

Serving Ferguson and Surrounding Communities



Ferguson Farmers Market

CELEBRATING OUR 13TH YEAR!

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

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

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

Come for the farmers, stay for the fun!

Saturday, September 3:

Ferguson's Edward Jones featuring sweets by Cakery Nouveau, 9-11
Band: Juan And Beelo 9-11

Saturday, September 10:

Exotic Trezn, 9-11
Northern Arts Council, crafts for kids, 9-11
Author Fest, 9-12
Band: Bluegill Buddies, 9-11

Saturday, September 17:

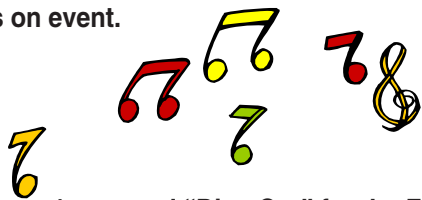
Painted Effects: Building a Window Sash with hand tools, a hands on event.
Ferguson Eco Team, 9-12
Band: Bob Case, 9-11

Saturday, September 24

NO MARKET - StreetFest

**Make plans to Join us for our 1st annual "Dine Out" for the Ferguson Farmers Market, Wednesday November 9th, 2016. **
Details on Facebook.

Come Visit Us Saturdays, Now thru October 8am - Noon
20 S. Florissant, at the Victorian Plaza



2016 CityWalk CONCERT SERIES Plaza at 501

September 9
FREE - 6:45 PM - 9:30 PM

Last Show of the Season!

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

Funk Session

Vicky Michaels and the Edicks Way Band

See complete details of The Taste In Ferguson on Page 23

4th Annual THE TASTE IN FERGUSON

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

www.TheTasteInFerguson.com

SAVE THE DATE & BRING A DATE!
Sunday, September 11, 2016 | 3-6 p.m.

Tickets on sale Now

Whistle Stop • I Love Ferguson Store • Robinwood Automotive
Ferguson Farmers Market (Saturdays)
Online (www.TheTasteInFerguson.com)

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

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The Ferguson City Council will meet twice in September. The meetings will be held in the City Council Chambers at 110 Church Street. The meeting dates are:

Tuesday, September 13 at 7:00 p.m.
Tuesday, September 27 at 7:00 p.m.

Ferguson StreetFest

Saturday, September 24
Victorian Plaza
20 S. Florissant Rd.
Noon to 11 p.m.

Kids Activities Noon - 6p.m.

12:00 - 11:00	StreetFest Market
12:00 - 1:15	Fan Fare
12:00 - 3:00	Face Painting, Magician, Kid's Crafts
12:00 - 5:00	Bounce House
2:00 - 3:30	Dwayne & the Movement
3:00 - 6:00	Balloon Creation & Stilt Walker
3:00 - 7:00	Photo Booth
4:15 - 5:30	Tisk Haynes Keys
5:45 - 6:30	Manly Man High Heel Keg Relay Girly Girl Combat Wench Relay
6:00 - 8:00	Fortune Teller
6:45 - 8:15	Hazard To Ya Booty
8:00 - 9:00	Fire Performer
9:00 - 10:30	The Ralph Butler Band

NO COOLERS beer and cocktails sold on site. Activities and Times are subject to change. For updated information go to FergusonStreetFest.com



Greetings from CityWalk

"The column below was previously published in the February, 2016 *Ferguson Times*. At that time, the City was struggling with how to balance the budget for the City's General Fund. Since then, two tax increases have been passed in order to shore up the General Fund. The downtown business district continues to operate as noted below without using funds from the General Fund."

Budgets, budgets, and more budgets! There's been lots of talk about budgets in the City during the last few months. One good thing that has come out of these conversations is that more and more residents have become knowledgeable about where the City gets its money and what the City spends it on.

Maybe you've wondered where the downtown business district (also referred to as "CityWalk", or "FSBD", or just "S. Florissant") gets its money from and what it spends it on.

What the downtown business district spends its money on is easier to answer because the results of that spending are very visible. Downtown events such as the Farmers Market, the Concert Series at 501, Streetfest, Northern Lights, and the Christmas Glow Carriage Rides are all funded, some completely and some partly, by the downtown business district. Most of the advertising for these events, so people far and wide know about them, is also paid for by the downtown business district. In addition, the downtown lighting, trashcans, benches, and public landscaping and art are all paid for by the downtown business district.

So where does the downtown business district get its money from? There are two funding sources: a special tax that downtown businesses pay when they renew their business licenses; and the proceeds from the downtown TIF district. (Explaining how a TIF district works is beyond the scope of this column, but google "TIF" if you want to learn more.)

There you have it. Money flows into two funds that the City has setup for the downtown business district, and that money is spent on the things you see and the events you enjoy along the downtown corridor.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Kids in school, days getting shorter, football in full swing, baseball play-offs in sight, temperatures coming down, full bounty at Farmers Market; so you know it's September and time for another edition of the Plumbers Crack.



place they purchased the faucet. Again, I was told I should find the part and install it for free.

Well we know how that ended. I refunded the 2nd service call and they were on their own.

I'm telling you this story for two reasons. First of all don't buy 'no name' plumbing fixtures, especially on line. If you decide that you still want to buy it, see if they can furnish repair parts if something goes wrong. Even if you buy your own faucet locally, you are responsible for any repairs if needed. You are better off picking out a faucet, check with your plumber and let him buy it. It might cost you a few dollars more but everybody I know gives a full year warranty, parts and labor. Besides if your plumbers tells you a good brand and it fails, he will go out of his way to make it right.

Well my friends it's been a while since I scolded you and I'm not going to do that now. I'm giving you some helpful hints with a few tips. Recently I installed some faucets for a customer that they purchased on line. They were beautiful faucets – almost didn't look like faucets. They worked pretty good and the customer was happy.

Two weeks later the faucets started dripping and the pressure dropped almost to zero. They called us back to see what was wrong. The plumber I sent out to find the problem called me and said that some debris got stuck in the faucet. He had to take it off to flush the debris out of it. The whole job took about an hour and a half. When he finished he presented a bill to the customer and that's where things went south.

Another reason for letting your plumber buy your fixtures is they usually don't buy from the big box stores. You get a better quality fixture from a supply house.

The customer demanded that we should fix it for free since it was a new faucet. I explained that I hadn't purchased the faucet and that it was not faulty workmanship that caused the problem.

I hope this helps you make the right decision when you buy anything when you're going to have a tradesman do work for you.

I was told I was crook, so I discounted the price and still had an unhappy customer. Low and behold, a week later the fancy handle broke off with part of the stem. The customer called me up again and wanted it fixed. I went over and found that no one in town had that stem. I told the customer they needed to contact the

I would like to add one little tidbit to my normal closing, PLEASE support you local law enforcement – they are there to protect you.

Hug them babies, check on and get to know your neighbors, support your local businesses because they help support you.

God Bless you all. Oh Baby



Ferguson's Got Talent!

We are looking for youth 9-16 years old who want to learn to act, dance and be youth leaders!

The Global Education through the Arts Program has been around since 2007 working with hundreds of youth. You can be one of the youth that travel with us carrying a message of Love, Acceptance and Nonviolence.

Here's the deal.

- Classes will be at Ferguson Library! (Sign up at Front Desk)
- Students will be taught dance and acting by professional artists!
- You will receive leadership training!
- Pre-Register now!! (First Come First Serve)

CLASSES START SATURDAY, OCTOBER 8, 2016

Wednesdays (4:30 PM-7:30 PM) & Saturdays (9:00 AM to 1:30 PM)



Pre-Register Now!!

Call Gitana Productions at 314-721-6556 or email us with your questions at info@gitana-inc.org (First Come First Serve)

This project is in collaboration with Ferguson Library and supported by the Missouri Arts Council and Regional Arts Commission.

Premier Plumbing Solutions

P8563, D8563



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

Dave Walters (Oh Baby)

Master Plumber / Drain Layer / Licensed / Bonded

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

524-0222

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

CALL BOB
524-1264



See Bob on Job column on Page 17

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.

THIRST! THURSDAYS

Looking to Be empowered, Connected, And Soar In Every Area of Your Life?

One Church OUTREACH MINISTRIES

LOCATION
O.C.O.M.E.!!!
10089 W. Florissant
St. Louis Mo 63136
314-521-3666 phone
www.ocomstl.com

Join Us Every Thursday at 6:30pm
For an **EMPOWERING Mid-Week Service**

This Community Worship Service Is Non-traditional, multicultural, & was designed for those looking for something fresh, contemporary, & non-judgemental

So Get Connected AND Get A Midweek Charge Right in Your Own Neighborhood
BE THERE!!!

Also our Music Ministry is seeking young, anointed, faithful and gifted Praise Team singers and musicians. Call 314-249-3417 for more details.

Lombard Peace Center to Bring Training to Ferguson

Lombard Mennonite Peace Center (LMPC), a nationally recognized leader in helping people deal with group conflict, is offering its flagship Mediation Skills Training Institute for Church Leaders at the First Presbyterian Church in Ferguson **October 3-7, 2016**. Although focused primarily on the church setting, the skills learned are directly transferable to other settings. Managers in business, attorneys, experienced mediators, and others in leadership positions will benefit from this training.

The program is designed to equip leaders with the skills necessary to deal effectively with interpersonal and group conflict. The institute includes lectures, discussion, and guided practice in role-plays. Active and practical in focus, the sessions emphasize hands-on skills training and real-life role-plays based on the kinds of conflicts faced by participants. Richard Blackburn, the Executive Director of LMPC, has led hundreds of workshops on conflict transformation and mediation skills and serves as a mediator and consultant for individuals, churches, schools, and other organizations.

First Presbyterian Church of Ferguson is located at 401 Darst Road in Ferguson. For more information and to register for the institute, go to www.LMPeaceCenter.org. Register before September 9 to receive a \$100 discount on the registration fee.

Mike Trautman, Pastor, First Presbyterian Church of Ferguson
314-522-8542 fergpres@gmail.com

Food Truck Monday on the Walk



MONDAY, SEPTEMBER 19
11am to 1:30 pm
Plaza @ 501
501 South Florissant Road

**Holy Crepe,
Gioia's Deli,
2 Girls, 4 Wheels**

www.fergusoncitywalk.com



Painting for Peace
Coloring Book
available at
Corners Frameshop
and
I Love Ferguson Shop
Great gift for all ages!

Ferguson StreetFest

Paint & Wine Fundraiser Party

Saturday, September 3, 2016
Doors Open at 6:45 p.m.
7 p.m.-9 p.m.
Savoy Banquet Center
119 S. Florissant Rd.
\$30 Admission
Includes open wine & beer bar and a your own paint creation!
Tickets available to purchase at the door.

Finding Common Ground – Ferguson Intergenerational Roundtable

Youth and The Ferguson Youth Initiative and the Elder Voices On Ferguson will be hosting the second Intergenerational Roundtable on Friday, September 2 from 5 to 6. It will be held at the FYI Back Bay, 110 Church Street, located behind the Ferguson City Hall. The discussion entitled “Finding Common Ground” will focus on the future of Ferguson through engaging conversation over food. Youth 13-19 years of age are invited to attend. If you have questions, call 314-747-9192. Leave a message and we will call you back.

Project Partners: Washington University, University of Missouri-St. Louis, Ferguson Youth Initiative, Mid-East Area Agency on Aging, St. Louis County Age-Friendly Community

The roundtable event will be held in conjunction with SLAM Open Arts performance night and the opening of the exhibit “Outside In: Painting for Peace”. The exhibit, organized by COCA, features a selection of murals painted on the boarded-up storefronts in the days following the 2014 protests in Ferguson and South St. Louis. The amateur and professional artists represented in the exhibit are from the St. Louis region including Ferguson including Lizzie Lonero and Dana Sebastian-Duncan, Gail Babcock and the youth from FYI. Over 20 large murals will be exhibited in six venues throughout North county and the St. Louis region. The FYI exhibit venue is one of the six.

Outside In: Paint for Peace will be on view at these locations:

- The Millstone Gallery at COCA (August 27 – October 30, 2016)
- The Sheldon Art Galleries (October 7 – November 19, 2016)
- Gallery 210 at UMSL (August 27 – October 30, 2016)
- Vaughn Cultural Center (August 27 – October 14, 2016)
- Ferguson Youth Initiative (August 27 – October 30, 2016)
- Missouri History Museum (August 27 – October 30, 2016)

outside | in
paint for peace

AUG 27-OCT 30, 2016
MILLSTONE GALLERY AT COCA
AND THE FERUGSON YOUTH INITIATIVE ON CHURCH STREET

BECOME A FRIEND AND ATTEND THE PREVIEW PARTY!

Notice of Public Hearing

Tax Rate — Ferguson Municipal Public Library District

A Public Hearing will be held at 7:00 p.m. on Monday, September 26, 2016, at the Ferguson Municipal Public Library District, 35 N. Florissant Road, at which citizens may be heard on the property tax rates proposed by the Ferguson Municipal Public Library District, a political subdivision. The tax rates shall be set to produce the revenue that will be budgeted for the fiscal year beginning July 1, 2016. The rates allowed under the existing tax rate ceiling are at or below the \$0.2200 authorized by Ferguson voters. The Library District may make adjustments pursuant to Missouri Revised Statutes Section 137.073, and as required by Law, in accordance with Article X, Section 22 of the Missouri State Constitution.

The fine line between constructive & destructive criticism

By Mayor James W. Knowles III

"Few people have the wisdom to prefer the criticism that would do them good, to the praise that deceives them."

—Francois de la Rochefoucauld 1613-1680, French Nobleman and Author



I'm pretty sure that it's only human nature to react negatively toward criticism. Internally, criticism is always a bad feeling, whether you lash out defensively, quietly hang your head, or turn that negativity into motivation to improve. It may feel bad to be criticized, but what you do with that criticism is what will ultimately define you. That is why elected officials must have both a thick skin, and grace as they work to turn that criticism into action.

In a representative form of government, people's criticisms of government are an important part of the participatory process. Those criticisms give a great deal of insight as to how people perceive the status of things in their community. Some criticisms are fair, and give elected officials notice of the issues that people want to make a priority and have addressed. Other criticisms may not be fair, but do give elected officials insight as to the misperceptions that do still need attention. After all, right or wrong, perceptions are someone's reality, and the perception of a problem in itself is an issue that should be addressed.

Criticisms of government can be helpful, in that sometimes they shed light on things that your representatives may not realize is happening. The vast majority of elected officials in this country are part time elected officials who are not working every day inside the government bureaucracy. Realistically, it's impossible for elected officials to know everything that is happening all the time, even in small government organizations. Residents bringing those issues to their attention are a vital part of ensuring organizational accountability to the elected body, and ultimately to the citizens.

Ultimately criticism that leads to needed changes, or criticism that suggests better paths forward, are often considered "constructive" forms of criticism. Taken the right way, the criticism can prompt a positive response in the end. However there is a fine line between that criticism which can be used to make positive improvements, and those criticisms that simply tear down or destroy.

Look at our community for example. Not one person in the city, or the city government, would claim we are perfect. In fact, I believe we can all agree there are many things we should be working on, and indeed we are. However, as constituents publicly raise those issues, people on the outside have construed those criticisms as signs of doom and gloom for the city. Everything that has happened in our community, or has been said about our community, has been amplified by the media, projecting a dire picture of the community that none of us believe and most of us resent.

As I listen to residents complain about the picture painted by the media; I find our own residents spilling their emotions on social media rants that feed into the mainstream media narrative about our community. In the same week, I've watched residents vent publicly through social media about things in our community, only to turn around and decry the media portrayal of our city. Our own words are often feeding into that narrative. I've heard many residents complain that coworkers, friends and even family members express negativity toward our city and even fear coming to visit, but at the same time we have sometimes fed into those fears through our own words.

Imagine if you were a shareholder in a restaurant. And you as a shareholder were upset with the quality of the food or possibly even the customer service. You could work with other shareholders to fix the problem, or convince the manager to improve those issues, or go on social media and tell the world how the business you have a share in has horrible food and customer service. All three options may affect the change you seek, but certainly a social media rant to the world will also have unintended consequences. The brand you worked to build and have stock in, may now be forever damaged. Even after you fix those problems, good luck convincing the world to come back to your restaurant. Our community is no different.

All of us are stakeholders in this community, and many have valid criticisms that need to be brought to the council and staff. While we work together to improve things in our community, let's be mindful of how we can constructively bring those issues to light and work together to address them. Thinking and acting constructively keeps us moving forward, without taking steps back.

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	Sep 6 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-stees@att.net
Jeske Park Neighborhood Assc.	TBA	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	TBA	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.	Sep 12 7 pm	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	Sep 19 7 pm	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	Sep 12 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	TBA	North Hills Methodist 10771 Trask Dr	Ella Jones Ejones@fergusoncity.com Rosaly Lee Rlee@fergusoncity.com

Unity Weekend Brings Hope and Motivational Tools to Ferguson Residents

A small team of passionate and unwavering volunteers were determined to build on the success of last year's inaugural Unity Weekend in Ferguson. The group spent weeks working behind the scenes to secure donations, resources, and more volunteers for the 2016 event. The long hours, appeals for help, and prayers proved to be exactly what was needed. Unity Weekend brought together families, local leaders, and all who believe in the future of Ferguson. The spirit of hope and togetherness helped to put smiles on children's faces while giving others a chance to learn, and spread love. It started with remarks and a welcome followed by music as local school bands got the chance to win trophies and bragging rights.

The purpose of the Unity Weekend is to encourage interaction between all segments of the community in the City of Ferguson and the surrounding areas. The younger generation is who event organizers work especially hard to engage and focus on during the occasion. That extra attention centers on kids who live in Ferguson, and attend schools in the Riverview Gardens, and Ferguson Florissant School Districts. Along with kid friendly entertainment children left Unity Weekend with free backpacks stuffed with school supplies.

"When it all came together it just warmed your heart that people came together just loving and supporting our children thanks to the outpouring of donations," said City Councilwoman Ella Jones, who spearheaded the Ferguson Unity Weekend. "This is what Ferguson is about because we are making changes and moving this city forward."

Ferguson Unity Weekend was a way to help many find a place of employment thanks to an onsite job fair. The fair attracted hundreds of job-seekers and many local businesses to the Ferguson Community Center, as well as offered resources for employment and higher education to Ferguson residents.

Organizers say Unity Weekend is a collaborative effort that can build long-lasting relationships and increase future opportunities for everyone . . . a goal made possible with the help of a long list of sponsors including Aetna, the City of Ferguson, Republic, and Community Action Agency of St. Louis County, Inc.

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

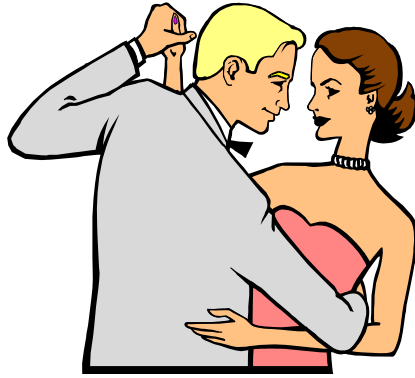
Facility Rentals

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
Half price through the end of the year
\$5 per additional dog (three dogs per family).

Aqua Fitness

Stay fit this fall, join us for this low impact water exercise class at McCluer South Berkeley High School indoor pool. This class is great for all exercise abilities as you can make the workout as challenging or laid back as you want. The ability to swim is not required.

Days: Mondays & Wednesdays – September 19 – October 19
5:30-6:30pm
Fee: \$5 drop in Or
\$35 Residents; \$40 Non Residents per 5 week session
Class is offered free as part of our Silver Sneakers Membership, sign up at the Community Center today!

Swim Lessons

The ability to swim is an invaluable life skill, let us help you learn or refine your skills. Join us this fall as we offer swim lessons for ages 4 and up at McCluer South Berkeley High School indoor pool.

Days: Mondays & Wednesdays – September 19 – October 19
6:30-7:15pm
Fee: Preschool Lessons (Ages 4&5) \$35 Residents;
\$40 Non Residents
Group Lessons (Ages 6&up) \$30 Residents;
\$35 Non Residents
7:15-8:00pm
Adult Lessons (Ages 16&up) \$35 Residents;
\$40 Non Residents
Group Lessons (Ages 6&up) \$30 Residents;
\$35 Non Residents

Private Lessons will be available by special request, please call the Community Center for more information.

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 beginning September 19
Time: 10am
Fee: Free/ Silver sneakers members
\$3/ Non-Silver Sneaker members

Silver Sneakers Advance

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching and relaxation exercises

Days: Tuesday and Thursday
Dates: Ongoing beginning September 19
Time: 8:55 am
Fee: Free/ Silver sneakers members
\$3/ Non- Silver Sneakers members

Silver Sneakers Water Aerobics

Offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special SilverSneakers techniques will be used to develop strength, balance, and coordination.

Days: Monday and Wednesday
Dates: Ongoing
Time: 5:30 pm
Location: McCluer South Berkeley
Fee: Free/ Silver Sneakers members
\$5/ Non- Silver Sneakers members

SENIORS

Gambling in Oklahoma

This overnight "Gambling Getaway" takes us along the OK-MO-KS border to a "Las Vegas Style" casino! On the way home we'll be stopping at the Indigo Sky Casino. Also on Wednesday, a side trip will be included to Sandstone Gardens in Joplin, Missouri. Comps for this trip include: \$25 worth of slot play, 1 lunch and 1 dinner and \$3 off in the food court. This is the total between both casinos. Cost includes: motorcoach transportation, lodging, taxes and gratuities. Only 10 spots left!

Ages: 21 and up
Dates: Wed, Oct. 26 – Fri, Oct. 28
Time: 7:00 am – 8:00 pm
Fee: \$138/Residents; \$153 Non/Residents
(double occupancy)

Mystery Trip

Join us for a 4-day mystery tour; and they're always exciting! Head North, South, East, or West to arrive at our destination. The crystal ball reveals meals and entertainment but nothing else specific. Come along as the trip unravels before your eyes! Here's a hint; We will do this and that, and see stuff and things. You won't want to miss this one.

Ages: 18 and up
Dates: Wed, Oct. 12 – Sat, Oct. 15
Time: 7:00am – 9:00 pm
Fee: \$550 Residents; \$575 Non-Residents (double occupancy)



ALLIED WASTE HOLIDAY SCHEDULE

Labor Day

LABOR DAY – Monday, September 5, 2015

Monday routes will be picked up Tuesday, September 6th
Tuesday routes will be picked up Wednesday, September 7th
Wednesday routes will be picked up Thursday, September 8th
Thursday routes will be picked up Friday, September 9th
Friday routes will be picked up Saturday, September 10th



Walk / Run Against Domestic & Sexual Abuse

Saturday, October 8th – 8:30 am to 12:30 pm
Starting at January Wabash Memorial Park

Registration:

Team members \$25 each – Individuals \$20 each
Kids 12 & Under \$15 each

Registration Includes t-shirt and finishing medal
Team members registration also includes event bracelet & group pic for website

- Kids' Fun Area • DJ • Live Band • Food Truck
- Free Health & Eye Screening • Much More

website: www.raceforjadasa.org email: jadasa3k@thisjourney.org
Phone: 1-800-292-2145



Ferguson Cabooses

OPEN

Saturday, September 3rd
9:30 a.m. to noon



Florissant Valley Kiwanis Club 5th Annual Autumn Prayer Breakfast

Wednesday, September 7, 2016
7:00 am – 8:30 am

At

Christian Hospital Northeast Atrium
Paul Detrick Building, 11133 Dunn Road
Florissant, MO 63136

Reverend Cedric Portis, Pastor, Third Presbyterian Church
Guest Speaker

Tickets: \$15.00

(Contact Number: 314-450-1982)

AAUW Opening Reception To 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.

Save the Dates!

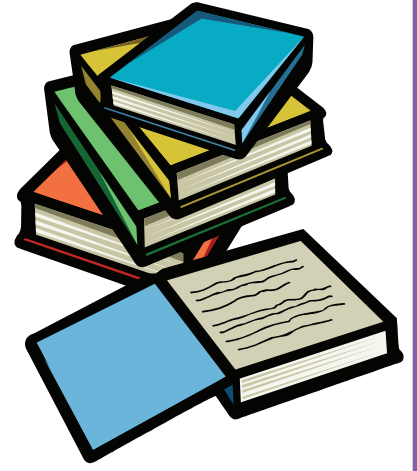
FLIERS (Friends of the Ferguson Library)

FALL BOOK SALE

Thursday, October 20
and
Friday, October 21
and
Saturday, October 22
(hours to announced next month)

All proceeds go to the library and all workers are volunteers

Library Auditorium
35 No. Florissant Road

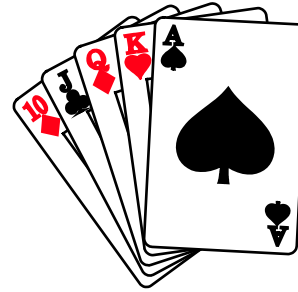


BLESSED TERESA OF CALCUTTA

120 N. ELIZABETH FERGUSON, MO



OCTOBER 1ST AT NOON
fun for Everyone!



Mark your calendars! Immanuel Fellowship's

Annual Card Party Thursday, Oct. 13, 2016.

Doors open at 10:00 a.m., Lunch at Noon
Doors close at 3:00 p.m.

Tickets \$10.

Raffle Tickets \$1 each or 6 for \$5.

Raffle is Handmade Quilt, Afghan, and much more!

For tickets call Chris at 314-522-1886 or the Church office 314-521-7324 or buy them at the door.

Immanuel United Church of Christ, 221 Church Street, in Ferguson



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

North County Incorporated
North County Golf Tournament & Dinner
 Friday, Sept. 9, 2016

Emerald Greens Golf Club
 12385 Larimore Road, St. Louis, MO 63138
 Reservations required for both golf and dinner.
 Space is limited.

Schedule:
 10:00 a.m. Registration & Lunch
 11:00 a.m. Shotgun Start/Scramble
 On-course Refreshments & Snacks
 Awards Reception, Drinks & Dinner (immediately after play)

Cost: \$600 Foursome – \$150 Individual
 Register online: nci@northcountyinc.com



The Ferguson Historical Society invites you to tour the History House on October 15 from 11 a.m to 2 p.m.

The History House is located behind the Ferguson Community Center, 1050 Smith Ave. Our displays include photographs and artifacts from the 1850's to 2016.

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

St. Peter's United Church of Christ
 Presents
Debby Lennon
 "Simply Streisand"
 With David Horstman at the piano

Friday September 23, 2016
 7pm
THIS EVENT IS FREE!

Come hear one of St. Louis' finest singers perform songs made famous by Barbra Streisand!

St. Peter's UCC
 1425 Stein Rd
 Ferguson, MO 63135
 For more information call
 (314)521-5694

What's More Fun Than The Return of BEER & HYMNS???
 Sept 25, 2016 6PM - 8PM

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

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

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

CARING FOR ALL GOD'S CREATURES

Immanuel United Church of Christ
 Sunday, September 11, 2016 – 5:00 p.m.
 On the parking lot at 221 Church Street, Ferguson, MO

JOIN US FOR THE BLESSING OF OUR PETS

Please bring your pet on a leash, in a cage, or, if your pet is aggressive, please bring a picture in place of your pet.



Donations of pet food or cash accepted
 For The Stray Rescue Organization

Bring your lawn chairs or blankets, have some food, participate in the pet blessing, visit with your friends and generally have a fun time.

Heating & Air Conditioning Contractor Chooses Ferguson

Since the events in of 2014, there have been a few businesses that have left the Ferguson community. Fortunately, most have stayed and are seeing their businesses thrive. There are even a few businesses that have decided to open new venues in our community simply because they like what they see in Ferguson and want to support it.

John Baker Heating and Cooling is just one of Ferguson's new companies that has opened in the last year and a half. John grew up in north county, and has always attended Emmaus Bible Church located at the corner of Hartnett and Highmont.

"My business was in Maryland Heights for over 30 years," says John. "But I've always felt a strong attachment for Ferguson, and after seeing and reading about the problems facing the community, I began exploring the possibility of moving to Ferguson. I wanted to purchase a home near my church, and after exploring the real estate possibilities in Ferguson, my wife and I decided to perhaps move our home AND our business to this community."

There was a commercial property for sale on Chambers Road. It is the old Marshall Gun Shop. John thought that the location was ideal for his shop. (Perhaps you have noticed his bright yellow van in its parking lot.) So he bought the building and eventually purchased a home in Dellwood just a few blocks from his shop.



John is very involved in his church and also with the Salvation Army. "It's important that you volunteer for the organizations whose philosophies you support," says John, "and finding the time to donate keeps me active and engaged."

John Baker Heating and Cooling is available 24 hours and offers "Low Rates, No Waits." He handles sales, repairs and installation of heating and cooling equipment. Give him a call at 314.878.6228.

Advance-Fee Loan Scams

There are two contributing issues: People who are struggling financially might drop their guard. If they can't get a traditional loan from a credit union or a bank they might turn to an online loan website.

Once you fill out that application form, a couple of things could occur. You will disclose financial personal information because you have to do that to get this personal loan. And they will steal your identity. Or, they will call and tell you that you've been approved for a loan, but they need for you to provide some payment either for processing fees or application fees.

The scammers often ask that the fees be wired to them or put on a prepaid money card.

You may not see that loan, and you may say goodbye to the money you paid up front. It is very sad. And we see these cases over and over again. And it's usually the ones who can least afford to be scammed.

If you have a question about a loan company, call the Better Business Bureau. They will check out the company and let you know if it is safe to do business with them.

Pearce Neikirk and Partners Realtors

521-5002 495-2304

email: pearce4homes@yahoo.com

FERGUSON . . . WHERE ALL ROADS LEAD TO HOME!

828 RISDON \$77,500

The kids are back in school and the schedules are starting to shape up for fall activities. If one of your activities is HOUSE HUNTING, CALL US! ...Special First Time Buyer financing packages are available and we can help you celebrate the Christmas Season in a home just like this MINT move-in condition 3 bedroom ranch! Why pay \$1,000 or more a month in rent when you can sit in the main floor family room and watch the kids sled down the best hill in town at Lee-Hamilton Elementary. Close from two parks and right across the street from the school's playground. Oh, and the payment each month is a whole lot less than rent!



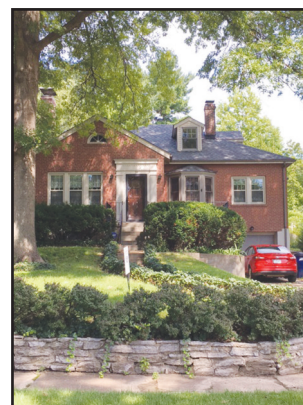
151 N Clay \$149,500

Call Amy at 314 660-8050 to visit this wonderful century home. Step into the large, formal entry foyer to enjoy the tasteful decor with a spacious main floor Master Bedroom Suite, huge Living Room and Dining/Family Room and main floor laundry. The kitchen has been updated and can accommodate two "cooks" without a lot of stress. Two additional bedrooms and the second full bath complete the second floor. Call today!



303 ALLEN PLACE \$198,500

This home might just be the most unique property to hit the St Louis County market in the last year or two. Allen Place is a grassy, pedestrian only, green space where the homes are accessed by S Clay and Maple Avenues. This 99 year old beauty was built by one of the owners of the Harris Lumber Company. The home can serve as a single family residence or as a two family, as it is now being used. This is the perfect home for the B & B business. Huge rooms, wonderful natural lighting and loaded with built-ins and hardwood floors. 303 ALLEN PLACE will also be one of the featured homes on the 2016 FERGUSON TWILIGHT HOUSE TOUR, December 4, 2016 which benefits the FERGUSON CARING LEAGUE.



38 S Barat Ave

Buyers are drawn to Ferguson and Ferguson's homes because of our remarkable architecture and the quality in which the homes are built. # 38 S Barat is no exception. This full brick bungalow, 1-1/2 story home features two masonry, woodburning fireplaces, a formal Living room with one of the fireplaces, a Dining room with bay window, gleaming hardwood floors in each room as well as the two main floor bedrooms, a large, second floor 3rd bedroom and a tastefully updated kitchen.

I have never liked the phrase "Old World Charm" because I am never sure how old that world might be...are we talking about "old world cave or old world castle"? I just like the word "Charm" and this home has it in Aces! Barat is a quiet, tree lined street with wonderful neighbors...(RA are you listening, and thanks for giving me the "BIRD"). Call us today!!

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I've sure gotten old!

I have outlived my feet and my teeth.
I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes.
I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts.
Have bouts with dementia.
Have poor circulation, hardly feel my hands and feet anymore.
Can't remember if I'm 85 or 92.
Have lost all my friends.

But, thank God, I still have my driver's license.

The Ferguson Computer Corner

by Doug Neely (REMEMBER PATRIOT DAY AND LABOR DAY)



SEPTEMBER! GO BACK TO SCHOOL, KIDS!

and they will undoubtedly have puters, either notebooks (laptops) and/or desktops to use for their studies. and those puters may or may not have windows running on them. the progression to smaller & smaller puters (tablets), and in some few cases, cell phones with a slightly larger screen, will be found in ever more abundant usage.

reasons for this trend are many & varied. but the one thing that most all of these will have in common is the use of a non-windows OS. like it or not, that also means that most of them will not have as much capability to offer. but that may be OK, IF your NEEDS are few & simple. why pay more for something you don't need? it's kinda like most other things in life, where you only want enough, but not too much. you want it "just right" like Goldilocks.

some people who think like this might also apply the same considerations to their portable puter, in whatever form that takes. for instance, some, like my sister Beth, saw a Chromebook C720 one day. she liked it & she bought it. i have asked her to comment on it, as she has owned it now for a bit over 2 years. therefore i figure she should know what she's talking about. here's what she has to say on the matter.

"It sounded like a good deal. I'd never heard of a chromebook, but

at only \$25, why not take a chance? So, I went ahead and ordered an Acer C720 Chromebook from Amazon. When it arrived a couple of days later, set up was a breeze. Now, over 2 years later, I am still using my Chromebook and loving it. Here's why.....

First and foremost, I couldn't beat the price. Today, they list for just under \$200 on Amazon. It serves my needs. It easily handles my electronic needs, allowing me to check email accounts, create word documents, spreadsheets and slides using the pre-installed Google Docs program, surf the internet and play simple games. It weighs under three pounds and boots up amazingly quickly. The battery lasts over 8 hours before requiring a charge. It has two USB ports, one HDMI port, and an SD card slot. The Chrome Operating System has performed flawlessly, without even the slightest hiccup.

Sounds like the complete package, doesn't it? So far, the only drawback I've found has to do with printing. In order to print, you have to save your document to a flash drive or email it to yourself for printing elsewhere. Internal memory isn't anything to boast about, but it is adequate for my needs. Newer models are available with touchscreens. The C720 is not a heavy weight laptop, nor is it meant to be. (about 2lbs. 12oz.-->dougie) All things considered, my 2014 Acer Chromebook was well worth the \$25."

TWENTY-FIVE DOLLARS??? it sounds like she stole it. maybe it was used or re-built. idk. but if i had an opportunity like that, i would've jumped on it with both feet!

now, in the interest of full disclosure, let me add a bit more info.

1. the Google OS is based on the Linux kernel, which is open source, and was adapted by the R&D people at Google. so, even tho it IS a Linux OS, it is NOT a Linux Distro. however, it DOES "belong" to Google. i don't wanna get deeply into this, so i'm stopping right here.

2. the Google Linux, let's say GLinux, was purposely developed to do just enough and no more. virtually everything you can do with it, outside of playing a few games or maybe writing a text file, etc., is done thru the Chrome browser.

3. that's because it uses the "cloud".

4. that means that it has to be ONLINE whenever you want to use an app. (the apps are all online, none are installed into your Chromebook.) if you aren't online, you can't use any app. period.

5. it was designed to be this way on purpose.

6. back in the day, i worked in a customer service department, and we had computer terminals. these were not computers, but they were connected to the mainframe. we could access the mainframe with our terminals, and run whatever the IT dept. allowed us to access to get our job done.

so, consider that the Google Chromebook is a terminal, and it can connect to the "mainframe" (the one in the "cloud") that Google pro-

vides. Google also allows you to have a small chunk (100gb, i think) to use for storage, as your Chromebook only has a 16gb solid state drive, and very little space for anything else but the Chrome OS and the swapfile.

to be sure, there are many other points i could make, both pro & con, depending upon who considers what a pro or a con. i'm not going there, either. you decide for yourself; i'm running out of space! :)

ME GO NOW!

just FYI, Amazon is showing Chromebooks, new & used, for between about \$175-275. i'm sure they can be had from other places, both online and brick & mortar. personally, i prefer to get my own "cloud" for FREE! and so can you! i'm going to heaven, free, courtesy of Jesus Christ! in heaven, i won't be limited to only 100gb of "storage", either! if you'd like to go to heaven with me, shoot me an email or call me on the phone, and i will introduce you to Jesus Christ, the Savior of the world! see you there!

IF YOU would like to contact Doug about YOUR puter issue, or if you just wanna jaw, call him at *314*521*1789* in the PM hours of most any day. When emailing, make CERTAIN to put "i need puter advice" into the subject line of your missive, and don't forget to include your local telephone# for his reply. Send to: fergusoncomputercorner@aol.com

On Labor Day, Sept. 4th, and on Patriot Day, Sept. 11th, please pray for those who work for us, and for the survivors of those who gave their lives, respectively. May God Bless Us ALL!

Leaf Clean-up 2016

Fall is upon us and the leaves will be turning beautiful colors. Unfortunately the beautiful leaves will begin to fall.

Each property owner is responsible for cleaning up the leaves in their yards. We are fortunate to have unlimited yard waste pick-up through Republic Services/Allied Waste. You can either put the leaves in your own 30-gallon trash can marked as "yard waste" or use

paper yard waste bags available at hardware stores. Then put the bags out on your weekly trash pick-up day. If you have an extremely large number of yard waste containers you may want to contact Republic Services/Allied Waste at 636-947-5959 to let them know.

Leaves cannot be blown or raked to the curb or in the street. The city street sweepers are not equipped to clean up leaf debris. Anyone blowing leaves into the street may be visited by one of our code enforcement officers.

If you need to dispose of tree branches they must be cut into 4 foot lengths and bundled no larger than 18 inches (1.5 feet) in diameter and must be tied with string or twine.

If you have any questions or concerns about yard waste disposal you can contact Republic Services/Allied Waste at 636-947-5959.



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1- Based on internal wet braking test results versus Goodyear Assurance® ComfortMax™ touring tire size 185SR15.
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.



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Financial Focus

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

Many parents may have just sent a child off to college. What did you tell them to prepare for their first experience away from home? If they are living on campus you may feel a little better knowing they have some restrictions and may not have felt the need to give too many instructions. And if you've done a good job of parenting for the first eighteen or so years, you can bet your student will make pretty good decisions. Today we hear a great deal about college graduates moving back in with mom and dad. I wonder if the reasons have more to do with being ill prepared to become a self-supporting member of society or that it is too expensive to get out on your own. So here are a few bits of wisdom that I feel should be passed on to the next generation to help them be ready to become self-sufficient.

First, learn to balance a checkbook. As you might guess as a former banker and a person who may be anal enough to keep her checkbook in balance at all times, this would be my first piece of advice. Now I know anyone under the age of forty probably doesn't bother with this little ritual of mine and I am not suggesting that you can't get along with skipping the task. So let's concede that it isn't a necessity to do it like I do, however knowing how to do it is a MUST. Trust me banks can make mistakes and being able to verify your balance against the bank's record is a good practice. I recall my early days working in Customer Service. People would constantly bring in their check books to have someone help them. Most had attempted to reconcile the account using instructions printed on the back of the paper statement. First thing we'd ask would be, let's see your checkbook register; you know that little ledger that comes with a box of checks. And of course you do know those small and sometimes fancy printed papers that you can use like money just by filling in an amount, date, payee and your signature. Yes those are checks. Most people don't bother with them much anymore, but they just won't go away completely. It always surprised me how out of whack things could get in a person's register just by making a simple error of adding in a check instead of subtracting it. In any case, the skill of knowing how things work and that the bank and you are not always in sync is important to understand.

Today banks have all sorts of methods to help you manage your funds, so next everyone really needs to know how to access their information securely. Identity theft is always a hot topic and I'm not sure if it is really as bad as they say or if there are just so many more businesses advertising their protection insurance. If there is any group that needs reminding on being more cautious it is college students. This crowd is always ready to jump on the first new technological wonder and in some cases may be exposing themselves without even thinking about it. When you go online to do purchases, you need to make sure the little lock at the top of the screen is closed to ensure safer transactions. Another point is that with on-line purchases a credit card may be a better choice than a debit card. The rules that govern your rights in a dispute may have more protections for you with a credit card. And since the debit card is typically attached to your checking account, fraud could wipe out your balance quickly and even though you may recover some funds, it may take a little while. Being able to check your account on-line helps many people stay on track and also notice right away if a problem has occurred. As a matter of fact, that is how I keep my own checkbook always in balance. At least once a week I reconcile my account to the balance showing on-line and if it doesn't balance I can usually find the problem quickly because I had done it the week before. This is much easier than actually waiting for a monthly bank statement and today there aren't many people that still do that. But again, knowing how to do the reconciliation is the key.

Being fiscally responsible during a person's college years can really help them be ready to be self-sufficient when they graduate. If you hadn't done this with your children when they were young, you may find that suggesting "delayed gratification" doesn't catch on. This is perhaps the most important lesson that everyone needs to learn. Over the past fifty years or more we've been told we can have it now and make payments. Enjoy the new car now for only a monthly payment for five or six years. And if after three years you want something different trade it in and if there isn't enough value we can just roll that balance on into the new loan for the new car. We all need to be reminded that the costs of some transactions are just not worth it. Part of being financially responsible involves having the discipline to put off purchases until you can really afford them. There are probably more adults that are unable to do this, so if you are one of those adults it will be even more difficult to try to suggest it to your children. Studies have shown that not buying things when you first see them usually results in less junk and better choices. So you may need to try to practice this too. And back to learning about managing money you may want to demonstrate a good way of making decisions on large purchases such as a computer or a car. You can use on-line websites (ex. www.bankrate.com) to help show the cost of a loan or credit card. This can be compared to waiting a short time to save up what is needed. Using shopping tools to select the best products can help your student recognize that often paying a little more is wiser with some products. Check out Consumer Reports together and you can show how you made a decision on a purchase like maybe the washing machine. Delaying gratification and researching before you spend your hard earned money will be valuable experiences for a life time. And if you have youngsters not ready for college it's never too early for this advice and seeing the actions of parents will teach even more.

CORK
wine bar

423 S. FLORISSANT RD. • FERGUSON, MO 63135

(314) 521-WINE



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The last bit of advice is to remind our students that keeping themselves clean is essential for their well-being and success in life. We've all heard of the promising young person who made a poor choice which costs them dearly. Of course, the worst could be costing a life. But what I really mean is the problems that will come from breaking the law and disrespecting others. The reality of the world is often cruel and when you've reached the age of college doing something wrong is going to be treated much differently than when a person is younger. The lack of respect for the law, property or even other people allows the violence we are seeing so much continue. It saddens me to see so many young people involved in crimes or just dishonesty such as cheating. As I get older I appreciate more the feelings of each generation towards the next, feeling that it may be worse than our own. Until everyone is able to appreciate others rights and respect the fact that we all need to follow the same rules we will continue to see more unrest. So this is where you may want to caution your young adult to not just do the right thing, but to hang out with others who are like minded. The friends you keep are a reflection of you. One of my favorites is from Leonard A. Cole – "You are not responsible for what your friends do, but you will be judged by the company you keep." There are too many times we've heard about the nice young man who committed a small crime because he hung out with the wrong crowd. As much as I hate to admit it we can't pick our children's friends, but this message is something they need to know. If they are heading off to college they aren't children anymore, they are adults. Being young today seems to be more challenging than when I was young. I think each generation may look at things this way, but the goal really hasn't changed. We all hope for each generation to be better and have more success than the ones before. And becoming a responsible adult is quite an achievement.

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

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HOURS

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- Saturday: 8:00 am to 4:00 pm
- Closed Sunday and Monday

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FLAVORS OF THE MONTH

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Thurs., Sep 1Smores	Fri., Sep 16cookie dough
Fri., Sep 2banana foster	Sat., Sep 17heath
Sat., Sep 3German choc.	Sun., Sep 18closed
Sun., Sep 4closed	Mon., Sep 19closed
Mon., Sep 5closed	Tues., Sep 20Cherry bon bon
Tues., Sep 6p/b cup	Wed., Sep 21butterfingers
Wed., Sep 7peach dream	Thurs., Sep 22chocolate malt
Thurs., Sep 8turtle in a 1/2 Shell	Fri., Sep 23raspberry
Fri., Sep 9cashew & Carmel	Sat., Sep 24Apple pie
Sat., Sep 10cookie monster	Sun. Sep 25closed
Sun., Sep 11closed	Mon., Sep 26closed
Mon. Sep 12closed	Tues., Sep 27choc coffee
Tues., Sep 13Oreo	Wed., Sep 28banana pudding
Wed., Sep 14strawberry	Thurs., Sep 29 choc almond fudge
Thurs., Sep 15birthday cake	Fri., Sep 30Snickers

Seasoned Vegetable Italiano



INGREDIENTS:

- 1 3/4 cups Swanson® Chicken Broth
- 1 tablespoon diced tomatoes
- 3/4 teaspoon garlic powder
- 1/2 teas. Italian seasoning, crushed
- 1 cup broccoliflorets
- 1 cup cauliflower florets
- 1 cup sliced celery
- 1 cup sliced carrot
- 1 tablespoon grated Parmesan cheese

INSTRUCTIONS

1. Heat the broth, tomatoes, garlic powder, Italian seasoning and vegetables in a 2-quart saucepan over high heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender-crisp. Drain and sprinkle with the cheese.



242 So. Florissant Rd. 314-524-7888



Leslie Hogshead, member of the Ferguson-Florissant School Board, and her husband, Ken, enjoying "date night" at Vincenzo's.

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Ferguson by Foot

By: Margaret Wolfinbarger



I recently embarrassed my husband at a restaurant. You see, I enjoy my children so much that we often get a little carried away with our fun while we are waiting for our food. My husband will break out his trademark scowl, and if I know what's good for me, I will button my lip and stop making such a ruckus (since when did tickling and howling with laughter become unacceptable practices in public? But I digress). Still, our recent situation was of a different nature entirely, and while we were walking out of the eating establishment, he commented on what I had done and elbowed me in the ribs. "I wish you hadn't done that! I want to eat here again." So what caused all this commotion? I'm glad you asked.

The moment I saw our waitress, my heart hurt. She struggled to make eye contact. She shifted uneasily in her thick-soled tennis shoes. I could tell that her back hurt and she was very tired. She didn't smile. I guessed her to be in her early twenties. She had pretty blond hair and sad green eyes. She was also morbidly obese.

Writing that makes me feel like a real jerk. But I'll be totally candid, watching her wait on me made me feel even more like a jerk. I wanted to ask her to sit down and rest. I wanted to do something to make her comfortable. But more importantly, I wanted to give her hope. Though we had never met before, I felt a certain kinship with her. Because unfortunately, I know exactly how it feels to carry around that much extra weight.

My husband knew what I was thinking the entire meal. He was terrified I was going to say something. So I held my tongue. The look in his eyes said, "Her weight is none of your business. Leave her alone." And so I did. But I wasn't happy about it.

Obesity is a curse. The bearer is forced to live with the physical and emotional pain daily. Even worse, hope is like a butterfly you just can't catch. People silently judge and admonish. Sometimes they even whisper and point. Or in my case, they "fatcall" while you are walking your young children around the block. I will never cease to be amazed at how readily people judge what they don't understand. Human kindness is often as valued about as much as blatant truth. And truth is what I wanted to share with our waitress. I wanted to tell her that I used to weigh over 300 pounds. I wanted to tell her that I once thought losing weight was impossible. I wanted to tell her that regardless of size, her life has value and meaning and she doesn't need to be ashamed. Because I spent so many years being ashamed of what I looked like, and now realize what a lie that was, I want to shout it to the rooftops. But my husband was glaring at me in the middle of a restaurant he really likes, and he was afraid she would be offended. And truthfully, I was too. Because I remember how it felt to be fat and have someone acknowledge it. It hurt. A lot.

Fear is a powerful motivator, but truth is too. Truth is what forced me to confront my issues with food. And all of us, when confronted with the truth have a choice; to ignore our fundamental problem or accept that we need to change. But change is often a lot like the hairy monster that hides in our closet and torments us in the dark. Once we turn on the light, we see the truth; he's not so big and scary after all. In fact, he's the neglected stuffed bear our mom gave us for our birthday. And all he really wants is a great, big hug.

I left a card on the table for my waitress that read, "Thank you for taking such good care of us. You are beautiful." And I felt like a weirdo, but it felt like the right thing to do. We are all at different stages in our journey. What we look like is not who we are. And if my husband would have let me speak to her, I would have told her so rather than leave a card. And then I would have asked her if she wanted help. And if she did, I would have offered it.

Living a healthy lifestyle is at times challenging, frustrating and seemingly stupid. But living a healthy lifestyle is also rewarding, fun and wonderful too. And not because I'm thinner than I used to be (though that is one positive result), but because I have caught the butterfly of hope, and I carry it around proudly with me wherever I go.

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

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Inspiring Future Gardeners at Wabash Neighborhood Community Garden

The Wabash Neighborhood Community Garden hosted a Kid's Fun Day on August 7, 2016. The purpose of the Kid's Fun Day was to inspire an interest in children for gardening and to ensure that they were prepared for school on the first day. All children at the event were given school supplies. The day consisted of fun, food, and arts & crafts. The arts & crafts activities included painting mini tote bags, candle holders, and terra cotta clay planting pots. The children planted pumpkin seeds in their decorated pots. They were given a spray water bottle to take home with their pot to assist in nurturing the growth of their plant.



Youth eating and painting at Kid's Fun Day

Also at the Kid's Fun Day, youth played catch football. Neighbors met each other and engaged in conversation. Kid's Fun Day was a safe, family friendly, and enjoyable event for neighbors to build relationships.



Youth playing catch football at Kid's Fun Day

The children were invited to return to the garden on August 21, 2016 for the first Kid's Gardening Day. This was a day for them to enjoy refreshments, have fun blowing bubbles in the air, and start learning about gardening. The objective was to educate the children on the plants growing in the garden and for them to assist with the completion of garden duties such as pulling weeds.

The Wabash Neighborhood Community Garden is located at 202 N. Dade. There are a total of 13 garden plots. One garden plot is a community plot. The produce growing in the community plot is for all residents to freely enjoy. Twelve garden plots are for individual use. A garden plot can be leased for \$20 per year. Three newly constructed garden plots are currently available to be leased.



In addition to providing the opportunity to garden, the Wabash Neighborhood Community garden serves as a place for neighbors to get to know each other, to learn from each other, to build supportive relationships, to host neighborhood events, and to create a beautiful common area. The immediate goal of the garden is to continue to outreach, engage, encourage, and educate children to plant and cultivate a garden plot.

Are you interested in gardening or volunteering at the Wabash Neighborhood Community Garden? Please contact Shonnette Morgan at sdenisemor@hotmail.com.



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RSVP by Friday, September 9th
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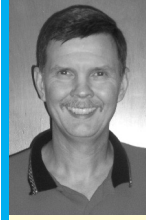
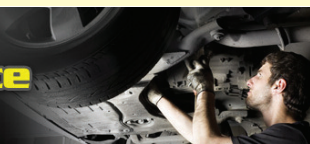
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Under The Hood With Robinwood

By Bob McGartland

What is the Tire Pressure Monitoring System?

Keeping the tires properly inflated is important for your driving safety. If you are driving a 2008 or newer car, truck or SUV, it has a tire pressure monitoring system (TPMS) already installed. This feature became standard on all 2008 and newer models. Some older models may have the TPMS depending on their year and make.

The TPMS symbol will vary from manufacturer to manufacturer so please familiarize yourself with your vehicle's system. If a tire loses 25% of its recommended tire pressure, the TPMS light should appear. Even though this is a good warning system, if you routinely carry a large number of passengers, or have heavy loads in your pick up, an underinflated tire can create handling problems and possibly leave you on the side of the road with a flat tire.

When the TPMS light illuminates, we recommend checking the tire pressure on all tires. Only one may need air, but checking all of them is a good habit to have. If the light is flashing, there could be a malfunction with the TPMS system. Your TPMS light may also flash if you are using a spare tire and the vehicle cannot detect the sensor of the original wheel.

TPMS is a feature that improves your safety while driving. But it is

only effective if drivers can identify and understand the light and are vigilant about checking their tire pressure.

A tire that is underinflated by just 5 pounds per square inch can potentially fail. An underinflated tire flexes more than a properly inflated tire, and that creates heat. Excessive heat can break down components and chemical bonds inside a tire. It's especially important to be vigilant about tire pressure when the weather is hot and vehicle speeds are high. As we head into the Fall weather with cooler temperatures air pressure will drop in tires. This is also a time to stay on top of your tire pressure. Most automotive shops will routinely check your tire pressure when your vehicle is in for service.

Feel free to stop at Robinwood Automotive anytime and we will gladly check your tire pressure!

September in Ferguson means the 4th annual Taste in Ferguson fundraiser event will be taking place on Sunday September 11th 3-6pm at the Savoy Banquet Center. We have a great line up of food vendors serving up some tasty food samples to delight your appetite. We have expanded our beer and wine tasting section this year. Our celebrity chef cooking demonstrations is back, along with live music and children activities. All of the event proceeds continue to support our local youth. Buy your tickets today. Gather your friends, round up the kids and come join us for a family friendly Sunday afternoon. See the display ad for all the details. I look forward to seeing everyone there again this year.

Did you know that your Ferguson Library is home to storytimes, special programs, even a telescope . . . and, oh yeah, books!

Want to get a library card?

Bring a Picture ID and proof of your address (like 1st class mail or unpaid utility bill) to the library.

Parents must sign for their child's library card.

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TUESDAY 3:30-5:30

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SATURDAY 11 - 1

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Ferguson Municipal Public Library
35 N. Florissant Rd.
(314) 521-4820 - ferguson.lib.mo.us

Discussions and Solutions

North County Churches Uniting for Racial Harmony and Justice (NCCU) recently held one of its many meetings of its "Discussion and Solutions Committee" meetings consisting of police officials, clergy, and selected community leaders at John Knox Presbyterian Church. Many local organizations have given up or slowed their efforts to improve relations between the police and the community, but this organization continues to hold regular meetings in its efforts to improve the situation between these two groups.

In spite of the two year period of time since the killing of Michael Brown and the subsequent Ferguson riots a number of informal actions are still being taken to improve the relationship between the police and the African-American community.

For example North County Churches Uniting for Racial Harmony and Justice has held numerous meetings of mayors, police officials, clergy, and a selected group of community leaders. Out of these meetings, this Organization has formed a "Discussion and Solutions Committee" consisting of five police chiefs, North St. Louis County police, five clergy, and five community leaders to explore means by which the police and the community can really improve their relations with one another. This committee not only includes police chiefs and their officials of Florissant, Hazelwood, Bellefontaine Neighbors, North St. Louis County police department, but it also includes the police chiefs of Clayton and Alton, Il. In fact, "Chief Kevin Murphy of Clayton and Chief Jason Simmons of Alton have been very faithful participants during this two year period and have made major contributions to our efforts," according to Dr. Rance Thomas, President of North County Churches Uniting for Racial Harmony and Justice and Chair of the Committee.



Picture of NCCU Discussion and Solution Committee meeting. From left to right back row: Sgt. Kenny Eckardt, Maj. Tim Facin, Chief Jeremy Ihlar, Chief Tim Lowery, Dr. Rance Thomas, Chief Kevin Murphy, Maj. Ken Jewson, Rev. Karl Reinagel, Rev. Mike Krewson, Chief Jason Simmons, Rev. Jose Aguayo. Front row, left to right: Mr. Bill Wilkerson, Dr. Barbara Thompson, Rev. Monica Jefferson, Mrs. Carla Reinagel.

Because of these meetings, these police departments have had more positive contact with the community than ever before. Some of these departments have visited churches, attended some of their services, interacted with members informally, at the invitation of the pastors of these churches. Some have implemented a "Coffee with Cops" programs where they invite members of the community to meet with them to share a cup of coffee and discuss their concerns. Others have become more involved in various activities in the community by participating with various organizations and even serving on panels discussing race and racial issues. One has been engaged in making a concerted effort to meet members of the African-American community by visiting black businesses and meeting owners, customers, and families in these businesses. In fact, one invited a couple of families to bring their children to his patrol car to show them the equipment in the car and allowed them to turn on the red lights and siren.

The Police department in Florissant participated in "Summons of Joy" Program during the last Christmas Season. This Program involved seven of North County Churches Uniting taking up offerings of \$4,500 in their Churches and donated these funds to the Police Department. The Department patrol officers passed out \$100 gift certificates to each individual they encountered who appeared to have a financial need. A few of those they stopped had committed minor traffic violations and instead of giving them tickets they gave each a \$100 gift certificate. As might be expected these individuals were overjoyed, and officers giving the certificates were also overjoyed at the reception they received. As a result, they want to participate in another program this Christmas Season.

At these meetings police chiefs have been encouraged to allow their officers to get out of their cars when they are not busy and meet and talk with individuals in times other than in times of trouble. This will allow officers to be viewed as normal and regular individuals which will help them improve their image.

North County Churches Uniting for Racial Harmony and Social Justice consists of 23 churches of various denominations was organized in 1998 to promote racial understanding and social justice in North County.

Magic Bank Account

Imagine that you had won the following *PRIZE* in a contest: Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
5. The bank can end the game without warning; at any time, it can say, "Game Over!" It can close the account, and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted, right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL ... Shocked? YES!
The PRIZE is *TIME*

1. Each morning we awaken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is 'not credited to us.'
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be happy, love deeply, and enjoy life!

Here's wishing you a wonderful and beautiful day.
Start "spending"...

DON'T COMPLAIN ABOUT GROWING OLD ... SOME PEOPLE DON'T GET THE PRIVILEGE!

Mary Jo Henckler - 1926-2016

Mary Jo Henckler was born in St. Louis and lived in Ferguson where she was employed by the City of Ferguson, serving as secretary to the Director of Public Works, Donald Grimm. She held the position of Ferguson City Clerk from 1970 until retiring in 1985 under two City Managers, Jim Arnold and Jim Mello.



During her years with the City, she helped train many assistants to the city manager and participated in the local Association of City Clerks and later attended meetings of retired city clerks.

In her retirement she continued to live in Ferguson, making weekly trips to the library in her red Camaro. She lunched regularly with old and new friends and volunteered for both the St. Louis Visitors Association and Christian Northwest Hospital. She was a spirited and loyal friend to many.

Mary Jo was preceded in death by her parents, Joseph and Josephine Okel and her husband, Charles Bauman Henckler. She is survived by her daughter, Eleanor Nixon (Bill) of Buffalo, NY, five grandchildren, five great-grandchildren, one great-great grandchild and many nieces and nephews.

Susan Ankenbrand remembers Mary Jo when she served on the City Council during some of her time as City Clerk. "One of Mary Jo's greatest pleasures was snow, especially the first one of the year. On that day she would call Dave Smith who, at that time, was the Ferguson Parks and Recreation Director. Even after she retired Mary Jo and Dave would still talk about their shared passion for snow."

In 1985, Mary Jo was chosen as the Ferguson 4th of July Citizen of the Year, an honor of which she was very proud.

McCluer High Artists' Work Displayed in Congressional Art Exhibit

McCluer High School student artists Nurice Knox, Tyree Skaggs and Daniel Miller are among 36 students from 11 area high schools to have their art featured in Congressman William Lacy Clay's 16th Annual Congressional Art Competition. Knox is a junior, and Skaggs and Miller are seniors. The students' art was displayed at Webster University's new downtown St. Louis campus in the historic Arcade Building.

"As you can see from the artwork on display here, the level of talent is truly impressive," said Congressman Clay to the audience gathered during the opening of the exhibit. "Your work is inspiring, and I encourage all of you to continue to develop your creative abilities."

The Congressional Competition is in its 32nd year nationally. Congressman Clay has conducted the competition in Missouri's First Congressional District for the past 16 years.

McCluer North Educator Named High School Teacher of the Year

The Mathematics Educators of Greater St. Louis has named McCluer North math instructor Erin King, as their 2015 High School Teacher of the Year. King has taught math at McCluer North for the past 12 years and serves as the school's mathematics department chairperson and instructional leadership team chairperson.

"She prides herself in being an innovative problem solver," said Kevin Voepel, math curriculum coordinator for the Ferguson-Florissant School District. "Mrs. King's Algebra 1 classroom is a widely creative environment. She is an expert in formative assessment, differentiated instruction, team teaching and flipped learning."



Under King's leadership, the number of students scoring Proficient or Advanced on the Algebra 1 End of Course (EOC) exam increased 22.3% from 44.9% to 67.2% between the 2014-15 and 2015-16 school years. She has lead the district as an instructional coach, as a parent involvement coordinator, and as a member of the Ferguson-Florissant Foundation for Education.

King also founded the McCluer North Community Garden.

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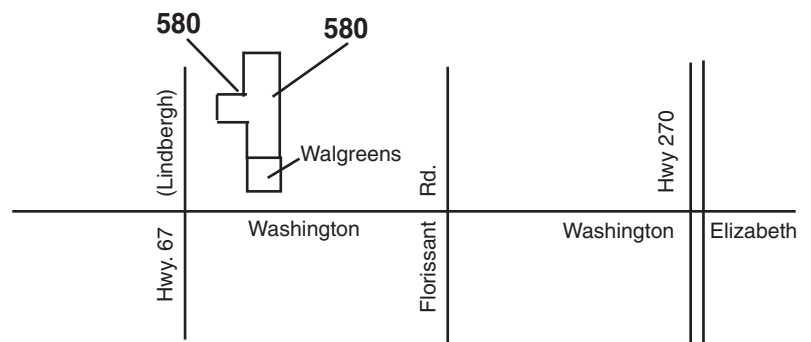


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Raking Leaves Vs. Mulching

Fall is a beautiful season, but the yard full of thick and sometimes wet leaves can be annoying and bad for the green grass coming next year. Raking has dual benefits. It's good for the grass and it's good physical exercise for us. All you need is a rake.

You may be able to avoid raking altogether if you use a mulching mower. These power mowers run over the dry leaves and shred them into small pieces that sift down through the grass blades and onto the soil, where they will decompose, enriching your soil. During the rest of the year, the mower will mulch the grass it trims, also enriching the soil.

If you have too many leaves to simply mulch . . . first mulch and then put the bag on your mower and pickup the shredded leaves. Place this much smaller volume in your paper bag and put out for the trash pickup.



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Community Mediation Services in your Ferguson Community

Former CMS board chair, Carla Fletcher, a resident of Ferguson, first began advocating CMS' involvement in Ferguson in 2012. Two Community Mediation Services Board retreats (March 2013 and June 2014) were actually held in Ferguson.

CMS has had referrals and inquiries from throughout the St. Louis area including Ferguson. However, because CMS is an entirely volunteer organization in both staff and mediators and had/has a limited budget CMS focused its efforts on the referrals and calls that presented themselves primarily within the City of St Louis

The mission of CMS is to assist participants in conflict to resolve their own disagreements. Two volunteer mediators assigned to a mediation manage a six-step process that assists those individuals in conflict to explain why they are in the mediation and what they hope to accomplish. The mediators do not judge or take sides. Mediators view themselves as "neutral third parties." If the participants reach an agreement then it becomes a signed agreement/document. Most agreements are outside the legal system, although CMS does accept court referrals.

Examples of Some Actual Mediations:

-A neighbor who works an evening shift lives next door to someone who has dogs. Harsh words between the two result in both neighbors calling the police. The police officer informs the neighbors about the possibility of mediation.

-Tree limbs from one property impact the neighbor's property next door. Additional referrals we have received on trees have been leaves, poor pruning, squirrels and anger over other issues that surface in the actual mediation. Some such issues are self-referred.

-Two families have difficulties and arguments and threats result in the possibility of arrest or general legal system involvement. Police inform the families about voluntarily mediation and suggest they contact CMS.

-A young couple who no longer live together but share and parent a child are having difficulties. The mediation process focuses on how to ensure the child has two involved parents. Mediation in this instance is to assist individuals in making parenting decisions that are in the best interest of the child.

New Initiative

-One of CMS' new initiatives resulting from the U.S. Department of Justice Consent Decree for Ferguson is that CMS is to collaborate with the residents of Ferguson and to establish a formal mediation program. CMS is the first community mediation center ever named in a Consent Decree (see page 8 of the Consent Decree). Had CMS had the resources to follow Carla Fletcher's mediation recommendation in 2012 a Community Mediation Program would already be established and Ferguson residents trained as volunteer mediators

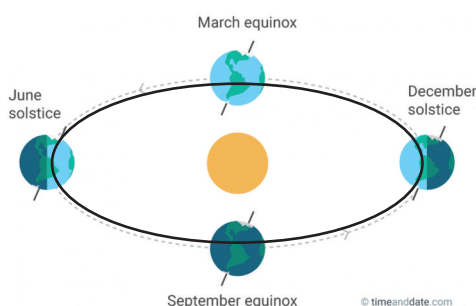
To move forward in collaborating with the Ferguson Community

- Recruit Ferguson residents interested in becoming volunteer mediators
- Publicize and make presentations to individuals, neighborhoods and organizations
- Ensure the mediation program is complimentary to all ongoing community policing activities.

To learn more please visit our website MediationStL.org or e-mail or phone Community Mediation Services. Phone 314-533-3550 Email jdoggette@mediationstl.org

John Doggette, Executive Director

Autumnal Equinox – Fall Equinox



Equinoxes and solstices happen twice a year. On the two equinoxes every year the Sun shines directly on the Equator and the length of day and night is nearly equal – but not exactly.

The September equinox marks the moment the Sun crosses the celestial equator

September Equinox in St. Louis, Missouri, USA is on Thursday, September 22, 2016 at 9:21 AM CDT.

Whistle Stop Ice Cream Eating Contest

by Martin Pion

While having brunch at the Whistle Stop Depot Frozen Custard at #1 Carson Rd., in downtown Ferguson on August 4th, I witnessed something I'd never seen before. A young man named Jordan Aloffo, with a colorful tattoo on his arm, was seated in front of a very large glass container busily spooning down its contents. On the table next to him were also a couple of timers and the event was being witnessed by a young female companion. She told me it was an ice cream eating challenge with a 30 minute countdown. If he could consume it all within that time it was free; otherwise it would cost him \$25.



Jordan Aloffo sundae attack.

After less than 20 minutes Aloffo called it quits. I had taken several photos and obtained his permission to submit them to the *Ferguson Times* for publication. He explained that he was a body builder and had already successfully entered personal eating contests like this one, including one at Gettemeier's in Florissant. He is also a personal trainer at the Egyptian Fitness Center Gym in Harrisburg, Illinois.

A web search revealed the following details of this competition at <http://tinyurl.com/h3teh8j>, called the Whistle Stop Frozen Custard's Train Wreck Sundae Challenge: The Train Wreck Challenge is a sundae made with 13 large scoops of frozen custard

- You must also have two 16 oz toppings (1 topping and 1 sauce)
- It weighs 6 lbs/2.73 kg, including the dish
- The glass serving dish is 8" in diameter and 6.5" deep

The winner gets the sundae free, their name on the Winners' List, and a \$25 gift card. Plus they get to keep the glass serving dish.

Whistle Stop co-owner, Charles Stark, said there have been eight winners to date since he started the challenge in 2011. A web search found a previous winner, Randy Santel, who has posted dozens of videos featuring his successful eating challenges on YouTube. His win at the Whistle Stop, posted on April 23rd, 2013 at <http://tinyurl.com/zmvdab2>, has attracted over 134,000 views. According to the YouTube video his finishing time was 9 minutes and 51 seconds, apparently helped by gulping down plenty of water.

So the next time you're feeling like a challenge and the urge for a sundae, head down to the Whistle Stop. But make sure you take some cash or a credit card, just in case.

Suggested photo captions: attack Charles Stark

The Center for Social Empowerment's

Saturday Academy

Sept 10 - May 20 | 9:30am - 12:00pm
Every other Saturday
33 S. Florissant Road, Ferguson, MO 63135

Come join

Programming includes (but not limited to!):

- Grades K-2) learning centers and educational games
- Grades 3-5) hands-on science technology lessons to expose students to the STEM field
- Grades 6-12) "I'm Going to College" workshops and an opportunity to join our College Tour of Chicago!

You can also support our Saturday Academy at www.gofundme.com/HelpFergusonYouth Donate Today!

To learn more check out our

Back to School Bash August 27 | 10 -12 pm

Celebrate the start of the school year and the start of our Saturday Academy!

Register your child at www.thecenterforsocialempowerment.com/saturday-academy/



As I was in the process of determining the subject of this month's article, AKA research, I came across this article on homefixated.com. So I decided that since most of the journeys, featured in this article, are about old home maintenance; it's time to take another direction. That is why, this month we will look at the...

Top Ten Don't Do It Yourself List!

— by Bob McCarty

#1. Large tree removal in an urban setting. We cut our own lawns and have trimmed back bushes and maybe even trees. We probably even own a chain saw. But to cut down a 60, 70, or even a 80 foot tree with your neighbor's house 65 feet away, what could go wrong? Hire a professional. Invite your neighbors over to enjoy the show being performed by the professional tree removal experts. Who knows, you might even learn a few things about tying knots.

#2. Finishing your own plaster. You may even be able to patch a spot here or an area there, but to be able to finish a large plaster area! It turns out that doing an old-world plaster repair is really tricky. Professionals make it look easy, but it's not, and a pro will do it about 50 times faster than you would ever dream. Seriously!

#3. Replacing 100 year old cast iron sewer pipes. Chopping concrete, insanely strong pipes, excrement residue, and confined crawl spaces. Need I say more?

#4. Perilous roof work. When was the last time you were on your roof? Installing Christmas lights and cleaning out gutters are mostly done off of ladders, so that doesn't count. Being on a hot roof, lining up the rows of shingles and keeping them straight, and staying on the roof that has a pitch that makes one leg about a foot longer than the other should be enough reason, but if not, don't forget that you're probably 20 to 30 feet off of the hard ground.

#5. High voltage stuff. If you're not sure what you're doing, why not leave it to those who get shocked for a living? Yes, electricians get shocked a lot and if you don't believe me, ask an electrician.

#6. Paint color selection. If you are not an artist that paints a lot or an Interior Decorator, color selection can be a tricky endeavor. Yes, I know that most whites are pretty easy to decide on but if you're leaning towards a chartreuse or a cyan, talk to a professional first, you will be surprised. Picking good colors is harder than it looks. If you don't want to hire a color consultant when it's time to choose colors for your interior, or even exterior, plan on buying a lot of sample cans of paint and applying samples on your walls. (Here's a tip; If you go the sample route, purchase a couple of heavy poster boards and paint the boards so that you will be able to move them around the room at different times of the day.)

#7 Exterior stucco. It's kind of like plaster finishing, which is something that I can do, but I do not do exterior stucco. If you don't believe me, call me and ask if I would give you a price on exterior stucco.

#8 Pulling construction permits from the city. If you ever want to see people miserably trudging through the most soul-sucking, bureautrocious jobs in existence, while at the same time witnessing normally calm citizens go totally postal after chronometer-busting eternal wait times, pull your own permit. Otherwise, have your contractor experience the pain for you, after all, you're paying him for his services.

#9. Gas line work. I like craters on the moon, but not under where my house used to be.

And finally;

#10. Squirrel, raccoon, bee, skunk, anaconda or alligator removal. You really don't want to remove these pests yourself, now do you? If so, have someone film it for an episode of 'When animals attack.'

Until next month, Bob on Job will be doing some of the things on this list. See

Ferguson Brewing Co.
Fall Beer Release Schedule
Pumpkin Ale
September 1
Octoberfest
September 6

418 So. Florissant Road
314-521-2220
fergusonbrewing.com

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“The Awakening”: Photography of Henry Chaney at Good Shepherd Gallery

Good Shepherd Gallery presents Henry Chaney's photography in “The Awakening” from Friday, September 23 through Saturday, October 8, 2016. “The Awakening” showcases Mr. Chaney's challenge to the constraints often placed on our perception of faith, worship and even ministry. The display weaves together three seemingly discordant themes: All Hallows' Eve (Halloween), the Six Days of Creation and glimpses of conventional church life.

True to its name, “The Awakening” awakens viewers to new visions of the Bible, church, spirituality, and of God. The show invites Christians and non-Christians to extend the borders of their spiritual life and ministry beyond ordinary experience.

An opening reception will be held on **Friday, September 23**, between 6 p.m. and 9 p.m. at Good Shepherd Gallery, located at 252 S. Florissant in Ferguson, next door to Cathy's Kitchen. The public is welcome. Admission is free. Gallery hours are Tuesdays-Fridays, 10 a.m. – 6 p.m. and Saturdays, Noon – 4 p.m.

Top 9 Attributes of a Successful SMS Campaign

By LaTease Rikard

When planning a creative SMS/Text Campaign, try to incorporate as many of these attributes as possible!

1. Make it Simple

The 'Call to Action' must be easy for the customer to understand and execute.

2. It Should Be Time-Sensitive

Both the 'Call to Action' and the SMS content should answer the question, "Why now?"

3. Make it Useful

What is the service or efficiency we are providing through this program?

4. Where's The Value

What's in it for us? What's in it for the customer?

5. Make It Have Broad Appeal

The larger the potential audience the better.

6. The Message Must Have Personal Relevance

The consumer should be able to understand "Why me? Why my phone?"

7. Incorporate Personal Context

Use a personal writing style that builds a sense of community - e.g. "We", "You", and "Us".

8. It Must Be Scalable

Design programs that are easy to deploy, execute, and leverage across the whole organization

9. Make It Economical

Incorporate economy into the original Call to Action - e.g. "Text your email address to 54321"

For added power, make sure your short codes can tie into any social media, radio, TV, Direct Mail or print advertising you're currently using. Short codes are the choice for conversion-oriented marketers who want to be able to engage the 300 million wireless users in the U.S. Short codes make offline ads actionable. Use your short codes for contests, sweepstakes, and mobile loyalty and rewards programs. Good short codes can kick-start conversations with customers and prospects. There is power in SMS/Text Messaging campaigns.

The Power of Text Messaging

- These days, everyone leaves their house with 3 things: their keys, wallet and of course, their cell phone.
- 100% of all cell phones can receive text messages.
- 98% of consumers read their text messages within minutes.
- Customers provide their permission by opting in. They WANT to receive messages from your business!
- Word of mouth – your clients will share your promotions with their friends, expanding your customer base even more!

Contact me for a free consultation, 314-495-2497.



The old apartment building at the corner of Dade and Graf is currently under major renovation—and all for a great cause!

Caring Solutions is a 501(c)(3) nonprofit organization with a 15-year history of designing and providing services and staff support for the unique needs of children and adults with developmental disabilities living in the greater community.

With funds and materials being donated by foundations, individuals and businesses, Caring Solutions is transforming this property in our community into apartments to serve six individuals with developmental disabilities. The home will have 24-hour staffing for two residents for whom this will be their home and up to four other individuals who will be staying there as needed for services.

"We're always challenging ourselves to serve those who sometimes fall between the cracks and need extra help," said Madi Hawn, Founder and Chief Executive Officer of Caring Solutions. "So a couple years ago when we asked the Missouri Department of Mental Health what they were seeing as the biggest service gaps they told us that there are many families who are struggling to deal with their child or relative living at home who has autism or other developmental disabilities and behavioral challenges. When we visited with some of these families, we saw their exhaustion and frustration and need for assistance."

Caring Solutions new Family Support Program will have two components: Providing crisis intervention and support in the family home to both the individual and their family and also providing a place outside the family home for the individual to stay and receive therapy services as needed while the families have a break and learn ways to better deal with the behaviors that have caused strain and stress.



Valentine Place is the name chosen for the Ferguson property that is scheduled for completion by the end of the year. Trudy Busch Valentine recommended that funds from the John D. and Trudy B. Valentine Family Charitable Fund of the St. Louis Community Foundation be used to purchase the property. Emerson is the other major funder to date.

"We are so grateful to them and to all who are stepping forward to donate funds, building materials, time and expertise," Hawn said. "We are overwhelmed by their gifts and by the warm and helpful response of our neighbors here in Ferguson. We're discovering that just about everyone knows someone with special needs and understands how important it is that we offer this new service which will be the first of its kind in the state of Missouri."

The Missouri Department of Economic Development has approved Caring Solutions to offer Neighborhood Assistance Program (NAP) state tax credits for qualifying gifts to the Family Support Program. For more information, contact Caring Solutions Director of Development Sally Troutman Boyd at 314-942-7350. Office location is 1852 Craig Park Court, St. Louis, MO 63146 www.caringsolutions.org



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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

Ferguson Forester

Outside In: Paint for Peace

From August 27 to November 19, there will be a citywide series of collaborative exhibits including selected murals painted during the unrest in Ferguson; with a series of rolling exhibits planned for The Millstone Gallery at COCA, Gallery 210, the Missouri History Museum, the Vaughn Cultural Center, the Ferguson Youth Initiative, and The Sheldon Art Galleries. Art which covered broken and boarded up businesses in a phenomenon that's never happened on earth before will be on display throughout St. Louis. (See page 3 for more information.)



I would like to showcase one piece in the exhibit in particular. The artist is my daughter, Lydia, who contributed other works. Sadly, the small strip mall where this 'Beauty for Ashes' piece was painted, still stands barren, after out-of-towers torched it, at the corner of Chambers and West Florissant in Dellwood. The proprietor, (pictured next to her store) was heart broken when it happened, and two years later still awaits the owner, architect and contractor to bring the building back to fruition.

One day last year this particular piece, comprising of two 4' by 8' sheets of 3/4" plywood had disappeared. I was able to track it to an architect, who had taken it on himself to remove it, explaining to me that he did not think it would remain safe there. His plan to mount it in his house he's building also had something to do with his having snagged it. Fortunately, I was able to talk him out of it and retrieve it. When 'Queen' opens back up again, it will be hers to keep and use for her business.



Unfortunately, more works were taken or tossed than those which were preserved. But thanks to Carol Swartout Klein, whom I call 'the Indiana Jones of the lost art', 100 pieces were retrieved. She has been busily cataloging and matching artists with their works ever since.



The owner of Queen's Royal Touch stands beside her business, patiently awaiting the rehabilitation of her building

Understand that what made this such a unique movement, and without any kind of organization or coordination, was that only some of the artists who participated were professional or semi professional. Many more were artistic folks who expressed themselves in unsolicited solidarity, that love, understanding and creation were going to color over hate, condemnation and destruction.

Unfortunately conflict and violence sell and are most profitable. The media barely touched on the phenomenon which came to be known as 'Paint for Peace'. Yet paint and money for paint were being sent to St Louis and Ferguson from across the United States.

Hence, I submit to the citizens and city council of Ferguson, that at the entrances to our city, original paint for peace works be erected and rotated, under permanent banners; "Ferguson, home of Paint for Peace."

Wendell Phillips Berwick

"Trust in the Lord and do good; Dwell in the land and cultivate faithfulness."
Psalm 37:3

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Book Club Will Talk About the "N" Word

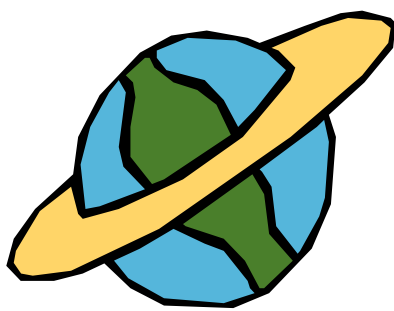
The N Word: Who Can Say, It Who Shouldn't, and Why by Jabari Asim, will be the subject of discussion when the Ferguson Readings on Race Book Club returns to the Ferguson Public Library at 35 North Florissant Road 6 p.m. **Monday, September 12.** The study continues the journey of people exploring questions about race that have moved to center stage in the St. Louis Metropolitan Area.

Ferguson residents and friends from throughout the area have gathered monthly since January 2015 to enlarge their understanding how issues of race have deeply divided communities throughout American history. In August, eighteen readers enjoyed dinner at the Ferguson Brewing Company with Dr. Nathan Grant of St. Louis University, who edits the African American Journal, for a stimulating discussion of *Playing in the Dark: Whiteness and the Literary Imagination* by Toni Morrison.

Members vote on books to read from the broad selection of historical and current books available. The choice for October 10 is *Tell the Truth and Shame the Devil* by Leslie McSpadden. While the conversations are enriched by the views of those who have read the books, people who have not are always welcome, too.

Books are available at the Ferguson Municipal Public Library, though to assure adequate copies are available, interested people should contact Director Scott Bonner at sbonner@fergusonlibrary.net or Amy Randazzo at arandazzo@fergusonlibrary.net. Left Bank Books also offers a discount to purchasers who identify themselves as reading for the Ferguson Readings on Race Book Club. Further information can be obtained at the group's Facebook page or by emailing Carla Fletcher at carlajeanfletcher@yahoo.com

And Now a Word from Our Planet



Recycling one aluminum can saves enough energy to run a television set for three hours. This is equivalent to a half gallon of gasoline.

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

September Only – 20% OFF Kitchen Cabinets



For the Do-It-YourSelfer

If you have been putting off remodeling your kitchen, now is the time to take advantage of this once-in-a-lifetime offer!

Call us today to see our great selection and quality.

Installation available also!
Free Estimates – Call **WOLFCO**

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SEPTEMBER EVENTS at the FERGUSON PUBLIC LIBRARY

For more information, call 521-4820 or visit our website at ferguson.lib.mo.us

ST. LOUIS COMMUNITY COLLEGE TECH FEST SATURDAY, SEPT. 10 FROM 12-3 PM

Computer on the fritz? Smart phone not acting so smart? Bring your device and get some help at our FREE Tech Fest!

FAMILY GAME NIGHT

WEDNESDAY, SEPT. 21 FROM 6-7 PM

Bring your competitive spirit and come play some games with us! Play one of our games or bring one of your favorites and enjoy a relaxing evening of fun and friendly competition.

LOOKING FOR SOMETHING NEW TO DO? TRY ONE OF OUR ONGOING PROGRAMS!

We have a variety of programs and activities going on all the time at the library!

- Preschool Storytime - Mondays at 10 am
- Ferguson Phoenix, our teen-led newspaper - Mondays from 5-6 pm
- Yoga for Adults - Every other Saturday, from 2-3 pm



New Auto Theft Scam

I locked my car. As I walked away I heard my car door unlock. I went back and locked my car again three times. Each time, as soon as I started to walk away, I would hear it unlock again!! Naturally alarmed, I looked around and there were two guys sitting in a car in the fire lane next to the store They were obviously watching me intently, and there was no doubt they were somehow involved in this very weird situation. I quickly chucked the errand I was on, jumped in my car and sped away. I went straight to the police station, told them what had happened, and found out I was part of a new, and very successful, scheme being used to gain entry into cars.

Two weeks later, my friend's son had a similar happening.... While traveling, my friend's son stopped at a roadside rest to use the bathroom. When he came out to his car less than 4-5 minutes later, someone had gotten into his car and stolen his cell phone, laptop computer, GPS navigator, briefcase.....you name it. He called the police and since there were no signs of his car being broken into, the police told him he had been a victim of the latest robbery tactic.

There is a device that robbers are using now to clone your security code when you lock your doors on your car using your key-chain locking device..

They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and that they now have a few minutes to steal and run. The police officer said to manually lock your car door-by hitting the lock button inside the car -- that way if there is someone sitting in a parking lot watching for their next victim, it will not be you.

When you hit the lock button on your car upon exiting, it does not send the security code, but if you walk away and use the door lock on your key chain, it sends the code through the airwaves where it can be instantly stolen.

This is very real.

Be wisely aware of what you just read and please pass it on. Look how many times we all lock our doors with our remote just to be sure we remembered to lock them -- and bingo, someone has our code...and whatever was in our car.

Thanks to Mike & Marge Duenke for this alert

9 Steps to Prepare Your Furnace for Winter

by Stewart Unsdorfer

If you are like most people, you probably need to know how to get your furnace ready for the winter. Want to know how you can save money, and stay warm in the winter? Here are some tips to get you started:

1. Check and change your filter.
2. Switch your thermostat from cooling to heating.
3. Take out window screens and install storm windows.

By installing storm windows you will be able to decrease the amount of heat leaking through your windows and into the outdoors. These will be more energy efficient.

Editor's Note: I leave my storm windows up all year. They keep the cooled air inside during the air conditioning months. All the doors have screens so if I wish outside air, I open only the doors.

4. Inspect your chimney.

You should be checking for any obstructions, such as bird nests or debris. Furthermore, you should also make sure there is no significant soot buildup, as it can be a dangerous fire hazard. If your chimney hasn't been inspected in a long time, call a professional to check it and clean the ducts.

5. Make sure the burners are free of debris and dust.

Dust can accumulate during the summer. Therefore, it's very important to check and clean the furnace burners before the start of the colder seasons. While cleaning the burners, check for signs of misalignment and rust.

6. Oil the furnace blower if needed.

When preparing your furnace for winter it is important to make sure all the components of your heating system are clean and in working order. The furnace blower motor plays a big role in how your heating system functions. It should be oiled once a year and it shouldn't make any unusual noises when started.

7. Make sure your thermostat is working properly.

If a thermostat is not working correctly, your heating system may not be working efficiently. Turn on your thermostat and monitor how it responds, it should start up immediately without any problems. If you have an old thermostat that must be controlled manually you should consider updating it. Set-back thermostats are the best choice because they allow you to completely control the temperature in your home. A set-back thermostat can be automatically turned down when you're asleep or away, which can save you a lot of money.

8. Check all heating vents to make sure they are completely uncovered.

Throughout the year, furniture is often moved around and new furniture is brought into the home. Double-check around your house to make sure that nothing is blocking your heating vents. Blocked vents are not only useless since heat can't get out, but they can also drive your heating up. In addition, a blocked vent can result in an overheated furnace. Check both your supply registers, heat blows out of these, and your return registers, the air is drawn into these.

9. Schedule an appointment to clean your furnace early in the season.

Professional companies get very busy at the onset of winter, so it's a good idea to schedule your appointment ahead of time. The best way to save money in the long run is to have a professional clean your heating system. Systems cleaned by professionals will work better and more efficiently. Check with your local BBB (Better Business Bureau). Make sure the company you want to call is an Accredited BBB member with an A+ rating. Your furnace will work more efficiently, and save you money on expensive energy costs.

Early Bird on Upcoming Book Releases

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

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For Pre-Schoolers

Come join us for stories, songs, crafts and fun

Every Monday at 10:00 a.m.

Ferguson Municipal Library

PUBLIC NOTICE

The CITY OF CALVERTON PARK will hold a public hearing to amend the St. Louis County Community Development Block Grant Application for the 2016 funds for the CITY of Calverton Park, Missouri. The public hearing will be held at 6:45 p.m. on September 26, 2016 at Calverton Park City Hall, 52 Young Drive, Calverton Park, Mo. To further its commitment to fair and equitable treatment of all citizens, the CITY OF CALVERTON PARK has enacted and/or enforces the following:

A Fair Housing Ordinance prohibiting unlawful Discrimination against any person because of race, sex, color, religion, disability, financial status or or national origin:

A Policy of Nondiscrimination on the Basis of Disability in the admission or access to, or employment in its federally assisted programs or activities:

A Policy of Equal Opportunity to Participate in Municipal Programs and Services regardless of race, color, religion, sex, age disability, familial status, national origin, or political affiliation:

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

Calverton Park CITY Clerk
52 Young Drive
Calverton Park, Mo. 63135
314-524-1212

If you are a person with a disability or have special needs in order to participate in this public hearing please contact: Jeanne Blanton City Clerk no later than September 26, 2016.

For More Information Call: (314) 524-1212 Ext 11
1-800-735-2466 RELAY MISSOURI
Equal Opportunity Employer

PUBLIC NOTICE

The CITY OF CALVERTON PARK will hold a public hearing to establish the ANNUAL PROPERTY TAX RATE for the CITY of Calverton Park, Missouri for the year 2016. The public hearing will be held at 6:30 p.m. on September 26, 2016 at Calverton Park City Hall, 52 Young Drive, Calverton Park, Mo. To further its commitment to fair and equitable treatment of all citizens, the CITY OF CALVERTON PARK has enacted and/or enforces the following:

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For More Information Call: (314) 524-1212 Ext 11
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The Best of Ferguson

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

– by Ruffina Farrokh Anklesaria, M.A.



Dara Ashby

The crisis that Ferguson went through in August of 2014, pushed to the fore the natural leaders in our community who came forward to organize, shine new light, and to inspire residents to stay strong and be positive. Dara Ashby is one of those leaders. Dara offered to help me with media circulation of letters to protesters, extending a hand of friendship for residents and inviting tripartite talks between city officials, residents and protesters. Then earlier this year, Dara contacted me to be part of the Ferguson United committee that tried to get local taxes increased to keep our city afloat.



Across our social media for Ferguson, I see Dara popping up with helpful advice on caring for animals and finding homes for them. When our family rescued Sasha, our beautiful German Shepherd, Dara checked in on us and gave us tips to support Sasha. She made herself available to us and sent her number with the words: "call any time, day or night." Now that's what I call a committed animal lover, neighbor and community leader!

Dara and Blake Ashby

Dara is living out a love story with her husband Blake. She has lived in Ferguson for 17 years. She comes from a diverse and beautiful international family so being attracted to Ferguson as a place of diversity and beauty, was completely natural for her. Dara's late father was a Minister for the City of Christ Church. Her parents adopted five children from the Philippines, Cambodia and from Chicago, and these are all Dara's siblings. Dara is her parents' only child by blood.



Dara (in white cardigan) and her international family:
From L: Pa Julie Xiong, Shirley Johnson, Rosalie Thatcher, Jous Xiong, Lou Xiong, Sokha Phoak, Dara, Dara's Mom, Pamela Hookham, Tony Xiong. Missing is JoJo Sonillo

For 24 years Dara had a picture of a mixed couple over her mantle, bearing the following words: "Within the context of our Purpose, our one Imperative: To thrust our collective power toward the elimination of racism wherever it exists and by any means necessary." It is therefore ironic that during the

heights of troubles here in Ferguson she, like many others, was wrongfully maligned as racist. Her dream is that everyone would come together in harmony, and there would be no "us and them".

Dara and her husband are members of the Neighborhood Policing Steering Commission. The commission's job is to bring the police and community together in a positive atmosphere. Dara is a natural born leader and her voice is always heard, especially at difficult moments when residents may be shy to speak up.

Dara was trained as a medical assistant and became a health and safety administrator at UPS 27 years ago, a job she still holds! Dara is also well known for her animal rescue efforts. About 20 years ago during the great flood in Missouri, she volunteered with the St Charles Humane Society. Women from CA flew in to coordinate the efforts to rescue pets. She then became the disaster relief coordinator for the national group called Emergency Animal Rescue Service. The group responds to national and federal disasters for displaced dogs, cats and domestic pets. Her last volunteer activity of this kind was during Hurricane Katrina when she flew in with her backpack and sleeping bag, slept in an army tent and worked with the National Guard. They worked 16 hours a day without air condition or any amenities, in an alligator-infested area!

In 2001, she helped with the adopt-a-thon for stray dogs and cats on Queeny Park. 28 rescue groups were involved for two days and 350 animals were adopted. Even though Dara is not so actively involved in these bi-annual adoptions anymore, she is still well known for her vocation with animal adoptions and is regularly called upon to find foster homes for dogs and cats in her large network.

I feel it is not by chance that Ferguson has attracted so many good, strong people like Dara, whose anti-racist roots run deep. We all live here in Ferguson, a diverse community, by choice. I congratulate Dara for her strong leadership, for her volunteer work with animals, and for her work in our city. She represents the Best of Ferguson!

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



NCI Requests Nominees and Sponsors for NCI Salutes 30 Leaders in Their Thirties Campaign

North County Incorporated (NCI) is seeking nominations for this year's NCI Salutes 30 Leaders in their Thirties campaign. The 2016 NCI Salutes 30 Leaders in their Thirties campaign will recognize leaders in their thirties who are making a significant impact on North County through their professional and/or community involvement.

Nominate someone in their thirties who works and/or lives in North County, is an outstanding professional, excels at their company, is a committed volunteer who uses their leadership skills for the betterment of a civic or charitable organization, is a municipal employee who, through proactive involvement, is helping create a more livable community, or an entrepreneur who is giving back to North County.

All nominations are required by September 8, 2016.

The 30 leaders who are chosen will be honored at the NCI Salutes 30 Leaders in their Thirties reception and luncheon. The public is invited to attend this event on Thursday, October 27th at 11:30 a.m. at Christian Hospital's Detrick Building. Reservations are required. The cost is \$57.00 per person. If a company is interested in sponsoring this event and supporting North County's young leaders, sponsorship packages are available. To become a sponsor, contact the NCI office at (314) 895-6241 for more information.

North County Incorporated is a regional development organization, which acts as a catalyst to define and advocate economic and community development for North St. Louis County. NCI was established in 1977. The Board is composed of community leaders and business owners. Sean Hogan, SSM Health DePaul Hospital, is NCI's 2016 Chairman of the Board.



Ask Grandma

Raking Leaves

I've probably told you this story before, but since I don't remember whether I did or not, you probably don't remember either.

My parents lived in Bellerive Acres (in Normandy). Their lot was just under 3 acres and most of the back expanse was trees. Raking and disposing of leaves was quite a chore, and as the years progressed, and the trees grew larger, bagging the leaves was next to impossible.

There was a deep ravine between their yard and the neighbor's yard and we found that if we raked the leaves into the ravine, they would decompose over time, and we'd have our very own mulch.

After I married and moved out of the house, I still helped to tend the yard. I go to my parents house and would wait until my small children were taking a nap and then, leaving my mother to watch them, would go outside and mow or rake, depending on the season.

One day I decided that I would burn a bunch of the leaves instead dumping them in the ravine. My dad came home from lunch every day and he warned me not to burn the leaves before he went back to work.

Of course, I knew better. All I have to do is take precautions. I raked a big pile of leaves, then raked a 10-12 ft. path around the pile. I turned on the hose and thoroughly wet down the cleared path. Then I left the hose running (just in case) while I lit a match.

Whoosh! No sooner had I dropped the match than the fire leaped over my cleared path and began burning down the rest of the yard. Panic! Panic! I worked frantically, using my feet and the hose trying to stop the ever progressing fire. When I finally accomplished that, I turned the water on my original stack of leaves and extinguished those flames also.

Now what? I had to cover up my disobedience, so after the fire was completely out, I raked a fresh layer of leaves on the burn marks. Then I went inside and pretended nothing happened. Dad came home and he never said a word, but I don't think I fooled him.

Lesson: Your parents are smarter than you think.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

Paint and Wine Streetfest Fundraiser – Savoy	Sat., Sept. 3
Cabooses Open	Sat., Sept. 3
LABOR DAY	Mon., Sept. 5
Baseball in Pittsburg Trip	Sat., Sept. 3 to Wed., Sept. 7
Florissant Kiwanis Prayer Breakfast – Christian Hospital	Wed., Sept. 7
Last Concert of Season – Plaza @ 501	Fri., Sept. 9
North County Inc. Golf Tournament – Emerald Green	Fri., Sept. 9
Saturday Academy Begins – Library	Sat., Sept. 10
Community College Tech Fest – Library	Sat., Sept. 10
St. Peters UCC Community Picnic	Sun., Sept. 11
Taste in Ferguson – Savoy	Sun., Sept. 11
Pet Blessing – Immanuel Church	Sun., Sept. 11
Mystery Trip	Wed., Sat., Oct. 12-15
City Council Meeting – City Hall	Tues., Sept 13
AAUW Opening Reception	Sun., Sept. 18
Aqua Fitness Begins – McCluer South Berkeley	Mon., Sept. 19
Swim Lessons Begin – McCluer South Berkeley	Mon., Sept. 19
Food Truck Monday – Plaza @ 501	Mon., Sept. 19
Family Game Night – Library	Wed., Sept. 21
Autumn Equinox	Thurs., Sept. 22
Debby Lennon in Concert – St. Peters	Fri., Sept. 23
The Awakening Photography Exhibit Opens – Good Shep.	Fri., Sept. 23
Streetfest – Victorian Plaza	Fri., Sept. 24
St. Peters Beer and Hymns – Brewhouse	Sat., Sept. 25
Public Hearing – Library Tax – Library	Mon., Sept. 26
City Council Meeting – City Hall	Tues., Sept. 27
BTC Fall Festival	Sat., Oct. 1
Lombard Peace Center – 1st Presbyterian	Mon.-Fri., Oct. 3-7
Ferguson's Got Talent Classes Begin – Library	Sat., Oct. 8
Poker Tournament – Lions Den	Sat., Oct. 8
EarthDance Farmers' Formal – Union Station	Fri., Oct. 14
Gambling in Oklahoma Trip	Wed., Fri., Oct. 26-28

4th Annual THE TASTE IN FERGUSON

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■ Cathy's Kitchen	■ Natalie's Cakes & More	■ Whistle Stop Frozen Custard
■ Drake's Place Restaurant	■ Papa Murphy's Pizza	
■ Earthdance Farms	■ Paul's Market	
■ Ferguson Fire Department	■ Ray Ray's Kettle Corn	
■ Ferguson Police Department	■ Roper's Ribs	
■ J&C BBQ and Blues Restaurant	■ Sam's Club	
■ London's Wing House	■ Schnucks Markets	

Celebrity Chef Cooking Demonstrations by:

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