

Serving Ferguson and Surrounding Communities

Help Us Celebrate the Life of

## Brian Fletcher



**14**  
January

Join us for Trivia, Music, and Fun

**#iloveferguson**

Suggested Donation: \$25 per person \$200 per table

Proceeds will benefit a memorial effort in the City of Ferguson

**At Ferguson Community Center**

Doors Open at 6pm Trivia begins at 7pm

**BEER AND SODA PROVIDED**

Email [alicefletcher5@gmail.com](mailto:alicefletcher5@gmail.com) or call (314)210-0909 to reserve a table(8) or seat

PosterMyWall.com

### Saturday, January 21st Ferguson's Indoor Farmers' Market



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

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



### January Events at the Ferguson Public Library

For more information, call 521-4820 or visit our website, [ferguson.lib.mo.us](http://ferguson.lib.mo.us)

#### Tuesday Night Book Club

Tuesday, January 24 from 6-7 pm

Join us on the fourth Tuesday of each month for a chance to discuss and respond to this month's featured selection. **For our first meeting**, bring your favorite book or a great recommendation so that we can plan our upcoming selections.

#### Crafternoon - Book Binding

Friday, January 27 from 5-6 pm

Unwind, relax, and flex your creative muscles with us on the fourth Friday of each month with Crafternoon! This month, we will be learning some book binding basics and making our own books.  
**Registration required.**

#### → LOTS OF GREAT PROGRAMS AHEAD! ←

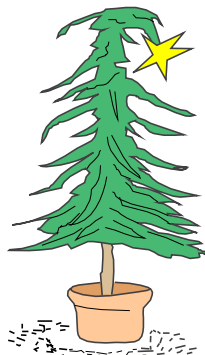
- **Robotics and Coding with the YMCA** - It's back! Learn how to build and program a robot and write your own computer programs. Class starts on Tuesday, Jan. 10 from 6:30-8 pm. **Registration required.**
- **Yoga for Adults** - Also returning for the new year! Learn how to increase your flexibility and de-stress. All you need is your own yoga mat or beach towel.
- **Adult Computer Classes** - Learn computer basics in our classes designed for beginners!

#### → CALL US FOR MORE INFORMATION TODAY! ←

#### City Council Meetings:

Tuesdays, January 10th and 24th at 7:00 p.m. – 110 Church Street.  
City Hall will be closed Mon., Jan. 16th in observance of Martin Luther King Holiday

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### Christmas Tree Recycling

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

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

The site will be set up from December 26, 2015 through January 31, 2017.

### Page 18 – Read Dr. Martin Luther King Jr's full "I Had a Dream" speech

Also Inside:

Page 8 – Handicapped Encounter Christ (Dinner)

Page 10 – Financial Focus (Passwords)

Page 12 – Letter from Library Director (Scott Bonner)

Page 16 – Touhill Events



Rev. Martin Luther King Jr celebration is Monday, January xx

If You Have Items of Interest, Contact [cider@att.net](mailto:cider@att.net)



## January 2017 CityWalk

January: when we all make resolutions. Here in Citywalk we are resolved to continue growing, becoming an ever stronger and healthier community. New businesses continue to open. A belated welcome to Papa John's Pizza, 419 S. Florissant. Another new eatery slipped in: Banana Yummies, 497 Airport Road. Tax Prep Zone has opened just in time: 195 N. Florissant.

Meanwhile, we have some Dazzling Diamonds among us! The St. Louis Dazzling Diamonds Dance Company (STLDDC) is a traveling, competitive, trophy award winning majorette dance team, founded by Naomi Ashby and DeAndre Isom. STLDDC's mission statement is: "The St. Louis Dazzling Diamonds Dance Company's Mission is to educate, inspire and instill principles of teamwork through the love of dance and cultivate it into a passion for a purposeful life."

In addition to competing, STLDDC performs at community events, volunteer productions, fashion shows, sporting events, parades, birthday parties, charity events, and showcases. More than eighty-five kids (predominantly girls, but boys are welcome) practice every day at 48 S. Florissant, rehearsing Monday through Friday, 6-9 p.m. and Saturday, 9-5 p.m. They have been featured on the t.v. show "Bringit!" When asked why they have set up their location in Ferguson, Ms. Ashby said, "So many of our children who participate in our dance programs live right in this area." STLDDC is currently raising funds for a dance floor. They have visions of expanding their programs beyond dance to agriculture and arts, having kids grow gardens and learn to cook what they grow. They will start offering programs for adults in the near future. STLDDC will open to the public in February 2017.

If you would like to become involved you can email them at [stldazzlingdiamonds@gmail.com](mailto:stldazzlingdiamonds@gmail.com).

Remember:

- Celebrate the Life of Brian Fletcher, Saturday, January 14, 2017 at 7:00 pm at the Ferguson Community Center.
- Ferguson's Indoor Farmers' Market January 21, 2017 at 9:00 am - 12:00 pm

(This final section is for Citywalk business owners only.)

The Citywalk Advisory Board meets the 3rd Thursday of the month from 5:30-7:30 p.m. at the office of Pearce Neikirk, and all Citywalk business owners are encouraged to attend.

## Ferguson Eco Team Begins New Film Series

BEFORE THE FLOOD is the first film of the 2017 monthly winter/spring environmental film series hosted by the Ferguson Eco Team. This film presents a riveting account of the dramatic changes occurring around the world due to climate change. Join Leonardo DiCaprio as he explores the topic of climate change, how it affects our environment and what society can do today to prevent catastrophic disruption of life--the demise of endangered species, ecosystems, and native communities across the planet.

The film will be shown **Tuesday, January 24**, 7:00 PM in the St. Stephen's Episcopal Church Parish Hall, 33 N. Clay (at Darst), Ferguson, MO 63135. The event is free and open to the public. For more information: (314) 521-8418; [carletonstock@aol.com](mailto:carletonstock@aol.com).

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

**CALL BOB**  
**524-1264**



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](mailto:cider@att.net)

Copy or ads for the paper must be received by the 15th of the month for inclusion in the following month's paper.

## The Plumber's Crack

By Oh Baby [bigohbaby@sbcglobal.net](mailto:bigohbaby@sbcglobal.net)

Furnaces running non stop, rock salt everywhere, ice scrapers flying off the shelves, water heaters starting to fail, doctors offices loaded with colds, flu and broken bones . . . it has to be January and time for an icy addition of the Plumbers Crack.

Well readers of the Crack as you can tell by my opening we are going to talk winter tips this month. I feel like I'm a little late because of the cold and ice that hit us hard just before Christmas.

One of the things I mentioned was water heaters failing. A lot of that has to do with incoming water temperature. It can get as low as 40 degrees this time of year. Your water heater is normally set around 120 degrees. When you turn on that shower that 40 degree water starts mixing at the bottom of the tank and by the end of the shower that water in the tank could drop 10 degrees. So what do you do to stay warm? Do you raise the temperature of your water heater? Do you just turn the knob on your faucet to a hotter setting? Either one will work by turning up the temperature just a little. By getting it up to 125 degrees you will be able to turn your control on your faucet down a little and use a little less water which means the heater won't work as hard. If you just turn the control on your faucet to a warmer setting when showering, your water heater will work a little harder, but for not as long.

Another thing that helps this time of year is put a pipe covering on the hot water lines. That helps keep the water warm all the way to the fixtures. This will not work on the cold water lines that would just keep the cold water cold all the way to the heater.

I also want to bore you with my normal cold weather tips. For some it's a reminder for some it's a first time read so here we go.

When the temps get down to single digits it's a good idea to



open up those cabinet doors at night and put a little fan on the outside of the cabinet aiming in. This will circulate the warmer air of the house under the cabinets on outside walls. Letting a faucet dribble works but the problem is making sure you have hot and cold dribbling.

Walk the perimeter of your house, especially in your basement, to see if you feel a draft. If you do, find a way to plug it. High wind can pinpoint a piece of pipe and freeze it. I see it happen every year. Make sure your outside faucets are shut off on the inside and open and drain on the outside. If you have the anti freeze hydrant you should be OK, even if it has a small drip that would actually keep it from freezing.

Get those hoses off the outside faucets. If you don't you will see me in the spring.

Well I hope some of this info helped. if you have any questions you want answered email me and I'll try an answer them if I actually have an answer.

Well my friends, it's a new year and I'm not big on resolutions I just hope that we all can be respectful of each other be kind to each other. That would be a resolution we should all make. Yes, and you know what's coming now . . . look out and get to know your neighbors, get involved in your city, watch out and hug them kids, someday they may be watching out for you.

Happy New Year and God Bless you all.

Oh Baby

**Premier Plumbing Solutions**

P8563, D8563



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**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**

## Harvest House Opens

The Harvest House is the new packing shed at EarthDance! It is the place where student farmers, volunteers, and youth alike will bring in the harvest, weigh, wash, pack, and cool our produce. Bringing this process indoors will greatly benefit both the farmers and the vegetables! This project has been 2.5 years in the making, and in order to complete it, EarthDance would love your support!

We are so grateful to the following businesses and funders who have made our progress thus far possible: Mysun Foundation, Missouri Department of Agriculture, Negwer Materials, Paric, and Sachs Electric!

Our year-end fundraising campaign is to raise an additional \$11,200 to finish outfitting the building with insulation material, a new walk-in cooler, sinks, and tables!

Would you like to contribute? Call 314-521-1006 or go to [www.earthdance-farms.org](http://www.earthdance-farms.org)

Tax-deductible donations can also be mailed to:  
EarthDance, 233 S Dade Ave, Ferguson, MO 63135.



## Ferguson Youth Initiative Hires New Executive Director



**Ferguson**  
Youth Initiative

The Ferguson Youth Initiative (FYI) located at 106 Church Street, announced the hiring of Aaron M. Harris as Executive Director. Harris recently served as the Director of Youth Services for the Fathers' Support Center in St. Louis for six years.

FYI is a nonprofit 501c3 organization that is centered on providing a positive outlet for Ferguson youth through the arts, by providing services to youth between the ages of 13-19.

"We are excited to welcome Aaron Harris to the Ferguson Youth Initiative," said Board President Dwayne T. James. "We were looking for someone who is passionate about Ferguson, our youth, and recognizes that FYI's mission is a key element to the quality of life in our city," added James. "We feel Mr. Harris is the right person for the job."

"My main goal is to enhance the employment readiness program (NEXT STEPS) for the youth of Ferguson," said executive director Harris. "We're planning to create partnerships with local employers who can provide training to ensure that our youth are ready on the first day of the job," added Harris.

For more information concerning the Ferguson Youth Initiative, please visit their website at [www.fyiferyouth.org](http://www.fyiferyouth.org) or by contacting them at 314-749-5379.

## City of Ferguson Candidate Petitions Available Election Notice – April 4, 2017

The City of Ferguson, Missouri, will hold an election on Tuesday, April 4, 2017, for the office of Mayor for a 3 year term. Any person wanting to file a declaration of candidacy for this office must also submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms are now available in the City Clerk's office and may be picked up at any time during regular office hours.

The petitions may be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on **January 17, 2017**, and must be accompanied by a \$10.00 filing fee, which will be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson Candidate filing will close at 5:00 p.m. on Tuesday, January 17, 2017, which date is the eleventh Tuesday before the election. For further information, please call the City Clerk at 524-5152.

CITY OF FERGUSON  
Octavia Pittman, City Clerk

## 2017 Twilight Run

Why should YOU be a part of the 2017 Ferguson Twilight Run?

Since 2010, people of all ages and fitness levels from throughout the greater St. Louis region have run and walked the USATF certified 5K and 10K courses on the streets of Ferguson in the annual Ferguson Twilight Run. Neighbors, musical groups, friends, family and supporters line the course that winds through the rolling hills of Ferguson to cheer runners and walkers on to the finish line. Everyone celebrates at a free concert with local food and beverage samples at the finish line. All race proceeds go to organizations that provide opportunities for healthy and active living in North St. Louis County. Why shouldn't you be a part of the 2017 Ferguson Twilight Run?!

[RaceDirector@FergTwilightRun.com](mailto:RaceDirector@FergTwilightRun.com)

## Candidates Sought for St. Louis County Extension Council

Twelve county residents have remained on the St. Louis County University of Missouri Extension Council in 2016 and eleven will continue their role after a January 2017 election.

Council members whose terms continue are Larry McGowen, Chair (Wildwood), Lisa Taylor, Vice-Chair (Lewis and Clark), Karen Watkins, Treasurer (Lafayette), J. Toni Burrow, Secretary (Ferguson), Sylvester Bolden (Midland), Courtney Hinton (Normandy), Dave Kreuter (Creve Coeur), Margo McNeil (Florissant), Mary Oswald (Bellefontaine Neighbors), Bill Ruppert (Kirkwood), and Tim Schmalz (University City).

Jinsong You (Queeny) is going off the council in March 2017, after serving three consecutive terms.

County extension council members work throughout the year with University of Missouri Extension staff members in planning and making recommendations for educational programs such as agriculture, home economics, business and industry, community development, youth development (4-H), and various continuing education courses, seminars and workshops.

The St. Louis County Extension Council meets at 6:00 p.m. on the third Thursday of every month at the St. Louis County office.

Individuals interested in serving on the council may contact Dwayne James, County Program Director, at the St. Louis County extension center at 314-400-7391.

Elections will take place between **January 17 and 31**. You will be able to vote online, as well as at the St. Louis County Extension office. Information about the University of Missouri Extension of St. Louis County, as well as where to cast your ballot in this election, can be found on the web at <http://extension.missouri.edu/stlouis/>.

Additional information about upcoming classes and events at University of Missouri Extension in Saint Louis County may be found online at <http://extension.missouri.edu/stlouis>. Please follow us on Twitter. Like us on Facebook.

Contact: Dwayne James, County Program Director [jamesdt@missouri.edu](mailto:jamesdt@missouri.edu)

# Ferguson Community News Page

## Change is easy, we need Progress

By Mayor James W. Knowles III

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

— Hal Borland, American Author/Journalist  
1900-1978



Over the past couple years, I have often heard people talk of "change." By definition, change simply is defined "to make or become different." What does that even mean for the city? To do something different is only to do something other than what we are doing now. But is that really our goal? It would seem that it is a pretty low bar to set if your goal is only to do something different. I think most of us have learned over the years that different isn't always better. In fact, I often hear residents longing for many of the great things the community did in the past, but we no longer do for one reason or the other. Some of the things we as a city now do differently have led to complaints because the change actually didn't lead us to better results.

Talking about change is easy, but defining what that change should be is much harder. Like the old saying, "don't throw the baby out with the bathwater"; change that you seek should be the change that is beneficial, and shouldn't cause harm or unintended consequences along the way.

In our community, the change we seek must be change that is beneficial for all. So how do we know what change we need? It starts by setting a direction by which we can move the entire community. Direction is more important than action, because moving or changing in the wrong direction can hurt you more than it helps.

Imagine our city as a car driving down the highway with an interchange up ahead. Some people in the car are just happy to see the car moving. Some in the car complain because they want to see the car moving faster. Others want to see the car change direction, because driving in the same direction for too long is boring (like driving across Kansas). Some people have ideas about taking a shortcut to where they are going. Ultimately, what is important to all of us in the car, is that we safely get where we are going. Driving too fast can lead you to miss the turn you should have taken, or even end up in a car accident. Taking the wrong turn can lead you down a path that makes getting to your destination longer, more expensive, or will simply land you stranded and lost.

We haven't always made the correct turn on our city's 120 year journey, but we have been moving and changing. A drive from one end of town to the other will take you past century old Victorian homes across from more modern ranch-style houses, and through a bustling historic main street on your way to a modern shopping plaza. We have a community center where our seniors have a dedicated space directly across from where our teen center is located. We are a community where lifetime homeowners live next door to newly arrived residents. We have festivals, neighborhood associations, and city programs where people of all ages, races, creeds, and backgrounds, come together in a sense of community that is unlike many other places. The direction in which the community is currently moving, leads to a future from which all segments of our community can benefit.

People like to talk of change, but I prefer to talk of progress. Change doesn't signify a direction; it just indicates something will be different. Progress is about moving forward in a positive direction, and progress in Ferguson is about moving forward for all people. The future of Ferguson is one of progress, with a healthy homage to our past, as we work toward a brighter future. As a community we have been changing for a long time, and as we begin this new year, let us re-dedicate ourselves to making "progress" as a community.

## Ferguson Neighborhood Organizations

Dates & times subject to change. Check [www.fergusoncity.com](http://www.fergusoncity.com)  
Unsure of your group? Call 314.524.5257

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Jan 10 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Jan 12 7 pm	Ferguson Community Ctr. 1050 Smith Ave	jeskepark-neighborhood@gmail.com
Nesbit-Newton	TBA	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	Jan 12 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	Irene Kidd kiddirene87@gamil.com
Southwest Ferguson Neighborhood Group	Jan 9 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr 1050 Smith	May Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Jan 9 7 pm	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	Jan 9 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

## Ferguson Welcomes New Planning and Development Director



The City of Ferguson is pleased to announce the hiring of Elliott Liebson to fill the position of Planning and Development Director. Liebson is a certified economic development and planning professional with 20 years of experience in community development, business recruiting and retention.

"We're excited to have an experienced person who can help the City of Ferguson revitalize our business base while sustaining the fantastic businesses we already have," said Ferguson City Manager De'Carlion Seewood.

Mr. Liebson's experience includes managing the successful application for designation of the Downtown Webster Groves Historic District ('Old Webster'). As a volunteer, Liebson helped recruit developers for the successful renovation of the Peabody (Kiel) Opera House.

He most recently worked as an Economic Development Specialist for Beyond Housing, where he was responsible for facilitating and implementing an economic development plan for Great Streets Project on Natural Bridge, between I-170 and St. Louis City Limits.

In the City of Ferguson, Liebson will be responsible for all activities and programs of the Department of Planning and Development. His duties will include the supervision of the Planning Development Departmental staff and Code Enforcement Inspector. He will also be responsible for providing technical advice and guidance to the City Manager and other City staff regarding development activities and participating in neighborhood and community planning.

### City Council Meetings:

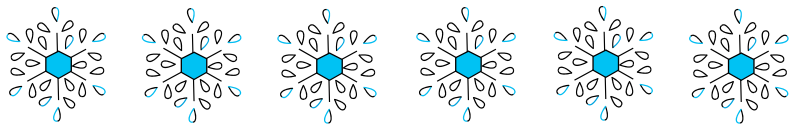
**Tuesday, January 10th at 7:00 p.m.  
and Tuesday, January 24 at 7:00 p.m.  
City Hall Council Chambers, 110 Church Steet**

*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: DeCarlion Seewood. Public Relations Intern, 314-524-5229.  
**City Hall:** 110 Church Street, 63135, 314-521-7721. Website: [www.fergusoncity.com](http://www.fergusoncity.com). **Contact Us by Email:** [Information@fergusoncity.com](mailto:Information@fergusoncity.com)

# Ferguson Community News Page

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



## COMMUNITY CENTER

Don't forget to pick up the new Destination Recreation brochure with a complete list of programming offered throughout Ferguson at the Ferguson Community Center or online at [www.fergusoncity.com](http://www.fergusoncity.com)

### 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.

### Memberships

Resident Youth – Daily \$1/ Yearly \$50  
Resident Adult – Daily \$3/ Yearly \$85  
Resident Senior – Daily \$1/ Yearly \$50  
Resident Family – Yearly \$165

Non Resident Youth – Daily \$3/ Yearly \$200  
Non Resident Adult – Daily \$5/ Yearly \$200  
Non Resident Senior – Daily \$3/ Yearly \$120  
Non Resident Family – Yearly \$300

Each patron is required to have an I.D. card which can be purchased at the front desk of the community center. Residents must present 2 forms of identification to receive a resident ID card. There is a \$5 fee for each card. If the card is lost/stolen, a new card can be issued for \$5.

## PROGRAMMING

### Children's Tumbling

This class starts off with coordination and balance exercises followed by basic tumbling skills such as forward rolls, back bends, and cartwheels. Gymnastic or ballet shoes, leotard and tights are highly recommended but not required. No jeans, baggy clothing, tennis shoes, or bare feet. Ballet shoes recommended.

Age: 3 ½-7 years old & 8-13 years old  
Start Date: Mondays (8 week session)  
Time: 5:45pm-6:40pm (3-7 years old)  
6:45pm-7:40pm (8-13 years old)  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### Children's Tap & Ballet Dance

A wonderful opportunity for a child to learn creative movement along with simple dance steps and routines in tap and ballet. Tap and ballet shoes, leotard and tights are highly recommended but not required. No jeans, baggy clothing, tennis shoes, or bare feet. Ballet shoes recommended.

Age: 7-15 years old & 8-13 years old  
Start Date: Wednesdays (8 week session)  
Time: 5:45pm-6:40pm (3-7 years old)  
6:45pm-7:40pm (8-13 years old)  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### Children's Tap, Ballet, Jazz & Hip-Hop

This is a wonderful opportunity for a child to learn creative movement along with simple dance steps and routines in tap, ballet, jazz & hip-hop. Tap and ballet shoes are highly recommended but not required. No jeans, baggy clothing, tennis shoes or bare feet.

Age: 3 1/2-7 years old  
Start Date: Mondays (8 week session)  
Time: 5:45- 6:40  
Location: Ferguson Community Center  
Fee: \$34/Members; \$29/ Residents; \$44/ Non-Residents

### Hip Hop/ Jazz Dance

High energy class starts with a warm-up and stretching exercises followed by dance skills in hip hop and jazz which will be incorporated into dance routines. Jazz shoes highly recommended but not required. Stretch pants should be worn. No jeans or baggy clothing, tennis shoes, or bare feet.

Age: 14-18 years old  
Start Date: Wednesdays (8 week session)  
Time: 7:45pm-8:40pm  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### Beginning Adult Dance

Warm-up with easy Freestyle dance steps followed by basics in Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Salsa, and Swing (learning these dance styles will enable participants to dance at any social event). Class is taught by Diane Brown who has 30 plus years dance and choreography experience in the St. Louis area. Wear comfortable clothing and hard-soled shoes. No tennis shoes.

Age: 18 & Up  
Start Date: Mondays (8 week session)  
Location: Ferguson Community Center  
Time: 7:45-8:40  
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

### Private Dance Lessons

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

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

## AQUATICS

### Aqua Fitness

Stay fit this winter, 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.

Start Date: Mondays & Wednesdays  
Time: 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

Age: All ages  
Location: McCluer South Berkeley High School indoor pool.  
Start Date: Mondays & Wednesdays  
Call for details

## FITNESS

### Intro to Fitness

Join the Ferguson Community Center staff and learn how to properly use the fitness equipment in our fitness center. This class is offered once a month and you must pre-register at the front desk.

Age: 16 years old and up  
Days: Tuesdays  
Time: 7:45-8:40pm  
Location: Ferguson Community Center  
Fee: FREE/Members; \$2/Residents; \$3/ Non-Residents and Guests

### Tap Dancing for Fun & Fitness

Get a fun and creative workout while learning a new skill--Tap Dancing. Easy yet energetic tap steps enhance the rhythm of the song and motivate you to move with the music. You'll enjoy hearing the tapping of your feet and will hardly realize you're working out and burning calories! The class ends with a cool down and light stretching. Tap or hard-soled shoes are highly recommended. No tennis shoes

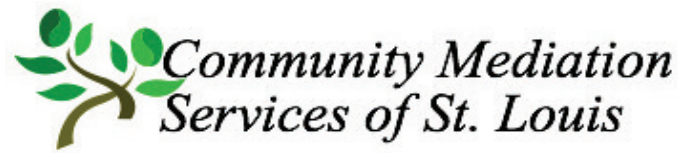
Age: 16 years old and up  
Start Date: Wednesdays (8 week session)  
Time: 7:45-8:40pm (Age 14-18)  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### Slide Dance

Do you want to enjoy your workout while also having fun? Try out our slide dance class! It is an 1 hour dance class designed to teach basic and intermediate slide dance skills and routines. Participants are given a chance to grow more comfortable on the dance floor while having fun and socializing with others in the community. Wear comfortable clothing and adhere to these 3 rules: have fun, forgive, and keep moving!

Age: 18 & Up  
Start Date: Mondays (8 week session)  
Time: 6:30-7:30  
Location: Community Center  
Fee: \$25/ Member; \$30/ Resident; \$35/ Non-Resident

(See more Parks and Rec Activities on Page 6)



December 3rd was the third Saturday of all-day mediation training on my way to become a volunteer mediator with the Community Mediation Service, an activity identified by the Consent Decree and valuable to all our communities and I'd like to share where I am on this. I'm a 64 year old white guy who grew up and still lives in the greater Ferguson area. My church home is in Ferguson. My wife and I believed it was the right thing for us to stay and raise our children here and experience the changing community, because it would good preparation for our kids. It was also good for me. The 12 folks in the class found their way to the class by various paths, but all seem to want to be helpful to the community. This training feels really important. We are all volunteers.

My long standing feeling is that the biggest challenge we all have as neighbors is staying in touch, especially when we don't normally hang around with one another. My life experiences have proven to me, time and time again, that occasionally (actually the better word is "often") we end up seeing things differently, and often this leads to points of friction. When this happens our own personal skill set to help us resolve these person-to-person conflicts is often sorely lacking (perhaps I should say for myself "non-existent"). For me, I might have approached a disagreement by telling someone how it's going to be, and my patience for listening and understanding to the other person might have been close to non-existent. Well at some point in my life, this was true of me. I have grown a lot over the years.

Now I'm finding through this mediation training that there is a pathway out of this charged atmosphere of "my way or the highway". I'm learning that we all have our own truths (another word might be "reality"), and until we are heard by the other, and the other hears us, nothing is going to move. Nothing. In fact, things will either stay the same or get worse. So, enter the concept of the Community Mediator Service, an organization that has been around for decades, whose mission is "bringing people together to talk and resolve differences." This is not arbitration, where someone decides who wins. It's not one party forcing itself on the other. This is folks simply talking, using their own words, sometimes guided by the volunteer mediator, sometimes where the folks start figuring things out for themselves, where the folks share only what they are willing to share, find common ground only where they want to find common ground, and incredibly, with a high degree of success, see solutions that they would never have seen otherwise, all in the framework of civility. Of course, it does require a desire to want to stop the divisiveness and find something new. Yep, it requires that.

To sum up: I like it. It's cool. I think we need this. Maybe it's a model for all of us. As a new member of the Community Mediation Services volunteer mediators I ask for the community's support, but more than that, I would love to see folks contact us when you can benefit from a third-party supporting constructive conversation, succeed with the process, duplicate the process in their own life, and choose to heal your own community, two people at a time.

Respectfully, Dan Cross

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## Aerobics Class

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

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

### Aerobics

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

Age: 18 years & up  
Days: Monday, Wednesday, or Friday (8 week session)  
Time: 6pm-7pm  
Location: Ferguson Community Center  
Fee: \$25/Members - 1 day per week  
\$30/Residents - 1 day per week; \$35/Non-Residents - 1 day per week

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

### 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  
Time: 10am  
Fee: Free/ Silver sneakers members  
\$3/ Non- Silver sneakers 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  
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 Berkley  
Fee: Free/ Silver sneakers members  
\$5/ Non- Silver sneakers members

## SPECIAL PROGRAMMING

### 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.

2017 Wayside Dog Park memberships now on sale.

Yearly Fee: \$30 Residents; \$60 Non-Residents; \$5 per additional dog (three dogs per family).

### Computers for Seniors

Do you feel like you're left in the Stone Age while technology keeps moving forward? Do you have grandchildren who you would like to keep up with through social media? If so, then sign up for Ferguson's Computer for Seniors course. This class will start with teaching you very basic computer functions and extend your knowledge until you surfing the World Wide Web with confidence and ease. Note: This class requires participant to create an email account.

Age: 50 and older  
Dates: TBA (6 weeks)  
Times: 11:00am-Noon  
Location: Ferguson Community Center  
Fee: \$20/Member; \$25/Residents; \$30/Non-Residents

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## Provident Hosting 'Spirit of Provident' Annual Gala



'Spirit of Provident' Award to be presented to Carol and Ambassador George (Bert) Walker III

Provident is hosting its Second Annual 'Spirit of Provident' Gala on Saturday, February 11, 2017, honoring Carol and Ambassador George (Bert) Walker III as the recipients of the Spirit of Provident award for their commitment to advance the quality of life in the St. Louis region. Risa Zwerling and Mark Wrighton, Chancellor of Washington University, last year's inaugural honorees of the 'Spirit of Provident' award, will serve as the honorary chairs.

Senator Jill Schupp will receive our inaugural Betty Sims Advocacy Award for her legislative efforts in the area of suicide prevention training in schools. This award was created in honor of Betty Sims who was a member of our Advisory Council for three years and a strong advocate for mental health in our state.

Dan Gray, KPLR news anchor, will be the master of ceremonies for the evening. The keynote address will be provided by special guest, Darryl Strawberry, former professional baseball player, author, and pastor. The gala will be held at the Four Seasons Hotel St. Louis, from 6-9 p.m. Tickets are available at [www.providentstl.org](http://www.providentstl.org) for \$175 per ticket or \$1750 for a table of 10. Proceeds for the annual benefit support Provident's mission of helping people to a brighter future through counseling, suicide prevention and intervention, and community services.

"Mental health challenges affect one in five citizens. At Provident, we believe that everyone deserves a happy, healthy, productive life and a brighter future. The proceeds from this gala will do just that, and help us serve the community through counseling, afterschool programs, 24/7 life crisis assistance, and advocacy," expressed Kevin Drollinger, Provident's Executive Director.

Host committee members include Sally Barker; Raymond and Debbie Bentele; Stephen F. and Camilla T. Brauer; Robert Fox and Maxine Clark; Dr. William H. Danforth; John and Yvette Drury Dubinsky; Sam and Marilyn Fox; Amrit and Amy Gill; Hugh and Janice Grant; Michael and Noemi Neidorff; Jerry and Sue Schlichter; Craig and Nancy Schnuck; Robert and Gerry Virgil; John and Anabeth Weil; and Keat and Debbie Wilkins.

Current sponsors include: Presenting Sponsor - Centene Charitable Foundation; Platinum Level - Dr. William H. Danforth, Sam and Marilyn Fox, Carol and Ambassador George (Bert) Walker III; Gold Level - Stephen F. and Camilla T. Brauer; Silver Level - Ameren Missouri, Robert Fox and Maxine Clark, John and Yvette Drury Dubinsky, Amrit and Amy Gill, Midwest Regional Bank, Craig and Nancy Schnuck.

### About the Spirit of Provident Award

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

### About the Betty Sims Advocacy Award

The board will select legislative or community leaders each year who have advocated for mental health issues in the state of Missouri in order to advance the behavioral health of individuals and families.

### About Provident

Serving the St. Louis Area since 1860, Provident is an accredited, nonprofit, United Way-funded agency that helps individuals and families to a brighter future through counseling, suicide prevention and intervention, and community support programs.

Contact: Janet Frain, Manager, Communications  
Phone: 314.802.2629; Email: [jfrain@providentstl.org](mailto:jfrain@providentstl.org)  
[www.providentstl.org](http://www.providentstl.org)

## Good Shepherd Gallery First Show of the Year

Good Shepherd Gallery's first show of the year will be "Interior Expressions," featuring oil paintings of Gary Lang. The show will open with a reception on Saturday, January 14 from 1 p.m. – 3 p.m.

Of his own work, Gary says: "The subject matter of my artwork for the past forty years deals with abstractions of organic elements. This includes images of the cosmos, plant forms such as seed pods and tree forms, and interior parts of human anatomy. Nature inspires my soul with its mystery and beauty while design systems guide my compositions. Each work is a prayer, an experiment, and an expression of my interior life."

Gary holds a BFA from Webster University, MFA from Washington University, and his MA in Art Education from University of Illinois at Urbana-Champaign.

Good Shepherd Gallery is located at 252 S. Florissant Road, in the City-Walk district of Ferguson. Gallery hours are Tuesday-Friday, 10 a.m. – 6 p.m. and Saturday, noon – 4 p.m. Call 314-522-1155 for more details.



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## How To Become A Smart Marketer

By LaTease Rikard

Your digital marketing should be a customer journey through awareness, lead generation, revenue, creation and engagement focusing on social media. For example if you have created a digital campaign targeting African-American millennials you need to zoom into the cultural as well as the social impact your message conveys. You'll need to deep dive into knowing what this market likes, how they live, what

is their political stances, environmental, the whole kit and caboodle. You must get to know that audience in order to talk digitally to them.

Don't use the data you've collected as the Bible; remember data tells the story after your customers have visited your website or social media page. What you want to do is to learn to predict where your customers are going, what they might want, and then create that experience. Remember, an on-line shopping experience has to be rich as well as unique. If you've ever shopped on Amazon, think about how the successful e-commerce site suggests similar products or complementary products that you might also desire.

Some may find it annoying, but Amazon makes a huge amount of additional revenue by suggesting similar products to the one you're buying. Try buying a case for your smartphone and Amazon will suggest vehicle car chargers, batteries, additional USB chargers for the model phone you have. And when you see these items, many times you do a quick inventory check to see if you need them or if you want to spend the additional monies for them. I'm always impressed with the way Amazon uses bots to predict and recommend items to upsell to buyers.

Obviously Amazon is using its data to work for them instead of the other way around. The use of bots are only one part of the machine that has changed the way consumers shop online. Instead of allowing the data analytics to drag the business into the weeds of marketing, Amazon and plenty others have discovered the way consumers like to do business online. Consumers want it easy, low cost, good quality, and fast shipping options. Have you gotten on the e-commerce bandwagon yet? Think about connecting your website or social media page to a website that offers consumers an experience rather than asking them for money. Create an experience using the data analytics you uncover, and watch not only will your customers return but also they will bring more customers with them.

I hope this article has been helpful if you need a free consultation about social media marketing, or data analytics, give me a call at 314-495-2497.

## Are These Mid-Winter Blues Bringing YOU Down???

Well, here an idea for YOU!!!

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## 10th Annual Entertainment and Dining to benefit the St. Louis Chapter of Handicapped Encounter Christ (HEC)

**Savoy Banquet Center**  
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**Friday, February 10th, 2017**  
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\$30/per couple

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please contact:

Dwain at: 314-274-8930  
Jeff at: 314-524-0500  
Pat at: 314-570-3409

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### 303 Allen Place \$198,500

Looking for a ONE-OF-A-KIND home? Look right here! We have performed an exhaustive search for homes similar to 303 Allen Pl and there aren't any! 2017 will make this home a century old and it is not showing its age. At almost 4800 square feet, the home can be divided into two separate living spaces as an over and under duplex, or the home can become a single family by opening two doors. Large bright rooms, wonderful hard wood, two masonry fireplaces, built-ins galore, French doors and a very private location make this a charming place to spend life. Call us today!



### 151 N Clay \$149,500

This century home has many delightful features but one of the features is most unique. It has a main floor Master bedroom suite. Most homes built in this time period had all sleeping areas on the second or third floors. Whether this home was designed with this feature or was modified at a later date is difficult to determine. It is a large bedroom with a full bath and a spacious walk-in closet. The first floor laundry is located just off of the updated kitchen. New carpeting, two additional bedrooms and a sitting room and a light and bright family room finish the home. Call Amy at 314 660-8050 for a visit...but hurry, we have other families interested!

### 38 S Barat

Plenty to see and appreciate in this wonderful one and a half story Bungalow cottage! Three bedrooms, one and a half baths, tasteful updates throughout the home and a beautiful back yard with a deck and very large patio are just a few of the features to enjoy. The lower level has a half bath and a large family room with a full masonry fireplace and built-in bookcases. Gleaming hardwood flooring runs throughout the Living room and Dining room. The Living room has a second fireplace and built-in bookcases and the Dining room features a bay window. Start the new year off with a bang and make your appointment to visit.



### 426 Tiffin Ave \$89,500

This is a remarkable home at a remarkable price! Call Amy at (314) 660-8050 for a visit. A well cared for NEW address for you, with all of the character a folk Victorian has to offer. The entry foyer is dramatic and opens into a Living room/Dining room combination that runs from the front to the rear of the home. Hardwood flooring and custom trims and casements are all here to enjoy. There are three large bedrooms and multiple baths. Financing for first time buyers is still available so give Amy a call.

### 828 Risdon Avenue \$69,500

A perfect home to begin the new year in! This cozy 3 bedroom ranch is clean and well maintained, waiting for new homeowners ready to enjoy the Jeske Park neighborhood, and just in walking distance across the street to Lee Hamilton Elementary school. The home boasts hardwood floors, a bright eat-in kitchen, spacious living room with fireplace and built-in bookshelves. The fenced yard is perfect for children or pets, and great for outdoor gatherings. Conveniently located near January Wabash Park, and just minutes from highway access. This house is truly perfect for a first time home buyer. Call Amy at 314-660-8050 for a showing today!



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# The Ferguson Computer Corner



by Doug Neely  
BLESSINGS TO ALL THIS NEW YEAR!!

**HAPPY NEW YEAR!!! :)**   
are you glad 2016 is finally over? do you need the fresh start that 2017 promises? of course you do! let's see now. what can you do this year that you haven't ever done? hmm...OH! i know! you can go watch some videos on YouTube! well, not just any vid; i have something special for you to watch. <https://www.youtube.com/user/officer401>  
i have been watching his vids for some time now, and i figured that i should share it with you. i think you'll get addicted like i am. :)

if any of you have some faves on YouTube, let me know. i'll watch, and if i like it, i'll tell you about it right here.

Time To Get Cleaned Up, dept. my Mom always told me to go get cleaned up for \_\_\_\_\_ (you fill

in the blank!) it got to the point that she didn't have to tell me anymore; i just got cleaned up!

i imagine there are those of you who picked up a little something in your puter, and would like to clean it up, too. (all that holiday surfing, you know!) well, i have a suggestion for you. i have always been looking for that FREE Anti-Virus to end all anti-viruses. i for sure have found most of them, i think.

you should know that my thots are that there are quite a few that are just as good, and even better, actually, than the ones you have to pay for. i have named several over the years. now i want to give you another one to consider. as a matter of fact, i have used it in the past, and i found it quite capable then. it still is. and it's free (still).

Avira Anti-Vir is from a German company, and they like to have their anti-virus go easy on your system resources, processing, and memory. i just downloaded the most recent version to use on a notebook. i am a happy camper! if you would like to try it out, go here to check it out: <https://www.avira.com/> now they do have other programs, including a free security suite, which i have not yet used. still, if i wanted it, i would have no qualms to download & depend upon it. as always, read up & do your homework. don't ignore it because it's free; that would be a mistake!

**Dougie Boogared It Up, dept.**  
yeah, i did. it completely slipped my mind to tell you about my yearly discounted labor for the holiday season. well, let me tell you right now. half price. that's half price on labor for all of January, February & March of 2017. call me for details if you think you might need me for something. as always, my diagnosis is free. beat that, Worst Buy! sorry, but i just couldn't help myself! :) just think of this as my normal (albeit ever-so-slightly late) Christmas present to you!

**ME GO NOW!**  
Yvonne just told me that i have to go start the New Year out "right", whatever that means! :) whilst i contemplate the meaning of it all, i want to wish to you & yours a most blessed New Year! OH! i should also mention that our heavenly Father would also like to help you start this year out RIGHT! maybe you could go to church at least ONE more time than you did last year. how about it? get right with Him; you'll be glad you did!

...it is now safe to turn on your cute little puter! :)

If you would like to contact Doug for his FREE puter advice, it's best to call him in the PM HOURS at \*314\*521\*1789\*. If you email, [fergusoncomputercorner@aol.com](mailto:fergusoncomputercorner@aol.com) will get your missive to him, AS LONG AS YOU INCLUDE YOUR LOCAL TELEPHONE # AND PUT THE PHRASE "i need puter advice" INTO THE SUBJECT LINE! If you don't wanna do that, that's ok; just don't expect to hear back from him! HAVE A BLESSED NEW YEAR!

## Ferguson Northern Lights Christmas Parade

The Christmas Parade was exceptionally good this year. Too bad the weather did not cooperate as it drizzled and was cold most of the evening. The vendors were moved inside at the Savoy Banquet Center where both sellers and buyers were more comfortable.

Pictured below is the firetruck with sirens blaring . . . always a favorite of the children. To the right are the Christmas carolers who entertained in the gazebo. And finally the last picture depicts the lighting of the Ferguson Christmas Tree, which signaled the beginning of the Holiday shopping season.

Thanks to everyone who participated.



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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.

Another new year always makes me think about what I can resolve to do better. There is one thing that I know most of us could do much better. And that is protecting our selves from being hacked. Alright I understand it is very difficult to do in this cyber world we live in. Every time we open the paper or listen to the news we hear that another large company has been hacked and its customers are now at risk. Our own financial information can be severely compromised without having done anything to create the risk other than using a debit or credit card to pay for something. As of mid-December, the latest was the breach at Yahoo. E-mails, security sites and even our election may have fallen victim to hackers.

Protecting your hard earned money and your identity has become a new industry over the past twenty years. The first time a major retail store announced that customers should take action to protect their accounts after personal information had been exposed, everyone looked with shame to the retailer. How could they have let this happen? Some even suggested they would never shop there again. It didn't take long for more revelations of security breaches to make the public realize that we can't avoid these types of risks – it's just part of the new age.

Whenever a new exposure has been announced we also hear the advice to change your passwords. What's so hard about that? It sounds pretty simple, yet most of us do a really poor job of managing our passwords. Sadly, this is where a good deal of security breaks down.

So if it's just a matter of changing passwords, why aren't we doing a better job on our own? Most businesses require their employees to change passwords fairly often and they will be prompted to do it. Some financial institutions are starting to do the same with their customers because they know we don't do it.

At one time I only worried about my bank accounts and a virus attacking my computer from an e-mail. As a consumer we rely on our financial institutions to help protect access to our information. And of course, anti-virus software on your PC is a must. Today, those pesky e-mails that try to attack your computer have gotten more advanced and even though we know to be careful PCs continue to get infected. And financial institutions are constantly working to thwart any attempts to hack and we must take some responsibility too. When ATM cards first came out, so many people had trouble remembering their PIN that they kept it with the card. And of course, if someone found your card and PIN it was easy to empty your account and it wasn't the bank's fault. So we all must be vigilant and think of our passwords just like a PIN.

Like many people, I thought high security was just for those who might be dealing with very private information. Why would someone want to hack me? I don't have government secrets. And with regard to my password selection, I have done what seems easiest and have a system involving family names, dates and favorite television shows. It's only really starting to sink in that all of the conveniences brought to us by the internet and cell phone technology could create such a threatening cyber environment. So we do need to take more secure precautions to defend ourselves and our reputations. So learning just what kind of protection I really need or what I can do before something happens to make it less likely to happen is my New Year's goal.

The most widely subscribed advice I seem to find is to create strong passwords and change them periodically. To those who are in my age bracket this seems like another maintenance task due to my increasing reliance on technology for communications. Yet to my children and grand-children it is just part of life maintaining passwords, however they have admitted they don't do as well as they should either. They may feel more comfortable than I do with all of the things we can do with our phones today, but they do admit they still have trouble keeping up with passwords. I was introduced to a website <https://howsecureismypassword.net/>. When I put in some of the passwords I've used in the past it would tell me how quickly a computer could crack the code. 54 milliseconds to crack the password popped up when I put in the first password I ever used and used for years. I felt much better when a later password came up as ten years. Creating a new password according to guidelines I've found on password security web sites got me up to hundreds of thousands of years before it could be cracked. So that's a pretty easy and inexpensive way to manage keeping myself secure.

Another tip I found was the advice to make sure you use a different password for every website you deal with. Whoa, now that really sounds like a lot of work. And, how can I possibly remember all of those passwords? Ah, "necessity is the mother of invention" – yes there is a service to help you manage all of those passwords. Sometimes I really wonder about all of these new services, do they ever get hacked? Of course, they do. So, that's even more reason to be diligent in keeping up with password management. That doesn't mean you shouldn't use a service, but don't expect any to be completely secure. Anyone and any company can get hacked. The biggest complaint for most people is trying to keep track of their many passwords in a secure way. Carrying a list with you may be as secure as keeping the list on your computer and is probably not a good idea. So I may give one of these services to help with password management a try.

Other tips on protecting yourself involve when and where you are using the internet. If you are using a public computer at the library or café, you would prob-

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ably do best to avoid using anything you need a password for. So that means that I probably shouldn't do internet shopping from any computer other than the one in my home. Maybe that's a bit drastic, but it makes me feel safer and it's not difficult to do. I've never needed something so badly that I would need to place an order on-line in a café. Really anywhere there are public Wi-Fi connections you could be at risk entering a password. And, if you are always forgetting your password for some retailers and you are in the habit of just getting a link to change the password every time – this could open the door for another possible hack. That involves the security questions you must answer. If you always choose the name of your pet – it makes it easier for the hackers.

Like other functions in our open communication world of technology, we need to be careful and maintain the knowledge to protect our information from leaking out to others and from just getting lost by not backing up and having a storage system in place. Over the past year, I have nearly lost a lot of pictures and had my phone get damaged. Both of these experiences have demonstrated my reliance on technology and my lack of knowledge for maintaining my tools, a phone and PC.

So for 2017 I will be spending more time learning better techniques for keeping my information up to date, backed up and secure. So when the news reports that another large retailer has been hacked, I'll have no worries other than just changing passwords. Some may long for the time when keeping your information secure was as easy as just shredding your paper documents. Today, we need to stay smarter than the hackers and at least make their jobs more difficult.

In the next few months I will let you know how this resolution is working out and if a password management service has been as helpful as I hope it is. If you have any comments, please e-mail me at [consultjoan@att.net](mailto:consultjoan@att.net).



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

**Save the Date to Celebrate the Teachers that Inspire You**  
The Challenger Learning Center's second annual Inspiring Teacher Celebration, will take place on **Thursday, January 26, 2017**, 5:00-7:00pm at UMSL's Collabitat Space. Sponsors for the event include Emerson, the Clark-Fox Foundation, Missouri Extension Program, and the Missouri Math and Science Coalition.

Enjoy food and drink, celebrate extraordinary teachers, and help raise money to inspire the future generation of innovators. Registration available soon.

This year, the Challenger Learning Center is sponsoring METC's Student Innovation SHOWcase: Show-Me a Movie category. Middle school teams are encouraged to create a movie about the 2017 solar eclipse, and one team will be selected to participate in a special simulated space mission as part of our Inspiring Teacher Celebration. Teachers and students can learn more about the SHOWcase at METCedplus.org.

**About the Month of January**

- Winter Holidays in January are:
- New Years Day
  - Martin Luther King Jr.,
  - National Book Month
  - National Thank You Month
  - National Eye Care Month
  - National Volunteer Blood Donor Month
  - National Soup Month

Symbols of January:  
Birthstone: Garnet  
Flower: Carnation  
Zodiac signs: Capricorn and Aquarius  
History: January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year. The original Roman calendar only had 10 months. Jan-

uary and February were not included, but were added later.

**Fun Facts about January:**  
On average, it is the coldest month of the year in the Northern Hemisphere. It is the second month of winter. In the Southern Hemisphere January is a summer month the equivalent of July. Sometimes the Saxons called January the wolf month because hungry wolves would come into their towns searching for food this time of year. For a long period of European history, the start of the New Year occurred in March.

Read more at: file:///Users/dorothy-seiter/Desktop/August/JanuaryEvents.html



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- St. Louis Citysearch

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## Ferguson by Foot

By: Margaret Wolfinbarger



It was a morning like any other; dark, cold, deadly. I rose from bed and looked out the window to see Jack Frost with a hatchet in one hand, and what I can only assume was a bag of noses in the other. I touched my nose and decided that I wanted to keep it, and so I descended into the bowels of my home into my own personal torture chamber (otherwise known as my home gym).

My home gym consists of an elliptical machine, a yoga mat, an assortment of weights for puny-muscled people like me (all under 15 pounds), and a step

which I use for step aerobics videos. On this particular morning I was certain if I tried to fumble around with the step I would most likely sprain my ankle—or worse—clunk my head on the concrete floor. And so I turned my gaze onto what I fondly refer to as the Elliptical of Doom.

The NordicTrack Audio Glider 800 is a nifty machine I picked up off Craigslist in 2011 when I had lost most of the weight. I had grown weary of spending rainy days walking back and forth through the house and wanted something a little more challenging. Let me make one thing very clear to the dear reader, nothing could have prepared me for the clobbering that quickly ensued.

When one turns on the television and sees an ad for an elliptical, one thinks it will be easy. There is usually a very fit man or woman with 0% body fat in spandex swinging their legs while smiling. So when I climbed aboard, I envisioned myself swinging and swaying and smiling. What actually happened more closely resembled a fat and fuzzy hamster in its Habitrail wheel, foaming at the mouth in place until its wobbly legs gave out and it fell face forward onto the plastic, but centrifugal force caused it to loop-de-loop a few times until the wheel stopped and the bedraggled hamster rolled off into its cedar shavings in a puddle of froth and stench.

Still, over the years I have developed a certain fondness for that terrible, horrible, no good contraption. I have proven that my heart—though beating rapidly—will not actually pop out of my chest (even though I was many times sure it would). I have learned that while it is possible to shout at ones whiney child while pedaling, it is not usually advisable, due to the fact that one may lose ones footing and fall off, at which time said child will continue to whine and ask if they still have to go to school. (The answer is always yes). But the most important thing I have learned on the elliptical machine is that I can read and exercise at the same time, thereby surreptitiously multi-tasking by converting fat cells to brain cells in one fell swoop, which is almost as rewarding as jogging up Powell hill, though not quite. Therefore, I love my Elliptical of Doom as one loves their obnoxious sister; you know the one who lovingly tells one that their butt is too big. She is nothing if not honest about the state of ones body.

So on that fateful morning, of which I previously spoke, I had arranged all of my gear around the machine: a 48 oz. water bottle, my Kindle reader and a towel to soak up sweat. I stepped up and the Audio Strider chirped. The lights popped on and I pressed the settings for maximum leg jellification (the state by which one jogs until the legs turn to jelly). The machine chirped again and I began to swing my legs, except the resistance didn't kick on and I almost flew over the handle bars. I stopped pedaling. I blinked. I stared at the console and tried again. The machine chirped reassuringly, and for a fraction of a second I thought everything was okay. Alas, it was not.

No matter how much I jiggled and wiggled wires or stopped and started the machine, the result was the same. The machine showed no signs of life except for the bubbly chirp, which was really beginning to annoy me. And that is when it hit me, Eureka! I killed the Elliptical of Doom!

Except that, oh crap, that meant I had to do step aerobics. And so I said a few choice words that bear not repeating, and I sighed and scowled. And then I said a little prayer. Because needless to say, noses were not the only thing in Jack Frost's bag that morning, he stole the heart of my elliptical machine as well. And while I have been enjoying looking at the shiny new NordicTrack models online, I keep glancing over at Old Faithful (as I lovingly refer to her now) and wondering if anything can be done to save her. But the more important question remains, is it summer yet?

For more inspiration, follow me on my blog:  
[www.destinationdiscipline.com](http://www.destinationdiscipline.com).

**I made a salad for dinner! Mostly croutons & tomatoes.  
Really just one big, round crouton covered with tomato sauce.  
And cheese. FINE, it was a pizza. I ate a pizza.**

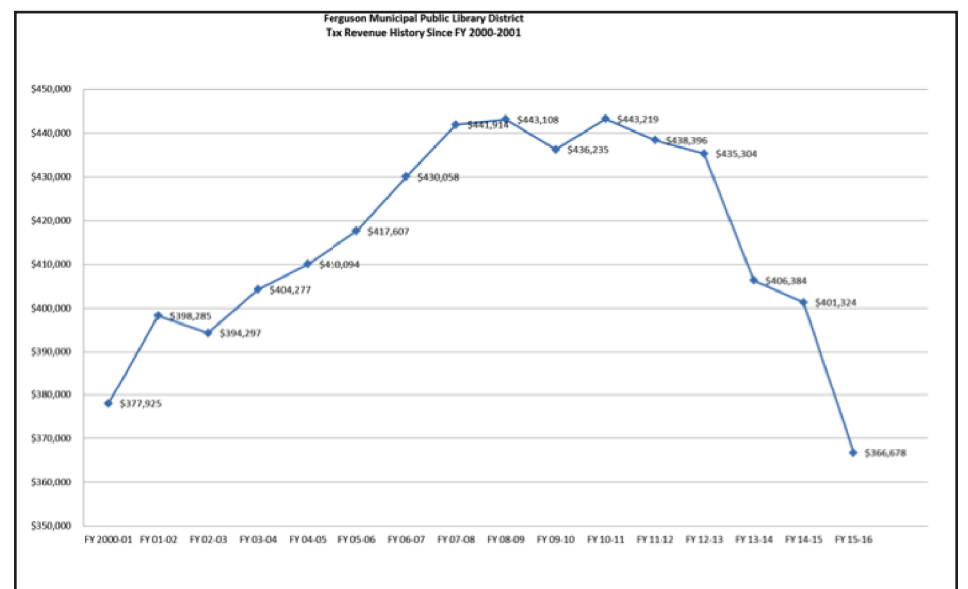
## Letter from the Library Director

Over the past two months, I have shared many of the ways we at the Ferguson Municipal Public Library have been working to help you and the rest of the Ferguson community. I like to believe we have played an increasingly vital role over the past two years as we have striven to become more sensitive and responsive to the needs of the Ferguson community.

I also believe deeply in transparency. As a tax-funded organization, we want to make you more aware of how we are using those monies; hence the articles over the past two months. Librarians are notoriously frugal, and we take very seriously our obligation to be wise stewards of the monies with which we are entrusted. Every penny is accounted for, coming in and going out. We have 5 sets of eyes on each purchase we make, one for ordering, another for receiving, another for cutting the check, and two more to sign the check. We are always looking for the best deal we can find, and looking for ways to cut spending, without sacrificing our mission to support lifelong learning, cultural literacy, and bringing Ferguson together. Every year we hire an auditor to inspect the process. We have a yearly budget duly approved by our governing Board of Trustees, and monthly updates for the Board to track our progress. In short, we care about being good stewards, about living up to the trust you put in us.

We strive, every day, to do as much as we possibly can. We strain against the constraints of limited space and limited staff time. We are always looking for ways to reach beyond our grasp, to realize more than what anyone would expect for a little library.

Financially, we are in an odd position. Note the chart below showing our incoming tax monies per fiscal year since 2000. Our budget comes almost entirely from individuals paying property taxes in Ferguson, with nothing from St. Louis County and very little from the State of Missouri.



This is in real dollars, not adjusted for inflation. We received less tax money last fiscal year than we did in 2000-2001, and the actual buying power is lower still. That's about \$17 to spend on each resident of Ferguson, less than the cost of a new book. In comparison, other independent St. Louis libraries received per capita funding of \$48 to \$87.

What makes our position odd is that we received a significant, one-time influx of donations in 2014. This has masked our dramatic drop in tax monies, allowing us to operate like a library with a rise in funding instead of a decrease. This, obviously, cannot last. One-time donations are a temporary bump, and we will be facing that lower funding level in the next year or two. That means hard choices. If nothing changes, instead of our current trajectory of expanding responsive programming and increasing the number and quality of services we offer, we will be looking at drastic measures like cutting programming, cutting staff hours, or cutting the hours the library is open. We face the heartbreaking prospect of drawing back in, going quiet, not being able to do everything we want to do for the people of Ferguson.

But we are not taking that lightly. We are running a fundraising campaign using the massive list of 12,000 donors from across the country. This is also not sustainable long-term, but we are making the most of our opportunities. We save money, space, and staff time by partnering with other organizations in nearly everything we do, such as partnering with Boeing to offer technology programs, local elementary schools to create literacy programs, and Florissant Valley Community College to offer computer use classes.

We foster programs with small budgets and big impact, like the Readings on Race Book Club. We are working hard to sustain this moment as long as we can, because this moment means we help you and every other person in Ferguson. That's what libraries do.

—Scott Bonner, Library Director,  
[sbonner@fergusonlibrary.net](mailto:sbonner@fergusonlibrary.net), 314-521-4820



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Join us for Kindred Home Health Home Medical Equipment  
Thursday January 19th at 9:30am  
Complimentary Breakfast 9am  
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### COMING EARLY 2017!

The City of Ferguson and Mid-East Area Agency on Aging (MEAAA) are partnering to bring exciting programs, activities and meals to older adults in your community!

Here’s a sampling of what will be available:

- Freshly prepared, nutritious meals
- Health and wellness activities
- Educational programming
- Information and assistance
- Socialization
- Volunteer opportunities
- And much MORE!\*

We need your help! Tell us more about the programs and activities that you’d like to see by e-mailing [jkeith@mid-eastaaa.org](mailto:jkeith@mid-eastaaa.org) or calling MEAAA at 636-207-0847. We look forward to seeing you soon and assisting you through your journey of aging!



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## Under The Hood With Robinwood

By Bob McGartland

### The Top 10 New Year’s Resolutions!

We all either make a New Year’s resolution or discuss one with family or friends.

Do you know the Top 10 Resolutions? Here is the list...

- Lose Weight
- Get Fit
- Eat Healthier
- Quit Smoking
- Quit Drinking
- Learn Something New
- Save Money
- Spend more time with family
- Travel to a new place
- Be less Stressed!

Here are my Top 10 “Think About It” Resolutions for you to enjoy and laugh at...

- Don’t send a text to someone sitting in the next room...or the same room.
- Try taking a selfie that looks like a picture of an actual person
- Don’t make your resolutions on a napkin at a bar on New Year’s Eve and lose it immediately.
- Don’t be convinced by the 2 am infomercial.
- Don’t drunk dial, text, or snapchat.

- Don’t let your dog be your vacuum
- Don’t do so much “foot cleaning” if you spill something
- Actually finish a chapstick before you lose it
- Walk without staring at, using, or listening to your phone
- Don’t stay home from work so you can watch the Law and Order: SVU marathon on TV

Here at Robinwood, our New Year’s resolution is to be thankful for every customer, and do our best to continue to earn your trust.

On behalf of Dr. Robyn Lawrence, the staff of Get Well Family Chiropractic, the staff of Robinwood Automotive and myself, we want to express a heartfelt thank you to everyone who supported our Shoebox for Seniors drive last month. Once again many people donated personal care items, hats, gloves, shoeboxes and or gave a monetary donation. Not to mention we received an abundance of candy this year. This help to fill the boxes with lots of extra sweet treats.

Through the generosity of so many, we were able to fill 120 shoeboxes for our local seniors. Thank you very much.

May God’s Peace and Grace be upon everyone throughout the new year.

Happy New Year ToAll!!

### Senility has been a smooth transition for me

Remember back when we were kids and every time it was below zero they closed school? Me neither.

I may not be that funny or athletic or good looking or smart or talented... I forgot where I was going with this.

I love being over 70. I learn something new every day...and forget 5 others.

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## THURSDAY 3:30-7:30

## SATURDAY 11 - 1

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(314) 521-4820 - [ferguson.lib.mo.us](http://ferguson.lib.mo.us)

## Community Engagement Event Held in Ferguson's Dade Park

On the afternoon of Saturday November 19, Mother Nature provided the perfect setting for a day filled with fun, fellowship, and unity among Ferguson residents and city leaders. The first ever community engagement conversation brought a crowd of all ages to Dade Park in Ferguson.

The event was the idea of longtime resident Deborah Rice Carter who says she had several things she hoped to accomplish. Carter says she wanted to encourage everyone to help make Dade Park along with the surrounding neighborhood more safe and family friendly.



All ages were included in the plans for the Dade Park community event. There were prizes, games, and crafts to keep children happy while adults gathered nearby.

The event was a chance for residents and area leaders to interact in a casual setting with no set agenda beyond promoting what makes Ferguson a great community. Volunteers collected surveys

asking residents what they would like to see in the near future and beyond. The results will be shared later as part of ongoing efforts to unify Ferguson, and to address areas of concern.

City Manager De'Carlton Seewood was among city staff taking advantage of the chance to meet neighbors, and encourage residents to stay involved and engaged with the city. "We have been through a lot, but we have learned a lot and made many changes with the help of so many here who simply want the best for this community."

Helping to make the event a success were many sponsors and co-sponsors including the City of Ferguson, Old Ferguson West, Jobs and More, and the Ferguson Lions Club.

## Dead Penguins - I never knew this!



Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they go?

Wonder no more!

It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into it and buried.

The male penguins then gather in a circle around the fresh grave and sing:

"Freeze a jolly good fellow."  
"Freeze a jolly good fellow."

## One Year Anniversary Approaches for Ferguson Neighborhood Policing Steering Committee

Since December 2015, a dedicated and passionate group has met regularly to help the City of Ferguson put a plan for community policing into action. The Neighborhood Policing Steering Committee includes several dozen members who meet once a month in Ferguson. The mid November meeting included residents, members of the business community, and city leaders including Ferguson City Council members Ella Jones and Heather Robinett.

Like many new programs and procedures implemented since the unrest in Ferguson, the neighborhood policing plan is another way of helping the community move forward. Monthly committee meetings allow members to voice concerns, make recommendations, and have difficult conversations geared toward making Ferguson a better place.



The most critical part of the neighborhood policing meetings is the focus on restoring, or creating a positive relationship between the city, community, and police. "It means all of us working together focusing on solving problems and crime prevention versus simply arresting people," said Ferguson Police Chief Delrish Moss.

For Mayor James Knowles, the importance of bringing the group together is to help make Ferguson better, safer, and more united. "It means improving the quality of life for our entire Ferguson Community and bringing our officers and people together."

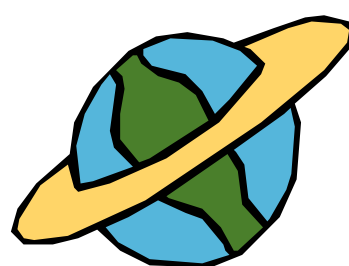
Neighborhood policing meetings include time for small group discussions, potluck meals, and progressive plans that address issues like youth involvement, community engagement, and outreach.

While much progress has been made through the monthly meetings, much more work remains ahead, and help is always needed and welcomed. The final 2016 meeting was held on December 15, beginning with a potluck at Ferguson City Hall.

### JUST A FEW THOUGHTS FOR JANUARY . . .

**I don't mean to brag but...I finished my 14-day diet in 3 hours and 20 minutes.**

**A recent study has found that women who carry a little extra weight live longer than men who mention it.**



### A Word From Our Planet . . .

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## Lessons I Hope My Kids Learn

- Ask the elderly lady how she's doing today. Listen to her reply,
- Pick up what you saw fall, even if you didn't drop it.
- Give a kid a penny to toss into the fountain.
- Take chances that won't hurt yourself or others.
- Think before you act.
- Admit your mistakes.
- Do the work it takes to make a good life for yourself.
- Don't take advantage of the kindness of others.
- Look for rainbows, no matter how rare they may be.
- Tell people when you are proud of them.
- Don't say "I know how you feel" even if you've been there before. Just say "I'm sorry, what can I do for you."
- Stand up to bullies by being smart and kind.
- Read to someone who can't. Write notes to someone who can.
- Enjoy that cupcake.
- Eat your vegetables.
- *Be the kind of person your mom always knew you could be.*

# Get Well

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Dear Patient and Friend,

In the winter, when the temperature goes down, it's especially important to take good care of ourselves. Remember that antibiotics are only effective on bacterial infections, not viral infections like colds and flu-[www.flu.gov](http://www.flu.gov) offers the following strategy for treating a cold or flu without medications:

1. Get lots of rest
2. Drink water and clear fluids
3. Ease fever with cool damp washcloths on forehead, limbs and anywhere it feels good or peppermint essential oil on the back of your neck.
4. Use a humidifier to improve breathing with 1/4 to 1/2 cup of apple cider vinegar
5. Gargle with salt water to soothe a sore throat.
6. Cover up to stay warm

I can recommend some personalized care, like specific nutritional support, massage or chiropractic adjustments. Procedures like these are designed to improve the function of your immune system, so your body rebalances and heals itself.

We may not be able to change the weather, but we can surely develop positive habits that strengthen us so we get sick less often and get better faster when we do. Take care of yourself and your family-YOU'RE WORTH IT!

### PATIENT TESTIMONIAL

My family and I have been patients of Dr. Robyn since she began her practice. My children, ages 17 and 14 have come to her for their entire lives. My oldest son was adopted from Russia at 9 months, and started seeing her the day he arrived in the states. My youngest, who is my biological child, came to her on his way home from the hospital following his birth. Getting chiropractic adjustments early on helped both children develop strong immune systems as well as maintaining a structurally fit posture. As a family, we have all benefited from Dr. Robyn's chiropractic and holistic techniques that keep us healthy. We are confident that we can rely on Dr. Robyn to help us when we have issues. Dr. Robyn is a caring, knowledgeable doctor with skills to help any condition, at any age, with alternative techniques to have and maintain good health.

-Jackie Finn

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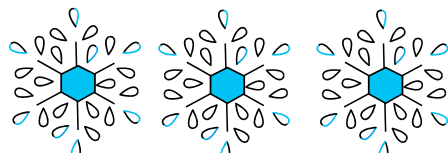
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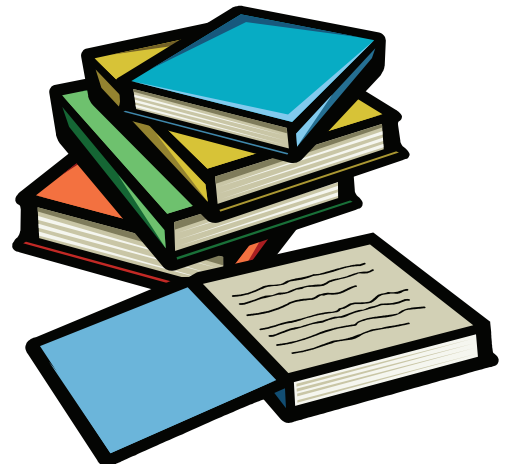
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## Book Club Does More than Read

The Ferguson Readings on Race Book Club will watch and discuss a film instead of a book on **Monday, January 9**, at 5:30 p.m. at the Ferguson Public Library. The public is invited to join book club members for a viewing of The 13th, a video documentary on mass incarceration, followed by a discussion led by Robyn Browning. The meeting will be earlier than its usual time to allow for the length of the documentary. On February 13 the group will return to the 6 p.m. starting time for a discussion of Hillbilly Elegy by J.D. Vance.



For more information, contact Amy Randazzo at [arandazzo@fergusonlibrary.net](mailto:arandazzo@fergusonlibrary.net) or Carla Fletcher at [carlajeanfletcher@yahoo.com](mailto:carlajeanfletcher@yahoo.com)

## Upcoming Blanche Touhill Events

Blanche M Touhill Performing Arts Center  
1 University Dr at Natural Bridge Road,  
Normandy, North St. Louis County, on UMSL Campus



**Classic Albums Live:  
Led Zeppelin II**  
**When: Fri., Feb. 3,  
8 p.m.**  
**Phone: 314-516-4949**  
**Email:  
ticket@umsl.edu**  
**Price: \$36**

No matter how many times you listened to Led Zeppelin II on vinyl or the radio, there's something entirely different about hearing the album played live – start to finish. That's exactly what Classic Albums Live does, brings together some of

the country's finest musicians to recreate the exact sounds of some of the greatest albums recorded. The second half of the show features more of Led Zeppelin's greatest hits.

[www.touhill.org/events/detail/cal-zeppelin](http://www.touhill.org/events/detail/cal-zeppelin)

**A Violin's Life featuring  
Frank Almond**  
**When: Fri., Feb. 3, 8 p.m.**  
**Phone: 314-516-4949**  
**Email: ticket@umsl.edu**  
**Price: \$29**



When Frank Almond first began playing on the Lipiński back in 2008, there was a fair amount of speculation regarding its provenance and history. To most aficionados the violin had “disappeared” for a couple of decades, which was a bit unusual for a 1715 Stradivari. It also became obvious that a modern, technically advanced recording had never been made of this violin. On January 27, 2014, the “ex-Lipinski” Stradivari was stolen from Mr. Almond in an armed robbery after a concert. The violin was recovered nine days later, and the story continues to make headlines around the world.  
[www.touhill.org/events/detail/violins-life](http://www.touhill.org/events/detail/violins-life)

**It's Only Love**  
**When: Sat., Feb. 11, 8 p.m. and  
Sun., Feb. 12, 2:30 p.m.**  
**Phone: 314-516-4949**  
**Email: ticket@umsl.edu**  
**Price: \$34-\$59**



Seventeen of George Gershwin's best loved songs set the Valentine's mood in the marvelous George Balanchine ballet Who Cares? First performed at Lincoln Center in 1970, the ballet pays homage to Manhattan with solo, duet and ensemble dancing that is athletic, playful and charming.  
[www.touhill.org/events/detail/its\\_only\\_love\\_17](http://www.touhill.org/events/detail/its_only_love_17)

## About the Touhill

Designed by the renowned architectural firm I.M. Pei, Cobb, Freed and Partners, the Blanche M. Touhill Performing Arts Center is a landmark performance facility on the campus of the University of Missouri-St. Louis (UMSL). The Touhill was built to provide a performance home for campus events, academic programs, and regional arts organizations. The spectacular venue contains three performance spaces; the Anheuser-Busch Performance Hall with 1600 seats, the flexible E. Desmond and Mary Ann Lee Theater with seating for up to 375, and the open-form Whitaker Hall with seating for up to 250. The Center hosts an average of 150 events, 230 performances, and 105,000 visitors per year.

## Fast Facts About the Touhill

The building is named after former UMSL Chancellor Blanche M. Touhill. She served as chancellor from 1990-2002 and was instrumental in obtaining funding and support for the Center.

I.M. Pei, Cobb, Freed and Partners, the architectural firm that designed the Touhill, also designed the pyramid addition to the Louvre in Paris, Holocaust Museum in Washington D.C., and the Rock and Roll Hall of Fame in Cleveland, Ohio.

The Touhill hosts an average of 150 events per year with 230 public performances.

The Touhill is visited by over 105,000 patrons, participants, and artists each year.



One million people visited the Touhill in its first decade of operation.

The Center took three years to build and was completed in 2003 for a cost of 52 million dollars.

The Center's total square footage is 123,000 square feet. There are three performance spaces within the Center:

- The Anheuser-Busch Performance Hall; a proscenium style road house with 1600 seats
- The E. Desmond and Mary Ann Lee Theater; a flexible space with seating up to 375
- Whitaker Hall; an open form studio space with seating up to 250
- The Terrace Lobby can also be used for events seating up to 350 for lunch or dinner.

There are 20 dressing and artist support rooms allowing for 106 performers to be sat at a mirror at one time.

Front of House operations are supported by a 150 member volunteer guild.

Our dedicated volunteer corps donates an estimated 8,500 hours annually, serving as friendly greeters, ticket takers, and ushers.

The Touhill employs over 30 students to assist with administration, ticket sales, front of house, and backstage services.

Approximately 60% of the Center's usage is for academic and UMSL events.

A third of the Center's usage is by non-profit community organizations.

Nearly 40,000 K-12 students experience the performing arts through Touhill efforts, either attending school performances or through the outreach of our Resident Artists.

In the average year, the Touhill makes over 3,000 deeply discounted tickets to over 50 different productions available to UMSL students. For \$10 or less, students with a valid UMSL ID can see the best in international and national artists when they perform on the Touhill stages.

The Touhill donates over \$15,000 worth of tickets to area charities annually, contributing to various fundraisers and help underserved communities.



### Membership Meeting

Thursday, January 12th  
Moolah Temple Grand Ballroom

**Annual Meeting**  
**Awards Banquet & 2017 Board Installation**  
Pull out the business attire! Time to play dress-up!

Sponsors







## P & G's of Vinyl

– by Bob McCarty

Do you remember in the movie 'The Graduate', the part when the Braddock's were throwing their son, Benjamin a welcome home party. One of the guests suggested to Benjamin, "Plastics, the way of the future". If you are of my generation, you probably remember the music more than the movie. But was that line a prediction of the building industry today? Because back in 1967, I don't remember much about plastic (vinyl) windows or even plastic (vinyl) siding.

But I do remember the article that appeared in this space last month about the young couple who stripped all the paint off of their wood siding. I remember when the interviewer asked, "Why not Vinyl?"

This month, we're going to explore the pros and cons of vinyl as a building material. Even though I eluded to siding, all other plastic materials are to be included in these lists.

Let's get started with the Pros.

• MAINTENANCE FREE; vinyl is impervious to the elements. You won't have to do any type of maintenance on your siding, windows, or any type of plastic materials that were used on your home.

• LOW COST; yes it's cheap. You will always be able to find that \$189.00 window to install.

• ?

• ?

That's about all I came up with for the pros, so let's take a look at the cons of using plastics in and on your home.

• MAINTENANCE FREE MEANS IT CANNOT BE MAINTAINED; that's right, if it's broke, you can't fix it. We've had a few storms in recent years and if your vinyl siding was damaged, a little spackle or other repair mastic could not be used to make the necessary repairs. It was replaced.

• IT'S IMPERVIOUS TO THE ELEMENTS; so all of that siding that was replaced because of those storms was sent to the land fill. The vinyl does not breakdown and decompose. It just sits there for an eternity.

• IT WARPS IN HOT WEATHER AND CRACKS IN COLD; which luckily, we don't experience much of here in the middle of America.

• IT IS MADE WITH SOME PRETTY SCARY PRODUCTS; processed petroleum, chlorine, plasticizers such as phthalates, which are used as softeners, along with other additives. Since these phthalates are added to the Polyvinyl Chloride, (PVC), to soften the product, this is the reason why these chemicals are always off gassing, because they are an additive and not part of the original mix of chemicals. The Environmental Protection Agency, (EPA), has determined that phthalates cause reproductive issues in male laboratory animals, so I personally don't like the idea of having these chemicals around in the air I breathe.

If you remember the incident in Times Beach a few years back; here's another little tidbit of information to scare you away from plastics. A contractor was charged with the job of reducing the dust on the unpaved roads in town. He had been spraying waste oil on the ground to control the dust around many of the horse stables in the area. In the early seventies, he was contracted by the City of Times Beach to help control the road dust around town. He had been spraying the roads with this waste oil for four years; when many of the horses began dying at the stables, the contractor was confronted by the stable owners. He contended that he was using simple engine oil but the stable owners contacted the Center for Disease Control, (CDC). It was discovered that a chemical company in Verona, MO had hired the contractor to dispose of their waste and that waste was what was being sprayed on the streets of Times Beach to control the dust. That waste contained high levels of Dioxin.

But I didn't come here to talk about Times Beach but I did want to tell you that Dioxin compounds are never manufactured intentionally but are produced accidentally whenever chlorine gas is used or chlorine-based organic chemicals are burned or processed under reactive conditions, as in Polyvinyl Chloride. Enough of this, with all of this talk of chemicals, I started looking for a lab coat to finish up this article.

• WITH ALL OF THESE CONS, IS LOW COST REALLY A PRO?; I know that this is a question. But it is a question you should ask yourself if ever comes the thought of replacing your windows or siding with vinyl. Vinyl may not be the answer for substantiality but if the fact that your older home may already have vinyl components, take care of these substrates. Keep it clean so that you may get as much service from it as you can. Only replace what needs to be replaced. And when push comes to shove and it is time to replace, use a more sustainable product and do some research to find if your old vinyl can be recycled.

I know that this hasn't been the most lighthearted article that has appeared here but this is our Mother Earth and she is the only one we will ever have so let's take care of her. Remember that BobonJob's credo is to Repair, Reuse and Recycle as much as possible.

So with that being said, I hope that everyone had a wonderful holiday season and wish everyone a prosperous New Year. Until next month, Bob is On the Job investigating better materials to use in and on your home.

## DID YOU GET A NEW CAR FOR CHRISTMAS?



NO, IT'S OUR OLD CAR.  
WE JUST GOT IT BACK FROM  
**LONERO'S AUTO BODY**  
3776 PERSHALL ROAD, FERGUSON  
314-524-8006

Sun-Mon.  
11am-9pm  
Tues. & Thurs.  
11am-11pm  
Fri.-Sat  
11am-12am



## FERGUSON Handcrafted BEERS

**Golden Blond** – Our lightest beer on tap.

**Unfiltered German Pilsner** – Brewed as a German style pilsner with crisp malt flavors and Sterling hops.

**Belgian Wit** – Bitter orange peel and coriander are added near the end of the boil to give this ale a crisp, yet zesty citrus flavor.

**Hefeweizen** – 50% wheat malt and the yeast shines through giving the beer a great banana/clove flavor and aroma.

**St. Louis Pale Ale** – A golden American style pale ale using Cascade hops at four different points in the boil. Well balanced with a malty mouth-feel and a hoppy citrus bite.

**Imperial IPA** – A spicy hop bitterness and dry-hopped for a big floral aroma.

**Pecan Brown Ale** – Brewed with pecans directly added to the mash. Six different malts is what give this ale its nutty malty flavor.

**Munich Dunkel** – Characterized by the depth and complexity from the toastiness of the Munich malts.

**Oatmeal Stout** – Dark appearance comes from the chocolate and dark barley malts bringing out roasted and mild coffee flavors.

**Limited Release Beers** – See your server about what's on tap

**Brewmaster says:**  
"Any Beer Goes Well with Good Food"

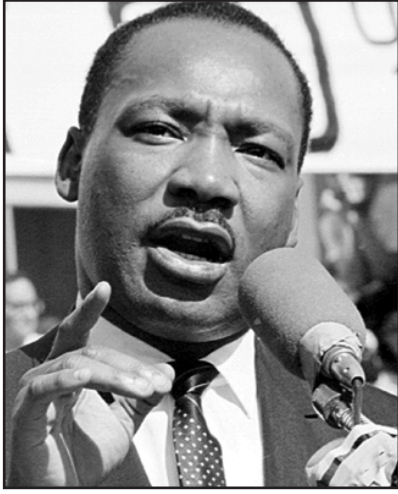
418 So. Florissant Road 314-254-7359  
fergusonbrewing.com



## I Have a Dream!

by the Reverend Martin Luther King Jr. — delivered 28 August 1963, at the Lincoln Memorial, Washington D.C.

*Note from the Editor: I published Martin Luther King's "I Have a Dream" speech in January of 2014. When I read it again recently, I thought it bore repeating in remembrance of his birthday, January 15, 1929. What an inspiring speech!*



I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself an exile in his own land. And so we've come here today to dramatize a shameful condition.

In a sense we've come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the "unalienable Rights" of "Life, Liberty and the pursuit of Happiness." It is obvious today that America has defaulted on this promissory note, insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds."

But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. And so, we've come to cash this check, a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to this hallowed spot to remind America of

the fierce urgency of Now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. And those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. And there will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people, who stand on the warm threshold which leads into the palace of justice: In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny. And they have come to realize that their freedom is inextricably bound to our freedom.

We cannot walk alone.

And as we walk, we must make the pledge that we shall always march ahead.

We cannot turn back.

There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be sat-

isfied as long as the negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their self-hood and robbed of their dignity by signs stating: "For Whites Only." We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until "justice rolls down like waters, and righteousness like a mighty stream."<sup>1</sup>

**"I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."**

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. And some of you have come from areas where your quest -- quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed.

Let us not wallow in the valley of despair, I say to you today, my friends.

And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

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

I have a dream today!

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips

dripping with the words of "interposition" and "nullification" -- one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight; "and the glory of the Lord shall be revealed and all flesh shall see it together."

This is our hope, and this is the faith that I go back to the South with.

With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith, we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

And this will be the day -- this will be the day when all of God's children will be able to sing with new meaning:

*My country 'tis of thee, sweet land of liberty, of thee I sing.  
Land where my fathers died, land of the Pilgrim's pride,  
From every mountainside, let freedom ring!*

And if America is to be a great nation, this must become true.

And so let freedom ring from the prodigious hilltops of New Hampshire.

Let freedom ring from the mighty mountains of New York.

Let freedom ring from the heightening Alleghenies of Pennsylvania.

Let freedom ring from the snow-capped Rockies of Colorado.

Let freedom ring from the curvaceous slopes of California.

But not only that:

Let freedom ring from Stone Mountain of Georgia.

Let freedom ring from Lookout Mountain of Tennessee.

Let freedom ring from every hill and molehill of Mississippi.

From every mountainside, let freedom ring.

And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual:

*Free at last! Free at last!  
Thank God Almighty,  
we are free at last!*

## Ferguson Florissant School District PURCHASES BUILDING TO HOUSE NEW STEAM ACADEMY

In April 2015, voters in the Ferguson-Florissant School District overwhelmingly approved Prop I, a \$31 million no-tax increase bond measure which led the way for a STEAM (Science, Technology, Engineering, Arts and Math) academy for students. During his annual State of the District report, Dr. Joseph Davis, superintendent, announced property has been purchased and plans are underway to have students attending the new STEAM academy in August 2017.



The property is located at 8855 Dunn Rd. in Hazelwood. It is within the boundaries of the Ferguson-Florissant district and formerly housed the offices of United Pentecostal Church International. The building, which includes two residential homes and a billboard that can be used by the district or leased to advertisers, was listed as \$6 million. However, after inspections and strategic negotiations, it was purchased for \$3.6 million.

“The architects at TRi have produced a design that transforms the exterior of the building to a much more modern look while allowing the large majority of the funds set aside for STEAM education from Prop I to be invested on the interior,” said Dr. Davis as architectural renderings of the new school were unveiled. “The rough sketch you see here is a result of researching best designs and practices at STEM/STEAM schools across the country and will provide the space our students need to excel in each of those areas.”

The first class of students in the STEAM academy will be sixth graders. Eventually, seventh and eighth grade students will be added. Also housed in the building will be second through eighth-grade students who are in the district’s PROBE program for gifted students. Sixth through eighth grade students will attend PROBE full time, while second through fifth grade PROBE students will attend one day each week and the remaining days in their home school. Sixth grade students began attending PROBE on a full-time basis at the beginning of this school year.

The district will sell \$5 million of leasehold revenue bonds, which will pay for the price of the building over the next 20 years. Six million dollars of its \$31 million approved bond sale will be used to renovate the first floor of the building and warehouse into the STEAM academy, as stated in the original Prop I measure to sell bonds.

“This is going to be a busy and exciting year as we prepare, and we will share more information and continue to seek your input,” Dr. Davis told the State of the District audience.

Parents and other district stakeholders will have the opportunity to provide their input on the project during a town hall forum scheduled for 7 p.m. Tuesday, Jan. 17 in the Little Theatre of McCluer North High School, 705 Waterford Dr.

About the Ferguson-Florissant School District  
The Ferguson-Florissant School District, located in suburban St. Louis, serves more than 11,000 students from preschool through 12th grade with an excellent comprehensive educational program. Fully accredited by the state of Missouri, the Ferguson-Florissant School District operates 17 elementary schools, three middle schools, three A+ and AdvancED-accredited high schools and an alternative school. In addition, the District includes a nationally-recognized early education program, the award-winning Challenger Learning Center space education facility and the Little Creek Nature Area, a 97-acre nature preserve which offers experiential learning opportunities for students in science, biology, ecology and related areas of study.

For more information, contact:  
Charlene Goston, (314) 595-3946 or (314) 717-9067  
cgoston@fergflor.org

## Ferguson-Florissant School Board Will Keep At-Large Elections for Spring

School board elections in the Ferguson-Florissant School District will continue unchanged, at least until an appeal to a court ruling is heard.

A District judge previously had ordered the school system to use cumulative voting after the NAACP and others sued the board because they believed its election process is stacked against black voters. On Wednesday, December 16, Judge Rodney Sippel granted a stay requested by the district to hold off on his judgment, pending the school board’s appeal to the Eighth Circuit Court of Appeals.

The school district currently holds at-large voting. A judge had ordered the district to instead adopt cumulative voting, which allows voters to submit as many votes as there are candidates and distribute votes among the candidates how they choose.

## Parents! Give the Gift That Keeps On Giving

Give your child a gift that will keep on giving for a lifetime. Your baby was born to learn. Parents are their child’s first and most important teacher. Give your child the best possible start in life by enrolling in the Parents as Teachers program.

The Ferguson-Florissant School District offers Parents as Teachers, a free parent education and family support program, to all families throughout pregnancy until their child enters kindergarten, usually age 5. Parents are supported by Parent as Teachers certified parent educators trained to translate scientific information on early brain development into specific when, what, how, and why advice for parents. Understanding what to expect during each stage of development helps parents capture teachable moments in everyday life to enhance their child’s language development, intellectual growth, social development and motor skills so children can learn, grow and develop to realize their full potential.

Free program services include: personal visits, parent-child activities in a group setting, developmental screenings, and assistance with community resources.

Call the Ferguson-Florissant School District’s Parents as Teachers program, 314-506-9069, to enroll. Upon completion of your first personal visit a certified parent educator will present your child with a free book.

### Challenger Learning Center-St. Louis

## SAVE the DATE

**2017 Inspiring Teacher Celebration**  
January 26, 5-7pm  
At UMSL’s ED Collabitat Space

Please join us for an evening to celebrate teachers who have inspired the current and future generations of explorers and innovators.

In honor of the Space Shuttle Challenger crew, we will be recognizing 7 teachers with the 2017 Inspiring Teacher Award.

Nominate a Teacher

Deadline for nominations is December 16, 2016  
For more information, visit [challengerSTL.org/inspiringteacher](http://challengerSTL.org/inspiringteacher)

## Raja Has a Birthday

The birthday celebration of Raja at the St. Louis Zoo was on Tuesday, December 27. Raja, the only male elephant in residence was born right here in St. Louis 24 years ago. His mother, Pearl still lives here too.

Raja is the biggest of our elephants: tall and leggy with two tusks. He is the father to daughters, Maliha, Jade, Kenzi and Priya.

As part of the celebration, Raja was presented with a giant birthday present filled with some of his favorite things . . . such as bananas, melons, cereal and popcorn. Visitors that day signed a giant birthday card and sang “Happy Birthday.”

As a further treat, Birthday cupcakes and hot chocolate was sold at the Lakeside Cafe.

The happiness and welfare of all of all the zoo animals is the highest priority at the St. Louis facility. They strongly believe that the Asian elephants at the Saint Louis Zoo get the best of care for so many reasons:

- They are accredited by the Association of Zoos and Aquariums (AZA), which has high standards for animal care. Our Zoo’s elephant program meets and exceeds the elephant care industry’s written guidelines for elephant husbandry and care.
- The zoo is managing and breeding elephants responsibly under the guidance of North America’s Zoo elephant care experts, the AZA Species Survival Plan, with the long-term goal of maintaining elephants in Zoos into the future.
- The Zoo has a highly trained and devoted elephant care team. This team includes managers and caretakers who have devoted their lives and careers to the care of the elephants. The highly dedicated staff is on call to care for the elephants round-the-clock.

The Zoo has several expert veterinarians who have achieved board specialty certification by the American College of Zoological Medicine, specializing in the care and medical needs of exotic wildlife, including elephants.

The 10 resident elephants enjoy an enriching social life. Every elephant has interactions with our male and with other females in their herd. Also, our elephant herds include elephants of every age class, allowing enriching and stimulating social and learning interactions within the herds each and every day. The elephants at the Saint Louis Zoo have a state-of-the-art home and complex habitats.



Each elephant has his/her own specialized custom care, exercise, training and nutritional program. The diets for the elephants are carefully calculated and nutritionally-balanced by our Zoo’s professional nutritionist.

The Zoo is gravely concerned about the future of Asian elephants. As few as 35,000 Asian elephants remain in the wild. This is of critical concern. We all need to work together to reverse the critical decline of the wild population.

Through the International Elephant Foundation, the Saint Louis Zoo is partnering with other zoos around the world to support wild Asian elephants and their fragile habitat. They financially support elephant care and conservation projects in both Sumatra and Sri Lanka. Please consider joining them in the cause to conserve these elephants by supporting organizations that are taking direct action to save this species.

**Located on 90 acres in Forest Park, the Saint Louis Zoo is home to more than 603 species of animals, many of them rare and endangered. It is one of the few free zoos in the nation and has been voted America’s Top Free Attraction. The Zoo annually attracts three million visitors, who can see 14,840 wild animals—including the thousands of leaf cutters and butterflies at the Zoo.**

## Snow Blowing 101 From Family Handyman

### Snow Blowing 101

Running a snow blower seems like a skill you could master in two minutes. But we wondered: If it’s really that simple, why are there 6,000 blower-related injuries in the United States every year? And why do repair shops get overwhelmed after a big storm?

To get answers, we talked with experts at all the major manufacturers—as well as the guys who fix blowers. It turns out that operator error is the No. 1 cause of clogs and breakdowns, and improper clearing of clogs is the most common cause of injuries. The experts shared some great tips on how to avoid both. So even if you’re an experienced snow blower operator, read on.

### Don’t Wait for it to Stop Snowing

If you’re in for a huge snowfall, start clearing the snow before it reaches 6 in. Sure, you’ll spend more time snow blowing, but your machine won’t have to work as hard, and it’ll throw the snow farther. That’ll reduce the height of the snowbanks flanking your driveway.



### Throw it Far

Avoid throwing snow only partway off the driveway and then throwing it a second time. That just creates a heavier load for the blower. There are four ways to get the maximum throw: Take smaller bites of snow, run the blower at full rpm but at a slower ground speed, adjust the chute diverter to its full raised position and blow with the wind.

**Get Your Property Ready for Snow**  
Before the snow flies, take a few minutes to inspect your property. Remove rocks, dog tie-out cable, ex-

tension cords, holiday light cords and garden hoses. Then stake out paths that run near gardens so you don’t accidentally suck up rocks and garden edging. Mark your walk and driveway perimeters by pounding in driveway markers. If the ground is frozen, just drill a hole using a masonry bit and your battery-powered drill.

### Watch Out for Half-Buried Newspapers

A frozen newspaper is the leading cause of machine jams. It can break shear pins or belts and damage expensive auger and impeller components. A fresh layer of snow over newspapers makes them hard to see, and they’re easy to forget. So protect your machine by scouting the area before you hit it. If you do suck up a newspaper, shut down the engine and remove it with a broom or shovel handle—never with your hands. If you can’t remove the paper, take your machine to a pro, who will charge a whole lot less than even the cheapest surgeon.

### Take Smaller Bites to Avoid Clogs

When you get blasted with wet, heavy snow and you’re in a hurry, it’s tempting to crank up the speed and plow right through it. That’s the single best way to clog your machine and wear out (or break) the drive belts. And when you consider how long it takes to constantly stop and unclog the chute, ramming at full speed doesn’t actually save any time.

Worse yet, improperly clearing a clogged chute is dangerous, and the most common cause of snow blower-related injuries. Instead of making a full-width pass through the snow, manufacturers recommend taking smaller bites; about one-third to one-half the width of the machine. It’s faster than slogging through a full path of heavy snow and it’s easier on the machine. Another reason it’s a better snow-blowing technique is that it allows the machine to throw the snow farther.

### Cool Off, Then Gas Up

If your snow blower runs out of gas halfway through a tough job, you’ll be tempted to refill it right away. But think about this: The engine is hot and the gas tank sits right on top of that hot engine. Even worse, you’re standing right over the machine holding a gallon of gas. If you spilled gas on the engine or overfilled the tank, you could instantly turn your snow-blowing adventure into a painful burn-unit experience. Even if you managed to escape injury, you could still wind up with a freshly toasted snow blower.

Snow-blower fires happen often enough that the manufacturers strongly recommend that you let the engine cool for at least 10 minutes before refilling. Take that opportunity to grab a cuppa joe or hot chocolate and warm up your fingers and toes. Then, once your personal tank is refilled, refill your snow blower and carry on.

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## Monarch Butterflies in Decline

5 Simple Ways You Can Help Reverse that Trend

—By Daniel Getman



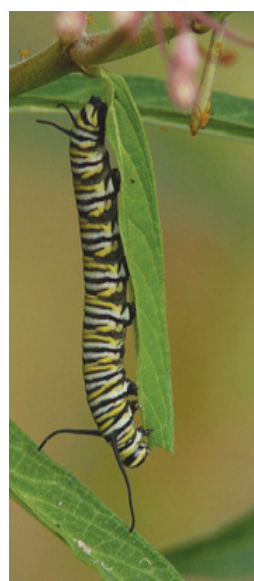
Most of us would recognize the monarch butterfly, with its iconic orange and black coloring, flying alongside a road or landing on a flower to feed on nectar. But how many of us realize that this tiny insect undergoes a 2,000 mile migration into central Mexico each fall and returns in the spring? And how many of us realize that the monarch butterfly population has declined by more than 90% over the last 20 years?

What's even more amazing about the 2,000 mile spring migration is that it involves multiple generations of monarchs, with each subsequent generation advancing further north from Mexico. In contrast, in the fall, the so-called "super-generation" flies all the way back to Mexico, spends the winter there and begins the spring migration into Texas. There the female lays eggs on milkweed and the next generation continues north and the cycle continues.

But monarch numbers are in decline. They are not as common in our yards as they once were and some people think they should be listed as an "endangered species". Some of the factors involved in the monarch's decline include; (1) loss of habitat, both here in the midwest and at the overwintering site in Mexico, (2) overuse, or inappropriate use, of insecticides, and (3) drought in the southern United States. In the U.S. the loss of habitat, including milkweed and nectar plants, is believed to play a significant role.

But all of us can help the monarch's recovery. Here are 5 simple ways you can contribute:

1. Plant milkweed in your gardens. Milkweed is the only host plant for female monarch butterflies to lay their eggs on, and for their caterpillars to feed on, before forming a beautiful green chrysalis and then emerging as a new monarch butterfly. Here in Missouri, the three most common native milkweeds recommended are common milkweed (*asclepias syriaca*), swamp milkweed (*a. incarnata*) and butterfly weed (*a. tuberosa*). In addition, many nurseries sell an annual species – tropical milkweed (*a. curassavica*), which has raised questions about how widely this should be planted. For additional information on milkweed species native to your region, visit: <http://monarchwatch.org/milkweed/market> and <http://monarchjointventure.org/resources/downloads-and-links>. For a discussion on tropical milkweed see the two-page handout at <http://monarchjointventure.org/resources/downloads-and-links> and a one hour video at <http://monarchjointventure.org/resources/monarch-conservation-webinar-series>.



2. Plant nectar plants, with an emphasis on native plants. Nectar plants serve as a food source for hungry adult monarchs and other pollinators, such as bees. For suppliers of native plants, visit: <http://grownative.org>. Some of my favorite perennial nectar plants include coneflowers, blazing star, agastache, bee balm, asters, goldenrod, butterfly bush and buttonbush. For annuals, some of my favorites are zinnia, pentas, lantana, blue salvia and more recently, mexican sunflower.

3. Minimize your use of insecticides. These can be harmful to monarchs and other beneficial insects. Some retail stores treat plants with systemic insecticides called neonicotinoids – check for labels and avoid these plants, especially for milkweed.

4. Contribute to citizen science projects. There are a variety of programs that study monarchs, their migration and factors affecting their decline. The information you provide is entered into a database available to monarch researchers. These programs are great ways to engage children about nature – whether it's your children, your grandchildren and your neighborhood children. Some examples include;

## FFSD Board of Education Candidate Filing

Individuals wishing to file a Declaration of Candidacy in the 2017 Board of Education election began filing on Tuesday, Dec. 13. The three-year terms of current board members Dr. Donna Paulette-Thurman, Robert Chabot, and Keith Brown will expire in April 2017.

Declarations of Candidacy may be picked up in the Office of the Superintendent, 1005 Waterford Drive, Florissant, MO from 8 a.m. to 4 p.m. on days the district is open. Filing closes at 5 p.m. Tuesday, Jan. 17, 2017. District offices will be closed Wednesday, Jan. 4, and on Jan. 16. The annual election for the Board of Education is Tuesday, April 4.

Individuals wishing to file for candidacy for the Board of Education must be:

- A citizen of the United States
- At least 24 years old
- A resident taxpayer of the school district
- A resident of the state of Missouri for at least one year

In addition, the candidate must follow these procedures:

- File a declaration of candidacy
- Line up for filing pursuant to district Policy 4013

Note: Be sure to read additional information about the April School Board election on Page 19.

## It's not the boat as much as skillful handling, that assures the successful trip.



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- Report your 1st monarch sighting of the year during spring and fall migration at Journey North
  - (see <https://www.learner.org/jnorth>). You can also monitor the progress of the spring migration from Mexico.
  - Raise caterpillars into adults, or capture adult monarchs, and tag them to track their migration to Mexico in the fall (see <http://monarchwatch.org/tagmig/tag.htm>).
  - Provide information on monarch caterpillars (see <http://monarchlab.org/mlmp>) and the health of monarchs (see <http://www.monarchparasites.org>).
  - The North American Butterfly Association (NABA) has several programs to monitor butterflies and report your sightings (see <http://www.naba.org>).
5. Support key organizations involved in reversing the decline of the monarch population. For a list of key national organizations, visit Monarch Joint Venture and their partners at <http://monarchjointventure.org>. Here in Missouri, there is a state-wide effort called Missourians for Monarchs. In addition, there are at least three major universities with significant programs on monarch butterflies; the University of Minnesota's Monarch Lab (<http://monarchlab.org>), the University of Kansas' Monarch Watch (<http://monarchwatch.org>) and the University of Georgia's Monarch Health Project (<http://www.monarchparasites.org>).

## 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.



**Dwayne Ingram**

Out of the crisis in Ferguson in 2014, we residents built a wonderful community that became strong and self-reliant. Many of us stepped up to do media interviews, man our *I Love Ferguson* shop, monitor the news and report to residents, and multiple tasks we were neither trained nor prepared for. But we did it all!! I met Dwayne Ingram at that time of crisis when we were part of a training group for those of us who were prepared to maintain our Ferguson website and presence on FaceBook.

Dwayne stood out right away because of his great smile and charisma; full of life and energy, and ready to take on the world. I liked Dwayne since then. I tried to interview him before but he was just too busy and it didn't happen. I'm happy to start the year off with a bang with this real live wire in our community who has volunteering as the heart of all he does.

Dwayne has lived in Ferguson for 18 years with his wife of 25 years, Christina, a pediatrician. They have four children and all were schooled in the Ferguson Florissant district. Two got full scholarships to college and one just graduated from Iowa State University.



Dwayne and his son, Jared



Dwayne (middle) with film crew from Atlanta

Dwayne has worked at St. Louis Children's Hospital for 35 years. He is in Quality Management Administration and in the Community Education Department where he assists in promoting and representing the hospital at various community events. He also assists in the fund-raising Development Department to provide the extra services at the hospital that make it one of the best in the world.

Dwayne believes that "to whom much is given, much is required." He enjoys giving of his time and volunteers at his church, Bethesda Temple which he has attended for 24 years. He serves on several committees there and is also a Deacon Advisory Board Member. He loves his church family and the opportunity to be involved and make an impact in the lives of fellow church members.

He is on the board of the following organizations as well:

EarthDance Farm School in Ferguson

I Love Ferguson Committee

Advisory Board Member for Natalie's Cakes and More

Former Ferguson Park Board Chair and Committee Member

Former School Board Chairman for

North County Christian School

He is a volunteer for Ready Readers, an organization that places volunteer readers in underserved daycares throughout the metropolitan area. He also volunteered as a tutor at Lee Hamilton Elementary School in Ferguson.

Dwayne, like me, practices a plant-based eating lifestyle. As a matter of fact, when I was recently hospitalized at BJC hospital, Dwayne, in typical Ferguson-friendly fashion, offered to help me in whatever way possible. I asked for a vegan meal, which he was kind enough to bring for me! He has used his vegan lifestyle to help heal a friend from breast cancer! Dwayne takes health and exercise seriously and is a certified Spinning Instructor.

Dwayne praises his wife for being an amazing spouse and mother. He says: "She has certainly been the wind beneath my wings and supports me in all of my endeavors and is the reason I'm so motivated to be the person I am" He also said these beautiful words on his relationship with Christ: "This has been my support, guide and strength that has propelled me to serve others and to strive to live a life that doesn't bring reproach to Jesus Christ. I would be absolutely nothing without my Christian relationship, it galvanizes me to embrace, love and appreciate life!"

He is grateful to be part of the Ferguson community and believes that what defines us is how we are rising up out of the ashes.

Dwayne inspires everyone he meets with his enthusiasm and joie de vivre! I'm glad he's my friend and I congratulate him on representing the Best of Ferguson!



Dwayne and Batman at the Ferguson Community Center



Dwayne with Carol Swartout Klein, author of "Painting for Peace" and one of the recipients of the 2016 Women of Achievement. With them is Dana Duncan, a Board Member of the Ferguson Youth Initiative.

Pictured on the right is Dwayne with Cate, who was born with a rare disease JAK-3. She had bone marrow transplant at 2 years old. Cate now is a teacher at hospital Child Development Center

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](http://www.BestAgainstStress.com) 314 521 4390.





## Ask Grandma

### The "Unmentionable"

Have you noticed the increase in pregnant newscasters and weather girls? I am still shocked to see pregnancy so openly displayed.

"Grandma," my grandkids say, "you're so old fashioned."

I agree. Back in the days when I was carrying my children, the polite thing to do was to hide your pregnancy. You did this by wearing clothes that hid the fact that your stomach was growing. The skirts and pants had a hole in the front at the waist. A drawstring or stretchy material kept this hole closed while you wore a really full top (a tunic in today's language, but much fuller as to accommodate the expanding part of your body.)

Just for fun I looked up "Vintage Maternity Wear" on the internet and came up with tee shirts with old sayings. Does vintage now mean 20 years ago?

In my mother's day, maternity clothes were not invented. My mother's generation just bought clothes a size or two larger than they normally wore so that they could stay comfortable. I have pictures of my mother 8 months pregnant and she was wearing a middy blouse (that was the blouse that had a dropped waist and just so happen to be fashionable at the time). I would never know she was pregnant except for the date on the photo.

Another thing that never happened in my day, was the use of the term "pregnant." It was whispered among older women, never spoken outloud or in mixed company. That almost sounds ridiculous today.

So, now I am shocked to see tight fitting clothes on women that emphasize, rather than detract from their physical appearance. You see, I never thought my body was beautiful when I was pregnant, so I guess that I see today's display rather distasteful.

I know, I know . . . yesterday my four daughters came to visit and they all disagreed with me. So, even though I think of myself as a comparatively "progressive" old lady, I guess I'm stuck in yesterday.

## An Old Geezer

An old geezer became very bored in retirement and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh! -- "This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, -- that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak --- I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that, so, here's your \$1000 back." (giving him a \$10 bill)

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. They don't like being old in the first place, so it doesn't take much to tick them off. Be careful.

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## Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper



4th of July New Years Bash – Savoy . . . . .	Sat., Dec. 31
New Years Day . . . . .	Sun., Jan. 1
Readings on Race Book Club – Library . . . . .	Mon., Jan. 9
Bookbinding at the Library Starts . . . . .	Tues., Jan 10
Ferguson Council Meeting – City Hall . . . . .	Tues., Jan. 10
North County Chamber Membership Mtg. – Moolah Temple . .	Thurs., Jan. 12
Good Shepherd Gallery Show Opens. . . . .	Sat., Jan. 14
Brian Fletcher Trivia Night. . . . .	Sat., Jan. 14
Filing for Ferguson-Florissant School Board Closes . . . . .	Tues., Jan. 17
Ferguson Indoor Market – St. Stephens. . . . .	Sat., Jan. 21
St. Peters Beer and Hymns – Brewhouse . . . . .	Sun., Jan. 22
Tuesday Night Book Club – Library . . . . .	Tues., Jan. 24
Ferguson Council Meeting – City Hall . . . . .	Tues., Jan. 24
Eco Team "Before the Flood" Film – St. Stephens . . . . .	Tues., Jan. 24
Challenger's Inspired Teacher Celebration – UMSL . . . . .	Thurs., Jan. 26
"Led Zeppelin II Classics" at the Touhill . . . . .	Fri., Feb. 3
"A Violin's Life" at the Touhill . . . . .	Fri., Feb. 3
Handicapped Encounter Christ – Savoy . . . . .	Fri., Feb. 10
Spirit of Provident Award – 4 Seasons Hotel . . . . .	Sat., Feb. 11
"It's All About Love" at the Touhill . . . . .	Sat., Feb. 11

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