

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 13TH YEAR!

Saturday, August 5th

Special Event: Christian Hospital, 9-11
Band: Forest Wood Boys, 9-11

Saturday, August 12th

Special Event: German Fest, 9-11
Author's Fest: If you enjoy reading, stop by AuthorFest. You can meet local St. Louis authors at the market.
Northern Arts Council: will provide arts and creative experiences. Local artists will be highlighted, along with Community Arts opportunities for all ages, 9-11
Band: Wurst Band, 9-11



Saturday, August 19th

Special Event: Environmental Fair. Join us at various tents focusing on reducing your Environmental Impact, 9-11
Ferguson Eco Team: Creating a more environmentally sustainable, spiritually fulfilling, and just human presence in the Ferguson area and on planet Earth, 9-11
Band: Just The Two Of Us, 9-11

Saturday, August 26th

Special Event: The Taste in Ferguson Preview Day, 9-11
Ferguson Eco Team: Creating a more environmentally sustainable, spiritually fulfilling, and just human presence in the Ferguson area and on planet Earth.
Northern Arts Council: will provide arts and creative experiences. Local artists will be highlighted, along with Community Arts opportunities for all ages, 9-11
Band: Not Wired Right, 9-11

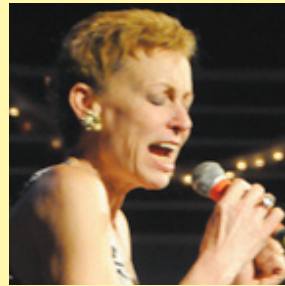
Come Visit Us Saturdays, Now thru October 8am - Noon
20 S. Florissant, at the Victorian Plaza (just south of the train trestle)
Check our our website, FergusonFarmersMarket.com
"LIKE" us on facebook

CITYWALK CONCERT SERIES



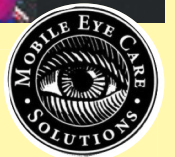
Friday, August 11th

Vicky Michaels & Edicks Way Band
Groovin' R&B blues band with an old school feel.



Friday, August 25

Fan Fair
Kittie Moller play a variety of styles of music with a great deal of Fanfair!



Sponsored by Mobile Eye Care Solutions

7:00 p.m. to 9:00 p.m.
501 So. Florissant Road • 524-5197

Bring a lawn chair. Coolers are permitted. No glass.
Concessions available for purchase.
citywalk@fergusoncity.com • www.fergusoncitywalk.com
Free pick up and drop off before and after the concert.
See website for details.

Republic Waste Holiday Schedule – Labor Day 2017

LABOR DAY – Monday, September 4, 2017

Monday routes will be picked up onTuesday, September 5th
Tuesday routes will be picked up on Wednesday, September 6th
Wednesday routes will be picked up on Thursday, September 7th
Thursday routes will be picked up on Friday, September 8th
Friday routes will be picked up onSaturday, September 9th

NO MONDAY FOOD TRUCKS IN AUGUST!

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Ferguson StreetFest 2017

Friday September 22, 5 – 11 p.m.
Saturday, September 23, noon to 11 p.m.

Great live entertainment including...

Friday:
Jeske Park.....5-7 p.m.
That 80's Band.....8-11 p.m.
Saturday:
Up To Speed.....noon-3 p.m.
Javier Mendoza.....4-7 p.m.
Bitter Pill.....8-11 p.m.



Crowd-pleasing hits that span from 70's classic rock to current rock and alternative radio hits.

This Year Held at Plaza @ 501

Games and activities for kids, crafts, food and gift vendors, annual relay races and much more.

NO COOLERS PLEASE
Beer and cocktails sold on premise.



That 80s Band – fun, high-energy recreation of the 80's music scene.



For updated information go to: www.fergusonstreetfest.com



August 2017 CityWalk

Keeping Up Appearances in the Summer Heat"

Ferguson CityWalk has a good range of services in the area of looking your best.

If you just want to purchase products, you can check in at Mimi Beauty Supply (55 N. Florissant) or Lee's Beauty World, 110 S. Florissant Road.

In the market for a mani or pedi? A number of the salons provide those services, but that's the specialty of the house for VP Nails (59 N. Florissant Road).

As for salons and barbers: we have two businesses celebrating twenty-five years of doing business here in Ferguson: Ferguson Style & Spa and Latecia's Beauty and Barber Salon.

Sherry Loesch owns Ferguson Style and Spa, at 811 S. Florissant Road. Besides being proud of twenty-five years in business, Sherry is very happy to say her clientele is very diverse: men and women, young and old, all ethnicities.

Latecia's is a family salon, with a beautician and barber. There are four stylists available. They are located at 1028 S. Florissant Road. Happy silver anniversary to Latecia's!

Exotic Trenz owner Cynthia Brown is justifiably proud of her building at 600 S. Florissant Road. Talk about an extreme makeover! She turned a gas station and Meineke's into a beauty salon. She is also happy to say, Exotic Trenz is a family salon.

Fierce Ultra Salon, located at 920 S. Florissant Road, is yet another family-oriented salon. Owner Hope Breedlove promises an atmosphere of peace to patrons.

Constance Estrada, the owner of Taste of Honey, 303 S. Florissant, describes her salon as "a nice Christian-based beauty salon and very friendly."

Viva La Shear is located at 975 S. Florissant Road. You can spot the salon: it's the one with the giant shears on the south side of the building.

So, with all this expertise, I polled as many of the salon owners as I could about recommendations for hair care in summer. All are agreed: just like you hydrate to keep your body healthy in the summer heat, you need to keep the moisture in. If you are a swimmer, after you are out of the pool you need to wash your hair with a clarifying shampoo: sometimes these are labeled as swimmers' shampoos. Chlorine tends to adhere to the hair shaft and regular shampoo won't get it out.

Keep oil, dust and pollen out by shampooing and conditioning at least once a week. This also helps keep the skin clear. Deep conditioning can revive hair. Last of all, when choosing hair styles, pick something that will last through all the heat and all the shampooing. Stay beautiful (and handsome), my friends.

(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.

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The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Summer breeze burning your face, ground cracking, pools full, department stores clearance sales, empty school buses running their routes, Farmers Market bounty growing leaps and bounds. It must be August and time for another edition of the Plumbers Crack.

Well my friends it's been a terribly hot summer so far and the dog days are upon us. We've had some extreme temperatures which plays havoc with a multitude of things; water systems, hvac systems, drainage systems, and even foundations. Let's start with HVAC systems. But Oh Baby, this is the PLUMBERS Crack. Yes, but certain things in your air conditioning can look like plumbing leaks and cause damage.

In most cases water heaters sit next to a furnace and a/c unit. When that air conditioner runs like it has this summer, it pulls moisture out of the air and condenses through a tube and runs to the floor drain, or, in some cases a small condensate pump. There is a slime that builds up in that tube when it leaves the a/c unit. That tube will stop up from that slime and cause the condensed water to run out of the bottom to the basement, usually under the water heater, making it look like the water heater has a leak.

You call the plumber only to find out it's the air conditioner. A lot of time you can disconnect the hose coming out of the furnace and blow out the slimed water and your good. That's not always the case. The little adapter that hooks to the furnace can be partially blocked, or all the way blocked, which will keep water running out of the bottom of the furnace. Make sure that adapter is open. The bad part is if it's stopped up for very long, that water from the a coil in your duct work can start forming mold that you will never



see. That's when you have to call Jimmy Knowles to check those coils and duct work.

The other problem that the condensate slime can cause is a stopped up floor drain. This happens more often than you know. It's a good idea to take a hose or a couple of buckets of water and flush out that floor drain periodically. You know the old saying about an ounce of prevention.

Where does that slime come from you ask? It's the same stuff we breathe in every day; pollen, dust and anything else that floats in our atmosphere. So change the furnace filters and breathe better.

I was fortunate to play in the Brian Fletcher Golf Tournament last month and it reminded me what a great city Ferguson is. 108 degrees and a large group of volunteers working together to have a great time, not only for the golfers but for the volunteers themselves.

Which leads me into my closing. Get involved in your community. There are plenty of organizations looking for fun people; check on your neighbors especially in this heat; watch out for our children because school is starting so watch your speed and look for predators; and most of all, hug them babies.

God Bless You all, Oh Baby

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Dave Walters (Oh Baby)

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- 10% Senior Discount (Maximum of \$50)
- Compare our Price on Water Heaters

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Maintaining Yesterday For Tomorrow

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

Successful Next Steps



Ferguson Youth Initiative

The Ferguson Youth Initiative is proud to present our graduates from our initial 2017 Next Steps class. The Ferguson Youth Initiative partners with SSM Healthcare and Purina to provide a six-week job readiness program to area teens. Jordan Alexander, Je'loni Hall and Nichelle Orange of SSM Healthcare worked with FYI to create a youth focused job readiness curriculum that focuses on the employment readiness and retention.

Next Steps is a six week job readiness program that takes place at the Ferguson Youth Initiative. Next Steps teaches life skills and productive employment skills to teens. Each class starts with the reminder that time management is important with the phrase "fifteen minutes early is on time and on time is late". Participants are also instructed on techniques to complete an application and resume. During week four community members are invited in to assist participants with learning their 30 second elevator speech that tells about all there great qualities. Ms. Hall enhanced this component by having the students and community members grade each other. During week five participants complete mock interviews with volunteers from SSM Healthcare, Purina and Ferguson. The final week participants complete ServSafe certification testing that equips them with the skills to work entry level positions within the dietary department of SSM Healthcare.

Next Steps initial class graduated eight participants 75% were interviewed for various positions within SSM Healthcare. 50% of the graduates are currently employed by SSM Healthcare. This success would not be possible if it were not the willing participants and the great community of Ferguson.

FYI welcomes and encourages volunteers to lend their talents, time, and expertise. To find out more about the work we do and how you can support us or please contact Aaron M. Harris, FYI Executive Director, at 314.749.5379.

The Ferguson Youth Initiative is a 501(c)3 non-profit organization. Established in 2010, it encourages the youth of North County to be active members of our community FYI works with local schools, the city of Ferguson and other community youth programs to develop safe, wholesome activities as well as college and job counseling for our teens.

Please join us through your financial contributions at www.Rally.org or volunteer service and #supportyoungpeople.

2017 Amnesty Program

DURATION

The Ferguson Municipal Court will be participating in the annual Better Family Life Amnesty Program. The program will run August 14th, 2017 through September 8th, 2017 Monday – Friday between the hours of 9 am and 4 pm.

GUIDELINES

- 1.) You must appear with a "Better Family Life" voucher during the specified dates and times at 222 S Florissant Rd Ferguson, MO 63135. For information on how to obtain a voucher please call Better Family Life at 314-831-8200.
- 2.) Upon appearing in person at the Court office, you will receive either a new court date to appear before the Judge or be able to set up a new payment arrangement with the Court.

If you have any questions for the Court Clerk please call 314-524-5264



Ferguson Connect – Report a Concern



The City of Ferguson has launched a new online and mobile application called Ferguson Connect. This app, powered by SeeClickFix, makes it easy to report non-emergency issues from a smartphone, tablet or desktop computer. The City tracks these issues and will provide updates as they are acknowledged and resolved. Keep in mind your issues will be addressed during normal business hours. If this report comes in on a holiday, weekend or after hours, it will be addressed the next business day.

PLEASE NOTE: Ferguson Connect is not to be used for emergencies. For urgent matters that require immediate attention or a police response, call 9-1-1.

It's on the FB and twitter section on the main page:
<http://www.fergusoncity.com/>
 People can also enter information here:
<http://www.fergusoncity.com/564/Report-A-Concern>

Duck Race Challenge

Florissant Mayor Schneider Challenged Mayors of Bellefontaine Neighbors, Black Jack, Dellwood, Ferguson and Hazelwood As He Defends His Title in the 2016 Race.

The City of Florissant sponsored the Mayor's Race at the Famous Annual Greater North County Duck Races, which was scheduled to begin at 10 a.m. on Saturday, July 29 at the Florissant Koch Park Aquatic Center's Lazy River. Unfortunately, the race occurred too late for the Ferguson Times to publish the results.

Florissant Mayor Thomas Schneider issued a challenge to the local mayors to have the courage to face him as he defends the highly coveted "Mayor's Race Duck Trophy" which he won in 2016.

"I was fortunate last year to win not only the Greater North County duck trophy but also the Greater North County Chamber of Commerce golf trophy, and proudly displayed both in the Florissant Mayor's office," said Mayor Schneider. "Having already lost the golf trophy to a lucky team from Ferguson in June, I will do everything I can to keep the duck trophy in Florissant!," declared a determined Mayor Schneider.

"Mayor Schneider will enter this race with both hands tied behind his back," said Bellefontaine Neighbors Mayor Robert Doerr, "and must drop Ducky from his mouth." Added James Knowles, Mayor of Ferguson, "I plan to win so that I can put my duck race trophy next to my Mayor's Cup golf trophy that I won again this year."



2nd Annual Farm to Table Dinner

Featuring Ricardo Flores as chef preparing food purchased at our Farmers Market
Sunday, August 6th. 2:00pm
 at Ferguson Lions Club
 Tickets \$35 available at Farmers Market



August Events AT THE Ferguson Public Library

FOR MORE INFORMATION, CALL US AT 521-4820 OR
VISIT OUR WEBSITE AT FERGUSON.LIB.MO.US

Gesher Music Festival Family Concert - Saturday, August 12 at 2 pm

In its 7th season, the Gesher Music Festival presents music and stories reflecting the Jewish experience which illuminate our common humanity even in times of conflict, centered around the theme of War and Peace.

Bring the whole family for a FREE 45-minute interactive concert at the Ferguson Public Library geared towards primary school age children and their families.

Eclipse Science and Crafts - Thursday, August 10 at 6:00 pm

The solar eclipse is almost here! Maybe you have some questions – how can the moon cover the sun when the moon is so small compared to the sun? What is the difference between a lunar eclipse and a solar eclipse? How can I view the solar eclipse safely? Learn these facts and have fun with us as we celebrate this once-in-a-lifetime celestial event!

FIRST Lego League Information Session - Tuesday, August 15 at 6 pm

FIRST Lego League is a competitive and cooperative way for kids to learn robotics and coding while competing against other teams. The Ferguson Public Library will be sponsoring a team this year. Anyone with a child between the ages of 9 and 14 who likes science and computers are invited to this information session to learn more about the program.

DON'T FORGET ABOUT OUR ONGOING PROGRAMS!

PRESCHOOL STORYTIME ★ READINGS ON RACE BOOK CLUB ★ TUESDAY NIGHT BOOK CLUB ★ CRAFTERNOON

Ferguson Community News Page

Our Resiliency...the untold narrative

By Mayor James W. Knowles III

"It's not about how hard you can hit, it about how hard you can get hit, and keep moving forward."
— Rocky Balboa, former (fictional) World Heavy-weight Boxing Champion – quoted from the movie "Rocky Balboa"



My wife often teases me about my love for the Rocky movies. I wasn't even born when the first movie came out in theatres but I remember watching it over and over again on Channel 11 back when they would play their afternoon matinee movies. As a kid I was drawn to the excitement that you would find in any action movie, but as I grew older, the deeper story and the symbolism of what Rocky represented through the films really began to resonate with me.

There is a scene in Rocky III, in which the Mayor of Philadelphia was reading a proclamation honoring Rocky atop the steps leading to the Philadelphia Museum of Art, where Rocky famously climbed during his training montages in several of the movies. In that proclamation, he stated the statue of Rocky that was being dedicated would be "a celebration to the indomitable Spirit of Man". It was those words that succinctly summed up why I love those movies so much. It is because of the resiliency of this one man, who came from nothing, rose to great heights, fell again, and still found peace and purpose in his life.

In the past six years that I have served as Mayor, this city has been ravaged by devastating tornadoes that twice left a wake of destruction across our neighborhoods, only to be followed by a tragic police shooting that led us to months of protests, unrest, and eventual rioting.

It's hard to believe that this month will mark three years since the death of Michael Brown. Throughout the ensuing unrest, our city endured a great deal which would certainly leave most communities in ruin. The narrative about the city of Ferguson was one that painted an awful picture of a destitute community in despair. A community rampant with crime and poverty, and after a prolonged period of unrest, would most certainly see property values plummet, revenues fall, a mass exodus of people and businesses, and ultimately the demise of the city government. But three years later...we are still standing.

Better than still standing, this city is still moving forward. Like a skilled boxer, we have rolled with the punches, and like Rocky Balboa, we have taken some very hard punches, but we keep moving forward. Certainly we can point to any number of things we would like to see changed, improved, or fixed, but Ferguson wasn't perfect before August 2014. What we could say then, and what we can say now is this, the city is moving, and it is moving forward.

The narrative in the media or even in social media may seem to paint a different view of where the city is, but I think it is important to objectively look at where we are.

Financially, the city has fully funded the hiring of 52 police officers, only a couple down from the height of our police department several years ago. Recruitment for those positions has been tough, but appears to be getting easier as the city and department has stabilized. The city has been able to keep a financially healthy reserve at or above 30% of our annual general revenue expenditures, and we have passed a balanced budget that maintains important city services for the past two years.

Contrary to what people would have expected, we did not see a mass exodus of businesses or people in our community, followed by plummeting property values. Instead, we have seen a net increase in people and businesses in our city over the past three years, and the most recent appraisals have shown home values headed back up.

While we have a great deal of work to do, we have still seen tremendous investment in our community infrastructure. The city continues to invest in our neighborhood parks and our Community Center, while also making several significant infrastructure investments in our neighborhoods. Along with our partners in St. Louis County, Dellwood, and Jennings, the Great Streets Project is moving forward along W. Florissant Ave corridor and will transform the businesses and neighborhoods along the eastern side of our community.

Make no mistake, the work is far from over. But time and time again, this city has shown how it can take some hits, and keep moving forward. It is truly the untold narrative about the people, the business owners, and the leadership in this community. We have endured, we have overcome, and we are making progress. Each and every one of you have played a part in that story. And like Rocky Balboa came to symbolize "the indomitable spirit of man", the people of this city, should be recognized as the symbol of the amazing resiliency of a strong community.

Ferguson Neighborhood Organizations

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

| Group | Next Mtg. | Location | Contact |
|---------------------------------------|-----------------|--|--|
| Forestwood Park Neighborhood Group | TBA | Emmaus Bible Chapel 900 Highmont | Donald Stevens 314-561-0379 ddd-steeess@att.net |
| Jeske Park Neighborhood Assc. | TBA | Ferguson Community Ctr. 1050 Smith Ave | jeskepark-neighborhood@gmail.com |
| Nesbit-Newton | TBA | Nesbit-Newton Park | Paul Beins 314-869-5080 pbeins@yahoo.com |
| Northwest Ferguson | TBA | First Baptist Church 333 N Florissant | Shelley Davis leeshel57@sbcglobal.net |
| Old Ferguson East Neighborhood Assn. | TBA | Corner Coffee House 100 N Florissant | Glenda Rickard 314-524-8115 glenda.rickard@mercy.net |
| Old Ferguson West Neighbors | Sept 14 7 pm | Corner Coffee House 100 No Florissant | Larry Robinett ldrobinett@gmail.com |
| Robert-Superior Neighborhood Group | Aug 15 7 pm | Ferguson Community Ctr. 1050 Smith Ave | Al Hicks ajthepoetfire@gmail.com |
| Southwest Ferguson Neighborhood Group | TBA | Our Lady of Guadalupe 17 Hawkesbury | Atefa Young atefayoung@yahoo.com |
| Wabash Neighborhood Assn. | TBA | First Baptist 333 N Florissant | Shonnette Morgan sdenisemor@hotmail.com |
| North Hudson Neighborhood | TBA | Ferguson Community Ctr 1050 Smith | May Simmons hudsonhills63135@gmail.com |
| North Hills Neighborhood | TBA | Our Lady of Guadalupe 17 Hawkesbury Dr. | Keith Kallstrom 314-524-1720 |
| North Elizabeth Neighborhood | TBA | Ferguson Community Ctr. 1050 Smith Ave | Renee Benage rbenage@sbcglobal.net |
| Ferguson Woods | TBA | North Hills Methodist 10771 Trask Dr | Ella Jones ejones@fergusoncity.com |

How Do You Get Your Ferguson City News?

Follow us on Twitter @CityFerguson

Like our Facebook Page: City of Ferguson, MO

Watch us on YouTube: The City of Ferguson Public Affairs

View Updates on Charter Channel 993

DID YOU KNOW?

You can sign up to receive notices of meetings, hearings and other postings by registering your email address using the Notify Me Icon.

You can Report a Concern regarding potholes, graffiti, sidewalk cracks, street light outages, code enforcement issues and more using the Submit a Request Icon. DOWNLOAD THE FERGUSON CONNECT APP TODAY!!

You can also submit a request for records using the Record Request icon.

VISIT OUR WEBSITE: www.fergusoncity.com

You can also sign up to receive notices of meetings, hearings and other postings by registering your email address on the city's website. For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

COUNCIL MEETINGS

Pursuant to Sec. 2-26. of the Ferguson Code, during the months of July and August, regular Council Meetings shall be held only on the fourth Tuesday of each month, which will be August 22, 2017; at 7 pm in the Council Chambers at City Hall

ORDINANCES AND/OR RESOLUTIONS PASSED LAST MONTH

RESOLUTION NO 2017-14 – A Resolution Selecting A Contractor For The Fireworks Display At The 4th Of July Celebration, Awarding The Contract To Said Contractor, And Authorizing The City Manager To Execute The Contract On Behalf Of The City

RESOLUTION NO 2017-15 – A Resolution Selecting A Contractor, Awarding The Contract To Said Contractor, And Authorizing The City Manager To Execute The Contract On Behalf Of The City

RESOLUTION NO 2017-16 – A Resolution Of The City Of Ferguson, Missouri, Approving And Adopting A Budget For The 2017 - 2018 Fiscal Year

RESOLUTION NO 2017-17 – A Resolution Of The City Of Ferguson, Missouri, Adopting A Capital Improvement Program For The City For The Five Fiscal Years Of Fiscal Year 2017 – 2018 Through Fiscal Year 2021 – 2022

RESOLUTION NO 2017-18 – A Resolution Of The City Of Ferguson, Missouri, Authorizing The City Manager To Sign And Execute A Contract With H&R Lawncare For Grass Cutting Services For The City Of Ferguson

RESOLUTION NO 2017-19 – A Resolution Of The City Of Ferguson, Missouri, Authorizing The City Manager To Sign And Execute A Contract With The Nehemiah Program For Acquisition Of Select Post-Third Sale Properties From The City Of Ferguson

RESOLUTION NO 2017-20 – A Resolution Of The City Of Ferguson, Missouri, Authorizing The City Manager To Sign And Execute A Contract With Earthdance For Acquisition Of 213 South Dade, A Post-Third Sale Property, From The City Of Ferguson

RESOLUTION NO 2017-21 – A Resolution Selecting A Contractor For Roof Refurbishment Work For The City Hall Building, Awarding The Contract To Said Contractor, And Authorizing The City Manager To Execute The Contract On Behalf Of The City

For more information contact the City Clerk's Office at 314-521-7721

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

City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Laverne Mitchom, Ward 2; Keith Kallstrom, Ward 3; Wesley Bell, Ward 3. City Manager: DeCarlon Seewood. Public Relations Intern, 314-524-5229.

City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. Contact Us by Email: Information@fergusoncity.com

Ferguson Community News Page

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

COMMUNITY CENTER

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

Facility Rentals

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

Memberships

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

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

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

PROGRAMMING

Children's Tumbling

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

Age: 3 ½-7 years old & 8-12 years old
Start Date: Mondays Sept. 11 (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, Sept. 13 (8 week session)
Time: 5:45pm-6:40pm
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, Sept. 13 (8 week session)
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, Sept. 11 (8 week session)
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.

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.

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

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: Tues, 8/15
Tues, 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, Sept. 13 (8 week session)
Time: 7:45-8:40pm (Age 14-18)
Location: Ferguson Community Center
Fee: \$39/Members; \$44/Residents; \$49/Non-Residents

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, Sept. 7(8 week session)
Time: 6pm-7pm
Location: Ferguson Community Center
Fee: \$25/Members - 1 day per week;
\$30/Residents - 1 day per week;
\$35/Non-Residents - 1 day per week

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

See additional Parks & Recreation on Page 6

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.

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

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

1 Session
Fee: \$35/ Members
\$40/ Non-Member

3 Session
Fee: \$90/ Members
\$105/ Non-Member

5 Session
Fee: \$170/ Members
\$195/ Non-Member

Silver Sneakers Program

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Unlock the door to greater independence and a healthier life with Silver Sneakers. With certain Medicare plans you can be eligible to join this program. Silver Sneakers provides a free fitness center membership and free select classes at the Ferguson Community Center. Call the Ferguson Community Center to find out if you qualify for this fabulous program, 314-521-4661.

Silver Sneakers Classic

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

Days: Tuesdays and Thursdays
Dates: Ongoing
Times: 8:55 am-9:45am
Fee: FREE/ Silver Sneakers Members; \$3/ Everyone Else

Silver Sneakers Cardio Circuit

Silver Sneakers Cardio Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Days: Tuesdays and Thursdays
Dates: Ongoing
Times: 7:55 am – 8:45 am
Fee: FREE/Silver Sneakers Members; \$3/Everyone Else

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).

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



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 |
|------------------|-------------|-------------------|
| 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.

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

ADULT PROGRAMMING

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

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

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

See additional Parks & Recreation on Page 7

ADULT PROGRAMMING Continuing from Page 6

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

**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 at the 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 Casino. Also on Wednesday, a side trip will be included to Sandstone Gardens in Joplin, Missouri. Comps for this trip include: \$25 worth of slot play, 1 lunch and 1 dinner and \$3 off in the food court. This is 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. The Fireside has earned a reputation for excellence and artistry that is amazing. Day Two finds us at the Dancing Horses Theatre. This dazzling spectacle features an array of horse breeds that perform alongside their trainers in this fantastic cavalcade of equestrian artistry. The evening finds us at the Rosewood Theatre one of Southeastern Wisconsin's finest live entertainment attractions 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 that will have you singing along to some of your favorite holiday classics. 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: motorcoach 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

Coed Softball

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

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

St. Peter's United Church of Christ
 Presents..
Kim Massie
 Blues Diva
 Friday August 18, 2017
 7pm
 This Concert is FREE!

Returning for a fourth triumph at St. Peter's UCC!
 Recommended for ages 10 and up!
 Child care provided for ages 10 and under

St. Peter's United Church of Christ
 1425 Stein Road
 Ferguson, MO 63135
 314-521-5694

FLIERS' (Friends of the Ferguson Library)

Second "Discards Only" Book Sale

"Out with the old; in with the new!"

The Library is making room for new books!!

When: Thursday, August 17, 2017; 4:00 P.M. until 7:30 P.M.
 Friday, August 18, 2017; 9:00 A. M. until 5:30 P.M.
 Saturday, August 19, 2017; 9:00 A. M. until 3:00 P.M.

Where: In the auditorium at the Ferguson Municipal Public Library, 35 N. Florissant Road

Book categories for this sale include, but are not limited to: Art, Biographies, Children's books, Cookbooks, History, Homeschooling, Music, Plays/drama; Poetry, Sports: Baseball, golf, and tennis; Travel

Prices: Thursday, All adult books are \$1.00; children's books 50¢
 Friday, 50¢; 25¢ Saturday, 25¢; 10¢

For more information regarding this book sale, call Janie Norberg at (314) 521-4663.

Introduction to Focus Group for Citizen Police Mediation

Definition:

A focus group is a group of interacting individuals having some common interest or characteristics, brought together by a moderator, who uses the group and its interaction to gain information about a specific or focused issue.

The Ferguson/Community Mediation Services Focus Group will consist of 10-15 residents of Ferguson who are demographically diverse and generally unfamiliar with each other. The participants will also be selected as representative of medium to small communities as well as the highly visible issues in Ferguson. One of CMS's goals is to develop a model mediation program for other cities with community mediation programs.

The moderators will create a safe and supporting environment that encourages different perceptions and points of view, without pressuring participants to vote, plan or reach consensus. The process will consist of structured and semi-structured questions during which the interviewers will record and take notes.

Outcomes:

To provide information on how the participants think and feel about providing citizens the opportunity to mediate a formal complaint with the specific police officer.

To give greater insight into why certain opinions are held
To improve the planning and design of the Ferguson program.

The Focus group findings will be made available to both the Ferguson Police Department and the Ferguson Civilian Oversight Board. The two organizations will collaborate with CMS in developing the mediation program which will also be approved within the requirements of the Consent Decree.

To provide insights for developing strategies for wider outreach and within Ferguson.

Goals:

- To bring people together to resolve differences through mediation and group facilitation.
- To collaborate with police departments throughout greater St. Louis to establish and support community police mediation programs.
- To train and educate residents of St. Louis to utilize their mediation skills to support CMS, their families, and their communities.

Partnerships and Services:

Ferguson Initiative

Since October 2014 CMS staff and its volunteer mediators have demonstrated their commitment to supporting Ferguson by facilitating in numerous community meetings. The US Department of Justice Civil Rights Division requested CMS to continue that support for four years or more by providing 1) Neighborhood mediation as an alternative to involvement in the legal system and, 2) A Community Police mediation program to resolve appropriate complaints by residents involving a police officer. Both programs will be developed jointly with the residents and the City. This is the first time that a community mediation center has ever been identified in a Federal Consent Decree.

St. Louis Mediation of Neighborhood and Interpersonal Referrals Initiative CMS receives referrals from throughout St Louis from residents, neighborhood associations, city staff, and the police department. They are known as "barking dog" complaints, although the reasons for discord between people varies. The alternative of resolving issues through mediation reduces stress, increases harmony, reduces inappropriate police calls for service and can be a deterrent to future violence.

Community Police Volunteer Mediation Program

The mediation program promotes collaboration among local police departments to create and support community police mediation programs. CMS assists interested police departments in establishing programs specific to their needs. The police department refers appropriate complaints involving disrespect or uncivil behavior to CMS to schedule and mediate. Both the citizen and the officer attend on a voluntary basis. Currently the St Louis Metropolitan Police Department and the Clayton Police Department have active programs.

Facilitation of Town-Hall and Community Meetings

CMS, upon formal invitation, acts as a facilitator for town-hall and neighborhood meetings. Staff and volunteer mediators serve as third-party neutrals to help manage constructive dialogue by attendees. Proposed construction, safety concerns, civic disagreements, and previously unsuccessful assemblies are examples of the increased requests to assist in potentially contentious meetings.

Enhancing the Skills of Community Residents in Conflict Resolution and Mediation

The people who volunteer with CMS are already committed to making St. Louis a better place to live. CMS provides a 40-hour training program and ongoing continuing education to prepare them to co-mediate in our community. The mediation skills acquired are applicable in their daily lives with every person with whom they have contact.

Why Community Mediation Services is Relevant:

- Promotes the principles of nonviolent social interaction
- Uses professionally trained volunteer mediators who manage the process
- Empowers parties to resolve their own issues in difficult situations
- Provides a safe place for participants to come together face-to-face
- Avoids the potential of minor disputes escalating into violence
- Improves the safety and quality of neighbors
- Is available to all – CMS is a member of the National Association for Community Mediation and a peer to the 200 community mediation organizations across the country.

Testimonials:

"There is no way we could have made the progress we did without the involvement of a third party. I can't tell you how happy I am that we were able to find such good people who are able to help us communicate more effectively at an affordable rate." - T.S. Participant in Mediation

"I thought my mediation with my neighbor would be a waste of time, but we made real progress."
- J.C. Participant in Mediation

"Thank you for facilitating our community meeting. We were worried about ensuring that everyone was comfortable asking questions and voicing concerns." - Neighborhood Association President



The Center for Social Empowerment's DIALOGUES

CALLING FOR KINSHIP

These dialogues provide a space to reflect, investigate, and discuss our walks towards social justice. Join us for workshops that challenge our perspectives, or deeply held beliefs, and help us learn to better understand one another.

AUGUST 10 at 6:30 p.m.
thecenterforsocialempowerment.com
33 So. Florissant Rd., Ferguson

SEEN AROUND FERGUSON!



The Ferguson Computer Corner

by Doug Neely DO ALL THAT YOU DO WITH GOD'S LOVE IN YOUR HEART!



AUGUST IS FINALLY HERE! (well, maybe some of you feel that way. it does get us closer to "the Holidays", but summer is running out on us!)

THIS MONTH IN FERGUSON PUTERLAND!

i think we need to review a few things. maybe a lot. let's just see how things go, shall we?

1. MY PUTER IS SLOW. sometimes it is the internet speed that is slow, not the puter. if other programs on your puter respond quickly, then it's probably the internet. you need to find out how much internet speed you are paying for, and then check your actual speed with the Charter Cable site, <http://beta.speedtest.net/result/6407520394>

altho this is used for Charter customers, you can also use it. and i think you will get your most accurate speed test from here, as the server is located in Olivette, not farther away, like in some other state or country; going to a far away server will give you a false lower speed. so, if you are paying for 20 Mbps, and you only test substantially less, try resetting your broadband modem and your router, in that order. if that doesn't take care of it, call your ISP (Internet Service Provider) and ask if there has been any work crews in your area, or if there is a service slowdown or outage. hey, some

people just love to run into telephone poles! :) i looked outside in my backyard one day (i need to make sure it is still there, you know! those squirrels can do anything!) and i saw some men from AT&T doing some work on their lines. my own speed had gone down, so i called Charter before i reset my modem & router, thinking that they had messed with a cable wire and boogared up my internet. if i had reset my modem & router first, i wouldn't have felt so silly telling the service rep at Charter that i think AT&T was destroying their equipment. silly me!

i better start a new paragraph! :) anyhow, other things can make your internet speed slow to a crawl. like your browser. make sure to keep it updated, along with all the other software on your puter, and make sure your network interface card & wireless card have been updated. beyond that, there could be other causes, but it now is starting to look like your puter may be infected. infections do a lot of different things, but the one thing most of them do is hog your bandwidth, making your speed slower than little Johnny or little Susie when you tell them to clean their room. or take out the trash. or eat their vegetables. (do parents even bother to tell kids those things anymore?) but i can almost guarantee you that if you have an infection that is slowing your speed, you

probably have multiple infections. think LOTS. and they are likely busy doing other things to your puter besides slowing down the old internet. still, this is when most of you will really get perturbed, because HULU won't stop buffering. if this is the case, call me.

2. some techs will tell you to simply restart your puter if it seems to be locked up. this advice goes all the way back to a Chinese phone help desk staffer when you called him about your abacus not working right. (i couldn't help it! LOL!) this is not good advice if your system is downloading updates in the background. also not good if your puter just picked up an infection, and it needs to restart in order to complete installation. now you have a real headache, don't you? if you must restart your puter, please give it as much as an hour to clear up on its own, before restarting. you can also try a control-alt-delete (for taskmanager) to see what Windows says isn't responding anymore. or call me.

3. altho they are putting more RAM (memory) into puters these days, there is always the chance that you may need more, based upon how you use your puter. unless you have a slow phone or slow tablet, your CPU (Central Processing Unit) is not too slow. of course, there is always the possibility that your hard drive (or ssd) may be going bad. not too unusual, but it is very possible. if you think this is the case, go to: <https://support.wdc.com/product.aspx?ID=601&lang=en> scroll down until you see "Data Lifeguard Diagnostic for Windows", then click on it. (it works fine for all hard

drives.) follow directions for downloading. this should easily & quickly install. after installation, run it. anything that is out of spec will stick out like a sore thumb. if you find your drive is sick, call me.

if you have an ssd, go to the manufacturer's website to find their diagnostic software. if they don't have any, go to <https://ssdlife.com/eng/download-ssdlife.html> this is not a full-blown program, but it will be more than sufficient to tell you if your ssd is good or bad. then call me.

ME GO NOW!

before i go, some of you may not have heard that Jim Grumich has passed. Yvonne & i worked under him for many of the plays that BTC put on; he made us work, and it was a joy. we do and will miss him. please say some prayers for his family. blessings to you and to yours!

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

IF YOU would like to contact Doug for some of his FREE puter advice, CALL him in the PM HRS. of most any day at *314*521*1789*. When emailing, make sure to include YOUR LOCAL TELEPHONE NUMBER in the body of your mis-sive, and put the phrase "i need puter advice" into the subject line, or he will not be able to reply. Email him at: fergusoncomputercorner@aol.com PLEASE have a safe & happy minor holiday(s) this month! PRAY, PRAISE, & GIVE THANKS!

Birthday Membership Meeting
Thursday, August 10th • Moolah Temple Grand Ballroom

It's the Chamber's 66th birthday!



NORTHWEST
CHAMBER OF COMMERCE
Since 1951

Sponsors





CHAMBER CARES

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



August 19th 2017

10 am - 1 pm

**Ferguson Church
of the Nazarene
1309 N. Elizabeth Ave
Ferguson MO**

Touch a Truck is a community wide event where kids (and adults) have the opportunity to see, touch, and learn about cool vehicles like fire trucks, motorcycles, school buses and tractors.

**Concessions will be
sold~ CASH ONLY
Proceeds benefit church
camp for children**

Parent supervision required

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¹ Based on internal wet braking test results versus Goodyear Assurance® ComfortMax™ touring tire size 185SR15.
² 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See MichelinMan.com for warranty details.
³ Based on commissioned third-party wear test results versus Continental® ProContact™ with ECOPlus technology tire size 215/60R16.

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

Financial Focus

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

HEALTH CARE

Health Care is once again the hot topic; as promised, Republicans want to repeal and replace. And even they can't agree on the best way to manage that. As I finish writing, it sounds like Trump is okay with just letting it implode and then look for something better. Was that the Democrats I heard suggesting it is irresponsible to do just nothing about healthcare? And wasn't the ACA brought into being under the Democrats. Today I'm not sure what to think. Several years ago I felt that the Affordable Care Act had possibilities to help resolve our health care dilemma and eventually cause costs to drop and become more affordable, hence the name. There was also an expectation that by providing preventive care people would avoid getting sicker and we'd become a healthier nation and that could also reduce costs. As we've seen that won't really happen and I think much has to do with the structure and complexity of the plan. Even Trump has mentioned that dealing with health care is really hard.

As I recall, the ACA was around 1,300 pages or more and I doubt that anyone really read it. There seem to be three things that are still popular within those pages. First, there was the provision allowing parents to keep children on their family policies until age twenty-six. Next, was the pre-existing conditions issue; today insurance companies cannot deny coverage for someone with existing medical issues. And third, would be the government subsidies to help pay the cost of health insurance. The pre-existing condition clause was the one that hit home for me. In any case, it certainly didn't take a thousand pages to cover these three issues, so I suppose the other pages must cover other conditions or regulations that might be required to ensure that the first three things can actually be accomplished.

Of those regulations of the ACA, the requirement for every individual to maintain health insurance coverage is a major complaint. We Americans don't take too kindly to anyone telling us we have to do something. For young people who are likely to be healthier and don't seem to need much in the way of medical care it just doesn't seem fair. Why must they shoulder the extra burden of caring for sicker or older people? It's easy to see their point. And what about those poor insurance companies who must now be forced to insure those who will likely cost them the most? It's impossible to please everyone, so why not expect our elected officials to get the right people involved to help create something that is more sustainable than the ACA. Maybe Trump is right just leaving well enough alone for now might be best. Perhaps he should create an advisory group of physicians, hospitals and ordinary citizens to work on a better plan for health care. I suspect they could do a better job than a bunch of politicians. Doctors and ordinary people are much closer to the problem and may be a little more willing to look at new ideas differently.

Just as we saw in the Obama years, there will be no progress unless we allow some acceptance of ideas we may have thought we'd never agree with. What is so bad about "compromise?" And is it wrong to flip flop on an issue? What if new evidence has come forward or the result hasn't been what was promised. If so, wouldn't the wise person change their mind? That's what I find so frustrating with politicians; is their inability to be open minded. Perhaps the media is to blame for that because they certainly are ready to pounce if they think someone is not being consistent. If we had that advisory group working on a solution rather than politicians and lobbyists, we might get something that, while never perfect, could be more acceptable to both sides. The gridlock in Washington is a problem with more than just health care, it's hard to get anything done.

Maybe we need to step back to look at what it is we were trying to accomplish. Is the real goal "access to health care" or "access to health insurance?" Are they the same? If it's really about making people healthier and giving them the basic medical care we should be able to do better. I've heard it said both ways and there really is a difference. Access to health care is really already here if you have insurance or the money to pay up front. And even if you have insurance and choose not to keep up on regular check-ups, is it your choice? Access to health care can also be accomplished with special clinics that may provide services free for those unable to get insurance or pay for services. Of course, these types of clinics may not be much help for truly serious illnesses. The ACA did help make access to health insurance available to more people, but the cost is still preventing many from buying in. We continue to hear about some using the emergency room because they don't have much choice without insurance. Some blame situations like that for our increasing medical costs. Others blame our research and development of pharmaceuticals that can solve many medical maladies. And even with all of this innovation Americans seem to be sicker than ever before. If you create a new medicine, it could be beneficial to identify more people that drug could help. Is that why we keep hearing about pre-diabetes? I'm not saying it's a bad thing, but if we treat some illness too early we may not give our own body enough time to react and clear up the problem on our own. That's something I've read from a doctor's report on health care.

All this rambling makes me wonder - what if we didn't need insurance and we just paid for our health care out of pocket. If insurance was for the truly catastrophic illnesses, maybe we could drive down the cost of basic care for all. We could open a HSA (Health Savings Account) and put in a regular amount much like you would to purchase insurance, paying monthly or from your paycheck. Maybe we would select different care based on the costs which are pretty much hidden today. Like many people I long for simpler times. Just the other day I was talking to a friend about the high cost of health insurance for employers.

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FFSD TO HOST BACK-TO-SCHOOL FAIR AND FUN RUN

The Ferguson-Florissant School District will host a Back-to-School Fair and Fun Run on Saturday, **Aug. 5** on the grounds of the district's Administration Building, 1005 Waterford Dr. Registration for the Fun Run begins at 8 a.m. with a one mile run starting at 8:30 a.m. and a yoga/cool down session at 9 a.m. The fair will be held from 9 a.m. – 12:30 p.m.



During the fair, attendees will have the opportunity to receive vital information on curriculum, resources, and programs; enjoy fun and educational activities for children and teens, play various games, enjoy main stage entertainment and music; and interact with district staff and administrators. Staff members from each of the district's schools will be on hand to answer questions and provide information on their particular sites. A number of community partners and outside businesses will also be on hand, offering services beneficial to district students and families.

The Back-to-School Fair is free and open to all Ferguson-Florissant School District residents. Classes in the district begin Wednesday, **Aug. 9**.

He told me he had his family covered with insurance thru work and the cost was just a few dollars a pay check back in the seventies. He wasn't sure how much the employer was paying, just guessing he thought less than \$50 a month. Today the cost of insuring a family is more than a house payment for many people.

In future issues I'll look at alternatives and some doctor's ideas on managing health care. I'll end today with a quote from the first page of A Minnesota Doctor's Home Remedies for Common and Uncommon Ailments by Dr. John Eichenlaub (published in 1975.)

"Very few people can go to a doctor for every misery, hurt or disorder. They have to weigh their difficulties against the time and money a physician's care may consume. Unless they have considerable distress, they often shrug off their complaints as burdens to be borne, and carry on as well as they can." It's different today.

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



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"Change the Narrative" Exhibit at Good Shepherd Gallery

The events that unfolded in Ferguson, August 2014, showed only fires, tear gas, fights, military patrol, and looting. Few if any media outlets focused on positive events that occurred during that time: involvement of churches and community groups, respectful dialog, constructive protest, trainings in safety and rights education, and the genuine love expressed amid the struggle to make sense of the tragic and incomprehensible events of August 2014.

This is the context for Henry Chaney's photography exhibit, "Change the Narrative," on display at Good Shepherd Gallery, 252 S. Florissant Road, from **August 4 through August 27, 2017**. The exhibit, "Change the Narrative" utilizes images captured during the aftermath of Mike Brown's death up to the present day to illustrate good arising from the ashes of tragedy. In addition to Ferguson events, the photographer displays portraits of an array of Black people to present a multi-dimensional narrative. The photos in this exhibit will not be for sale. Prints of Mr. Chaney's work from other series will be available for sale.

The opening reception will be held **Friday, August 4**, from 6-9 p.m. There will be a gathering on Wednesday, August 9, 7-8:30 p.m. during which Pastor José Aguayo (Billy Graham Ministries and Police Chaplain) will lead prayer, Henry Chaney will speak and a photo booth will be set up for guests to have their pictures taken.

Good Shepherd Gallery hours are Wednesdays and Thursdays, 10 a.m. – 5 p.m.; Fridays, 2 – 8 p.m.; Saturdays, 11 a.m. – 5 p.m.; and Tuesdays by appointment. The Gallery is closed Sundays and Mondays. Call 314-522-1155 for more information.



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Parents as Teachers Receives 250 Books

The Pi Beta Phi Foundation, in partnership with First Book, donated 250 brand-new children's books to the Ferguson-Florissant School District's Parents as Teachers (PAT) program as part of their Read>Lead>Achieve philanthropic effort. Read >Lead >Achieve inspires a lifelong love of reading that can unlock true potential creating a more literate and productive society.



Ferguson by Foot

By: Margaret Wolfinbarger



"Give of thy love, nor wait to know the worth Of what thou lovest; and ask no returning. And wheresoe'er thy pathway leads on earth, There thou shalt find the lamp of love-light burning."

— Ella Wheeler Wilcox

I recently drove the streets of Ferguson with the light of nostalgia in my eyes. At every corner I saw in my mind a friend and recalled a conversation, a laugh, and even a tear. You see, for all that has been written or said about our fair community, I simply love Ferguson. As such, I find it difficult to be objective. When the light of love is in one's eyes, the sad things, the ugly things, and the painful things, just seem to sort of fall away.

When my children were small I purchased a little red Radio Flyer wagon. It wasn't the fancy kind, just the standard metal job with plastic wheels and a metal handle. I would fold a blanket in the bottom and set my toddler in it and then I would say, "Hold on!" as we began our wobbly ride around the block. After my first toddler outgrew it, I placed in it my second. I would arrive home from work and my boys would pull that wagon down the driveway with anticipation in their eyes and happiness in their hearts. That was when walking around the block with mom was still fun, and not totally weird, as it becomes when they reach adolescence.

I came to know several neighbors on my block this way. Sometimes I would stop to visit as they pruned hedges or planted flowers. I liked to ask questions, "Why does that flock of pigeons hang out on your house?" (evidently for the sole purpose of annoying the Tiffin Avenue homeowner) or "How long have you lived here?" which prompted many stories, both happy and sad. I memorized every front porch stoop, each brick, and all the towering Sycamores. The fresh eyes of youth both look and wonder. For those reasons and more I have always loved to walk around Ferguson.

I was never blind to the struggles our community faced, and to my shame I contributed with words that were not always helpful. Still, in spite of me, the community thrived. I watched one person move into my neighborhood, (Shannon Howard) and reinvigorate Old Ferguson West in a way I never imagined. I noticed that my neighbors began to gather to have fun rather than solely to complain. A community garden popped up on Dade Avenue, and people brought shovels, hoes and a willing spirit. The Ferguson Farmer's Market opened, and I entered my first sugar free blueberry pie in a contest (I did not win but not for lack of trying!). I also fell in love with Campbell peaches and delighted my children with fresh baked soft pretzel spears. Still, I knew I couldn't leave a bicycle on the front porch or it would disappear. I learned this when I set my pink Huffy on the front porch one night. I loved that bike—the last set of wheels my parents purchased for me as a teenager, but I had to chuckle on waking the next morning to find it gone. You see, I had set it out to place at the curb for the trash because the handlebars were broken and it had the unnerving tendency to swing right when I wanted to go left, thereby causing me to crash. I imagine the thief probably learned this at an inopportune time.

I came to meet many neighbors in similar circumstances. Children would brokenheartedly ask me, "Have you seen my bike?" and adults would say, "Have you seen my lawnmower?" But these are common issues in neighborhoods where poverty abounds, and I am not the only one to understand that not every person has the same resources I have been blessed with. Still, another good neighbor (Gerry Noll) saw this need and began a program to put bikes in the hands of children who could not otherwise afford them. (He also prompted me to begin writing this column after he heard my story).

I remember when the Corner Coffee House was an auto body shop. And I remember when they closed it and began to transform it into what it is today. Joe Lonero's vision for Ferguson has been realized in part, and one can see his tender loving care in the newly laid bricks and gleaming sidewalks along Florissant Road.

I write all of this to illustrate that there is no perfect community, nor are there perfect residents, but where love abounds there resides a great grace. Those souls who currently reside within the borders of Ferguson have a wonderful opportunity to build on the history and heritage of those who preceded them. Each day provides the possibility to make a new friend, to help a neighbor in need or to volunteer to harvest the fruit of the laborers who have gone before us.

If you are reading this and are new to the community, know that what you do matters. Your vision—or lack thereof—is important. One person can mean the difference between kindness withheld or shared, hope withdrawn or given, purpose abdicated or fulfilled. Our choices matter and the things we love matter. When we love only ourselves, we steal from those who live around us.

When we love others we are not guaranteed freedom from pain because when we do it right, it is not without a certain sense of sacrifice that we place our offering down. I've shed many tears of pain and joy on the streets of Ferguson. I've cried with and for my neighbors. I've laughed and lived, celebrated and mourned. If you are reading this, maybe you can say the same.

Some people have written off our little community but I say we have hope and a future. But that future depends on every single person who lives in it. So let me ask you, how can you make it better today?

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



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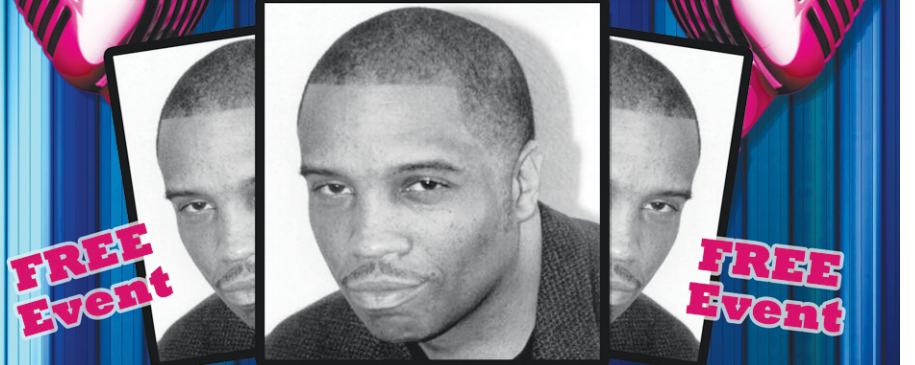
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Under The Hood With Robinwood
By Bob McGartland

The History of Car Brakes

The first braking systems were used on horse transport. A horse carriage could have high speed, however, the horse itself could not stop the vehicle. The first mechanism slowed the wheel by hand lever or system of levers. A wooden block, sometimes with a leather surface, pressed directly to the wheel rim would slow it down. In wet weather it was ineffective, in addition, the spread of rubber tires made it simply impossible for the wooden block brake system to be used at all. The design of brake systems needed to be improved on the first motorized cars. Because they obviously could go faster than horses. At the beginning of the 20th century, serial cars had a speed over 62 mph, so effective braking system was demanded.

Ironically, disc brakes were the first to be invented and were patented by William Lanchester in 1902. Their main problem was the horrible creaking, produced by contact of copper brake pads with brake disc. For this and other reasons, at the beginning of the automobile history this brake system wasn't widely used until the last half of the 20th century.

Drum brakes were invented and they originally had two variants. The first of them used flexible metal tape covered the brake drum, and being stretched by a system of levers, stopped its rotation. The second had drum brake shoes with a semicircular shape, located inside the hollow drum and pressed against the inner surface, and was patented by Louis Renault in 1902. Nevertheless, the band brake proved to be less convenient. When stopped on a hill, the car could roll down. Also this system suffered greatly from corrosion, requiring frequent replacement, every few hundred miles. The braking band could also slip in wet weather.

By 1910, most of the cars used drum brakes, where brake shoes were located inside the drums that didn't slip. They could be in

use for thousands of miles and were the first truly effective brake system.

Drum brakes, practically, unchanged until forties and fifties. They were the main and almost the only type of brakes on a vehicle. In the late fifties and sixties there was a clear discrepancy between the dynamic and braking capabilities of cars. Therefore, in the late fifties to early sixties the brakes of a fundamentally different type, disc brakes, began to reappear. With the development of new friction material, the disc brake system proved to be highly effective in stopping the vehicle over the brake drum system. Disc brake systems were smaller and lighter in design.

Disc brakes also cooled better, because the air could circulate freely between the disk and the surface of the pad. There are also ventilated discs, which have two friction surfaces. Most of the front disc brakes on the modern cars are the ventilated ones. The majority of the rear brakes are not ventilated ones. They have a solid disc, because the rear brakes simply do not generate as much heat.

In the late sixties, there was another important improvement, the ABS (Anti-lock Braking System). This system in its present form was developed in the United States in the late sixties by Bendix and first appeared on the Imperial car model produced by Chrysler Corporation in 1971. The ABS system has proven to be very effective in stopping the vehicle in wet and icy road conditions. There is a continuous further development of brake systems in motor vehicles (for example, recent innovations, like ESP, TCS, and EBD), which have evolved to computerized accident avoidance systems that can apply the brakes sooner than the driver.

Remember to be aware of any concerns or issues with your brake system, and call to schedule an appointment with us here at Robinwood!

Kids go back to school in August. Which put more buses and traffic back on the street.. Slow down and drive defensively.



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Letter to the Editor

Dear Editor,

One of the most attractive features of Ferguson for me is its walkability. Right away I noticed the foot traffic in the neighborhoods. Families out for a stroll, people walking to stores, bike riders, dog walkers, etc. make for a welcoming and friendly environment. It also creates opportunities for the kind of neighbor-to-neighbor interaction so important to vibrant communities.

Because it behooves us all to encourage these activities I'd hope homeowners will use a critical eye to look at their properties which border sidewalks. Low hanging branches from trees or shrubs as well as overgrown bushes can make those walkways difficult to navigate. It's easy for vegetation to grow so fast in the spring and summer that it gets unruly and, if a homeowner isn't a walker him- or herself, the adjacent sidewalks often get overlooked. Keeping them clear has benefits for all of us.

Perhaps you could incorporate the gist of this concern in the next Ferguson Times.

John McDonald



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Facility Coordinator

Position Overview:

The Urban League of Metropolitan St. Louis is seeking a qualified individual to work as a Facility Coordinator. The position is responsible for facility related activities, project management and day to day facility activities of the Community Empowerment Center of Ferguson.

The Facility Coordinator will be responsible for executing strategies to achieve facility related goals and outcomes. The Facility Coordinator will also perform planning, evaluation, report writing, coordination, monitoring activities and coordination of service delivery with partnering agencies. The Coordinator will also perform general janitorial and maintenance activities for the Community Empowerment Center of Ferguson to ensure the facility is properly cleaned each workday. These activities will include sanitizing and stocking restrooms with essentials, cleaning, sweeping, dusting, mopping, washing, vacuuming, polishing, and waxing floors all in common areas and offices. The position responsibility also ensures that windows and woodwork are cleaned, cleaning furniture and equipment in common areas and offices including interior and exterior stairwells. Responsible for collecting and disposing of trash from building and grounds. Additionally, the Coordinator will move furniture or equipment, coordinate the receipt and shipping of all materials and equipment for both centers. Determines material, equipment, and supplies to be used. Transfers equipment from one agency facility to another as necessary. Coordinates or installs, repairs, and maintains the electrical, plumbing, mechanical, and other related systems throughout the agency. Completes general repairs such as painting, patching walls, security hardware, hanging shelves, general landscaping and parking lot maintenance and security.

Qualified individuals must have a minimum of five (5) years of experience in Physical Plant/Facilities management to include management of multiple sites, and have a proven capability to assisting with budget preparation, contract negotiations, reading, interpreting, and applying required professional, technical and government regulations. Will also need to have knowledge of preparing work specifications, securing estimates and bids, negotiating contracts, and monitoring construction/repair work of contracts. Must be capable of reading and interpreting design development and working drawings.

Knowledge of modern janitorial methods, materials, and equipment; principles of sanitations and safety in janitorial work; proper use and care of mechanical cleaning equipment; principles of supervision; and employee selection and training is preferred.

APPLICATION INFORMATION:

Interested persons should submit a resume with cover letter and salary requirements to the:
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The Atomic Clock

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JOBS and MORE STL. Volunteers needed. Workshops in August.

Volunteers are needed from our community for JOBS and MORE STL: Grant writer and Event Planner. Contact JOBS and MORE STL if interested.

Looking for a new or better job? JOBS and MORE STL offers workshops: On **August 14-25**, 9:30am-12noon, JOBS and MORE STL will 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.

August is a great time to enjoy baseball, tennis, and other sports. The skills and perseverance learned in doing sports are applicable to the job search. Here are some thoughts to share:

- *Success: Champions keep playing until they get it right. Then they play more.* —Billie Jean King
- *Keep Trying: I can accept failure. Everyone fails at something. I can't accept not trying.* —Michael Jordan
- *Confidence: One important key to success is self-confidence. An important key to self-confidence is preparation.* —Arthur Ashe

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

Training topics for the RISE ABOVE Workforce Training Workshops include Keys to Professional and Personal Success, Resumes, Practice Interviews, Interpersonal and Communication Skills, and more. Interested in participating in this opportunity? Or have questions? Contact JOBS AND MORE STL at jobsandmorestl@outlook.com or 314.922.5059,

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Your Spine



An adult human spine typically consists of 26 moveable segments: seven cervical vertebrae, twelve thoracic vertebrae, five lumbar vertebrae, one sacrum, and one coccyx (tailbone). Intervertebral discs separate the segments from the second cervical vertebra down to the sacrum and a thinner disc is present between the sacrum and coccyx. Intervertebral discs comprise about 25% of the height of an adult spine. Intervertebral joints connect vertebrae and these joints are lined by lubricating synovial membranes. All of these structures are designed and built to last a lifetime.

Intervertebral discs, which are gel-like colloids, begin to lose their water content at about age 2. This slow resorption is perfectly normal. Nothing lasts forever, and all living structures degrade and deteriorate over time. With this in mind, we can understand how it is that x-rays of older persons show various degrees of degeneration or arthritis of the spinal joints and intervertebral discs. These physiological changes are ominously or portentously referred to as "degenerative disc disease" by certain specialists, but it is important to remember that these structures deteriorate naturally. Degeneration or breakdown of spinal joints and intervertebral discs is not a disease, but rather a standard process that occurs over time, more rapidly in some persons than in others.

There are measures we can employ to resist the effects of spinal degenerative changes and possibly even slow the process of degeneration itself. Spinal degenerative changes are problematic as they result in loss of resilience, flexibility, and mobility of the spine as a whole. The overall result is degradation of spinal function and increased possibility for strains, sprains, and other injuries. Solutions are available, as research studies have consistently demonstrated that regular vigorous exercise and healthy nutrition provide significant benefit in maintaining spinal structure and function.

Regular vigorous exercise such as walking, running, bike riding, and strength training provide consistent weight bearing stress to spinal joints and intervertebral discs. Such mechanical stresses are required for these structures to retain their physiological integrity. For example, exercise pumps fluid back into intervertebral discs and increases lubrication of spinal joints. Healthy eating provides the nutrients required to support efficient repair and replacement of the cells and tissues of spinal structural components. Thus, by choosing to implement healthy lifestyles, we help keep our spines in peak physical condition and become better able to withstand the negative effects of natural physiological forces occurring over time.

Having a healthy spine also depends on getting regular chiropractic care. Exercise, good nutrition, and sufficient rest are the primary requirements for spinal health, but there may be limitations and restrictions in the form of spinal joint dysfunction and nerve interference. These limitations prevent your spine from achieving optimal function and may lead to stiffness, loss of mobility, ongoing pain, and even injury.

By detecting and correcting spinal joint dysfunction, regular chiropractic care helps eliminate sources of nerve interference and enables your spine to do its job, which includes handling heavy mechanical loads and moving you around during all your activities throughout the day. Regular chiropractic care partners with your other healthy lifestyle choices to help you achieve high levels of health and well-being now and into the future.

Dr. Robyn's Office Hours:

Monday, Wednesday, Thursday 9:30 am to 1:00 p.m. – 3:00 p.m. 6:00 pm
Tuesday, 3:00 p.m. to 6:30 pm



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St. Vincent dePaul Food Pantries

The Society of St. Vincent dePaul Conference of Blessed Teresa of Calcutta Parish operates 2 food pantries in Ferguson.

Our Tuesday pantry, a USDA pantry, is located at Blessed Teresa of Calcutta Parish at 120 North Elizabeth Ave. We are open from 9:30--11:30 a.m. You must provide a picture ID and an item printed with your current address, such as a utility bill, every time you attend our Tuesday pantry.

**Food Pantry:
Blessed Teresa of
Calcutta on
Tuesdays.
Church Street
(next to City Hall)
on
Fridays.**

Our Friday pantry is located on Church Street in the old firehouse. We are open from 9:30--11:30 a.m. You must register there every July, providing a picture ID, an item printed with your current address, such as a utility bill, and social security cards for household members.

You may attend one of our pantries once a month. Our pantries are operated to assist all of our neighbors in need of food. We rely on the US Department of Agriculture

(USDA), Operation Food Search, St. Louis Area Foodbank, local grocery stores, and our generous parishioners and neighbors for the food we distribute. Thank you to everyone who donates!

"In accordance with Federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English."

Students Receive New Shoes, Socks, Books and Encouragement

Approximately 1,000 students in the Ferguson-Florissant School District received a brand new pair of sneakers and socks on Sunday, July 16 at McCluer High School, 1896 S. New Florissant Rd. Along with the sneakers and socks, the students also received a brand new book to read and words of motivation and encouragement from volunteers who individually washed the feet of students prior to fitting each one with their new sneakers. All of this is courtesy of Samaritan's Feet "Shoes of Hope" program and Crown-Cares, an outreach ministry of the Carolina Crown drum and bugle corps.



Samaritan's Feet, in collaboration with various partners, has provided more than 6.5 million children across the world with new shoes and socks. Carolina Crown is a renowned drum and bugle corps that travels throughout the country performing and participating in community service opportunities. Drum corps members, along with members of Samaritan Feet, and individuals from the community volunteered to serve students as they acquired their new sneakers. Carolina Crown performed as part of entertainment for the event.

Members of the corps' drum line provided drum lessons to students as they waited to receive their new sneakers.

"We are so excited about this opportunity," said Michelle Smith, director of Family and Community Engagement in the Ferguson-Florissant School District. "We see this event as outfitting our students from head (books) to toe (sneakers) in preparation of the upcoming school year. Also, the City of Ferguson has provided a proclamation proclaiming July 16 as "We Love the Ferguson-Florissant School District Day".

Other supporters of "Shoes of Hope" include First Bank, WalMart, Molina Health Care and Lowes.

"Our mission is about 'hope'. We bring individuals of all backgrounds together to serve people," said Terry Tolbert, executive director, Marketing and Development for Samaritan's Feet. "Volunteers will not just be sitting with children giving them a pair of shoes, but speaking with them about their dreams and aspirations, and providing them encouragement to reach their full potential. Volunteers don't know who that child is or will become that they're sitting across from."

A Very Busy Book Club

The Ferguson Readings on Race Book Club has filled summer 2017 with many activities. July included tours of the Missouri History Museum civil rights exhibit and the St. Louis Holocaust Museum. August begins with an invitation by author and editor Jimmie Briggs to a reception and exhibit, "The Ferguson Moment," at the Schaeffly Library at 225 North Euclid at 6:30 p.m.

The regular book club meeting on August 14 at 6 p.m. at the Ferguson Municipal Library will feature a The Blood of Emmett Till by Timothy B. Tyson, with Jerry and Ruth Benner facilitating the discussion. September will bring special guests Moyenda Anwise and Jon-Pierre Mitchom making a presentation on restorative justice.

For more information about book club programs, contact Amy Randazzo at arandazzo@fergusonlibrary.net. For a complete list of books the members have read and have scheduled, contact Carla Fletcher at carlajeanfletcher@yahoo.com

The public is always welcome to participate.



A portion of the Reading on Race Book Club listens intently as an actor portrays a Civil Rights lawyer of the 20th Century.



Community Event

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The Broken Window Theory

By Bob McCarty

The following was taken from the Wikipedia website and is from a 1982 study done by James Q. Wilson and George L. Kelling who first introduced the broken windows theory in an article titled *Broken Windows*.

Consider a building with a few broken windows. If the windows are not repaired, the tendency is for vandals to break a few more windows. Eventually, they may even break into the building, and if it's unoccupied, perhaps squatters move in and light fires inside.

Or consider a pavement. Some litter accumulates. Soon, more litter accumulates. Eventually, people even start leaving bags of refuse from take-out restaurants there or even break into cars.

In a neighborhood, with few or no people around, normal behavior and police surveillance are not clearly known. Individuals then look for signals in the setting and the risk of getting caught violating these behaviors; one of these signals is the area's general appearance.

Under the broken windows theory, an ordered and clean environment, one that is maintained, sends the signal that the area is monitored and that criminal behavior is not tolerated. On the other hand, an area that is not maintained (broken windows, graffiti, excessive litter), sends the signal that the area is not monitored and that criminal behavior has little risk of detection.

The theory assumes that the landscape "communicates" to people. A broken window transmits to criminals the message that a community displays a lack of informal social control and so is unable or unwilling to defend itself against a criminal invasion. It is not so much the actual broken window that is important but the message the broken window sends to people. It symbolizes the community's defenselessness and vulnerability and represents the lack of cohesiveness of the people within. Neighborhoods with a strong sense of cohesion fix broken windows and assert social responsibility on themselves, effectively giving themselves control over their space.

The theory emphasizes the built environment, but must also consider human behavior.

Under the impression that a broken window left unfixed leads to more serious problems, residents begin to change the way they see their community. In an attempt to stay safe, a cohesive community starts to fall apart, as individuals start to spend less time in common areas, (parks, farmers markets, concerts, etc.) to avoid potential confrontations with strangers. The slow deterioration of a community, as a result of broken windows, modifies the way people behave when it comes to their common areas, which, in turn, breaks down community control. As rowdy teenagers, drunks, panhandlers, addicts, and prostitutes slowly make their way into a community, it signifies that the community cannot assert informal social control, and citizens become afraid that worse things will happen. As a result, they spend less time in the common areas to avoid these subjects and feel less and less connected to their community if the problems persist.

The argument would seem to be in favor of "people shaping space", by demonstrating and setting the example of how one is supposed to behave. All areas have their own codes of conduct, based on normal behavior, and what is considered to be right will vary from place to place.

The concept also takes into consideration that certain people are disruptive and therefore unwanted. It excludes people from certain spaces because their behavior does not fit the normal behavior of the community and its surroundings. A community has its own standards and communicates a strong message to criminals that their neighborhood does not tolerate their behavior. If however, a community is unable to ward off would-be criminals on their own, policing efforts help.

By removing unwanted people from the streets, the residents feel safer and have a higher regard for those that protect them. People of less civility who try to make a bad mark in the community are removed, according to the theory.

This is Bob talking, and I wanted to share this theory with my fellow citizens of Ferguson.

I know that Ferguson has a Consent Decree and it would be frowned upon for the police to just round up the "so called unwanted" and deport them from the city limits. But, what if these people were inspired to be part of the solution? Would these less civil folks take up ownership in the community and become respected members of our society?

The reason I'm sharing this theory is that my place of employment is on Airport Road, and there is an island along that stretch of the road which I try to keep trash free (to the best of my ability). I sometimes feel like I'm fighting a losing battle. There have been times after picking up the trash, I would throw away the bag that I filled and put away my tools before going to admire my handiwork. Well lo and behold, the litter has already started to accumulate, and it hasn't been ten minutes!

This topic was inspired by a young man who recently spoke to our city council and inspired them to do some clean up along Clark Ave just south of Airport

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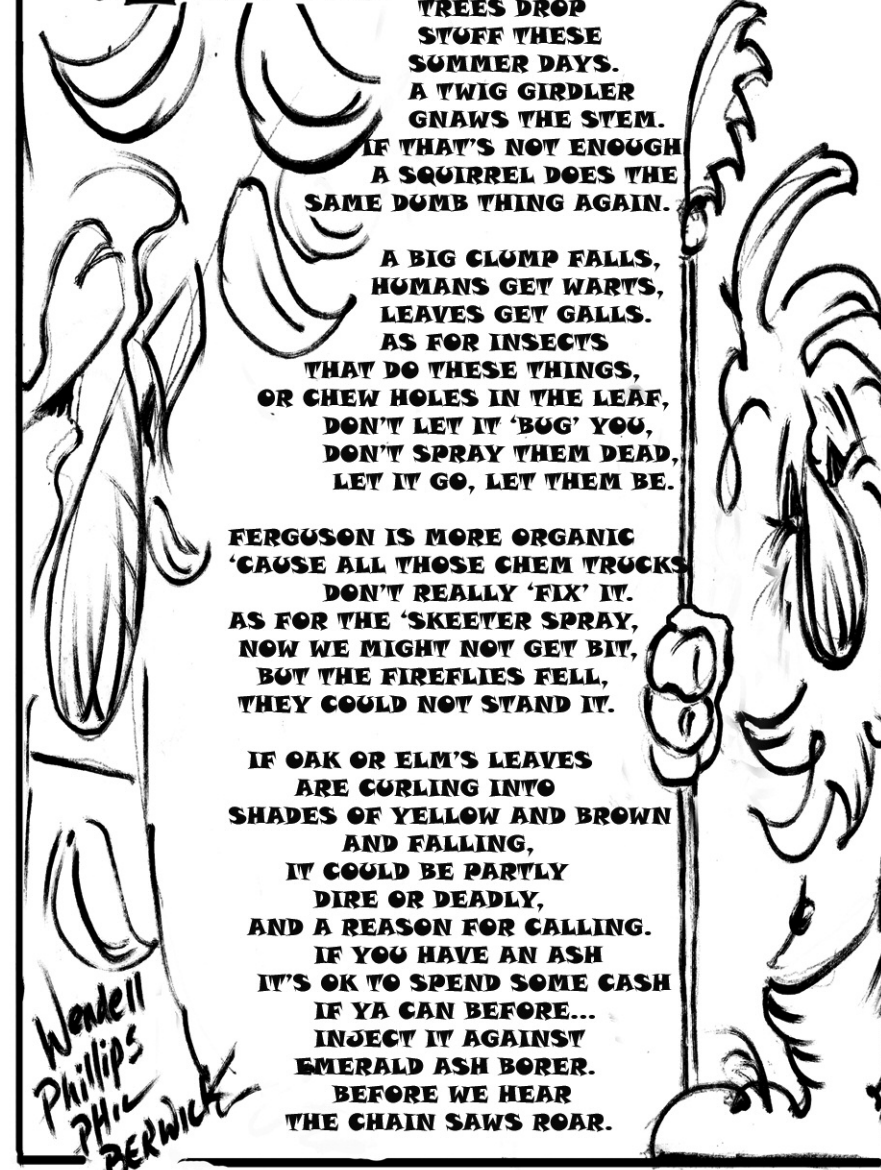
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Road. I figured that if he could influence the city to take action, maybe I could put out a call to action to the concerned citizens of Ferguson. Were we to take a proactive role to keep our community picked up, report any evidence of that broken window or derelict/unkept house to the city, we would have what would be perceived as an ordered and clean environment. And with this perception, our community will be a draw to new members of the community who will see that Ferguson is a well kept community and would be willing to help keep it that way. (See Ferguson Connect on Page 3.)

So without further adieu, I want to say that Bob is on the Job and you may see me out there on that island picking up the litter that didn't quite make it to the trash can; the trash can that is there, sitting along the street, on the main roads, around our beloved town, Ferguson.

We'll chat next month.



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your eyes. Solar eclipse glasses are the best way to view the eclipse, and are available in our gift shop for \$2. While here, you may want to pick up other hot-selling items like astronaut ice cream or locally-made Astronobeads jewelry.

The gift shop is open 8:00 to 3:30 Monday-Friday, and immediately before and after simulated space missions on scheduled Saturdays. Other times can be accommodated by emailing us or calling 314-521-6205. All items are tax free!

Eclipse Teacher Workshop & Other Resources

On Saturday, August 12th, we will be holding our last teacher professional development workshop to help educators prepare for the upcoming solar eclipse. The cost of the workshop is \$15 and includes a class set of glasses. Registration and details can be found [here](#).

If you're planning your own eclipse viewing experience, Xavier Jubier's 2017 Total Eclipse Interactive Google Map has all the details you need for deciding when and where to watch. Alternately, the [eclipse2017.org](#) app makes it easy to get the most important information for your exact location in an easy-to-understand format.

But there's no need to go solo! Organizations across the St. Louis region are gearing up for the eclipse. To learn more about what's available, check out the St. Louis Post-Dispatch's map of events in Missouri and Illinois. For NASA's maps of events across the country, check out [eclipse2017.nasa.gov/event-locations](#).

Teachers: Book Your Mission Now - New Options Available

Our calendar is starting to fill up for the 2017-18 school year. Middle and high schools have the options of Rendezvous With a Comet, Expedition Mars, Earth Odyssey, or our new moon mission, Lunar Quest.

Upper elementary grades now have the option of signing up for Jr. Astronauts: Mars Pioneers, while lower elementary grades can still enjoy Jr. Astronauts: Mystery in Space. Email or call us today to book your mission! Target Offers Field Trip Grants

From August 1 to September 30, Target will accept applications for grants that go specifically to field trips. Teachers, this could be a great way to help finance your trip to the Challenger Learning Center. Visit Target Field Trip Grants for more information about this program. If you need information from us to complete your application, visit our website or email info@clcstlouis.org.

Thank You, Saigh Foundation!

The Saigh Foundation awarded the Challenger Learning Center a \$10,000 grant which will go toward our Challenger Educator Fund. This fund offsets the cost of space missions and teacher professional development for low-income schools.

Thanks to grants like those from the Saigh Foundation, over 50 classes received scholarships last year, and we hope for the same this year!

Join Our Crew!

One part educator, one part astronaut, our Flight Directors lead our simulated space missions and other STEM programs.

If you have a passion for STEM education and have experience teaching / instructing students, apply now.

Applications are managed through Ferguson-Florissant School District, and are being accepted through August 5. Flexible schedule required. Space ship provided.

Visit our Gift Shop for Solar Eclipse Glasses and More

Everyone should be making plans to watch the solar eclipse occurring on the afternoon of Monday, August 21.

Looking at the sun -- even when part of it is covered by the moon -- can damage

Robotics for Youth Comes to Ferguson Library

Robotics technology has never been more accessible than it is now. When I grew up, the idea of robotics was for PhDs at MIT or Harvard or Berkeley. When I got to college, computing technology and robotics was moving into the lower collegiate levels. Now it is accessible to kids as young as six years old. It could probably be even more accessible if we could keep the kids from putting the parts in their mouths.

FIRST Robotics is a program started by Dean Kamen, the guy who invented the Segue -- those two wheeled vehicles we see police riding in the malls and adventure groups riding in Forest Park. FIRST is a cooperitious program (combination of cooperation and competition) that has four levels of difficulty. The earliest level is called FIRST Lego League Junior (Jr FLL), followed by FIRST Lego League (FLL), FIRST Technology Challenge (FTC) and finally FIRST Robotics Challenge (FRC). FLL is a competitive program for kids 9 - 14 years of age.

The Ferguson Library is starting an FLL team this year, which I and my colleague will coach. I am an engineer by training, have lived in Ferguson, coach my daughter's girl scout FLL team, teach robotics to youth at Harris Stowe State University and volunteer with FIRST at the FTC level. My co-coach Lee is a robotics engineer. With the help of FIRST and the YMCA, we have established funding from Boeing and the YMCA and are asking for support from local businesses as well.

FIRST robotics is fun and can change the lives of youth for the better. Scholarships abound for FIRST alumni going to college and exposure to these concepts can open the eyes of our youth to ways to make real the dreams in their minds.

On the one hand the advent of robotics means that large companies no longer need vast numbers of personnel. On the other hand, the accessibility of these technologies provides vastly more people the ability to chase their dreams. Let's help our children in Ferguson chase their dreams. The library will have an information session on August 15.

William J Lemon, PhD
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Zion Fish Fry

The Zion Fish Fry is up and running! It is held on Friday from 4pm to 7pm, in the basement of Zion Lutheran



Church. It's the best cod, catfish, shrimp and chicken tenders in the neighborhood. There will be delicious home-made desserts that are provided by different organizations each week. We are looking forward to seeing each and every one of you.

How to Use Proximity Marketing to Boost Business

by LaTease Rikard

If you're promoting your business using traditional methods, this is going to blow your mind! Suppose you could broadcast your specials and sales to any and everyone walking past your business that owns a smartphone?



That day is here! Using Proximity Marketing you can automatically broadcast a marketing message to anyone with a smartphone that has their Bluetooth and/or Nearby turned on their phones. This is massive and for anyone having problems promoting their business or has a very small marketing budget you can sit your device on the counter or on your keychain a couple of hours a day at events, restaurants, anywhere there is a large group of people, and watch the sales come in! Proximity Marketing is going to level the playing field between large corporations with massive marketing budgets and the smaller to midsize businesses.

Proximity marketing is a cutting edge form of promotion using beacons to broadcast your marketing message to anyone within 100 yards of you via Bluetooth and Nearby technology. In 2016 Google introduced this technology to all of us. Ever see a notification pop up on your phone once you get near or enter a WalMart, Ikea or numerous other retailers? Well in 2016 Google decided to put all that data about us to good use by sending alerts to our phones asking questions about places we just visited. Or if you have Facebook and have 'Nearby' set on your phone to on, good ole Facebook will let you know when any of your Facebook friends are 'nearby.'

"The Play Store offers over one million apps - many of which are created to be used in specific locations or situations. The right app at the right moment lets you get more done. For example, at a store, you may want a bar-code scanner to check prices and reviews for an item. Or when you're at a museum, an audio tour would enhance the experience as you make your way around the exhibits.

But, getting the right apps at the right time can be tough if you don't already know about them. So, we're introducing a new Android feature called Nearby, which notifies you of things that can be helpful near you."

So when I want to send out a broadcast (which is all the time, daily) I keep my beacon in my purse or pocket and go to a concert, the mall, a baseball game, etc. and let this tiny device do all the work."

Use your beacon when you're at a restaurant on a Sunday afternoon when they're really crowded and let your device work for you. When you set up your message you will need to make it short and sweet, 40 characters at the most. Then use Bit.ly or Goo.gl as a URL Shortener (they're free.) This way you can keep track of your traffic and know where you're getting the most penetration as well as the time of day that works best. I only paid \$80 for my beacon which includes a \$25 a month service charge. You can increase your sales as well as foot traffic to your business using this new form of marketing. Imagine if you had several beacons, you could give one to each employee and everywhere they went potential customers would find out about your business!

Want to know more about the Proximity Beacons? Email me at lateaserikard@yahoo.com and I'll send you more information about this dynamic devices.
314-495-2497

Sherlock's Pal



I consider myself to be an amateur evilologist—someone who studies evil. Admittedly, you don't run across an evilologist every day, so perhaps I should share my credentials with you. First, I have a PhD in Ethics. My parents were not very happy with my choice of a major; however, I told them that I felt compelled to study something I knew nothing about.

Second, I am a pastor, so I get to witness evil on a daily basis. Now, don't misunderstand me here. I'm not saying that my parishioners are evil, although I am inclined to agree with an old colleague who used to say to me, "The problem with the church is that it's full of people, and the problem with people is that they're no darn good." (I cleaned that up just a bit.) No, my parishioners are not evil, however, they all know other people who are no darn good, and I hear a lot about it.

Third, I like to watch horror movies. Furthermore, I like to laugh while watching horror movies, which clearly solidifies my credentials as an evilologist.

As an evilologist it is my task to explain the presence of human evil in the world. The answers come from theologians, philosophers, and social scientists. They include Original Sin, the Devil, human genes (nature), our environment (nurture), lack of conscience, the pursuit of money and power, and evolution (we are just more evolved animals). There is also a philosophical argument that suggests evil and goodness are arbitrary categories with no ultimate meaning.

The answer to the question of human evil is likely more complex than any of those answers suggest. It is ultimately a mystery. What is perhaps even more mysterious is the question of why people are good rather than evil. However, I don't have the credentials to be a goodologist.

I think we can all agree that as a species we are bad to the bone. We have to fight against our evil tendencies and try to be a force for good in the world. This is the ultimate human task: to prove to God and to one another that we are slightly better than no darn good.

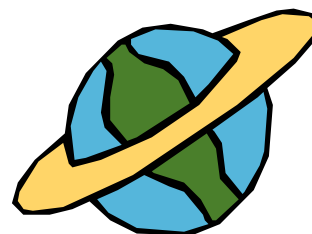
Perhaps the only question I can answer with any certainty is the question, "When did we become aware of evil?" That is, when did we as a species develop a conscience or moral compass? I think the answer to that question is obvious.

The awareness of evil occurred one hot summer day when an unnamed caveman was sweating profusely in his fur coat and feeling the pangs of hunger due to an unsuccessful hunting and gathering excursion the day before. A cavewoman walked by and grunted at him using hand gestures signifying he was a loser. Because he had never been trained to control his violent impulses, he picked up a club (which were ubiquitous in primitive times) and knocked her upside the head. It was at that very moment as he heard the screams and saw the blood that a strange emotion that would later be identified by his talking descendants as "guilt" surged through his body. For the first time in his life he felt bad.

Since that pivotal day we have been trying to understand why we do such rotten things. The work of an evilologist is never done.

Dr. Jimmy Watson
Pastor at Immanuel United Church of Christ, Ferguson
sherlockspal@yahoo.com

Observe an Eco-Sabbath:



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



Lt. William (Bill) Ballard (wballard@fergusoncity.com) opened the July 12th, 2017 meeting of the Ferguson On Watch, welcoming everyone. He then spoke about the latest improvement to our community policing operations.

LEFTA Systems Software Solutions

The City of Ferguson and the Ferguson Police Department (FPD) have partnered with the leading provider of law enforcement software, LEFTA Systems. LEFTA systems software solutions are used by hundreds of agencies across the nation and will now be used by the FPD. This new technology, worth over \$150,000 (including installation) that left the systems is donating to FPD, for 5 years, will assist the department in providing the community the ability to stay connected with the department, provide more transparency to the community, and enable the department to be less burdened by reporting, allowing them to focus more on conducting good community policing. The software applications being implemented effective immediately include:

1. **LEFTA field training software**
 This technology will enable the FPD to:
 - A) More effectively monitor newly hired police officers and manage the many different training documents associated with new hires.
 - B) Easily identify any issues that a new recruit may be having and intervene quickly when additional or specialized training is needed, or when reevaluation of retaining the new recruit is necessary.
 - C) Monitor training officers and help ensure that assessment of trainees is not biased in that they are not scored differently based on race, gender, or age.
2. **METR Training Records Management**
 This application manages employee training records for every type of training that an employee receives. FPD training coordinators are tasked with ensuring that all training is completed as required and that documentation is maintained that allows analysis by:
 - A) Training type, including:
 - * Community Policing Training
 - * Bias – Free Policing
 - * Stop, Search, and Arrest Training
 - * First Amendment Training
 - * Use of Force Training
 - * CIT (Crisis Intervention Training)
 - B) Training date
 - C) Training source
 - D) Individual officer

Keeping track of such requirements is very time-consuming and requires great resources. METR training records software ensures that all training is documented in one system, and will allow the FPD training coordinators to run training expiration and retake audits. Currently this is handled manually by Officer Dee Fuller.

3. **FACTS Use of Force Training**
 FACTS Use of Force software will collect information about how Ferguson police officers use force. When an officer is involved in a use of force incident, a FACTS report will be completed. This is a very comprehensive report that allows FPD to generate over 160 statistical reports including racial correlations between officers and suspects, what type of force officers are using, how often suspects have a mental illness or how often the suspect or officer are injured during an incident. The system also offers an early warning system which flags officers after they've been involved in a certain number of use of force incidents, thus alerting supervisors and allowing them to monitor these officers more closely. FACTS allows the FPD leadership to identify issues such as need for additional department wide or individual use of force training and/or use of force policy changes.

4. **PASS Profiling Accountability Software**
 PASS profiling accountability software will enable FPD to enact protections against bias – based profiling. PASS is a field investigation report application originally developed for California's profiling law AB 953: the racial and identity profiling act. Pass profiling software keeps track of statistical data about an individual's race, gender and age, as well as other characteristics and circumstances involved in an officer stopped by providing statistics about:

- Time, date, and location of the stop
- The reason for the stop
- Result of the stop, such as, no action, warning, citation, property seizure, or arrest.
- If a warning or citation was issued
- If an arrest was made, the offense charged.
- Perceived race or ethnicity, gender, and approximate age of the person stopped.
- Actions taken by the officer during the stop.

For more information about LEFTA systems software, visit www.leftasystems.org or Commander Frank McCall Jr (fmccall@fergusoncity.com).

June 2017 Crime Review

The June 2017 Crime Review was passed out, and reviewed. During the review we found out that one house had a Vivant doorbell camera installed, and it took very high definition pictures, even of the suspects' distinctive orange & white tennis shoes. We also found out that a gang operating in the North Hills Neighborhood called the "Tooley Gang" is constantly competing with a Berkeley gang. We reviewed the Independence Day activities, and



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found out that there were no injury calls from fireworks this year. We found out 1 of our 3 dogs handled by Vince was retired this month. We heard that when the police received body cameras they received a smart phone that could Bluetooth to the camera for easier reporting purposes

Our next meeting is **Wednesday, August 9th** at City Hall.

CERT Happenings

On July 8th (the 2nd Saturday of the month) members of the Ferguson CERT group, joined by some Ferguson Firefighters, received some Psychological First Aid training. Certified trainer Wendy Walsh presented a CAP Personal Stress Resiliency Plan, consisting of 6 steps, which included identifying & observing signs of stress, and Stress Trigger First-Aid steps. Tier 1 was Universal Interventions, (psychoeducation, outreach, public health messaging) with Psychological First Aid as an example. Tier 2 was Targeted interventions (short-term trauma/grief focused interventions) with examples of CBITS & SPR. Tier 3 is Intensive interventions (psychiatric services, long-term treatment) with an example of Trauma-focused Cognitive-Behavioral Therapy. The 5 Pillars of Resilience, being energy, future focus, inner drive, flexible thinking, and strong relationships. With this introduction, the Fire Fighters were given additional information about obtaining CEU's credit for the subject.

Artful Considerations

by Robin Shively



"A man who works with his hands is a laborer; a man who works with his hands and his brain is a craftsman; but a man who works with his hands and his brain and his heart is an artist." - Louis Nizer

In this column last month, we began a walk through Jeske Sculpture Park. Continuing our stroll as we follow the path along Gerald Place, the first piece we encounter is entitled "Infrastructure 1 & 2" by Arny Nadler. According to his website (www.arnynadler.com), Mr. Nadler was the son of an Immigrant tool and die maker and was trained at a very young age to look at how things work while pouring over the shops and drafting tables of his father's practice. He says "at the heart of my activity as a sculpture is a fascination with form. It is the specificity of construction in the absence of a specific function that intrigues me. Stealing the skills of the welder, the tailor, the carpenter, and perhaps the architect and engineer, I investigate these utilitarian forms stripped of their original practicality." Arny Nadler was born in Chicago and lives in University City, Missouri. He is an Associate professor and Chair of Undergraduate Art at the Sam Fox School of Design and Visual Arts at Washington University. Continuing north, the



next sculpture is "Captive Union" created by Andy Light out of cast iron and steel. Mr. Light prefers using fabricated metals for his sculpture work, as they afford a "high degree of plasticity and durability for his expressions." He has exhibited throughout the United States and in the United Kingdom, with works in private, museum and municipal collections. He also conducts workshops in various settings to further the practice of sculpture. He resides and maintains an active studio in Lexington, Kentucky. More of his work can be viewed at www.alightsculpture.com.



Last week I walked through the park accompanied by my granddaughter, who was fascinated with the

idea of sculptures in a park. It is refreshing to view art through the eyes of child! For a different perspective, I suggest you take someone, whether they be young or "more experienced in life" with you on your next visit.

Another opportunity to introduce children to art is being offered by Almost Picasso, the painting event studio on Church Street. August 5th they will have a "Paint My Dragon" class for boys and girls. The fee is only \$10 and you can register your child or get more information at www.almostpicasso.com.

Adults can also learn to express their creativity during Good Shepherd Gallery's Icon Writing Workshop/Retreat held **August 14-19**. Participants will complete an icon of St. Michael the Archangel or the Good Shepherd. The schedule will run from 9 a.m. – 5 p.m. Monday through Friday, with a closing at 11 a.m. on Saturday. The cost is \$150. Call 314-522-1155 or email rgsicons@yahoo.com for more information and to register.



Good Shepherd Gallery also has an Art Appreciation Night scheduled for **August 11th** from 7 – 8:30 p.m. The topic is "The Black Madonna", featuring slides of a few of more than 500 Black Madonna statues in the world, including: Our lady of Czestochowa, Montserrat, and Guadalupe. Commentary will be provided by Sr. Glynis McManamon, RGS. Admission is free and donations are welcome. No reservations are required. However, chairs are limited so call 314-522-1155 or email www.rgsicons@yahoo.com to reserve a seat.

A photography exhibit by Henry Chaney entitled "Changing the Narrative: Ferguson, 2014" opens with a reception at Good Shepherd Gallery on Friday evening, **August 4th**. Henry will be

exhibiting photographs of events and interactions among people that the media missed. The show runs till August 27th.

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Metro's North County Transit Center on Pershall Road has an art display case which has a changing exhibit of works by Ferguson and North County artists. During August, wire creations by Denise Lombardozi-Field will be exhibited. Denise, a self-taught artist, sculpts whimsical faces in her "Totally Wired" collection. She also has a "Scribbles" series of familiar and inspirational words and phrases crafted out of wire. The North Transit Center exhibit is changed quarterly, so her work can be seen through the end of September. More of Denise's wire art can be found at Corners Frameshop & Gallery.

In other art news, Corners Frameshop & Gallery is moving to a new location in August. They are staying in the Ferguson Citywalk and moving just 4 blocks south to 425 S. Florissant Road. Watch for information about a celebration for their re-opening on facebook and at www.cornersframeshop.com.

Don't forget about the monthly SLAM Open Arts arts events at Ferguson Youth Initiative (FYI) on first Fridays and the Northern Arts Council tent at the Ferguson Farmers Market on 2nd and 4th Saturdays.

(If you are an artist or have an art venue in the Ferguson area, send me information about your event at cornersframing@gmail.com.)

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.



Adrian Shropshire

Chairman and Executive Director of Jobs and More STL



Adrian Shropshire

Adrian is a radiant personality, all smiles and easy to talk to. He's very articulate and passionate about the work he does. He shines with optimism, with verve and vitality; a picture of healthful living!

Adrian and his family are from Ohio, but he has lived here in Ferguson for 26 years. He has two daughters and eight grand kids. Adrian was a journeyman carpenter for 33 years and enjoyed body-building for five to six years. He thought he would start a nonprofit organization for senior fitness. Instead, two years ago, he decided to follow in his mother's footsteps in Ohio and start a nonprofit called "Jobs and More STL" with a Focus on Ferguson. He believes that "unemployment is a principal cause of discouragement and dissent," and established Jobs and More STL

with a view to helping to build positive attitudes and self-esteem in the community.

His organization offers a faith-based approach to training, starting their session with 45 minutes of devotion. Classes are held five days a week at the Ferguson Library, from 9.30 a.m. Their program includes resume preparation, interview coaching and job search guidance. At small workshops, participants learn goal setting and conflict resolution, and do mock phone and live interviews. They discuss subjects like integrity and trustworthiness. A key feature of the training offered is the focus on soft skills: conduct on the job and at home and fitting into the community. He also has professional resume writers come in to teach Achievers how to market their skills. They are also taught how to job search.

Adrian and his team bring in facilitators comprising a diverse group committed to making Ferguson a better place: volunteers from the Urban League, the Ferguson Police Department, St Louis Workforce Solutions, and others.



Adrian Shropshire, Executive Director of JOBS AND MORE, thanks Carla Douglas of Thomas Business Enterprises in Ferguson, for conducting a training seminar for three Achiever candidates.

Adrian is on the Youth Advisory Board of the Ferguson Youth Initiative organization. He's also on the Neighborhood Police Steering Committee (NPSC), assisting the Chief to hire officers and on the NPSC Youth Sub-Committee.



A JOBS AND MORE training course completion luncheon at Drakes. Two graduates are introduced by Adrian Shropshire (second from the left) to Ferguson's Mayor James Knowles.



Two JOBS AND MORE Achievers received Achievement Certificates from Ferguson Officer Lt. Col. Eickhoff and JOBS AND MORE Director, Adrian Shropshire at Drakes Place.



Adrian Shropshire, (in red shirt) Director of JOBS AND MORE demonstrates basic carpentry skills to young men.

As the founding director of JOBS AND MORE STL, and a volunteer serving the Ferguson community in many capacities, hats off to Adrian Shropshire for representing the Best of Ferguson!

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

A pessimist, they say, sees a glass of water as being half empty;
an optimist sees the same glass as half full.
But a giving person sees a glass of water and starts looking for someone who might be thirsty.

– G. Donald Gale



Ask Grandma

I hope by the time you read this, the heat wave has abated. My grass really needs cutting but I just can't make myself go out in the sun and humidity.

Why is an old lady still cutting her grass? Well, I have always taken care of the lawn. I know I was still in grade school when I got out the old reel type push mower. I knew that if I wasn't doing something constructive, my mother would find some cleaning or ironing to do in the house.

Funny, that I don't remember being hot and sweaty during the day . . . even when I was cutting the grass, weeding a flower bed, or digging small trenches where the lawn met the sidewalk with a spade. (Need I tell you they did not have grass whips or lawn trimmers in those days. Trimming was done with a hand clippers or a scythe.) I was determined to have the best looking lawn in the neighborhood, and I did. When I moved in my present house, I had that same determination, but I have a neighbor two doors up the hill whose lawn I probably will never equal.

I DO remember nights when I could not sleep because of the heat. There was a door in my bedroom that led out to a metal roof that covered the downstairs screened-in porch. On a sunny day you could not walk out on that porch without burning the bottom of your feet. If it was a really sultry night, we would bring pillows and blankets out on that still very warm metal to try to sleep. I'm sure I never lasted the night out on that porch. Besides the very hard surface, the mosquitoes would drive us inside.

One very nice thing that I loved about sleeping on that porch, was studying the stars. My astronomy identification never went much farther than identifying the big and little dipper. I never could see the Zodiac animals that ancient astronomers identified through the placement of stars.

Just last week I accompanied my daughter and two great grandchildren to the Planetarium to see their eclipse show. Lying on the hard floor of the Planetarium sort of reminded me of my old back porch.

I remember just two eclipses and they were both partial. One when I was in high school and I looked at it through a piece of film (remember film from cameras?) There were no eclipse glasses at the time. The other was when I owned a business on Airport Road and there were dire warnings about looking at the sun. I made a box with a hole in the top and placed a piece of white paper under the hole. By looking at the paper you could see the moon moving through the shadow of the sun. It got noticeably dark at that time . . . almost like just before a storm when clouds would block the sun.

This year, my sister and I are going on a trip sponsored by the City of Ferguson to Chester, Illinois to view the total eclipse. If you believe the media, the whole world will be converging near St. Louis to experience this once-in-a-lifetime phenomenon. I can just envision our bus stopped in traffic somewhere in southern Illinois with us all climbing out onto the highway shoulder with our viewing glasses.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- "Change the Narrative" – Good Shepherd Gallery. Fri., Aug. 4
- Back-to-School Fair and Fun Run – Administration Bldg. Sat., Aug. 5
- Lego Batman Movie – Comm. Ctr. Sat., Aug. 5
- Unity Weekend & Backpack Give-Away – YMCA. Sun., Aug. 6
- Farm to Table Dinner – Lions Club. Sun., Aug. 6
- Advocacy Institute – Ctr. of Social Empowerment. W,T,F, Aug. 8-10
- Ferguson-Florissant School Begins. Wed., Aug. 9
- Billy Graham Ministries & Police Chaplain – Good Shep. Gal. Wed., Aug. 9
- Ferguson On-Watch Meeting – City Hall. Wed., Aug. 9
- Lunch and Yahtzee – Senior Center. Thurs., Aug. 10
- Eclipse Science & Crafts – Library. Thurs., Aug. 10
- Dialogues at Center for Social Empowerment. Thurs., Aug. 10
- North County Chamber Membership Mtg. – Moolah Temple. Thurs., Aug. 10
- CityWalk Concert – Vicky Michaels & Edicks Way – 501 Plaza. Fri., Aug. 11
- "Black Madonna" Slides – Good Shepherd Gallery. Fri., Aug. 11
- Parking Lot Sale – Mimi's Bar & Grill. Sat., Sun., Aug. 12-13
- Kids Fishing Tournament – January-Wabash Lake. Sat., Aug. 12
- Community Event – Nu Beginnings. Sat., Aug. 12
- Healthy Kids Resource – Ctr. for Social Empowerment. Sat., Aug. 12
- Geshner Music Family Concert – Library. Sat., Aug. 12
- Amnesty Program Begins – Municipal Court. Mon., Aug. 14
- Jobs & More STL Seminar – Library. Mon.-Fri., Aug. 14-25
- Fairmount Park Horse Racing Trip. Tues., Aug. 15
- First Lego League Info Session – Library. Tues., Aug. 15
- Intro Info Fitness – Comm. Ctr. Tues., Aug. 15
- Discards Only Book Sale – Library. T,F,S, Aug. 17,18,19
- North County Gala – Eagan Center. Fri., Aug. 18
- Kim Massie in Concert – St. Peters UCC. Fri., Aug. 18
- Touch a Truck – Church of the Nazarene. Sat., Aug. 19
- Latino Festival – January Wabash Park. Sun., Aug. 20
- Solar Eclipse Trip to Chester IL. Mon., Aug. 21
- Greater Tuna in Arrow Rock Trip. Thurs., Aug. 24
- CityWalk Concert – Fan Fare – Plaza @ 501. Fri., Aug. 25
- Aerobics Begins – Comm. Ctr. Mon., Sept. 7
- David Graham Family Comedian – St. Peters UCC. Sun., Sept. 10
- Children's Tumbling Starts – Comm. Ctr. Mon., Sept. 11
- Beginning Adult Dance Starts – Comm. Ctr. Mon., Sept. 11
- Children's Tap and Ballet Starts – Comm. Ctr. Wed., Sept. 13
- Hip Hop and Jazz Begins. Wed., Sept. 13
- Tap Dancing Begins – Comm. Ctr. Wed., Sept. 13
- Trip to Chicago with Cardinal Game. Thurs. - Sat., Sept. 14-16
- Ferguson Streetfest – Victorian Plaza. Fri., Sat., Sept. 22-23

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