center

In case of inclement weather movie will be moved to the Event Space at the Community Center, 1050 Smith Avenue Ferguson, MO 63135.



EarthDance Wants to Talk About Food in Ferguson

Last year, EarthDance Organic Farm School received a grant from the USDA to evaluate Ferguson's food resources and needs by conducting a community food assessment (CFA). According to Molly Rockamann, Founding Director of EarthDance, "Once we determine Ferguson's food assets and needs through the CFA, there is a great opportunity to increase access to healthy and affordable food in our community. We already have a great foundation with the Ferguson Farmers Market, several community gardens and school gardens, but we must look for opportunities to serve all residents. I would love Ferguson to become a major destination for food."

EarthDance's CFA process is comprehensive. It includes collecting information about all facets of the food system – production, processing, distribution, consumption and waste management. Already, the CFA team and EarthDance's Junior Farm Crew have collected data from the farmers market vendors and patrons. In the weeks to come, the CFA team will perform a food store audit to learn about the availability and affordability of more than 80 grocery store items. Additionally, they will assess the availability of organic and locally produced items.

Ferguson's residents also have a role in the CFA process through the household survey, which asks residents about their shopping and eating habits, as well as their interests in learning more about cooking, farming, gardening and composting.

If you are interested in sharing your thoughts about food in Ferguson, go to the EarthDance Organic Farm School website (www.earthdancefarms.org) and take the survey. A bonus...the first 200 Ferguson residents who complete the survey fully, will receive \$5 market bucks to shop at the Ferguson Farmers Market.

Want to make Ferguson a better place to eat?

Let's Talk Food!



Go to www.earthdancefarms.org and take the Community Food Assessment Survey

FIRST 200 FERGUSON RESIDENTS COMPLETING A SURVEY WILL RECEIVE \$5 IN MARKET BUCKS TO SHOP AT THE FERGUSON FARMERS MARKET.

AAUW Opening Reception Will Be Held September 18th

The American Association of University Women Ferguson-Florissant Branch (North County) opens its program year with a reception on Sunday afternoon, September 18, 2016, from 2:00 to 4:00 pm. All individuals interested in women's equity are invited to attend.

State President Jan Scott will be in attendance and make short remarks. An overview of AAUW's mission, programs, and activities will be featured at the event, including a review of AAUW's 135 years of advocacy for women and girls.

Attendees will learn more about the long-standing advocacy mission of the organization. The new initiatives of the organization will be reviewed; attendees will be presented with opportunities available to become involved in the North County Community. All attendees will receive a copy of the newest research report, Barriers and Bias: The Status of Women in Leadership.

Refreshments will be served. For additional information or to obtain directions to the reception, call 314-831-5359 or 314-831-6884 or email sbreeze@mindspring.com or pkelemen@hotmail.com.

Everyone is invited.



Friends of the Market

Invite you to the Farm to Table Dinner
Sunday Aug. 14th, 2016 at 2PM. Rain or Shine
Location: Ferguson Lions Club • 49 North Clark Ave. Ferguson
Food, Drinks, Entertainment

\$35.00

1,804 Participants Cross the Finish Line at the 2016 Ferguson Twilight Run

Thank you to all of the Ferguson residents and community groups who helped motivate and encourage everyone along the race course, and thank you to the volunteers and sponsors who make this race possible each year.

Since 2010, over \$60,000 in proceeds from the Ferguson Twilight Run have been donated to nonprofits that provide opportunities to be healthy and active in North St. Louis County. Proceeds from the 2016 Ferguson Twilight Run have been awarded to Strength and Honor Mentoring and Tutoring, Emerson Family YMCA, Marygrove, Ferguson Youth Initiative Earn-A-Bike, and Ferguson Middle School Girls on the Run.

Earlybird Registration for the 2017 Run

Registration for the 8th Annual Ferguson Twilight Run on May 20, 2017 is now open at FergTwilightRun.com. Register by August 9 and received the earlybird discounted registration rate of \$18. Youth ages 19 and under receive a \$5 discount in the 5K and 10K. Teams registering 10 or more people for the 5K or 10K get \$2 discount for each person.

Email RaceDirector@FergTwilightRun.com to receive your unique team registration code.

Award Pickup and Extra Race Shirts

If you did not pick up your 2016 top finisher award, you may pick it up at the Ferguson Community Center (1050 Smith Ave). If you would like to purchase a 2016 Ferguson Twilight Run Shirt for \$5, please email racedirector@fergtwightrun.com.

You're Invited To...
St. Peter's United Church of Christ

Everything is **FREE!**

4th Annual Community Picnic

September 11, 2016 1pm-3pm

Come celebrate the start of fall with us!!

- Inflatable Obstacle Course
- Cotton Candy
- Bubble Bus
- Snow Cones
- An Acrobat
- Popcorn
- Arts & Crafts
- Lunch (BBQ hot dogs, chips & fruit)
- And much MORE!!!

An adult must accompany children under the age of 15

St. Peter's United Church of Christ
 1425 Stein Rd
 Ferguson, MO 63135
 For more information call
 314-521-5694

Zion Lutheran Church is **STILL FRYING!!**




Fish Fry

Every Friday from **4:00 pm-7:00 pm!**
 Come on up for some great cod, catfish, shrimp, or chicken and great company from the Ferguson Community!

314-524-7677
 123 Carson Road
 Ferguson MO, 63135

St. Peters UCC Girls' Volleyball



Where?
 St. Peter's UCC (Gym)
 1425 Stein Road
 Ferguson

When?
 Tuesdays
 5:30 to 6:30 p.m.

Who?
 6th - 8th Grade Girls

QUESTIONS?
 Please call 314-521-5694

St. Peter's United Church of Christ
 Presents...
St. Louis' Blues Diva
Kim Massie



Friday, August 19, 2016
7:00 pm

This Event is FREE!
 Returning for a third triumph at St. Peter's UCC!
 Recommended for ages 10 and up!
 Child care provided for ages 10 and under

St. Peter's United Church of Christ
 1425 Stein Rd
 Ferguson, MO 63135
 For more information call
 314-521-5694



Membership Meeting

Thursday, August 11th
 Moolah Shrine Temple Grand Ballroom

Go for the Gold!
 It's an Olympic year! Who will win Gold?

Sponsors





CHAMBER CARES

Collecting donations of Back-to-School Supplies!
 Last year we had more donations than ever before.
 Please bring your donations to the August 11th meeting.

Taste and Talk at the Ferguson Brewing Company

The Ferguson Readings on Race Book Club will meet August 8 at 6 p.m. at the Ferguson Brewing Company at 418 South Florissant Road to discuss its August selection, *Playing in the Dark: Whiteness and the Literary Imagination* by acclaimed author Toni Morrison.



The purpose of the book club is to use books as a basis for engaging members in growing in their understanding of the dynamics of relationships among people of different races and cultural backgrounds. Every effort is made to welcome all points of view.

Books are available at the Ferguson Library, though it is important for people to let Library Director Scott Bonner or Amy Randazzo know as soon as possible so enough copies can be ordered. They can be reached at sbonner@fergusonlibrary.net or arandazzo@fergusonlibrary.net. Left Bank Books offers the books at a discount to book club members.

Except for special dinner meetings, the book club meets at the Ferguson Public Library on the second Monday of each month. For more information, contact the library staff members listed above or Carla Fletcher at carlajean-fletcher@yahoo.com.

Ferguson Lions Club POKER TOURNAMENT




50/50 Drawing
 1st, 2nd, 3rd Place Prizes
 Snacks and Bar

Saturday, October 8
 Noon Entry – Starts at 12:30 – Play 12:30 pm to 4:00 pm
\$50 ENTRY FEE – \$45 IN ADVANCE
 5 CARD DRAW • 7 CARD STUD
 49 North Clark, Ferguson
 Questions? 636-699-6457
 Proceeds Benefit the Community

next generation parenting Supporting Transitions Work, School, Home

What:

Explore activities that can help our child develop self-control and initiative. Help them process their emotions and reactions during stressful times of change. Learn about how routines can help to ease transitions and reduce tension

Where:

Ferguson Municipal Library, 35 North Florissant Road, 63135

When:

Thursday, August 4 from 5:30 to 7:30 pm

In partnership with:




Ferguson Municipal Library

Questions?

Contact Roxeanna Steiner, 314.469.9805, extension 141, or rsteiner@lumeinstitute.org

Download our free app!

Search for FMPL Mobile on the Apple App Store or Google Play store and look for our logo.

Search our catalog, request books and other materials, renew items and more.

Need help?

Contact us at the library!

The International Black Summit Comes to Ferguson

SAVE THE DATE! Are you ready to TRANSFORM your life, your relationships, your business, your organization and your community? Would you like an opportunity to declare your vision for yourself, the Black Community and the World?

Then join us as The International Black Summit hosts the 26th Annual Summit Event from Thursday, August 4th through Sunday, August 7th in Ferguson MO!

The International Black Summit provides “an opportunity for participants to bring into being their vision for the Black community and the world.”

Meet people of Black African Descent from diverse backgrounds, lifestyles and views while you explore issues critical to the Black Community worldwide.

Youth and Young Adults! What is your Vision? Let Your Voices be heard! Come to the Youth Summit created by Youth for Youth held concurrently during the weekend.

Join us at our Opening Event Thursday night, August 4th, at the Ferguson Community Center. Doors open at 7:00pm and it's open to the public.

To register or to donate, visit www.blacksummit.org or call (212) 561-0325!

Pearce Neikirk and Partners Realtors

521-5002 495-2304

email: pearce4homes@yahoo.com

FERGUSON . . . WHERE ALL ROADS LEAD TO HOME!

422 St Louis.

This remarkable bungalow is filled with all of the fine attention to detail and character you would expect to see! Leaded glass, window seats, Butler's Pantry, French doors and more. Stop by for a visit. Bring your check book. **OPEN HOUSE JULY 31, 1-3 p.m.**



9624 Glen Owen Dr. \$69,900

3+ bedroom, 2+ baths, updated kitchen and a 32 x 16 main floor family room that opens on to a new deck overlooking the back yard! Call Don at 313-814-0800 for your tour of this remarkable home!

426 Tiffin. \$98,500

This beautiful century home is now even more affordable! Interest rates are still around 4 percent which makes payments well below what you would pay to rent a comparable home. Call Amy at 314 660-8050 for an appointment! **OPEN HOUSE JULY 31, 1-3 p.m.**



It is NEVER too early to start planning to attend the 2016 FERGUSON Twilight Christmas HOUSE TOUR! Put your tour group of family and friends together for a wonderful display of Christmas in FERG with unlimited shopping and dining options! All proceeds go to FERGUSON CARING LEAGUE!! Stay Tuned!

29 Years of helping buyers and sellers with their home needs in St. Louis City, St. Louis and St. Charles County.

PEARCE NEIKIRK AND PARTNERS • REALTORS

521-5002 • 485-2304



pearce4homes.com

New Digital Resources at the Ferguson Public Library!

The Ferguson Municipal Public Library is pleased to announce new digital resources available for patrons with a library card! For more information on any of these new resources or how to use them, please contact us at the library. All of these can be accessed online through our website, <http://ferguson.lib.mo.us>.

Stream music, movies, TV shows, and so much more with Hoopla Digital, either in your computer's web browser or with the free Hoopla Digital app on one of your favorite devices. You can borrow up to eight titles a month, and best of all, there is absolutely no wait list!



Got a voracious young reader? TumbleBooks is a collection of online animated, talking, picture books, chapter books, videos, non-fiction, and games for K-3 readers. Readers can read along at their own

pace, or have the story read aloud to them - perfect for kids just learning how to read.



Read the best in indie authors with Biblioboard! You can read ebooks from authors in Missouri, as well as across the country.

Looking to grow your business? Need help finding the right potential customers to target? Try Reference USA! Reference USA is a powerful database that brings you mailing lists, contact information, and more.



Ferguson Municipal Public Library
35 N. Florissant Rd. - (314) 521-4820

The Ferguson Computer Corner

by Doug Neely (i have a happy brain! LOL!)



AUGUST, 2016

i'm sorry to report to you that there are no "big" holidays to celebrate this month, according to wincalendar.com. go check for yourself. you should probably do that at the end of each month just to be prepared! :)

btw, last nite, as i shut down this puter, i had to wait a few minutes as another downloaded update from M\$ was automatically installed. it was one of those "1 of 3" kinda thingies, as today when i turned it on, the "3 of 3" update installed itself before seeing my cute little desktop. you should know that this puter is running Windows Vista Ultimate, x64. and you that that Vista didn't get any kind of support anymore from M\$, didn't you? well, in all honesty, they were security updates (of some kind), and M\$ has said that they would do that, even for operating systems that are no longer otherwise supported. of course, they don't say for how much longer they will do that. i'll continue to monitor this phenomena, and let you know when i get them. that way, you'll know that whatever later operating system YOU are using won't be far behind in the last updates for it. i would like to add that i have, so far, NOT found ANY lack, on Vista's part, to still be a FULLY FUNCTIONAL OS! (see how good a fully patched & updated "old" OS can still be perfectly viable today?)

REHASH, dept.

i know i've told you this before, but i think that some of you may have missed (or forgotten) it, so, if you already know this, please bear with me.

when you press the power button to turn on your puter, a signal is sent to the BIOS (a tiny little puter inside your puter) to bring it to life (this can be done because your power supply inside your puter is ALWAYS ON to provide power to keep the BIOS alive...as long as it is still plugged into the AC).

now the BIOS has awakened, and it follows its pre-programmed instructions (firmware) to talk to every piece of hardware in the entire system, to ask if the hardware is ok, & ready to go to work.

once that is done, the BIOS searches the BOOT SECTOR of the hard (or solid state) drive for instructions as to how to start the operating system. assuming there have been no problems up to this point, and with the OS starting up, the BIOS now sits back & watches the OS come to life, and allows the OS to have full control over the hardware. HOWEVER, IF the BIOS sees a problem of a "life-threatening" nature about to coalesce, then it will immediately & completely shut down the entire system, to prevent major damage to both the hardware & software. at this point, the message to YOU is "FIX ME"!

of course, if you don't KNOW HOW to do that, find someone who can. or else. period.

let's hope that this doesn't happen to you! but, if it does, you now know how to handle it, right? (the 3 paragraphs above are written in the most concise manner possible. as such, know that a LOT of detail has been left out for the sake of brevity!) you should also know that pretty much ANY puter, running ANY OS (windows, MAC, Linux, etc.), follows the SAME procedure. there are some exceptions, but they are few, and are not really the kind of puters that we use and deal with, and especially not in this column. for instance, the puters in the space shuttle (now gone, sorry to say), used no software, but only firmware, and that was also its OS. firmware in this case is a pre-programmed OS that is un-modifiable by the user/operator, but still allows interaction only within the bounds of it's programming. think: you go to a clothing website, and it only allows you to search for clothing, and not car tires.

as a matter of fact, let's consider an OS. it can ONLY operate within the bounds (bounds is a RESTRICTION, you understand) of what it is programed to do, AND not to do. i'm sure that you can see that the amount of programming MUST be finite, as it would take an endless number of generations of humans an eternity to "complete" the OS. in fact, the OS would never be completed. think: if the chicken can only get halfway across the road in a day, and half that leftover distance the following day, and so on, and so on, HOW LONG will it take the chicken to get to the other side? answer: the chicken will NEVER get to

the other side. see? we could never be able to program all of the do's & don't's into a puter because the do's and the don't's are endless. now, can you imagine the level of "technology" necessary to create & program a human brain? to make that brain function on multiple levels of not only reality but also the non-existent abstract? to make it work across different platforms (other people with other languages, etc.)? along with the ability to do all this & more & to do it faster than the fastest computer? and no computer can think beyond its programming. but our human brains can. what an amazing miracle!

ME GO NOW!

yes, but before i do, let me ask you this: would you like to get to know YOUR Creator? the Creator of all? He is called "our Father"; think of Him as Daddy! and Daddy does indeed love His children with a love that is so perfect and so limitless that it will "make your brain hurt" to imagine it all. what a wonderful gift! contact me for a proper introduction; it could, no, would be the start of a far better "operating system"! :) God bless us all!

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

If you would like to get some of Doug's FREE puter advice, call him at *314*521*1789* between the hours of 3pm to 11pm any day. When emailing, use fergusoncomputercorner@aol.com, and be sure to put the phrase "i need puter advice" into the subject line. Also include your local telephone # in the body of your request for his reply. Of course, you can also just call to chat about "whatever", if you like! :)

News From Oak Hill Baptist Church

The Oak Hill Baptist Church, 3166 Pershall Road in Ferguson conducted their annual Vacation Bible School during the week of June 20th. Children of ages Kindergarten through 8th Grade attended. Areas of interest were, Bible Study, Missions, music, games and refreshments.

The Bible school's theme was "Submerged." The intent was to encourage the students "dive down" in the Word of God to find life's meaning, keeping in mind that Jesus sees, Jesus knows, Jesus saves.

Oak Hill Baptist Church is a multi-racial church serving the spiritual needs of North County residences. All are welcome.

Services are: Sunday School at 9:30 a.m.; Worship Services at 10:00 a.m.; Bible Study Wednesday evenings at 7:00 p.m.

A food pantry is available to all on the third Saturday of each month from 1:00 p.m. until 3:00 p.m.



Some of children engaged in Bible Study at Oak Hill Baptist Church.

INTRODUCING THE MICHELIN® DEFENDER™ TIRE SAFER.¹ LONGER.² 90,000 MILES³ OF CONFIDENT DRIVING

The MICHELIN® Defender™ tire is here, with the traction superiority to allow you to stop up to 31 feet shorter than a leading competitor¹ and industry-leading wear life technology that gives you a 90,000 mile warranty². That's up to 21,000 miles longer than a leading competitor², and why we say Defender Tires help keep you safer¹, longer². Find out more at michelinman.com/defender

1- Based on internal wet braking test results versus Goodyear Assurance® ComfortMax™ touring tire size P235/55R15.
2- 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See michelinman.com for warranty details.
3- Based on commissioned third-party wear test results versus Continental® ProContact™ with ECOPlus technology tire size 215/60R16.



ANDY WURM TIRE & WHEEL

Specializing in Tire & Wheel Packages

201 S. Florissant Rd. • Ferguson, MO 63135

(314) 522-3040

Over 10,000 Tires in Stock!

Over 400 Wheels on Display!

 TPMS Experts!

www.andywurm.com



Mon. - Fri. 7:30 - 6:00 • Sat. 7:30 - 2:30

Financial Focus

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

Like most people I am very concerned about what has been happening over the past few years involving our police. And as things unfolded two years ago in Ferguson I couldn't help, but feel that somehow we need to offer more opportunities to improve racial disparity in many areas. It seemed that the problem wasn't really racial, but more economic. Or at least that's what I thought. As the problems continue and tragedies compound, I have been reading much more about the possibilities for making our country better for everyone.

The last few weeks have been alarming in the degree of violence. So many lives lost and others changed forever. The blame seems to point to racial inequities, yet the protests and violence don't seem to address the true issues or set the tone for more positive responses that may actually start to change things. It doesn't seem like those in power are all that concerned and as we can see this lack of faith in our current leaders has helped generate hope with outsiders.

With all the unrest, there are many parallels to what was happening fifty years ago. I saw on someone's Facebook page a picture from a Civil Rights March in the 1960's. Martin Luther King and his followers were marching peacefully wearing suits with ties. They looked like gentlemen and at least in that photo were being treated respectfully. As a contrast there was a picture of protesters today looking like thugs violently throwing things and damaging property. My, how times have changed. I remember growing up during the sixties and believing that my generation would be more tolerant of others and that our world would become color blind seeing each other for who we are and not the color of our skin. Instead it seems as if things have gotten much worse and the programs that began as a result of the civil rights movement didn't seem to help. Apparently like many I was naïve back then believing that equality was the answer.

As our country adjusted to the new rules fifty years ago, there were many protests. Many who agreed that segregation laws were wrong and should be illegal, also felt just saying all are free and equal was enough to end the economics of racism and create an integrated society. Martin Luther King knew it wasn't enough and gave an analogy of a man entering a race at the starting line three hundred years after another man and the impossible feat of catching up with the other runner. So as I remember in the early seventies when I became a voter, many people were upset about quotas. That meant employers needing to make sure they did not discriminate by hiring certain numbers of people from various races. Bank lending was also being looked at to ensure that all people would be treated fairly. Many people were helped by these changes, but it's also become a sore spot, especially with regard to blacks.

Over and over again we hear comparisons of other groups who may also be considered minorities and how well they fare. There is a great deal of information as to what the difference is, but I don't think most people are willing to really listen. We've also heard from politicians about how they will solve these issues, yet here we are today with the same problems and in some ways much worse. There's even been the case made that some who continue in the fight to eliminate racism don't really want it to end. So how do we know who to believe and how do we know which methods will work and with so much broken where do we even begin. We've got to work with what we have, so can our current candidates really improve the economy for all. First, let's look at some of Hillary's ideas.

Raising the minimum wage to \$15 has been brought up many times over the past couple of years and seems to be on her agenda. In my opinion this cannot work. It is \$7.25 now and the talk of raising it to \$10.10 might be feasible, but just raising wages for unskilled jobs by that much could be a disaster for small business who need skilled workers and are currently paying many of them \$12 per hour. Many do disagree with me on this, but it just seems so obvious that it will result in something much worse to our economy.

Hillary also has plans to cut taxes on the middle class and small businesses. It would seem that the results of cutting these taxes might spur some growth for small businesses and consumer spending. So these could be good for the economy. At this point I am not really sure how she will do this and what other consequences might surface, but it certainly sounds positive.

She has also mentioned funding to improve our infrastructure. So if the government could provide some work by improving our infrastructure, employment would be helped. I'm not sure that would be a permanent solution, but it could provide some temporary work and experience for those who may be unskilled and searching for a good job. With the skills they could be prepared for work when the economy takes off. And the economy could take off because more people being employed means the need for good increases and in turn more jobs. It sounds so simple and reminiscent of Roosevelt's years in the Whitehouse. I do wonder if Hillary would do this or what her method would look like.

Meanwhile, Trump's economic ideas don't seem very clear. He does suggest higher taxes on the wealthy including himself. If we look at history, taxes on the wealthy used to be much higher, so perhaps it's time someone

CORK
wine bar

423 S. FLORISSANT RD. • FERGUSON, MO 63135

(314) 521-WINE



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

T H A R P	<i>Cleaning Is Our Specialty</i>	SEWER & DRAIN	<i>EVENINGS & WEEKENDS</i>
	DRAIN CLEANING		
	\$73		
	<i>Over 25 Years Experience</i>		
	ELECTRIC SEWER CLEANING		
	426-1758		
	423-5931		

in the Republican Party brought this up. He is also determined to get rid of deficit spending, so maybe he can help improve the economy. With his experience in business he assures us he will negotiate better trade deals. That does sound good, but raising tariffs on imports could have a negative effect on our own businesses that import raw material. So perhaps the economy could improve under Donald's plans too. Maybe there are good suggestions on both sides.

The one area that does cause concern with Donald's ideas is a mass deportation of illegals. From what I have been hearing there are so many that it could cause trouble for our own economy should we lose all of those workers. I'm not really convinced of which way to look at this. If we have so many people without jobs, why would this be a bad thing? Some will say those people won't fill the jobs left by the illegals, so maybe I shouldn't be puzzled. This is the kind of information that makes it hard to really decide who to support.

Or perhaps the Libertarian Candidate might make the best choice. Their strategy is to take the best and the brightest from both parties and really get down to business to make our country better. Most people say Gary Johnson doesn't have a chance, so they've got to pick the lesser of two evils. Yet if everyone who says that voted for Gary really did, he would probably become President and maybe partisan politics would become a thing of the past. If we are willing to take ideas from both sides with the citizens best interest in mind we might really get the job done. And the wonderful thing about the United States is that we do have choices and no matter who wins, if those elected put the people first we could solve our problems.

If you have any comments please e-mail me at consultjoan@att.net.

Cose Dolci

- Breakfast Treats • Cookies • Scones
- Sweet Breads • Bars & Squares
- Candy • Dessert Trays • Gift Cookie Boxes
- Pies, Tarts & Tortes • Cakes & Cupcakes

HOURS

- Tuesday thru Friday 10:00 am to 6:00 pm
- Saturday: 8:00 am to 4:00 pm
- Closed Sunday and Monday

425 South Florissant Road • 314.799.2157

www.cose-dolci.com • beth@cose-dolci.com




Serving BREAKFAST All Day!

All menu items available all day

Hours: Mon. Tues. Wed. 7am-9pm
Thurs. Fri. 6am-3pm, Sat.-Sun. 7am-3pm

100 N. Florissant, Ferguson, MO 521-4600





We Welcome Wedding Receptions, Reunions, Birthdays & Other Celebrations

Savoy Banquet Center is known for creating the perfect package that will leave you and your guests with special memories that will last forever. We are a full service banquet center.

Savoy Banquet Center
119 So. Florissant Road • 521-4500

savoybanquetcenter.com Join us on Facebook

FLAVORS OF THE MONTH

#1 Carson Road, Ferguson, MO 63135 • 314-521-1600

Tues., Aug. 2.....cookies and cream	Wed., Aug. 17.....chocolate brownie
Wed., Aug. 3.....mud pie	Thurs., Aug. 18.....cherry bon bon
Thurs., Aug. 4.....turtle swirl	Fri., Aug. 19choc almd fudge
Fri., Aug. 5cookie dough	Sat., Aug. 20dark choc coffee
Sat., Aug. 6.....chocolate M&M	Sun., Aug. 21closed
Sun., Aug. 7closed	Mon., Aug. 22.....closed
Mon., Aug. 8.....closed	Tues., Aug. 23.....chocolate Heath
Tues., Aug. 9.....smore	Wed., Aug. 24.....mint chip
Wed., Aug. 10.....peanut butter cup	Thurs., Aug. 25.....chocolate malt
Thurs., Aug. 11banana pudding	Fri., Aug. 26.....red bird
Fri., Aug. 12...cashew and caramel	Sat., Aug. 27.....apple pie
Sat., Aug. 13.....Snickers	Sun., Aug. 28closed
Sun., Aug. 14closed	Mon., Aug. 29.....closed
Mon., Aug. 15.....closed	Tues., Aug. 30ultimate p/b
Tues., Aug. 16.....birthday cake	Wed., Aug. 31cherry ches/cake



It Doesn't Get Any Better Than This!

August is the Peak of the Season for Flavor and Selection

- * Sweet Corn
- * Peaches
- * Tomatoes
- * Melons
- * Blackberries
- * Eggplant

We grow over 40 different fruits and veggies! Homemade pies are available. Call in your order. See you at the Ferguson Farmers' Mkt. Saturdays

U-PICK Peaches & Blackberries (Call for Info) 314-428-9878



NORTH COUNTY 4215 North Hanley Rd. (1 block south of I-70)	ST. CHARLES 3200 Greens Bottom Rd. "Thies on the Trail" Located on the Katy Trail	WEST COUNTY 3120 Maryland Heights Expressway (2 miles north of Page)
---	---	---

314-428-9878 • OPEN 9-6 MON-FRI • SAT 9-1 • 10-4 SUN
www.Thiesfarm.com Check out our Facebook page



Vincenzo's ITALIAN RISTORANTE

242 So. Florissant Rd. 314-524-7888



Serving delicious, freshly made Italian food in a friendly, casual setting, Vincenzo's offers a cozy atmosphere that's perfect for lunch or dinner. The restaurant specializes in Old World style recipes using only the finest ingredients.



Vincenzo's boasts an extensive wine list, a full-service bar, a downstairs party room, and outdoor dining in season.

OPEN FOR LUNCH & DINNER
• T-TH 11am to 9 pm
• FRI 11am to 10pm • SAT 4pm to 10 pm • SUN 4pm to 9pm
CLOSED ON MONDAYS www.vincenzosstl.com



SPENCER'S BAKERY

100 Church Street 521-0259
Dine In or Carryouts

Breakfast Special \$4.75
(2 eggs, 2 bacon or 3 sausages, hash browns, toast or biscuits)
Also serving: French Toast, Pancakes, Sandwich Combos

Hours:
Tues. thru Sun. 5am to noon
Closed Monday



DONUTS 6 For \$3.40

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

Drake's Place

701 So. Florissant Road, Ferguson, MO 314-736-1140
Hours: Tues-Sat 11am to 9pm • Sunday-11am-7pm
Closed Monday

Lunch and Dinner
Entrees:
• Steaks
• Chicken
• Seafood
All cooked to order



• Daily Specials
• Beer and Wine

Business groups and clubs welcome!

These great folks from Southern Mission Baptist always enjoy Sunday dinner at Drake's Place.



Train Track Tales Storytime

Saturday, August 13th at 10:30 AM for and

Blues and Folk Concert

Featuring Leroy Pierson and Cousin Curtis on Saturday, August 20th 6:00 pm to 8:00 pm.

Ferguson by Foot

By: Margaret Wolfinbarger



This month I hope my readers will understand if I dedicate this column to one of Ferguson's faithful and true walkers, my good friend, Guinevere. Gwen and I became acquainted in 1997 when I went in search of a dog by way of St. Louis County Animal Control. She was the saddest and prettiest puppy in the pen. While all of the other dogs bounced and barked happily, she just sat there with her head cocked to the side. She seemed to look at me and say, "Save me!" And so I did.

She came to me full of worms and a nasty virus called Parvo. That is when I met Dr. Dan Wentz of Ferguson Animal Hospital. Parvo is fairly deadly but Dr. Wentz shot straight with me and said, "I think I can save

her." And he did. Gwen repaid Dr. Wentz by fervently hating him all the days of her long and happy life.

Gwen loved Ferguson just as much as I did. We spent her formative years walking around the block with a little red wagon that carried my young boys—at least until they were old enough to walk. I remember thinking I would have liked to get a harness so she could pull them for me. She was always so content to walk right along with us, and sometimes, even without us.

Gwen very much liked to wander. I'm not sure exactly what kind of dog she was, though I would guess she had some Shar Pei, some Chow and possibly some Golden Retriever in her. I say retriever because there is nothing she loved more than going on a walk. Sometimes she would sneak out of the yard and go on a walk without me. One time she did this right before I left for church on a Wednesday evening. I thought I had put her in the house but she had followed her nose when I wasn't looking again. I returned a few hours later to find her sitting on the front porch waiting for me. She seemed to say, "What took you so long?" And I remember just hugging her and thanking God that she hadn't gotten lost or hurt.

Another time she wandered off in the evening in search of tasty smelling critters without my knowledge and I woke up to find her sitting on the back porch. Her chest was cut open and her body sagged in pain. We rushed her to Dr. Wentz and he dutifully stitched her back together. It seemed that no matter how close an eye on her I tried to keep, she would wait for that moment I wasn't looking and push through the fence. She loved nothing more than to explore the hills of Ferguson.

I had some very good (and patient) neighbors back then. Gwen was very protective of me and liked to bark at them to warn them off. She especially liked to bark at my neighbor, Rich Mallien. Even though we lived next to Rich for most of Gwen's life, she never ceased to bark at him every single time she saw him. He would always smile and laugh and say, "Hi, Gwen!" Later in her life we got new neighbors, Elizabeth and Adam Clark. Gwen always walked over to say hello when they were outside. She was very friendly that way. I remember one evening when Elizabeth called and told me Gwen was laying in the middle of the dead end street where we lived. I thought she was in the house, but one of the children had let her out. Elizabeth and Adam were excellent neighbors and I am still thankful for them.

Gwen had health issues her whole life. Between bad allergies, an undiagnosed lymphatic disease, and near crippling arthritis, it seems fairly miraculous that she lived to be 16 and a half years old. Dr. Wentz always took such excellent care of us and so when it was time to say goodbye to my dear friend, he and his staff were there to lend a shoulder to cry on. I am so very thankful for the staff at Ferguson Animal Hospital for all of their care and kindness.

Gwen and I spent a lot of time walking around Ferguson over the years. She loved me when I was heavy and she loved me when I lost the weight. She was a wise old soul and losing her has been very difficult. Death is a part of life, I suppose, but it is painful nonetheless. Still, I have so many good memories of walking and running around the blocks with her. And now that she is gone, I think it's only fair to say thank you to all of my Ferguson neighbors who knew and loved Gwen over the years. I believe she is smiling down on you from Heaven.

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

Lawn Care & More

Mowing, Mulching, Leaf Removal, Shrub Trimming & Removal, Overgrowth & Brush Removal, Small Tree Trimming & Removal

Licensed, Insured
Call Jim (owner)

314-831-2366

Hugs 'n' Cuddles Child Care

an inviting place for infants and toddlers

Conveniently located in Ferguson, near the corner of Chambers and North Elizabeth.

Visit our website for more info.
www.hugsncuddles.weebly.com

Or email us at:
hugsncuddleschildcare@gmail.com

City of Ferguson Mayor and Police Chief Support Partnership with Cigna



Interns from across the country helped organize an event where local leaders can play a role in their professional development.

Mayor James Knowles and Police Chief Delrish Moss were some of the invited guests at a Cross Industry Leadership Summit sponsored by Cigna Healthcare. It was held in late July on the campus of Washington University, and allowed interns with Cigna, to interact with professionals on the keys to leadership. Afterwards, Leaders heard details on Cigna's internship program which started last year. Cigna's Diverse Leaders of Tomorrow Program includes an emphasis on including interns from the North County area, or those who have a connection to the local community. Cigna is currently involved with a growing number of healthcare awareness efforts to support residents in the City of Ferguson.

Ferguson Forester

"Don't Love Your Trees to Death"

I was 'stumped' as to why a tree care customer's huge Pin Oak was dying back. The adjacent Pin Oak tree, close to a concrete drive looked healthy, but this one, close to a hedgerow and good soil was doing poorly. It didn't make sense. We had injected it against Oak Wilt, as a preventative. But although it had the symptoms of oak wilt last summer, this year it didn't have the same ones. Limbs had died back some, but there was not continued wilt and dropping of leaves as in a vascular disease.

Again, I began to ask questions of the owner regarding any history of what had gone on in the vicinity of the great tree. Alas, the owner recalled that she had a landscape company dig an 'edge' a ring around the tree so as to hold mulch. This had been done in late spring two years previously. That 'trench' had caused tens of thousands of 'feeder roots' to be severed. Then the soil that had been dug out of that deep edge was dumped around the trunk of the tree, depriving the feeder roots of needed oxygen. (A grade change of just 4 inches can be the death knell of a hardwood tree) the big tree was being 'loved to death.'

It was a drizzly mild overcast day, that I chose to attempt to undo, as much as possible, the damage. We had 13 Hosta to transplant in the middle of the summer, so a mild drizzly day is best, especially if you don't mind working in the rain. Then we removed the soil, feathering it out to where it had once been. The soil was augmented with some rich stinky fish emulsion, I get at my favorite store (O.K. Hatchery in Webster Groves) and layered with some black gold (rich leaf mulch) from St Louis compost in Fenton, on top. The Hosta then were planted farther out away from the trunk from where they had been. Mycorrhizae will still be getting added in a liquid form. This is a natural occurring healthy occurrence in the forests, and is now available for use arborists in urban forests from local Hummerts in Earth City. The moral is, be careful when digging under and close to your tree, moisten the soil first, and leave the natural grade level as much as possible. I have seen rototilling deeply under certain trees, or flower beds, only to watch the trees' decline. Avoid compaction of the soil, for a good loam soil, 40-60 percent of the soil volume is pore space.



Wendell Phillips Berwick/ livingtree@earthlink.net / 314-568-8367
Certified ISA Arborist/Owner, Living Tree Care Inc./ Creator, Merferd & the Treetoons / "Trust in the LORD and do good; Dwell in the land and cultivate faithfulness". Psalm 37:3



*Friends, Fun and Laughter
Await You Here With Us*

St. Catherine
Retirement Community
Near Eagan Center

- We Offer:
- 1 & 2 Bedrooms • Secure Setting
 - Dining Services • Our team of experts will help you make your move with ease
 - Full Service Amenities
 - Convenient Location

Call today for our move-in specials and start enjoying worry-free living

3350 St. Catherine Street
Florissant, MO 63033
314.838.3877

A Non-Profit Retirement Housing Foundation Community

St. Catherine Retirement Community Events

The public is invited and welcomed – RSVP 314-838-3877

Exercise with Pavan-FREE classes

Classes are led by a licensed Physical Therapist with the use of weights & resistance bands that are provided! Mondays and Wednesdays 1:00 p.m. RSVP by calling 314-838-3877

Tai Chi for Seniors - FREE classes

Fridays at 10:00 a.m. Reduce stress, strengthen joints, develop balance and coordination. RSVP by calling 314-838-3877

Musical Happy Hour!

Shave and a Hair Cut Happy Hour With Entertainment by the Senior RSVP by Friday, August 19th 314-838-3877

Blood Pressure Clinic

Thursdays August 4th, 18th at 10:15 a.m. RSVP by calling 314-838-3877

STEPHENS FINANCIAL GROUP, INC.

Tax • Accounting • Insurance • Financial Planning
Representing: Safeco • Travelers • AAA • Progressive • Electric • Blue Cross
Stephens & Co. CPA's
Taxes prepared by CPA's at less than discount chain prices
cpas@stephenscpas.com

(314) 838-2900

910 So. Florissant Rd. • Ferguson, MO 63135

Meadow Park Insurance
Auto • Home • Life • Business
We are in the business of insuring families. Call today!
kents@stephenscpas.com
(314) 838-5145



Dennis L. Callahan

ATTORNEY AT LAW

Lifelong Ferguson Resident
36 years in Private Practice

Personal Injury • General Business
Estate Planning • Probate Administration
Real Estate • Municipal Law

Serving the legal needs of Missouri and Illinois clients

275 North Lindbergh Blvd.
St. Louis, Missouri 63141-7809

Tel (314) 993-4261

e-mail: dlcallahan@callahanlaw.net

EMISSIONS TEST
\$18

(Reg. \$24)
Only at
Ferguson Motors
coupon expires 8-31-16

32 North Florissant Rd.

Ferguson MO 63135

314-522-0013

Ferguson Motors has been in business since the early 1920's. Locally owned and operated.

Call Jesse or Kevin

\$10 OFF

Any service over \$100
Only at
Ferguson Motors
coupon expires 8-31-16

Ferguson Motor Service



Under The Hood With Robinwood
By Bob McGartland

LETTING OFF STEAM

A vehicle's radiator sits front and center and when it loses its cool...look out! Steam comes pouring from under the hood. This is not a situation you want to find yourself in as it usually involves sitting on the side of the road until your car can be towed. When we inspect your vehicle we look for these warning signs so you don't experience the pain of overheating!

- Leaking coolant – when the coolant level is low it generally means there is a leak in the cooling system.
- Discolored coolant – indicates rust & corrosion are forming, deteriorating system parts.
- Cool spots – indicates a clog.

You have probably heard about coolant fluid exchanges. A fluid exchange is beneficial because it removes the small particles of dirt and rust that clog up the essential elements. These elements prevent your radiator from doing its job...cooling your engine properly.

Consumers are keeping their vehicles longer in this economy

and we have seen an increase in radiator replacements. Since we are driving our vehicles longer these days it isn't surprising that left unchecked, a radiator will malfunction.

Prevention is the key to keeping your radiator healthy. We in the industry recommend that every two years or 30,000 miles, exchanging the fluid. This fluid exchange prevents corrosion and gives your radiator a longer life.

Keep in mind that if you find yourself in the unfortunate situation of overheating DO NOT immediately get out of your vehicle and raise the hood. That really is steam rising out of your radiator and it will burn you very badly. Once you pull over turn the engine off and let your car cool down before you check under the hood. Better yet, call your car care provider and get a tow while you are waiting for the car to cool.

Before your vehicle lets off steam help it keep its cool with a systems check! You'll be glad you did!

Visit our website at www.robinwoodauto.com.

P.S. Stop by the shop to purchase your tickets to The Taste In Ferguson Event. \$25.00 for adults and children 10 years old or younger are free. Starting August 28th tickets are \$30.00.

Yoga For Adults

Increase your flexibility and de-stress with our yoga for adults class. No experience necessary! You must bring your own yoga mat.

Class meets every other Saturday from 2-3 pm.

Upcoming Dates

August 20

September 3

September 17

October 1



Dalmations

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back", said one child.

"No", said another. "He's just for good luck."

A third child brought the argument to a close. "You're both wrong. They use the dogs," she said firmly, "to find the fire hydrants."



Captain Dennis McBride opened the July 13th, 2016 meeting of the Ferguson On Watch, welcoming everyone. He passed out the June Ferguson Crime Review, which contained the monthly crimes sorted by FBI types (Assaults, Burglaries, etc.) He reported that burglaries were down from last month. He attributed the reduction due to having taken a heroin addict down. He advised us that the heroin problem is a major factor in burglary counts.



By "Keith Kallstrom"
<keith.kallstrom@gmail.com>

Heroin Awareness Town Hall Meeting

On a side note, the Ferguson City Council has agreed to co-sponsor an informational Town Hall meeting at the Community Center on **Wednesday, August 17th**, along with a local Heroin Awareness group. The St. Louis County Drug Unit and the DEA along with our Police Department will also be involved in the event.

The June Shots Fired Report: In a previous month there were several questions on "shots fired" events, so this report shows all the calls made in reporting "Shots fired". Each of the incidents had a disposition of "NRN" No Report Needed, or "RPT" Report made. More people did call in for shots fired last month, for a total of 65 vs 64 calls for May.

Sometimes, an incident reclassifies its category based on additional information gathered. Shooting had 1 incident during the same time period. Weapon / In Progress had 6 incidents in June. The time period with the highest activities, 30, was 9:30 pm to 1:30 am. A Supervisor's meeting is held every other week and this updated information is then given to the officers.

Captain McBride updated us on how the police outreach to the apartment complexes was going. A Summer Block Party is being planned for **Saturday, August 20th** at Forestwood Park for the Ward 3 Apartment complexes. The managers are now all on board with the concepts.

Neighborhood Vehicle Repairs?

Process used to police businesses run in residential areas: When a complaint is received about, for example, a car repair business, the police go talk to the home owner. They attempt to determine if a person is working on their own vehicle, a family member vehicle, or someone else's vehicle. They record the license plate of the vehicle under repair for future reference. Subsequent calls will alert the police to initiate a "watch" on the address, and further checks on vehicle repair statuses. When a sufficient quantity of checks find that non-family members vehicles are being repaired, a summons will be issued. Each house is allowed to have 5 vehicles, and at least 10 feet of space must be allowed on the street between parked vehicles to allow access for fire department apparatus.

Ferguson Fire Department Visit

The Ferguson Fire Department visited us from Fire House#1, led by Captain Jeremy Corcoran. They had just come from a pretty good fire at the Canfield apartments. With Captain Corcoran were Fire Fighters Henty the engineer, and Chad. They reported that the Ferguson Fire department, besides responding to fires, also responds to medical emergencies, car accidents, people in need of aid, and issues that the city doesn't have assigned resources to. If it is a crime the police respond, for street issues the public works department responds. The fire department is the "Problem Mitigation Department" or municipal "catch-all" that responds to buildings filled with water, something that have collapsed onto something else, or a chemical spill or other incident that don't involve persons.

Ferguson has a 27 person department, now down by 3 due to attrition (1 due to retirement). Due to budget constraints the city is currently unable to replace them. Regarding equipment, house no.1 contains a pumper unit, a reserve pumper, an ambulance, a command vehicle, and an ATV vehicle that you may have seen in the parade or down at the farmer's market. Fire House No.2 located on West Florissant near Sams & Walmart has the 109 foot Aerial ladder truck. Nine firefighters are housed at Fire House No.2. During their presentation they received a call to return to Canfield and had to rush out.

Some questions came up about the recent protest activity, and we heard how when the police asked the protesters to evacuate from the street, the seasoned protesters got out of the street leaving the new protesters standing. At the 3rd announcement arrests began. Looks like the experienced protesters knew when the arrests would occur, but they did not alert the new ones to the process.

We also heard about a protest event that was attended by a prayer group that sang and outlasted the loud protesters that came from the Black Lives Matter movement. By the time the prayers and singing were done, only 30 of each group remained, and they dispersed peacefully.

Federal Monitor Process

Someone in the audience asked about the meeting that occurred at the Community Center regarding the Federal Monitor process. The 4 finalists gave presentations to the public. The finalists were Ebey YG, Lemire LLC, Squire Patton Boggs, and Police Performance Consultants. The city council and the Department of Justice have agreed to choose Squire Patton Boggs as the Independent Monitor. They will assess and report on whether the requirements of the Agreement have been implemented. They will also determine whether the implementation is resulting in constitutional and otherwise lawful policing and administration of justice and increased

4th Annual THE TASTE IN FERGUSON

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

Food Sampling • Beer and Wine Tasting
Celebrity Chef Cooking Demonstrations
Music by Running on Faith Band • Family Fun
Tribute to 9/11

CENTENE Charitable Foundation
Premier Event Sponsor

Sunday, September 11, 2016 • 3-6 p.m.
Savoy Banquet Center
119 S Florissant Rd | Ferguson, MO

TICKETS GO ON SALE AUGUST 1ST AT:
I Love Ferguson Store, Robinwood Automotive, Whistle Stop Frozen Custard
The Ferguson Farmers Market Saturday Mornings 8AM-Noon,
and online at www.TheTasteInFerguson.com

Tickets \$25.00 • Children 10 & under FREE
(after August 28th, tickets are \$30.00)

Participating Culinary Vendors:

- Banana Yummies
- Breakaway Cafe
- Cathy's Kitchen
- Ferguson Fire Department
- Ferguson Police Department
- J&C BBQ and Blues Restaurant
- Marley's Bar & Grill
- Mayuri Indian
- Mimi's Subway Bar and Grill
- Papa Murphy's Pizza
- Paul's Market
- Roper's Ribs
- Schnucks Markets
- Starbucks Coffee Co
- USA Market
- Whistle Stop Frozen Custard
- More vendors to come!

Former St. Louis Radio Personality "Smash" (Event Emcee)

Palmer

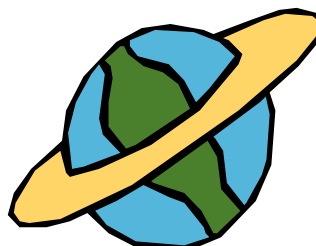
A B C D E F G
H I J K L M N O
P Q R S T U V
W X Y Z a b c d e f
g h i j k l m n o p q
r s t u v w x y z 1 2

The Palmer method of penmanship - we started to learn this in 2nd grade and had to practice on specially lined paper every day - in pencil. You didn't get to go to using a pen until 4th grade.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

And Now a Word from Our Planet



Take a walk and bring along gloves and a trash bag to pick up litter – a good way to take care of both your body and the environment.

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

community trust between the public and the Ferguson Police Department and Court.

Next meeting:

The next Ferguson Neighborhood Watch meeting scheduled for City Hall will be at 7:00 pm on **Wednesday, September 14th, 2016**. A speaker from Dispatch may be able to talk to us about their procedures. August meeting is being cancelled due to anticipated police needs around the anniversary of the Michael Brown death.

JOBS and MORE STL Continues Personal Job Growth

Do you need a job? Or want a better job? JOBS and MORE STL offers workshops and seminars. In July, JOBS and MORE STL hosted a one-day Resume Builder Seminar. AND in August they will continue to host the Resume Builder Seminar at the Ferguson Municipal Public Library (9:30am, date to be announced—look at the Library for info). Take the first steps to build your resume, and target your next job.

Here are some thoughts to share:

- **Success:** I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results. *—Michael Jordan*
- **Skills:** A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals. *—Larry Bird*
- **Preparation:** I feel that luck is preparation meeting opportunity. *—Oprah Winfrey*

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 job-seeking achievers with the skills and drive necessary to find employment that aligns with their individual strengths and interests.

RISE ABOVE Workforce Training Workshops is offered on **August 15-26**, starting at 9:30am at the Ferguson Municipal Public Library. Training topics include Keys to Professional and Personal Success, Resumes, Practice Interviews, Interpersonal and Communication Skills, and more.

Interested in participating in this opportunity? Or have questions? Contact JOBS AND MORE STL at jobsandmorestl@outlook.com or 314.283.2215, or visit the web at jobsandmorestl.org



Build a resume and target your next job.
Pictured: Debra, John, and Soinnya.

Letter to Editor

On 11 May, during a violent storm our home was hit by lightning and fire erupted.

We can't begin to sing the praises of the Ferguson Fire Department. Their kindness, consideration, and attentiveness was at 100%. They instructed us on details we were unaware that had to be attended to when disaster strikes. Also, did I mention their promptness in answering the 911 call and putting out the fire.

It is interesting that the F.F.D. answered the call from the West Florissant Fire House, closest to our home. To all who voted to keep that fire station open, thank you, for in the future it is designated to be CLOSED because the Property Tax Increase did not pass. I'm thankful our fire erupted before the closing.

To all who rejected the tax increase I hope that if you are in need of F.F.D. services they will be able to respond quickly, even though you might live on the north end of Ferguson where services have been cut and delay may be eminent.

Thank you again for the Ferguson Fire Dept. and their excellent service and response.

Jim and Judy

Walk-in Clinic • Pain Clinic • Treats Headaches, Injuries and Chronic Pain

Pain Clinic

URGENT CARE
New Patients are Welcome
Most Insurances are Accepted
314-736-1333
1025 Dunn Road • Florissant
(Just west of New Florissant)
M-Th 9am-6pm, Fr 9am-8pm, Sa 9am-1pm
Ahmed Ali, M.D. & Saima Ahmad, M.D.
www.stlmrg.com

FREE B-12 SHOT \$25 for first & get 2nd Free 314-736-1333 With coupon. Expires 8-31-16	FLU & Tetanus Shot \$20.00 EACH 314-736-1333 With coupon. Expires 8-31-16
Self Pay Visit \$10.00 OFF 314-736-1333 With coupon. Expires 8-31-16	FREE Blood Glucose & Vitals Blood Pressure, Heart Rate, Oxygen Saturation & Temp. 314-736-1333 With coupon. Expires 8-31-16
School/Camp & Sports Physicals \$25.00 314-736-1333 With coupon. Expires 8-31-16	Adult Wellness Screening Packages Office Visit with Lab Package (Complete Blood Count, Cholesterol, Thyroid Function, Kidney Function, Liver Function & Blood Sugar) \$150.00 Reg. \$250 314-736-1333 With coupon. Expires 8-31-16

Now offering Primary Physician Service.

Get Well Family Chiropractic

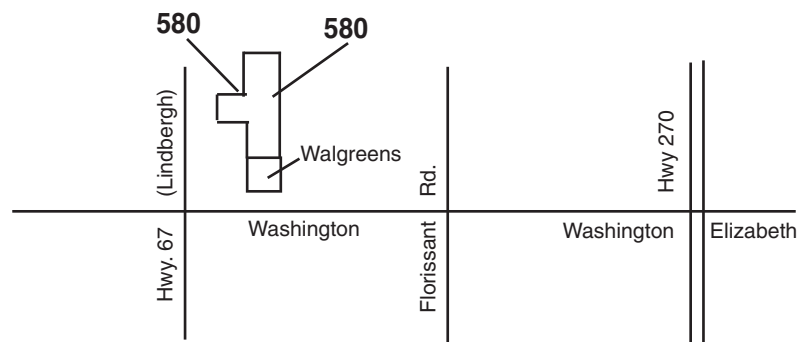
For Pediatric Development & Adult Health

Dr. Robyn Lawrence
314-524-2580

dr.robyn@getwellfc.com

Newer, expanded offices in Florissant are **Now Open**

580 No. Highway 67 (Lindbergh) Suite 5
Florissant, MO 63031



Dr. Robyn's Office Hours:
Monday, Wednesday, Thursday 10:00 am to 6:00 pm
Tuesday, 3:00 p.m. to 6:00 pm



Compassionate Staff, New Friendships, and Memories to Last a Lifetime.



Affordable, SPACIOUS Senior Living with Independent & Residential Care Apartments.

DeSmet Retirement Community
1425 N. New Florissant Rd.
Florissant, MO
314-838-3811

RCF License #041987



FERGUSON style & spa

Hair Salon ~ Nail & Body Spa
811 S Florissant Rd. Ferguson, MO



CALL US! 314-521-2545
fergusonstyleandspa.com

TAI CHI

Self Healing Thru Movement

Thursdays, 1:30 to 2:30 pm
St. Stephen's Church
33 No. Clay
\$10 per class suggested donation
Call 314.645.6112

JOHN BAKER HEATING & COOLING

In business 30 years!
Low Prices!
No Waits!
We Also Do Water Heaters!

Clean and Check Your A/C

\$49.95

Plus 24 Hour Emergency Service

I'M THE COOLINATOR

24 HOUR SERVICE

JOHN BAKER HEATING & COOLING

\$10 OFF
Your next service
With this coupon
Call 314.878.6228

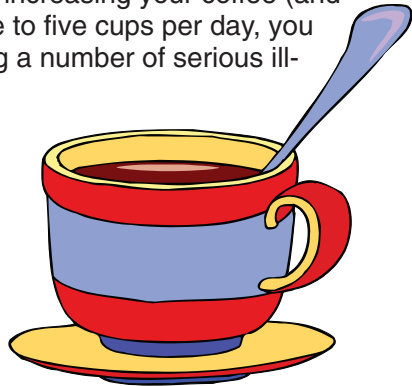
jdbcooling.com

Coffee – Good For You?

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

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

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



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

Remember Eggs?

The egg is no longer a nutritional no-no

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

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

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

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

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

Let Us Eat Eggs

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



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

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

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

Can An Apple Help You Buy You Better Groceries?



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

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

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

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

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

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

Taken from "Curves" website

And My Favorite . . .

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

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

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

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





Demolition

– by Bob McCarty

In the past couple of month's, the city of Portland, Oregon became the first city in the U.S. to pass a law banning the demolition of older homes built before 1916. The law requires that if a building is so far gone that demolition is in it's future, the contractor is required to dismantle the building. By using this process, builders would salvage most of the materials

and have these materials ready for reuse on another project or donated to organizations such as Habitat for Humanity.

It is estimated that the landfills in the U.S is comprised of 40% Construction and Demolition (C&D) debris. When a new 2000 square foot house is built, there is 8000 pounds of waste generated from this one project. Think about that for a minute, if there is going to be a small subdivision built in our area of forty, 2,000 square foot houses, that estimates to around 160 tons of waste going to the landfill. Of course I don't know of any projects like this that are slated for our area.

I have been on projects that if any material was over bought, it would go into the dumpster instead of being returned or, heaven forbid, used on another project. I have "dumpster dove" to collect enough material to finish a project. As a matter of fact, while restoring my house, I found a dumpster in front of a house that was removing all of it's plaster ceilings and walls to be replaced with smooth drywall. (More on drywall in the next paragraph.) I saved a lot of the old wood lath that I used on my own house that needed re-plastering. Now that's recycling!

In the state of Missouri, the majority of the waste generated on a construction site is wood with 100,000 pounds going to the landfill annually. A little over 20,000 pounds of cardboard that items such as cabinets and appliances are shipped in will also be delivered to a landfill. And did you know that when dry-wall and drywall scraps are thrown away and hauled to the landfill, under the conditions of the landfill, it releases a toxic gas, Hydrogen Sulfide. A little less than 45,000 pounds of drywall is dumped in the landfill every year!

The city of Portland estimates that with the passage of this law, they will divert 8 million pounds (4000 tons) annually away from the landfill. This is material that can and will be used on future projects.

Not only will they be diverting this waste, they are developing a whole new stream of jobs to the area. After a building has been dismantled, any wood will need to have any nails removed, sorted by size and type, stacked and transported to an exchange area for storage. The nails will be delivered to a metal recycling operation, melted down and reused as another resource. All appliances will be cleaned, repaired and put back into service. Asphalt and concrete can be ground and screed to be used as a filler into hardscape applications. The sky is the limit for the re-use of these materials.

With all of the positive successes coming from this law, the city council will eventually consider expanding this demolition ban to homes constructed before 2015.

This will bring about a new thought process that will need to be put into play when building new buildings. For instance when modular buildings are constructed, the thought of how to build quick and easy for a quick profit will need to be changed so that the builder will also have to figure into the building process how will this building be constructed so that when the time comes to dismantle it in the future, it can be done with ease for a higher profit.

The thinking that the big box stores have when they are constructing their monstrosities is that their building can only be used for one thing and that is a big box store. When they move out, they leave a big box behind that can only be used as a big box and the community where it sits needs to find a new tenet that is in need of a big box. But of course, the next big box that comes along wants to make a bigger box, so they tear down the smaller big box and where does the material that made that big box go? To the landfill because the builders of the big box stores usually don't shop at Habitat for Humanity for their material. (It' nice having my own soapbox!)

Speaking of big box stores, today's mindset of "new is better" has been instilled in everyone's minds so much that, no matter what the situation, the first thought is, "I guess we need a new _____"! I was recently at a building that was having a problem with their one hundred year old door not closing easily. The first thing that I heard was, "I guess we'll be needing a new door"! I removed the threshold that was keeping the door from closing because it had swelled up after absorbing a lot of water from a water leak. The first thing that needs to be done is to take care of the water problem, repair the frame that got broken from someone forcing the door shut, install a new threshold and adjust the 100 year old door to fit with the new components of the door. There, good for another 100 years with proper maintenance.

I was reading recently that there are no craftspeople. Everyone in the trades is a sales representative of the manufacturer. If we keep this type of mindset, there will be no 'Yesterday to be Maintained for Tomorrow.' It will be a cyclical sales process to replace the manufactured product with the next best product that the manufacturer is manufacturing. (Here I am on my soapbox again!) So with that being said, don't just jump to the conclusion that new is always better, try repairing what you already have and when all else fails and before you go to

CHECK OUT OUR NEW MENU

FERGUSON
BREWING COMPANY
RESTAURANT & PUB

Thank You
TO EVERYONE WHO SUPPORTED US DURING AND AFTER THE RENOVATIONS.
This is the one year anniversary of the fire.

Surplus Vehicles / Equipment

The City of Ferguson will be accepting sealed bids for the sale of surplus vehicles / equipment.

Bids must be received by Friday, August 26, 2016 by 10AM. All vehicles are being sold in an "as-is" condition. Vehicles may be viewed at the City of Ferguson Municipal Garage on Friday, August 19, 2016 from 8am through 2pm.

Copies of the Request for Bids may be obtained by calling 314-521-8373.

HAD AN ACCIDENT?
RELAX, LEAVE YOUR WORRIES TO US.

LONERO'S AUTO BODY
524-8006
WE GET YOU BACK ON THE ROAD

3776 PERSHALL ROAD
FERGUSON

the big box store to get something new, check out the Habitat for the Humanity store and know that you were able to save something from spending an eternity in a landfill.

Until next month, Bob on Job is trying everything he can to re-use, re-purpose, recycle everything that can be done without relying on the manufacturers telling him what is best for the project.

How to Set Up an SMS Customer Loyalty Campaign

By LaTease Rikard

There are two ways to access memory: recognition and recall. Recognition happens when you come into contact with something and remember it because of a previous encounter. Recall is when you independently remember something without a prompt.

To break this down: If I asked you to name every piece of clothing hanging in your closet, you would be able to name quite a few (recall), but you would not remember quite a few as well. However, if I showed you each piece, you would definitely know it was yours (recognition).

One purpose of branding is to build recognition (of a brand, product, or service) until your customers remember your brand.



Why? Because people are more likely to interact with things that are familiar. Studies have shown that given a choice, most people in an unfamiliar location will make do at a chain restaurant they know rather than try a local restaurant that they have never seen before. That is the power of branding and branding is essential for your SMS marketing program.

Here are proven ways to ensure your program will have long-lasting effect by establishing an official program name and use it consistently in all promotions. Make sure the program name appears in all SMS messages as well as cross-promote it to all of the marketing channels you are using: Web, email, social media, print, radio, television, everything. Here is an example of an SMS message promoting a restaurant offer:



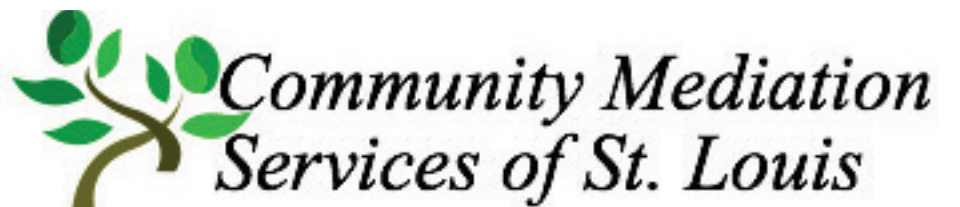
The good thing about SMS marketing is the more your customers see your messages, the more they will begin to recognize program branding. The goal is to ensure that subscribers to your SMS program will have already seen the branding in a Facebook feed, Tweet or email message. Leverage all of your social media channels. It goes without saying: a customer who elects to receive communication in multiple channels is a retailer's most engaged customer and will have better recognition and recall of your brand. Make sure to post regularly about your SMS marketing program including highlighting the subscription benefits – for example, a generous welcome offer for signing up to the program. Reward customers, especially those who opt into your mobile marketing program. In addition to regular updates, motivate potential subscribers by offering a welcome discount on their next purchase when they sign up. You should also plan to deliver exclusive offers and promotions available only to subscribers of the SMS marketing program.

Just as importantly, make sure non-subscribers know about these benefits enticing them to join by advertising them in your other marketing channels. Note: if sourcing exclusive offers is too difficult, announcing offers early ("Insider Alert: Members only sale this Friday only") can be a great way to deliver exclusive value.

For consumers opting into your SMS program through your Web site, the benefits of membership should be featured on your homepage before they click through to the sign-up page, increasing the probability those visitors will click on the link. An attractive graphic that bullets the benefits in brief, text that appears upon mouse-over or any number of other options will deliver the message that your mobile marketing program is for them.

Customers who receive communications in multiple channels are high recognition, high recall and your most engaged customers. These people are brand loyal as demonstrated by the fact that they want to see and hear from your brand from more than one channel.

Want to start an SMS customer loyalty campaign? Contact me on Facebook—facebook.com/latease, or give me a good old-fashioned phone call at 314-495-2497!



Who is Community Mediation Services of St. Louis?

- CMS provides conflict resolution services throughout greater St. Louis.
- CMS has provided volunteer community mediation under several names since 1989.
- CMS is affiliated with the National Association For Community Mediation, a nationwide agency providing support and training for community mediation.
- CMS mediators are professionally trained volunteers from the community.
- CMS mediates disputes involving neighbors, between residents and landlords, in the workplace, and internal within families.
- CMC assists residents, neighborhoods and communities throughout greater St Louis.

Police Mediation Services

How Does Mediation Benefit Citizens?

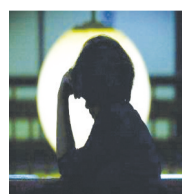
- Citizens can speak directly to officers and see first hand that the Police Department takes their concerns seriously.
- Citizens have an opportunity to be heard and understood.
- Citizens can hear the officers' perspective about the incident.
- Citizens can provide feedback that can help prevent similar incidents in the future.
- Through direct involvement, Citizens gain personal closure, rather than an unknown outcome.

How are Mediations Scheduled?

- We contact the citizen and police officer by phone to answer questions and secure available dates and times for mediation.
- We schedule two hours for mediation at a neutral location and assign two mediators. Most conversations do not take more than an hour.

What Happens at Mediation?

- Mediators explain the process for mediation.
- Everyone signs an Agreement to Mediate, which outlines rules of conduct and confidentiality.
- Each party speaks and listens in turn. Mediators manage the process and facilitate a productive conversation.
- We provide the referring department with the signed Agreement to Mediate and document containing the date, time, and location of the mediation, and a statement that the officers participated in good faith. All other notes are destroyed.



Are You Experiencing
Emotional Hurts - Verbal Abuse - Physical Hurts
Discouragement - Hopelessness

We Have An Atmosphere That Offers
Understanding - Emotional Support - Encouragement
Renewed Self Confidence

Life Source Consultants
Crisis Help Line: 314-524-0686

Life Source Consultants Provides Free Support Services For victims and survivors of physical, emotional, mental, verbal, sexual abuse, rape and incest

Restoring Hope and Healing from Abuse

Vote For Larry Thomas

Ferguson Township Democrat Committeeman
(Former Mayor Brian Fletcher's Seat!)

*A Community Advocate With 30 Years Of Serving
North County Residents*

Make Your Vote Count On Tuesday August 2, 2016

Thank You For Your Support!!

Paid For by Larry Thomas

University Child Development Center

on the UMSL campus
has openings for children 2-5 years old.

We are a licensed and accredited center that provides
educational activities.

**Contact us at 516-5658
to reserve your spot.**



JUBILEE OF MERCY

A Pilgrimage August 13 Blessed Teresa of Calcutta

SATURDAY, AUGUST 13, 2016, 9:00 a.m. to 1:30 p.m.

SUBJECT: Sr. Thea Bowman F.S.P.A.
PRESENTER: Sr. Eva Marie Lumas, SSS.DMin

This Pilgrimage is held at Blessed Teresa of Calcutta, 150 N. Elizabeth. Lunch will be provided (Free Will offering accepted).

Come listen to Sr. Eva Marie Lumas, speak about Sr. Thea Bowman, a Sister of Social Service in Los Angeles who was a close friend of Sr. Thea Bowman. Sr. Eva Marie Lumas has a Doctorate of Ministry degree from Howard University in Washington, D.C. She is the Cultural Competency Trainer at St. Mary's Center in Oakland, California and served as both Assistant Professor of Faith and Culture and Director of Field Education at the Franciscan School of Theology in Berkeley, California from 1994 until June of this year. Sr. Eva Marie is also an Adjunct Professor of Catechesis and Pastoral Studies at the Institute for Black Catholic Studies at Xavier University of Louisiana and author of "Let it Shine: The emergence of African American Catholic Worship".

Her subject, Sr. Thea Bowman F.S.P.A, was born Bertha Bowman in Yazoo City, Mississippi in 1937. Her grandfather had been born a slave, but her father was a physician and her mother a teacher. She was raised in a Methodist home but, with her parents' permission, converted to the Roman Catholic faith at the age of nine, and later joined the Franciscan Sisters of Perpetual Adoration at La Crosse, Wisconsin. There she attended Viterbo University, run by her congregation. Sr. Thea Bowman later attended The Catholic University of America for advanced studies, where she wrote her doctoral thesis on the American writer, William Faulkner. She was a Roman Catholic Religious Sister and Servant of God, teacher, and scholar, who made a major contribution to the ministry of the Catholic Church to her fellow African Americans. She became an evangelist among her people and was a popular speaker on faith and spirituality in her final years. She helped found the National Black Sisters Conference to provide support for African-American women in Catholic religious institutes.



RESERVATIONS ARE REQUIRED by contacting 314.524.0500.

A Time to Step Up

Are you unhappy with your city, state, or nation? Do you want more gun control? Less? More or fewer checks on voting? More interaction with other countries or less globalization? What have you done about it? How do you decide? Do you try to learn about both sides of the issues that concern you? Learn it for yourself? Find out where the information comes from? Facebook and the break room aren't enough. Neither are the opinions of your best friend—Listening to someone who disagrees with you with an open mind and heart is the beginning of understanding. Check out more than one news source and consider the credentials of the journalist or speaker.

Now that you are informed, what's next? You probably already vote. Even in primaries? Not registered? In Missouri you need to do that by the fourth Wednesday before an election. It's too late for the August 2 primary, but take care of it now for the next time. You can do that at the local Department of Motor Vehicle Registration office.

Perhaps you don't think you make a difference. Wikipedia lists 82 state and national elections determined by margins of fewer than one vote in every thousand, forty of which were won by fewer than ten votes. The results of many, many local elections rest on the votes of just a few citizens.

However, you can do much more. You don't know who represents you? You can find out online at www.senate.mo.gov/LegisLookup. Here you can enter your address to link to all the state, and national leaders who represent you. Go to www.fergusoncity.com to search for a ward map and learn the names of your local leaders. Suggestions for writing to elected officials can be found at www.billmoyers.com/story/time-get-ready-vote. For a small investment in time and the cost of a Forever stamp, you can make a big difference. The leaders you respect want the input of their constituents, and they are impressed by personal letters, especially those that are written by hand.

Get involved. If you live in Ferguson and attend a neighborhood meeting, you will almost certainly get to personally speak with council representatives, city officials, and police officers. Attend a City Council meeting on the second or fourth Tuesday of a month. Be part of planning for neighborhood policing on the third Thursday of a month. Find about local opportunities in the *Ferguson Times*, which is delivered at your door and available at many local businesses.

The next time you are frustrated by public policy, consider whether it might be time for you to step up to the plate and make a difference.

Buy a new **RUUD** air conditioning system and Save up to \$1,250 in rebates and tax credits. Call for a free no obligation estimate.

Knowles Services 521-0284
Heating & Cooling RELY ON RUUD

ROBYN L. STRANQUIST
ATTORNEY AT LAW

314-808-5666

LICENSED IN
MISSOURI & ILLINOIS

HEALTHY DIET

Fruits and vegetables are an important staple in any diet. While a diet containing a variety of fruits and vegetables is best, orange is one of the healthiest colors you can look for.

Orange vegetables contain beta-carotene, a form of Vitamin A, which is great for eyesight and eliminating free radicals. The beta-carotene gives the vegetable its orange color.

The City of Ferguson mourns the passing of Ferguson resident, dedicated volunteer and educator, Sue Odell.

The City expresses their heartfelt condolences to the Odel family. The community won't be the same without her. Sue will live on in our memories forever through the lives of those she touched.



Barbers for Boys

presented by:

The Boys & Girls Clubs of Greater St. Louis
At Ferguson Middle School

in partnership with G-Rvae'z Studio Salon

**VOLUNTEER BARBERS ARE NEEDED TO HELP
YOUNG MEN OF FERGUSON MIDDLE SCHOOL
LOOK AND FEEL THEIR BEST FOR
THE 1st DAY OF SCHOOL**

FREE! Back-to-School Hair Cuts will be provided during school registration on Monday, August 1st at the Ferguson Middle School located at 701 January Avenue in Ferguson.

Volunteer Barbers (or Stylist who cut) can chose to give as much time as possible at the following times:

8:00 to 11:00 am • 12:30 to 3:30 pm • 5:00 to 7:00 pm

For more info or to volunteer, please contact

Gary Winfield Owner G-Rvae'z Studio Salon at 314.363.0907
If you are unable to work this event but want to support it or the Boys & Girls Club of St. Louis Ferguson Middle School Club, please call Roxanne Crawford, Senior Area Director, 636.675.9570 or email roxanne@bgcstl.org

Slow Down: Back to School Means Sharing the Road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

Don't double park; it blocks visibility for other children and vehicles
Don't load or unload children across the street from the school
Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians



According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic

In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection

Always stop for a school patrol officer or crossing guard holding up a stop sign

Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas

Don't honk or rev your engine to scare a pedestrian, even if you have the right of way

Never pass a vehicle stopped for pedestrians

Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children. If the yellow or red lights are flashing and the stop arm is extended, traffic must stop

The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus. Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

Back-to-School Tips for Parents

Taken from the Internet

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

Meet the new teacher.

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



child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

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

Avoid last-minute drilling.

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

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

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

Ease into the routine.

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

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

Tour the school.

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

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

Connect with friends.

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

Tool up.

Obtain the class supply list and take a special shopping trip with your

*See the stars
with our telescope*

The Ferguson Public Library has a TELESCOPE available for you to check out!

Visit the library or call 521-4820 to place a request today.



**For the
Do-It-Your-
Selfer**

**Kitchens & Baths
Cabinets,
Windows, Doors
and More**

Check our quality
before you buy!

Installation available also!
Free Estimates – Call
WOLFCO



See our great selection
of Windows and Interior
and exterior Doors

314.799.2818

Veteran Benefits You May Not Know About

If you're a veteran, you may want to make a quick spot check to ensure you're receiving the full value of the VA benefits to which you're entitled. Among the most valuable of these are mortgage benefits which, when properly accessed, have a staggering average lifetime value of \$42k.*

Benefits apply to vets who own homes as well as those who do not. Skim to the benefits that best apply to you.

I am a veteran and DO NOT own a home

The VA has been helping veterans buy homes less expensively since 1944, offering the following tremendous benefits:

0% down payment: Many people think they can't buy a home unless they've saved tens of thousands for a down payment. While this may be true for most people, it is not true for qualified veterans. Vets can access this program to buy a home with 0% down. With rates as low as they are now, you'll likely be surprised at how much house you can afford when buying vs. renting.

Reduced payments and lower interest: The federal government guarantees VA mortgages, allowing approved lenders to offer lower rates. In fact, between rates that average a little under half a point less, and the fact that vets do not have to pay private mortgage insurance, VA loan payments on a \$250k mortgage average about \$3,100 less than a conventional loan.

Prequalification: Getting prequalified is the best way to start testing the home buying market. It costs nothing to do it, but lets you know exactly how much house and what benefits you actually qualify for. Plus, touring homes with a prequal letter from a VA lender in your pocket will make sellers sit up and take you more seriously as a potential buyer.

I am a veteran and DO own a home

Benefits for veterans who already own a home fall into two categories:

I previously purchased WITHOUT getting VA benefits:

The good news for those who didn't tap into their benefits when they bought a home is that they still can. Even better news is that the average savings for those who refinance from a conventional mortgage to a mortgage with VA benefits is a healthy \$3,100 a year. Just think about how far an extra \$3,100 a year can go.

I already have a VA mortgage:

One of the most powerful features of a VA mortgage is the possibility of easily reducing your existing rate by making a "Streamline Refinance" or IRRRL. This is a simple process that can be completed without an appraisal and without any out-of-pocket expenses. It's far simpler than the original loan because you don't need another Certificate of Eligibility. Effectively it's a scan for lower rates, and if a lower rate is available, a reduction of your payment to that lower rate.

If you wish to take advantage of any of the above benefits, contact your nearest Veteran's Office.

Donating Blood May Actually Be Good For You

When's the last time you stopped to appreciate all the good stuff your blood does for you? Without it, oxygen would never reach your cells and carbon dioxide would be filling your blood vessels as we speak.

Every two seconds, someone in the United States needs blood and more than 41,000 blood donations are needed every day, according to the American Red Cross. So while you may never worry about having enough blood to function, plenty of others aren't as fortunate.

While giving blood should be all about helping those in need, there are a few things in it for you. Here are four health perks to becoming a blood donor:

Your iron levels will stay balanced

Healthy adults usually have about 5 grams of iron in their bodies, mostly in red blood cells but also in bone marrow. When you donate a unit of blood, you lose about a quarter of a gram of iron, which gets replenished from the food you eat in the weeks after donation. This regulation of iron levels is a good thing, because having too much iron could be bad news for your blood vessels.

The statistics appear to show that decreasing the amount of iron in otherwise healthy people over the long run is beneficial to their blood vessels, and diseases related to abnormalities in blood vessels, such as heart attack and stroke.



Still, data from The Centers for Disease Control and Prevention says that nearly 10% of women in the U.S. suffer from anemia, a condition where your body lacks red blood cells or hemoglobin (most commonly due to an iron deficiency). In that case, it's best not to give blood until the anemia is resolved, he says.

Women who haven't hit menopause yet may find it hard to donate blood, too. Pre-menopausal females can be somewhat iron depleted with blood counts just under the lower limit. If you have low iron and you still want to be a donor, taking an oral iron supplement may help you re-qualify, he says.

You could live longer

Doing good for others is one way to live a longer life. A study in Health Psychology found that people who volunteered for altruistic reasons had a significantly reduced risk of mortality four years later than those who volunteered for themselves alone. While the health benefits of donating blood are nice, don't forget who you're really helping: A single donation can save the lives of up to three people, according to the Red Cross. The need for blood is always there. It's important to recognize how important willing donors are.



New at the Ferguson Library

1. Pick up an Early Bird form from the front desk or New Books Section.
2. Write your library card number on the form and check off your requests.
3. Return the completed form to the library staff.

Staff will place the requests for you!

Library Hours:
Mon. – Thurs, 9:00 a.m. to 8:00 p.m.
Friday, 9:00 a.m. to 6:00 p.m.
Saturday, 9:00 a.m. to 4:00 p.m.
Sunday, Closed



It's story
TIME
@your library™
For Pre-Schoolers

Come join us for stories, songs,
crafts and fun

Every Monday at 10:00 a.m.

Ferguson Municipal Library
35 North Florissant Road
Ferguson

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.



Molly Rockamann, Founding Director of EarthDance Organic School and Farm

Molly and I are neighbors around Jeske Park. We walk our dogs there, and enjoy Ferguson's beauty through the many sculptures and lovely trees there. We walked together a couple of times after events of August 2014, calling ourselves Harmony Walkers, for we sang as we walk, and had hoped to attract a bunch of walkers from Ferguson.



Molly and I, the Harmony Walkers, in Jeske Park

Ferguson is blessed with its own organic farm school, EarthDance, since 2008, and the lady behind this is Molly! I bought one CSA share from the farm this year for \$625, and for 24 weeks I get to take home a good sized basket of homegrown organic vegetables! You save about \$10 a week and you eat good, healthy, local food when you buy the CSA share. You pick up your weekly veggies at our Farmers' Market on Saturday mornings.

Molly has a B.A. in Environmental Studies from Eckerd College in Florida and a postgrad Diploma in Development Studies from the University of South Pacific in Fiji. More than this, she has a passion for her work. Her interests in health, nutrition, social justice and international trade all converged in the realm of food and farming. Molly also studied Ecological Horticulture and Organic Farming at the University of California.



Molly at the EarthDance Organic Farm School in Ferguson

Molly's passion has taken her on many travels at home and abroad. She spent a semester in Ghana as an undergrad and says she felt more alive in Lesser Developed Countries as people in these countries spend more time outdoors and in the community. She loves learning about other cultures and embraces the differences she finds. In 2003, she was a volunteer for three weeks in a Burmese refugee camp. Her favorite place, however, after Ferguson, is Fiji. In 2007, she started the Fiji Organic Project and earlier this year, during her visit to Fiji, she survived a cyclone there and told us all the

details on FaceBook!

Molly worked with her Dad, Ralph Rockamann (sportsprint.com), for one and a half years. Sportsprint prints cool, customized T shirts and clothing, including the I Love Ferguson T shirts.

She rented an acre of land from Caroline Mueller in 2000, and started selling at the Ferguson Farmers' Market in 2002. In 2008, she had a dream of bringing together her interests in food, sustainability, culture, community development and education. And thus was born EarthDance Organic Farm School, which has become a center of community life and a thriving farm.

In 2008, Molly and Rebecca Rivas hosted Pesto Festo at the Savoy with a packed house, and released a documentary made on the farm. Look for it on YouTube.com: Connoisseur of Fine Foods. In 2009, Molly was the sole staff member and volunteer at Earthdance. She wrote for grants and hired a parttime farm manager in 2010. She came up with the name "Earth-Dance" as it encapsulates two of her passions: the earth and dancing.

Molly loves to dance! She did ballet, tap and jazz as a kid, did west African dance in Ghana and was part of the Fiji Cook Island Dance Troupe. She also did Polynesian traditional dance. Many of us saw Molly's Facebook post of her hula hooping at the Ferguson Farmers' Market!

What is Molly's vision for the farm? "Making it into a place where we can host more community events celebrating culture, not only agriculture." This summer there is a community food assessment survey being done to understand what Ferguson's assets and needs are on all levels: production, processing, distribution, consumption and waste management. Readers are encouraged to give their feedback. Look for details in this newspaper.

Where we spend our money matters. I have always tried to support local services. Let us spend our money right here in Ferguson and enjoy what we have grown locally. Molly hopes to also have a natural foods grocery and cafe on the farm in due course. The courses at the farm help empower youth to be young farmers and business owners. My daughter Devina is one of the current "farmies" working and studying at Earthdance. I have the pleasure of eating food that she helps to grow!

Congratulations to Molly Rockamann for representing what is Best of Ferguson, for following her passion and growing EarthDance for us residents to enjoy!

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

Books the Ferguson Reading on Race Book Club Have Read

2015

February: The New Jim Crow by Michele Alexander
 March: The Warmth of Other Suns by Isabel Wilkerson
 April: Colorblind by Tim Wise
 May: Invisible Man by Ralph Ellison
 June: Why Are All the Black Kids Sitting Together in the Cafeteria? by Beverly Tatum
 July: The Souls of Black Folk by W.E.B. Dubois
 August: The Fire Next Time by James Baldwin
 September: Waking Up White by Debby Irving
 October: Race Matters by Cornell West
 November: How to Be Black by Baratunde Thurston
 December: Dog Whistle Politics by Ian Haney Lopez

2016

January: Between the World and Me by Ta-Nehisi Coates
 February: Ferguson Forward: A Path Toward Racial Equity, Report by the Ferguson Commission
 March: Just Mercy by Bryan Stevenson
 April: Faith in Ferguson: Sparking Leadership and Awakening Community by Leah Gunning Francis (Guest author)
 May: That's the Way it Was: Stories of Struggle, Survival and Self-Respect in Twentieth-Century Black St. Louis by Vida 'Sister' Goldman Prince (St. Louis author)
 June: White Rage by Carol Anderson
 July: Olivia's Story: The Conspiracy of Heroes Behind Shelley v Kraemer by Jeffrey S. Copeland

BOOKS SCHEDULED FOR US TO READ

August: Playing in the Dark: Whiteness and the Literary Imagination by Toni Morrison
 September: The N Word: Who Can Say It, Who Shouldn't, and Why by Jabari Asim



Ask Grandma

So You Think You Can Sing?

When I was a child, music and singing were very important. If the family was together, we almost always ended up singing. Not that we were talented singers. In fact, just the opposite. But dad liked to sing and he particularly liked songs that told stories.

We had a long list of sad songs like "Dream of a Miner's Child" . . . a story of a little girl who begged her father not to go to the mines that day because she dreamed that the mine was on fire. Sure enough, he was killed in a fire that day.

Another song told of the "Sinking of the Vesterous." A whole ship full of families that was lost at sea because the captain thought he could save the ship and sent the SOS message too late.

How about "The Death of Floyd Collins." Apparently a true story of a cave explorer who was caught in a collapse and although neighbors "worked both night and day, to move the mighty barrier," they never located his body.

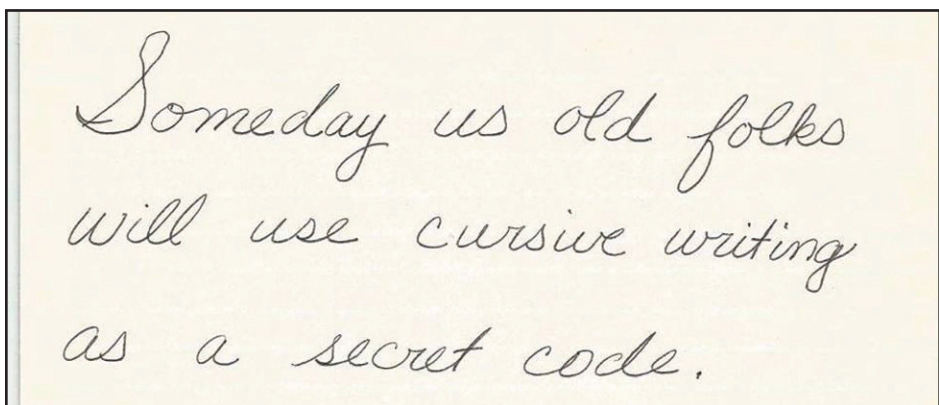
Pretty gruesome stuff? Yes, but there were happy songs too. Dad was German, but mom was Irish. Although we sang a couple of German songs, it was the Irish songs that were the best. Some songs were sad, (Oh Danny Boy) but most were lively toe tappin'. If I remember correctly, mom's mother would sometimes get up and dance the Irish jig.

The singing was not very good because most of us were hearing impaired. My father inherited his impairment from his mother, and in turn, 4 of his 7 children also couldn't hear. Try group singing when more than half the singers were tone deaf. However, two of my brothers (Don and Paul) had nice voices but they both had excellent hearing.

When my children were teenagers, they introduced me to their generational music. I loved the Beatles, Bob Dylan, Creedance Clearwater, and Meatloaf. In fact, a few years ago my children took me to see and hear Bob Dylan and Paul Simon out at the amphitheater. I was disappointed because Dylan did not sound the same . . . even when he sang some of my favorites. The trouble with most of that music is I couldn't, and still can't, figure out what the lyrics meant.

We would sing while doing the dishes or any other family task when we were together. In fact, we still do on occasion. How do we sound? Well, since 4 of my 6 kids have the hearing problem . . . still, no so good. But we enjoy the singing, the reminiscing, and the camaraderie.

So, if you are out with me one evening, or visiting me at home, and I break into a rendition of "Show Me the Way to Go Home," it just means I'm going to bed.



Stay In the Neighborhood



Oak Knoll
37 North Clark Ave.,
Ferguson, MO 63135
314-521-7419 www.oakknoll1948.com



Avalon Garden
4359 Taft Avenue,
St. Louis, MO 63115
314-752-2022
www.avalongarden1920.com



Ackert Park
894 Leland Avenue, University City, MO
314-726-4767 www.ackertparksc.com

Oak Knoll, Avalon Garden and Ackert Park

Skilled Nursing &
Rehabilitation
Centers

*"A caring family
with personality"
See for yourself!*



- 24-hour nursing care and services
- Reasonable rates
- Medicare / Medicaid Certified
- Religious Services
- Direct TV
- Internet Availability


Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Barbers For Boys – Ferguson Middle School Mon., Aug. 1
- Vote Tues., Aug. 2
- Next Generation Parenting – Library Thurs., Aug. 4
- International Black Summit Meeting – Community Ctr. Thurs., Aug. 4
- Readings on Race Book Club Meeting – Brewhouse Mon., Aug. 8
- Gambling in Boonville Thurs., Aug. 11
- N/W Chamber Membership Meeting – Moolah Shrine Temple. Thurs., Aug. 11
- Concert at Plaza 501 – Odds Lane Fri., Aug. 12
- Train Track Tales Storytime – Whistle Stop Sat., Aug. 13
- Blessed Teresa Pilgrimage Sat., Aug. 13
- City of Ferguson Unity Day – Community Ctr. Sun. Aug. 14
- Farm to Table Dinner – Lions Den Sun., Aug. 14
- Food Trucks at Plaza 501 Mon., Aug. 15
- Free Movie, Zootopia – Community Ctr. Fri., Aug. 19
- Kim Massi in Concert – St. Peters UCC Fri., Aug. 19
- Yoga for Adults – Library Sat., Aug. 20
- Blues and Folk Concert – Whistle Stop Sat., Aug. 20
- City Council Meeting – City Hall. Tues., Aug. 23
- Surplus City Equipment Sale – Garage Fri., Aug. 26
- Senior Lunch and Bingo – Community Ctr. Thurs., Aug. 25
- Concert at Plaza 501 – Bedlam Brothers Fri., Aug. 26
- Baseball in Pittsburg Trip Sat., Sept. 3 to Wed., Sept. 7
- St. Peters UCC Community Picnic Sun., Sept. 11
- Taste in Ferguson – Savoy Sun., Sept. 11
- Streefest – Victorian Plaza Fri., Sept. 24


Nu Way
 Heating,
 Air Conditioning,
 & Generators
 Jeff Westermann
314.521.1144
For all your Generator needs!
 Licensed, Bonded
 and Insured

 **ROBINWOOD** 803 So. Florissant Road,
 AUTOMOTIVE & TIRE Ferguson • 524-3440
Is Your Car Ready to Go Back-To-School?
Back-to-School
Special\$49.95
 45 Multi point safety inspection, oil and filter service, tire rotation,
 battery starting & charging system test. (Up to 5 qts. reg. oil)
 Coupon expires 8-31-16. Not valid with any other offer.
 www.robinwoodauto.com

Ferguson License Office
 728 South Florissant

Rules for obtaining Drivers License:

- U.S. Birth Certificate (certified with embossed, stamped or raised seal – not hospital certificates)
- Social Security Number
- Proof of Missouri residence

Note: There are some exceptions.
 Visit www.dor.mo.gov
 Mon. – Fri. 9am-5pm
 Saturday 8am-noon
(314) 521-2360



"Don't Scrap It, Sharpen It"
Carter's Superior Sharpening Service
(314) 591-7902
 Lawn Mower Blades, Chain Saws, Carbide and Steel Blades, Drills, Knives, Scissors and Hand Saws

DRIVERS NEEDED
 North County Meals on Wheels urgently needs drivers. If you can spare a couple hours a week, please call 953-6800 Mileage is reimbursable.
 Your help can make a difference in someone's life.



GUTTERS
 New Gutters Installed also . . .
 • Repair loose hanging gutters
 • Replace rotted boards behind gutters
 * Install Leaf Guards (to remedy clogged gutters)
 We can save you money!
LM Contracting Services
314.327.3981

KENNEDY FENCE
 8632 WABASH AVE. * ST. LOUIS, MO 63134 * 521-0936
 JERRY KENNEDY, PRESIDENT

ALL THINGS CONSTRUCTED
 The local concrete & stone specialist

- Stamped and Colored Concrete
- Design & Building
- Innovative Walls
- Stone and Block Patios
- Heavy Hauling & Excavating

Licensed and Insured
314-438-9739

 Get \$10 if your referral becomes a customer.
Get 1 Lock Re-keyed, Get 2nd One Re-Keyed FREE
 • Broken off key • Sticky locks
 • Loose locks
 • Change your locks (just moved in?)
 • Re-key your locks (cheaper than lock change)
 • Check all your locks (to be sure they are secure)
Jim Alexander
314.550/0517

Charles A. James
 Attorney at Law

 Clients may meet in Ferguson by appointment
314 • 521-1888
cajesq@mac.com
 • Wills • Trusts • Power of Attorney
 • Estate Planning • Corporations
 • Taxes • Partnerships
 • General Business • Limited Liability Companies
 • Contracts • Real Estate • Traffic

Interior Plaster, Patch and Crack Repair Specialist
 Free Estimates
 20 years experience
 Call Larry
(314) 521-5257 or (314) 412-0048

Sanders Tree Service
 Trees Trimmed, Removed and Stumpgrinding
 Call Jim:
524-8154

Proud Past, Promising Future
 Serving your real estate needs since 1959
 **POPE INC** 314-521-6666
 REALTORS 636-537-1130
 #2 South Florissant Road, Ferguson
 Contact: Judy Pappert <pappert1992@sbcglobal.net>
 Dave Pope <davehpope@gmail.com>

OPEN MAIN SEWER AND DRAINS
 Prices starting at \$55.00
 Free Estimates on Plumbing Repairs
 Office 521-5590 Cell 346-0153


Kathy McCourt
 Ferguson, Missouri
 Phone:
314-524-3437
 www.kathymccourt.mygc.com

A+ rating BBB
HOME IMPROVEMENT SERVICE
 Repairing & Remodeling Specialists
 • Carpentry • Plumbing • Electrical • Painting • Roofing • Siding • Ceramic Tile
 • Windows • Doors • Decks • Tuckpointing • Concrete • Gutters • Wood Flooring
 • Kitchens • Bathrooms • Basements • Leafproof Gutter Protection
 Serving all of North County – SENIOR DISCOUNTS
 Established in 1977
 Big or Small We do it All! Licensed & Insured
MARK & JOE RUFFINO Phone 868-4122 Cell 740-2176


 **MARIE LODATO CRINNION**
 ATTORNEY & COUNSELOR
 11 Cardigan Drive
 314.524.4513
 www.CrinnionLaw.com
 Wills, trusts, estate planning, power of attorney, real estate, contracts, business, family law, traffic

Want a fresh look?

 TLC Construction and Remodeling, LLC
 No job too BIG, no job too small
314-265-7145

ONE HOUR - ONE DAY EXPRESS LAB
 **Ferguson Optical**
 SERVICE AND QUALITY FOR OVER 45 YEARS
\$10 OFF Regular Eye Exam
\$25 OFF Transition Lenses

 7025 Howdershell Hazelwood, MO 1 So. Florissant Rd., Ferguson, MO
731-1117 522-8484