

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 13TH YEAR!

Saturday, September 2nd

Special Event: Christian Hospital presents Mental Health Awareness, 9-11
Band: Retro Band, 9-11

Saturday, September 9th

Special Event: Hispanic Festival featuring Our Lady of Guadalupe, 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: Spanish Music, 9-11

Saturday, September 16th

Special Event: Corner Frame Shop, 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: Mississippi Crossing, 9-11

Saturday, September 23rd – StreetFest at 501 Plaza

Saturday, September 30th

Special Event: Fall Festival, 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: Ribtip & Rogers, 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

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 Band.....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.



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

This Year Held at Plaza @ 501

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

NO COOLERS PLEASE

Beer and cocktails sold on premise.



Friday:
8:00 to 10:00 Fortune Teller8:30 to 10:30 Bubble Bus
Saturday:
1:00 to 6:00 Bubble Soccer and Gladiator Joust
2:00 to 5:00 Balloon Artist and Face Painter
6:00 to 8:00 Mime
7:00 to 9:00 Strolling Table, Black & White Black Jack
7:30 to 8:00 Fire Troupe Performance Show
8:30 to 10:30 Strolling Fire Dancer
www.fergusonstreetfest.com

StreetFest '17 sponsored by Alliance Credit Union



THE TASTE IN FERGUSON
A FUNDRAISER FOR THE ROBBIE MCGARTLAND/ SAMANTHA LIPKA MEMORIAL SCHOLARSHIP FUND
Sunday, September 10th
3:00 to 6:00 p.m.
Savoy Banquet Center
See complete details on Page 14

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CITYWALK CONCERT SERIES

Last Concert of the Season. See you next Spring!



Friday, September 8 The Great Escape Band

The Great Escape is a five-piece band paying tribute to the hits of today with a touch of the ones you grew up with.



7:00 p.m. to 10:00 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.



August 2017 CityWalk

“To Market, To Market”

One of Ferguson’s gleaming jewels is the Ferguson Farmers Market. Every Saturday, from May through October, the Market is in operation from 8 a.m. – noon. A group of Fergusonians including Bud Seiter, Joe Lonero and Gunner Brown started the Market in 2002. The 501 Plaza was in fact built for the market. However, by the time 501 Plaza was completed the Ferguson Farmers Market had already outgrown it, and so it continues at Victorian Plaza. Now in its fifteenth year, the outdoor market boasts an average of forty-two tents. Some of the vendors have been there since the beginning.

Marveena Miller, the current Market Manager, came on board later in the Market’s history. Marveena, who holds a Master of Science in Environmental Policy and Research, saw an ad in the Ferguson Times. She and her husband moved to Ferguson in 2011 because they liked what they saw here. This is Marveena’s fourth season working as the Market Manager. In addition to her involvement in the Market, Marveena also serves as the Marketing Coordinator for the Ferguson Special Business District (Ferguson CityWalk).

Marveena sees her role as “maintaining the integrity of the market,” and she is pleased to assert that overall the Ferguson Farmers Market has stayed true to what it started out as.



The market is blessed by 20-25 volunteers who show up every week. The early crew starts at 5:00 a.m. and sets up all the tents. They are followed by the 6:00 am. crew, most of whom stay until 1:00 p.m. to tear down the tents. There is a third group who arrive around 11:30 a.m. and finish the process of tearing down. The only compensation for these volunteers: the success of the Ferguson Farmers Market.

This year the Market collaborated with EarthDance Farm and obtained a Farmers Market Promotional Grant from the USDA. The funds have allowed Earth Dance to help transport people to the market to see fresh produce offered, and then visit the farm to have a tour and to see how food is grown.

November through April, the winter market is hosted by St. Stephen’s Episcopal Church, 33 North Clay in Ferguson, 9 a.m. – noon, on the third Saturday of each month. An average of ten vendors are present.

The next big Ferguson event is StreetFest 2017. This year, the festival has moved to 501 Plaza. Bands will play every hour, 5:00 – 10:00 p.m. on Friday, September 22 and noon – 11 p.m. on Saturday, September 23. In addition to music, you won’t want to miss trademark events such as the Manly Man High Heel Keg Relay and the combat booted Girly Girl Wench Relay.

(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.

P8563, D8563

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

The Plumber’s Crack

By Oh Baby bigohbaby@sbcglobal.net

Summer Flowers starting to wilt and die, leaves on some trees turning yellow and falling, days getting shorter, football in full swing, pennant races at fever pitch, Farmers Market loaded with this summer’s harvest, StreetFest is coming and we honor labor this month; it’s gotta be September and time for a laborious Plumbers Crack.



I have a couple of things I want to talk about this month so I’ll try and keep them brief. Let’s start with protecting your waste piping from the outside in. Yes there are some very important things you need to do, especially living in a Tree City. Every house has at least one waste vent going through the roof. Now match that with all our beautiful sweet gum, walnut, hickory, Osage orange and any other nut bearing trees and you have the potential for serious plumbing problems, anything from blockages to breaking out walls or floors. Not only can the nuts fall in from wind and rain, squirrels can add to your woes.

I’ve witnessed with my own eyes a squirrel carrying a large nut across my roof, stopping at my kitchen sink vent and setting that nut on the vent. At first I thought he was just resting but I later learned he was using it as a table. I have broken up floors at the base of a stack and opened walls to get these out. The bad part about it is you can’t get a cable by them. Sometimes you can get the drain open but nuts remain and a short time later you’re stopped up again. I have found the best defense is getting some chicken wire and coiling it up and folding it over the vents. It allows the gasses to still vent and if the squirrels try to chew it like they do the lead wire, it will cut their cute little face. I know I’ve talked about this before but it’s the time of year the nuts are ripe and falling and the squirrels are gathering. Thank you Johnny P for contributing to this article.

The other thing I wanted to talk about are the big box stores. They all offer home repair and remodeling services. For a lot of things, like water heaters and dishwashers, they hire top notch tradesmen mainly because they require permits to have them installed. Larger jobs they hire general contractors who then sub out some of the work. There are times when some of these subs aren’t checked or sometimes they don’t get paid. The box stores don’t always get lien waivers from the subs and if there is a problem they wash their hands of it. Now your stuck with a lien on your property and stuck with another bill that you already paid. If you’re using one of these stores (who are usually selling sub par equipment) make sure you get mechanic liens from every person that lifts a tool in your house or you might be left holding the bag.

Well my friends it’s time for my monthly public service announcements so here we go. Turn off the televisions, get out and meet your neighbors, put their phones down, and carry on face-to-face conversations. You will be shocked at what a stress reliever it is.

And as always watch out for children, pay attention to them school zones, they save lives. Check on the elderly and hug them babies. See you at the market. God Bless you all.

Oh Baby



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Maintaining Yesterday For Tomorrow





September Events at the Ferguson Public Library

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

Talk Like a Pirate Party - Tuesday, Sept. 19 at 5 pm

Ahoy mateys! Don ye best pirate duds and celebrate International Talk Like a Pirate Day with us. Enjoy pirate grub and grog, activities, and more. Be there or walk the plank, ye scurvy dogs!





Library Open House - Monday, Sept. 25 at 5:30 pm

Many changes have taken place at the Ferguson Public Library! Reconnect with your hometown library and stop by for some light refreshments and to hear about some of the work we are doing. Brief remarks by Library Director Scott Bonner will be made at 5:30.

Parents as Teachers Storytime - Tuesday, Sept. 26 at 10 am

Join us and the Ferguson-Florissant Parents as Teachers program for a fun and playful storytime! For kids in preschool and their caregivers.

★ DON'T FORGET ABOUT OUR ONGOING PROGRAMS! ★

Preschool Storytime Mondays, 10 am 	 Readings on Race Book Club Sept. 11, 6 pm	Crafternoon Sept. 22, 5 pm 	Tuesday Night Book Club Sept. 26, 6 pm 
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Notice of Public Hearing

Tax Rate — Ferguson Municipal Public Library District

A Public Hearing will be held at 7:00 p.m. on **Monday, September 25, 2017**, at the Ferguson Municipal Public Library District, 35 N. Florissant Road, at which citizens may be heard on the property tax rates proposed by the Ferguson Municipal Public Library District, a political subdivision. The tax rates shall be set to produce the revenue that was budgeted for the fiscal year beginning July 1, 2017. The rates allowed under the existing tax rate ceiling are at or below the \$0.2200 authorized by Ferguson voters. The Library District may make adjustments pursuant to Missouri Revised Statutes Section 137.073, and as required by Law, in accordance with Article X, Section 22 of the Missouri State Constitution.

Becky Chisholm, Senior Administrative Assistant
Ferguson Municipal Public Library District, 314-521-4820

Thank You for a Wonderful Year



As the Ferguson Special Business District Summer Concert Series draws to a close on September 8th, we hope you have enjoyed this year's offerings. We would like to thank you for attending and plan to see you at the 2018 Concert Series.

And don't forget this year's Ferguson StreetFest at Plaza 501 September 22-23!

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 onWednesday, September 6th
Wednesday routes will be picked up onThursday, September 7th
Thursday routes will be picked up onFriday, September 8th
Friday routes will be picked up onSaturday, September 9th

1 Church Street
314.595.6000
UMB.com

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You deserve a relationship with your financial partner that isn't just transactional. You deserve a partnership built on integrity and trust. You deserve someone who is accessible and responsive, someone focused on helping you achieve your goals. And for all of this you can depend on UMB.

We have recently remodeled our branch to better serve our customers and the community. Stop in and meet your local UMB banking team during business hours or at one of our upcoming events.

Branch Open House
Thursday, Sept. 28 6-8p.m.

First-time Homebuyers' Seminar
Thursday, Oct. 5 6-8p.m.



Count on more.®

 Member FDIC



The Ferguson Historical Society invites you to our Open House celebrating the history of Ferguson.

**Sunday, September 17, 1 pm - 4 pm at the History House, located behind the Ferguson Community Center
1050 Smith Ave.**

Our displays include photographs and artifacts from the 1850's to 2016.

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>

Ferguson Community News Page

It's okay to disagree

By Mayor James W. Knowles III

*"So let's leave it alone
'Cause we can't see eye to eye
There ain't no good guy, there ain't no bad guy
There's only you and me, and we just disagree"*
— Chorus from the Song –“We Just Disagree”,
Dave Mason - 1977



I may have been born a couple years after the song from this month's quote hit the radio waves, but some of my fondest memories growing up were listening to the music of my father's youth while I spent time with him, usually working in his growing small business. For some reason I always loved this song, but it wasn't for many years that I truly understood the wisdom of its words.

When I was a younger man, I was firmly grounded in my ideas of what was right and what was wrong. I believed clearly there were definitive answers to most things in life, and those constant truths were worth fighting for, and I did fight for them, all the time. I, like many people, probably spent more time than necessary in trying to convince everyone to think as I did. I often found myself in a futile attempt to set right all of those things I was convinced were wrong. A cousin of mine (who lives in town), once admirably referred to me as Don Quixote on my chivalrous quest to convince the world of what is right. While those efforts were wildly idealistic and even romantic, they are often counter-productive to being successful in your broader efforts.

As I've grown older, I've learned that the world is far less black and white, and a lot more gray. Understanding that fact can help one come to realize that those who disagree with you aren't necessarily wrong, and at least may have valid points and perspectives that need to be taken into account. By accepting the fact that even people who disagree with you may be at least partially correct or have valid points, one can more easily be at peace with the idea that having disagreements doesn't make that person or that position evil.

In times of great controversy, when issues rise to the forefront of the public discourse, it is commonplace for lines to be drawn and opinions to be shaped and hardened. Few people remain in the category of the undecided, and those on either side are often vocal and sometimes persistent in their attempt win public sentiment to their cause. The cry "you're either with us or against us" is commonplace, and the debate devolves into a "zero sum" game; meaning one side's gain is equal to the other's losses.

In governing, I've learned to avoid "zero sum" games when at all possible. As a public servant whose goal is to serve the best interests of ALL people, it is counter to my sworn duty to serve only one side or another, even if one side is the "majority" in a given moment. Instead, I've learned that it is more appropriate and productive to be a facilitator, conciliator, and an advocate for moving the community together and forward on issues of economic and community development. To take sides in debates that only divide us and have no consequence on how we move forward is a moot point. To be a shaper of morals, or opinions on matters unrelated to the immediate and future governing of the city is often counterproductive to moving us forward on the issues that are central to my role as a public servant.

For too long now, people throughout this country have drawn lines on a multitude of issues and have demanded people take sides. People have labeled those who disagree with a point of view as evil, and in doing so we've also stifled any reasonable public discourse on any number of issues from immigration, to healthcare, to the most recent discussion of Civil War monuments. The tone and tactics in these debates have exacerbated the divisions in our country and have hindered our ability to work on the many pressing issues that impact us as a country. This toxic discourse has been counterproductive to us moving forward as a nation.

One truth I've grown confident in my time in public service, is that we all have so much more in common than we have dividing us. But until we can have civil discourse on issues without personalizing them, and until we can understand that it is okay to disagree in an honest discussion, then we as a country will never be able to focus on those many issues that we can agree on.

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	Sept 5	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Sept 14	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek 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	TBA	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	Sept 19 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Al Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	Sept 11 7 pm	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	Sept 18 7 pm	Ferguson Community Ctr. 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Sept 11 7 pm	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	Sept 18 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	TBA	North Hills Methodist 10771 Trask Dr	Ella Jones ejones@fergusoncity.com

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 submit a request for records using the Record Request icon.

VISIT OUR WEBSITE: www.fergusoncity.com

You can 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

Ferguson City Council Meetings

Tuesday, September 12th at 7:00 p.m.

Tuesday, September 26th at 7:00 p.m.

All Meetings held in the City Hall Council Chambers
110 Church Street

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. 18 (8 week session)
Mondays Nov. 13 (8 week session)
No class December 25 or January 1
Time: 5:45pm-6:40pm (3 -7 years old)
6:45pm-7:40pm (8-12 years old)
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Children's Tap & Ballet Dance

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

Age: 3-1/2 - 7 years old
Start Date: Wednesday, Sept. 20 (8 week session)
Wednesdays, November 15 (8 week session)
No class December 27 or January 3
Time: 5:45pm-6:40pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/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. 20 (8 week session)
Wednesday, November 15 (8 week session)
No class December 27 or January 3
Time: 6:45pm-7:40pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Beginning Adult Dance

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

Age: 18 & Up
Start Date: Monday, Sept. 18 (8 week session)
Monday, November 13 (8 week session)
No class December 25 or January 1
Time: 7:45-8:40
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Private Dance Lessons

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

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

FITNESS

Intro to Fitness

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

Age: 16 years old and up
Start Date: Tuesdays, Sept. 12, Oct. 10, Nov. 14, Dec. 12, Jan. 9
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. 20 (8 week session)
Wed., November 15 (8 week session)
No class December 27 or January 3
Wed., January 24 (8 week session)
Time: 7:45-8:40pm (Age 14-18)
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/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. 11 (8 week session)
No class October 16 or 23
Wed., September 13 (8 week session)
No class October 18
Mon., November 27 (8 week session)
No class December 25. or January 1
Wed., November 29 (8 week session)
No class December 27 or January 3
Mon., January 15 (8 week session)
Wed., January 17 (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

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

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

Training for Two

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

See additional Parks & Recreation on Page 6

FITNESS Continued from Page 5

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: 9:55 am-10:50am
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: 8:50 am – 9:45 am
Fee: FREE/Silver Sneakers Members; \$3/Everyone Else

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

SPECIAL PROGRAMMING

Winter Break Camp

Come join the staff at the Ferguson Community Center over winter break for fun and activities. The camp will be similar to our Summer camp program.

Ages: 6-12 years old
Dates: Tuesday 12/26-12/29
Location: Ferguson Community Center
Times: 7:30am-5:30pm
Fee: \$30 per day

Spots Are Limited So Sign Up Early!

Parents Night Out

Come join the staff at the Ferguson Community Center for a night of fun and activities. Parents take the opportunity for a date night or to finish Holiday shopping. We will feed your child pizza, play games, and watch a movie.

Ages: 6-12 years old
Dates: Friday, Nov. 17th
Friday, Dec 1st
Friday, December 15th
Location: Ferguson Community Center
Times: 5:30pm-10:00pm
Fee: \$15 per child

Spots Are Limited So Sign Up Early!

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).

Ferguson Lions Club/Kids Fishing Tournament

The 31st 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, October 1
Time: 8:00 am – Noon
Fee: \$3/Resident
\$5/Non-Resident

TEEN PROGRAMMING

City Museum

Spaces are limited, sign up today!

Date: Fri, Sept. 29
Time: 5:30pm—10:30pm
Fee: By 9/ 11 \$5 Resident; \$8 Non Resident
After 9/11 \$8 Resident; \$11 Non Resident

Six Flags Fright Fest

Date: Sat, Oct 21
Time: 11:00am- 11:00pm
Fee: By 10/7 \$15 Resident; \$20 Non Resident
After 10/7: \$20 Resident; \$25 Non Resident

Escape Challenge St. Louis

Spaces are limited, sign up today!

Date: Sat., Nov. 18
Time: 1:00pm-5:00pm
Location: Community Center
Fee: \$15 Residents; \$18 Non Resident

Epic 6

We will have unlimited play for 2 hours followed by a pizza party!

Date: Saturday, Dec. 9
Time: 2:00pm—7:00pm
Location: Community Center
Fee: \$15 Residents; \$20 Non Residents

ADULT PROGRAMMING

Bountiful Feast Bingo

For a cornucopia of fun, make plans to attend this fall's harvest time lunch and bingo. A bountiful lunch consisting of roasted turkey and stuffing, green beans and pumpkin pie will be served. Then try your hand at bingo. We'll also have lots of attendance prizes with chances to win!

Ages: 18 and up
Date: Thurs, Nov 16
Time: Noon – 3 pm
Location: Community Center
Fee: \$12/Members; \$14/Residents; \$18/Non-Residents

Mystery Meal

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

Dates: Thurs. Oct. 5 & Fri., Dec. 8
Time: 10 am pickup
Fee: \$32/Members; \$37/Residents; \$42/Non-Residents

Brews Cruises

The Jolly Trolley will take us from the Ferguson Community Center for a day of indulging in local breweries. We'll set our sights on four local breweries west of Ferguson where we'll be given a private tour at our first stop. Some discounted rates have been arranged on flights and food. We'll be eastbound on November 4th for our second Brews Cruise, also visiting 4 breweries. Please arrange a ride home from the Community Center. Register for both dates separately.

Cost covers transportation only.

Ages: 21 and up
Dates: Sat, Sept. 30 & Nov. 4
Time: 10:30am—6pm
Fee: \$10/Residents; \$15/Non-Residents

Wrigley Field Adventure

Cards-Cubs...There's nothing like it!

See the champion Cubbies take on the St. Louis Cardinals at Wrigley Field with excellent seats for Friday's match-up. We will enjoy 2 nights lodging along with an afternoon of racing at Arlington Racetrack. Also included will be a dinner cruise around Chicago Harbor on Lake Michigan, a visit to the Driehaus Museum and lunch in the Signature Room of the John Hancock Building.

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

See additional Parks & Recreation on Page 7

ADULT PROGRAMMING Continuing from Page 6

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)

Sunday Fun Day Winey Tour

Come join us on the Jolly Trolley for a trip down Highway 94 to a variety of wineries. Enjoy the scenic drive through the Missouri River Valley and indulge in fine wine. Cost covers transportation.

Ages: 21 and up
Date: Sunday, October 15
Time: 10am-6pm
Fee: \$10/Residents; \$15/Non-Residents

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

Women's Adult Volleyball

Calling all teams for women's adult volleyball! Come on out and show your stuff for our Monday or Thursday Leagues!

Ages: 18 and up
Days: Mon, Sept 18-Nov 6 or Thurs, Sept 21-Nov 2
(6 weeks plus playoffs)
Times: 6:30pm-9:30pm
Location: TBD
Fee: \$180/Residents; \$195/Non-Residents

Sunday Funday Volleyball

Join us for sand volleyball league at the complex at the Community Center. This league is purely for recreation; games will be self-officiate and report. Come out and have a great time with your friends, family, or coworkers. Teams consist of 4 or more players, up to 6 in rotation on the court during play. Our concession stand will be open during the game for all your concession favorites. Playoff champion team will receive a trophy!

Ages: 18 & up
Days: Sunday Nights
Dates: Sept 24th – Nov 5th
Time: Games starting at 6:00pm plus 6 weeks plus playoffs
Fee: \$40/ team Resident; \$50/ team Non-Resident

Start Smart

Each program is designed to give participants an opportunity to develop their sports skills in a fun and safe environment while working and spending quality one-on-one time with their parent. All Start Smart programs feature age appropriate equipment and developmentally appropriate exercises. Each program is 6 weeks long and we will meet at the Ferguson Community Center.

Football: September 19—October 24
Basketball: November 7—December 19
No class Tues., Nov. 21
Ages: 5-7
Day: Tuesday
Time: 6:00pm-7:00pm
Fee: \$35/child

Youth Basketball

Our league places the emphasis on participation and teamwork, developing fundamentals, learning good sportsmanship, and having fun. League rules will be made available on the city's website or by contacting the Recreation Specialist. Register prior to Oct. 13 to secure team or placement on a team.

Grades: Pre K—6th grade
Day: Saturdays Oct. 21—Dec. 16
No Games Sat., Nov. 11 & 25
Time: 9:00am—5:00pm
Fee: \$35/child; \$360/team

Coed Softball

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

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

AQUATICS

Aqua Fitness

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

Ages: 18 & Up
Days: Mon & Wed
Dates: Sept 20 – Oct 25; Nov.6 - Dec.13
Time: 5:30-6:30pm
Location: McCluer South Berkley
Fee: \$5 drop in Or \$35 Residents; \$40 Non Residents

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

Swim Lessons

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

Preschool Lessons	Group Lessons
Ages: 4 & 5 year olds	Ages: 6 & up
Days: Mon & Wed	Days: Mon & Wed
Dates: Sept 20 – Oct 25 Nov.6 - Dec.13	Dates: Sept 20 – Oct 25 Nov.6 - Dec.13
Time: 6:30 pm-7:15 pm	Time: 6:30 pm-7:15 pm
Fee: \$35 Residents \$40 Non Residents	Fee: \$30 Residents \$35 Non Residents

Adult Lessons

Ages: 16 & up
Days: Mon & Wed
Dates: Sept 20 – Oct 25 and Nov.6 - Dec.13
Time: 7:15 pm-8:00 pm
Fee: \$35 Residents; \$40 Non Residents

Private Lessons

Private lessons are available by special request. Space is limited, contact the Community Center for more information and availability.

4 Sessions \$40; 8 Sessions \$75; 10 Sessions \$90
No Classes October 23 November 22 November 27

Did You Know



MID-EAST
AREA AGENCY
ON AGING

Seven out of 10 Americans take at least one prescription drug and 20 percent of Americans are on at least five prescription medications, reveals researchers at the Mayo Clinic. With these numbers so high, it is important to talk with your doctor, nurse or other healthcare provider before starting a new medicine.

Have a new prescription? The National Institute on Aging has put together a list of 7 questions to ask your doctor or pharmacist before starting your new medicine:

- How many times a day should I take it? At what time(s)? If the bottle says take "4 times a day," does that mean 4 times in 24 hours or 4 times during the daytime?
- Should I take the medicine with food or not? Is there anything I should not eat or drink when taking this medicine?
- Will this medicine cause problems if I am taking other medicines?
- What does "as needed" mean?
- When should I stop taking the medicine?
- If I forget to take my medicine, what should I do?
- What side effects can I expect? What should I do if I have a problem?

Keeping track of your medicines is very important, it can help prevent mixing the wrong prescription and over-the-counter drugs saving you from a serious situation. Here are some great ways to track your medicines:

- Make a list. Write down all medicines you take, including over-the-counter drugs and dietary supplements. The list should include the name of each medicine, amount you take, and time(s) you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to all of your healthcare providers including physical therapists and dentists. Keep one copy in your medicine cabinet and one in your wallet or pocketbook.

- Create a file. Save all the written information that comes with your medicines and keep it somewhere you can easily refer back to it, as needed.

- Check expiration dates on bottles. If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy. Or, check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.

- Keep medicines out of reach of young children. Avoid taking medicines in front of them, as they might try to copy you. Also, if your medicines are kept in bottles without child safety caps because they are hard to open, be extra careful about where you store medicines.

With so many Americans taking prescription medications to live longer and healthier, it is very vital to make sure you take them the right way and avoid mixing certain drugs averting dangerous situations. Remember to keep track of your medicines and use them safely by consulting your doctor or primary pharmacist.

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

1 (800) 243-6060
www.agingmissouri.org



Ferguson Senior Resource Center
Located in the Ferguson Community Center
1050 Smith Avenue, Ferguson, MO 63135
(314) 867-5661
ferguson@mid-eastaaa.org

We invite you to come by the Center open to those 60 years and older to enjoy a delicious lunch and participate in the many activities. The Center is open Monday-Friday from 9am to 3pm with lunch served daily at 11:30am.

Weekly Activities

- Monday and Wednesday at 9:30am Mixed Cards and Games
- Monday and Friday at 10:00am Bingo
- Fridays at 10:30am Find Out Fridays

Please call (314) 867-5661 to register for lunch, \$4.00 suggested donation.

You're Invited To...

St. Peter's United Church of Christ

Community Picnic

Everything is FREE!

September 17, 2017 2pm-4pm

Come celebrate the start of fall with us!!

- Inflatable Obstacle Course
- Bubble Bus
- Snow Cones
- An Acrobat
- Popcorn
- Arts & Crafts
- Lunch (BBQ hot dogs, chips & fruit)
- And much MORE!!!

An adult must accompany children under the age of 15

St. Peter's United Church of Christ
1425 Stein Rd
Ferguson, MO 63135
For more information call
314-521-5694

What's More Fun Than The Return of BEER & HYMNS???

Sept 24, 2017 6PM - 8PM

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

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

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

BLESSED TERESA OF CALCUTTA

OCTOBER

7th @ NOON

FALL FESTIVAL RODEO

The Ferguson Computer Corner

by Doug Neely (doug says: "happy birthday Beth! God's blessings!")



SEPTEMBER

it used to be that we went back to school in September. these days, however, children have gone back to school in August, and they're already sick of school by September. well, get over it, and do your homework!

so, EVERYONE runs into puter problems, and that is usually exactly when you REALLY NEED it for some important task. sometimes YOU can fix it. sometimes you can't. if you can, great! if not, just leave it alone and keep using it and it will fix itself. NOT!!!

if you use your puter a lot, then you should be quite familiar with the way it runs. by this i mean how your puter responds to everything you tell it to do for you. now, listen carefully, as this is of the utmost importance: AT THE FIRST SIGN OF STRANGE BEHAVIOR, GET HELP! unless of course, you KNOW HOW TO FIX IT. or you have tried to fix it, and the repair is

beyond you. don't panic. remain calm. if you call ME, i will ask you some questions; questions you should know the answers to.

Questions i Will Ask You, dept.

1. are you using Windows 10, 8.1, 8, or 7?

2. tell me in a concise manner EXACTLY what the puter is doing/not doing.

3. EXACTLY what were you doing on your puter when it last functioned correctly? (see, for you to answer this question, you need to remember. if it has been months since it last worked correctly, you will not remember what you were last doing on it, will you?)

this is important, as this will give me a big clue as to what caused the problem, saving you \$\$\$\$, so i won't be looking in the wrong place for a fix. it's your nickel!

there will be other questions i will ask, but they won't be as important as the above 3. so, in order to be a good steward of your puter, be fa-

miliar with it, and call a tech at the first sign of trouble. i think you'll know when you need a tech; the problem you're having is one which you know nothing of. in other words, you are flat clueless.

BTW, dept.

i've begun to see (yet again) the same commercials on TV with that Corey V. guy

(can't remember his last name).

he's the guy with the "fix me stick".

now, there's nothing wrong with his product, except for the fact that you can get your own fixemupthingie for free all by your little lonesome. the other thing he doesn't tell you is this: some of the files or programs on your puter will be attacked by his stick. or the one you get yourself.

so, you're gonna lose some of these things, IF they have the "mark of the infection" on them. the Anti-Virus will see those things for what they are, an infection, and will kill them. all gone bye-bye! see? just so you know. and if you want to get your very own free fixerdatingup-somedodad, just call me. i'll tell you where to go online to download it for a dvd or a usb memory stick.

better yet, here's one of the best: <https://www.avg.com/en-us/rescue-cd-business-edition>

ME GO NOW!

speaking of going back to school,

some of you may be thinking of going back to church. and that's as good an idea as i can think of, unless, of course, you need to get "washed" (baptized). but, only if you've never been baptized. however, if you don't know whether you've been baptized, do it. get your name in the book of life. it's free! baptism is your personal "fix me stick"! and, to get a "booster" shot, receive Jesus in Communion. it's the best stuff for what ails the soul! you'll feel better instantly! now go have a happy & safe Labor Day!

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

IF you would like to speak to Doug about your puter issues, or about God-stuff, or just jaw a bit, call him in the afternoon or evening of just about any day. *314*521*1789* To email him, you MUST do 2 things: 1. put your local phone number into the body of your message, and 2. put the phrase i need puter advice into the SUBJECT line. try to make your message concise. Use this address: fergusoncomputer-corner@aol.com

God's blessings to you and to yours!

American Association of University Women September Meeting

The American Association of University Women Ferguson-Florissant Branch (North County) opens its program year with a reception on Sunday afternoon, **September 17, 2017**, from 2:00 to 4:00 pm. All individuals interested in women's equity are invited to attend.

WOMEN'S
EQUALITY
WILL BE
DISCUSSED

National Board member Sue Barley will make short remarks on the current initiatives and activities of the national organization. An overview of AAUW's mission, programs, and activities will be featured at the event, including a review of AAUW's 135 plus years of advocacy for women and girls.

Attendees will learn more about the long-standing advocacy mission of the organization. The latest research report underwritten by the organization dealing with higher education debt incurred by women in obtaining college degrees and what can be done to curtail this will be discussed. An executive summary of the report will be available to all attendees.

Refreshments will be served.

For additional information or to obtain directions to the reception, call 314-831-5359 or 314-831-6884 or email sbreeze@mindspring.com or pkelemen@hotmail.com. Everyone is invited.

FREE AFTERSCHOOL TUTORING

STARTS
SEPT. 5

TUESDAYS AND THURSDAYS
3:30 PM - 5:30 PM
SATURDAYS
11 AM - 1 PM

For more information, please visit fergusonyouthtutors.org.
NO REGISTRATION REQUIRED!



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

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¹ Based on internal wet braking test results versus Goodyear Assurance® ComfortMax® touring tire size P235SR15.
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.

Is Health Insurance Necessary?

Last month, I left off wondering about why we need insurance. In the beginning I do believe insurance was for those truly catastrophic situations where a patient was hurt in an accident or came down with an illness that might be curable but costly. As I've read up on the history of our healthcare industry over the past hundred years, I have a better understanding of things that happened to create the situation that exists today. Obama certainly wasn't the first president to attempt to tackle the health care dilemma and provide access to decent health care for everyone. It's been talked about for so long and the dreaded single payer suggestion has been booed as socialist or communist by so many it's truly a wonder that Obamacare actually passed.

As I mentioned last month the way we regard health care today is quite different from 1975. That was the year Dr. John Eichenlaub's book, *A Minnesota Doctor's Home Remedies for Common and Uncommon Ailments* was published. I ended last month with this quote from the book: "Very few people can go to the 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." Certainly, there have been many advances in the past 40 years and we have all known many people who might be alive today if some of the discoveries in medicines were available back then. Yet all of those advances have cost us a great deal in money and seem to have made insurance and pharmaceutical companies the recipients of most profits. As I've been reading books and many articles on the subject, insurance continues to play a bigger part in the health care equation. One of those sources has been Dr. Elaina George. She is an Ear, Nose and Throat Specialist practicing in Atlanta Georgia. During one interview she explained how individualized medicine had become corporate healthcare. Her solutions require the input of doctors and patients. That relationship is what is truly at stake. So it does seem strange that the more the government gets involved the further our healthcare system moves from the patient and doctor. It has been brought up by many others that the Affordable Care Act left out doctors and patients. Today, thanks to this movement towards bigger middlemen so to speak, independent physicians are becoming a thing of the past. These changes are responsible for some of the increase in cost. All increases can't be blamed on research and development of new drugs.

As I've experienced myself, the dentist I've gone to for over twenty years just became part of a larger organization, I think the new name of his practice doesn't have his name, but the word "smile" is in it. I got the news when I went for my regular teeth cleaning appointment. He is now an employee and the first thing that I noticed that changed was that I got a bill in the mail. And strangely enough there was an extra charge for oral hygiene instructions, \$24. When I thought back on getting my teeth cleaned I recalled the hygienist (same one for ten years or more) asking if I wanted her to show me the proper way to floss my teeth. That seemed like a good idea and a nice service provided by the dentist to help me improve my oral health. She didn't mention it would cost me \$24. It did take about 3 minutes. I was a little annoyed and thought about calling the dentist office. I never actually got around to calling, but within a few days I got a new bill with the \$24 deleted. Maybe someone in the office noticed it and decided it should be removed. In any case, this small experience made me think about how health care has changed. Until seven years ago I never had dental insurance and just paid everything on my own. I only had 2 situations that were costly, so it never really bothered me. When I did get the insurance I never again saw a bill and never really cared about how much it costs. That is the other problem that has come up in discussions, so many are insulated from the actual costs of health care because of the way insurance, pharmacies and larger medical organizations work together making deals and commitments to each other controlling many of the costs. Today it is more difficult for an independent doctor to practice because of this.

Dr. Elaina George wrote a book titled *Big Medicine: The Cost of Corporate Control and How Doctors and Patients Working Together Can Rebuild a Better System* which I have used in some of my research. One of the suggestions, I learned about was a method of approaching healthcare without involving insurance companies. It began in the early 1980's when a small group of Christians coming to the aide of their Pastor who had been involved in a bad accident. They covered the cost of his care within just 45 days. This was truly a Christian response to "bear another's burdens." This led to that pastor starting Liberty HealthShare – a health cost sharing ministry. It also mentioned that such health cost sharing plans had been done in Amish-Mennonite communities for many decades before. It works like that group that got together and paid for the pastor's medical bills. The members of the health cost sharing ministry deposit funds that are used to pay for those members needing medical care. As I looked over the website for Liberty HealthShare, I noticed there were specific guidelines to the program and you could be severed from the program if you do not comply. The guideline list was 31 pages long and stated several times that it is not insurance. It did provide many specifics on the types of expenses that may not be paid, such as cosmetic surgery. There was also an entire section about maintaining a Godly lifestyle. It really didn't seem too difficult, although some people would have trouble complying with "refrain from smoking and drinking." Also, on the list is exercising regularly and eating healthy food. That seems like a good idea anyway, although it did make me wonder if someone were to catch me eating a Twinkie, could I be severed from the program?

So now for the pleasant part, I then looked at the cost. I fell into the second tier

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Medical Fund Raising Dinner Saturday, September 30 5:00 to 7:00 p.m.

Benefit for a young mother in North County with a severe birth injury and medical bills that will not be paid by insurance.

Enjoy a fabulous mega taco / nacho bar dinner.
Raffle and silent auction items are available.

First Baptist Church of Ferguson
333 No. Florissant Road

West County Spinners Square Dance Club

Today's square dancing! It's not what you think! Experience fun, fellowship, great exercise and mental stimulation! Couples and singles of all ages are welcome. If you enjoy walking, you will enjoy square dancing: no experience is necessary.

Free introduction: Tuesday, September 12 and 19, 2017 from 7:15 to 8:45 at Trinity Lutheran Church in the Gym, 14088 Clayton Rd., Chesterfield MO 63017 just East of Hwy 141.

Our square dance program continues subsequent Tuesdays at \$60 per person for twelve weeks or \$6.00 a lesson. Children ages 8-18 are free when accompanied by a paying adult.

Contact Jim and Crystal at 314-753-6674
www.westcountyspinners.com.

of those 30 to 65 and my monthly share amount would be \$199. If I had a family the monthly cost would be \$449. Both of those prices are for the best plan which allows up to \$1,000,000 of eligible medical bills per incident. There are two other plans – the least costly is \$157 for single person and \$395 for the family. Other questions came to mind as I read more. Would a member of Liberty HealthShare be required to purchase health insurance under the current Affordable Care Act? No they would not. It seems that the ACA does have a provision to allow these types of programs and that came as a surprise to me. As I read more, I find much more that I didn't know. Next month I will continue with more thoughts on how to control medical costs and be able to provide decent health care to more people. If you have any comments or questions, please e-mail me at consultjoan@att.net.



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Starting out years ago as North County Divorced Catholics, this group has evolved into a social and supper group that has monthly activities. Here is part of the group enjoying a birthday dinner at Vincenzo's

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Holds the maximum of 75 people.

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Freshmen Academy Inaugural Class

Freshmen entering McCluer High School this year, are experiencing something that no other students attending the school have ever experienced. The students, members of the Class of 2021, are the inaugural class of the school's new McCluer High Freshmen Academy. Close to 300 ninth graders are enrolled in the "school within a school".

"The goal of the new Freshmen Academy is to prepare students to ensure they experience success in high school and beyond," said Cedric Gerald, principal of McCluer High School. "We are creating an environment that focuses on and supports our ninth graders' academic and emotional needs. As a ninth grader, students enter an environment that for some may be a bit overwhelming. Through the Freshmen Academy, we are providing a sheltered environment that explicitly teaches academic and behavioral universals."



Students in the Freshmen Academy are housed in an area separate from the general areas on campus. Their classes and lunchtime will consist of only ninth graders. In addition to core curriculum and lessons, students are required to take a seminar class that helps them transition to and navigate the high school experience. They will also be coached through a Capstone Project, where content will be learned through research and/or service learning, with their work being presented as a culminating activity.

"We are also offering job-embedded professional development for teachers who will staff the academy that addresses the different needs of students so that they are thoroughly prepared to reach all learners," said Gerald.

To ensure their advancement to graduation, Freshmen Academy students' progress will be closely monitored in advisory to reduce off-track rates.



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Ferguson by Foot

By: Margaret Wolfinbarger



I sat in the job interview feeling scrutinized and insecure. The trim and perky HR manager looked over my resume and told me my qualifications met the criteria for several positions on her desk and she was hopeful she could find the perfect match. I just wanted a job—any job—after being out of work for a period of months. In my nervousness I said, "I'm highly motivated. I've even lost about 40 pounds recently!"

In my mind losing weight was the hardest thing ever—even harder than finding work. She looked over her glasses at me and said, "That's good. Because if you hadn't, I couldn't place

you. No one wants to hire a fat woman."

It's strange sometimes the way bias is revealed. We always carry our thoughts and feelings about others, silently judging them as we pass by or converse, but since we (generally) live in polite society we tend to know when—or when not to—share our observations. Social media has exacerbated and—if I may be so bold as to say—ruptured our polite tendencies. People hurl words like poisoned darts, carelessly and callously, letting them fall where they will. Then they refuse to take responsibility for the harm they cause. And lest the dear reader think I am perfect and therefore immune to such behavior, read on.

I was a heavy woman for most of my life until I made a decision to change my lifestyle. Over the course of time I developed a seething hatred for thin women, mostly based on the treatment of the HR manager and others. I had an acquaintance at church who was perpetually thin, not to mention beautiful and blond (all the things to which I aspired at the time). I was chatting with her one day when she mentioned to me that she had been dealing with a number of comments about her thin frame. She told me that she was struggling with how hurtful they were. Unbeknownst to me she had been having serious health issues and was struggling with crippling depression. When people made comments about her "skinniness", they were actually tearing chunks out of her emotionally. Her heartbreak convicted me of my own bias.

Experience can be a good teacher. Once we become victims of bias we develop sensitivity to others in our circumstances that are marginalized, but sometimes we are nearsighted to the struggles of those unlike ourselves. This is why compassion is important. Our love muscle becomes weak and flabby because we dare not recognize the sacred soul inside the body. Even those who do not share our views and experiences have value in this world. We must always remember we are on the same journey of life from the day we are born until the day that we pass from this life to the next.

The other day I found myself glaring at a younger woman at work with a green light in my eyes. Her tiny body strolled gracefully down the hall in front of me and I remembered that I would never be young or slender or look half as good as her in a bikini. I was tempted to dislike her but checked myself instead. I remembered that my value is not dependent on how I look at any given moment. The shape and size of my body is not relevant to my worth. Neither is my socio-economic situation, my employment status or the color of my skin.

Over the years I have been discriminated against because of my weight and my residence. I have been marginalized because I lacked a college degree (what a luxury!). I have known the sting of sharp words because of my faith and my status as a young unwed mother. All of these circumstances have contributed to the woman I am today. I have the capacity for great anger and bitterness but I recognize that I too am guilty of hurling poison darts at others because of my deep wounds. But I have learned that peace sprouts when I plant seeds of forgiveness, love grows from the fertile soil of compassion, and hope blossoms when I remember to water my roots with grace. Today if you are holding onto bitterness I hope that you will acknowledge the terrible burden that it is and take the time to let go of your anger and seek hope and healing.

I met a man in Sam's Club the other day. On his arm were etched the letters, F. M. E. I asked him what they stood for and he replied with a smile, "forgive my enemies." Would that we could all do the same. For more inspiration follow me on my blog: www.destinationdiscipline.com.

I Remember . . .

'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.'

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PRESENTS

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PFLAG Ferguson is a monthly support group for parents of and individuals who identify as LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning) or anyone who simply has questions. Everyone is welcome.
Everyone is to be respected and not emotionally or physically harmed.

St. Peter's United Church of Christ
1425 Stein Road, Ferguson
314-521-5694. www.stpeterschurch.org

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www.stpeterschurch.org



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Under The Hood With Robinwood
By Bob McGartland

What is a Gas Direct Injection Engine?

If you flip through the list of features on just about any new car or truck, you're likely to see the words "direct fuel injection," or DI. Direct fuel injection is a fuel-delivery technology that allows gasoline engines to burn fuel more efficiently, resulting in more power, cleaner emissions and increased fuel economy. Gasoline engines work by sucking a mixture of gasoline and air into a cylinder, compressing it with a piston, and igniting it with a spark. The resulting explosion drives the piston downwards, producing power. Traditional indirect fuel injection systems pre-mix the gasoline and air in a chamber just outside the cylinder called the intake manifold. In a direct injection system, the air and gasoline are not pre-mixed. Rather, air comes in via the intake manifold, while the gasoline is injected directly into the cylinder.

Combined with ultra-precise computer management, direct injection allows more accurate control over fuel metering, which is the amount of fuel injected and injection timing, the exact point when the fuel is introduced into the cylinder. The location of the injector also allows for a more optimal spray pattern that breaks the gasoline up into smaller droplets. The result is a more complete combustion because more of the gasoline is burned, which means there is more power and less pollution from each drop of gasoline.

Direct injection technology has been around since the mid-20th century. However, few automakers adopted it for mass-market cars. Electronically-controlled indirect fuel injection did the job nearly as well at a significantly lower production cost and offered huge advantages over the mechanical carburetor, which was the dominant fuel delivery system until the 1980s. Developments

such as rising fuel prices and stricter fuel economy and emissions legislation have led many automakers to begin developing direct fuel injection systems. You can expect to see more and more cars make use of direct injection in the near future.

These fuel efficient, higher performance engines create carbon deposits inside the engine. It is critical to perform the proper maintenance with these engines. We see many engines full of carbon deposits because oil changes aren't getting done when they are due. Just going over 1000 miles every time the oil change is due can add a layer of carbon onto the oil control rings, resulting in excessive oil consumption before the engine reaches a 100,000 miles. We are seeing high oil consumption problems in engines as early as 50,000 miles due to lack of proper maintenance.

The auto industry has responded to handle these problems occurring with GDI engines. Many car manufacturers have extended their engine warranties to address high oil consumption. Here at Robinwood we have maintenance packages to keep the carbon deposits from building up inside the engine. We also offer other services that have been successful in correcting high oil combustion conditions.

Enough already about Gas Direct Injection.....The 5th annual The Taste in Ferguson fund raiser for the Robbie McGartland Samantha Lipka Scholarship Fund is coming up on Sunday, September 10th, from 3-6pm at the Savoy Banquet Center. New this year is a food vendor competition. The vendors will go head to head for cash prizes in the best of BBQ, International, Chicken, Pizza and Desserts. Tickets are only \$25.00 and on sale at Robinwood Automotive and at participating food vendors locations.

Visit thetastein Ferguson.com for all the details.

Hope to see you at the TASTE IN FERGUSON!



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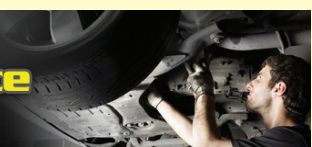
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 Vendors competing for cash prizes in the BEST of BBQ, Chicken, International, Pizza and Dessert. Come join the fun and vote for who has the best dish!

TICKETS ON SALE JULY 29TH AT
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■ Drake's Place Restaurant	■ Starbucks Coffee Co*
■ EarthDance Farm*	■ The Rice House
■ Ferguson Whistle Stop Frozen Custard	<small>*tickets not available at these locations</small>
■ Helfer's Pastries & Deli Cafe	
■ Hi-Pointe Drive-In Restaurant	
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 the Champion
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 Competition

Letters to the 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.

John McDonald

THANK YOU, JACOB.

I frequently go to the Splash at Wabash for noon swim and I usually stay afterward and enjoy time at the pool. Recently I decided to go down the slide since it was a warm day and the pool season is almost over. I haven't gone down the slide in a couple of years.

I intended to go down sitting up, but immediately ended up going down on my back. When I entered the water I was submerged and could not get my bearings. Even though the water is only 3' 6" deep I could not seem to find the bottom and stand up. Jacob, the nearest lifeguard jumped into the pool and helped me to stand up and get my head above water. Thank you, Jacob, for rescuing me.

Jeannie Boettcher

Click Fix It is the best thing that the city has ever done! If you go to fergusoncity.com and click on "report a concern" you can report a violation and get a reply from city hall within one business day. You can track the progress, watch who has been assigned the complaint and then all the way to Closed. The word needs to go out far and wide in our community, this keeps the inspectors on their toes and knowing what is most important to citizens and what needs to be attended to most quickly. City hall is on board and so are the inspectors. I am glad to know this. Once you sign up you can see all of the complaints, the first week or so there were 67. So folks are wanting to report tall grass, pot holes, etc. You can also report a complaint anonymously, or under your name or a nickname.

Kathy Noelker

The Parent Advisory Council of the Florissant Valley Community College's CHILD DEVELOPMENT CENTER

YARD SALE

Sat., September 30th – 7:00 a.m. to noon

Vendors can rent two parking spaces for \$30 and rent a table for \$10.
 Snacks available for sale also.

Come sell your treasures or shop for new ones.

314-513-4525

3400 Pershall Road

Gardening In the month of September



As summer winds down to fall, it is time to clean up the garden and plan for next spring. Water trees and shrubs less, allowing them to harden off before winter sets in. Remove spent annuals and compost them. Keep after the weeds and the slugs!

Fall Care of Annuals, Perennials, and Bulbs

It is time to plant perennial seeds and bulbs! After soil temperature drops below 60° in the fall months, the spring flowering bulbs of Tulips, Daffodils, Hyacinths, Siberian Squill, Dwarf Irises, Anemone, and Crocus should be planted. Select healthy, disease free bulbs. Add Bone meal or Bulb fertilizer into the planting hole as you prepare the soil.

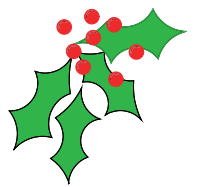
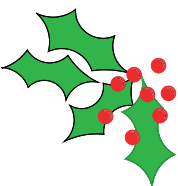
Winter Pansies, Ornamental Kale and Cabbage and fall blooming Chrysanthemums can be planted now to give a little color to the garden when the summer flowers have faded away.

Scatter the seeds of wildflowers in rows or in open beds this month so that the young seedlings will be ready to be transplanted into their permanent spot next spring.

As the weather cools, perennials that have overgrown their space or become crowded should be dug and divided or moved to a new area of the garden. New and replacement perennials should also be planted this month. Tender bulbs like Dahlias should be dug up and stored in a cool, dark area after first frost.

—The Garden Helper

Start the Christmas Season With a Bang!



We are looking for vocal and bell choirs, guitarists, string, brass or woodwind ensembles and groups of Christmas Carrolers to enhance this years Twilight Christmas House Tour. The Tour is always a lot of fun and if you or you group would like to showcase your musical talents, please call us. 300 to 500 Tourists travel to Ferguson each year to visit our decorated homes and chat with the hosts and hostesses. All proceeds go to the Ferguson Caring League in the support of area needy folks during the Christmas Season. We will spotlight your group in all of our promotional material and advertising. Please contact us at 314 495-2304 for more information...Merry Christmas!

Get a party together and have some fun visiting a few of FERGS wonderful homes. Then hang around downtown, do a little Christmas shopping and grab a bite to eat or enjoy a libation or two. The TOUR is a perfect way to bring in the Christmas Holiday!

TICKETS will go on sale around November 1st. 100% of the proceeds go to the FERGUSON CARING LEAGUE. The money raised helps make the Christmas season a bit more pleasant for local families in need. JOIN US!!



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Hip and Knee Security

Everyone knows someone who has undergone hip or knee replacement. These surgeries are no longer exclusively performed on older persons and are now not uncommon procedures for many patients with persistent, significant hip or knee pain. Problems that lead people to be willing to undergo joint replacement surgery include ongoing intolerable pain and loss of mobility. Good outcomes are generally associated with these procedures, but it is reasonable that most of us would far prefer to prevent the progression of a degenerative joint disorder and avoid the need for surgery.

Hip or knee joint replacement surgery is typically prescribed for osteoarthritis (degenerative joint disease). Osteoarthritis involves thinning of protective joint cartilage, loss of sufficient lubrication of the joint by its synovial membrane, and painful inflammation. Osteoarthritis may occur years or decades after a significant joint injury, or osteoarthritis may be a long-term result of disuse, limited use, or otherwise insufficient physical activity.

As with most physical ailments, prevention is generally much more effective than is treatment. Prevention takes time, but the expenditure of time may be worth it compared to the amount of time expended later on in terms of visits to specialist physicians, laboratory tests and MRI studies, possible surgical procedures, and extensive recovery and rehabilitation. Prevention of osteoarthritis is the best policy from every point of view.

Some things just happen, of course, and a minority of osteoarthritis cases will get worse regardless of the measures taken. But, overall, various forms of exercise as well as visits to the chiropractor's office have been consistently shown to substantially benefit people with osteoarthritis of the knee or hip. Effective exercise programs include walking, running, and biking. Any or all of these are appropriate in most circumstances. Aquatic exercise, such as swimming or water aerobics, is also of great benefit in the treatment of knee or hip osteoarthritis.



Additionally, core exercises are an important part of any comprehensive exercise program, especially when a primary objective is to slow or prevent osteoarthritis. Core exercises help stabilize and strengthen weight-bearing structures such as your lower back and pelvis, removing significant mechanical loads from other weight-bearing joints such as the hip and knee. Redistributing mechanical stresses away from your

hips and knees through exercise and regular chiropractic care helps these joints to function more optimally and retain peak levels of performance, hopefully, far into the future.

Although these preventive activities take time, the return on investment is high. The benefits extend far beyond protection of your hips and knees. Your exercise routines improve cardiovascular fitness, increase restful sleep, enhance your posture, and add an extra bounce to your step. By engaging in a consistent program of vigorous physical activity, you're helping to increase your long-term health and well-being, and by extension, that of your family as well.

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



Membership Meeting

Thursday, September 14th
Orlando Event & Conference Center

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Ahmed Ali, M.D. & Saima Ahmad, M.D.
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Free Shuttle For Ferguson Farmers Market Goers and EarthDance Tour

Effort to Increase Awareness and Access to Healthy Food Leads to Free Shuttle Service to Ferguson Farmers Market and Free EarthDance Farm Tours

Ferguson residents and Market goers can now catch a free ride on the Jolly Trolley to get their farm-fresh fix at the Ferguson Farmers Market and to take a tour of EarthDance Organic Farm School. EarthDance will be selling certified organic produce at the market from 8am-12pm and offering free tours of the farm from 11am-12pm every Saturday, May-October. The Jolly Trolley pick-up and drop off is available at six stops along West Florissant Avenue as well, designed especially for residents with limited access to transportation and fresh food.

JOLLY TROLLEY SCHEDULE

PICK UP GOING TO FERGUSON FARMERS MARKET & FARM TOUR OF EARTHDANCE

LOCATION	TIME
Somerset Terrace Dr & W Florissant Ave	8:30am 9:30am
Chambers Rd & W Florissant Ave	8:39am 9:39am
Lang Dr & W Florissant Ave	8:47am 9:47am
Ferguson Ave & W Florissant Ave	8:54am 9:54am
Sharondale Cir & Ferguson Ave	8:58am 9:58am
Ferguson Farmers Market (20 S Florissant Rd)	9:08am 10:08am
EarthDance Farm Tour (233 S Dade Ave)	- 10:50am

DROP OFF COMING FROM FERGUSON FARMERS MARKET & FARM TOUR OF EARTHDANCE

LOCATION	TIME
Ferguson Farmers Market (20 S Florissant Rd)	11:10am 12:10pm
Sharondale Cir & Ferguson Ave	11:17am 12:17pm
Ferguson Ave & W Florissant Ave	11:21am 12:21pm
Lang Dr & W Florissant Ave	11:25am 12:25pm
Chambers Rd & W Florissant Ave	11:30am 12:30pm
Somerset Terrace Dr & W Florissant Ave	11:36am 12:36pm
EarthDance Farm Tour (233 S Dade Ave)	12:00pm -

This partnership is part of an initiative to increase awareness and attendance of the Ferguson Farmers Market, in order to increase access to healthy food in Ferguson and the surrounding area. Before forming this partnership, EarthDance received a U.S. Department of Agriculture (USDA) Community Food Project Planning grant to conduct a Community Food Assessment (CFA) in EarthDance's hometown of Ferguson, MO. Completed in 2016, this report assessed how the municipality's food travels from field to fork, and how that food system is supported or hindered by other factors such as the availability of emergency food providers, food system organizations, economic and business development entities, transportation, institutions and public policy. With the information gathered from the CFA, EarthDance has begun to envision more ways to realize a just, healthy, and economically regenerative food-scape for Ferguson. Moving forward, EarthDance will publish a report of the study's findings and work under outreach campaigns such as these, made possible by the USDA Farmers Market Promotion Program and the Missouri Foundation for Health.

By offering free transportation to the Ferguson Farmers Market to Ferguson residents living in food deserts and by offering free farm tours of EarthDance Organic Farm School every Saturday at 11am, EarthDance is actively working to make Ferguson a better place to eat for all!

Call (314) 521-1006 to RSVP and reserve your spot on the trolley or farm tour. To view the complete Jolly Trolley pick-up and drop off schedule, visit www.earthdancefarms.org. Visit www.fergusonfarmersmarket.com to view the calendar of events and live entertainment scheduled for the market.

Rachel Levi, Program Director
Office: 314-521-1006
Cell: 773. 398-6515
233 S Dade Ave, Ferguson MO 63135
www.earthdancefarms.org



FREE



RIDE

JOLLY TROLLEY

TO EARTHDANCE ORGANIC FARM SCHOOL

FREE FARM TOUR
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WWW.EARTHDANCEFARMS.ORG

10:50AM

FERGUSON FARMERS MARKET
After shopping, catch the Jolly Trolley at the corner of S. Florissant Rd. & Spot Dr.

11:00AM

EARTHDANCE ORGANIC FARM SCHOOL
Enjoy a walking tour of the farm at 233 S. Dade Ave. Tours are free and family friendly, and include tastes from the fields!

12:10PM

FERGUSON FARMERS MARKET
The Jolly Trolley will drop participants back off at 20 S. Florissant Rd.

September Volunteer Opportunities at EarthDance

Friday September 8 noon-3pm Taste in Ferguson food prep-- Help us prepare a farm fresh salad and herb-infused water for the annual Taste in Ferguson event.

Every Tuesday, Friday, Saturday 7am-11am and noon-4pm Individuals can join the field shift as they complete a range of daily farm tasks

Every Saturday 11am free public tour of the farm

Group volunteer opportunities are available as well!

Potential volunteers can contact Rachel at volunteer@earthdancefarms.org or call (314)521-1006 to schedule a shift and for more information.



Mark your calendars for EarthDance's 10th annual 'farm-raiser' at Union Station! Meet St. Louis' top local chefs and their favorite farmers as you graze on their exquisite food, sip on local libations, and bid on one of a kind auction items. All proceeds will benefit EarthDance, the region's only organic farm school.

EarthDance sustainably grows food, farmers, and community, one small farm at a time, through hands-on education and delicious experiences.

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Do No Harm

By Bob McCarty

You may not be the greatest carpenter or painter that has presented themselves to the world, but if you could be guided by the premise to 'Do No Harm', then whatever work you do will be of immense value.

Thoughts For Homeowners: you don't have to be Bob Villa or Tom Silva to maintain your older home, but you are now the caretaker of your home for the next generation. Your older home has survived the generations that lived there before you and you should take the responsibility to keep it intact for the next generation.

The easiest way to keep something protected, if you are not handy, is by putting on a coat of paint to protect your home from the elements. Paint can always be removed or changed, making it a safe way to protect your home's exterior from whatever Mother Nature throws at it.

Seeing as how we are living in the 21st Century, darn near everyone has access to the internet and you can find some sort of tutorial on just about any maintenance project that comes up for around your house.

Thoughts For Professionals: we should be held to a higher standard, don't you think? Maybe someone stabilized an old window with an L bracket or patched their siding with spray foam. Homeowners make mistakes just like we did when we first got into the game of contracting. We should be there to help them understand how certain things can be done without causing harm to their home. We should also think about the next guy when we do a repair. Don't use materials or techniques that make the work difficult to follow or repair in the future. Yes, even though we provide the most amazing work, our work will need to be repaired in the future. If our work is easier to be reversed to allow for the next amazing work by a contractor from the future, they will love us for making their job easier. For instance, the carpenter that uses 60 nails and a tube of liquid nails to secure a five foot piece of molding will be no friend of mine. You don't have to be that guy.

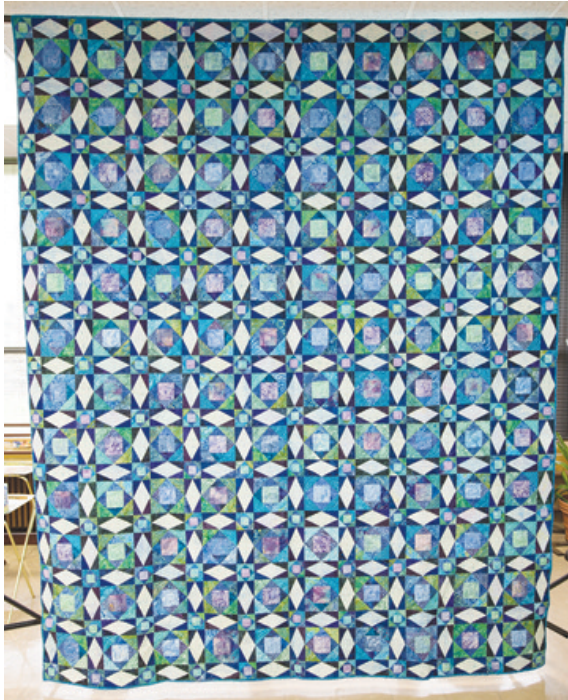
You may think you know best, but think of the quality of the work you did five or even 10 years ago! How good did you think you were then? Have you changed anything since then? Do you prep your paint jobs a little better from your experiences of doing preparation? Do you use better wood? Better paint? Better techniques? Everyone learns from their mistakes. When we think we have mastered our craft, BAM, along comes the realization that bites us in the butt to remind us that all is not perfect in our world. There will always be someone to come along behind us to fix our mishaps.

Just remember to 'Do No Harm'. If your work cannot be reversed, then you are doing harm. If you are dumping the original pieces of your historic home for the bigger and better materials you have been sold, then you are doing harm. It's time we hold ourselves to a higher standard and that standard is simple. Do No Harm.

Until next month Bob is 'Doing No Harm' on the Job. As I have mentioned before, if you have a topic that pertains to old houses and their repairs, please send me an email at paintedeffects@sbcglobal.net, and I'll do some research and put together an article.

Flower Valley Quilting Guild To Hold Quilt Show 17 Sept. 26-27

The Flower Valley Quilting Guild, based in Ferguson for more than 30 years, will hold its 17th biennial show on **Saturday, Sept. 23** from 9 a.m. to 4 p.m. and **Sunday, Sept. 24** from noon to 4 p.m. at Atonement Lutheran Church, 1285 New Florissant Road, Florissant, MO 63031. Admission is \$7 for those 12 and over, at the door.



Storm in the Valley

The show will feature over 200 quilted items including full-size quilts, wall hangings, miniatures and clothing. Visitors can vote for their favorites in several categories on Saturday and ribbons will be in place on Sunday.

The guild will hold a drawing for its 2017 raffle quilt on Sunday afternoon. The quilt, *Storm in the Valley*, was designed, pieced, assembled and quilted by members of the guild out of batik fabrics that members contributed. Raffle tickets may be purchased at the door during the quilt show.

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



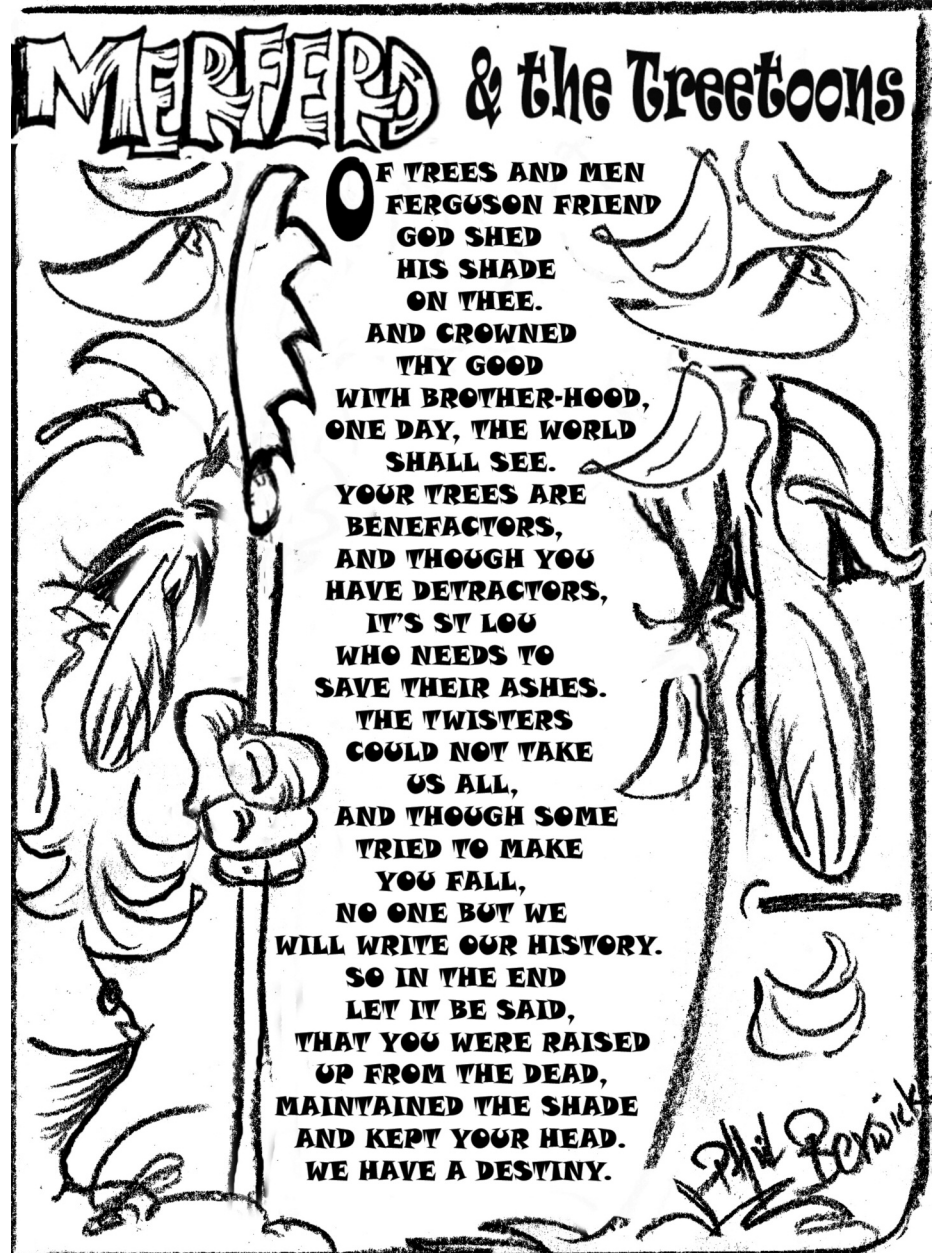
RESTAURANT & PUB



FERGUSON Handcrafted BEERS

418 So. Florissant Road 314-254-7359

fergusonbrewing.com



P.S.

*"If there be wilting on your trees
Let me know, call me please.
Take a closer look, and we will book
To put your mind at ease."*

Phil Berwick / Living Tree Care
livingtree@earthlink.net / 314-568-8367

The winner will be drawn at 3 p.m. on Sunday. For more information, call Judy Kooi at 314-836-6080 or Debby Hughey at 314-723-5753.

Also featured will be a brown bag raffle for gift items, demonstrations of quilting techniques, and a vendor aisle with fabric, patterns, books and accessories. Certified quilt appraisals by Ann Hazelwood will also be available.

The Atonement Men's Club barbecue wagon will provide meals and concessions on site during both days of the show.



The Challenger Learning Center-St. Louis was proud to receive the Arthur C. Clarke award for Innovation in Education, which was presented at the annual Challenger Center national conference in D.C. The award was given for the development of our Maker Kits: Low-cost kits that spark children's imaginations as they turn everyday objects into robots, rockets, and more. Special thanks go to Dr. Joseph N. Pelton, the sponsor of the award, for his support of the Challenger Center network and STEM education.

In addition, St. Louis won the award for Most Teachers Trained during the 2016-17 school year. Thank you, teachers, for all you do to help us inspire the future generation of innovators!

Corners Frameshop Moves to Larger Location



Corners Frameshop and Gallery is now located at 425 South Florissant Road between the Cork and Pearce Neikirk's office. Telephone number is 314-495-7452 • www.cornersframeshop.com

A Different Kind of Meeting

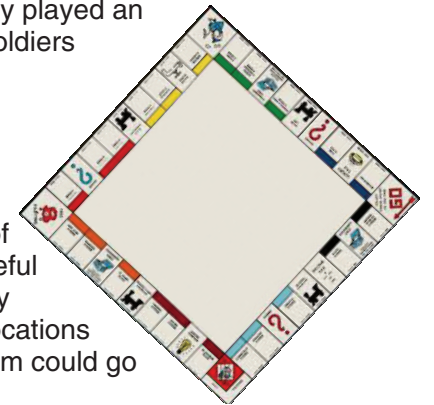
A presentation on restorative justice, including some practice, will be featured at the September meeting of the Ferguson Readings on Race Book Club on Monday, September 11. Professional counselors Moyenda Anwisse and Jon-Pierre Mitchom will share possibilities for opening communication that can move people toward healing. Although this will not be a regular book discussion, the presenters suggest that reading the book *Daring Greatly* by Brene Brown will be helpful background preparation for those who attend. The book is available at a 20% discount at Left Bank Books for people who purchase it for this book club.

The meeting will be on **Monday, September 11**, from 6 to 7:30 p.m. in the Ferguson Public Library at 35 North Florissant Rd. All book club gatherings are always open to the public, with this particular session offering a special opportunity for Ferguson residents and friends to learn more about alternative ways to deal with difficult issues facing the community.

For information about the book club, email Program Librarian Amy Randazzo at arandazzo@fergusonlibrary.net or Carla Fletcher at carlajeanfletcher@yahoo.com.

Monopoly and WWII Prisoners of War

Did you know that the game of Monopoly played an important part in the escape of British soldiers imprisoned by the Germans during World War II?



The Crown was trying to find ways to facilitate the escape of British and Canadian Airmen. Now obviously, one of the most helpful aids to that end is a useful and accurate map, one showing not only where stuff was, but also showing the locations of 'safe houses' where a POW on-the-lam could go for food and shelter.

Paper maps had some real drawbacks -- they make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush. Someone in MI-5 (similar to America's OSS) got the idea of printing escape maps on silk. It's durable, can be scrunched-up into tiny wads, and unfolded as many times as needed, and it makes no noise whatsoever.

At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk, and that was John Waddington Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort. By pure coincidence, Waddington was also the U.K. licensee for the popular American board game Monopoly. As it happened, 'games and pastimes' was a category of item qualified for insertion into 'CARE packages', dispatched by the International Red Cross to prisoners of war.

Under the strictest of secrecy, in a securely guarded and inaccessible old workshop on the grounds of Waddington's, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany, Italy, France or wherever Allied POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece.

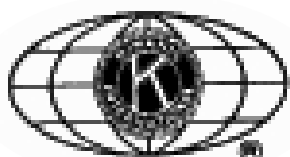
As long as they were at it, the clever workmen at Waddington's also managed to add:

1. A playing token, containing a small magnetic compass
2. A two-part metal file that could easily be screwed together
3. Useful amounts of genuine high-denomination German, Italian, and French currency, hidden within the piles of Monopoly money!

British and American air crews were advised, before taking off on their first mission, how to identify a 'rigged' Monopoly set -- by means of a tiny red dot, one cleverly disguised to look like an ordinary printing glitch, located in the corner of the Free Parking square.

Of the estimated 35,000 Allied POWS who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly successful ruse in still another, future war.

The story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony.



FLORISSANT VALLEY CLUB

6th Annual

**PRAYER
BREAKFAST**

THURSDAY, SEPTEMBER 7TH

7:00 to 8:30 a.m.

Christian Hospital Northeast Atrium

Paul F. Detrick Building, 11133 Dunn Road

Tickets: \$15/person

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Keynote Speaker:

Dr. Thomas F. George

Chancellor, University of Missouri – St. Louis

Family and Friends Day

Sunday, September 17th – 10:20 a.m.

Everyone Welcome!

Christian Concert Pianist

Jim Hendricks

Sunday, October 8th – 10:20 a.m.

Oak Hill Baptist Church

3166 Pershall Road, Ferguson

314-524-1541

Ever Bought Ads On Google AdWords?

By LaTease Rikard

In an ideal world, spending less to make more would be a cinch. In reality, reconciling the twin desires of growing your customer base while spending less on advertising is no small feat. Fortunately, there's a performance indicator that lives somewhere between the two: return on investment (referred to henceforth as ROI).



THE MEASURABILITY OF PPC

We've talked about how to determine initial AdWords budgets in the past, but gauging account performance solely on spend isn't efficient. It can be a great strategy for less measurable channels, places where attribution is murky, like bench ads. Inevitably, though, if a budget cap was the sole metric by which you judged AdWords performance, you'd end up stunting growth based on an arbitrary ceiling.

On the other hand, while conversion goals can serve as something to aspire towards, they're also an inefficient way to inform account structure and optimization. Yes, you can spend thousands on a handful of broad match keywords and rake in conversions, but this would be wasteful. AdWords isn't spray and pray advertising and doesn't have to function like direct mail, either.

Sure, budget and conversion goals can exist in the back of your mind. But day-to-day performance requires more precision. Here's where ROI comes in.

CALCULATING ADWORDS ROI

ROI can be determined using the following formula:

$(\text{Revenue} - \text{Cost of goods sold}) / \text{Cost of goods sold} = \text{ROI}$

**Note that "cost of goods sold" does not solely refer to the cost of a click. If you sell a physical product, don't forget to factor in manufacturing and distribution costs; for lead generation, consider the cost of your nurturing campaigns.

Budget should be informed by the return you see, not the other way around. A search campaign targeting bottom-of-the-funnel keywords will almost always have a better ROI than a Display campaign using something broad (like keyword targeting). Remarketing to cart abandoners yields a greater return than serving ads to all site visitors. This level of granularity is what makes PPC so unique, and allows ROI to be an operating principle, not just an ideal.

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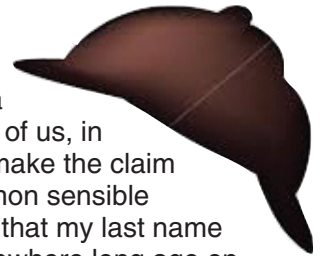
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Sherlock's Pal



If you ask most people they will tell you they are a proponent of what we call "common sense." Most of us, in fact, believe our pedigree is sufficient enough to make the claim that our ideology and pragmatism reflects a common sensible approach to life and wisdom. Not me. I recognize that my last name suggests I come from a very confused clan. Somewhere long ago on the British Isles, someone asked one of my male ancestors about his surname. He likely mumbled something reprehensible so the inquirer responded with an incredulous "Son of what?" Thus my last name was born. In an act of hyperbolic irony, IBM named their acclaimed game show winning computer "Watson." The primary difference between Watson the computer and me (and you) is that Watson has no self-awareness and therefore is incapable of having common sense. Watson, of course, transcends common sense in that s/he/it is not handicapped by such things as personal emotions and cultural biases. Watson is more like Mr. Spock and Data whereas the rest of us are the children of Captains Kirk and Picard. I apologize to all the non-Trekkies out there who don't carry around the same pop cultural baggage as I do.

Artificial intelligence is one of the miracles of modern science, and yet, as someone I never met said, it "is no match for natural stupidity." I'll take the ability to feel over cold hard facts any day, unless, of course, our feelings devolve into artificial facts and fake news. That kind of natural stupidity hits a little too close to home these days.

In fact, as someone else I have never met and would probably intimidate the bejesus out of me said, "Common sense is so rare it should be considered a superpower nowadays." This is a condemnation of the human species of the highest order.

If we are truly lacking in common sense, then the real culprit is the communities that spawn our culture. Common sense is rooted in communities. I'm guessing that because "common" and "community" are words that share the same root or, as a mathematician might say, "common denominator." Sorry, I couldn't resist that one.

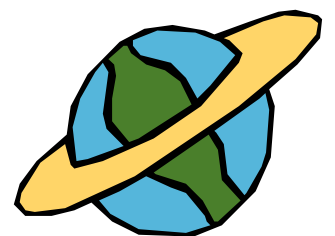
If a community is lacking in sensibilities—if for example it is common practice in a particular culture to take sleeping pills and laxatives on the same night—then the claim of common sense is indeed a false narrative. I am a relative newcomer to the Ferguson community, and yet I have carefully and ploddingly come to the conclusion that our community sensibilities—our common sense—is growing and evolving. I have kept up with the growing literature on what I generally call "the Ferguson issue," although I use that phrase knowing that it carries its own insensitivities. I don't agree with everything I read, and yet as a reader I appreciate the fact that "growing literature" itself is a sign that progress is being sought after if not attained.

Perhaps someday the world will become aware that an act of hyperbolic irony has also occurred here. Ferguson, a place where the name itself makes us all aware of racial injustices and discord, may someday become more synonymous with racial diversity and harmony. It might be too early to ask IBM's Watson what s/he/it thinks about us, but this Watson, a man willing to admit he was born with a confused last name, isn't sitting in a metal box in someone's laboratory practicing for Jeopardy.

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

A Word From Our Planet

Simplify your life. Instead of thinking of ways to get more of the things you would like to have, challenge yourself to figure out how to do without things you already have. A bonus you will reap is a life enriched by what you value most highly—most of which has nothing to do with things.



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Ashley is a Lifelong Ferguson resident

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

Lt. William (Bill) Ballard
(wballard@fergusoncity.com) opened
the August 9th, 2017 meeting of the
Ferguson On Watch, welcoming
everyone.



5th ANNUAL TASTE IN FERGUSON EVENT TO RAISE SCHOLARSHIP MONEY FOR LOCAL YOUTH

Featuring foods from more than 20 vendors, the 5th annual Taste In Ferguson will be held September 10TH, 2017 from 3-6pm at the Savoy Banquet Center located at 119 South Florissant Road in Ferguson Missouri. This year's theme is THE YEAR OF THE CHAMPION with food vendors competing in one of 5 categories: BBQ, International, Chicken, Pizza and Dessert for a cash prize, trophy and bragging rights! The competition line up will be featuring in BBQ: Paul's Market, Red's BBQ, Roper's Ribs and Sugarfire Smokehouse. Competing in the International category will be Banana Yummies, Breakaway Café, Pho Long Restaurant and The Rice House. Chicken will feature Drake's Place Restaurant, London's Wing House, Mimi's Subway Bar & Grill and Raising Cane's Chicken Fingers. Pizza will feature Amore Pizza, Marley's Bar & Grill, Papa Murphy's Pizza and Pirrone's Pizzeria. Dessert will feature Cupcake Fetish, Ferguson Whistle Stop and Helfer's Pastries & Deli Café. Attendees will vote on who will be this year's Best of Food Tasting Champion.

We are pleased to announce that Ms. Christina Coleman of KSDK Channel 5 News will be this year's MC of the event. Back by popular demand will be the Cooking Demonstrations which will be presented in the "Chef's Tent" by Jerry McClure of Paul's Market, Adam Pritchett of Hi-Pointe Drive In Restaurant and Ben Welch, pit master and owner of Big Baby Q and Smokehouse. The Children's area will have "hands on" activities and fun galore. The musical talent this year will open with "The Forestwood Boys" who play classics in rock and easy listening and then we are pleased to announce the talents of Brian Owens and the Brian Owens Band who will be performing the remainder of the event. Brian Owens is a Ferguson native who has achieved national acclaim for his smooth sounds and high energy performance and his love for giving back to his community. Beer and wine tasting will be available to wet your whistle. A silent auction will be ongoing throughout the event.

September 10th, will also include a friendly "cook off" between Ferguson Police and Ferguson Fire departments with the winner receiving a trophy for bragging rights. THE YEAR OF THE CHAMPION will surely bring the best and the boldest that the participating restaurants have to offer. We welcome and thank Centene Charitable Foundation as our premier event sponsor again this year.

Tickets are available now! Tickets are \$25.00 (children 10 & under free) and can be purchased at all participating restaurant locations! Tickets can also be purchased at the Ferguson Farmer's Market every Saturday from 8:00 am to Noon, at Robinwood Automotive or ONLINE at www.thetasteinferguson.com.

Gather your friends, load up the kids, kick the dog and come on out to the 5th Annual Taste in Ferguson on Sunday September 10th, for an afternoon of delicious food, friendly competition, entertainment and family fun.

Ferguson Crime Review – July 17

Assault 1st: use of a deadly weapon: 6
Persons known to the Ferguson Police Department (FPD) shooting, with "victims" not knowing who did it.

Assault 2nd: 2; boyfriend/girlfriend issues

Assault 3rd: 13; fist fights

Burglary 1st: 1

Burglary 2nd: 14, including a claim regarding the repossession of a TV to Aarons Rents.

Carjacking: 2, including 1 story of the occurrence at Ferguson Market, with the perpetrator going north on West Florissant. The victim walked south to the Buzz Westfall plaza and contacted the Jennings Police, which alerted the FPD. Upon arrival the victim was taken to his residence on Sharondale in the Park Ridge apartments, where his car was located and found parked

Discharge Firearm: 4

Drugs/Possession: 2

Murder: 1, at Arbor Village Ct
Possession/Drug Paraphernalia: 1 (syringe for Meth or Herion).

Property Damage: 36
Robbery 1st: 2, with 1 being at the Metro Bus station stop on Pershall.

Stealing: 37, with most of them being shop liftings, and some crimes of opportunity(unlocked vehicles)

Stealing Motor Vehicle: 7, of which 3 were vehicles left running with air conditioning on.

Unlawful use of Weapon: 2 ;in SE Ferguson apartment area

Lt. Ballard reported we have 21 patrol, 3 sergeants, 3 Lieutenants, 2 Captains, 1 Commander, 1 Asst. Chief & 1 chief for a total of 32. We had a sponsored police officer graduating from school Aug 17, starting after the weekend.

Aug 9th Memorial Actions:

A Group held a vigil at Forestwood Park, as some broke off towards W. Florissant. McDonalds reports a disturbance and ejected dining room patrons, closing up the dining room, going to drive up service only. All calls handled by FPD, with no assists from STL County needed.

Our next meeting is September 13th at City Hall.

Have a safe month. Keith :-)K

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Search our catalog, request books and other materials, renew items and more.

Need help?

Contact us at the library!

Storytime with Parents as Teachers

Join us and the Ferguson-Florissant Parents as Teachers program for a fun and playful storytime!
For kids in preschool and their caregivers.



Tuesday, September 26
10 am



Artful Considerations

by Robin Shively

"The aim of art is to represent not the outward appearance of things, but their inward significance." - Aristotle



One can't really argue with such a renowned sage as Aristotle, so consider the above quote when viewing any of the art on exhibit in Ferguson this month or walking through Jeske Sculpture Park.

Starting at the north end of the park at Gerald Place, follow the path south along the creek to encounter one of my favorite pieces in the current collection, "Tishomingo" by Jeremy Colbert of Lexington, Kentucky. Made of forge steel, steel and cast iron, it certainly reflects upon the following excerpt from his website, www.jeremycolbert.com. "My art develops from concepts, improvisation, and events that use subjects such as memories, stories and Native American culture... The personal connection I have to

the Chickasaw tribe has always been important to me, although for many years I avoided using the content of my heritage in my work. The shared lessons about our culture, traditions and stories of our family were precious to me and I was afraid of allowing them to become cliché through my artwork. As I have become more comfortable with my art and the content, I have found it important to face the challenge of exploring my heritage through sculpture."

Kurt Dyrhaug's "Dredger Device" is just a little further down the path. Originally from St. Paul, the artist is currently a Professor of Studio Art, Sculpture



at Lamar University in Beaumont, Texas. The University's website states that he takes "agricultural and nautical imagery from his experiences living in Southeast Texas" and employs them in his sculpture and that "his work recalls the mechanical forms and functions of elements of industry." This piece, which is indeed very evocative of industry, concludes our tour of outdoor art this month.



Moving indoors, Northern Arts Council will present the exhibit "the Ancestors" at 427 Gallery, located at the office of Pearce Neikirk and Partners Realtors, 427 S. Florissant Rd. N.A.C.'s call for art asked: "How do you relate to the ancestral spirits? Who were they? From where did they come? How did they make their way in the world around them? How do their stories, their struggles, the physical remnants of their past lives shape the context of our destiny? What can we learn from them?" Participating artists were invited to "reflect on the lives of those no longer dwelling within our dimension, express how histories shape our current situations, and breathe new life

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ON THE LEFT:
Congratulations to Linda Fletcher on her new Jeske Park residence at 330 Robert!



ON THE RIGHT:
Here, in their period attire, may we present and congratulate the Detzler-Cox family! They are the proud new owners of historic 202 S. Elizabeth. AJ, Shana, and Declan bring a lot of style and enthusiasm to one of the city's century treasures.



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into old ghosts." The opening reception will be September 3rd from 5pm till 8pm and the exhibit closes on October 15.

Good Shepherd Gallery at 252 S. Florissant Rd. will show "The Labyrinth" documentary about Auschwitz survivor Marian Kolodziej and how, following a stroke, he finally began to share through artwork the horrors he suffered. The film will begin at 7:00pm on **Friday, September 8** and is approximately 37 minutes: discussion will follow. The gallery cautions that this may be very difficult viewing for children.

"How Can I Keep From Singing?" Artwork of Mary Martin begins at Good Shepherd Gallery with an opening reception from 4 till 6pm on **Saturday, September 9th**. In this exhibit, the St. Louis artist brings to life the lyrics of the traditional hymn in colorful collages and mixed media paintings. The images and lyrics proclaim that despite the trials and tribulations of this life, we can keep an unshakeable calm in our hearts and a song on our lips when we cling to the Rock who is Lord of heaven and earth.

On **Friday, September 15th**, Corners Frameshop & Gallery will celebrate with a Grand Opening Reception in their new space at 425 S. Florissant Rd. from 5 till 8pm, with some of the gallery's local artists in attendance.

Ongoing monthly events include SLAM Open Arts on first Fridays at Ferguson Youth Initiative (FYI) and the Northern Arts Council tent 2nd and 4th Saturdays at the Ferguson Farmers Market.

(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.



Drake's Place Restaurant

Bridgett Lewis & Deun (Sonny) Drake



Deun (Sonny) Drake & his wife Bridgett Lewis celebrating their 35th wedding anniversary in NY this year.



In my search for good local vegan food, I discovered Drake's Place and the charming owners Bridgett Lewis and her husband Deun (Sonny) Drake. It was a sheer delight getting to know Bridgett. She's very personable and is hands-on running their restaurant, even as our interview was in progress!

Bridgett and Sonny were high school sweethearts and have been married 35 years, with two sons and 10 grand kids!

Her Dad is from Ferguson and she came to

love our city since the 70s. When the Smoke Masters Barbecue and Fish were moving out, Sonny took the opportunity to buy the property and turn it into his own Drake's Place, serving delicious American food.

Sonny had been cooking since high school. He worked at Crest House as a dishwasher while still in school and when the cook didn't turn up one day, he was asked to fill in! And he has been cooking ever since! Sonny always wanted a sit-down restaurant, and although it took the couple a year to open up after purchasing the property, they did so in May 2014, just three months before the Mike Brown incident.

After his stint at Crest House, Sonny was a cook, sous chef and chef at Henry VIII Hotel on Lindbergh. There he worked with the late Farzad Faramarzi, one of the well known businessmen of Ferguson, and former owner of the Thyme Table restaurant. Sonny also worked at Hilton.

I asked Bridgett what she and her husband had planned for the future. She said they would like to host a banquet hall for corporate events.

We think it's all going to happen. For now, we congratulate Bridgett Lewis and Sonny Drake, for representing the Best of Ferguson in their restaurant, "Drake's Place," at 701 S Florissant Road.

Sonny's experience as a chef is very much appreciated by patrons like me. We get a la carte dining, choosing from a wide selection on the menu. Portions are large and tasty! I myself had several vegan dishes there, including cauliflower buffalo wings, roasted veggie sandwiches served with fries, broccoli soup, and my favorite, portabella mushroom wrap.



Drake's Place caters large and small events. Give us a call.



The Drake's own salad dressing.

While interviewing Bridgett, she stopped intermittently to warmly greet her customers. She knew each patron by name! She also gave staff instructions to ensure the operation was going smoothly even as we chatted.

Bridgett is certified in quality assurance and is in the pharmaceutical industry. She ensures procedures are being followed so she has an eye for detail. She works evenings and weekends at Drake's Place. She is a member of the Kiwanis Club of Ferguson and is exuberant about her love for Ferguson!



Staff of Drake's Place

The Drakes enjoy traveling together and have been to Puerto Vallarta, Cancun, Jamaica, New York, Memphis and Kansas City, in recent times.

When asked how the unrest in 2014 affected her business, she said customers stayed with them and business went on. She has hope for Ferguson and says "Together is a beautiful place to be!" She is optimistic that our diverse community will keep coming together to enjoy what Ferguson has to offer.

Just a few weeks ago, stray bullets hit two of their windows. Mark Byrne and Linda Lipka suggested that Ferguson residents have a "dine out" to support their efforts to replace the windows. It was a huge success! The community spirit in Ferguson is alive and well!



The Herin family on the new patio.

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



Ask Grandma

Trees

When I grew up, I loved the street we lived on. The house was at the bottom of a hill that was lined with maple trees. The trees formed a cool, inviting canopy over the sidewalk all summer long, and made walks in the neighborhood pleasant, even on the hottest day. In the winter, the lacy branches enhanced the beautiful winter sky.

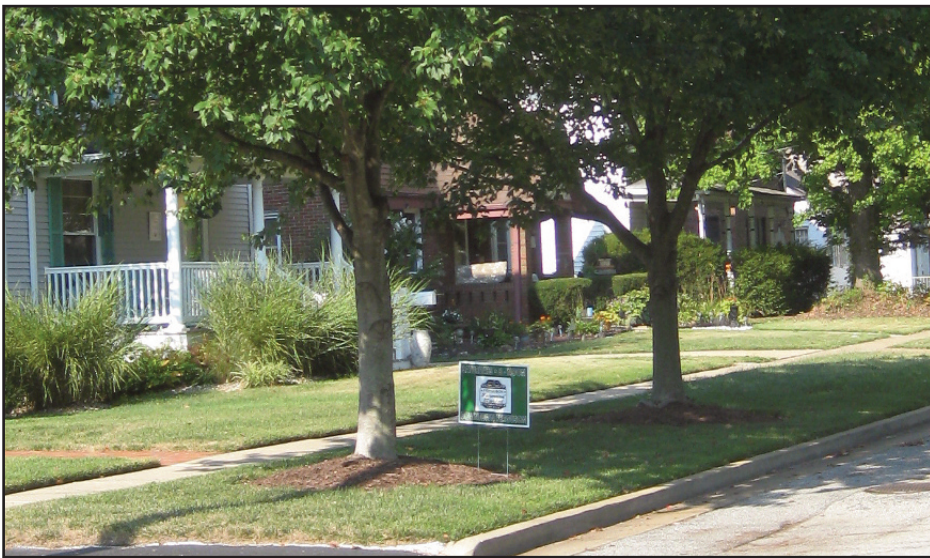
I loved that street. My friends and I would roller skate all the way from the top to well beyond our house. We used the old clamp-on skates that tore off the soles of our shoes. We didn't wear sneakers (we called them tennis shoes) because it was impractical to clamp on skates that would tear off the soles.

In the winter, we would trudge up the hill with our sleds and try to dodge the bare spots in the road on the slide down. If we were really adventurous, we would walk over a few blocks and find other, longer hills upon which to sled. There were fewer cars in those days, and those drivers were more cautious than the car owners today, so it was usually safe to skate or sled.

A few weeks ago, my brother and I decided to visit our old neighborhood. I was very disappointed in our street. Almost all of the trees were gone and the street looked just like a . . . street . . . nothing special about it.

A number of years ago I was on the Ferguson Parks and Recreation Board. I tried to get the board to consider planting trees along Ferguson streets. As a member of Tree City USA, it is mandatory every year to spend \$2 for planting and maintaining trees for every resident in the city. Although tradition has been to plant these "Memorial Trees" in one of our Ferguson parks, I thought a better idea would be to plant them to enhance the streets.

When my husband and I bought a house on Tiffin in 1977, it was obvious that whomever planned the area (was it Tiffin?) had planted trees in a straight line from Clark all the way up to Georgia. In 1977 most of those trees still stood, including the two in our front yard. When it was necessary to cut those trees down, I decided to plant two replacements out by the street. Since the electrical wires were on the other side of the street, there were no obstructions on our side. At first, that turned out to be not a very good idea as it difficult to see oncoming cars when pulling out of our driveway. The present owner remedied that situation by trimming the lower branches of limbs (see photo).



The two tornadoes that devastated our city in 2011 and 2013 removed many trees from Ferguson. In 2011, the beautiful old trees along Robert and Thoroughman took a particularly devastating hit. In the subdivision I live in now, I would estimate maybe 1/4 of the trees were blown down or damaged beyond survival.

Now is the perfect time to be planting trees to beautify your yard and for future Ferguson residents to enjoy. Please consider this opportunity.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- City Walk Concert – The Great Escape Band – 501 Plaza Fri., Sept. 8
- Florissant Kiwanis Prayer Breakfast – Christian Hosp. Thurs., 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
- Readings on Race Book Club – Library Mon. Sept. 11
- Ferguson City Council Meeting – City Hall Tues., Sept. 12
- 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
- Northwest Chamber Membership Meeting – Orlando's Thurs., Sept. 14
- Trip to Chicago with Cardinal Game. Thurs. - Sat., Sept. 14-16
- Ferguson Historical Soc. Open House. Sun., Sept. 17
- Grand Opening Frame Shop New Location Fri., Sept. 15
- Women's Equality Meeting and Reception Sun., Sept. 17
- St. Peters Community Picnic Sun., Sept. 17
- Talk Like a Pirate Day – Library Tues., Sept. 19
- Ferguson Streetfest – Victorian Plaza Fri., Sat., Sept. 22-23
- Flower Valley Quilt Show – Church of Atonement, Florissant . . . Sat., Sept. 23
- St. Peters Beer and Hymns – Brewhouse Sun., Sept. 24
- Open House & Tax Rate Hearing – Ferguson Library Mon., Sept. 25
- Parents as Teachers Storytime – Library Tues., Sept. 26
- Tuesday Night Book Club – Library Tues., Sept. 26
- Ferguson City Council Meeting – City Hall Tues., Sept. 26
- Pumpkinland Opens – Thies' Farm Sat., Sept. 30
- UMB Bank Open House Thurs., Oct. 5
- Fall Festival Rodeo – Blessed Teresa of Calcutta Sat., Oct. 7
- Music, Love, Peace Fest – Church of the Nazarene Sat., Oct. 7
- Christian Concert by Jim Hendrick's – Oak Hill Baptist Sun. Oct. 8
- EarthDance Farmers Formal – Union Station Fri., Oct. 13

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