

# Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

May, 2017

Serving Ferguson and Surrounding Communities

See Splash Info on pg. 18

**Parks & Rec Issue  
Trips & Entertainment too!**  
4 full pages (pgs. 5, 6, 7, 8)



## Ferguson's Farmers Market

Ferguson Farmers Market opens May 6th for its 15th season. With over 45 vendors, we are a destination for all your fresh farm food needs; our Saturday morning tradition brings you fresh fruits and veggies, picked within 24 hours of our market and brought directly to you by the friendly farmers who grow them.

**Sat., May 6th:**

- Special Event – Christian Hospital presents Stroke Awareness Day and Cooking Demonstration 9-11AM
- Band: Stuart Johnson 9-11AM

**Sat., May 13th:**

- Special Event – Ferguson-Florissant School District, Farm to School Managers and youth will be sampling Sweet Potato Muffins.
- Author's Fest, If you enjoy reading, stop by AuthorFest. On the second Saturday of the month, you can meet local St. Louis authors at the market. Their books, in a variety of genres--children's, fantasy, young adult, romance, historical, mystery, suspense, thrillers, and non-fiction--are available for sale, and, if you like, will be signed by the author. Each month hosts a different group of writers, so check out the AuthorFest booth each month to support local authors and the literary arts in St. Louis.
- Northern Arts Council will provide arts and creative experiences each month, from 9-11AM on the second and fourth Saturdays, May through October at Ferguson Farmers Market. Local artists will be highlighted, along with Community Arts opportunities for all ages. 9-11AM
- Band: Riff Raff Band 9-11AM

**Sat., May 20th:**

- Special Event – Edward Jones Ferguson presents "Cakery Nouveau" with free cookies and other treats to pass out.
- Ferguson Eco Team, "Creating a more environmentally sustainable, spiritually fulfilling, and just human presence in the Ferguson area and on planet Earth.
- Band: Ritenour 9-11AM

**Sat., May 28th:**

- Special Event – Dr. Dan the Pancake Man, grab a pancake that looks just like you.
- Northern Arts Council will provide arts and creative experiences each month, from 9-11AM on the second and fourth Saturdays, May through October. Local artists will be highlighted, along with Community Arts opportunities for all ages. 9-11AM
- Band: Forestwood Boys 9-11AM

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### CITYWALK CONCERT SERIES

May 12	All 4 Nothing
June 9	Mr. Wizard Island Band
June 23	Rhoda G.
July 14	Erin Bode
July 28	Yard Squad
Aug. 11	Vicky Michaels & the Edicks Way Band
Aug. 25	Fan Fare
Sept. 8	Pat Liston
Sept. 22	Streetfest

**Mark Your Calendar!**

**7:00 p.m. to 9:00 p.m.** Unless otherwise noted  
501 So. Florissant Road • 524-5197  
citywalk@fergusoncity.com • www.fergusoncitywalk.com

### May Events at the Ferguson Public Library

For more information, call us at 521-4820 or visit our website at [fergusonlibrary.net](http://fergusonlibrary.net)

**Great Horned Owls: Hunting and Feeding**  
Tuesday, May 2 from 6-7:30 pm  
Join us and amateur naturalist Mark H.X. Glenshaw to learn more about the hunting and feeding behaviors of the owls living in Forest Park!

**Monday Makers - Monday, May 15 from 5-7 pm**  
Learn to build your own video games using Bloxels! Registration is required as space is limited. For kids ages 9-14 only.

**2017 Summer Reading Program**  
May 22-July 29

Summer reading time is here! All ages are welcome to participate, track their reading this summer, attend special programs, and win fun prizes!

**Kick off the summer with Boeing Science Night!**  
Tuesday, May 23 from 4-6 pm  
Everyone who registers for the Summer Reading Program that night will be entered into a drawing for Cardinals tickets!

**DON'T FORGET ABOUT OUR ONGOING PROGRAMS!**  
See our website for more information.

If You Have Items of Interest, Contact The Ferguson Times – 314-524-1958



## May 2017 CityWalk

### Welcome to our new Ferguson Citywalk Businesses:

Schnucks Market - 49 N Florissant Road  
Examinations LTD Inc. - 119 Church St., Suite 131  
Ferguson Automotive - 505 Airport Road  
Astounding, LLC, DBA Safe Mode - 14 Church St.

And welcome back, Whistle Stop, 1 Carson Road!  
"May I show you a table – or two – or three – or..."

Last month's column began exploring the Ferguson Citywalk Originals, that is, original restaurants that started right here in the Ferguson Citywalk district. By far the longest established restaurant in Ferguson is Faraci Pizza, which was established in 1968. When the original owners moved the business to Ellisville in 1997, Jim and Dawn Marshall, both McCluer High School graduates, bought it. Jim began working at the original Faraci's when he was just fifteen years old. Dawn has been there around thirty-two years. Looking for an alternative to franchise pizza chains? Try Faraci Pizza at 520 S. Florissant.

The Whistle Stop is next oldest. Many eyes have been on 1 Carson Road, hoping for another taste of the delicious frozen custard. So The Whistle Stop is resurrected just in time for Spring.

Not long after the completion of the last Downtown Strategic Development Plan, The Corner Coffee House opened in a building that was revamped from a former automotive business, 100 N. Florissant Road. Besides offering coffee made from the "finest of coffee and ingredients" and fresh baked goods, The Corner Coffee House offers a social hub where folks can meet, talk, play games or just contemplate a cup of fresh Ferguson java. Outside seating also fits the vision of the developing Citywalk district.

Set in a repurposed office building, Vincenzo's Italian Ristorante is named after Joe Lonero's great-grandfather. Patty Smith has worked at Vincenzo's since it first opened. Patty considers the restaurant a "hidden gem." She considers Vincenzo's Ferguson's less expensive but just as delicious slice of "The Hill." New customers are amazed at the quality of the meals. Patty recommends the chicken marsala or the pesce Vincenzo.

Do you work hard, but play even harder? Kelly Braun isn't sure where their slogan came from, but she can tell you where Marley's name came from: a combination of "Martin" (her husband) and "Kelly." Their best kept secret is Pork Steak Wednesday, which features pork steak (of course), with baked beans and your choice of potato salad or cole slaw or deviled eggs. What would she recommend to a first timer? The wings or the jalapeño grilled chicken sandwich. Remember: Cinco de Marley is May 5. Marley's is located at 500 S. Florissant.

More mouth-watering Citywalk restaurant history next month.

(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.

## JOBS and MORE STL Workshops This Spring

JOBS and MORE STL is active in our community, hosting workshops for our youth at Ferguson Youth Initiative (FYI) on Saturdays, and with the Hazelwood East School District after school on Tuesdays.

Spring is here! Spring is a time for new beginnings. Take this time of new beginnings and invest in searching for a new or better job. JOBS and MORE STL offers workshops: On **May 15-26**, 9:30am-12noon, JOBS and MORE STL will continue to host the RISE ABOVE Workforce 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:

- April Showers Bring May Flowers: A resume is like a garden. Take some time to prepare, and the yields are great!
- Perseverance: Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. *Pelé, Soccer player.*
- Work: Surround yourself with people who take their work seriously, but not themselves, those who work hard and play hard. *Colin Powell*
- Dreams: Dreams are extremely important. You can't do it unless you imagine it. *George Lucas*
- Creativity: Never be limited by other people's limited imaginations. *Dr. Mae Jemison, first African-American female astronaut*

Contact JOBS AND MORE STL at [jobsandmoresti@outlook.com](mailto:jobsandmoresti@outlook.com) or 314.922.5059, or visit the web at [jobsandmoresti.org](http://jobsandmoresti.org)

The Ferguson Times may be reached . . .  
by phone: 314-524-1958  
or by mail: Dorothy Seiter, 16 Sandringham, Ferguson, MO, 63135  
or by email: [cider@att.net](mailto:cider@att.net)

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

## The Plumber's Crack

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

Flowers blooming, red eyes and sneezing, lawn mowers purring, yard sales popping, Farmers Market back outside, a time for remembrance, mommies being honored . . . yes it's the month of May and time for another riveting edition of the Plumbers Crack.

Well my friends it is spring and we will be outside getting ready for summer, so it's time to bore some long time readers of the crack and hopefully help some of the newbies. A lot of you will be turning on your outside faucets for the first time this spring. If you have the anti freeze hydrant be sure and check your basement when you turn it on. If you left your hose on it you probably will have water everywhere. Speaking of hoses make sure you flush yours good before taking a drink out of it. Little critters like to make that their home over the winter . . . need I say more.

Check your sump pump and make sure the pit is free of debris.

Walnut and sweet gum trees are producing their by products so it's very important to check your vent pipe on the roof (especially the kitchen vent). Make sure you have some chicken wire or screen stuffed around the top so squirrels or even the wind don't drop them in the vent. I've opened walls and broken up concrete to get them out. They should be checked twice a year.

I know this isn't plumbing but your gutters can cause all kind of damage to your home. Gutter guards are great but they stop up from all the flowering trees. Make sure the guards are clean



and flush your gutters.

Check your window wells if they have a drain. Make sure they are clear of debris. If they don't make sure the covers didn't crack over the winter. It's another place mice and other critters like to make home over the winter.

I know this article was a downer because of all the work I caused you but as the old saying goes an ounce of prevention gives you a sore back or something like that.

I mentioned some of May highlights. Please remember the fallen on Memorial Day.

It's also the month of Mary so let's celebrate our moms on her day. I don't want to hear all you dads out there saying she's not my mom. She is the mother of your children so treat her like a Queen on Mother's Day and like a princess the rest of the year.

As always get involved in your city get to know your neighbors watch out for the elderly and hug them babies. God Bless you all.

Oh Baby

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**524-0222**

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

**CALL BOB 524-1264**



See Bob on Job column on Page 17

## What? The 4th of July Celebration Will Be Held on Saturday July 1st

OK, let's just call it the Ferguson Independence Day Family Fun Festival. The theme for the day is "Ferguson Celebrates National Landmarks". All interested community groups, clubs, churches and organizations are invited and encouraged to participate in the parade. In addition to parade floats, anyone interested in having a concessions booth should make reservations early; vendor space is limited. Anyone who knows a deserving recipient of Citizen of the Year should submit nominations to the Citizens Fourth of July Committee. Student Achiever nominations are also being accepted. The Student Achiever award is a monetary scholarship that goes to a Ferguson high school aged student.

The chairman of the committee is Chris Shanahan and he can be reached at 314-422-8550.

## Battle of the Neighborhood Groups

Here is a fun project for the Neighborhood Groups to show their support for the City and the Ferguson 4th of July Festival. Submit an entry for the 4th of July Parade! There will be a special recognition of the Best Neighborhood Group entry.

The theme is "Ferguson Celebrates National Landmarks," but please do not limit yourselves to the current theme. Your entry may be on any subject. And, it may be a float, a decorated car, walkers, dancers, equestrian, musical, etc.

There are now officially 13 Neighborhood Groups . . . so the competition should be terrific. Let the battle begin!

## And . . . How About the Other Organizations?

Half the fun of putting together an entry for the parade is the planning and the execution! So church groups, fraternal organizations, city blocks, sports teams, and even families are welcome to put together an entry.

## Entering the Parade? It's Free

All you have to do is go online at <fergusoncity.com> and print out a Parade Entry Form. Or you can drop by the Ferguson Community Center and pick up a form. Fill it out, mail it or bring it in. It's easy and it's FREE!

## Call for Nominations

### Fourth of July Committee Accepting Nominations for 2016 Ferguson Citizen of the Year

Nominations for the 2016 Ferguson Citizen of the Year are now being requested by the Fourth of July Festival Committee. A Citizen of the Year nominee should have made some real contribution to quality of life in the City of Ferguson. The Citizen of the Year need not be a resident. Nominations will also be accepted for Ferguson business owners and volunteers.

Nominations should be submitted with an informal resume that includes the nominee's name, address, kinds and periods of service, and the name and phone number of the sender. All nominations should be addressed to:

Ferguson Fourth of July Festival  
Ferguson Parks and Recreation Department  
1050 Smith Avenue  
Ferguson, Missouri 63135.

The deadline for nominations is Friday, May 26th.  
For more information, call 521-4661.

## Your Name Could Be in the Annual Ad Book

The 4th of July Ad Book contains the Festival's schedule, the park layout, the names and bios of 2017 Citizen on the Year, Youth Achievers, and Parade Marshall.

It contains the names, phone numbers and email addresses of City Council Members and City Departments.

It also is a handy reminder of the names and contact information of local businesses

## SAVE THESE DATES!

### Ferguson's Annual City-Wide Yard Sale

The annual yard sale will take place on  
**Saturday, June 10, 2017,**  
7:30 a.m. – 2 p.m.

Do you wish to host a sale?  
Register by phone, 314-521-7721 by  
June 1st to be on the map.  
Limited yard signs at city hall  
starting June 1st.

The  
**Biggest  
Yard Sale  
in History!!!**  
Ferguson, Missouri

#### Map available

- After 5pm June 9th [www.fergusoncity.com](http://www.fergusoncity.com)
- After 5pm June 9th Whistle Stop Custard
- After 7am Ferguson Farmers Market

## COCKTAIL & APPETIZER RECEPTION



**SATURDAY, JUNE 3rd**  
7:00 p.m to 9:30 p.m.

**218 Tiffin Avenue, Ferguson**  
(This is the home of Kurt and Laura Cavin.  
It is also the former home of Bud & Dorothy Seiter)  
**\$30 / Person**  
Contact 314-422-8550 for tickets

All Proceeds Support of the  
Ferguson 4th of July Festival

**BRIAN FLETCHER**  
**2ND ANNUAL**  
**GOLF**  
**CHARITY GOLF TOURNAMENT**  
**TO BENEFIT I LOVE FERGUSON**  
**SATURDAY, JULY 22ND**  
**AT FLORISSANT GOLF CLUB**  
**FOUR PERSON SCRAMBLE**  
**REGISTRATION: 7:00 A.M.**  
**SHOT GUN START: 8:00 A.M.**  
**PHONE: (314) 254.7400**  
**WWW.ILOVEFERGUSON.COM**  
THE I LOVE FERGUSON ORGANIZATION IS A 501 C3 NONPROFIT

## McCluer 1957 60th Class Reunion August 25, 26, 27

Please contact Lynette (Dolce) Sona at 314.838.1751 or  
[sewlyn39@juno.com](mailto:sewlyn39@juno.com) for more information

# Ferguson Community News Page

## Planning the path forward

By Mayor James W. Knowles III

"All change is not growth, all movement is not forward."

- Ellen Glasgow –American Author, 1873-1945



For the past two and a half years, the city has undergone a great deal of scrutiny, followed by a great deal of change. The elected city leadership has taken an introspective look at our city government, at our practices, our staffing, and engaged the citizens at a level never before achieved in order to understand how we can best serve all segments of our community. The hope is that the city leaders can understand what a unified vision for the future looks like for all residents, and how we can take steps forward toward achieving that vision, without making mistakes that may seemingly take us back.

During that time, the elected officials of this city have appointed new leadership staff in city hall, in our police department, and in our court system. Since the incidents of Aug. 2014, our city government has held three general elections, electing new Councilmembers in six of the seven council seats, and this past year, with the second highest voter turn-out in modern Ferguson history, I was deeply honored and humbled to be re-elected to serve as your Mayor.

In my nearly 30 years being both a participant and student of politics, I've recognized a few key mistakes often made by elected officials, especially newly elected officials. One mistake often made by those after an election, is the tendency for elected officials to misread their mandate.

I always tell people in campaigns that I have worked for, it is just as important to understand why you actually won an election, as it is important to understand why you lost. When one loses an election, you can either make excuses why you didn't win, or you can gain true understanding of the issues and the reason why, which can assist you in future elections. When someone wins an election, candidates all too often misread the reason why, assuming that their victory is a blank check that they can cash at their will. It is often the folly of many elected officials when they overdraw on that check, and soon their perceived mandate becomes a debt they spend the rest of their term trying to repay, instead of gaining interest on their political investment.

In the 12 years that I have been in service as a member of this City Council, and 6 successful campaigns for public office, there are many members of this community that have both supported and opposed me at different points in time. They have done so for various reasons, given the events of the time and the issues which were most pressing to them. I try to understand not just what led people to vote for me, but I feel it is deeply important to understand what led people to vote against me. I know the reasons for both are diverse, as people have varying reasons as the basis for their voting decisions. It would be silly for anyone to assume that everyone that voted for me did so for the same reason, or that everyone in opposition shared a similar basis for doing so.

When it comes to governing I have always been cognizant not to misread "my mandate", nor to assume that an electoral victory gives one the right to bowl over the opposition. Quite contrary, our system of government was set up by our founders to ensure that the rights of those in the minority opinion are protected from the "Tyranny of the majority" (see the Federalist Papers, No. 10, by James Madison). Both sides in this process need to recognize the right of those in power to govern, and the right of the rest of the community to have their voices heard and their concerns heeded. After all, I have seen people migrate from one side to the next and back throughout the years. Small town politics are always fluid.

At this point in our history, it cannot be said that change hasn't happened in this city. To date, the entirety of our city government, especially our elected officials have undergone the test of being elected or re-elected. We have borne the scrutiny of the media, of the citizens, of the campaigns, of the election process, and the result in our representative system of government has given you the seven public servants who serve you today. While some may still fret over the results of the last three elections since the death of Michael Brown, the legitimate democratic process, and the will of the people has been done, and it is time for us to focus on moving forward as a city, and as one community.

We need to focus now on planning a path ahead that equates to real progress for our community. Those focused on change for the sake of change neglect to understand that not all change is progress and not all movement is in the right direction. Moving forward is the goal that all of us should agree on.

My immediate goal for this community, is that we embark on a real path to citizen engagement and strategic planning that will guide our city government, our community partners, and our citizens in a unified effort to move this community forward. This process should take from the best of what we have done, what we are doing, what we should be doing, and incorporate a vision of the city that is sustainable and prosperous for the community as a whole. As we go forward next month with our budgeting process, it is incumbent upon the city that we make smart choices and investments in our community that we know yields us the best return on our investment and moves us closer to our long-term community goals. Every decision will move us, let's make sure its in the right direction.

## Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	May 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	May 11	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	May 23 See *	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	May 4 7 pm	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	May 16 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Al Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	May 8 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr 1050 Smith	May Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	May 8 7 pm	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	May 8 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	TBA	North Hills Methodist 10771 Trask Dr	Ella Jones ejones@fergusoncity.com

\* Library Dir., Scott Bonner to speak, Amy Randazzo to storytell, so bring kids



The Ferguson Neighborhood Policing Steering Committee is an all-volunteer group trying to reach out to residents in the apartment area on West Florissant Road by offering a positive environment for the residents and Ferguson Police to interact in a fun, relaxed way.

## SPRING FLING Community Engagement Saturday, May 6th – 11 am to 3pm

Food! Games! Sports Contests! Great Prizes! Attendance Prizes!

### Quiz a Cop Booth

Opportunities to express your opinion about your community

All Ages Welcome

**Location: Sam's Meat Market Parking Lot**  
 9241 West Florissant Road  
 Ferguson

Sponsored by:

**Neighborhood Policing Steering Committee**  
**City of Ferguson**  
**Ferguson Police Department**

Co-Sponsors and Participants:

- St. Peters UCC • Save Our Sons/Urban League program
- Jobs and More STL • Ferguson Youth Initiative • Spec Drums
- Nerdy Girls Book Club • Creative Area • Craft Table
- Beautiful Waves • Raffle Wheel
- Basketball & Hockey Challenge • Water Bottle Toss
- Dress Up & Photo with a Police Officer

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](http://www.fergusoncity.com). Contact Us by Email: [Information@fergusoncity.com](mailto:Information@fergusoncity.com)

# Ferguson Community News Page

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

## COMMUNITY CENTER

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

### Facility Rentals

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

### Memberships

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

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

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

## PROGRAMMING

### Children's Tumbling

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

Age: 3 ½-7 years old & 8-12 years old  
Start Date: Monday, May 15 (8 week session)  
Time: 5:45pm-6:40pm (3 -7 years old)  
6:45pm-7:40pm (8-12 years old)  
Location: Ferguson Community Center  
Fee: \$39/Members; \$44/Residents; \$49/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: 3-1/2 - 7 years old  
Start Date: Wednesday, May 17 (8 week session)  
No class May 31  
Wednesday, July 19 (8 week session)  
No class Sept. 6  
Time: 5:45pm-6:40pm (3-7 years old)  
Location: Ferguson Community Center  
Fee: \$39/Members; \$44/Residents; \$49/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: \$39/Members; \$44/ Residents; \$49/ Non-Residents

### Children's 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: 8-13 years old  
Start Date: Wednesday, May 17 (8 week session)  
No class May 31  
Wednesday, July 19 (8 week session)  
No class Sept. 6  
Time: 6:45pm-7:40pm  
Location: Ferguson Community Center  
Fee: \$39/Members; \$44/Residents; \$49/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. *Private dance classes are available.*

Age: 18 & Up  
Start Date: Monday, May 15 (8 week session)  
No class May 29  
Monday, July 17 (8 week session)  
No class Sept. 4  
Time: 7:45-8:40  
Location: Ferguson Community Center  
Fee: \$45/Members; \$50/Residents; \$55/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.

### Summer Day Camp

Join the Strength & Honor Staff for an action packed summer of fun and excitement! Campers will spend most of their time at the Ferguson Community Center where they will enjoy games, activities, crafts, and loads of fun. They will swim twice each week at the Splash at Wabash facility. Campers will also visit several local parks and area attractions throughout the summer for field trips.

Age: 6-14 years old  
Start Date: Monday, June 5 (8 weeks)  
Time: 9am-3:30pm  
Location: Ferguson Community Center  
Fee: \$80 per week  
Before Care: 7am-9am  
\$20 per week  
After Care: 4pm-6pm  
\$20 per week  
Both: \$35per week  
*\*Breakfast & Lunch Provided*

### Nerf Gun Battle

Kids of all ages love to play with nerf guns. Come out to the Ferguson Community Center for this fun filled day of nerf gun wars. Participants will be broken into age brackets depending on the number of registrations. Bring your own nerf guns (No fully automatic or battery operated nerf guns allowed).

Ages: 5 and up  
Dates: Saturday, June 17  
Time: 1:00pm-5:00pm  
Location: Community Center  
Fees: \$5/Members; \$7/Residents; \$9/Non-Residents

### Start Smart

Start Smart Programs, created by the National Alliance for Youth Sports, help kids get ready for sports...and succeed in life. It is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment. This fall we'll be bringing Start Smart to 3-5 years olds of Ferguson. Spots will fill up fast. Call (314) 524-4708 for information.

### 3 on 3 Coed Basketball

Summer league is fast approaching. Beat the heat indoors at the Ferguson Community Center. Teams are made of 4-5 players to allow for subbing. Space is limited to 8 teams per league. Seven weeks of play and one for playoffs.

Ages: 18 and up  
Days: Tuesdays & Wednesdays  
Dates: May 30 – July 26  
Times: 6:00pm – 9:00pm  
Location: Community Center  
Fees: \$190/Members Team; \$200/Residents Team; \$220/Non-Residents Team

### Open Play Basketball

Come to the Ferguson Community Center for pick up basketball games. (Half court only)

Days: Tues, Wed, Sat, & Sun  
Location: Community Center  
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Resident

**More Parks and Recreation on Page 6**

### Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.  
 Days: Mondays  
 Times: 3:00pm– 6:00pm  
 Location: Community Center  
 Fee: FREE/Member; Daily Fee/Resident;  
 Daily Fee/Non-Resident

### Pickleball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. All equipment will be provided.

Ages: 18 and older  
 Days: Wednesday and Friday  
 Location: Community Center  
 Time: 9:00am-12:00pm  
 Fees: Daily Rates Apply

## 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  
 Start Date: Tuesdays, 5/16, 6/20, 7/18; 8/15. 9/19  
 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: Wed, 5/17 (8 week session)  
 No Class 5/31  
 Wed, 7/19 (8 week session)  
 No Class 9/6  
 Time: 7:45-8:40pm (Age 14-18)  
 Location: Ferguson Community Center  
 Fee: \$39/Members; \$44/Residents; \$49/Non-Residents

### Slide Dance

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

Ages: 18 and up  
 Date: Mon, 5/1 (6 week session)  
 No Class 5/29  
 Mon, 6/19 (6 week session)  
 No Class 7/24  
 Mon, 8/7 (6 week session)  
 No Class 9/4  
 Times: 6:30pm-7:30pm  
 Location: Community Center  
 Fee: \$25/Member; \$30/Resident; \$35/Non-Resident

### 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  
 Start Date: Mon, 6/5 (8 week session)  
 Mon, 7/31 (8 week session)  
 No Class 9/4  
 Wed, 6/7 (8 week session)  
 Wed, 7/31 (8 week session)  
 No Class 7/17  
 No Class 9/6  
 (Ongoing 8 week sessions)  
 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



### Individual Packages

Beginner Bundle  
 Includes Fitness Assessment\*  
 and 1 personal training sessions.  
 Fee: \$70/ Members  
 \$80/ Non-Member  
 Beginner Bundle +  
 Includes Fitness Assessment\*  
 and 2 personal training sessions.  
 Fee: \$95/ Members  
 \$105/ Non-Member

1 Session  
 Fee: \$35/ Members  
 \$40/ Non-Member  
 3 Session  
 Fee: \$90/ Members  
 \$105/ Non-Member  
 5 Session  
 Fee: \$170/ Members  
 \$195/ Non-Member

Training for Two  
 All prices are per person  
 1 Session  
 Fee: \$30/ Members  
 \$35/ Non-Member  
 3 Session  
 Fee: \$80/ Member  
 \$95/ Non-Member  
 5 Session  
 Fee: \$145/ Member  
 \$175/ Non-Member



## 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).

### Rabies Clinic

The annual Rabies Clinic for dogs and cats will be held at the Ferguson Municipal Garage, 901 Ferguson Avenue. Your pet will receive a one-year rabies shot at a substantial savings.

Date: June 3  
 Time: Sat, 9am-11am  
 Location: Ferguson Municipal Garage  
 Fee: Rabies shot \$25 for altered dogs; \$30 for non-altered  
 Resident dog license \$1

### Computers for Seniors

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

Ages: 50 and older  
 Date: Tues, 6/13 (6 week session)  
 No Class 7/4  
 Tues, 8/15 (6 week session)  
 Times: 11:00 am-12:00 pm  
 Location: Community Center  
 Fee: \$20/Member; \$25/Resident; \$30/Non-Resident

### Earthdance Opportunities

The City of Ferguson and the Ferguson Farmers' Market are teaming up this summer with the Jolly Trolley! The Trolley will pick up passengers at the West Florissant corridor and take them to the Ferguson Farmers Market where riders will have access to all the market has to offer such as fresh & local produce and the opportunity to purchase twice the amount using Double Up Food Bucks. From the Market, the Trolley will go to EarthDance Organic Farm School for a free public tour from 11am-12pm where riders will learn about the oldest organic farm west of the Mississippi and their educational programs. See chickens, hoop houses, and more. The Trolley will then take passengers back to the Market and from the Market to the West Florissant corridor.

EarthDance Organic Farm School  
 233 S. Dade Ave. Ferguson, MO 63135  
 314.521.1006 earthdancefarms.org

### Ferguson StreetFest

North County's Largest Music Festival known for its great live music and mouth-watering food vendors. Ferguson StreetFest has hosted some of the Midwest's top musicians and performers over the past decade. Don't miss out on this year's great live entertainment featuring Jeske Park, That 80's Band, Javier Mendoza & Bitter Pill!

Date: Fri, Sept 22 (5 pm-11 pm)  
 Sat, Sept 23 (Noon-11 pm)  
 Fee: Free

**More Parks and Recreation on Page 7**

### Personal Training

Get into shape with the Ferguson Community Center's personal trainers. We now offer personalized training for all of your fitness goals! Group training, one on one, meal plans and fitness assessments.

### Ferguson Summer Movie Series

Come join us for the Ferguson Summer Movie Series. Movies at the Community Center and parks will be free and include complementary popcorn, be sure to bring your lawn chairs and/or blankets and take this opportunity to enjoy a beautiful night under the stars. For information on Dive in Movies at the Splash, including admission fees, please see page 11. Movies start around 8:30 pm!

LOCATION	DATE	MOVIE
Jeske Park	Fri. June 9	Angry Birds
Splash at Wabash Community Center	Sat. June 24	Secret Life of Pets*
Splash at Wabash Community Center	Sat. July 8	Central Intelligence
Splash at Wabash Community Center	Sat. July 22	Moana*
Splash at Wabash Community Center	Sat. Aug. 5	Lego Batman Movie

In case of inclement weather all movies will be moved indoors at the Community Center, 1050 Smith Avenue Ferguson, MO 63135.

\*Admission fees apply for these movies

### Ferguson Lions Club/ Kids Fishing Tournament

The 32nd annual Kid's Fishing tournament will be held at January-Wabash Lake. There will be 2 age divisions 10 years old and under and 11 – 16 years old. Awards will be given to the heaviest stringer and largest fish in each age division. All participants receive a bag of goodies. A special "Thank You" to the Ferguson Lions for their generosity in sponsoring this tournament again this year!

Date: Saturday, August 12  
Time: 8:00 am – Noon  
Fee: \$3/Resident; \$5/Non-Resident

### Ferguson Fit & Fun Fair

Ferguson Fit & Fun Fair will be hosted by the parks department and will center around the lighter side of being fit. New programs will be highlighted as well as fun ways to do meal prep, making tasty snacks, and other health centered businesses will be represented. Free screenings, police and firefighter interactions and entertainment will be on site.

Date: Saturday, May 13  
Time: 10:00 am – 4:00 pm  
Fee: FREE

### Sunday Parkways

Sunday, June 25, 2017 from  
1:00 pm-4:00 pm  
Visit [www.fyiferyouth.org](http://www.fyiferyouth.org)  
for more information



### TEEN PROGRAMMING

#### Youth Achievement Award Applications Available

The Ferguson Fourth of July Committee is offering a Youth Achievement Award to Ferguson youth again this year. Two awards will be given. Student's must live in the Ferguson City Limits and must be completing grades 9 – 12. Criteria for the application include: academic achievement, school activities, volunteerism and personal achievement. For information or an application, please telephone Nancy at the recreation office, (314) 521-4661. Deadline for submitting applications is Friday, May 26th.

#### Teen Six Flags Trip

Its that time again, join us for another exciting trip to Six Flags St. Louis. Enjoy all the rides, games and attractions throughout the park. The Batman, Ninja, Screaming Eagle, Superman, Tony Hawk, and many more are waiting for you at the best amusement park in St. Louis! Get a group of friends together and sign up today! Trip includes admission and transportation, you must bring money for food and drink.

Date: Sunday, May 14th  
Time: 10:00am - 8:00pm  
Free: \$25 Resident; \$30 Non Resident

#### Teen Night at Splash

Teens get your friends together and come enjoy nights at the Splash, there is only 1 catch, ONLY TEENS ALLOWED IN!

Enjoy all the features of the pool; race your friends down the slides, show off your best dive, and visit the concession stand. Attendance Prizes will be given away as well!

Date: Fridays June & July  
Time: 8:00pm - 10:00pm  
Fee: \$1 Member; \$3 Resident; \$5 Non Resident

### ADULT PROGRAMMING

#### Pancakes and Poker

Join your friends for a special day of pancakes and poker at the St. Ann Community Center, sponsored by your friendly Gala group which includes the cities of: Bridgeton, Ferguson, Florissant, Hazelwood, Maryland Heights and St. Ann. A breakfast of pancakes, sausage and orange juice will be served by Chris's Cakes of St. Louis as they dazzle us with their flipping skills. Great attendance prizes will be awarded. Spend the morning playing poker or any card or board game. Tables for 2 – 6 players are available.

Date: Friday, May 12  
Time: 10am-1pm  
Fee: \$10 per ticket

### Yahtzee

No need to know the rules; just come and expect a good time at our next Yahtzee. Great prizes, good food, and lots of laughter are in store. We'll start the afternoon enjoying a great tasting lunch. After lunch, the excitement begins with 3 thrilling games of Yahtzee. Door to door transportation via the Jolly Trolley is available for Ferguson residents. Advance registration is required.

Ages: 18 and up  
Date: Thurs, Aug 10  
Time: 11:30 pm – 2:30 pm  
Location: Senior Center  
Fee: \$4 Suggested Donation

### Mystery Meal

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

Date: Fri, July 7  
Time: 10am pickup  
Fee: \$32 Members; \$37 Residents; \$42 Non-Residents

### Bratwurst and Bingo

Join us at the Ferguson Community Center for another fun lunch and bingo. Our luncheon will begin with entertainment followed by an appetizing meal of choice of 2 meats, (bratwurst and chicken) sauerkraut, baked beans, chips, dessert and drink. After lunch we will play bingo for practical and fun prizes as well as attendance prizes.

Date: Thurs, July 13  
Time: Noon – 3 pm  
Fee: \$10 Members; \$14 Residents; \$18 Non-Residents

### North County Gala

Come tap your feet and kick up your heels listening to the eighteen-piece band "Sentimental Journey". There will be something for everyone. Singles as well as couples are encouraged to attend. Music dates from the 40's to the 90's. Snacks will be provided and a cash bar available. Make plans to join the fun!

Date: Fri, Aug. 18  
Time: 7:00 – 9:00pm  
Location: James J. Eagan Center  
Fee: \$15/person

### Isle of Capri in Booneville, MO

Ready to get out and hit the casino? Then this is the trip for you. Come join us as we head to Booneville, Missouri for a day of fun at the Isle of Capri. You'll have a few hours to play the slots or try your luck at the tables before having lunch which is included at Calypso's Buffet. We'll stop at Russell Stover's Outlet store before heading home. Cost includes: motor-coach transportation, lunch, taxes and gratuities.

Date: Thu, June 22  
Time: 9am – 7:30pm  
Fee: \$35 Residents; \$40 Non-Residents

### Herman Dierberg Farm via Amtrak

Ride the Rails to Herman! Visit the Dierberg Living History Farm and discover how the German settlers lived. Lunch at Herman Hill Village, a beautiful site overlooking the Missouri River!

Date: Thurs, July 20  
Time: 8:30am – 5:30pm  
Fee: \$94 Residents; \$99 Non-Residents

### Fairmount Horse Races

Grab a friend or two and join us for a fun-filled day of horseracing at Fairmount Park. Cost includes a racing program, a deluxe buffet lunch, jolly trolley transportation, admissions, taxes and tips.

Age: 21 and up  
Date: Tues. Aug. 15  
Time: 10:45am-6:00pm  
Fee: \$30 Residents; \$35 Non-Residents

### Solar Eclipse Viewing in Chester, IL

Experience the solar eclipse with Ferguson Recreation. Travel to Chester, IL where a step on guide will show us the historic and interesting sites of this bluff top town overlooking the Mississippi River which also lies in the middle of the solar eclipse path across the USA. The guided tour, lunch and site of the amazing eclipse will make our visit to Chester an amazing day!

Date: Monday, Aug. 21  
Time: 8am – 6pm  
Fee: \$70 Residents; \$75 Non-Residents

### Greater Tuna in Arrow Rock, MO

Arrow Rock invites you to enrich the present by visiting the past. Upon arrival in this historic Santa Fe Trail Town of the mid-1800's, there will be time to visit shops filled with antiques, specialty gifts and old-time crafts. Next, applaud an afternoon performance in the air-conditioned Lyceum Theatre and watch "Greater Tuna". Two actors portray the entire Texas town with over 20 roles. Lunch will be a lovely country buffet at the J. Huston Tavern. Motorcoach transportation, lunch and theater ticket included.

Date: Thu, August 24  
Time: 8am – 7:30pm  
Fee: \$90 Residents; \$95 Non-Residents

**More Parks and Recreation on Page 8**

### Wrigley Field Adventure

Cards-Cubs...There's nothing like it!  
Ride the rails into Chicago. See the champion Cubbies take on the St. Louis Cardinals at Wrigley Field with excellent seats for Friday's match-up. We will enjoy 2 nights lodging along with an afternoon of racing at Arlington Racetrack. Also included will be a dinner cruise around Chicago Harbor on Lake Michigan, a visit to the Driehaus Museum and lunch in the Signature Room of the John Hancock Building.

Date: Thur, Sept. 14 – Sat. Sept. 16  
Time: 7am-10pm  
Fee: \$595 Residents; \$610 Non-Residents (Double Occupancy)

### Oklahoma Gambling-Downstream

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

Ages: 18 and up  
Dates: Tues, Nov 7 – Thu. Nov 9  
Time: 7am – 8pm  
Fee: \$138/Residents; \$153 Non-Residents (Double Occupancy)

### Nashville: Music City U.S.A.

Travel with us to the mecca of Country Music, Nashville, Tennessee and stay at the Opryland Hotel. Attend a performance at the iconic Grand Ole Opry and take a backstage tour of the Grand Ole Opry House. We will also visit the International Bluegrass Music Museum and have an amazing lunch at Patti's 1880 Settlement in Grand Rivers Kentucky before heading home with a song in your heart!

Date: Fri. Oct. 27 – Sun. Oct. 29  
Time: 7am-10pm  
Fee: \$550 Residents; \$575 Non-Residents (Double Occupancy)

### A Fireside Christmas Getaway

Begin the holidays as we travel north to Lake Geneva, Wisconsin for a two night's stay at the Grand Geneva Resort, (an old Playboy Club in the day.) Tonight enjoy a fabulous dinner and great show, *Miracle on 34th Street*, the Musical at the Fireside Dinner in Fort Atkinson, Wisconsin. Day Two finds us at the Dancing Horses Theatre which features an array of horse breeds that perform alongside their trainers in this cavalcade of equestrian artistry. The evening finds us at the Rosewood Theatre for their Christmas Remembered Show. Enjoy a farm-to-table holiday dinner from Rosewood's award-winning chefs followed by *Christmas Remembered*, a cabaret-style show featuring a delightful mix of songs, hymns and carols. Day Three finds us visiting the K and W Greenery, known for their impressive displays of over 2,500 poinsettias in a variety of colors and sizes. Cost includes: motor-coach transportation, 5 meals, 2 breakfasts, 1 lunch, 2 dinners, lodging, all admissions, taxes and gratuities.

Date: Sat. Nov. 18 – Mon. Nov. 20  
Time: 7am-9pm  
Fee: \$490 Residents; \$515 Non-Residents (Double Occupancy)

## ATHLETICS

### Sand Volleyball

It's our first summer with Sand Volleyball, so come out and enjoy the sand all summer long. We'll have three double-header leagues to meet the needs of even the most diehard players.

Coed Leagues: Mon, Wed, & Thurs  
Ladies League: Monday  
Industry League: Monday  
Start Times: 6:30, 7:20, 8:10, & 9:00  
Location: Community Center  
Fees: \$210 per team

### Wiffle Ball

League Wiffle Ball in the backyard of the community center. No running the bases, so there's no excuses folks. League fees cover cost plus one official to score games. Stats will be updated weekly in this competitive league that will culminate with a tournament champion.

Ages: All ages  
Date: Begins Wednesday, May 31  
Times: Wed 6:30-8:30pm  
Location: Community Center  
Fee: \$45/Members Team; \$55/Residents Team  
\$65/Non-Residents Team

### Coed Softball

Fields are available for Softball leagues all spring/summer long. Call (314)524-4708 for interest and availability.

### Sandlot Baseball

No commitments required: Bring a glove, a hat and your PF Flyers, and enjoy baseball at the Ferguson Community Center. Starts at 6:30pm and we play till the sun goes down, or we get too tired. Who knows, maybe we'll find the next Kelly Leak or Benny the Jet. Strike Out King, Batting Champ will be crowned at season's end.

Ages: All ages  
Date: Begins June 1  
Times: Thursdays 6:30 - ???  
Location: Community Center  
Fee: \$5

### Leisure Lawn League

This summer take part in your favorite backyard games at the Ferguson Community Center. Enjoy refreshments from the concessions while competing against your friends and neighbors in Bags, Washers, and Horse-shoes. Each week, teams will rotate through the three components.

### Coed Ultimate Recreation League

If you haven't played yet, this summer is a perfect time to start? Combine the hand eye coordination of football with the endurance and cardio of soccer, voilà Ultimate! Still skeptical? Join us on May 17th at 6pm, and our staff will be putting on a free tutorial.

Ages: 14 and up  
Location: Community Center  
Days: Tuesdays  
Times: 6:30pm-9:30pm  
Date: League begins May 9th

## FIELD RENTALS

Field rental space is available at the Ferguson Sports Complex at Forestwood Park. Payment is due in full before a field permit will be issued (Requests within 48 hours of use may not be accepted). A refundable \$100 deposit is due at the time of payment on all reservations.

Rental Prices	Field #1	Fields 2-5
Daytime	\$10/hour	\$10/hour
Lighted	\$20/hour	\$15/hour
Grooming Fee	\$15	\$10

Help us keep the fields playable: do not use when wet and report any unsafe field conditions immediately. Please call the Ferguson Sports Hotline for rain out information: (314) 286-9102



The Ferguson Parks & Recreation Department is pleased to partner with Mid-East Area Agency on Aging to offer a variety of new programming and opportunities for those 60 years and older. A new Senior Resource Center, located within the Ferguson Community Center, is open Monday through Friday from 9:00am – 3:00pm. Enjoy delicious lunches and a variety of activities and resources designed especially for seniors. For more information or to register for lunch, please call **314-867-5661** or visit [www.agingmissouri.org](http://www.agingmissouri.org).

### Mood Boosting Foods

Learn tips and tools for boosting your mood. Learn lifestyle changes that can help you avoid emotional eating.

Date: Monday, May 1  
Time: 10-11:00 am  
Location: Ferguson Senior Resource Center  
Fee: FREE

### Medicare Boot Camp: It's as Easy as A, B, C and D

Think Medicare is confusing? You are not alone. Whether you are currently enrolled or are preparing for future enrollment in Medicare, this 2-part series is for you! We will review the parts and options available through Medicare, including ways to get help with Medicare costs. You'll learn how to make informed decisions about your coverage and where to turn with future questions.

Dates: Tuesday, June 13  
Time: 10:00 – 11:30 a.m.  
Location: Ferguson Senior Resource Center  
Fee: FREE

### Heat and Hydration

Whew! It's getting hot outside! Join us to learn the importance of staying hydrated, especially in the summer months, and how to prevent dehydration.

Date: Monday, June 5  
Time: 10:00-11:00 am  
Location: Ferguson Senior Resource Center  
Fee: FREE

### Healthy Substitutions and Alternatives

Discover healthier options and alternatives to your favorite foods.

Date: Monday, July 3  
Time: 10:00-11:00 am  
Location: Ferguson Senior Resource Center  
Fee: FREE

### Mindfulness

Learn strategies to strengthen your ability to regulate emotions, build attention to detail, and enhance problem-solving skills, all of which help you to stay focused on the present.

Date: Thursday, July 13  
Time: 10:00-11:00 am  
Location: Ferguson Senior Resource Center  
Fee: FREE

Mid-East Area Agency on Aging is a community of older adults, volunteers and staff here to help you feel more engaged and help you "age in place." MEAAA has a variety of programs and activities to help you maintain your cognitive function; visit [www.agingmissouri.org](http://www.agingmissouri.org) to find out about our exercise classes, activities, and health programs.

1 (800) 243-6060  
[www.agingmissouri.org](http://www.agingmissouri.org)

# The Ferguson Computer Corner

by Doug Neely



1. well, the first thing to do is to decide what you need it to do. what kind of programs it will need to run. what kind of internet connection you have, or plan to have. how often will it be used (every day, or some days)? how long will it be on (from when i get up to when i go to bed, or maybe just long enough to check email)? these things will determine what kind of hardware will have to be in the computer, and what kind of operating system and other software you will need.

2. best place to start is the operating system. 32 or 64 bit? home, pro, business, or ultimate? retail or oem?

3. the next thing will be the cpu: amd or intel? 32 or 64 bit capable? single, dual, triple or quad-core? how much cache? video solution built into the core or not? energy-efficient or not?

4. how much RAM (memory)? these days, 2 gigs is usually the preferred minimum. more? 3 gigs? 4 gigs? (for more than 4, you should be using a 64-bit operating system, or you will not be able to make use of anything above 4 gigs.) altho you can have "odd", or "non-standard" amounts of ram, you can go all the way up to 8 or 16 gigs before most of you break the bank.

5. that gets us to the mobo (motherboard). think of it as Grand Central Station, as EVERYTHING connects to it. mobos will all have different capabilities (or limitations, depending upon whether your glass is half full or half empty), so make sure the mobo will be able to accommodate everything you plan to hook up to it, both for now, as well as further down the track (btw...just how long do you need this puter to last, anyway?).

6. video card, sound, ethernet, etc., etc., etc. are you going to get add-on cards to offer more flexibility/upgradeability, or do you want to use on-board (mobo) solutions?

7. now let's talk about drives. size of hard drive? optical (dvd, blue-ray, plain-old-cd)? magnetic drives (zip, floppy, tape...hey! SOME people still use these!)? and how many of each?

8. and now for the most taken-for-granted and highly important parts of the puter: the PSU (power supply unit)! this supplies clean power in proper amounts to ALL things that are in the puter, as well as things that are hooked up to it externally (think: mouse, keyboard, thumb drive, camera, microphone, external drives, etc.) how green? (how efficient? 60%? 70%? 80%?

85%?) and how many watts do you need? (add up the power requirements for all of the stuff in and connected to the puter to get started. now figure about another 20% to make sure. now add another 10-30% to that figure so that your psu is not constantly operating at maximum capability and maximum HEAT! and how many fans do you want in that psu, not to mention how many fans are in the puter, as we have to count all of that, too! will we be using this puter in a climate-controlled room, or will it experience temperature extremes unlike most home environments? if so, you will need to get a psu that is rated for commercial/extreme duty. (that will cost a bit more \$\$\$.....!)

9. almost forgot about the case! pick one you like, as long as everything you want fits inside with ample airspace between parts for proper airflow. so, do you like the standard tower, or do you prefer the flatter desktop design? you want that with a window? lighting? oh! we have to talk about colors!

10. other stuff: monitor, speakers, printer, scanner, etc.

MIXING DIRECTIONS: put it all together somehow so that it all works AND does what you built it to do in the first place. simple. :)

PLEASE NOTE! the psu is, by me, considered to be the MOST important part of the puter. not only must it power all the stuff from 1-9 above, but it MUST do so reliably and properly. if not, the whole puter is toast. do you know what kind of psu is in your puter?

## Minutes Of March Ferguson Computer Club, dept.

a good time was had by all three of us. (note: meetings are held on the evening of the THIRD THURSDAY AT 7PM EACH MONTH. meetings have so far been scheduled for May, June, and July. meetings will continue to be scheduled beyond July, depending upon response.

a movie with a computer theme/ subject is in planning, and if all goes well, will be shown to anyone who is interested. it is sponsored by the Ferguson Municipal Public Library, and there will be no charge for anyone to see it. more info later in this column, and the FMPL will have more info at their location.

## ME GO NOW!

here's the way i see it: i am God's computer. He made me to do stuff for HIm. i can't do it without power from Him, so He is my perfect, 100%-reliable, all-powerful power supply! what kind of power supply do you have? get the best! get God! may God bless us all with His perfect power! i hope to see you all next month, so spread His love! bye for now!

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

If you would like to discuss your computer issue with Doug and get his FREE advice, call him at this number in the PM hours: \*314\*521\*1789\* (he will probably talk to you about other stuff, too, especially if you have any God-stuff-kind questions.) don't be shy! :)

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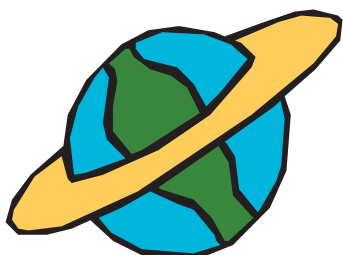
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The Ferguson Eco Team

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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.

### What's a Dollar Worth? Part 2

Last month, we left off wondering if a strong dollar is good. And, why a country would want to devalue their currency. First, just the term "strong" gives a sense of something positive. So it would seem that a strong US dollar is good for the economy in our own country and possibly even the world. Since last month I noted that our dollar is the most universally accepted form of payment on the planet, strength is a good thing right?

Well not so fast. With a strong dollar our currency is able to purchase more foreign goods. So if you travel abroad or make purchases of foreign goods, the dollar goes further and you can buy more. It is important to also look at the other consequences of a strong dollar. If you are a US manufacturing company and want to sell to foreign countries with lower costs due to their weaker currency, you are at a disadvantage. So the strong dollar may cause a loss of jobs to those in the United States. Also, imported goods are less expensive and as we've seen with large retailers, buying abroad makes sense to their bottom line. That doesn't help our own businesses with products to sell. And exporting their goods is also more difficult with other foreign products being less expensive due to our strong dollar.

So maybe it's better to have a weak dollar? Of course, we'd probably feel the effects in our pocket books and perhaps rethink a vacation. But, increases in the job market due to our exports being more competitive would be a good thing. Really it sounds like a happy medium would provide the best in a global marketplace. Paying a reasonable price and giving manufacturers the ability to compete fairly would help the economy and investors.

Last month we looked at some history of our currency and how its value has changed over time. It became apparent that often politicians and governments have done things to try to influence the value of our money. These are usually attempts to help a slow economy and as we've seen sometimes the results can be much worse than the original problem they were trying to solve (ie. the Great Depression.) There are really three ways to measure the value of the US dollar: exchange rates, Treasury notes and foreign exchange reserves. Economists concerned about where the value of our dollar is headed next will look at these three areas.

First exchange rates are determined in the foreign currency market. Here a country's outstanding debts and the strength of their own economy will help determine just how much their currency is valued compared to the US dollar. Over the past several years we've seen the effects of this trading on the Euro as it shrunk in value. Confidence is an important measure and when it isn't there a currency's value will suffer.

Another part of the equation is the notes sold by the Treasury Department for a fixed rate with a face value. When these notes are sold investor's bid on them and often sell them in the secondary market. If the demand is high, these notes can be sold at a premium meaning over face value. With a fixed rate the yield on such a bond is less than the fixed rate. If demand is low, investors can bid under face value giving them a higher yield. Depending on demand the value of a dollar can be weak or strong. And if the Treasury Department wants to help devalue the dollar, they could lower the fixed rate on new bonds issued. The final measurement is the amount of foreign currency reserves that are held in dollars. As other countries collect dollars in payments they could hoard them to help keep their own currency low. As I mentioned earlier a weak dollar can help spur growth in the job market and export business, what small country wouldn't want that.

The more I've read, the more I have become interested in the manipulation in our economy throughout history. If things were left to chance, would a correction eventually happen? We often hear from the staunch conservatives that the market will correct just about anything. Yet, I can't recall any time in history when we have really allowed the market to really correct itself. And often, things that were done to try to improve the situation actually made things much worse. According to what I've read, a weak dollar is a cyclical phenomenon and will eventually strengthen against other currencies. So maybe we don't need to worry.

So on to the next question of why a country would want to devalue their dollar? Well that is exactly what happens when the Federal Reserve Bank changes interest rates. If the rates are lower, money is more easily available. Since money is merely a means of exchange for goods or services, its value can go up and down depending on the rate changes. With so many factors affecting the dollar's value it seems only logical that it also affects our economy. If our dollar is strong it makes American-made goods cost more which creates a less competitive environment for US companies. Keeping exports down results in less economic growth. Yet, the strong dollar also causes lower oil prices abroad because another country's local currencies are tied to the dollar's value keeping their profit margins intact. Now that doesn't sound so bad, at least not that last part with lower oil prices.

As I've been reading up on the subject, I am seeing a great deal of information regarding the world economy and how fragile it is. If we look at history, we can see examples of economic growth with being on the gold standard. Some point this out as proof that it is better for the economy. The fear that the value of the dollar would collapse could cause concern abroad. If other countries start to



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EVENINGS & WEEKENDS

sell off their dollars it could mean a drop in value that may start a reaction similar to that of the run on banks in 1929. So it seems that our economic policies need to focus on maintaining a strong dollar. Many believe that this is contrary to what is actually happening in our world today. We may say we want a strong dollar, but in reality the ability to promote fair trade means keeping the value of our dollar in line with other currencies or weaker. And that seems to be what has been happening.

So what policies should be adopted to maintain a strong dollar while still making good economic sense for our own prosperity? That is the dilemma. Some suggest going back to the gold standard because our current system leaves our dollar's value subject to the whims of those in power. Next month I'll be looking at the good and bad of returning to what some suggest is a more stable monetary system – the gold standard. If you have any comments or questions, please e-mail me at [consultjoan@att.net](mailto:consultjoan@att.net).

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Do NOT pile mulch against the tree trunk. Pull mulch back several inches from the trunk so the base of the trunk and root crown is exposed. The mulch-ring shape should resemble a "doughnut" not a "volcano". Organic (plant based) mulches are preferred to inorganic materials (rocks, stones, tires). Organic mulches should be well-aerated and composted. The mulch ring should extend to the drip line of the tree, if possible.

*Info from Missouri Department of Conservation.*

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## Ferguson by Foot

By: Margaret Wolfinbarger



Community means different things to different people. Some define it narrowly by those friends who share the same interests, such as a group I use to belong to, the Women on Wheels motorcycle club. Others use the term community as a classification associated with commonality brought on by disease, such as those who have cancer. Still others use the term more broadly to describe a city, state or nation. But I think we can all agree that whether one is large or small, insignificant or stupendous, if you are reading this article you are probably a member of the human community.

I love this time of year. Spring signifies new life and fresh growth. From the crocus to the mighty oak tree, greenery reminds us that winter does not last forever. Along with the flowers and rain I notice another interesting phenomenon; people. Neighbors I haven't seen for months emerge from their homes with lawn mowers, garden hoses and unclothed jiggy bellies (sometimes all three at one time!). I am reminded once again that I am not a hermit and the people in my immediate vicinity are not figments of my imagination. (And if they are I've got bigger problems than my waistline!) When one lives close to other human beings, one sometimes finds their neighbors have a different approach to life. While I like to leave my grass a little on the longish side, some of my neighbors set their mower to lowest setting. While I spend hours pulling weeds and planting flowers, they prefer pruning hedges and spraying pesticides. And just when I think I've seen it all (a previous neighbor painted their darling brick bungalow Kermit the Frog Green—complete with lime green trim), a neighbor moves in and begins late-night band practice. As I lay awake at 2:00am listening to the thrum of drums resonating through my walls, I find the thoughts in my head are not entirely kind and forgiving. Because it's easy to talk about loving ones neighbor at mid-day, but when my sleep is rudely interrupted by the throb of a deep base guitar that is just warming up, I discover I am capable of more brutality than I previously imagined.

I have recently been reading a book by the late Dr. Martin Luther King, Jr. called "Strength to Love." In one of the chapters he discusses love in action. "Generations will rise and fall; men will continue to worship the god of revenge and bow before the altar of retaliation; but ever and again this noble lesson of Calvary will be a nagging reminder that only goodness can drive out evil and only love can conquer hate." Whether one believes in the God of The Bible or is of another faith, the residents of Ferguson, Missouri are more acutely aware of the repercussions of revenge and hatred than many communities in the United States. I have personally learned that loving ones neighbor is not nearly as easy as I imagined, especially when under siege by helicopters, smoking cinders and the blaring lights of menacing strangers. I learned quite painfully that a smile and a friendly greeting were not enough to erase heartache, and deep heartfelt wounds would not be healed with mild gestures of peace.

I am struck by the audacity of Dr. King. He followed the teachings of a man who lived and died thousands of years ago so succinctly that he was able to change the course of history for a little community known as the United States of America. And while Dr. King did not originate the philosophy of loving ones enemies, I find his courage inspiring enough to persevere through the most infuriating of neighborly differences. And yes, that includes neighbors whose animals use my lawn for a toilet along with those who neglect their children. Because real love is not usually convenient. It even opens the door to the knocking neighbor at midnight because her spouse has been busy with drunken fists.

I am always more aware of the community I live in when warm breezes flow. And while I suppose I could build a privacy fence, or hide in front of the television, or stop making eye contact and smiling at strangers in the grocery store, I won't. I will not stop loving people because I know that behind every frown, every simple misunderstanding and every angry glare is the beating heart of a neighbor. And every neighbor I come into contact with is a member of my human community. And maybe I sound naïve, or foolish or just plain weird, but that's okay. I am not unaccustomed to discrimination and have known my fair share of bullies. Dr. King is showing me that "the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others."

Today if you are frustrated with a neighbor in your community, take heart! You are not the first and you will not be the last. But before you take the side of revenge and hatred, remember that love and forgiveness are stronger and definitely leave a more fruitful legacy.

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



Thank You to all the supporters and voters for the Unite for Change mayoral campaign.

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**Under The  
Hood With  
Robinwood**  
By Bob McGartland

**A Day to Remember  
"Memorial Day"**

Memorial Day is the unofficial start of the summer season. Most kids are finished with school and we have a 3-day weekend to kick back, relax, fire up the grill or jump in the pool. Yet, Memorial Day has the word "memorial" in it for a reason.

The holiday began on May 30, 1868, when Union General John A. Logan declared the day an occasion to decorate the graves of Civil War soldiers. Twenty years later, the name was changed to Memorial Day. On May 11, 1950, Congress passed a resolution requesting that the President issue a proclamation calling on Americans to observe each Memorial Day as a day of prayer for permanent peace and designating a period on that day when the people of the United States might unite in prayer. President Richard M. Nixon declared Memorial Day a federal holiday in 1971. Memorial Day is now observed on the last Monday of May. It is an occasion to honor the men and women who died in all wars.

**Remembering Those Who Served**

It is traditional to mark Memorial Day by visiting graveyards and war monuments. One of the biggest Memorial Day traditions is for the President or Vice President to give a speech and lay a

wreath on soldiers' graves in the largest national cemetery, Arlington National Cemetery, in Virginia. A National Moment of Remembrance at 3 p.m. is observed local time on Memorial Day.

Jefferson Barracks National Cemetery is an impressive sight any day of the year, but even more so on Memorial Day. St. Louis has a long-standing tradition where each year local boy scouts place small American flags at each of the nearly 190,000 headstones on the cemetery grounds. There is also a special service at 10 a.m., in the cemetery chapel honoring all those who have served.

Here in Ferguson we have a local tradition of placing American Flags along both sides of Florissant Road. Many people will fly the American flag outside their house over the weekend, I myself included. It is also a time when you will see places with tall flag poles flying the flag at half-mast.

There are many towns across the county that have their own local Memorial Day celebrations. Some even have Memorial Day Parades.

We do get to enjoy many freedoms in this country because of those who served in our armed forces. So take a little time on Memorial Day by saying a prayer for our fallen brothers and sisters, our veterans and all those in active military duty.

I want to wish all of you a safe and enjoyable Memorial Day Weekend.



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**Our feeder roots cut  
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So go kind of slow,  
And don't chop the toe  
Below the grass.**

**And it is alright  
To plant in our shade,  
Lettuce and spinach and kale.  
Carrots and turnips,  
Potatoes and beets,  
They will do quite well.**

**Treetoons ©**

**by Phil Berwick / Arborist / Living Tree Care  
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Lifestyle Upgrades and Regular Chiropractic Care

When we read about the national epidemics of heart disease, high blood pressure, diabetes and obesity, or listen to news reports, programs, or podcasts discussing these health problems, the solutions most frequently proposed include regular vigorous exercise (begun gradually, of course) and a healthy nutritious diet. These action steps are essential for the long-term well-being of us all, regardless of our current health status. Importantly, we gain critical support for these activities by going for regular chiropractic care.

In fact, regular chiropractic care is a difference-maker when it comes to enhancing and upgrading our health and well-being and that of our family. By identifying sources of nerve interference and correcting spinal misalignments, regular chiropractic care helps ensure optimal functioning and performance of all our body's systems. As a result, we're better able to get the most out of our lifestyle activities. Regular chiropractic care provides the secret ingredient that helps us to fulfill our ongoing quest to obtain better health.

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information, call 636-207-4231 or  
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### The Future of Public Education In the Age of Vouchers

The Honorable Margo McNeil, former state representative for District 69 and current Hazelwood School Board Member, will be the featured speaker at the May Luncheon of the American Association of University Women.

Ms. McNeil will address the issues surrounding public education. As a long-time classroom teacher and a supporter of public education, she will provide background information on the values of our US system of education.

This speech is presented by the Ferguson-Florissant (North County) branch of the American Association of University Women. The program is part of the luncheon which will also include other short presentations, recognitions, and awards.

The public is invited to attend. The luncheon will be held at the Catering to You Banquet Facility, 12775 New Halls Ferry Road, Florissant, beginning at noon on **Sat., May 27, 2017**. A buffet luncheon will be available. Reservations are required. There will be no same day reservations accepted.

For information or reservations, call 314-831-5359, 314-831-6884 or mail your reservation with a \$20.00 check to Pam Myers, 3505 Greenway Chase Drive, Florissant MO 63031.

## Why Do We Do the Summer Reading Program?

By Scott Bonner, Library Director, 314-521-4820  
or sbonner@fergusonlibrary.net

My daughter, Lydia, loves Eric Carle's *The Very Hungry Caterpillar*. She is forever asking her 3 older brothers, my wife, or myself to read it to her. She's at that age where we can understand her but others cannot, so you'd be forgiven for not knowing what "capidda" means. We expect to buy a new copy every so often as the old one wears down, and are happy to do so. We read it to her every time she asks. She recently had her 3rd birthday, and we took her to the Butterfly House, decorated her cake with toy caterpillars, and got her a wooden caterpillar for a present. The love of books has blossomed in her, and we want to reward and nurture it as long as we can, while also expanding that love to encompass new books like *The Snowy Day* and *Hop on Pop*.

This is why we have Summer Reading Program. It's our biggest program every year at the Ferguson Municipal Public Library, with a couple hundred participants. We reward kids for reading, have them chart their progress, and encourage them to read anything they want. We want them to find that special joy a book brings. Summer is when many school age kids have their first chance to read on their own for pleasure. That's when a love of books blossoms, so we try to encourage those moments, and then reward the kids all we can to nurture a sense of joy and reward from reading. School teachers appreciate this as well, as it lessens the "summer slump", keeping kids' minds nimble and curious through the long months with no school. This is part of why the Ferguson-Florissant School District has also made literacy at home a key goal. And, of course, early reading is associated with personal achievement, imagination, fluid language skills, higher empathy, stronger reasoning and critical thinking skills, and many other benefits. It makes life better, and there's nothing a parent wants more than a better life for their kids.

But reading is not just for kids. These same benefits apply to adults, too, and so we also have an Adult Summer Reading Program. Sure, many of the adults who participate are already avid readers, but part of the point is to encourage those who are not avid readers to rediscover the joys of reading. So many had the love of reading stamped out of them decades ago from being forced to read books they did not want, or being teased for reading. I know I got grief back in the '80s for being that kid who always had a book in his hand. Well, we're grown-ups now, and we can find our own joys. Books bring comfort, sustenance, wisdom, and whimsy. The library is here to help find the joy of reading. If you are one of the folks who let reading for pleasure drift out of your life, I encourage you to sign up for the Summer Reading Program. Try something new, anything you want – murder mysteries, war histories, big books of art, cooking a la carte, political thrillers, and creepy chillers. You can even try different formats – audiobooks, ebooks, graphic novels. We give you many options, and we're happy with anything you try, because we know that adults also grow as people when they read, with more achievement, imagination, language skills, empathy, and critical thinking. Not only that, but we also know that one of the main things that makes kids become readers is that they see books in the home, and parents reading them. You help your kids when you help yourself; a better life for all.

So, please call the library (314-521-4820) or visit our website. Ask Amy, our Children's Librarian, how the Summer Reading Program works. Your kids can find those really great books, like *Corduroy*, *Llama Llama Red Pajama*, *Snowy Day*, *Junie B. Jones*, *Matilda*, *Little House on the Prairie*, *Harry Potter*, *Outsiders*, *Brown Girl Dreaming*, *The Lightning Thief*, and, of course, the *Very Hungry Caterpillar*. You can discover, if you haven't already, that all those great books are just the beginning, that adult literature blossoms into greater complexity and wonder.

Use the Summer Reading Program to help your child find that book they really love, and then grow that love into the joy of reading. Also, do the same for yourself.

Thank you.

## May Environmental Film: "PLANETARY"

The last movie for the winter/spring environmental film series hosted by the Ferguson Eco Team is "PLANETARY". This documentary is a provocative and breathtaking wakeup call, a cross-continental, cinematic journey that explores our cosmic origins and our future as a species. We are in the midst of a global crisis of perspective. We have forgotten the undeniable truth that everything is connected. PLANETARY is a poetic and humbling reminder that it's time to shift our perspective. PLANETARY asks us to rethink who we really are, to reconsider our relationship with ourselves, each other and the world around us – to remember that: we are PLANETARY.

The film and discussion following it will be shown at St. Stephen's Episcopal Church Parish Hall, 33 N. Clay (at Darst), Ferguson, MO 63135 on **Tuesday, May 9th**. The event is free and open to the public. For more information: (314) 521-8418; carletonstock@aol.com .

## "Beauty Will Save the World" Art Exhibit



"The Hope" by Jeanne Derer, FSM. It is an oil.

Participating artists are Sisters Corlita Bonnarens, RSM; Jeanne Derer, FSM; Regina Kabayama, SSND; Mary Beth Kemper, CPPS; Sandra Krupp, ASCJ; Maria Liebeck, DC; Glynis Mary McManamon, RGS; Mary Joan Meyer, FSM; Ann Francis Monedero, OSF; Josephine Niemann, SSND; Gabriella Rogenski, CDP; Elizabeth Slenker, OP; Joan Warner, DC; Reverends Mark Dolan and Thomas W. Wyrsh. Sr. Sharon O'Grady, RGS, is assisting with curation.

Thirteen St. Louis Catholic sisters and two diocesan priests will exhibit artwork at the Good Shepherd Gallery on the theme "Beauty Will Save the World." The exhibit will include: paintings (oil, acrylic, watercolor and egg tempera), photography, buon fresco, sculpture (bronzes, clay and wood) and textile art. The show will run from Sunday, May 7 through Thursday, May 25, 2016.

Good Shepherd Gallery will host an opening reception with the artists on Sunday, May 7 from 1-5 p.m. The gallery is located in Shepherding Images Studio at 252 S. Florissant Road, Ferguson, Missouri. An introduction of the artists is scheduled at 3 p.m.



A wall quilt, "JoGina Fleur" by Regina Kabayama and Josephine Niemann, both SSND sisters.

Shepherding Images Studio & Good Shepherd

Gallery is a ministry of Sisters of the Good Shepherd Province of Mid-North America, Normandy, Missouri. Sister Glynis McManamon founded the ministry to inspire viewers to reflect on a larger worldview through art. The current Gallery hours are: Tuesdays through Fridays, 10 a.m. to 6 p.m. and Saturdays, Noon to 4 p.m. For more information about the studio/gallery or the Beauty Will Save the World art exhibit, contact Sr. Glynis at 314-522-1155 or rgsicons@yahoo.com

## Birds On the Bat

In February 1921, famous Cardinals general manager Branch Rickey attended a Men's Fellowship dinner as the guest speaker at First Presbyterian Church of Ferguson. The table decorations were designed by church member Allie May Schmidt. They were cardboard cutouts of two cardinal birds perched atop twigs of string and painted. Mr. Rickey was so taken with this "Birds On the Bat" design it soon became the official logo of the Cardinals' uniforms where it remains today.

Author and dedicated Cardinals fan Gary Kodner has written a book heralding the logo history. On **Sunday, May 7**, from 2-4 pm Mr. Kodner



along with two Cardinal team administrators, Brian Finch and Nate Green, will visit First Presbyterian Church of Ferguson, 401 Darst Rd to present a program about the Cardinal organization and the famous Cardinal logo. Doors will open at 1:30 pm. RESERVE FREE

TICKETS ONLINE: Cardinals.com/Museum. You must have a ticket for entry. Maximum of 4 tickets per account. Space is limited. Mr. Kodner's book, "St. Louis Cardinals Uniforms and Logos" will be available for purchase and refreshments will be provided.

Please join us on May 7, 2017 for this very interesting event which gives a very positive spin on Ferguson, Missouri.



Upon looking out the window while wearing my thinking cap; "What will BobonJob talk about that is interesting, informative and down right fun?" With nothing coming to mind, I opened my eyes and saw that everything was turning green outside and BAM! That's it! Green! I was on the subject of color last month, let's keep the colorful conversation going! So without further ado;

## 'What's it mean to be Green!'

"The greenest building is the one that is already built."  
- Architect Carl Elefante

Everyday, we try to do our part. We recycle products what can't be reused, we've changed our light bulbs to LED, we have energy efficient appliances, we do everything we can to help save our planet. We want to be good stewards of our world so that our children and grand children will inherit a well sustained planet.

But we still have a long way to go!

I have recently been working down in the Webster Groves neighborhood and have been seeing a lot of McMansions being built. (If you don't know what a McMansion is, look it up on Google.) Before these monstrosities were built, standing in their way were quaint neighborhoods of homes that were 70 to 100 years old. These were not big, historic homes; these were the types of homes that many of us live in now.

"But these McMansion's are built using all of the latest and greatest materials that are environmentally responsible and resource efficient," you say. But at what cost?

Let's take a look at Green Building.

Green building (also known as green construction or sustainable building) refers to both a structure and the using of processes that are environmentally responsible and resource-efficient throughout a building's life-cycle: from siting to design, construction, operation, maintenance, renovation, and demolition.  
- United States Green Building Council (USGBC)

That all sounds pretty good. Let's take a look at that list starting with *Life-cycle;*

The average home built today has a estimated life-cycle of maybe, 65 years. If I was razing a 80 year old home and putting in it's place one that would last 65 years, I would be thinking that something is wrong with that.

*Siting;*

well the site is there, which way would you turn it to get the most use of the elements, chances are, it would be facing the same direction it was originally built.

*Design;*

we need to keep those architects busy.

*Construction;*

we'll get into that in a minute.

*Operation;*

the appliances in the original house could have been updated to energy efficient equipment.

*Maintenance;*

those original houses needed to be maintained, maybe a little more than your new green home, but with time, that will change. These newer 'green' homes will need maintenance in the future to keep them green.

*Renovation;*

that's what we do to our older homes to keep them feeling young. And last, but not least,

*Demolition;*

the cycle starts anew 65 years later, hopefully.



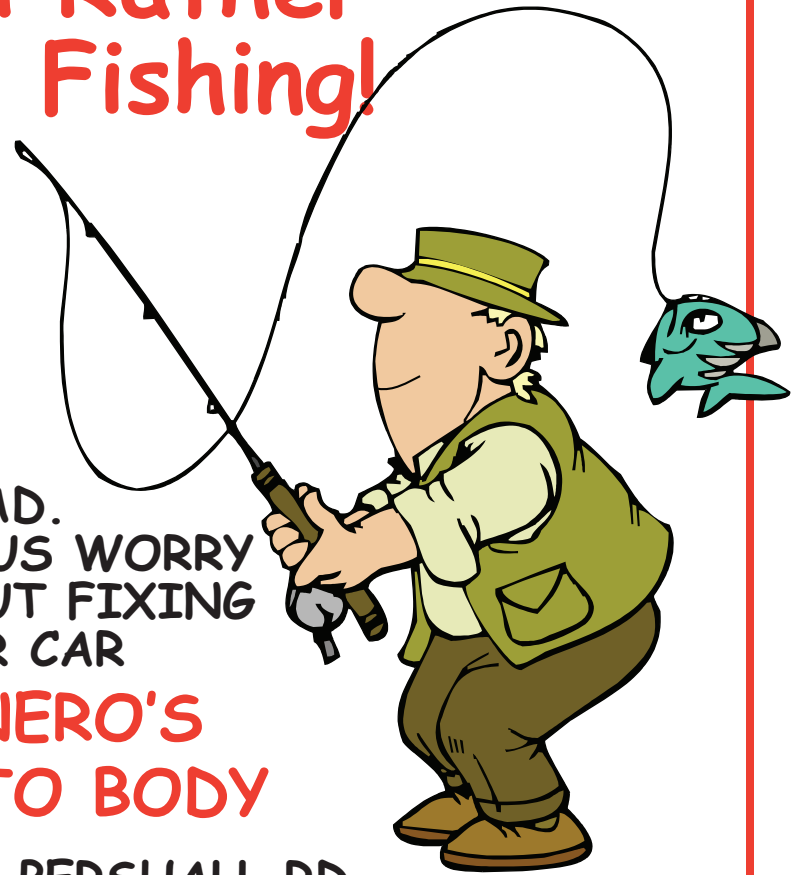
Let's talk about Construction. Not just the building of the new, but the demolition of the old. Old buildings are filled with the embodied energy from when they were constructed in the first place. What is embodied energy exactly? Embodied energy is the total energy required for the extraction, processing, manufacture and delivery of building materials to the building site. So with this in mind, we will re-write the green building paragraph from above.

Green building (also known as green construction or sustainable building) refers to the demolition of the original structure and hauling away the debris to be discarded in a landfill, and the using of processes to extract the raw material from the earth and to manufacture these into construction ready building materials. These new materials will need to be transported to the construction site and assembled into a physical structure that will be environmentally responsible and resource-efficient throughout a building's life-cycle: from siting to design, construction, operation, maintenance, renovation, and demolition.

So what is the cost of this embodied energy?

A study that was done in Salt Lake City, UT looked at the amount of raw material used and disposed of in the three following scenarios;

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### Growler Club Membership

New Member Rate: \$100

Renewal Rate: \$50

Replacement Stainless Steel Member Growler: \$40

\*Must be signed up for email alerts (to ensure email delivery add no-reply@fergusonbrewing.com to contacts)  
\*\*Limit one refill per visit (can be used on any growler)  
Must show Growler Club Member Card  
\*\*\*Must show Growler Club Member Card to receive rewards.  
Rewards will be issued quarterly in form of a gift card.  
Minimum of \$20 in rewards must be earned before gift card is issued.  
Points expire on April 30th, 2018.  
Points may carry over annually if membership is renewed before April 30th.  
Not valid on Sky Room Banquets

As a member of the Ferguson Brewing Growler Club, you will receive:

- Initial growler fill for free (\$9-\$11 value)
- Free Onion Ring or Pretzel Bite Appetizer (\$7 value) \*
- Free birthday Refill (\$9-\$11 value) \*
- 10% Discount on all FBC merchandise and event tickets
- \$2 off refills\*\*\*
- Quarterly newsletter from the brewer
- Monthly Growler Club meetings discussing all things beer with one of our brewers
- Exclusive invitations to try new beers before they are released to the public
- Annual Growler Club Member Appreciation Party to be held in November
- Growler Club Member card that earns 5% rewards on all purchases\*\*\*

- Restoring a neglected single family home required 47.3 tons of material.
  - The construction of a new suburban home required 182.4 tons of material.
  - The demolition of an existing historic home and infill with a new 'energy efficient' home required a whopping 351.8 tons of materials.
- That's 7.5 times more raw material and energy required to raze and replace an older home with infill construction. That doesn't sound very energy efficient or even Green to me!

If that older home was saved and not razed, with it's final destination, the dump; it would reduce the impact on the landfill by 116.6 tons of material. There is nothing green about tossing that much material into the landfill.

Okay BobonJob! I get it! But how do I make my existing house Green?

When replacing your appliances, look for the energy star emblem. These are higher efficiency appliances and will help you save energy. Don't forget to change filters and do any regular maintenance that is required. Conserve water any way you can. Use lower water flow fixtures when possible on the interior and with the use of rain barrels, you won't need to use your outside faucet when you're only watering a few potted flowers. Preserve the quality of your indoor environment by maintaining your windows and doors to slow air infiltration, but don't forget to keep a good, clean air flow throughout, use sustainable products and don't forget to recycle, reuse and replicate when possible.

Until next month, BobonJob is thinking about what to bring to your attention next month and if anyone has any ideas, let Bob know. (www.paintedeffects@sbcglobal.net, and put BobonJob in the subject line) Until then, think Green.

# The 8th Annual Ferguson Twilight Run is Saturday, May 20

The 8th Annual Ferguson Twilight Run will take place Saturday, May 20, through the beautiful historic neighborhoods of Ferguson. This event consists of a 5K run, 10K run, and a one-mile fun run. The races start and finish at Plaza at 501, at the intersection of Florissant Rd and Suburban Ave.

The Ferguson Twilight Run brings together members of the community – men, women, young and old – to encourage each other and cross the finish line together. “It’s more than just a race. It introduces people to a healthy lifestyle while bringing together the community,” said Race Director Dwayne T. James. Pre-race entertainment starts at 4:30PM with music by Big Papa G. Streets along the course will be closed to vehicular traffic to allow for safe passage by the more than 18,000 expected participants. The post-race festivities include a free live concert by Boogie Chyld starting at 6:30PM, beer and root beer samples from Ferguson Brewing Company, finish area health vendors and food, and specials at local restaurants. “You have cheer stations and residents along the route cheering on every runner and walker.” added James. “Every finisher receives a medal symbolizing their accomplishment.”

The Ferguson Twilight Run is hosted by Live Well Events. Since the first race in 2010, \$68,000 in proceeds from the run have been donated to local organizations that provide the residents of Ferguson and North St. Louis County with programs and events that promote the enjoyable, healthy and sustainable aspects of fitness activities. The 2017 Donnie White Sr. Memorial Award Recipients are:

- Emerson Family YMCA Summer Camp for North County
- EarthDance Youth Exploring Agriculture and Health Program
- Girls on the Run Combs Elementary School Team
- Marygrove Recreational Therapy Program

Registration is currently \$30 for the 5K and 10K, and \$14 for the fun-run. Teams of 10 or more running the 5K or 10K receive a \$2 discount. Sponsors include Christian Hospital BJC HealthCare, Negwer Materials, and Emerson. In-kind sponsorships are being provided by Big River Running, City of Ferguson, and Ferguson Brewing Company.

For more information on the Ferguson Twilight Run including a map of street closures, a link to register, or volunteer opportunities, visit [www.fergtwilightrun.com](http://www.fergtwilightrun.com).

**#RunWithFerguson**

**8th Annual Ferguson Twilight Run**  
**5K/10K & FUN RUN**  
**MAY 20, 2017**

**1 MILE FUN RUN 5PM**  
**5K 5:45PM**  
**10K 6:15PM**

**6:45 PM Live Music**  
**Start & Finish at the Plaza at 501**

- Closed Course
- Professionally Timed
- Cheer Stations & Bands
- Pre-Race Entertainment by Big Papa G
- Concert by Boogie Chyld
- Finish Area Vendors & Food
- FREE BEER

**big river RUNNING company**  
**FERGUSON BREWING COMPANY**  
**NEGWER**  
**EMERSON**  
**Christian hospital HealthCare**

**#RunWithFerguson**  
**FergTwilightRun.com**

Proceeds from this event support local healthy and active programs.

## SPLASH @ WABASH

### Aqua Fitness

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

Mondays & Wednesdays 5:30-6:30pm; \$5 drop in Or

\$35 Residents; \$40 Non Residents per 5 week session

Class is offered free as part of our Silver Sneakers Membership, sign up at the Community Center today!

### Swim Lessons

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



### Summer Swim Lessons

#### Group Lessons—Ages 6 & up

DATES	DAYS	TIMES	#WEEKS
June 5 - June 16	Mon thru Fri	11:00am-11:45am	2
June 19 - June 30	Mon thru Fri	11:00am-11:45am	2
July 10 - July 21	Mon thru Fri	11:00am-11:45am	2
July 24 - August 4	Mon thru Fri	11:00am-11:45am	2
June 5 - July 6	Mon & Thurs	7:00pm-7:45pm	5
July 10 - August 3	Mon & Thurs	7:00pm-7:45pm	5
\$30 Member; \$35 Resident; \$40 Non-Resident			
June 3 - August 12	Sat	11:00am-11:45am	9
\$25 Member; \$30 Resident; \$35 Non-Resident			

#### Preschool Lessons—Ages 3-5

DATES	DAYS	TIMES	#WEEKS
June 5 - June 16	Mon, Wed, & Fri	10:30am-11:00am	2
June 19 - June 30	Mon, Wed, & Fri	10:30am-11:00am	2
July 10 - July 21	Mon, Wed, & Fri	10:30am-11:00am	2
July 24 - August 4	Mon, Wed, & Fri	10:30am-11:00am	2
June 3 - July 15	Sat	10:30am-11:00am	6
\$30 Member; \$35 Resident; \$40 Non-Resident			

#### Parent & Tot—Ages 2 & up with parent

DATES	DAYS	TIMES	#WEEKS
June 5 - June 16	Mon, Wed, & Fri	10:30am-11:00am	2
June 19 - June 30	Mon, Wed, & Fri	10:30am-11:00am	2
July 10 - July 21	Mon, Wed, & Fri	10:30am-11:00am	2
July 24 - August 4	Mon, Wed, & Fri	10:30am-11:00am	2
June 3 - July 15	Sat	10:30am-11:00am	6
\$25 Member; \$30 Resident; \$35 Non-Resident			

#### Adult Lessons—Ages 15 & up

DATES	DAYS	TIMES	#WEEKS
June 5 - June 29	Mon & Thurs	7:00pm-7:45pm	4
July 10 - August 3	Mon & Thurs	7:00pm-7:45pm	4
\$30 Member; \$35 Resident; \$40 Non-Resident			

### NOW ON SALE!

Wabash Club Memberships:

Individual: \$50 CC Members; \$65 Residents; \$125 Non-Residents  
 Family: \$99 CC Members; \$135 Residents; \$210 Non-Residents  
 50 % discount - beginning July 5

Non Club Membership:

Individual: \$25 Resident Mini - Member (10 individual uses)  
 Daily Rates: (age 3 and under free)  
 Open Swim: \$3.50 Residents (\$2 Tues); \$6.50 Non-Residents (\$5 Tues)  
 After 4pm: \$2.50 Residents; \$5.00 Non-Residents  
 Adult Swim: \$2.50 Residents; \$4.50 Non-Residents

#### SPLASH AT WABASH HOURS OF OPERATION

SPLASH Phone (314) 521-1313  
 Open Daily May 27 through August 13\*

Open Swim:

Mon, Thurs, and Sun (1:15 pm - 6 pm)  
 Tues\*\* and Sat (1:15 pm - 7 pm)  
 Wed and Fri (1:15 pm - 8 pm)  
 Adult Swim daily (12 pm - 1 pm)

\*Date subject to change

\*\*Close at 5:00 p.m. on Tues, June 13, 20, 27 & July 11 for swim meet—

The Splash will be closed for Municipal Swim League North Conference Prelims and Finals Saturday, July 22—Sunday, July 23

## "A Piece of Blarney Stone"

### 10 ways to empower your communication

by LaTease Rikard



The Blarney Stone is a historical stone, or actually part of the Blarney Castle in Ireland where it was believed that kissing the stone can grant you the gift of gab. Yeah, it seems strange in this day and age, but who are we to question tradition? It's not like I'm saying that Santa Claus doesn't exist (OOPS!).

Sometimes we forget how to communicate with one another because our technology gets in the way. One of the reasons I decided to write this article this month is because a friend of mine is an HR Recruiter. There was a job posting and a young candidate was interviewed. The young candidate was not chosen and had not been contacted yet. Maybe the young candidate was impatient I'm not sure. However, when the young candidate sent an email seeking the status of his application, instead of writing a well-crafted email note, the young candidate decided to send an email that consisted only of question marks. My friend stated that maybe the young candidate sends too many text messages and has forgotten how to communicate.

This month's article is a simple reminder about the power of communication.

#### 1. What you know.

Education is all about learning the basics, but to be an effective speaker is to practice what you've learned. My stint as guest at every Toastmasters meeting I go to taught me that we all have our limitations, but that doesn't mean we can't learn to keep up and share what we know.

#### 2. Listening.

It's just as important as asking questions. Sometimes listening to the sound of our own voice can teach us to be a little bit confident with ourselves and to say the things we believe in with conviction.

#### 3. Humility

We all make mistakes, and sometimes we tend to slur our words, stutter, and probably mispronounce certain words even though we know what it means, but rarely use it only to impress listeners. So in a group, don't be afraid to ask if you're saying the right word properly and if they're unsure about it then make a joke out of it. I promise you it'll make everyone laugh and you can get away with it as well.

#### 4. Eye Contact

There's a lot to say when it comes to directing your attention to your audience with an eye-catching gaze. It's important that you keep your focus when talking to a large group in a meeting or a gathering, even though he or she may be gorgeous.

#### 5. Kidding around

A little bit of humor can do wonders to lift the tension, or worse boredom when making your speech. That way, you'll get the attention of the majority of the crowd and they'll feel that you're just as approachable, and as human to those who listen.

#### 6. Be like the rest of them

Interaction is all about mingling with other people. You'll get a lot of ideas, as well as knowing what people make them as they are.

#### 7. Me, Myself, and I

Admit it, there are times you sing to yourself in the shower. I know I do! Listening to the sound of your own voice while you practice your speech in front of a mirror can help correct the stress areas of your pitch. And while you're at it you can spruce up as well.

#### 8. With a smile

A smile says it all much like eye contact. There's no point on grimacing or frowning in a meeting or a gathering, unless it's a wake. You can better express what you're saying when you smile.

#### 9. A Role Model

There must be at least one or two people in your life you have listened to when they're at a public gathering or maybe at church. Sure they read their lines, but taking a mental note of how they emphasize what they say can help you once you take center stage.

#### 10. Preparation

Make the best out of preparation rather than just scribbling notes and often in a hurried panic. Some people like to write things down on index cards, while other resort to being a little more silly as they look at their notes written on the palm of their hand (not for clammy hands, please). Just be comfortable with what you know since you enjoy your work.

And that about wraps it up. These suggestions are rather amateurish, but I've learned to empower myself when it comes to public or private speaking and it never hurts to be with people to listen how they make conversations and meetings far more enjoyable as well as educational.

Follow me on Twitter: @lateaserikard.  
Facebook: www.facebook.com/latease

Phone: 314-495-2497

## Sherlock's Pal



As a pastor it is my duty from time to time to point out the proverbial "elephant in the room." By definition, almost everyone already knows about the elephant in the room. Only those who mimic another odd looking animal, the head-in-the-sand ostrich, are not aware of the elephant in the room. Actually, I just told a little white lie. Ostriches do not bury their heads in the sand. That's a myth. According to the ostrich's Wikipedia page, when an ostrich senses danger and cannot run away, it flops to the ground and remains still, with its head and neck flat on the ground in front of it. Because the head and neck are lightly colored, they blend in with the color of the soil. In other words, they play possum, another goofy looking (read: gross) creature that also has its own Wikipedia page. (By the way, the possum became the opossum because someone once looked at a dead looking possum and said, "O possum, I know you're just acting!")

Before this column turns into an uncontrollable feral verbal menagerie, let me get back to the elephant in the room: This is Ferguson, Missouri. I know what you're thinking. Duh, right? For most of you this is old hat, however, my wife and I have been here for just a little over a year. I accepted the call to Immanuel United Church of Christ not without first hitting the pause button on our enthusiasm. The elephant in the room was not invisible in our previous home in Indianapolis. We asked ourselves many questions, such as, "Are we the right people to lead a congregation in a community that has gone through so much?"

After much prayer and consideration, Annie and I finally decided to hit the play button and pursue the position at Immanuel. I don't know if many of you have had this experience, but the following question had been asked of us from family and friends on multiple occasions: "You're moving where?" I guess hearing "We are moving to Ferguson, Missouri" is just one of those statements that needs repeating at least once.

Well, we did it and we're happy we did it. As a former Human Resources guy and lifelong member at Immanuel, Charlie Miller, who grew up in Ferguson, likes to say, "You can be part of the problem or you can be part of the solution." I'm not sure I have any solutions for the greater good of Ferguson or life in general, yet that doesn't mean you or I should ever give up by flopping to the ground and putting our heads in the sand . . . or laying our heads on the ground and playing possum . . . or . . . you know what I mean.

Dr. Jimmy Watson  
Sherlockspal@yahoo.com



## "Lift Up Our Youth"

Ferguson  
Youth Initiative

The Ferguson Youth Initiative thanks everyone who supported our annual fundraising banquet on April 1, 2017. More than three hundred people attended the event, including representatives from the City of Ferguson, teachers and administrators from the Ferguson-Florissant School District and the local colleges/universities, members of the business community, and supporters from across St. Louis region. Through generous contributions large and small, we raised \$20,000 to benefit the FYI youth programs and community service projects.

Our special appreciation goes to Platinum sponsors Debra and David Humphreys; Gold sponsors OCI, Negwer Materials, and Emerson; and the many people who donated items for the banquet silent auction. For a complete list of sponsors, please visit: [www.fyiferyouth.org](http://www.fyiferyouth.org).

Youth speakers at the banquet all had a similar message. Brandon Papert, a senior at McCluer High School and FYAB president, said the most important part of his FYI experience has been that "I have adults I can go to for support. All kids need someone like that." Shawn Filer, another senior at McCluer who is on his way to Stanford University in the Fall, told participants that "the most impactful way to change young people's lives is by investing time."

Tyrone Griffith, a former FYAB member now pursuing his bachelor's degree in music at Webster University provided the keynote speech: "As a young person and graduate of the Ferguson Youth Initiative, I see the need for all of us to unify, put all of our hands in to come together on one accord for a brighter future for Ferguson. As a young person involved in FYI, I received the support that I needed. Being young is not easy. We need all of you to come together, work together, and yes, SUPPORT, SUPPORT, SUPPORT. I cannot stress that word enough. Lift up our youth. Show up to community events. Volunteer when needed. Let the youth know that they matter. Support means being available."

As we move forward together in building a stronger community, FYI is hoping to forge enduring partnerships with local businesses, organizations and school districts to create more opportunities for young people to grow through active service and leadership. We also welcome and encourage volunteers to lend their talents, time, and expertise. To find out more about the work we do and how you can support us or get involved, please contact Aaron M. Harris, FYI Executive Director, at 314.749.5379. well as college and job counselling for our teens.

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



Lt. William (Bill) Ballard (wballard@fergusoncity.com) opened the April 12th, 2017 meeting of the Ferguson On Watch, welcoming everyone. Bill is the Ferguson Police Department's (FPD) facilitator for the Ferguson OnWatch group. Bill passed out the February 2017 Crime Review, which contained the monthly crimes sorted by FBI types (Assaults, Burglaries, etc.). He then introduced our speaker for the night.

#### St. Louis County Police Tactical Unit

Three of St. Louis County's finest arrived with tactical gear from their Tactical unit. Don't call them SWAT, as they prefer to be known as Tactical officers. Officers Mike Fumagalli, Corey Zavorka, and Tucker Schnerre gave us a look see at some of the weapons & gear that they use as a Tactical Unit.

Tucker reported that St. Louis County has 2 squads made up of 9 men each, called "A" squad and "B" squad. These squads are made up of 4 elements each. (1) Entry Team; (2) Less Lethal Team; (3) Negotiators; and (4) Snipers.

They serve approximately 150-180 search warrants per year. They also assist local police with barricaded or suicidal subjects.

Their vehicles are defensive and are not weaponized or offensive, like military tanks. They range from an armored vehicle, the Black Bear Cat with a ladder system on it, or a Bear Truck (like an armored Bank money box truck), or a black search warrant van. They also have 6 helicopters for use in the city, municipalities, and the county. At this time they do not have, but are looking to procure, aerial drones.

Tucker described how they execute their "Knock" and their "No Knock" search warrants. They also have an animal control noose available if they need to sequester a dog.

As part of the "Less Lethal" team, Tucker had some equipment laid out on the floor by the dais. One of the items was a Remington 870 12 gauge shotgun with an orange stock and barrel holder. The reason it was colored orange was that it was less lethal when using certain types of projectile ammunition. If needed, it could be lethal by the use of standard shotgun shells. A bag of the less lethal bean bag rounds was passed around the audience for review. While they can shoot as far as 50 yards, the typical distance used is 25-30 yards, as the velocity of the round coming out of the barrel is 290 feet per second.

Another weapon used is their "Multi-launcher". They have 2 multi-launchers and 2 single launchers available to them. They use 40 millimeter rounds in each device. One of the K041 round rubber tip rounds was passed around the audience, as well as what was called an impact baton. They also have OC (mace/pepper spray) & CS (tear gas) barricade penetrator bullets in their arsenal, used as a last resort. In addition, they also have launchable smokes, used up to 150 yards (not used inside a house). We also found out that the red balls used during the uprising were pepper balls.

When they deploy, they bring 2 K-9 dogs with them. St. Louis County has a total of 6 dogs, that can only be deployed against felons.

The next item we saw was their gas mask, use to protect the officer's from their tear gas and OC & CS events. Their masks also have a connection to utilize their radios.

We also saw their "Flash Bangs" worth \$25-\$45 each.

We reviewed their ballistic vests, and found out what was put on their vests, including their medical kit in back. In addition to their 40# vests, they also each have Taser's to deploy.

We heard about the lengths they go through to verify an address on a search warrant case, including verifying "Road" vs "Drive" in the address line. Previous surveillance on the subject property is also used to reduce errors.

Our next meeting is May 10th at City Hall. We plan on having Capt. Dan Decarli talk to us about the Major Case Squad.

#### C.E.R.T. Happenings

The April 8th meeting of Ferguson C.E.R.T. was an educational one. We saw a PowerPoint presentation on "Pit Crew CPR". This type of CPR using the CAB format has a higher survival rate than the previous type under the ABC format. Dr. Hawnwan P(Phil) Moy, Instructor from the Division of Emergency Medicine at Washington University, is also over EMS at Christian Hospitals.

We found out that good 2" compressions at about 150-200 beats per minute helps drive the oxygen in a subjects blood throughout their body. If a person performing the CPR does it to the beat of the song "Staying Alive" it approximates the pace needed.

At this meeting we also meet the Ferguson Fire Department C.E.R.T trainer, Captain Kenneth Zeilmann, who reported that our fire department has already saved at least 1 life using this new and improved CPR process.

Our next training session for CERT will be the second Saturday of May, on the 13th at 9:00 am at the Ferguson Fire House#1 on Florissant Rd.

Have a safe month. Keith :- )K

## Artful Considerations Robin Shively, CPF

Welcome to this new column highlighting the arts scene in our community. Recent years have seen the opening of several new art venues and art-related businesses within Ferguson area. We are also fortunate to be in close proximity to the Fine Arts departments at both Florissant Valley Community College and nearby UMSL. Each month, this column will list exhibits, shows, and art-related events in and around Ferguson, with occasional artful musings.

Treat yourself while showing support of the arts in our community by attending some of these events scheduled during May.

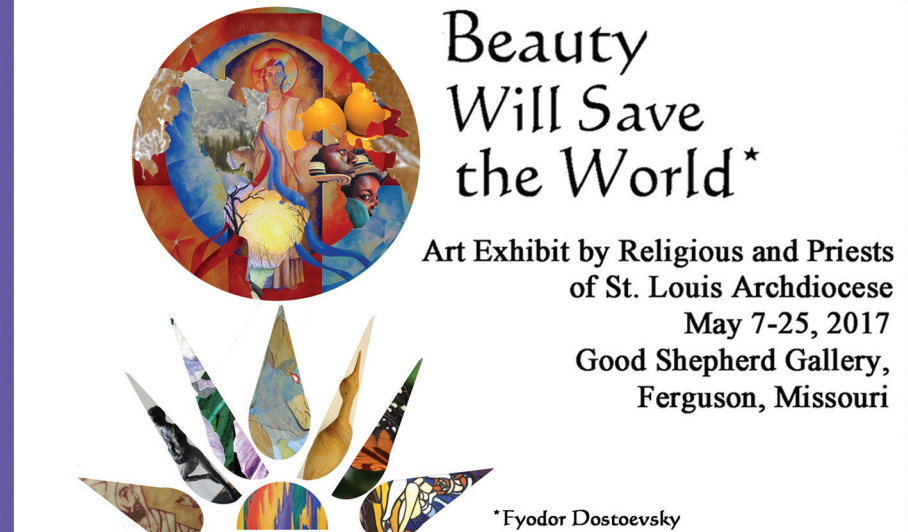
Sculptureworks Ferguson has a current show entitled "The FAB 9's Big Day Out" featuring works in various media by Brian Lewis, Afton Joiner, Sam Lacadin, Jianing Han, Don Quon, Katie Colico, Sam Kennedy, Tom Thompson and Laura Howell, under the guidance of UMSL professor Michael Behle. It opened on April 15th and will be on view at 830 South Florissant until the second week of May, after which it will be installed for viewing at UMSL. Did you know that there is an art display case at Metro's North County Transit Center on Pershall Road and that a local North County artist is featured quarterly? This Quarter, Ferguson resident and artist Linda Marie Saunchegraw has 6 photographs of Ireland on display. Ms. Saunchegraw uses film as opposed to digital photography and several of her prints are hand-tinted. Her photographic essay will be exhibited through the end of June.

Ms. Saunchegraw is the fourth local artist whose work has been exhibited since the Transit Center's opening last year. Previous art displayed included painted bags by Pat Rooks of Florissant, fiber art by Laura Saunders Kaiser of Ferguson and fused glass by Ann Beehler of St. Ann. Ms. Beehler's exhibit, which was taken down at the end of March, is currently displayed in its entirety at Corners Frameshop & Gallery, 2 South Florissant. Works by all four of these artists are regularly available for viewing or purchase at Corners.

Good Shepherd Gallery, 252 South Florissant, is hosting "Beauty Will Save the World", an art exhibit by religious and priests of the St. Louis Archdiocese from May 7th through 25th. (See details on Page 16.)

There are also opportunities to create your own art. Friday, May 5th is SLAM arts night at FYI (Ferguson Youth Initiative). SLAM is a fun interactive visual and performing arts event for teens and other members of the Ferguson community that is held monthly on the first Friday from 6 till 9 pm. You can also nourish your creative self at Almost Picasso, 18 Church Street. They are offering a "Mom & Me" painting session on Saturday afternoon, May 13th at 2:00. Mothers and their children of all ages can spend the afternoon creating a painting on canvas, with the guidance of an art instructor. For more information, visit [www.almostpicasso.com](http://www.almostpicasso.com).

These are just some of the scheduled art happenings in our community. Next month I will write about some of the nearby alternative art spaces as well as these more traditional venues. Until then, consider this quote by Thomas Merton. "Art enables us to find ourselves and lose ourselves at the same time."



**Beauty Will Save the World\***  
Art Exhibit by Religious and Priests of St. Louis Archdiocese  
May 7-25, 2017  
Good Shepherd Gallery, Ferguson, Missouri

\*Fyodor Dostoevsky



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# #1 in CIVIL RIGHTS

This landmark exhibition examines the rich and longstanding Civil Rights history in St. Louis. From the first Civil Rights demonstration in the country on the steps of the Old Courthouse, to the freedom suit of Dred and Harriet Scott, to the modern Black Lives Matter movement, there is a strong legacy of Civil Rights activism in St. Louis.

The exhibit is open from now until April of 2018.



Above photo is of five local artists who were contracted to work for a year and half to help the History Museum promote the #1 in Civil Rights exhibition. Second from the right is Peggy Harris, not one of the artists, but a Ferguson resident working as an ACTivist and Interpreter for the exhibit.

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## Volksmarch Club

Stuttgart Volksmarch club, a local St. Louis Walking Club, will host a walking event on **Saturday, May 6th**, in conjunction with the Florissant Valley of Flowers Celebration. The walk will start at the pavilion in Coldwater Common Park, near the St. Ferdinand Shrine, on Rue St. Francois, in Florissant. Walkers may start anytime between 9am and Noon.

This landmark exhibition examines the rich and longstanding Civil Rights history in St. Louis. From the first Civil Rights demonstration in the country on the steps of the Old Courthouse, to the freedom suit of Dred and Harriet Scott, to the modern Black Lives Matter movement, there is a strong legacy of Civil Rights activism in St. Louis.

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### Welcome New Neighbor

We would like to extend a very warm welcome to Sara and Jeff Davis who just purchased their "New home" at 151 N Clay!! The Davis' are getting ready for Baby Davis to arrive, in fact the newest resident may be here as you all read this! Congrats!!

### Welcome to 303 Allen Place

Welcome to 303 Allen Place The irreplaceable Beanie Klorer "has left the building"! Trying to fill the void, which is no small feat are Jeremy Pfeffer and Michelle Loyet. Pictured from l to r are Jennifer Brinker, Michelle, Beanie and Jeremy. We found some other "digs" for Beanie not too far from FERG so we expect to see a lot of her at the Farmers Market! Welcome home Jeremy and Michelle and Congrats to all!



### Welcome Home!

We would like to offer a huge Welcome Home to Josh Reisig. Josh closed on 117 Powell and is getting his "new" home ready for occupancy. Joining Josh on his front porch are his sister Ashley and his father Chris, who also double as his neighbors.

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## Special Guest for May Book Club

Author Kimberly Jade Norwood will join the Ferguson Readings on Race Book Club at on **Monday, May 8**, for a discussion of her book *Ferguson Fault Lines*. Dr. Norwood is the Henry H. Oberschelp Professor of Law and Professor of African and African American Studies at Washington University. She is also a member of the monitoring team for the consent decree between the Department of Justice and the City of Ferguson.

The book club has been stretching in both numbers and scope in recent months. 30 people participated in a Seder meal hosted by Jewish members on the first day of Passover, and 37 gathered in March to watch a video, *Why Black People Act the Way They Do*. Returning to its function as a book club, members will read the graphic novel, *March* by John Lewis in June and *The Education of a WASP* by Lois Mark Stalvey in July. A schedule of plans for the next few months is available by contacting Amy Randazzo at arandazzo@fergusonlibrary.net

The book club meets on the second Monday of each month at the Ferguson Public Library at 35 North Florissant Road at 6 p.m. Reservations are not required. People who want to borrow the books for book club discussions from the Ferguson Library need to contact Ms. Randazzo as early as possible so additional copies can be ordered when time allows. Left Bank Books also offers a discount to purchasers who mention they are buying the books for the Ferguson Readings on Race Book Club.



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## The Best of Ferguson

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

– by Ruffina Farrokh Anklesaria, M.A.



### Marveena Miller

For many events in Ferguson, I hear one name being tossed around a lot! That name is Marveena Miller! Marveena manages the Farmers' Market and 2017 will be her fourth season doing so. She is also the Special Events Coordinator for the Ferguson Special Business District (FSBD). She's involved in almost everything Ferguson! Street Fest, Northern Lights, 501 concerts, food trucks, you name it, Marveena is behind it!

The FSBD is a nine-member Board made up of businesses from the district. Individual businesses on South Florissant, our "Main Street," pay fees to be part of the FSBD. They needed a coordinator and Marveena does this part-time. She's full-time at Mobile Eye Care. She also does grant-writing on the side.

I met Marveena and her husband, Chris Shanahan, when I volunteered for the I Love Ferguson (ILF) store. I worked the booth at the Farmers' Market and Chris and I worked together for some time at the Corner Coffee House which housed the ILF shop for a few months.

Marveena was bitten by the travel bug it seems! As a youngster she moved around quite a bit with her parents as they were into construction. They moved three to four times a year and by the time she graduated from high school she had attended 17 schools and lived in Florida, Georgia, South Carolina, Tennessee and Illinois. She earned a Bachelor's in Political Science from the University of Illinois and has an M.Sc. in Environmental Policy from Kaplan University.

Marveena worked in Illinois politics for several years. She ran campaigns for the mayor of Springfield and congressional campaigns for President Obama (not presidential campaign) and Dick Durbin. She worked at the Sangamon county office in Illinois for three years. She herself did not run for any political office, preferring to be the woman behind the success

In 2015, she and her husband went on a Caribbean cruise, sailing from Puerto Rico to Barbados, St Lucia, St Christopher and Nevis and St Martin. Last year, they did a European cruise in April, traveling from Spain to France, to Malta, Sicily, Montenegro and Venice. Then in December, she and Ferguson resident Stephanie Wheat went to the Dominican Republic. That same month she and Chris went on a Central American cruise that took them to Mexico, Honduras, Guatemala and Belize.



Marveena swimming with the dolphins in British Virgin Islands.

Interestingly, Marveena says she's not a beach bum although she has had lots of opportunities to lie on some beautiful sands around the world. She prefers sightseeing. She enjoys the architecture, culture, history and politics in the places she visits. She's not into shopping.

As I write this, mid-April, they are off cruising from Miami to Jamaica, the Cayman Islands, Mexico and the Florida Keys. For Halloween this year they have booked to go from Poland to Serbia by train!

Whew! That's a lot of travel!!! Marveena dreams of being a travel writer some day! Maybe even right here in the *Ferguson Times*!



Marveena and her husband, Chris Shanahan, on the Brooklyn Bridge in New York City.

Marveena is contented with her life; she's gotten what she wants out of it. People call her to give advice or ask her to undertake new projects and she gives them all her best shot! She feels she is doing all the things she set out to do and is fulfilled. Marveena is an accomplished and happy woman. She is an asset to the City of Ferguson and I congratulate her for representing what is the Best of Ferguson!

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



Marveena enjoying sightseeing in Rome. She and Chris also visited Budapest on that same trip.





## Wisdom Teeth

Recently, a grandson had his wisdom tooth pulled. It made me think about wisdom teeth and so I did a little research.

Wisdom teeth are the third and final set of molars that we get, usually when we are in our teens or early adults.

But why, I wondered, do most people have their wisdom teeth removed. A lot of it, apparently is because of their location in the very back of our mouths. Because they are hard to reach when brushing or flossing, they are more subject to decay than our front teeth. Also wisdom teeth often do not have room to grow in the limited space in the back of our mouths. They may grow crookedly, or even begin to grow sideways.

Another reason for tooth removal is the term "impacted", which means that the tooth has only partially broken through the skin, which causes the gums to be sore and open to infection.

When I was in my late teens (or perhaps early 20s) I had all four wisdom teeth pulled because I did not have room in my mouth, and my front teeth became crowded. The day that the two bottom teeth were pulled, the dentist told me to go home, not to lift anything heavy and to take it very easy the rest of the day. When I got home (I was still living with my parents) mom and dad were going to go to Bradley's for dinner. Bradley's was a corner family owned tavern that was located where Whalen's is now.

Well, of course, I went with my parents and as I was sitting at the bar drinking a martini, who walks in, but my dentist. When he looked at me questioningly, I lifted my drink, and commented, "It's not heavy". As I recall he sat down beside me and had a martini.

Getting back to teeth . . . three of my children have periodontal disease. Now I don't have this particular disease but if your parents or siblings have gum disease, there is a fairly good chance you will too. I know that my mother had to have all of her teeth pulled when she was about 50 years old, so I guess there is a certain amount of truth in the heredity factor.

So, how do you get gum disease besides heredity? One of the reasons is plaque buildup. If you fail to remove the plaque from your teeth, it builds up under the gums, which start to swell. If you have bleeding gums, be sure to make that dentist appointment and begin to brush after meals and floss before going to bed. I never heard of floss when I was a child and I went to the dentist pretty regularly. Oh . . . and use a soft toothbrush, both to be able to get in between the teeth and also to gently massage your gums. Did you know that Smokers are twice as likely to contract gum disease? So if for no other reason, stop smoking, or better yet, don't begin.

"Yes grandma," my kids and grandkids say . . . as what I say goes in one ear and out the other.

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314-351-2100 - South City  
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636-949-6613 - St. Charles  
(West Clay & Droste)

250 E. 4<sup>th</sup> Street  
636-938-5635 - Eureka  
(Hwy 190 & Hwy 44)

9801 Manchester  
314-963-3256 - Rock Hill  
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## Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Great Horned Owls Program – Library. . . . . Tues., May 2
- Mystery Meal. . . . . Fri., May 5
- Annual Spring Sale – St. Stephens. . . . . Fri., Sat., May 5, 6
- SLAM Art at FYI. . . . . Fri., May 5
- Ferguson Farmers' Market Opens – Victorian Plaza. . . . . Sat., May 6
- Community Engagement – West Florissant area. . . . . Sat., May 6
- St. Peters Beer & Hymns – Brewhouse. . . . . Sun., May 7
- "Birds on Bat" Author – 1st Presbyterian. . . . . Sun., May 7
- Sand Volleyball Begins – Comm. Center. . . . . Sun., May 7
- Reading on Race Book Club – Library. . . . . Mon., May 8
- PLANETARY Environmental Film – St. Stephens. . . . . Tues., May 9
- Neighborhood On Watch Meeting – City Hall. . . . . Wed., May 10
- N/W Chamber Membership Meeting – Moolah Temple. . . . . Thurs., May 11
- CityWalk Concert – All 4 Nothing – Plaza 501. . . . . Fri., May 12
- Pancakes and Poker – St. Ann Community Center. . . . . Fri., May 12
- Letter Carriers Food Drive. . . . . Sat., May 13
- Florissant Child Development Trivia Night. . . . . Sat., May 13
- Fit and Fun Fair – Comm. Center. . . . . Sat., May 13
- C.E.R.T. Meeting – Firehouse #1. . . . . Sat., May 13
- Mom & Me Painting – Almost Picasso. . . . . Sat., May 13
- Teen Trip to Six Flags. . . . . Sun., May 14
- Build Your Own Video Game – Library. . . . . Mon., May 15
- JOBS & MORE Workshop – Library. . . . . Mon.-Fri. May 15-26
- Ferguson Twilight 5K-10K Run/Walk – Plaza 501. . . . . Sat., May 20
- Summer Reading Program Begins – Library. . . . . Mon., May 22
- Boeing Science Night – Library. . . . . Tues., May 23
- Lunch and Bingo – Comm. Center. . . . . Thurs., May 25
- Public Education Speech – Catering to You Banquet Facility. . . . Sat., May 27
- 3 on 3 Coed Basketball Starts – Comm. Center. . . . . Tues., May 30
- Rabies Clinic – City Garage. . . . . Sat., June 3
- 4th of July Cocktail Reception – 218 Tiffin. . . . . Sat., June 3
- Summer Day Camp Begins. . . . . Mon., June 5
- Immanuel's Rummage Sale. . . . . Sat., June 10
- City Wide Yard Sale. . . . . Sat., June 10
- Sunday Parkways. . . . . Sun., June 25
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