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February, 2017

Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

Serving Ferguson and Surrounding Communities

February Events at the Ferguson Public Library

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

Valentine's Day Party

Tuesday, February 14 from 4-5:30 pm

Celebrate Valentine's Day with us! Enjoy some fun activities, sweet treats, and a lovely story or two. All ages are welcome, but children must be accompanied by a caregiver.

Conversations with a King:

The Life and Speeches of Martin Luther King, Jr.

Thursday, February 23 at 6:30 pm

In honor of Black History Month, join us and performer Gregory Carr as well celebrate the life and legacy of Dr. Martin Luther King, Jr.

→→DON'T FORGET ABOUT THESE GREAT PROGRAMS!←←

- **Readings on Race Book Club**: Monday, February 13 at 6 pm
- **Yoga for Adults**: Thursday, February 16 from 6:30-7:30 pm
- **Crafternoon - String Art**: Friday, February 24 from 5-6 pm
- **Tuesday Night Book Club**: Tuesday, February 28 from 6-7 pm

→→SAVE THE DATE! Star Party on Tuesday, March 14!←←

City Council Meetings

The Ferguson City Council will meet twice in February.
The meeting dates are:
Tuesday, February 14th and Tuesday, February 28th at 7:00 p.m.
in the City Council Chambers • 110 Church Street.

Candidates for the Ferguson-Florissant School Board:

Raychel Proudie
Roger Hines
Robert Chabot
Jessica Ponder
Donna Paulette-Thurman
Donna Dameron

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Presidential Holidays!

President's Day began in 1800 after George Washington's death in 1799. After his death, his birthday became a day of remembrance for the man who has been called the Father of our Country. The holiday was unofficially observed for most of the 1800s and became a federal holiday in 1870. It was signed into law by President Rutherford B. Hayes in 1879, but was initially only for the District of Columbia, but expanded to the entire country by 1885. It was the first holiday to celebrate the life of an individual.

In the late 1960s, Congress proposed a measure known as the Uniform Monday Holiday Act. The act shifted several federal holidays from specific dates to predetermined Mondays. It was thought that moving the holidays to Monday would give employees additional three-day weekends and reduce employee absenteeism. The act included a provision to combine Washington's birthday, which falls on February 22, with Lincoln's birthday, which falls on February 12.

Lincoln's birthday had been a state holiday in some areas and many supported recognising Lincoln's contributions to the country by combining the holidays. In addition to President's Day, Columbus Day, Memorial Day and Veteran's Day were moved to Monday holidays, although Veteran's Day was moved back to November 11 due to widespread criticism.

Saturday, February 18th
Ferguson Indoor Farmers' Market

It may be February, but the monthly Ferguson Farmers Market is still the place to find fresh produce and homemade goods. The market takes place on the Third Saturday of every month at St. Stephens Church, 33 North Clay.

Make plans to visit our vendors 9:00 a.m. to noon to stock up on meat, bread, eggs, winter greens, squash and more!

If you're interested in having your own vendor booth, please contact: Maria at maria@earthdancefarms.org. A one-time application fee is $25 (waived for non-profits) and booth fee is $25 for each market.

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

If You Have Items of Interest, Contact The Ferguson Times – cider@att.net

February 2017 CityWalk

It's a month for hearts, flowers, and sweets for the sweetest. We give a heartfelt welcome to a new CityWalk businesses: First Aid Credit Repair – 111 Church Street, Suite 202.

We are blessed with three bakeries here in Ferguson. Looking for something delicious to celebrate Valentine's Day? Here are some suggestions: If you and your sweetheart are early risers, why not share a delicious breakfast at Spencer's Bakery at 100 Church Street? Breakfast is served from 6 a.m. to 11:30 a.m., Tuesday through Sunday. An especially sweet deal on the menu is their special with two eggs, sausage or bacon, hash browns, toast or biscuits. All this for $4.95 including tax.

Natalie DuBose at Natalie's Cakes and More invites you: "Come to Natalie's to share love for Valentine's Day." Hosting a party on February 14? Check out the Natalie's menu at : www.nataliescakesandmore.com. Note that their "Signature Caramel Cake" is also available in cupcakes. Natalie's is located at 100 S. Florissant Road.

Beth Thompson wants to entice you with some exquisite Cose Dolci delights: "delicious chocolate covered strawberries and heart shaped decorated butter cookies- individually bagged with a ribbon." And that's just two of their sweet temptations. You'll find more delectables at www.cose-dolci.com. Cose Dolci is at 425 S. Florissant Road.

And speaking of sweets, good news at the Train Station. Matt Kohler has been approved by the City Council to re-open the Whistle Stop. His target date is March 1, 2017.

(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.

My Ferguson Community Calendar

What's up in Ferguson, Missouri

Check out the NEW & EXCITING 2017 myfergusoncalendar.com to see "What's up in Ferguson". Just click & explore the MANY WONDERFUL things happening here. Follow the weekly newsletter of events and opportunities on Facebook, Twitter or sign up for Email.

You can also ADD YOUR OWN EVENTS by simply choosing a login in name & password & click "my events" button. If you're not comfortable posting your own, use the CONTACT page to send us the information (and a photo if you have one) and one of our volunteers will post for you.

All expenses for My Ferguson Community Calendar paid for by myfergusoncalendar.com. This is a community effort and has no official affiliation with the City of Ferguson.

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

CALL BOB
524-1264

PAINTED EFFECTS CONTRACTING llc

See Bob on Job column on Page 17

The Ferguson Times may be reached . . .
by phone: 314-524-1958
or by mail: Dorothy Seiter, 16 Sandringham, Ferguson, MO, 63135
or by *e*mail: 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*

Still daylight at 5:00, dead President pictures popping up everywhere, roses and candy on display, cold winds still blowing, clearance sales in department stores. Yes, it's February and time for another edition of the Plumber's Crack.

Well my friends, an old friend Elzora, sent me a question about some work she did on her own toilet. That made me think that it's been a while since I gave tips for-do-it-yourselfers out there. So I'm going to start with the replacement that Elzora did. She changed the fill valve in her toilet (pretty cool huh) but there was a small leak on the outside when she finished.

Well, the first thing I tell my plumbers is when you change a fill valve or a faucet or anything that requires a fill tube is to change that supply line also. I know it cost a few dollars more but it's one less chance you will have a leak.

The next problem that comes up is when you connect the supply line. That old shut off never holds 100%. The older shut offs have a little nut under the handle that is the packing nut. If the leak comes from there it normally just takes a quarter turn to stop it. The most common leak comes from the connection to that shut off. I like to start that nut first, not tightening down. I then start and tighten down the nut on the fixture. Then come back and tighten the nut at the shut off. This especially works well if you decide not to replace that supply line.

Well there I go rambling on again. I hope that wasn't too much info on one item and I hope it helped a little. I will try to stay on this repair theme for a while.

Well as I always mention a theme for the month. Let's not just honor our forefathers and sweethearts, lets honor each other's beliefs and try and find common ground. Which leads me into another monthly rant.

Please look out for and get to know your neighbors. Get to know and get behind your first responders, and as always get involved in your city, shop locally first and hug and take care of our children. God Bless you all.

Oh Baby

Brian Fletcher Trivia Night a Huge Success

The ice storm did not deter the crowds from packing the Brian Fletcher Trivia Night at the Ferguson Community Center on January 14th. The evening benefited the memorial effort in the City of Ferguson.

P8563, D8563

Premier Plumbing Solutions

Say "I Love Ferguson"
When presented your bill and receive..... $10 OFF
Dave Walters (Oh Baby)
Master Plumber / Drain Layer / Licensed / Bonded
• No Service Charge • Free Estimates
• 10% Senior Discount (Maximum of $50)
• Compare our Price on Water Heaters
524-0222

JOBS and MORE STL

Continues Workshops in 2017.

Do you need a job? Or want a better job? JOBS and MORE STL offers workshops and seminars. February is a time to move forward. Take this time to keep moving forward and search for a better job. Consider investigating these workshops and seminars. On **February 25, 9:30am,** JOBS and MORE STL will host a one-day Resume Builder Seminar at the Ferguson Municipal Public Library. On **February 13-24,** JOBS and MORE STL will continue to host the RISE ABOVE Workshop Training Workshops at the Ferguson Municipal Public Library. Take the first steps to build your resume, and target your next job.

Here are some thoughts to share:

- Success: I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results. –*Michael Jordan*
- Potential: Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us. –*Wilma Rudolph*
- Preparation: I feel that luck is preparation meeting opportunity. –*Oprah Winfrey*

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

RISE ABOVE Workforce Training Workshops is offered weekdays starting at 9:30am from Monday, February 13 to Friday, February 24 at the Ferguson Municipal Public Library. Training topics include Keys to Professional and Personal Success, Resumes, Practice Interviews, Interpersonal and Communication Skills, and more.

Interested in participating in this opportunity? Or have questions? Contact JOBS AND MORE STL at jobsandmorestl@outlook.com or 314.922.5059, or visit the web at jobsandmorestl.org

MAYORS' SHAMROCK BALL

BLACK JACK • FLORISSANT
HAZELWOOD • FERGUSON
BELLEFONTAINE NEIGHBORS

"A golden opportunity for a diamond-studded event"

10th Annual
Mayors' Shamrock Ball
Saturday, March 4, 2017
6:30 p.m. - 10:30 p.m.
Garden Villas North
4505 Parker Road

- **Individual Tickets $125**
- **Generous Sponsorship Packages available**

Event Features:

- **Great food**
- **Open bar**
- **Dancing**
- **Raffles**

Entertainment provided by The Bob Kuban Band

All proceeds benefit Valley Industries Sheltered Workshop
Call 314-731-1771 or visit www.valleyind.net

For the Do-It-Your-selfer

Kitchens, Baths, Windows, Doors and More
Our installation is available also!
Free Estimates – Call
WOLFCO
314.799.2818

February Gardening Tips

- To avoid injury to lawns, keep foot traffic to a minimum when soils are wet or frozen.
- . When sowing seeds indoors, be sure to use sterile soil mediums to prevent diseases. As soon as seeds sprout, provide ample light to encourage stocky growth.
- . Repot any root-bound house plants now before vigorous growth occurs.
- Choose a new container that is only 1 or 2 inches larger in diameter than the old pot.
- . To extend the vase life of cut flowers you should: - Recut stems underwater with a sharp knife. - Remove any stem foliage that would be underwater. - Use a commercial flower preservative - Display flowers in a cool spot, away from direct sunlight.
- Now is a good time to learn to identify trees by their winter twigs and buds.
- Branches of pussy willow, quince, crabapple, forsythia, pear and flowering cherry may be forced indoors. Place cut stems in a vase of water and change the water every 4 days.
- Begin to fertilize house plants as they show signs of new growth. Plants that are still resting should receive no fertilizers yet.

HummelChiropractic

11638 West Florissant
Florissant, MO (North of I-270))

Dr. Chris Hummel, D.C.
314.838.8780

• Neck pain • Back pain • Sciatica
• Headaches • Sports injuries
• Auto accidents • X-rays

Mon, Wed, Fri: 7 am- 6 pm • Tuesday: 3 pm – 6 pm
Thursday: 7 am – 11 am • Sat: Appointment Only

Is It a Cold or Flu?

It's a miserable feeling -- you're exhausted, your throat hurts, and you're achy and feverish. But is it a cold or the flu?

According to Cindy Weston, an assistant professor at Texas A&M College of Nursing, the flu and a common cold can have similar symptoms, but with a few distinct differences.

The most common cold symptoms are mild fatigue, fever, cough, sore throat and head, chest or nasal congestion. Also, a runny nose, sneezing and watery eyes are standard telltale signs, she said.

"The common cold is complicated to treat and can't be cured, but rest and nutrition seem to be the best approach," Weston said in a college news release. "You can take medications to treat the symptoms and make yourself more comfortable."

A cold typically goes away within a week. If you still feel sick after a week, or if your symptoms are severe or you have asthma or other chronic conditions, it might be time to see a health care provider, Weston advised.

"The flu typically comes on quick and strong as opposed to a nagging cold. You may be feeling fine during the morning but can feel horrible, with a fever and aches, in the afternoon," Weston said.

Another difference between the flu and the common cold is the type of aches and pains.

"Aches and pains are prevalent in both conditions, but with a cold, the aches are mild and generally associated with congestion. The flu can present with deep muscle pains in your large muscles, including your legs and back," Weston said.

If you get the flu, anti-viral medications prescribed within 48 hours of its onset can reduce the intensity of symptoms and reduce the risk of complications, she said.

"Both the flu and cold can lead to further problems like pneumonia, bronchitis or sinusitis. The flu is more likely to do so," Weston noted. "It's best to treat the symptoms and stay well-rested to lessen the chances of further problems."

Reprint from *HealthDay*

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Ferguson Community News Page

The Economic Development Dance– It takes at least two (usually more)

By Mayor James W. Knowles III

Economic Development - Refers to the sustained, concerted actions of policymakers and communities that promote the standard of living and economic health of a specific area
- Source: - Wikipedia.org,

I know I usually start my articles off with a quote, but to be honest, I could not find a good quote to start this month's article. I could find no witty words of wisdom that articulated the issue that I wanted to address. As I thought about it, a definition, not a quote, was much more fitting to begin this article. Defining economic development in at least broad terms was a good start, and the definition above was the best and most appropriate I could find (even if it did come from Wikipedia).

With all the great things going on in our community, the one question I continue to hear from residents is "what are we doing to fill these empty buildings in our business districts?" Sometimes the statement is not posed in an inquisitive way, but rather in a critical one. As in, "the city is doing a terrible job at filling all these vacant buildings". It is natural, but unfortunate, that people equate empty storefronts with failure or inaction in our economic development efforts. As someone who works hard every day to promote development in this community, no one could be more frustrated at an empty storefront than I. However, I understand that these empty storefronts are not due to lack of effort on behalf of the Council and staff, it is because we are only a part of the economic development process.

I am sure we all know the city does not actually fill these storefronts or create businesses. The city cannot buy a building and open up a Trader Joe's or a Cosco, nor can the city force a business to come to town or locate in an empty building. It would be much easier if we could, but ultimately we have to win the buy-in from property owners, bankers, capital investors, entrepreneurs, and business people to make economic development happen.

Most recently, the surprise closing of the Shop 'n Save is an example of both the limitations and the possibilities the city faces when it comes to economic development. The news of the Shop N' Save closure actually came first to me from my brother-in law who works for a liquor distributor. They received news from Shop 'n Save to stop further shipments to the Ferguson location. Unfortunately Shop 'n Save didn't feel the need to reach out to the city and inform us of their decision to close, even though they have a long standing good relationship with the community. We can't control who they decided to tell about the closure, and when. However, once the city learned of the possible closure, we dropped everything to get to the bottom of what precipitated the closure, and explored every avenue to keep them open. Before Schnucks could even announce they would be moving into that space being vacated by Shop 'n Save, calls had been made and meetings arranged as to how we can address this issue.

The closure of Shop 'n Save is a tragedy for the area because many residents depend on them for the convenient shopping location and groceries at a very good price. And while it is a blessing to the City that Schnucks will move in to that location and not leave us with a vacant building, it comes, however, at a price to the greater community because of the closing of the Cool Valley location. This region now has a net loss in grocery shopping options.

So what is the role of the city in economic development? What does the city do in order to help fill empty storefronts and encourage investment in our community?

The city plays an important role as a cheerleader, salesman, and facilitator for all the economic development that happens in the community. Marketing plans, advertising campaigns, community branding, infrastructure improvements, financial incentives, and old-fashioned schmoozing and networking are just some of the ways we try to lure businesses to locate within our town.

In conjunction with the efforts of Ferguson Special Business District, the city allocates money to fund advertising and promote our community and our community events through radio, billboards, and print ads. These efforts have helped improve business and ordinary people's perception of our community, which helps create interest in investing here.

In the time I have served on the council, we have invested millions of dollars in infrastructure to S. Florissant Road to make the business district more attractive to potential business owners and patrons. We have spent several years working on the Great Streets Initiative taking shape along W. Florissant, and recently, we have hired new professional staff dedicated to cultivating economic development in our community.

But economic development is not a shotgun wedding, it's an old fashioned courtship. We have to win the approval of not just the bride and groom (business owner and property owner), we usually have to win approval of the families too (bankers, investors, etc.). We cannot force them to say yes, in reality we can only try to play matchmaker. Anyone of these participants in the courtship can break the deal, and they are all required to make the deal. Some matches are harder than others, and some take longer than others. Even with all of the obstacles we have faced, Ferguson has shown to be a leader in economic development here in North County, and I am confident that success will continue to grow in the coming years.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Feb 7 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Feb 9 7 pm	Ferguson Community Ctr. 1050 Smith Ave	jeskepark-neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 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 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Feb 23 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	TBA
Southwest Ferguson Neighborhood Group	TBA	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr 1050 Smith	May Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	TBA	North Hills Methodist 10771 Trask Dr	Ella Jones ejones@fergusoncity.com

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 Ferguson@mid-eastaaa.org or calling MEAAA at 314-867-5661.

We look forward to seeing you soon and assisting you through your journey of aging!

MID-EAST AREA AGENCY ON AGING

City Council Meetings:
Tuesday, February 14th at 7:00 p.m.
and Tuesday, February 28th 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: DeCarlon Seewood. Public Relations Intern, 314-524-5229.
City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. **Contact Us by Email:** Information@fergusoncity.com

Ferguson Community News Page

Be sure to 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

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 Member ship, 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)

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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F.Y.I. Hosts Annual Banquet
Continuing our work to #SupportYoungPeople

Help us to continue to #SupportYoungPeople at FYI's Annual Banquet.

Each annual banquet creates an opportunity to showcase youth's involvement, and to share their ideas with the broader community. This year's theme is "All Hands In", and emphasizes the importance of all members of the community working together to support our young people throughout their journeys.

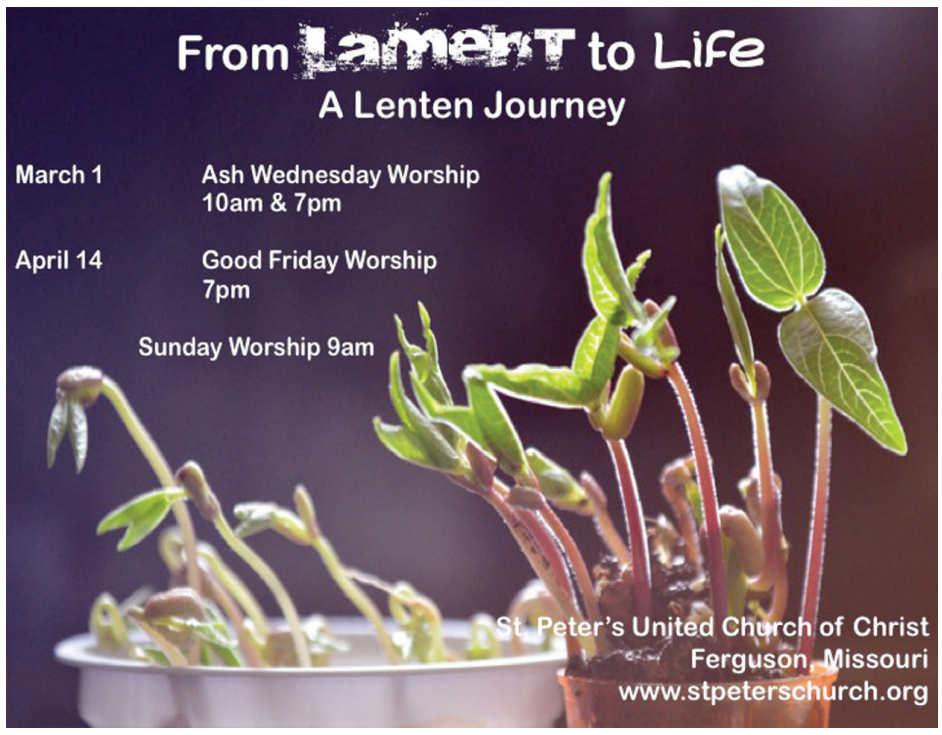
This year's All Hands In Banquet will be hosted at the Norwood Hills Country Club (at 1 Norwood Hills Country Club Dr, St. Louis, MO 63121) on **Saturday, April 1st, 2017.** The cost to attend is $50 per adult, or $30.00 per teen and college student.

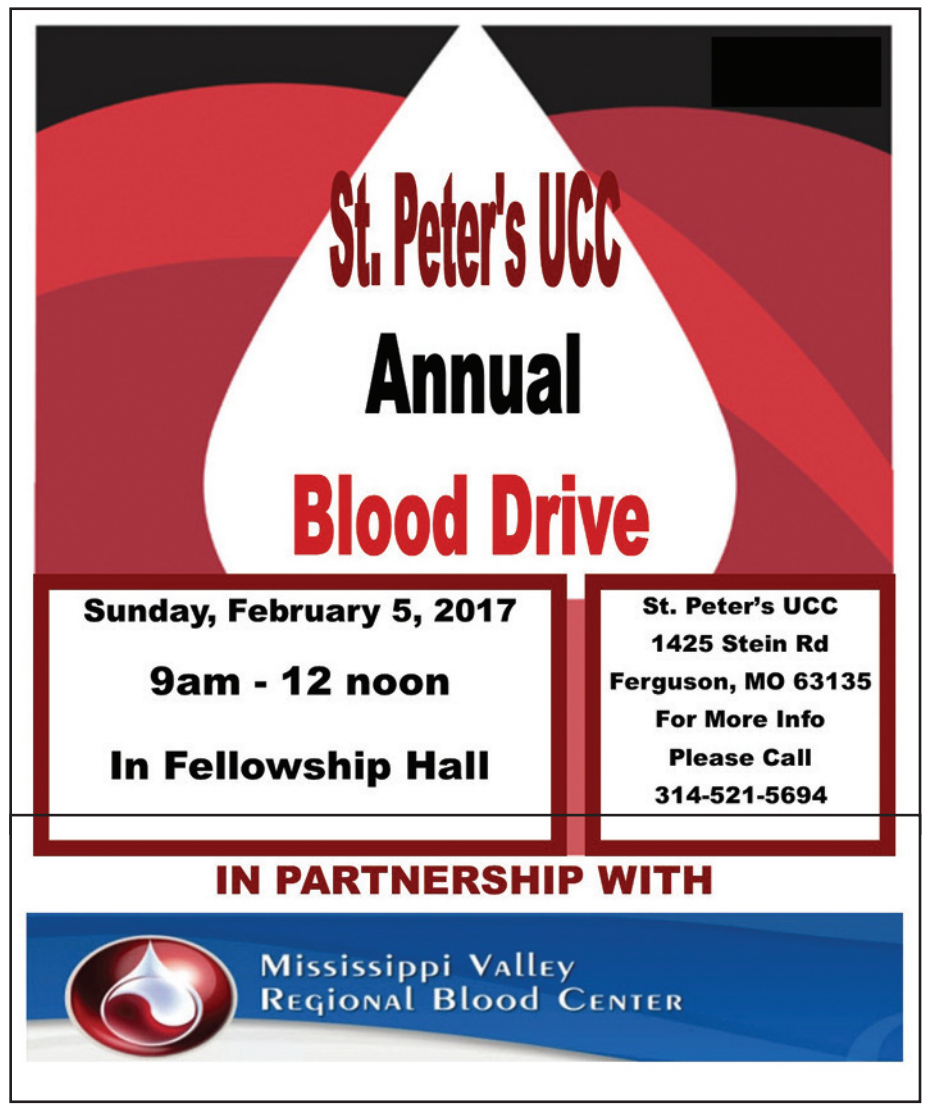
Businesses and organizations interested in sponsoring this event can visit us online at www.fyifergyouth.org for an information packet and registration. Anyone needing more information can contact FYI's executive director, Aaron M. Harris, at 314.749.5379, or e-mail him at aaron@fyifergyouth.org.

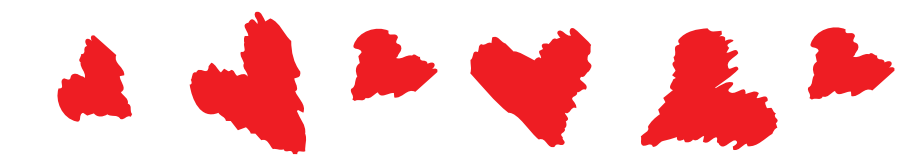
The Ferguson Youth Initiative (FYI) is a 501(c)3 not for profit organization which was started in 2010. We began serving the youth of the Ferguson community by encouraging them and engaging them as active members of the community, developing programs as needed, and further communicating and partnering with existing community youth programs.

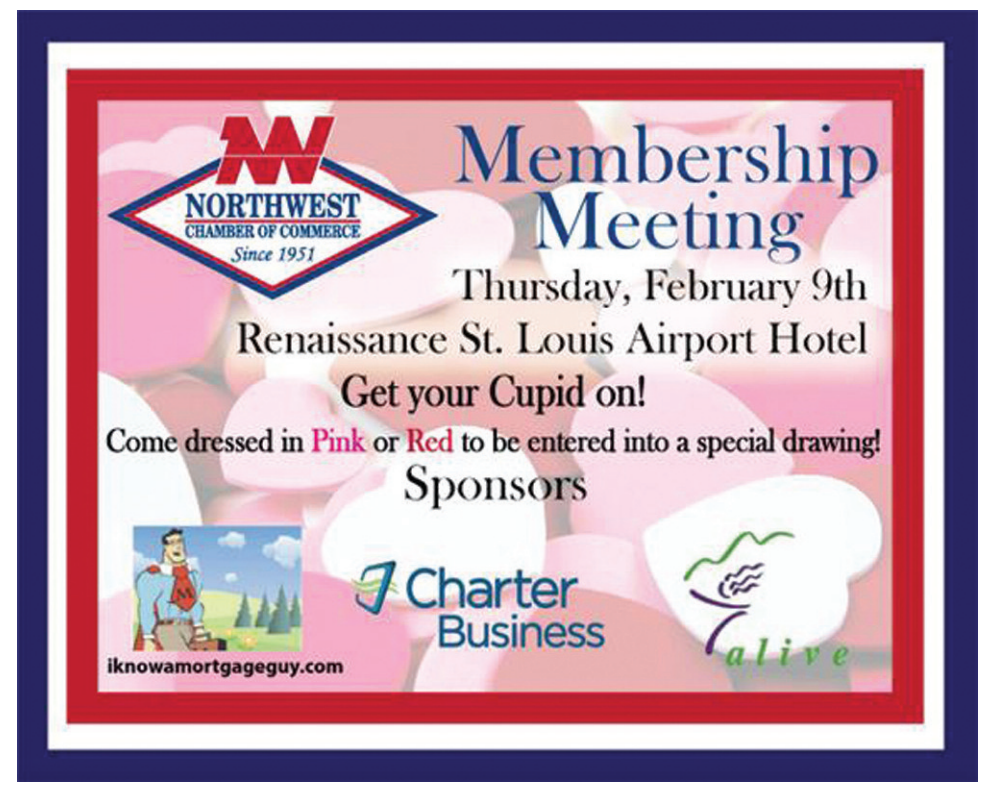
FYI's Annual Banquet is one of the many ways through which FYI carries out it work. We're just looking to further our Initiative to #SupportYoungPeople throughout the City of Ferguson, the surrounding school district, and throughout the greater community--- and your participation in this event will help us to do that!

For more information about this topic, please contact Aaron M. Harris by calling 314.749.5379, or aaron@fergfyiyouth.org.









Ferguson Eco Team Begins New Film Series in February

BEFORE THE FLOOD is the February film for 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.

Originally scheduled for January, the film will now be shown **Tuesday, February 28, 7:00 p.m.** 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; carleton-stock@aol.com .

Changing the Climate Film

The media presentation One AAUW--Changing the Climate will be shown at the **February 20th 10:00 a.m.** meeting of the Ferguson-Florissant (North County) AAUW. The video reviews the current and upcoming initiatives and programs of American Association of University Women, including work on STEM activities for women, pay equity initiatives and AAUW's extensive grant and fellowship programs. It will be held in the Educational Building of Immanuel UCC Church, 211 Church Street, Ferguson, Missouri.
The program is free and open to the public.

For more information call (314) 522-0413, 831-5359 or 831-6884.

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I Thought I Knew

By LaTease Rikard

Let me start by saying, I love testing marketing ideas to see if they work, and of course will it make money. My latest test I created was to see what products would be the most interesting to people. Would it be the holiday favorite the Xbox video game system? Or would it be novelty items like electric wine openers? You're going to be surprised just as I was to find out what items actually converted for the most sales.

First, let me give you a backstory on how I used Facebook to make money.

Based upon numerous marketing articles from credible resources, when people get on Facebook, they don't like to leave! They prefer to be entertained, informed and sold to on the social media platform. Many marketers have found out the hard way that if you create an offer on Facebook using their sponsored ad system, you should always direct your audience back to a Facebook page where they can find out more about your offer and purchase it or not.

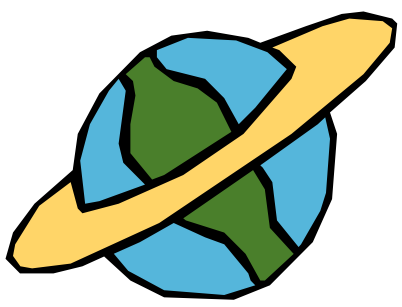
As far as my experiment is concerned, I did not use Facebook ads at all! Instead, I created a Facebook Page called Holiday Deals. On that page I posted products from major retailers that I have a business partnership with. This business partnership is called CPA (Cost Per Action) marketing. The way it works is you agree to become an affiliate for a company like Linkshare or Share-a-Sale. These companies have agreements with major retailers like Microsoft, Florsheim Shoes, Verizon Wireless, etc. who are willing to pay people like me to promote their products and offers on my website or through social media. From 2008 – 2011, I used this method of making money online with my blog. I would place ads on my blog from some of these retailers and when people visited my blog and clicked on those ads and bought something, I was paid a percentage or a flat rate for that purchase. At the time I was getting 10,000 to 30,000 visitors a day to my blog. I made some nice money during that time.

However, because I know that things have changed and visitors to your website often have banner blindness or have ad blocking software on their computers, I had to go where my audience was. That's when I created the Facebook Page, Holiday Deals. Each day I placed ads, offers for jewelry, clothing, etc. whatever seemed like a good product people might be interested in. I am an affiliate for Microsoft, so of course I thought this would be the biggest seller, I mean all my market research pointed to this being a hot seller this Christmas season. Well, yes it was a hot seller but not so much online. Although I did receive over 5,600 clicks to the Xbox ads, about 20% of the intended audience approached me about buying it. They wanted to make me an offer for the products and were not willing to purchase on the website. I was discouraged.

Not one to give up, I continued to place ads not really knowing what was going to sell. Today I looked at my Linkshare account looking for some more products to place and I saw I had a sale for $313.82! Instantly I thought someone had bought an Xbox. To my surprise, someone spent $313.82 on some clothing from the online store Blair! This result sunk my theory. As a matter of fact I had forgotten about the Blair ad I placed on the page! In addition, there were only 4 clicks on the ad and one of those clicks resulted in a $313.82 sale!

The moral of the story: don't waste your money on buying Facebook Ads unless you have a contest you're running that directs the audience back to your Facebook Page and the only way the end user can enter the contest is that they like your page first. Those promotions work! Remember, Facebook users don't want to leave Facebook unless it's for a very good reason like buying clothing from Blair.com.

I'd love to connect with you on Facebook (lateaserikard) or Twitter (@latease) or most other social media platforms, I'm also on Instagram and YouTube (teasastips is my handle on those social sites.) Thinking about learning more or increasing your presence or business on social media? Give me a call; I'd be glad to help you! Call me 314-495-2497.



A Word from Our Planet—

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Reading on Race Book Club

Hillbilly Elegy Discussion

Hillbilly Elegy will be the subject of the Readings on Race Book Club in February. The popular memoir by J.D. Vance invites readers to consider the challenges of growing up in Appalachia in relationship to those experienced by people of color in underserved communities.

The public is invited to the book club discussion at the Ferguson Public Library at 35 N. Florissant Road at 6 p.m. **Monday, February 13.**

More information is available by calling the library at 521-4820 or emailing arandazzo@fergusonlibrary.net

Are These Mid-Winter Blues Bringing YOU Down???
Well, here an idea for YOU!!!

Grab your family and friends and come on to our

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

Savoy Banquet Center
at 119 S. Florissant Road in Downtown Ferguson:

Friday, February 10th, 2017
6:00pm

Tickets are $20/person for Dinner & Entertainment
$30/per couple

"Free-Will Offering" for Entertainment only
For Tickets, Family Rates, or more Information, please contact:
Dwain at: 314-274-8930
Jeff at: 314-524-0500
Pat at: 314-570-3409

The Ferguson Computer Corner

by Doug Neely "NO, i am NOT NOW, nor was i EVER her puter guy." Neely

t"Seems ta me, it was back in nineteen 'an ninety-seven when it happened...'an that was before anyone had that gol-durned high speed internet, neither! why, we ain't never hear'd a such a thing back then! we all just thot that everybody used a 56k modem, even tho we all hated 'em!"

he went on with his tall tale. "i'm purt near sartin that it was right on Valentine's Day, if'fn ya kin believe it! mindin' me own business, i was! surfin' the web, i was! an all of a sudden like, there it was! an just as soon as it popped up outta nowhere, there was a second, a third, a fourth...an after 2 seconds there was hunnerds of 'em; i couldn't see my desktop anymore they was so many of 'em!
well, at least my firewall was keepin' right up with the little boogars!"

every time the evil server tried to make its way into his computer, the firewall blocked it, and popped up a window to tell him that something out there was trying to eat his computer for lunch! other than the popup windows from his firewall, there was nothing to warn him of any attack, not to mention a possible impending breach.

even so, he was too curious as to who this ne'er-do-well was who was trying to take over his puter. THE VERY GALL!!! so he decided to find out just who it was who thot they could get away with such a stunt. he queeried the server that dared to send him such infantile attacks. next, he found out where it was. "government house" in South America. the Presidential Palace in Argentina, actually.

author's note: you see, back then, your computer would be given a different ID number each time you logged on. it was called a "dynamic ID". every time you log onto the internet, you get a new number. new to you, at least. that's because someone else had it before you. and someone else before him. etc., etc., etc.

after more digging, he found out that some hacker had tried to break into the President's computer very recently, and they had been logged with the very same ID he now has. the old man knew that it would be impossible to get anything done with all the warning windows popping up, obscuring his desktop, so he decided to log off, and then log back on, and getting a "new" ID number in the process.

simple. but none of this would have been possible without having one of, if not THE very best firewall available. at any price. especially when one considers that it was a software firewall, and its price was $0.00; in other words, free.

LESSONS LEARNED, dept.
let me tell you, when that first window popped up, it really got my full attention. and when several more hundred followed immediately, i was so shocked that i even skipped the scared stage, and went right to the very unhappy camper stage. i mean, how DARE he try to do this to ME!, ya' know?

the lesson is this: the good guy will always triumph over the bad guy, especially when the good guy has a good firewall on his side. and, it does, VERY MUCH HELP, if the guy whose puter it is, KNOWS WHAT he is doing.

SOOO...Tell Me How, Exactly, The "Russians" Could Possibly Even Hope To Change Our Election Results?, dept.
well, it turns out that if you don't know what you're doing, and you don't have a good firewall, and you're an idiot, and you think that having a "personal" server is gonna let you "fly under their radar", you are as wrong as anyone could possibly be. i have ONE word to say to that person(s): DUH!!!!!!
(in all fairness, i have to remind you that we were ASSURED by the highest office in the land that we were HACK-PROOF, and that only a moron would think that we could be hacked! and maybe our government's computers are, at least to a great degree. but some less well-managed computers, apparently, were not. that's not so hard to swallow. is it?)

so, a good firewall only lets the good stuff come inside, and keeps the bad stuff out.
always.

ME GO NOW!
well, i have to go now. but before i do, let me just ask you something: did you know that heaven uses a "firewall"??? well, heaven does use a "firewall", and only believers are allowed in; non-believers are locked out forever. gee....that's an awfully long time!
i'm going to heaven! DUH!!!!

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

If you would like to avail yourself of some of Doug's free puter advice (or just jaw some), contact him by phone in the afternoon or evening hours at: *314*521*1789*; your call-back number will appear on his caller ID.

When emailing Doug, you have to include your telephone number in the body of your email, and BE SURE TO PUT THE PHRASE "i need puter advice" INTO THE SUBJECT LINE, OR HE WON'T GET IT! btw, half-price puter labor is still available this month and next month! call for more info! ba-bye! :)

God's Girl Teen Group

Hello, my name is April Pritchard and I currently live in Ferguson. I'd like to do my part to help the community, especially the youth who are our future. I have established a program that I hope will inspire, encourage, and positively impact teen youth.

God's Girl Teen Mentoring Group is a 12-month program of 2 hour sessions that will meet on the third Saturday of every month. The meetings will take place at various venues including the Jamestown Bluffs Branch Library, Missouri Botanical Gardens and Washington University. Next meeting **Feb. 18th, 10:00 a.m. to noon**, Jamestown Bluff Branch Library, Rm. 2

I have a B.S. in Physics and a Masters in Mechanical Engineering. I currently attend Friendly Temple Missionary Baptist Church, and am currently in the process of becoming a Big Sister with Big Sisters/Big Brothers. I am registered with the Missouri Department of Health and Senior Services Family Care Safety. I have taught Sunday School and have tutored with Construction Careers Academy.

Even though the program started in January, we welcome anyone who would like to meet with us for our February 18th session which will be held at Jamestown Bluffs Branch Library Meeting Room 2 from 1:00 to 3:00 pm. Topic will be "Good Loves You!"

For more information email <GodsGirlGroup@gamail.com>
To sign up email <https://godsgirlgroup.eventbrite.com>

Challenger Learning Center-St. Louis Honors the Past and Celebrates Tomorrow's Innovators and Educators

The Challenger Learning Center-St. Louis will be recognizing seven area educators who will be receiving a 2017 Inspiring Teachers award at an evening reception on January 26 from 5-7pm at UMSL EdCollabitat space in the Ward E. Barnes Building on UMSL's South Campus.

The award is in honor of the seven Challenger astronauts, including Christa McAuliffe, who would have been the first teacher to go into space. The event is supported by Emerson, Boeing, Clark-Fox Family Foundation, North County Incorporated, and UMSL College of Education.

The award recipients were selected from a group of educators who inspired their students to pursue a career in a science, technology, engineering or math (STEM) field.

The 2017 award recipients are: Angie Guzman (Genius Academy), Stefanie Klamm (Hazelwood West High School), Hugh McMonigle (Ladue Jr. High School), Timothy Morrison (Parkway South High School), Christine Nobbe (Grand Center Arts Academy), Margaret Presley (Compton-Drew ILC Middle School), and William Vann (Immanuel Lutheran School).

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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.

As I am writing we are just one week away from the President's inauguration and the talk of repealing the Affordable Care Act is on the table as one of his first tasks. For those who have been helped by the changes there is much worry about their future access to health care. I do believe the incoming administration will take into account the many positive results from the ACA. Yet to listen to many others it seems they are convinced that a return of the entire health care industry to the open market will bring back competition and control costs. When I think back to how things were before the ACA I don't seem to recall that the open market was doing such a good job. Costs had already been climbing significantly and insurance companies were leaving many people ineligible to purchase their products due to strict guidelines not allowing pre-existing conditions.

So I thought perhaps the health care mess may improve if we understand how we got here. I recall writing about this subject years ago prior to the implementation of the ACA. Some early concerns about health care came in the late 19th century. The Industrial Revolution brought many new dangerous jobs and for those killed or injured on the job there wasn't much help. Unions began to form industrial clinics and protections for the unforeseeable losses a worker may incur. Recognition that a business does have a stake in the well-being of their workers was a new idea and perhaps the beginnings of employers offering a benefit to their workers.

In 1900 the average American only spent about $5 on medical care in a year. That's $100 in today's money, so there wasn't much demand for health insurance. The real problem was the loss of income for a sick or injured worker. So in 1910 Montgomery Ward issued an insurance policy to help with the loss of income, more like disability insurance we use today. It would pay annual benefits of $28.85 to sick or injured employees. As medical advances like the development of antibiotics and the ability to cure some diseases increased, costs were also rising. Whether it is a right or a privilege to have medical care covered by someone other than the patient such as an employer or the government was being debated. Sounds familiar, but this was the early 20th Century. One argument suggested that a health insurance system to cover all workers would in fact yield a net savings to society through better health. Surprisingly that did not appeal to businesses as hoped. Business considered it too costly and pretty much the same as giving everyone a raise. And just as today, businesses didn't want to be forced to provide actual health insurance for employees. In these early years, public health was more at risk than an individual's health and it didn't seem that public health would necessarily be improved by such a system. Other countries in Europe were also looking at methods of providing health insurance. And like today, looking at other plans being used across the world is being compared to socialized medicine and not popular at all. So it was dropped until the Great Depression hit in 1929.

With so many people out of work, they couldn't pay for medical care no matter how little it cost. The idea of providing some type of health care was back. FDR attempted to build health care into Social Security and it failed. When the hospitals had sprung up in the twenties promoting their use for births and some of the new cures, they were now closing or looking for new ways to generate revenue. The beginnings of our modern system of insurance began to take shape when a group of teachers in Dallas offered to prepay for up to 21 days of hospital care in the future to the Baylor Hospital. Soon more hospitals created similar plans eventually forming Blue Cross. And even doctors began prepayment plans which later became Blue Shield.

By 1940 about 10% of the US population had health insurance. Businesses and Unions started looking to offer better health care benefits as a way to attract workers. And when the IRS ruled in 1943 that employer based health care would be tax free it grew quickly. Today many say that was a mistake. By 1960 70% of the US population was now covered by health insurance. With our system of tying health insurance to employment, we made it wonderful for the families that had jobs. Those who did not have jobs were left to rely on the government and this is the same problem we have today. And, like during the Depression, the years when the ACA was introduced were heavy with unemployment making affordable health care for the individual less accessible. So the demand for a program was high.

As we wait anxiously for the Trump plan to be introduced many people are worried. If we just shift everything back to the free market, the first thing that I believe will change is that insurance companies will begin to do what is most profitable for them and that is to refuse service to those who aren't in their target market – those with pre-existing conditions. From what I have been reading I believe a major overhaul in the way health care is provided is necessary and no matter what we do it won't please everyone. Another concept has suggested that the states manage their own health care programs. That might actually save us from health care becoming a major bureaucracy that many fear it already is. We'll get to see if our new President is up to really do what it takes for some effective changes.

Here are a couple of ideas that have come to mind while I was reading about the history. What if the employers cost to provide insurance was taxed? The taxes could help cover those who are unemployed or unable to work. Of course, this would be a problem for me and all of those who get their health care thru an employer. So it's sure to be a very unpopular idea. What if the employers gave an allowance to each employee to purchase a basic health insurance plan? The employee could decide to get a better plan and pay the extra cost or get a real basic plan and possibly save some of the allowance. Would the marketplace model work better if only individuals are buying the product (health insurance)? It would seem that large companies can get better deals with insurance providers because they have more employees (customers) to cover. Perhaps it would level out the costs for everyone. I don't know the answer, but we need to be open minded enough to look at some drastic measures.

Another possibility might be to offer more of a pre-pay type service, so individuals could buy services ahead to be better prepared for an illness. Health Savings Accounts already exist and there are many rules as to who qualifies to have one. Perhaps looking at this system and how it could be changed to give more options to everyone might help in dealing with medical care. This could be better for many people who do not like the part of the ACA that requires you to purchase health insurance or be fined. And if you can prove you can't afford it which isn't too difficult given the cost, you can avoid the fine. So looking back at the plan developed by those teachers in Dallas who set up their own plan in 1929, maybe we could learn something.

And if the federal government does pull out of the insurance debacle and each state becomes responsible for their own programs, we might be more willing to give some drastic measures a try. As we have seen people are really tired of gridlock and I hope we can soon see those who continue to keep us divided fade away. We need to give our new administration a chance to resolve some of the problems with the ACA and move us in the direction that will be most beneficial to everyone.

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

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Ferguson CITY WALK Just North of Ordinary

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Dine In or Carryouts

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Valentine's Day

Valentine's Day is about love. And in this day and age, we tend to express our love through gifts.

And the most popular gift is candy — specifically, chocolate. The National Confectioners Association says as many as 40 million heart-shaped boxes of chocolate are sold each year.

When it comes to chocolate, caramel-filled treats are the most coveted, followed by chocolate-covered nuts. Also popular are chocolate- and cream-filled chocolates.

Conversation hearts are also a longstanding Valentine's Day tradition. Necco produces 8 billion hearts each year, and the association says that's enough to stretch from Rome to the town of Valentine, Arizona, and back almost two dozen times.

The second most popular gift to give on Feb. 14 is a greeting card — probably because nothing says "I love you" more than actually writing it.

According to the Greeting Card Association, 145 million cards are exchanged each Valentine's Day, and that's not counting all the valentines kids get at school.

Many couples also celebrate by seeing a show or going out to a restaurant. And yes, that even includes Valentine's Day dinner at White Castle.

Flowers are the fourth most beloved gift to give. Red and pink roses tend to be the top pick for flowers this time of year, but tulips might also be rising in popularity.

And rounding out the list of the most popular Valentine's Day gifts is jewelry. That might explain why it's the fourth most popular day to get engaged after Christmas Eve, Christmas Day and New Year's Eve.

But a recent U.K. survey found a majority of women would rather be proposed to on Valentine's Day than any other holiday or anniversary. Just a hint.

Vincenzo's ITALIAN RISTORANTE

Ferguson CITY WALK Just North of Ordinary

242 So. Florissant Rd. 314-524-7888

Marla M. Collins, who lives in Northwoods celebrates her birthday at Vincenzo's with her sister-in-laws, Barbara Harris from Greendale (on the left), and Earline Collins from Cool Valley (on the right.)

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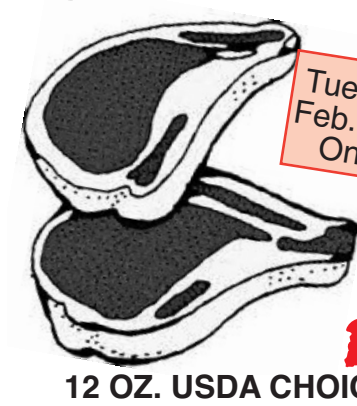

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Ferguson by Foot

By: Margaret Wolfinbarger

I had the pleasure of hosting my son as a guest in our home for a month during the holidays, during which time I was privileged to observe the modern day eating habits of the average American teenager. He would be horrified to read that I have referred to him as such, but since I am his mother and it is my sole obligation to humiliate him in print, I am hereby using him as an object lesson to the dear reader. If one is what one consumes, my son is a Gatorade-soaked Cheeto.

I have been pondering his food choices since he left to return to the Marine base at which he is stationed. I write this because my social media-informed existence has been somewhat dismayed by the usual February falling off from the diet-consumed consumer. Those who began the year strong with intensions of dropping weight or abstaining from cigarettes or caffeine have been frustrated by gray and gloomy days of winter and have, albeit begrudgingly, returned to their vice of choice. My son wholeheartedly delights in tormenting his mother by eating the most disturbing confections and sees nothing wrong with his diet. At the same time he insists that with his strong constitution and propensity toward a slender frame, he is basically at liberty to put an indiscriminate amount of pollutants into his person while his mother moans in agony. Not because she is the empress of dietary discipline but because she too lived a life in nutritional deficit for more years than she would like to admit, and so loves her child that she wants to save him the reprehensible long-term repercussions.

I saw a meme on Facebook recently that included a picture of donuts and the caption, "Donuts are healthier than Crystal Meth". I took this meme to mean that the author knows consuming sugar is toxic to the body but somehow less toxic than imbibing crystal meth. When I dared to suggest both substances were similar in addictive-nature, all manner of boll weevils poked a finger out from their sugar-laden crevices to put me in my place. And that is what one gets for rubbing against the grain of popular culture, whose sole purpose seems to be hocking wares at the expense of the health of my fellow man. It perturbs me to note that the billion dollar diet industry is involved in the same behaviors, which is why when I began my journey to better health, I rejected their assertions and forged my own path. With that in mind, I am fully aware of the glazed eyes of my peers, even those of my own son, when I begin to talk about living a healthy lifestyle. The "diet and exercise" approach is about as popular as Geeks Gone Wild, but it is also the most healthful and possible to sustain long-term. And lest one assume I am a culinary cretin, I like to consume tasty vittles as much as every human being I know.

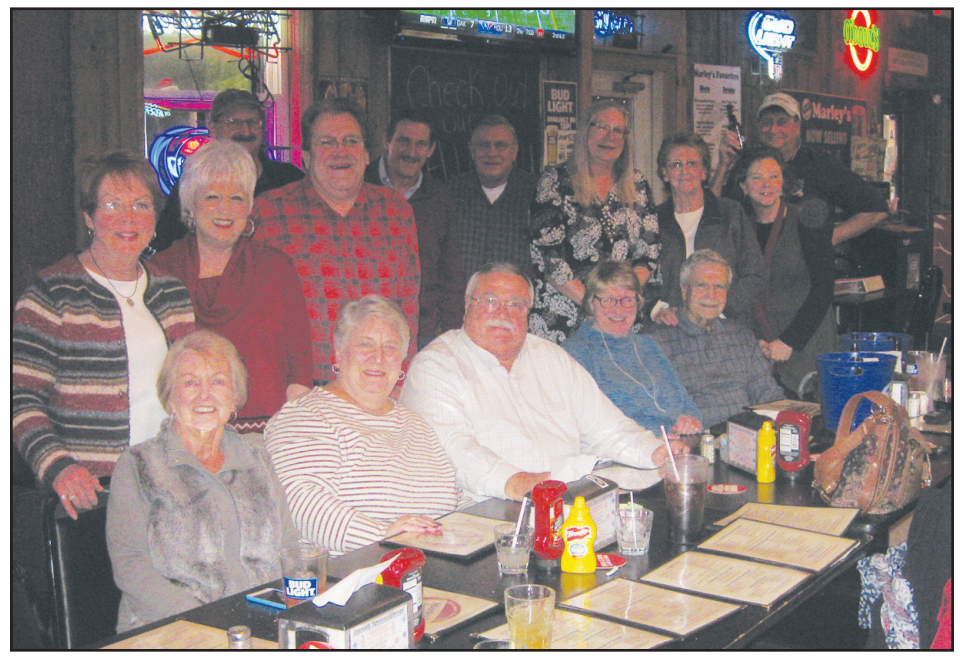
I write all of this to make clear that our culture is built on an ever-wobbling house of cards. The idea that we can consume countless calories and maintain healthy bodies is nonsense. When we don't take this great truth into consideration, we bend and twist our brains into pretzels trying to understand why we are fat or addicted while eating McDonald's cheese burgers and breathing in toxic vapors. And if we are fortunate enough not to bear the immediate repercussions of our lifestyle choices, we suddenly gasp when we encounter debilitating sickness, disease, or at the very least, the realization that—not unlike a box of mac-n-cheese—we all bear an expiration date. If the Food Fairy existed and deigned to grant me one wish, I would ask that people be given the capacity to see how the things they consume affect them at a cellular level. At least then they wouldn't be perplexed as to the state of the only body they will ever own.

Years ago I was working with the health coach at my place of employment. I worked out in a gym and learned how to burn and count calories. I was so focused on restricting my caloric intake and documenting what I was eating that I failed to learn how important it was to eat the right foods for my body. I wish someone had explained to me how sugar enters the blood stream and instantly sends off a chain reaction that makes the liver freak out and try to expel it from the body as quickly as possible. I might have put down my Resses Peanut Butter Cup long enough to stop crying because I wasn't losing weight and think about eating a bowl of strawberries instead. I would have learned that the fiber in the fruit works in conjunction with the carbohydrates to nourish and not deplete my cells. I would have learned how to avoid the sugar rush and carb crash that accompany a candy bar and soda snack, and maybe—just maybe—I would have stopped being angry at my thin friends years sooner. For there can be no more miserable existence than to want to lose weight but know it will never come to fruition because one simply doesn't have the willpower to abstain from *insert unhealthy substance here*.

Today if you are feeling helpless and hopeless in regards to the state of your body, don't lose heart. Make a decision to educate yourself about your body. Know that you can make one healthy choice at a time and achieve your goal one step at a time. Or, like my teenage son, you can go on pretending that your choices don't have consequences and your mother is full of beans. Because the truth is, while I may be full of beans, beans, when combined with lemon juice, roasted garlic, and tahini oil make a very tasty (and nutritious) hummus.

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

Lammert Family Reunion at Marley's



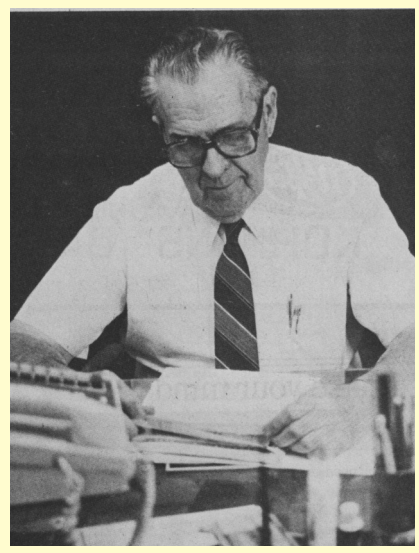
Remember Ed Lammert who owned Ferguson Department Store that was located on North Florissant Road? His nieces and nephews, and their children met at Marley's Bar and Grill for a reunion in January.
I came across a small newspaper from September, 1982 featuring Ed Lammert, who was chosen Ferguson 1982 Citizen of the Year.
The article reads:

In the more than half century that Ed Lammert has been conducting business in Ferguson, it appears that his contributions have more than equaled his benefits.

In 1931 Ed started his business on Florissant Road in Ferguson. A lot of things have come and gone and have been forgotten, but both Ed Lammert and the Ferguson Department Store are still there, and even after they are gone they made too big an impact on the community to ever be forgotten about. *(The store was located where the present BKM Boot Camp is now.)*

Lammert comes from a family of 9 children raised in St. Louis by his parents who owned a produce farm. *(Actually it was in Normandy located off Bermuda Road – Lammert Lane.)* He is married to Anna and they live in Norwood Court where Ed has served as the Mayor for the last 30 years. Even though he is still active in the store, it is presently being managed by his nephews, Bob and James Lammert (both now deceased).

According to his secretary, Kay Kliethermas, 'Mr. Lammert lives a somewhat conservative life for his position, but he is always the first to help out a viable charity that shows a need.'



A photo of Ed Lammert taken in 1982.

Lammert was responsible for starting the original YMCA that was at 500 Airport Road. It has since moved to its new location next to the Florissant Valley Community College on Pershall Road. He is responsible for starting the Police & Firemen's Pension Fund in Ferguson, Past President of the Ferguson Chamber of Commerce, Member of the Ferguson Lions for 17 years, a member of the Ferguson Rotary for 17 years and served three 4-year terms as a Colonel on the Governor's Staff.

He started the first state license office in Ferguson in 1952 and ran it for 28 years until he had to give it up last Spring when a new administration took over in Jefferson City.

The above article was taken from "The Ferguson Free Press," published in September 1982

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Neologism

Once again, the Washtington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternate means for common words . . . and the winners are . . .

Coffee: the person upon whom one coughs.
Flabbergasted: appalled over how much weight you have gained.
Abdicate: to give up all hope of ever having a flat stomach
Esplanade: to attempt an explanation while drunk.
Negligent: describes a condition in which you absentmindedly answer the door in your nightgown.
Lymph: to walk with a lisp.
Gargoyle: gross olive-flavord mouthwash.
Flatulance: emergency vehicle that picks you up after you are run over by a steamroller.
Balderdash: a rapidly receding hairline.
Rectitude: the formal, dignified bearing adopted by proctologists.
Circumvent: an opening in the front of boxer shorts worn by Jewish men.
Frisbeetarianism: the belief that when you die, your Soul flies up onto the roof and gets stuck there.

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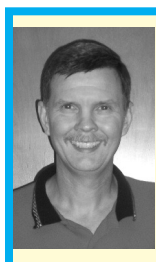


Under The Hood With Robinwood

By Bob McGartland

How to get the Most out of Your Car in the Cold

Regardless of the time of the year, driving it is always important to keep your vehicle in the best condition possible. The cold winter weather and temperatures are tough on your vehicle. Winter driving can be more difficult than driving during other times of the year. Snow, freezing rain, and ice can impact your visibility, as well as the conditions of the roads. Make sure to remove all the snow, ice, and frost from your windows before you start to drive away. The headlights should also be inspected. If they burn out, make sure to have them replaced immediately to help improve the visibility when you drive.

During the winter, another part to have inspected and tested is the battery. Cold weather can impair an aging battery's ability to start your vehicle, especially when temperatures dip below freezing. If you have not recently purchased a new battery, consider having your current battery tested. Simple maintenance is to check the battery cables for corrosion and clean them as needed with a wire brush. You may consider investing in a portable power source, which can deliver the juice needed to jump-start your vehicle should you get stranded, and at the very least, never leave home without a set of jumper cables in the trunk.

Tire pressure should be checked monthly, but this is especially important in colder weather. Cool temperature changes air pressure. For every 10 degrees drop in temperature the air pressure in tires drop one pound. This occurs due to the change in atmospheric pressure. Winter driving conditions demand good tires that are properly inflated.

Make sure your vehicle's heating system is working properly. If you are noticing the temperature inside the vehicle is not as warm as it use to be, or it takes longer to defrost the windshield, don't wait to have your car's heater tested.

With winter comes road treatment, which usually means rock salt or salty brine sprayed on roads. While this is very effective at keeping the roads safe from ice, salt is also quite corrosive and can damage the finish of your vehicle if left for too long. Regular visits to the car wash are highly recommended to keep this stuff from doing too much damage. Also, do not neglect the undercarriage of the vehicle. A lot of road muck ends up on the undercarriage, which is easy to overlook, so do your best to clean under there, too. Most car washes offer an under carriage wash. This is a good option to choose during the winter months. Remember, once rust takes hold, it is a problem eating at the body, frame and critical parts of the vehicle. Keeping the vehicle's underside clean will pay dividends in the long run.

Even though we have some sunny days with temperatures in the 60's, there is almost 2 months of winter remaining. A midwinter check up will help keep your vehicle reliable for what Mother Nature still has in store for us.

Please have a safe and enjoyable winter. Visit us at www.robinwoodauto.com.

Valentine Place Ribbon Cutting to Take Place on Valentine Day

Caring Solutions
Discover Your Abilities

Valentine Place, a home for children and adults with developmental disabilities will have a ribbon cutting ceremony on Valentines' Day, Tuesday, February 14 at 10:00 a.m.

The building, located at the corner of Dade and Graf is almost ready to start serving those individuals who, along with their families have been referred to Caring Solutions by the Missouri Department of Mental Health.

A small gathering of project donors, board members, city officials and friends will attend the ribbon cutting ceremony.

Ferguson Shop ‘n Save to Close on North Florissant Road

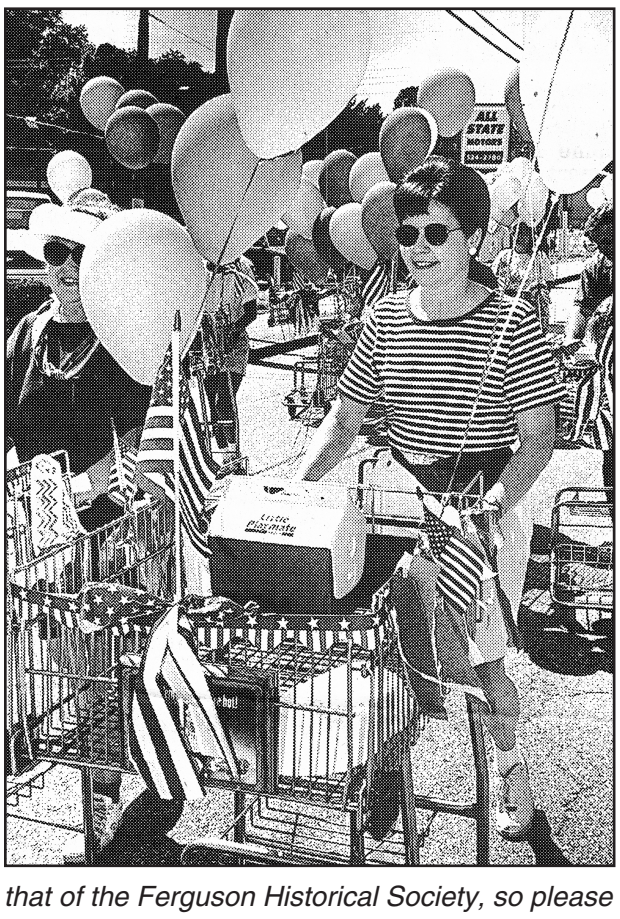
Thursday night, January 19th, bad news hit Ferguson as it was announced that the Shop ‘n Save store located at 49 North Florissant Road was going to close at the end of February. It brought back memories of when Ferguson had no grocery store. Below is Shop ‘n Save today.

A long time ago there was a Kroger Store along North Florissant Road that, if my memory serves was located in almost the identical spot where the Shop ‘n Save store is now. Later Kroger closed that store and moved it to South Florissant Road where Andy Wurm Tire is now. When Kroger closed the St. Louis stores, That store became an Aldi’s, and then Edwards Carpeting Company.

I remember in 1954 when Food Center opened on the Southeast corner of Florissant and Hereford, in the location that is now Walgreens. See photo below, compliments Ferguson Historical Society:

I remember that at some point the Food Center became a National Food Store and it remodeled with a predominate arched facade.

One of the Ferguson Historical Society members says that Kroger built the store that now houses Shop ‘n Save, but when Kroger moved out of the St. Louis market, it sold the building to National Food Stores and they moved in leaving their old location across the street, vacant. Then I believe there was a clothing and shoe store in that location before Walgreens demolished the building and built their prototype drug store that stands today.



Sometime in the 90s, National Food Store closed the store and it sat vacant for awhile. There was much protest and even demonstrations about not having a grocery store in Ferguson. Finally, Shop ‘n Save reopened the store and it has served our community ever since.

The picture to the left was taken at the 1996 Ferguson 4th of July Parade. I believe that this may have been the year that the store was closed and the shopping carts were a form of protest.

Disclaimer:
Most of the above is from my memory and that of the Ferguson Historical Society, so please understand, places and dates may be in error.

The Editor

GOOD NEWS! Schnucks is Opening In the Same Location

Even though the bad news about Shop ‘n Save closing the end of February was announced on Thursday, it was the very next day that Schnucks broadcast the news that they would be opening the store sometime in April.

Ferguson Mayor James Knowles III stated, “It is sad to see Shop ‘n Save stores leaving after all of these years; they have been a great asset and partner to Ferguson for 21 years. But, we are excited to welcome Schnucks to our community. This move to Ferguson speaks to the resiliency of our community and the confidence that the business community still has in our city and our residents. We are looking forward to them being an active partner in our community.”

According to Schnucks Chairman and CEO Todd Schnuck, Schnucks hopes to better serve North County residents at the new location. “Relocating to the Ferguson location will allow us to bring our unique combination of quality, service, selection and value to more customers in the area,” Schnuck said. Schnucks plans to complete the move in early April.

With the opening of Schnucks on North Florissant, the Schnucks store on South Florissant in Cool Valley (pictured above) will be closing.

Thoughts for Today

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

A thief broke into my house last night... He started searching for money so I woke up and searched with him.

I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

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Stray Rescue foster parents and volunteers take dogs to 8-10 adoption events each month. Please check out our event calendar to see where our next adoption event is located. Thank you.

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We cannot arrive at better health with the same old solutions.

We must change our approach to your chronic ill health.

Heart disease to diabetes, depression to dementia, attention deficit disorder to autism, asthma to autoimmune disease, digestive disorders to cancer; functional medicine is the best kept secret in science and medicine today.

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Upcoming Blanche Touhill Events

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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

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

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

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.

To Kill a Mockingbird at the Rep

This timeless literary classic runs February 8 – March 5, 2017

When President Barack Obama gave his farewell address earlier this month, he chose to quote a great literary character: To Kill a Mockingbird's Atticus Finch.

"You never really understand a person until you consider things from his point of view ... until you climb into his skin and walk around in it."

That presidential shout-out illustrates how Harper Lee's enduring novel has become an essential part of not just American culture, but its values as well.

Now could not be a more relevant time for The Repertory Theatre of St. Louis to present the theatrical adaptation of To Kill a Mockingbird, adapted from Lee's story by Christopher Sergel and directed by Risa Brainin.

This compelling adaptation runs February 8 – March 5, 2017 on the Browning Mainstage of the Loretto-Hilton Center for the Performing Arts.

Lee's Pulitzer Prize-winning novel is a beloved tale that still resonates today. Scout Finch is growing up in Depression-era Alabama, where poverty and prejudice dominate daily life. With the guidance of her wise father, Atticus, the rebellious Scout discovers her own path, learning the power of empathy and the struggle for justice.

In addition to Obama's prominent reference, the book has frequently appeared in the news during the past couple of years, following the publication of quasi-sequel Go Set a Watchman in 2015 and Lee's passing in 2016.

A set of twins will portray the production's two main child characters: Kaylee Ryan (in her Rep debut) stars as Scout alongside her twin brother Ronan (A Christmas Carol, 2016) as Jem. Jonathan Gillard Daly (Saint Joan, 2009) will anchor the adult cast as the iconic Atticus Finch.

St. Louis theatre fans will recognize several local performers in the supporting cast, including Ben Nordstrom (Mr. Gilmer/Nathan Radley), Amy Loui (Maudie Atkinson), Jerry Vogel (Heck Tate), Alan Knoll (Bob Ewell) and Whit Reichert (Judge Taylor).

Brainin will direct a Rep show for the second time in her career, having helmed 2009's Secret Order in The Rep Studio. The design team includes scenic designer Narelle Sissons (God of Carnage, 2011), costume designer Devon Painter, lighting designer Michael Klaers and composer/music director Michael Keck. Emilee Buchheit will stage manage the production.

Curtain times are Tuesdays at 7 pm; Wednesdays-Fridays at 8 pm; selected Wednesday matinees at 1:30 pm; Saturday matinees at 4 pm; selected Saturday nights at 8 pm; Sunday matinees at 2 pm; and selected Sunday evenings at 7 pm.

Tickets for To Kill a Mockingbird range from $18 to $81.50. To purchase, visit The Rep Box Office, located inside the Loretto-Hilton Center, charge by phone by calling (314) 968-4925 or visit The Rep's Online Box Office at http://www.repstl.org.

The Loretto-Hilton Center is located at 130 Edgar Road (on the campus of Webster University).

The Rep is partnering with the Saint Louis Art Museum to enhance the patron experience of To Kill a Mockingbird. Participants can take a one-hour docent-led observation of works of American art, seeing how themes, motifs and symbols express our moral nature. No reservations are required and more information can be found at http://www.slam.org.

For additional information about The Rep's production of Mockingbird, including a guide introducing the characters, plot and background on the play, photos related to the production and more, visit The Rep's comprehensive public website at:
http://www.repstl.org/events/detail/to-kill-a-mockingbird

Short Poems about Valentine's Day

It's not the length of the poem that matters, rather it is the thought that goes into it. A short poem to your Valentine can easily be more powerful than a long one. It is the content that matters. In fact, if you're taking the time to write something of your own, you're probably on the right track. Don't go for the "roses are red, violets are blue" variety of poems. Don't give her a card with a prewritten poem in it. That won't get you anywhere. True romance are words from your heart to hers.Source:
http://www.familyfriendpoems.com/poems/valentine/short/

BOB ON JOB

Logs to Lumber

– by Bob McCarty

Have you ever wondered how lumber is cut from a log? Or did you know that there's more than one way to cut lumber from a log? Even though there are many ways lumber is cut from a log, today we're going to discuss the simplest forms of cut to get to our desired use of the lumber.

The three types of cuts in logs to create lumber is plainsawn, rift sawn, and quartersawn. As you can see in the illustration below, all three types of cuts can be achieved just by making parallel cuts through the log. This way you will be able to get the most usuable lumber per log.

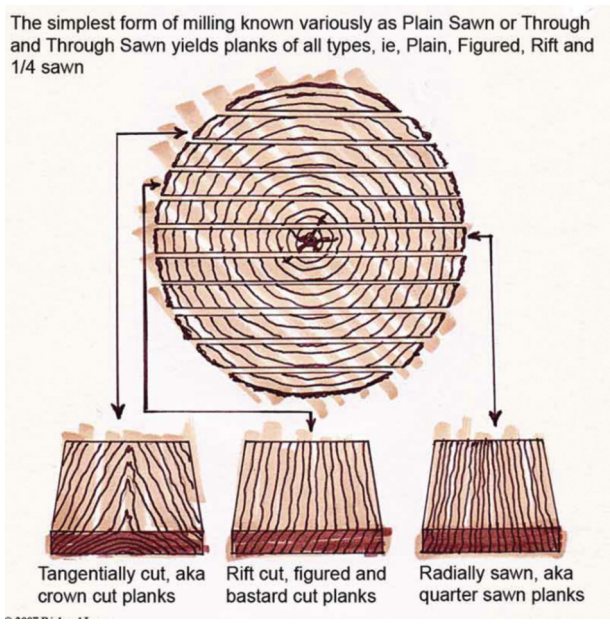

Illustration by Richard Jones (richardjonesfurniture.com)

Look at the end grain, of the three cuts. The tangentially or plainsawn end grain you can see the actual crown of the growth rings. Using this type of cut produces ripples, ovals, and u-shaped patterns in the wood face. This is called the 'cathedral effect'. These are the grain patterns that you will see in a lot of your windows, doors, and other trim in your home.

This is the most unstable of the three cuts although, not a reason to not use it in your home's wood repairs. This type of cut is suspect to warping, cupping, and bowing during it's drying process. Even after the wood is dried to it's sufficient moisture content; humidity changes in your home at different times of the year cause the expansion and contraction of the wood. Have you ever seen a wood paneled door that had been stained and during the winter you can see that the edges of the panel does not have stain on it. That is the wood contracting because of the humidity change in your house when your furnace is drying out the air. The wood is contracting across the face of the wood. You won't see that unstained edge in the summer; that's expansion.

The 'rift sawn' wood is not as pretty as the figure you will find in plainsawn lumber. It is a straighter grain. If you were looking at the end grain in the illustration above, you will notice that the grain is at an angle. The standard is from between 45 and 75 degrees. This type of cut would be a good cut for posts and beams. It's a more stable than plainsawn lumber and will carry a heavier load because of that. The expansion and contraction of this type of cut isn't across the face of the board, it's in the width of the board, therefore there is not as much movement.

The quarter sawn boards are the bee's knee's. This is a very stable wood which means it is a more expensive wood. Looking at the end grain, you will notice that the grain is almost vertical. The standard is from 75 to 90 degrees. If you were to find this type of wood on your house, it would probably be on your floors, decks, and stair treads. It also expands and contracts like the rift cut lumber so you won't need to worry about the floor boards and such separating much from each other over the course of the year.

When using quarter sawn lumber, you will see the 'medullary rays' which expand out from the center of the log to the edge. These are called 'ray fleck' and they are really prominent in white oak. All types of wood have these 'medullary rays' and when you see this 'ray fleck' on high end furniture and especially guitars, you will know what this type of figure is called.

There are more ways that lumber is cut from a log but this month I didn't want to go into all of the different directions. To get the point across, I chose the path of least resistance. Now you have a little understanding about the journey from log to lumber.

I have also included an illustration describing another direction that can be used to get the desired type of lumber needed for your project. And don't even think these are the only ways to cut a log into lumber; there's more.

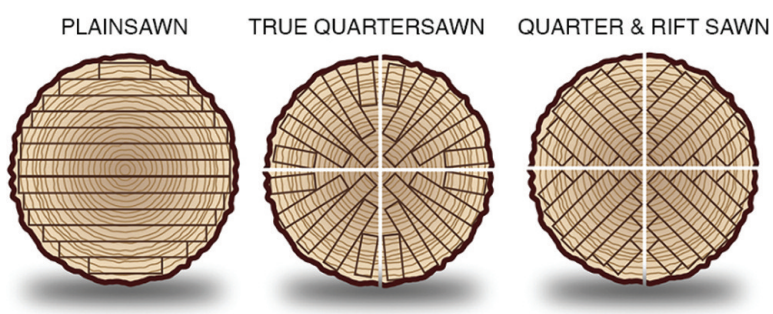

Illustration from (www.core77.com)

So with that little bit of information in your pocket, next month, we'll chat about the wood that came from the virgin forests that built the homes and other buildings in our great country. So until then, Bob is On the Job.

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

If you are a baby boomer or a member of Generation X, you probably are unaware of why the crash of 2008 is compared to the "Great Depression." Although the 2008 stock market crash and home and business foreclosures as the result of the failure of Enron and other .com companies, was devastating, it obviously did not compare to the deprivation of the 1930s.

On October 29, 1929, the New York Stock Exchange fell to an all time low, and that day, known at "Black Friday," was the beginning of what is now known as the "Great Depression."

Pictured above is Wall Street on October 29th, 1929. The New York Stock Exchange is located on Wall Street.

Let us go back to World War I which ended in 1917. The United States rejoiced at the return of soldiers from Europe. Bank rates were low and financiers spent freely and speculated with the money that was readily available. The following "Roaring 20s" was characterized by excess and wild spending. Farmers were enjoying unheard of success, buying land for more crops and the machinery to help them produce more and more food. So the 20s was a very good decade for everyone.

But, early in 1929, a scandal broke out in London when a group of British investors were jailed for fraud and forgery. The London stock market crashed.

In the meantime, the farmers began to earn less and less money from their produce because of the over abundance of their crops. About the same time, farmers in Europe and Australia also produced bumper crops, limited export possibilities.

Farmers could not sell their produce for profit and began leaving for urban areas where the increase in manufacturing promised good paying jobs in factories.

At the same time, the economy took a hit with the decline in steel prices and fewer construction projects, while the increase in consumer debt, caused people to begin selling their stock. As stock prices fell, large financiers tried to stem the fall by buying large blocs of stocks trying to demonstrate to the public their own confidence in the market. It did not work.

At the time the world used the "Ticker Tape" to list stocks from around the world. Late on October 29th, the stock market was falling so rapidly, the ticker stopped working. In 2 days the market lost over $30 billion. By 1932 the stock market recorded a 89% loss.

Only 16% of Americans had invested in stock, but the crash caused businesses to have difficulty securing loans, so they stopped hiring and expanding their enterprises. So when workers became concerned about the security of their jobs, they stopped spending money. The people lost faith in the banks and tried to withdraw their money, resulting in the banks trying to recall outstanding loans.

Because farmers operated on a very small margin, every small town in the midwest had a bank, maybe even two. When the market for their crops was bad, famers would borrow from the bank and put their farms up as collateral. When they could not pay off the loans the bank would take their property. Remember the movie "It's Wonderful Life"? People went to the bank and demanded their money. That is exactly what happened in the early 1930s. There was no such thing as federal deposit insurance. If the bank could not honor these withdrawals it would fail. The decline in money supply resulted in 4,000 banks closing in 1933.

When Franklin Roosevelt was elected in 1933, he declared a "bank holiday," a 3-day cooling off period, for the banks to gather their

Farm foreclosure sale, circa 1933. The bottom sign says "Furniture, all most be sold."
Photos from National Archives

resources. One of his most memorable quotes is "The only thing we have to fear is fear itself."

FDR created many programs during the 1930s which he called "The New Deal" to put people back to work, and to restore the people's faith back into the government.

Another contributing factor to the "Great Depression" was the "Dust Bowl" that occurred during the 30s.

The Dust Bowl

After the moderate temperatures and rainfall of the 20s, when farmers were reaping abundant crops, a severe drought occurred in the Midwest during the 30s. Along with farmer's deep plowing (that killed the stabilizing prairie grass), over grazing by cattle, and the absence of "contour " farming methods, the wind would pick up the very dry soil and cause huge clouds of dust that blackened the sky. These "dust bowls" centered in Texas and Oklahoma, but also affected adjacent states.

One dust storm of massive proportions occurred on May 11, 1934. It traveled as far as the East Coast, shrouding the Statue of Liberty and Washington's monuments. As if the dust was not enough of a hardship, hoards of jackrabbit and grasshoppers swooped down and devoured the meager remaining crops. One estimate was 23,000 grasshoppers per acre.

May 11, 1934

Editor's Note: My mother used to talk about this day. She lived in Normandy at the time and she said it got "black as night" and it was difficult to breathe. She was expecting me at the time and stayed inside that day. She often talked about the homeless knocking on the door and asking for food. My older sister said she would take worn coats and cut up the less worn parts to make winter coats for my siblings.

It is estimated that 500,000 farmers were left homeless because the banks foreclosed on their farms. These displaced farmers packed up her "jalopies" with family and a few possessions and headed west and to adjoining states, resulting in the largest migration in American history. Collectively, the migrants were called "Okies" since it was thought the majority were originally from Oklahoma. Migrants abandoned their homes in Oklahoma, Arkansas, Missouri, Iowa, Nebraska, Kansas, Texas, Colorado and New Mexico. The migrants were not all farmers; it is thought that one third of them were professional or white collar workers . . . teachers, lawyers and small business owners who were also forced to leave their homes.

John Steinbeck's 1939 book, "Grapes of Wrath." is a poignant account of the Goad family leaving their home in Oklahoma. Also, Woody Guthrie composed the "Dust Bowl" songs that you can access through your internet.

Franklin Roosevelt introduced the New Deal after he was elected in 1933. The federal government purchased starving livestock for as much as $16 a head and used the meat to feed the homeless. In 1935 the Soil Conservation Service paid farmers to leave fields idle and apply crop rotation and replant native prairie grass.In 1938 the Frazier-Lemke Bankruptcy Act restricted the banks from dispossessing farmers in times of stress. This act lasted until 1947.

Another of FDR's recovery acts was the formation of the CCC (Civilian Conservation Corp.) and the WPA (Works Progress Administration) putting millions of young men to work in camps across America. Right here in St. Louis they would build the Fairgrounds Park swimming pool, the Fort Belle Fontaine grand staircase, made improvements to Jefferson Barracks Cemetery, built the Jewel Box in Forest Park. the Main Post Office downtown, the River Des Peres Flood canals, the Peabody (Keil) Opera House, and many other schools and hospitals.

In 1939, the rains returned to the Midwest and once again the prairies became "golden with wheat."

Note: Photos on this page taken from National Archives

Today's Dust Storms

Perhaps you remember reading of dust storms a few years ago in Phoenix Arizona. Even though the 2012 storm was called a "100 year storm," we in the Midwest know that these 100 and 500 year storms are happening pretty often.

In Phoenix a particularly severe thunderstorm in 2012 was noteworthy. Rain-cooled air from a thunderstorm plummeted to the ground at speeds up to 100 mph, and with so much momentum that it kickup up an enormous amount of dry, loose sand. "It's like the power of a tornado." said Ken Waters, a meteorologist with the National Weather Service. This particular storm reduced visibility to between 5 feet and near zero. Trees and power lines were knocked down.

These storms have been hitting the Southwest regularly every year. But with the recent rains inundating the west coast, maybe these storms will be less volatile.

Summer Camps

Listed below are a variety of Summer Camps available at the Challenger Learning Center. Please go to <www.challengerstl.org> for dates and fees and to register. The Challenger Learning Center is located at Brotherton Road, in the Ferguson-Florissant School District.

Astronaut Training Camps
Each Astronaut Training Camp includes a variety of out-of-this-world experiences such as rocket building, underwater training in SCUBA gear, customizing spacesuits, and constructing and living in a lunar colony. All camps included simulated space missions.

Advanced Rocketeering
Campers build and launch rockets, culminating in building their own customized rocket – complete with 3D printed parts they design themselves! Each participant will also build their own electronic launch system and platform, to continue the innovation far into the future.

Sports in Space – NEW!
Could you slam-dunk on Mars? Spike on a spacewalk? Throw a curve ball on the Moon? Pirouette on Pluto? Campers will experiment with gravity, air resistance, momentum, and more to figure out how they could change their favorite sports to make them work elsewhere in our Solar System.

Innovators' TechShop – NEW!
Campers will learn to use drills, band saws, soldering irons, and other shop tools, and combine them with high-tech gadgetry like Arduino micro-processors and 3D printers.Then, they will take their new maker skills to the next level with two days at TechShop St. Louis, where they will learn to use advanced rapid prototyping equipment like laser cutters and vacuum formers.

Aquatic Robotics
Campers will use devices such as soldering irons, rotary drills and voltmeters to learn basic robotics and build their own custom SeaPerch ROV, an underwater robot! The program culminates with a specially designed human/robot "weightless" experience where participants will learn the basics of SCUBA and join their robot in an underwater mission.

Mars Camp- NEW!
The Challenger Learning Center is partnering with the Saint Louis Science Center to offer a camp for astronauts entering grades 4-6. This camp is hosted by the Science Center, but will spend two days running simulated space missions at the CLC. More information can be found at slsc.org/Summer-camps.

Summer Camp Scholarships
The Challenger Learning Center is anticipating funds to provide scholarships for students wishing to participate in a one-week summer camp.

The funds are intended for students who have an interest and financial need for support. Eligible applicants will be awarded on a first-come, first-served basis are intended for students in the Ferguson/North County area. The scholarship pays for a significant amount of the camp fee.

Scholarship applications will be available in early 2017.

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

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Child Development Centers Have Openings

FFSD Child Development Centers Have Openings

The Ferguson-Florissant School District has openings in two of its Child Development Centers for two- three- and four-year-olds. The centers are located at the Administration Center, 1005 Waterford Dr. and McCluer High School, 1896 S. New Florissant Rd.

The district's Child Development Centers are high-quality child care facilities with excellent learning opportunities using the same curricula followed in other district preschool classes.

The centers are open from 6:45 a.m. to 5:30 p.m. year-round. Tuition is $179 per week for three- and four-year-olds, and $189 per week for two-year-olds. Need-based half tuition scholarships are available for district residents, although residency in FFSD is not a requirement for general enrollment in the centers.

For more information, call Alison Mehlberg at the Administration Center, 314-506-9032 or Angie Loy at McCluer 314-506-9472.

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How to Survive a Heart Attack If You Are Alone

1. Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.

2. You're really tired, upset and frustrated.

3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five miles from the hospital nearest your home.

4. Unfortunately you don't know if you'll be able to make it that far.

5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?
Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.
In this way, heart attack victims can get help or to a hospital.

9. Tell as many other people as possible about this. It could save their lives!

10. A cardiologist says If everyone who reads this, & kindly tells it to 10 people, you can bet that we'll save at least one life.

January 2017 meeting minutes
Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)

Captain Dennis McBride opened the January 11th, 2017 meeting of the Ferguson On Watch, welcoming everyone. He passed out the December 2016 Crime Review, which contained the monthly crimes sorted by FBI types (Assaults, Burglaries, etc.). One of the unusual statistics that Captain McBride pointed out was that while January to November Motor Vehicle Thefts averaged 9.6 per month, while December came in at 23, which is more than double the average. Apparently, 14 or over half of these thefts are due to people leaving their vehicle running and unattended. Not only are you risking someone else getting in behind the wheel and taking off with your warm car, but it is an ordinance violation to leave your vehicle running on the street unattended.

National trends tend to mirror what we see above; property crimes are down, violence is up. Neighbors are more likely to report crimes when they have built relationships with their neighbors and their police.

Plaque awarded to FPD
The residents of Ward Drive then presented an award plaque to Captain McBride for the Ferguson Police Department's tireless efforts to respond to their neighborhood.

Our guest speaker for the night was Councilmember Ella Jones – Your Neighborhood is Family

Ella introduced herself as a woman born and raised in Louisiana, where your neighborhood treated you as family. She reported that neighbors not only watched out for each other in the safety sense, but also in the welfare sense. They shared their catch of Mississippi fish with the neighborhood, and helped in the upkeep and cleaning of their neighbors' properties.

Ella has brought that spirit of service to Ferguson, a Community of Choice. An example of that neighborly service was seen when neighbors brought cakes, etc. to the annual Griffith School Carnival. She shared her sense of service by initially serving on the school's parent – teacher organization, and further on by joining a local union, as her husband did. "The people you surround yourself with the most, become your family."

In the afternoon of her life she brings that sense of sharing and service with her by sharing her talents as a community leader. Her experience as a 22 year pastor of an African Methodist Church has served her well in her initial service since 2015 as a Councilmember for Ward 1 of Ferguson. She has found out that people are interested in how much you care. Using a collaborative effort between the neighborhoods of Ferguson, Jennings, Dellwood, Cool Valley, Calverton Park, and Berkeley, we can get the Universities and other organizations to help move our Communities Forward and grow.

Next meetings:
FEBRUARY: The next Ferguson Neighborhood Watch meeting scheduled for City Hall will be at 7:00 pm on February 8th, 2017. There will be a discussion of the previous month's crime stats, and then our guest speaker, Mayor James Knowles III, will speak with us about ideas he has about using technology as a force multiplier to improve our public safety. He also wants to discuss incorporating other city departments into the policing efforts, to satisfy a need for better collaboration and coordination between them.

MARCH: We plan to have a speaker from the Ferguson NPSC. The Neighborhood Policing Steering Committee is a focal point for community participation in the development and implementation of a plan to improve the community/police working relationship, implement problem oriented policing, establish and carry out public safety priorities, and reduce threats to the quality of life in neighborhoods in all areas of Ferguson, including those most affected by negative interactions with the police. The NSPC has a significant, formal role in helping the City in satisfying its obligations under the Department of Justice Consent Decree.

CERT
The Civilian Emergency Response Team training that was scheduled for January 14th at Firehouse 1 was postponed to February 11th due to the ice storm.

Have a safe month. Keith :-)K

Self Esteem

A new teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!" After a few seconds, Little Johnny stood up. The teacher said, "Do you think you're stupid, Little Johnny?" "No, ma'am, but I hate to see you standing there all by yourself!"

Cycle of Trauma Conference to Be Held in March

"Psychological trauma is now recognized as one of the most common preventable causes of poor health, disease, and early death. When experienced in childhood, the effects are even further magnified, with unmistakable connections between early life adversity and illicit drug use, mental illness, heart disease, and diabetes (to name a few).

UMSL MIMH Missouri Institute of Mental Health

In Missouri, state mental health agencies, academic researchers, and community organizations have created highly innovative programs to directly interrupt the cycle of trauma and poor health outcomes on a regional and global level.

On **Wednesday and Thursday, March 1st and 2nd,** The Missouri Institute of Mental Health, an academic unit of UMSL, will host the second annual Traumatic Stress Conference highlighting cutting-edge research and community programs developed within Missouri targeting prevention, clinical intervention, and biomarkers of trauma. The conference will feature Ms. Erin Meryll, an ardent advocate of child wellness and author of Erin's Law, via Senate Bill 2843, requiring school-based education for children on personal safety. See the Trauma Conference website or at mimh.edu for further details and information on continuing education credits. This conference is guaranteed to change the way attendees think about psychological trauma and health."

The conference will be at the Clayton Plaza Hotel, 7750 Carondelet Avenue, Clayton, MO 63105. March 1st program begins at 4:00 p.m., and March 2nd programming begins at 8:00 a.m. until 4:30 p.m.

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Picture your your Baby Shower, Wedding Shower, Wedding Reception, Graduation Party, Family Gathering, and Other Special Occasions, in this spacious hall and large parking area. Holds the maximum of 75 people. Call 314-226-4077 for reservations and more details.

A February Visit to the Art Museum in Forest Park

Degas, Impressionism, and the Paris Millinery Trade
February 12–May 7, 2017
Main Exhibition Galleries, East Building
Through a groundbreaking exploration of Edgar Degas' fascination with high-fashion hats and the young women who made them, Degas, Impressionism, and the Paris Millinery Trade will feature an array of period hats and 60 paintings and pastels, including key works by Degas that have never been exhibited in the United States.

Valentine Weekend
February 10-11, 14
Valentine's Day Weekend at Panorama
This Valentine's Day weekend, show your sweetheart some love at Panorama at the Saint Louis Art Museum with distinctive dining options. Starting with

The Saint Louis Art Museum is in full bloom during this annual festival as more than 35 renowned works of art from the Museum's collection are imaginatively interpreted through floral design. You'll experience fresh floral displays throughout the galleries created by the most talented floral designers in the region, paired with the Museum's works of art, as well as lectures and floral demonstrations, free family activities, live music, and unique shopping and dining opportunities.

Tickets for Art in Bloom events are on sale now. Tickets are available in person at the Museum's Information Centers, through Metrotix.com, or by calling 314.534.1111.

MUSEUM HOURS
Tuesday–Sunday, 10:00 am–5:00 pm • Friday, 10:00 am–9:00 pm
Closed Monday
The Museum is open New Year's, Memorial Day and Labor Day.
ADMISSION free every day.
There is an admission charge to featured exhibitions

Opening Prayer

One Sunday morning at a small southern church, the new pastor called on one of his older deacons to lead in the opening prayer. The deacon stood up, bowed his head and said, "Lord, I hate buttermilk."

The pastor opened one eye and wondered where this was going. The deacon continued, "Lord, I hate lard." Now the pastor was totally perplexed. The deacon continued, "Lord, I ain't too crazy about plain flour. But after you mix 'em all together and bake 'em in a hot oven, I just love biscuits."

"Lord help us to realize when life gets hard, when things come up that we don't like, whenever we don't understand what You are doing, that we need to wait and see what You are making. After you get through mixing and baking, it'll probably be something even better than biscuits.

Amen.

Thank You

The Ferguson FLIERS (Friends of the Ferguson Library) would like to thank all the patrons, donors and volunteers who participated in our December 2016, "Treasures, Trinkets and Treats" sale. As a result of everyone's generosity, we had a super successful event.

Sincerely, Janie Norberg, FLIERS President

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Art in Bloom

Let me tell you a little story about **Art in Bloom**. Two years ago my sister and I happened to visit the Art Museum on Thursday, before the Friday exhibition. Although I had read about the Art in Bloom, I had forgotten about it until we walked inside and saw masses of flowers everywhere.

You see, on the day before the exhibit, all the florists were working on their displays. The way I understand it, the museum chooses 35 pieces of artwork (Painting, Sculture, Pottery, etc.) for the florists to design their flower displays. The chosen florists pick a name out of a hat and that is the artwork they must depict.

On Thursday (Feb. 23) you can watch the florists working on their pieces, and admission is free this day. The flower arrangements are in the same room as the artwork. I found that most of the florists, if they were still putting their pieces together, were more than happy to discuss their work.

One trouble is, the flyer describing the artwork and flower arrangements is not printed until Friday, so on Thursday you don't know where the flowers are located; you just have to wander around to find them.

If you visit on Thursday, this juried art show isn't completed until late that day, so you won't know which pieces were selected as winners. If you want to know which pieces won ribbons, you must attend later (Friday, Saturday or Sunday, February 24, 25 and 26.) You must purchase a ticket for that event.

Last year my sister couldn't go with me, so I took my daughter. She loved it as much as I did.

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.

Nancy Remmert

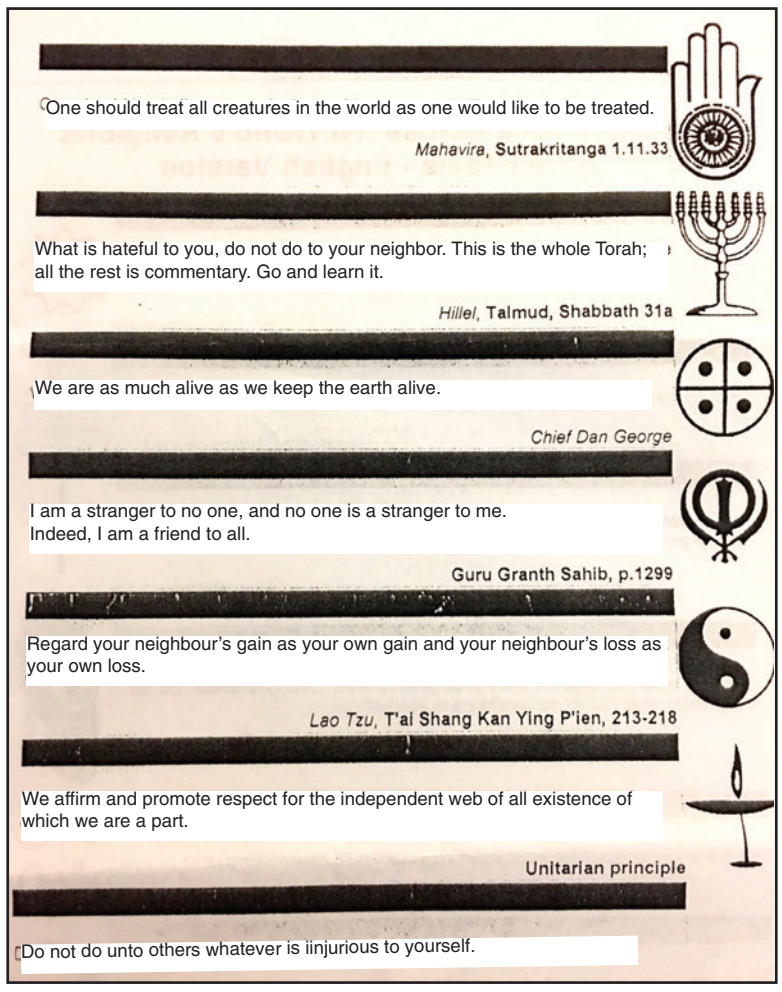
Moderator, North County Interfaith Dialog; President, Church Women United

On November 20th, 2016, I was invited as a speaker to the North County Interfaith Dialog, where I spoke on miracles in my own life, particularly the continuing appearance of the Blessed Virgin Mary and St Therese of the Little Flower in my life for the past 25 years or so. Nancy Remmert was the moderator and had heard me at the Kiwanis Club earlier. I learned that Nancy was part of an umbrella group called the Women's Interfaith Conference (WIC) , that was into its 38th year. The WIC started in St Louis in 1981 with a one-day event of Christian/Jewish dialog between the Church Women United and the congregation of the Shaare Emeth in St Louis. This was found to be so enriching for those attending that they started holding annual conferences. The speakers at these Conferences are typically representing other faiths.

Nancy Remmert

The next Annual Conference will take place at the Dar Al Jalal mosque on Dunn Road on April 5th, from 8.30 a.m. to 2.00 p.m. The topic will be "Women of Faith; Remaining Faithful in a Changing World." Two to three hundred people usually attend and might include lesser known groups: Muslims, Bahai, Quaker, Mormon.

In 1990 Muslim women joined the Conference. Nancy reminded me that Christianity and Islam were born of the same root in Abraham and Sarah, parents of Ishmael and Isaac. Sarah was too old to bear a child. Abraham instead had a son with his servant Hagar and that son was Ishmael. Due to jealousy by Sarah, Ishmael was sent away and he established the Arab tribes. Through a miracle, Sarah became pregnant in her old age and bore Isaac. Isaac is venerated in Judaism, Christianity and Islam as prophet, seer and second Hebrew patriarch, Father of Israel and Father of the Jews. Ishmael and Isaac remained in contact with each other and the brothers came together to bury their father.



Springing from these annual conferences were the Dialogues, started in 2002. The North County Interfaith Dialog meets the third Sunday of every month at Immanuel Church, 221 Church Street, from 3:00-5:00 p.m. Everyone is invited. You may call Nancy at 314-522-3718 for information or send her an email at Rnremmert@att.net to join her mailing list. You will be reminded of upcoming lectures and speakers. The next dialog will be on February 17th, featuring a speaker from the Coptic church. The March speaker will be from the Soul Esteem Center. Previous speakers included a Buddhist monk and a Swami from the Vedanta Society.

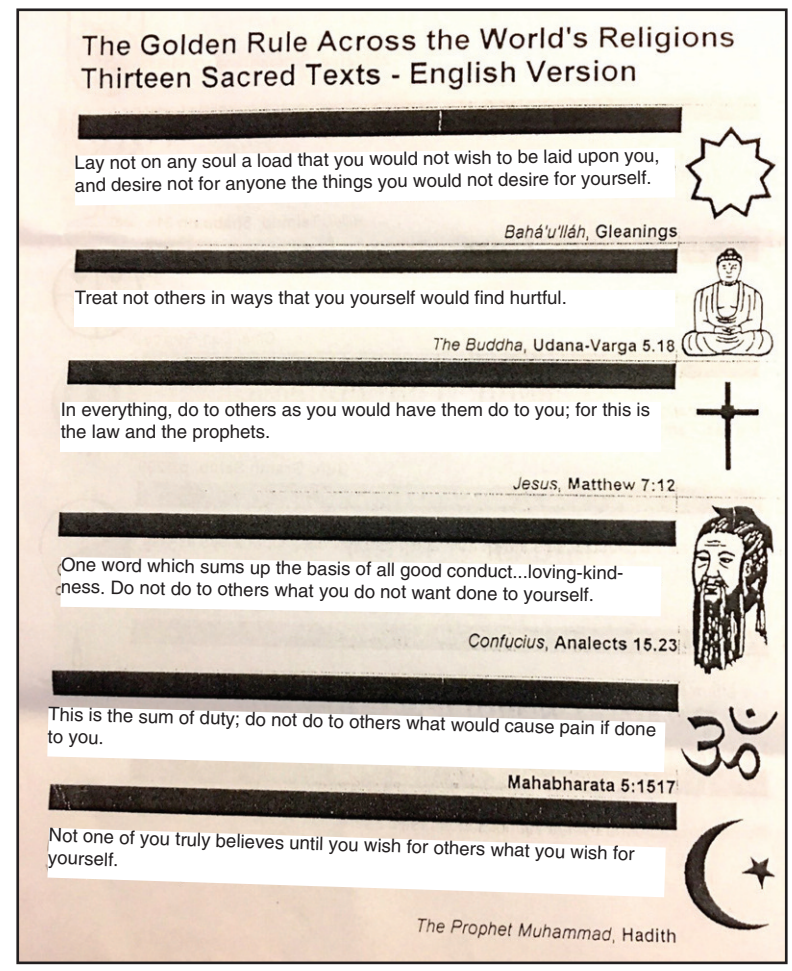
Although I'm a Catholic and worship in this tradition, I'm appreciative of all other religions. My late husband was a Zoroastrian and I also say Zoroastrian prayers. My daughter, Anahita is confirmed in both religions of her parents.

Nancy hopes that her group will continue to be a source of inspiration for others to have a broader view of God's kingdom. She says that the Quran, the holy book of Islam, is full of quotes on Jesus and there is a full chapter on Mother Mary. She said Jesus is also revered as Messiah.

I asked Nancy how these conferences and dialogues had affected her and she said: "They have broadened my views; I'm not keeping God in a very small box. God's story hasn't changed. It is told to different people at different times and locations and it is as genuine to them as it is to me."

I congratulate Nancy for spreading the cause of unity among all religions and for representing the Best of Ferguson.

About the author: TSM Meditation instructor; motivational and spiritual speaker; lecturer on corporate wellness; holds spiritual retreats. www.BestAgainstStress.com. 314 521 4390



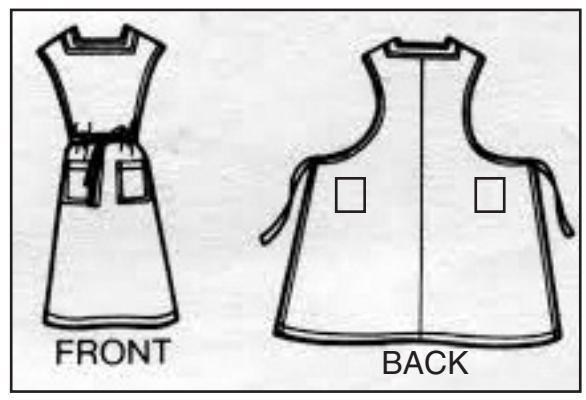
Hoover Aprons

Last month I came across reference to "Hoover Aprons." I had never heard this term before but I remember my husband, Bud, talking about "Hooverville" which consisted of a collection of cardboard and tarpaper shacks which lined the Mississippi riverfront during the 1930s. Bud was born in 1927, so was a young boy in the 30s. He grew up in the Soulard Market area, in a shotgun house on the corner of 10th and Anna. A shotgun house was a narrow house arranged one room after the other in a straight line, i.e., living room, bedroom and kitchen. There was an outhouse out back that was shared by a number of families who lived in adjoining houses.

Bud's mother would shop a the Soulard Market on Saturdays, and of course, the children would tag along. The family would walk to the market and pass "Hooverville." He often talked about how poor the "Hooverville" people were . . . never realizing that his family was poor also.

So, when I came across "Hoover Aprons" I just had to investigate.

Even though most people who remember the stock market crash of 1929 and the subsequent great depression in the 1930s think that the "Hoover Apron" was created during this time period when Herbert Hoover was President of the United States. The fact is, the garment was popular in 1917 when Herbert Hoover held various U.S. Government positions related to food. It is believed that one of the government publications recommended aprons with cross-over fronts. If your apron got dirty while working, you could just switch the overlap, tie it on the other side, and quick as a flash, your apron was presentable again. Or, by repositioning the pockets you could overlap the back. The wrap front was seen as the equivalent of men's overalls.



An ad from a newspaper in Waterbury, Connecticut, sells the apron dress: ". . . in white, is by far the most practical for nurses, office attendants, beauty parlor operators, manicurists., etc. The colored aprons are ideal for housekeepers because of their trim appearance, no buttons feature and comfort in wearing."

No, this isn't a pattern.
It is the actual dress for 69¢

These aprons became so versatile, they were given sleeves and became house dresses. Open it out flat for ironing and keep it fresh and clean, ready to slip into at any time. Frame your face with a snowy white collar edges with a dainty, feminine frill and you became the picture of efficiency and charm all the time you are working.

Over time, this apron became not only a dress, but a robe. Many robes today have the same overlapping front.

Now, in my time . . . after a woman married . . . stayed home and had children, she purchased "house dresses." These were basically "Hoover Aprons"; and this was in the 1950s! I know my mother and mother-in-law had many house dresses. I remember my mother-in-law coming to my house in the middle of winter in a housedress. She was cold (of course), because she was only wearing a cotton dress. Her daughters wanted me to turn up the heat, but we lived in an old, drafty house and turning up the heat wasn't going to help. Instead I wrapped her in a warm fuzzy blanket.

At the right is a house dress or apron displayed at an antique store.

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Calendar of Events In and Around Ferguson

Super Bowl of Chili to Benefit Stray Rescue – Brewhouse	Sun., Jan. 29
"Led Zeppelin II Classics" at the Touhill	Fri., Feb. 3
"A Violin's Life" at the Touhill	Fri., Feb. 3
Blood Drive – St. Peters	Sun., Feb. 5
N/W Chamber Membership Meeting – Renaissance Hotel	Thurs., Feb. 9
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
Readings on Race Book Club – Library	Mon., Feb. 13
Rise Above Workshop Training – Library	Mon.-Fri., Feb. 13-24
Valentine Day	Tues., Feb. 14
City Council Meeting	Tues., Feb. 14
Library Valentine Day Party	Tues., Feb. 14
Ferguson Indoor Farmers Market – St. Stephens	Sat., Feb. 18
God's Teen Girl Group Mtg. – Jamestown Bluff Library	Sat., Feb. 18
President's Day	Mon., Feb. 20
"Changing the Climate" Film – Immanuel	Mon., Feb. 20
Conversation with a King – Library	Thurs., Feb. 23
String Art – Library	Fri., Feb. 24
Tuesday Night Book Club – Library	Tues., Feb. 24
Ritenour Jazz Band Arts & Craft Fair	Sat., Sun. Feb. 25, 26
City Council Meeting	Tues., Feb. 28
"Before the Flood" Film – St. Stephens	Tues., Feb. 28
Resume Builder Seminar – Library	Tues. Feb. 28
Ash Wednesday Workshop – St. Peters	Wed., Mar. 1
Trauma Conference – Clayton Plaza Hotel	Wed., Thur., Mar. 1, 2
Fish Fries Start on Fridays – BTC and Zion	Fri., Mar. 3
Mayor's Shamrock Ball – Garden Villas North	Sat., Mar. 4
Trivia Night – Zion Lutheran	Sat., Mar. 11

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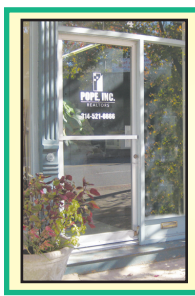
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