

Serving Ferguson and Surrounding Communities

## Ferguson Farmers' Market

CELEBRATING OUR 14TH YEAR!



### Saturday October 7th:

- Christian Hospital Presents Breast Cancer Awareness
- Music: Not Wired Right, 9-11

### Saturday October 14th:

- Ferguson-Florissant School District Dietetics Program, 9-11
- Northern Arts Council, Crafts for Kids, 9-11
- Music: South Point Broadcasters, 9-11

### Saturday, October 21st:

- Halloween Coffin Building Demonstrations
- Ferguson Eco Team
- Ferguson Public Library
- Music: Ragged Blade Band, 9-11
- **This is the Final Outdoor Market for the Season**



A Huge "Thank You" to all the volunteers, vendors and customers who make the Ferguson Farmers Market a success each year.

20 S. Florissant, at the Victorian Plaza  
(just south of the train trestle)  
Check our website, FergusonFarmersMarket.com  
"LIKE" us on facebook

The Indoor Market will resume on the 3rd Saturday of the month at St. Stephens Church, 33 No. Clay, Ferguson starting November 17

## OCTOBER EVENTS at the FERGUSON PUBLIC LIBRARY

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

### BEFORE THE LIGHTS GO OUT - WEDNESDAY, OCT. 11 AT 4:30 PM

Performer Gregory Carr returns to share about the life of James "Cool Papa" Bell. Center fielder for the Saint Louis Stars, he was widely regarded as the fastest player to ever play baseball. All ages are welcome, but a caregiver must be present for children ages 9 and under.

### HOW TO RUN FOR LOCAL OFFICE - MONDAY, OCT. 16 AT 6 PM

Want to get more involved in your community? Determined to do some good in the world? Have you often wondered about running for office? Attend our third annual How to Run for Local Office session! Hear from experienced campaigners and elected officials about what it takes to run for office and win.

### GREAT PUMPKIN PARTY - TUESDAY, OCT. 31 FROM 4-6 PM

The Great Pumpkin Party returns! Come by the library in your costume before heading out to trick-or-treat. Enjoy games and crafts, get your picture taken, and grab a sweet treat. Fun for all ages! A caregiver must be present for children ages 9 and under.

### DON'T GET SPOOKED! TRY OUT ONE OF OUR ONGOING PROGRAMS!

 Preschool Storytime Mondays, 10 am	 Readings on Race Book Club Oct. 9, 6 pm	 Tuesday Book Club Oct. 24, 5 pm	 Crafternoon Oct. 27, 5 pm
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Sunday, November 26th  
2:00 to 7:00 p.m.

## FERGUSON NORTHERN LIGHTS

Lighted Parade Starts at 5:00 p.m.  
Theme: "Winter Wonderland"

Parade and Vendor Application at [FergusonCityWalk.com](http://FergusonCityWalk.com)

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## Thank YOU for making Ferguson StreetFest A Success!

Please support our sponsors



## DINE OUT: WEDNESDAY, NOVEMBER 8TH To Benefit Ferguson's Farmers Market

### Participating Restaurants:

List to be published in November paper. Proceeds help defray expense of Ferguson Farmers Market





## August 2017 CityWalk

### “Find Your Mission”

When you think about planning a trip beyond Earth, you likely envision that happening a long time from now in a galaxy far, far away. Surprise: you can experience that today, in Ferguson, at 205 Brotherton Lane.

While you know the schools that exist within the Ferguson CityWalk boundaries: McCluer South-Berkely High School, Vogt Elementary School and Our Lady of Guadalupe Catholic School, you may not be aware of a completely different type of educational experience here in Ferguson: The Challenger Learning Center. The Ferguson location is not just the only Challenger Learning Center in St. Louis – it is the only such entity in Missouri.

The center seeks to spark a passion for a lifetime engagement with STEM (science, technology, engineering and math) through simulated space missions and science education programs that are so hands-on that the word “simulation” is inadequate to fully capture the nature of that experience. I visited The Challenger Learning Center on September 12. My first surprise was seeing a staff member wearing a NASA flight suit. Soon we entered Mission Control. Our tour progressed to entering the space station lab through and air lock. Director Tasmyn (Tahz-min) Scarl Front said they don’t describe the experience as a field trip, because while this is an outing, there is deep educational focus. During their “mission,” students realize and use skills that are necessary for lifelong success. For example, students often encounter some type “emergency” that requires them to use critical thinking and creative problem-solving skills. The students have all the resources they need to solve the problem, but sometimes need confidence. When they ask staff to help, they hear: “This is your mission. You are the expert in your field and you can do this.”

This is not only a wonderful opportunity for school kids. There are programs for the general public, birthday party packages, corporate programs and summer camps, to name a few opportunities that are available for interplanetary travel in your own backyard.

The Challenger Learning Center-St. Louis opened in November of 2003. It is part of the Challenger Center for Space Science Education, an international not-for-profit education organization founded in April 1986 by the families of the astronauts tragically lost during the Challenger space shuttle mission. This location is part of a growing network of over forty Challenger Learning Centers located throughout the world. The Center serves groups throughout the greater St. Louis region. If you want to know more, contact the Challenger Learning Center at 314-524-3490 or check out the website at [www.challengerstl.org](http://www.challengerstl.org).



Meanwhile, we’re waiting with bated breath to welcome several new businesses to Ferguson CityWalk. However, it isn’t official until the paperwork is complete. Keep your eyes on Ferguson CityWalk for these developments!

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

NOTE CHANGE IN DAY: The Citywalk Advisory Board meets the 2nd Thursday of the month (October 12th) from 5:30-7:30 p.m. at the office of Pearce Neikirk, and all Citywalk business owners are encouraged to attend.

## The Plumber’s Crack

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

Leaves turning, days shorter, candy aisles double in size, weather cooling off, ghosts, grave yards, and skeletons appearing in front yards, pumpkins and a large bounty at the Farmers Market; it must be October and time for a spooky Plumber’s Crack



Well my friends as I mentioned, the weather is getting cooler and that means the water is getting cooler. You might start noticing that when you try to adjust the water coming out of the faucet to wash your face and hands that you have to turn the hot faucet on a little farther to get it to the temperature you like.

It has nothing to do with your water heater yet. Just like when we have extremely hot summers that cause our tap water to go up 25 degrees, it can also do the same in the winter, sometimes even more. That will drop the temperature in your water temp in your water heater. The cold water is pushed to the bottom of your heater but it takes a little longer to heat. So that second shower might be 5 or 10 degrees cooler than the first.

Don’t get carried away turning the dial on your water heater. My rule of thumb is when the water temperature gets below 60 degrees move the control up one notch. In the spring reverse it. Turning up your heater to high can shorten the life of your heater.

I want to also give you a few of my fall reminders. Leaves are falling so watch those gutters and your outside drains. You need to check them weekly and more often than that if there is rain in the forecast.

Take off your hoses; especially those hooked to frost free faucets. Bring your pumps in from your fountains and turn them over; bird baths included. Walk around your basement and look for any signs of daylight.

Well my friends it’s that time again. As we all know it’s October and that means Halloween. Walk with your children, or if you’re out driving, slow way down. A lot of churches are doing trunk or treat and that might be the way to go. As usual talk and get to know your neighbors, check on the elderly, shop locally and hug them babies.

God Bless, Oh Baby

### SAVE THE DATE:

Shown to the right is just one of the beautiful Ferguson homes to be featured during our annual **CHRISTMAS TWILIGHT HOUSE TOUR** be held on **Sunday, December 3rd.**



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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](mailto: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.

## JOBS and MORE STL Continues Workshops

Do you need a job? Or want a better job? JOBS and MORE STL offers workshops and seminars. October is a time to remember our gifts and talents. October 6 is National American Manufacturing Day—celebrate American manufacturing and explore careers in manufacturing and engineering. October 17 is National Black Poetry Day—celebrate literacy, careers for writers, and the contributions made by African American poets. Knowing your gifts and talents is one step in building your resume. In October, (date to be announced) 9:30am, JOBS and MORE STL will host a one-day Resume Builder Seminar at the Ferguson Municipal Public Library. Take the first steps to build your resume, and target your next job.

Here are some thoughts to share:

- Potential: Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us. —*Wilma Rudolph*
- Success: Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. —*Booker T. Washington*
- Mission: My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor, and some style. —*Maya Angelou*
- Vision: It isn't where you come from; it's where you're going that counts. —*Ella Fitzgerald*

JOBS and MORE STL, is a Ferguson-based 501(c)3 non-profit, providing training and motivation in the job search process. JOBS and MORE STL's goal is to arm job-seeking achievers with the skills and drive necessary to find employment that aligns with their individual strengths and interests. Interested in participating in this opportunity? Or have questions? Contact JOBS AND MORE STL at [jobsandmorestl@outlook.com](mailto:jobsandmorestl@outlook.com) or 314.922.5059, or visit the web at [jobsandmorestl.org](http://jobsandmorestl.org)

## Dominic Phillips Begins Tenure at Yale University



Dominic Phillips, an alumnus of St. Louis Community College, officially began pursuing graduate studies at the Yale University School of Art this week.

Phillips, earned his Bachelor of Fine Arts degree from the Milwaukee Institute of Art and Design (MIAD) in 2016. He has had his work shown at Pitch Project Gallery, an essay written about his work by Leah Kolb, associate

curator at the Madison Museum of Contemporary Art, and has participated in several shows.

In a letter written to Chancellor Jeff Pitman, Phillips credits his time at St. Louis Community College as the catalyst to his success.

"Although the importance of hard work was a lesson I learned early on, I still didn't have any direction. That is, until I got to Flo Valley, and I met the faculty in the art department. I learned early on that FV had the first nationally accredited community college art program in the country, and I came to understand its special reputation. The faculty welcomed, inspired, challenged and mentored me. In addition to learning about art materials and methods, I learned about art history and philosophy. I developed a serious work ethic. I learned how to communicate effectively – both visually and verbally. I immersed myself in reading and became hungry to learn more. In short, my world expanded. I was soon exhibiting my work, meeting other artists, and developing a strong portfolio.

The combination of my mother's teachings and the education and mentoring I received at Flo Valley led to many successes I've enjoyed thus far in my career as an artist."

Mike Shultis and Aaron Fowler, two additional graduates of the STLCC-Florissant Valley art program have also been accepted into the Yale University School of Art.

"Without Flo, I would not be where I am now—enrolled, with full scholarship, at the world's most renowned and prestigious graduate art program. The art department at Flo Valley helped to create a path for me to pursue my dreams and instill in me the tenacity and fortitude to achieve them. The faculty members in that department are the most beloved and appreciated professors I've ever worked with."

## STLCC-Florissant Valley Early College Programs See Increase in Enrolled Students

St. Louis Community College at Florissant Valley will see an influx of high school students thanks to higher enrollment numbers in the campus' Gateway to College and Emerson STEM Academy programs.

This increase is due in part to a scholarship available for only this school year that covers all of the tuition, books and fees for high school seniors who were chosen to participate. An invitation to all surrounding school district superintendents was sent out over the summer calling for recommendations for students who would meet the criteria to enroll.

"Being able to offer scholarships to 34 students so that they may earn college credit before their high school graduation is incredibly rewarding. We are proud to offer this opportunity and excited to continue building even stronger partnerships with our area high schools," said Dr. Elizabeth Perkins, Provost, STLCC-Florissant Valley.

This Fall semester students in this program will come from the following school districts: Hazelwood, Ferguson/Florissant, Jennings, Special School District, Normandy and Ritenour for a total of 48 students.

"These students will get a head-start on college and will benefit immensely from this program, finding a new sense of independence while receiving support and encouragement to achieve their goals," said James Gillespie, Director, Gateway to College, STLCC-Florissant Valley.

The Gateway to College program offers an opportunity for participants, ages 16 to 20, to earn a high school diploma while earning college credit toward an associate degree or certificate. The Emerson STEM Academy works to provide opportunities for students through dual credit and dual enrollment, so that students will be STEM-ready upon graduation. Both programs offer high school students additional support and opportunities to increase opportunities for success.



## 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.

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.

Ferguson Connect is on the FB and twitter section on the main page: <http://www.fergusoncity.com/>

# Ferguson Community News Page

## To Post, or not to Post (on Facebook), that is the question

By Mayor James W. Knowles III

*"In a time when society is drowning in tsunamis of misinformation, it is possible to change the world for the better if we repeat the truth often and loud enough."*

- Albert Cairo, American Author, Professor



October is one of my favorite times of year for several reasons. This time of year we can see the many beautiful trees changing colors throughout our neighborhoods and our wonderful park system. I love living in a community like Ferguson because as a designated "Tree City USA", we care for and take great pride in our urban forest. Of course the October beauty of the turning leaves turns into the November clean-up of all those leaves piled up on our lawns. I guess, that's the price we pay for enjoying such beauty.

I also love October because I enjoy Halloween time. I've always had an affinity for scary movies about murders, monster, ghosts, ghouls, or any combination of eerie characters. I guess I enjoyed the rush of being scared, though today, the fear of supernatural beings or other crazed madmen isn't what keeps me up at night. It's Trolls.

No, I'm not talking about the creepy little men that live under bridges in children's fairy tales. Certainly I couldn't be scared of those music-loving, brightly colored, wild haired tree dwellers from the children's movie "Trolls." Of course not, I'm talking about "Internet Trolls".

According to Wikipedia, an Internet Troll is slang for someone who "sows discord on the internet by starting arguments or upsetting people, by posting inflammatory messages in an online community with the deliberate intent of provoking readers into an emotional response or otherwise disrupting a normal discussion."

Social media has given billions of people across the world the opportunity to connect, to have dialogue, and to broaden our horizons beyond the average person's ability to travel. It is a tool that many have used to learn and to educate, but there are significant shortfalls to this tool which is becoming ever clear in today's society. It's the ability of people (especially the trolls), to spread disinformation and misinformation about what is happening in the world, or even still, what is happening in our own back yard.

We live in a world where information is coming at us 24-hours a day on television, emails, social media, and we struggle with how to sort through and effectively process all this information to ensure the information is true and valid. Because we have neither the time, nor often the ability to verify what we see and hear, we are often duped by half-truths or even purposeful disinformation that was planted by those attempting to either skew the public discourse in a specific direction or to simply disrupt. As users of social media, we often times become unwitting accomplices of the internet Trolls, by "sharing" misinformation in the form of internet posts that are planted by the Trolls. Often times the more salacious the post, the more likely people are to be emotionally stirred, and the more likely they are to share it with their friends. But the number of times something is shared is not a measure of truthfulness, in fact it may be just the opposite. Hitler was famous for saying "The larger the lie, the more likely that people will believe it". He and his followers were masters of propaganda, and they showed the world how dangerous it could be. Imagine if Facebook had been around in 1938, would it have helped or hurt Hitler on his rise to power?

When posting on social media, or spreading any "information" we come across, we should always take the time to verify before we post. We might find the real truth in the process, that we can then share. Seeking the truth, and speaking the truth is the only constant we have that can always be defended. You never have to be embarrassed about posting that, even if the truth turns some people off.

There are serious societal and cultural discussions happening today, and of course many of those are happening right in our community and in our region. Speaking and spreading the verifiable truth, is the only way we can overcome the misinformation that plagues these discussions.

## Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Oct 3 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Oct 12 7 pm	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	Oct 17 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Al Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	TBA	Our Lady of Guadalupe 17 Hawkesbury	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Our Lady of Guadalupe 17 Hawkesbury Dr.	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	Oct 26 7 pm	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](http://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](mailto:opittman@fergusoncity.com)

## Ferguson City Council Meetings

Tuesday, October 10th at 7:00 p.m.

Tuesday, October 24th at 7:00 p.m.

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

City Hall is OPEN Columbus Day, Mon., Oct. 9th

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

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

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

# Ferguson Community News Page

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

## COMMUNITY CENTER

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

### Facility Rentals

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

### Memberships

**For the month of October – if you purchase a 12 month Community Center Membership, you receive 1 month FREE. 13 months for the price of 12!**

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

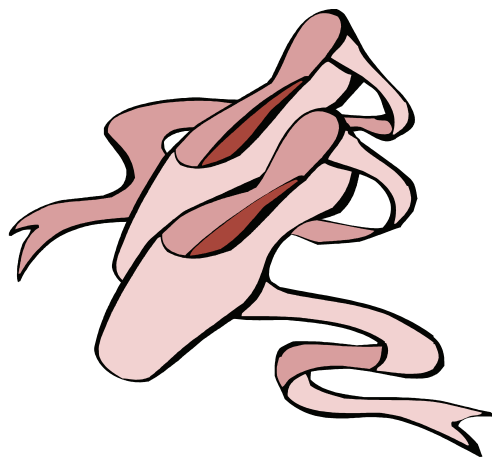
This class starts off with coordination and balance exercises followed by basic tumbling skills such as forward rolls, back bends, and cartwheels. Gymnastic or ballet shoes, leotard and tights are highly recommended but not required. No jeans, baggy clothing, tennis shoes, or bare feet.

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: \$39/Members; \$44/Residents; \$49/Non-Residents

### Children's Tap & Ballet Dance

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

Age: 3-1/2 - 7 years old  
Start Date: Wednesday, Sept. 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: \$39/Members; \$44/Residents; \$49/Non-Residents



### Children's Hip Hop/ Jazz Dance

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

Age: 8-13 years old  
Start Date: Wednesday, Sept. 20 (8 week session)  
Wednesday, November 15 (8 week session)  
No class December 27 or January 3  
Wednesday, January 24 (8 week session)  
Time: 6:45pm-7:40pm  
Location: Ferguson Community Center  
Fee: \$39/Members; \$44/Residents; \$49/Non-Residents

### Beginning Adult Dance

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

Age: 18 & Up  
Start Date: Monday, Sept. 18 (8 week session)  
Monday, November 13 (8 week session)  
No class December 25 or January 1  
Monday, January 22 (8 week session)  
Time: 7:45-8:40  
Location: Ferguson Community Center  
Fee: \$45/Members; \$50/Residents; \$55/Non-Residents

### Private Dance Lessons

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

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

### Open Play Basketball

Come to the Ferguson Community Center for pick-up basketball games (half court only)

Days: Tues., Wed., Sat. and Sun.  
Location: Ferguson Community Center  
Fee: FREE/Members; Daily Fee / Residents;  
Daily Fee / Non-Residents

### Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.

Days: Mondays  
Time: 3:00 pm to 6:00 pm  
Location: Ferguson Community Center  
Fee: FREE / Members; Daily Fee / Residents;  
Daily Free /Non-Residents

### 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.

Age: 18 and older  
Days : Wednesdays and Fridays  
Time: 9:00 am to 12:00 pm  
Location: Ferguson Community Center  
Fee: Daily rates apply

## FITNESS

### Intro to Fitness

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

Age: 16 years old and up  
Start Date: Tuesdays, 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: \$39/Members; \$44/Residents; \$49/Non-Residents

**Parks and Recreation Activities Continue on Page 6**

## FITNESS Continued from Page 5

### 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, October 9 (8 week session)  
No class October 16 or 23  
Wed., October 11 (8 week session)  
No class October 18  
Mon., December 4 (8 week session)  
No class December 25. or January 1  
Wed., December 5 (8 week session)  
No class December 27 or January 3  
Mon., February 12 (8 week session)  
Wed., February 14 (8 week session)

Time: 6pm-7pm  
Location: Ferguson Community Center  
Fee: \$25/Members - 1 day per week;  
\$30/Residents - 1 day per week;  
\$35/Non-Residents - 1 day per week

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

### 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

### 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

## SPECIAL PROGRAMMING

### 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: Fridays, Nov. 17th , Dec. 1st, Dec. 15  
Location: Ferguson Community Center  
Times: 5:30pm-10:00pm

Fee: \$15 per child  
**Spots Are Limited So Sign Up Early!**

### 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!**

### Wayside Park Unleashed

This park is for the dogs, accompanied by responsible owners, to play without leashes. The facility offers a great opportunity for individuals to spend quality time with their dogs and friends while enjoying the park. The park features both small dog and large dog areas. The park is open from 7 a.m. to 9 p.m. daily. Registration is required and can be completed at the recreation office. Owners will need to bring up-to-date shot records: rabies, DHPP and Bordetella.

#### 2017 Wayside Dog Park memberships now on sale.

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

### Earthdance Opportunities

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

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

### Ferguson 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, September 30  
Time: 8:00 am – Noon  
Fee: \$3/Resident  
\$5/Non-Resident

### Trick or Treat

Parents bring your little heroes, princesses, and even ghouls out for a safe and fun evening at the Ferguson Community Center where the Parks and Recreation staff will be providing an indoor oasis of themed activities and treats. This event is free for all families. If you would like to volunteer please contact Cindy Panosh (314) 521-4661.

Date: Tuesday, October 31st  
Time: 6:00pm—8:00pm  
Location: Community Center  
Fee: Free

### Ferguson Northern Lights

Our annual holiday celebration and parade the Sunday after Thanksgiving. Included in the celebration is a holiday market, lighted holiday parade, tree-lighting ceremony, food, free cookies and hot chocolate, activities for the kids, an appearance by Santa, and much more.

Date: Sunday, November 26  
Time: 2pm – 7pm  
Location: Victorian Plaza  
Fee: Free

### Pancake Breakfast with Santa

Join us for a morning of pancakes and a visit from Santa! Santa is flying his reindeer down from the North Pole to visit his friends at the Ferguson Community Center. Admission includes all you can eat pancakes, sausage, and orange juice and a coloring book for children. Pre-registration is required for this event, space is limited.

Featuring Chris Cakes Pancakes!  
Date: Sat, Dec 16  
Time: 9:00am – 11:00am  
Location: Ferguson Event Space  
Fee: \$3 children; \$5 adults

### Christmas Tree Disposal

Free to all residents, bring your old Christmas tree to the front parking lot of Forestwood Park to discard. Make sure that your old tree is free of all contaminants, such as garland, tinsel, lights and ornaments. This service will be provided through the end of January.

**More Parks and Recreation Events on Page 7**

## TEEN PROGRAMMING

### 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

### 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

### Hermann Christmas

Enhance your Christmas season by joining our trip to historic Hermann, MO for a day filled with German heritage and traditions. Enjoy museum, shopping, a concert and a meal, rife with German culture. Cost includes: entertainment, meal and transportation.

Ages: 18 and up  
Date: Thursday, Dec. 7  
Time: 8:30am-5:30pm  
Fee: \$70/Residents; \$75/Non-Residents

### St. Stanislaus/Kemoll's/Lights

Join us on this Christmas tradition as we begin our afternoon by visiting the beautiful St. Stanislaus Kostka Polish Catholic Parish. We will get a history talk on this beautiful restored church. Then on to dinner at Kemoll's Restau-

rant. The view as well as the food is amazing. After a FABULOUS dinner it's on to the light display at Tilles Park. What a way to lead in to the Christmas season!

Ages: 18 and up  
Date: Monday, Dec. 11  
Time: 3:00 pm – 8:30 pm  
Fee: \$75/Residents; \$80/Non-Residents

## 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

**No Classes**  
**October 23,**  
**November 22**  
**November 27**

### 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

## ATHLETICS

### 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.

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

## 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

## Did You Know



MID-EAST  
AREA AGENCY  
ON AGING

Provided by: Mid-East Area Agency on Aging  
info@mid-eastaaa.org

Medicare's Fall Open Enrollment Period is Oct. 15 Through Dec. 7. 44 million beneficiaries, about 15% of US population are enrolled in the Medicare program. Only 1 in 10 beneficiaries relies solely on the Medicare Program for health care coverage, the rest have some form of supplemental coverage to help with medical expenses. Have Medicare questions? During open enrollment you can make changes to your current plan. Open enrollment starts October 15th and continues through December 7, 2017, if you signed up between these dates your coverage will start January 1st, 2018. Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks.

### Medicare Open Enrollment: 5 Things You Need to Do

1. Review your plan notice. Be sure to read any notices from your Medicare plan about changes for next year, especially your "Annual Notice of Change" letter.
2. Think about what matters most to you. Medicare health and drug plans change each year and so can your health needs, determine what you need and makes changes accordingly.
3. Find out if you qualify for help paying for your Medicare. Learn about local programs that help with the costs healthcare costs.
4. Shop for plans that meet your needs and your budget. Starting in October, you can use Medicare's plan finder tool at Medicare.gov/find-a-plan to see other plans offered.
5. Check your plan's star rating before you enroll. Use the Start Rating to compare the quality of health and drug plans being offered. (Centers for Medicare and Medicaid Services 10/8/2015)

Contact a MEAAA Information and Assistance Specialist at 636-207-0847 or call a CLAIM representative at 1-800-390-3330 for more information.

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

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

### Ferguson Senior Resource Center

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

#### Upcoming Activities

Monday, October 2nd 10:00- 11:00am "The Benefits of Chocolate"  
Wednesday, October 11th 10:00- 11:00am "Your Personal Filing Cabinet"  
Wednesday, October 18th 10:00- 11:00am "Planned Giving"

#### 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.

## Card/Game Party

### LUNCHEON

Thursday, October 12th

Doors open at 10:00 a.m. – Lunch at Noon



Raffle for Handmade Quilt, Afghan and much more

Raffle Tickets: \$1.00 or 6 for \$5.00

Plus Table Prizes and Attendance Prizes

**Event Tickets: \$10.00 Donation**

Call for Tickets: 314-521-7324

Immanuel UCC, 221 Church Street, Ferguson



## Saturday Academy

FREE

33 S. Florissant Road,  
Ferguson, MO 63135

#### Who is Eligible to Join?

Children K - 7 (Between the ages of 6 - 14)

#### Programming Includes (but not limited to!)

Educational centers and games will provide hands-on science and technology lessons. Our mission is to build foundational reading and writing skills while also exposing students to the STEM field.

#### How to Register

Come visit us at any of the dates and times listed above and we can register your student in person. Or, you can register online at:

Website: [TheCenterforSE.com](http://TheCenterforSE.com)

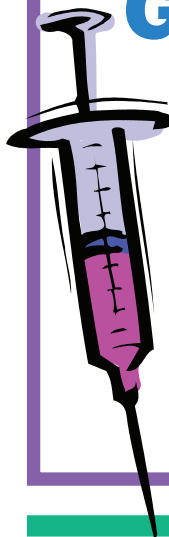
Tel: 314-256-9123

Email: [info@thecenterforse.com](mailto:info@thecenterforse.com)

#### Dates and Times

Dates and Times	9:30am - 12pm
October 7, 21	February 10, 24 March
November 4, 18	10, 24
December 2, 16	April 7, 21
January 13, 27	May 5, 19

## Get Your Flu Shot FREE!



St. Peter's UCC  
1425 Stein Road, Ferguson

Must be an adult, 18 or older

For more information or to schedule an appointment, please call  
314-521-5694

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MORE INFO:  
[WWW.MERFERD.COM](http://WWW.MERFERD.COM)

**MERFERD & the Treetoons**

WE MADE IT THROUGH UNSCATHED.  
NO TREES DOWN  
NO BUSINESS BURNED.  
LESSONS TAUGHT  
LESSONS LEARNED

JUST KNOW WHEN FALL COMES TO TOWN,  
LEAVES DON'T TURN  
RED, YELLOW, BROWN.

WHAT ONCE WAS GREEN  
JUST GOES AWAY,  
FROM SHORTER NIGHT  
AND COOLER DAY.

SO ALL THE COLORS  
THAT WE SEE  
WERE ALWAYS THERE  
LIKE YOU AND ME.

Phil Berwick

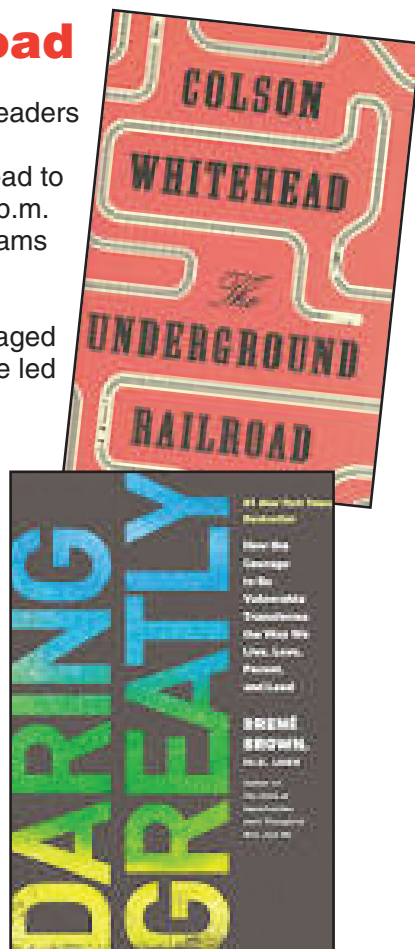
## Boarding the Underground Railroad

Ferguson Readings on Race Book Club readers are reading the award-winning book, *The Underground Railroad* by Colson Whitehead to prepare for its **October 2** discussion at 6 p.m. at the Ferguson Public Library. Julie Williams will lead the discussion.

September found a record 35 people engaged in a powerful exercise of restorative justice led by Jon-Pierre Mitchom and Moyenda Anwisse.

A foundational work for this experience was *Daring Greatly* by Brene Brown, whose 20-minute Ted Talk on vulnerability introduces her approach to restorative justice.

The public is always welcome to the second Monday book discussions at the library. For additional information, contact Amy Randazzo at [arandazzo@fergusonlibrary.net](mailto:arandazzo@fergusonlibrary.net) or [carlajeanfletcher@yahoo.com](mailto:carlajeanfletcher@yahoo.com)



## Friends of Ferguson Disc Golf at Hudson Park Update

We had another successful Labor Day Tournament. We had 34 people; some new and some well-seasoned players came out for a quick round on Labor Day morning. The weather was quite nice and all who attended had a great time and came away with some Friends of Ferguson Disc Golf swag.

Looking ahead, with winter fast approaching we will be getting back into some course maintenance and looking for help. We have some deadfall to get rid of, vines and other dead branches to pull out of trees and of course, Honeysuckle to remove. When we set dates for these projects we will have them posted on our Facebook page.

Also watch for info on our Northern lights Glow Tournament on Thanksgiving Weekend. It was a blast last year playing glow disc on a 40 degree evening then heading to the Ferguson Brewing Co. to warm up with some fellowship. We are hoping to make it bigger and better for this year.

On A side note for those local players or would be players (who are curious about the sport), we (FoFdG) play every Tuesday at 5:30pm (even in winter.) Come out and join us for a round. We are always looking for new players to show off this great course we have in Ferguson and more than happy taking the time to show new players how to play.

Follow us on Facebook [www.facebook.com/Fergusondiscgolf](http://www.facebook.com/Fergusondiscgolf) or email us at [Fergusondiscgolf@gmail.com](mailto:Fergusondiscgolf@gmail.com)

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

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## Financial Focus

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

### Financial Focus – New Ideas for Healthcare

Last month I looked at another option to pay for health care. While it wasn't an insurance plan and had many rules, it seemed like a good option for some people. It still helped cover medical costs like insurance, but its members were committed to clean living. What really interested me was that it was allowed under the Affordable Care Act. And many of the critics of the ACA now recognize that there are many parts that people like. This month I'll look at some other options that may be possible if the desire is to truly replace the ACA.

With health care issues sort of on the back burner for now, some Democrats are coming out in support of Bernie Sander's Single Payer Plan. As supporters remind us "healthcare is a right not a privilege." This program has the government become the single payer which is very similar to how Medicare works. The doctors and hospitals would still handle delivering services and would do so privately. Although critics complain that the doctors would actually become government employees. The costs for all important services would be covered. Preventive care is one of those important services and can also result in lower medical costs in the future. If I recall that was one of the things that should have occurred with the ACA eventually. The way to pay for Bernie's plan is expected to come from the savings of the current inefficient system with insurance companies and pharmacy's involvement.

Some of the main attractions in the single payer plan are the reduction in paperwork and complex billing. With no insurance premiums taxpayers would have more money in their pockets. Having only one payer cuts out the middle man and avoids those deals made between insurers and providers. It also seems fair because the playing field is leveled. On the down side there are many reasons to dislike this plan. I don't hear too many people on either side saying the government should get more involved in our lives and things work so much better when the government controls them. As Americans we love our freedom and if the government gets too involved we fear becoming a "Socialized Nation." And that is the fear many people voiced during the elections last year and every time it is brought up.

Universal Health Care is another form of providing health care to all and it is often confused with the single payer plan. It would cover those who do not have insurance through some other means. So it would work much like the single payer system for just those folks covered under that plan. It could be compared to expanding Medicaid for those not covered by another plan. This idea is also shunned by many because it also increases government's role. Neither of these plans is likely to attract supporters and certainly couldn't pass the Senate and the House. The other concern involves the waiting time for care and what some refer to as the lack of incentive for the research and development we enjoy now to help resolve some health issues. Looking at other countries we see that our current system may be better in this regard, but it certainly isn't equally shared for all citizens. The possibility of going to a single payer is definitely a long shot and the theory that Obamacare was created to make such a mess that we would welcome a single payer system is certainly not valid.

As we already know so well our current plan doesn't work well and finding something to make most of the country happy is not going to be easy. As I've been perusing many books on the subject I found another program that sounds pretty good. It is an "integrated delivery and finance system." Basically, it is a hospital with its own insurance company. In the book "America's Bitter Pill" author Steven Brill gives an excellent report of our healthcare problems and abuses which led to the ACA. Prior to finishing the book he must undergo open heart surgery. Using his own hospital experience, he explains an idea to fix Obamacare in early 2014. As he explains it and compares it to allowing the "foxes to run the hen house" with some conditions, it sounds like a possible solution. He had spoken to a couple of doctor-CEOs that were running some health systems similar to one he had his surgery in sometime before and learned about their success with implementing a new type of hospital system. Gary Gottlieb ran Partners HealthCare in Boston. I checked out their website and found information about government program they participated in called an Accountable Care Organization. Over the past few years it has shown some promise in reducing medical spending. It appeared to be somewhat of a model for plan Brill explains. With several other hospitals and medical centers, he began to see that allowing these doctor-CEOs to run things more care was put toward the patient and incentives for rising prices were removed because there was no third party insurance company. Being one and the same, they had the incentive to keep costs low and the means to do it.

As I mentioned earlier there would need to be some conditions or as we are more accustomed to "regulations." The first would need to be a limitation to prevent monopolies due to larger hospitals expanding to prevent choices. It could be required according to the size of the demographic area the number of these integrated insurance and medical centers that would be necessary to serve everyone and give some options and choice. If a provider became too large because it offered the best deals, it would be forced to spin off facilities. This could spur the creation of more small urgent care centers, which we've already started seeing everywhere. If those belong to the larger system offering both insurance and care, costs will go down. Another regulation could cap operating profits. Any excess profits could be used to help those struggling systems in rural or poor areas. A cap on salaries and bonuses could be included as another regulation to help keep costs down.

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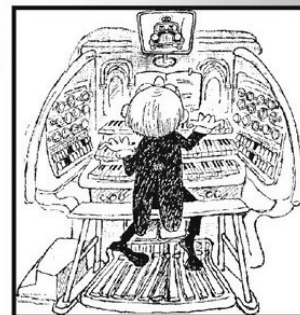
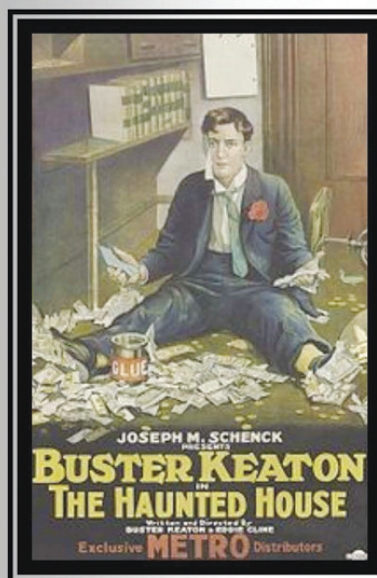
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Just the term "regulation" seems to offend some people, but there are just four more regulations. One is the requirement of an appeals process with advocates to help in the process. Another would require the chief executive to be a licensed doctor. They would also be required to insure a percentage of Medicaid patients. And last they would not be allowed to charge any uninsured patient more than a price paid by an outside insurance company or a price based on a regulated profit margin. While this may seem a bit complicated, it would certainly be an improvement over what exists today. I do hope some of our politicians have been looking at some of the systems being used successfully in many areas of the country. The best part of this last idea is the regulation keeping the doctors involved. That's what seemed to be the key to making this already existing programs work, so we should be able to replicate them.

If you have any comments or questions, please e-mail me at [consultjoan@att.net](mailto:consultjoan@att.net).



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## PUMPKIN DREAM BARS

### CRUST

2 1/2 c. Honey Nut Cheerios cereal  
3 tbsp. sugar or firmly packed brown sugar  
1/3 c. butter, melted

### FILLING

2 eggs  
1/2 c. brown sugar  
1 15- oz. can Pumpkin  
1 12- oz. can evaporated milk  
1 tsp. cinnamon  
1/4 tsp. ginger  
1 tsp. vanilla  
1/2 tsp. salt  
Powdered sugar, for dusting



**Make crust:** Preheat oven to 350 degrees F. Grease a 9"-x-9" square baking pan. Crush Cheerios into fine crumbs inside a large resealable plastic bag using a rolling pin. (Alternatively, pulse the cereal into fine crumbs with a food processor.) Combine Cheerios crumbs, melted butter, sugar, and salt and blend until combined. Press crumb mixture into the bottom of the greased baking pan. Bake until beginning to turn golden, about 7-8 minutes. Let cool while you make filling. Turn the oven temperature up to 425 degrees.

**Make filling:** Beat all filling ingredients together until smooth. Pour filling into crust and bake 15 minutes. Reduce oven temperature to 350 degrees. Bake about 35 minutes longer or until toothpick inserted in center comes out clean. Let cool to room temperature then refrigerate until chilled. Sift powdered sugar over sliced squares before serving.

Recipe from *Delish*



## Pumpkinland Is Now Open

Visit now thru Tues., Oct. 31st  
Tues.-Sat. 9:00am to 6:00pm  
Sundays 10:00am to 5:00pm  
Pumpkinland is closed on Mondays but the farm market is open.  
Monday is also Senior Citizen Day!

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## CHILI AND CHILLS

Scary Stories, Games, Chili and **TRUNK or TREAT**  
Sunday, October 29  
5:30 to 7:00 p.m.

All are welcome, all ages too!  
It is a FREE event  
Wellspring Church  
33 South Florissant Road,  
Ferguson



## Ferguson by Foot

By: Margaret Wolfinbarger



I woke up in the dark and heard things bumping around my bed. My ears perked up and my senses flooded with images of goblins, hags, and miniature Godzillas. And there, in the fog of early morning, I was inclined to believe I was under attack and would soon lose my eyeballs, or at the very least my toenails, to some yet unseen creature that was hungry, overtly evil and entirely set on devouring me to death. I clicked on the light to discover the unearthly growls came from the empty stomachs of two not-so-fierce boxer dogs. The clicking and clacking noises were their untrimmed toenails. And the slobbering jowls slurping on my leg were their wet mouths letting me know that it was time to put food in their bowls.

Now, if you are reading this and have never encountered hungry boxer dogs, let me assure you that they are relentless in their fury. I am no different of course. When my tummy is rumbly, I get cranky and forceful too. Which is how I find myself in the Chick-Fil-A drive through buying ice cream cones and consuming them quickly before anyone sees me. Because if no one sees me licking an ice cream cone it obviously didn't get licked. Sometimes life is a little uncanny, if not downright spooky, which is how I recently came to be under the cruel admonition of my bathroom scale. Some would say the contraption is little more than a gadget that measures weight via ounces or pounds but I know better. The little black and white beast is a psychotic psychic with a penchant for spoiling secrets and chomping away at ones self-confidence. On the fateful morning at hand, that grisly monster devoured my dignity with seven terrible words, "I know what you did last summer!"

I felt the color rise to my cheeks and I leapt off the scale. I eyed it suspiciously and then stomped at it with my bare toes. "I will kill you!" I snarled, but the scale was undaunted. "I'm not afraid of you," it said. And so I did the only reasonable thing and ran screaming from the bathroom and into my yoga pants for a particularly terrifying workout with weights. When in doubt, burn baby burn!

Calories that is. As I tortured the yoga mat with crunches, my unruly boxer dogs rumbled and wrestled next to me. Annabelle, our most recent addition to the Wolfinbarger household, tossed a wet rope at my head and enticed me into a tricep testing session of tug of war, which she handily won due to fervent fangs and a daunting grip. And just when I thought I could outmaneuver the feisty lass, she plopped down on my chest and held me to the mat where I finally succumbed to her insistent affection via her moist pink tongue. I suppose there are worse ways to expel sugar toxins but this is certainly my favorite method of suffering.

When I consider my recent gastronomic misdeeds and malfunctions, I am particularly petrified by the days at hand. We have arrived at the gateway-to-gain time of year where free flowing snacks rein mortal terror on our waistlines. Now maybe you are reading this and consider that candy is not your gremlin. Maybe you are not haunted by mellowcreme candy or coffee-colored corn-syrup slathered fruit. Maybe you laugh at the taunts of menacing bathroom scales and shrug at the threat of too-tight pants. If so, you may join the rank of weirdos (people like my husband--who consume without consequence all manner of Fall fare) by experiencing Halloween hexes via hijinxed human children hyped up on caffeine and candy. As for me, I'll be carrying my crucifix while walking and trying to fend off bloodcurdling caloric vampires who promise death by chocolate and sweet dreams by demonic sweet tart skulls.

And lest I end on the melodramatic, I entreat my readers to do the same. Take heart, me mateys! Hoist your scimitars high! Sugar-free seas are dead ahead. Be ruthless! Kill calories and cavities by refusing to be overthrown by those tooth-scavenging scalawags. Our destiny depends on our diligence and determination. For more inspiration follow me on my blog: [www.destinationdiscipline.com](http://www.destinationdiscipline.com).



Bring your children and grandchildren to "Trick or Treat" in our **TRUNK or TREAT Event** Friday, October 27th from 6:00 to 8:00 p.m.

North Hills UMC – 10771 Trask Avenue – Ferguson, MO 63136

For more information call: 314-524-1686

FLIERS (Friends of the Ferguson Library)

## FALL BOOK SALE

**Thursday, October 19**

4:00 to 7:30 p.m.

**Friday, October 20**

9:00 a.m. to 5:30 p.m.

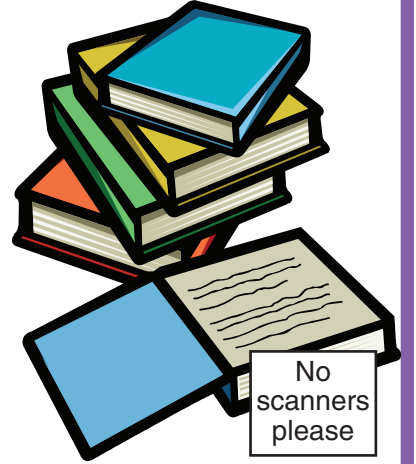
**Saturday, October 21**

9:00 a.m. to 3:00 p.m.

All proceeds go to the library and all workers are volunteers

**Library Auditorium  
35 No. Florissant Road**

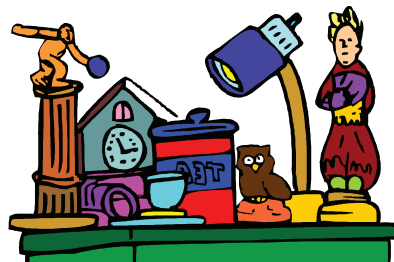
Along with our usual categories of books, this sale includes a large number of childrens/tweens/young adult books; fiction; religion; a small collection of graphic novels; and a few Marvel comics from the 1980s.



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## Fall Church RUMMAGE SALE

Friday, October 6th  
5:00 p.m. to 7:30 p.m.

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Saturday, October 7th  
8:30 a.m. to 1:00 p.m.

**We have held this Unique Sale for over a Century,  
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We look forward to seeing all our Faithful Shoppers and Welcome All to come check out this Sale.

Donations are welcome but must be prearranged by calling the Church Office (314) 521-0138

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**As you Leave Summer  
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Maintain your Car**

It's a Fall Saturday morning and you are looking under the hood of your car. The car has been sitting overnight so the radiator is not hot. You take off the radiator cap or in some cars the cap on top of the plastic coolant reservoir.

What will find can be interesting? It's a nice shade of green, or maybe even orange. Should you leave it in? Unless it's colored orange, the answer is no, especially if it's been two years or more since the last time you drained it. Today's engines are loaded with aluminum components: cylinder heads, water pumps, manifolds, even engine blocks. And the two primary heat exchangers are also aluminum. Aluminum needs great corrosion protection to survive, and the corrosion protection in green and red antifreeze is used up in about two years. Orange offers longer life, but if your car came with green or red, you can't switch to orange without a fair amount of preparation. The coolant also flows through hoses into and out of the heater, which, like a miniature radiator, gives up its heat to the surrounding air. In this case, however, the heated air is blown into the passenger compartment. If you are not sure if the coolant is good, bring the vehicle in and we can test it for you.

By having the coolant inspected, flushed, and refilled, you can help to improve the efficiency when you turn on the defrost. This will

in turn, help to clear off the window so you can see better. It is important to remember that before driving out of the driveway, you have clear visibility for your car. This should include the windshield, rear window, and all the side windows. By having clear visibility, you will be able to be aware of your surroundings when you drive.

With the weather turning colder, now is also a good time to remember to put an ice scraper in your car. This will come in handy when there is a little frost on your windows in the morning. You should also consider putting in a winter emergency kit in each of your vehicles. If you are in an accident when the weather is poor, or if your vehicle happens to break down, you will want to be as prepared as possible.

In the kit, it is beneficial to have:

- Battery-powered radio, flashlight, and extra batteries
- Blanket
- Booster cables
- Bottled water
- Nonperishable high-energy foods such as granola bars, raisins, and peanut butter
- First-aid kit and manual
- Maps, shovel, flares
- A snowbrush and ice scraper
- A bag of sand to help with traction
- Winter boots, mittens, or gloves

Also remember to test the battery. The heat and warmer temperatures can do more damage to the battery than colder temperatures. So before winter arrives, it is a good time to have the battery inspected and charge tested here at Robinwood Automotive.

If you notice an issue with your own car, make sure to schedule an appointment with us here at Robinwood Automotive!

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### Get to Know Dr. Robyn



Most people think of Dr. Robyn Lawrence DC as a wellness doctor because the focus is on helping people get and stay well, naturally.

Dr. Lawrence uses a "whole person approach". This approach is a combination of detecting underlying interferences which may inhibit the body's natural ability to heal itself along with the inspiration, knowledge and support for people to achieve better health through better living.

Dr. Robyn Lawrence DC, is dedicated to helping the people of North County reduce their risk of lifestyle-related preventable chronic conditions including chronic pain as well as encouraging them to become more responsible for promoting optimal health and well being.

Dr. Lawrence's training is focused on accurately providing you the proper care recommendations to reach your personal health goals. Recommendations may include primary care, referrals to other wellness specialists (when necessary) and recommendations for wellness essentials that offer affordable and convenient solutions that work.

Dr. Lawrence is passionate about helping our community and conducts a variety of Discover Wellness Presentations for local employers interested in reducing health care costs as well as to civic groups and places of worship interested in fund-raising events.

*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

## Yard Sale to Benefit Storm Victims

**Saturday, October 7th  
7:00 a.m. until 4:00 p.m.**

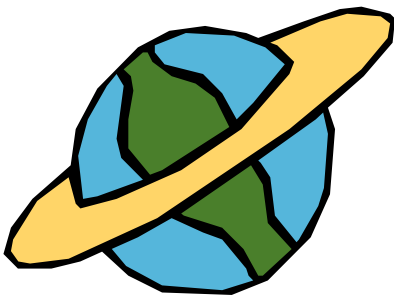
Lots of new items: blankets, clothes, dish sets, plus size shoes, mostly JRenee, never worn. Big assortment of everything.



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*The Ferguson Eco Team*



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by Kaitie Adams, Farm Educator

The first introduction to EarthDance, for many individuals, is through our Seven Generation Garden. Named after the radical idea that our soil and land does not belong to us, but to our past & future, this is our space for youth to explore through smelling, touching, and tasting, making memories and making mistakes, planting, cultivating and harvesting.



This summer, it has also served as a site for intergenerational connection. For eight weeks, Strength & Honor Summer Program campers aged 5-14 worked alongside teenagers, adults, and seniors every Tuesday. During their time, they planted herbs, flowers, and veggies, explored how soil & food is made, learned how to make lifelong healthy choices, and cared for the land and each other. Their last day on the farm was spent harvesting, preparing, and enjoying a plant part taco party.



As I watched each person fill their tortilla with cherry tomatoes, sweet peppers, purple cabbage, basil flowers, herbs, and chard, my eyes filled with tears. At the beginning of the summer, many would not eat anything out of the garden. But through close interaction with the land, they came to love and appreciate the garden and its bounty.

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### Legislative Forum

The 2018 Missouri Legislative Session is upon us. What legislation will be filed--and more importantly, what will be enacted? How will these actions affect women?

The October AAUW meeting will be in the form of a Legislative Forum addressing these issues. Several local women state legislators and state senators will serve on a panel to address the issues which are likely to be debated in Jefferson City.

This Forum, sponsored by the Ferguson-Florissant Branch (North County), American Association of University Women, will be held on **Saturday, October 21, 2017**, from 10:00 to 11:30 am at First Presbyterian Church, 401 Darst, Ferguson. The event begins with refreshments at 9:30 am.

Ample parking is available behind the church; the Forum is in the Fellowship Hall which can be reached by using the rear church door off the parking lot.

The Forum is free and open to the public. For information, call 314-831-5359 or 314-831-6884.

**Looking for Sherry Taylor**  
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## Ornamental Plaster

By Bob McCarty

There is a lot of decorative plaster in the Ferguson houses that I have been honored to see. Maybe not the most decorative example, but the cove, where the wall meets the ceiling is considered ornamental plaster trim. Throughout the St. Louis region, there are lots of examples of decorative ornamental plaster. Take, for instance, the Fabulous Fox in the Grand Center of St. Louis. The ceiling medallion and reliefs,

the medallions on the walls and flanking the stage, the carved cornice above and around the stage and the theater itself. This is a decorative detail in grand style that enhances the mood of the observer.

This type of craftsmanship has been around the U.S. since before the Revolutionary War and had flourished up until the Great Depression years. It has had a bit of a resurgence but it has mostly been reserved for museums, theaters, such as the Fox, and an occasional home. (Remember when that big 35,000 square foot home was built for the big Pharma guy at the turn of the 21st century?)

This type of craftsmanship was brought to America from Europe and is still done using traditional methods, virtually unchanged, today. Using gypsum and lime, the mixed plaster would be poured into molds, modeled/carved, stamped, (as well as many other techniques), and allowed to dry. Using the same mixture of plaster, the dried ornaments, fresh from their mold, would be glued in place. If necessary, when a frieze, (a sculpted panel located at the top of a wall close to the cornice), was being made, it would have multiple panels, and the same type of plaster mix would be used to meld the different parts together to make it appear to be one piece.

Ornamental plaster is produced in one of two ways. On the bench which was onsite or at the plasterer's shop; the plaster would be mixed, modeled or poured into a mold to create the decorative cast. After the plaster has been allowed to dry (molding plaster takes 30 to 60 minutes to set enough to remove from the mold), it would be attached to the wall that it would adorn with plaster. The other method would be to apply the wet molding plaster directly to the wall, a piece of sheet metal is cut to the shape that would be produced and attached to a piece of wood, called a 'horse'. This tool would be run back and forth through the wet, moldable plaster to produce the desired molding.

Decorative enrichments could be added to the plainer style of cornice making it more ornamental. These enrichments could be leaves or the dart and egg motif that were made in the shop and adhered to the plain runs using plaster. After all has dried, the decorative objects were painted, glazed to look like wood, marble, or a multitude of other materials. Larger homes would have the decorative moldings on the first floor, where most of your entertaining was done and the upper floors had plain plaster moldings that didn't have the embellishments that the first floor did.

The ceiling medallion can create drama to a room, or not. From a plain and simple medallion with concentric circles from which your light was hung from the center, to an elaborate cast piece adorning garlands, swags or the traditional acanthus leaf designs. These medallion's were usually located in the dining room and/or parlor, and with the shadows created from the light hanging directly below, the mood was set.

Coffered ceilings, (see photo below), were cast and upon drying, they were installed in sections from hanging wires to form the ceiling. Not only were these used on flat ceilings, but domes and barrel vaulted ceilings too. The interesting part of this is that on a flat ceiling, all sections were made the same size; whereas in domes and barrel vaults, the coffers would differ in size from course to course to give the illusion that all of the sections were the same size. After the coffers were installed they were either plastered together to look like one piece or assigned a decorative molding to cover the intersections. A rosette usually centered each coffer and after all was said and done, the painter was employed to apply his craft.

This elaborate coffered ceiling was designed for the Willard Hotel in Washington, D.C. (1902-04) by Henry Janeway Hardenbergh. It was restored as part of a rehabilitation project in the 1980s. Photo: Carol M. Highsmith.



A fine example of a coffered dome ceiling that you are probably familiar with is the United States Capitol building. Because of the acoustical value of the coffered ceiling, you will find them in many large public spaces such as railroad stations, theatres, courthouses, and hotels.

Like everything, if these beautiful decorative forms of ornamental plaster are not maintained, they will fall into disrepair. Even though this plaster is a very stable building product, it is still subject to maintenance issues like water leaks and structural movement through natural expansion and contraction as well as major changes in a building use. So next time you happen along a piece of ornamental plaster created by a master tradesman, take a minute and think about all of the work that was involved to give our eyes a little taste of beauty.

When this paper hits the streets, Bob, of *BobonJob* fame, will be returning from a conference: *Window Preservation Summit*, with many tradesfolk from across our continent. We will have discussed windows from the inside to the outside and everything in between. So if you haven't guessed it yet, I'll spill the beans now; next months article will be about windows. Until then, Bob is back on the job.

## Healing the Earth, One Yard at a Time

Have you seen many butterflies, birds and bees in your yard this year? Would you like to see more next year? As a life-long Ferguson resident, and a relatively recent convert to native plant gardening, I am eager to let my community know about some of the best ways to "bring nature home". Reasons for native plant gardening go beyond the pleasure of beautiful, low-maintenance flowers. Reasons go beyond the joy of seeing the native wildlife that only native plants support. (For example, Monarch butterflies will only lay eggs on a milkweed plant because the caterpillars can only eat the leaves of that species.) A broader reason to plant native flowers, shrubs and trees in your yard is to do what we each can to "heal the earth...one yard at a time".

Ferguson has long been supportive of biodiversity and native landscaping through our Tree City program. Currently Matt Unrein, Public Works Director and Assistant City Manager, is exploring a possible grant for a pollinator garden in a city park. He also works to assure that the mosquito abatement program is effective while doing the least harm to beneficial insects.

Earth Dance, which we are so lucky to have in our town, recently received a grant from the Department of Agriculture to plant hundreds of native flowers. These flowers will support the many different native pollinators (bees, butterflies, birds) that in turn enhance the productivity of the fruit trees and vegetable plants at Earth Dance.

If you're interested in making your yard more supportive of biodiversity, but need help getting started, here are two easy strategies:

- Request a landscape assessment from the St. Louis Audubon Society's Bring Conservation Home Program (BCH). Some Ferguson residents already have learned from and been inspired by this. The program sends two trained habitat technicians to your home to meet with you about your goals and view your landscape. Then they send a report which provides specific ideas about landscaping with environmentally healthy and sustainable native plant species, and if needed, advice about the removal of invasive plant species such as bush honeysuckle. The charge is \$25-\$50. Learn more at <http://stlouisaudubon.org/blog/bring-conservation-home-program/program-details/>

- Check out Wild Ones-St. Louis Chapter. I am the current president of the St. Louis chapter of this national organization. We are all about supporting biodiversity by bringing native plants into home landscapes, schools and public properties. We have several grant opportunities. One is the annual Landscape Challenge for one fortunate homeowner. We collaborate with GrowNative! and Shaw Nature Reserve to provide the services of a professional native landscape designer, up to \$1,500 worth of native plants and other landscape materials, and volunteers to install the landscape. The homeowner prepares the site and agrees to maintain the new plantings.



A view of the author's front yard using native plants.

To be eligible to apply for this grant, you must have requested a Bring Conservation Home (BCH) consultation in the prior year. This assures that the interest in native plant landscaping has existed for at least several months. This means that anyone who is interested in applying in 2018 must make a request to BCH before the end of 2017. I invite you all to look at our website and learn more at [stlwildones.org/landscape-challenge](http://stlwildones.org/landscape-challenge).

Marsha Gebhardt

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## Local Student Chosen to Participate in Missouri Boys State

Jacob Michael Tiemann participated in the American Legion Boys State of Missouri June 17-24 on the campus of the University of Central Missouri in Warrensburg. Tiemann was selected based on his leadership, citizenship, academics and character during his junior year at McCluer High School.



1,000 student leaders build an entire state government in a single week.

Tiemann, son of Mary McClintock, was sponsored by Ameren Missouri and Florissant-Elks Ladies Club Inc.

Students who are juniors during the 2017-18

academic year and are interested in participating should contact their High School Counselor and visit the Missouri Boys State website at [www.moboysstate.org](http://www.moboysstate.org). More information is available at 1-877-342-5627 or email [bettie.rusher@moboysstate.org](mailto:bettie.rusher@moboysstate.org)

The program is designed to educate and train Missouri's young leaders in functional citizenship, leadership and government. Nearly

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## Columbus Day

is now a National Holiday.

Although Christopher Columbus was born on October 12th, his special day is honored on

**Monday, October 9th, 2017**

## Christian Concert Pianist Jim Hendricks

Sunday, October 8th – 10:20 a.m.

## Oak Hill Baptist Church

3166 Pershall Road, Ferguson  
314-524-1541

## McCluer Fine Arts Educator Named Maryville Educator of the Year

Doug Erwin, fine arts coordinator for the Ferguson-Florissant School District and theater teacher at McCluer High School, has been named the Maryville University Educator of the Year. Erwin was recognized during Education Night at the annual Shakespeare Festival, held in June. This is the fourth year Maryville University has sponsored the award. The Festival has recognized an outstanding teacher of Shakespeare since 2012.

"The honor recognizes outstanding educators who make the arts come alive for their students and make wonderful connections to a writer whose work is still relevant in our lives," said Rick Dildine, artistic and executive director of Shakespeare Festival St. Louis.

Erwin has taught theatre for 26 years, the past 15 at McCluer High School. He has also taught competitive speech, English, music, art and journalism, and has traveled internationally with students to England, Scotland, France, Belgium, the Netherlands, Italy, Greece and Turkey. He was named to "Who's Who Among America's Teachers" in 2005 and has been featured in the publication four times. In 2008, Erwin was selected as the Missouri state representative in the Japan Memorial Fulbright Program. While in Japan, he was trained in the Japanese theatre form of Karuta, the only American to have been trained in this art form. Upon his return, Erwin's students staged the musical Pacific Overtures and were featured by the Japan-America Society.

Erwin is also active in professional theatre in the St. Louis area and serves as a professional vocalist. In 2016, the Arts and Education Council of St. Louis named him Arts Educator of the Year. Erwin is the founder and chair of the Fine Arts Regional Consortium, a professional learning network for arts educators, and serves on the Learning Advisory Committee of EdPlus.

## McCluer JROTC Cadet's Naval Academy Experience Charts Course to Future

When a recruiter from the United States Naval Academy (USNA) in Annapolis, MD visited students in the McCluer High School Army JROTC program last school year, the recruiter's presentation piqued the interest of Martrez Tureaud enough to apply for the school's prestigious USNA Summer Seminar. Little did Tureaud know that he would be accepted and his experience this past June would chart the course to his future.

"I will be applying to attend the USNA, majoring in mechanical engineering while seeking a commission as an officer in the Navy or Marine Corps," said Tureaud, who is in his senior year at McCluer. "My ultimate goal is to become a Navy SEAL or member of the Marine Corps Forces Special Operations Command (MARSOC)."

Tureaud's experience during the six-day USNA Summer Seminar provided a taste of what the Naval Academy offers through its exceptional academic, athletic, extracurricular activities and leadership training programs. The program is offered exclusively to selected young men and women who have demonstrated academic performance; achievement in leadership, athletics and extracurricular activities; have a positive attitude, self-discipline and good moral character; physical fitness and good health and geography.

"I have nothing but confidence in Cadet Tureaud's abilities," said LTC (R) Darrell Gray, McCluer's Army JROTC Senior Army Instructor. "Through his experience in the ROTC program and the USNA Summer Seminar, Cadet Tureaud has learned discipline and leadership skills necessary for success in any type of military environment."



During the USNA Summer Seminar, Tureaud and other nationwide participants attended a variety of academic workshops on topics that ranged from information technology and computer and Naval weapons systems, to nuclear engineering and electrical and biometrics engineering.

Tureaud admits the fast-paced USNA Summer Seminar was a challenge, but says if given the opportunity to do it again, he would gladly do it, as well as recommend the program to other McCluer students.

"The USNA Summer Seminar provides a 24-7 experience of life at the Academy. It helped me with my leadership, discipline and character skills and provided insight into academic courses and training necessary to have success at the Academy and as an active duty member of the military," said Tureaud, who comes from a family with a strong military background.

Thanks to the support of Tureaud's mentor Dr. (and Mrs.) William Whitson, McCluer's Army JROTC Department, PTSO, students and staff, Tureaud was able to attend the USNA Summer Session at no cost to him or his family. His tuition, fees, room and board, transportation to and from Annapolis, as well as a little extra traveling cash were all provided through donations.

"I am grateful to everyone who assisted in making this happen for me," said Tureaud. "The six days I spent at the USNA Summer Seminar provided me with first-hand insight of what my future may be."

Parents and fellow cadets watched with pride as three McCluer Army JROTC Cadets were promoted to leadership positions during the squad's Promotion and Assumption of Command Ceremony, held Sept. 13.

Cadets moving up in rank were Leilani Martinez who was promoted to Cadet Lieutenant Colonel and assumed duties as the Comet Cadet Battalion Commander (Top Cadet); Cadet Shelbie Edwards who was promoted to Cadet Command Sergeant Major and assumed duties as the Comet Cadet Battalion Command Sergeant Major (Senior Enlisted Advisor for the Corps of Cadets); and Cadet Raymond Harris who was promoted to Cadet Major and assumed duties as the Comet Cadet Battalion Executive Officer.

Conducting the ceremony were Lieutenant Colonel (R) Darrell Gray, McCluer's senior army instructor and Sergeant Major (R) Emas Griffin, Jr., army instructor. Parents of the cadets assisted in the ceremony by changing their uniforms' rank insignias and shoulder marks.



## Sherlock's Pal



Lately, I've been thinking about how we should live. Now, I don't want to exaggerate and give the impression that I'm so busy with esoteric thoughts that I don't have time for domestic chores. My wife ain't havin' none of that. It's not like I sacrifice my nightly couch potato activities for the ultimate exercise in self-reflection either. Futhermore, I have sermons to write, so I don't want to waste too much of my fading mental energies on philosophical flights of fancy.

Yes, some of my sermons actually do address the question, "How should we live?" at least in indirect ways. In fact, I should probably do more of that. A gentleman walked by me after worship one Sunday morning not too long ago and said, "I heard what you said, but you never told us what to do about it." This reminds me of a parishioner years ago who walked out the door of the sanctuary muttering, "So what?" I think she was referring to my lame attempt at a sermon that day.

Preachers shouldn't be the only folks who dabble with ultimate questions. All of us, from plumbers to preachers, philanthropists to philosophers, should be asking the question about how to live. We should all be heeding Socrates' proclamation: "The unexamined life is not worth living." My favorite secular ethicist, Peter Singer, published a book in 1993 with the title, *How Are We to Live?: Ethics in an Age of Self-Interest*. By the way, calling Peter Singer my "favorite" ethicist is much like calling Meryl Streep or Robert De Niro my favorite actors. It doesn't exactly separate me from the pack.

Sounding very much un-Ayn Rand (say that five times fast), Singer argues that doing the right thing involves putting others first. We must consider the sufferings and preferences of other beings, including sentient animals. In contrast to the popular view in our society that acting according to self-interest is good for us and for society, Singer suggests otherwise. Personally, I agree with Singer that we should look self-interest in the eye and tell it to take a hike, and yet I also understand that for most of us, most of the time, this is highly unrealistic. Most of us do have the altruistic ability to show compassion and empathy toward others, yet there is very little chance that our needs of self-interest will ever take a backseat to the interests of others, not without a lot of self-strong-arming.

I'm not a fan of bumper sticker life lessons, unless they are pithy and prophetic enough to make a difference in people's lives. Two of my favorites include: "Be the person your dog thinks you are" and "Live your life so the Westboro Baptist Church will want to picket your funeral." These quotes remind me of the columnist David Brooks and his distinction between resume virtues and eulogy virtues. The former includes the things one would put on a job application in order to impress a potential employer. The latter includes the good things people will (hopefully) say about you at your funeral.

Therefore, if your life reflects your dog's overly optimistic opinion of you, if the goofballs from Topeka, Kansas think you are worth the trouble of spewing hate speech, and if someone will be able to crank out a good eulogy for you when your busy life is hushed, then I can stop my arcane crusade to get people to straighten up their act and get back to my chores.

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

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**September 13th 2017 meeting**  
Reported by Keith Kallstrom  
( Keith.Kallstrom@gmail.com )

Capt. Dennis McBride opened the September 13th, 2017 meeting of the Ferguson On Watch, welcoming everyone.



# THE TASTE IN FERGUSON

**Taste What All The Talk is About!**

## Ferguson Crime Review – Aug 17

Speed trailer placed on Ruggles: frequent complaints guide the police department on when and where to place resources.

**Derelict Vehicles:** 27 derelict vehicle notices were processed this month. First notice is a 10 day warning notice. After 10 days, a re-inspection occurs, for which 60% to 70% are usually taken care of. If the violation has not been taken care of, a summons is issued for an appearance at the next court date. It used to be a 5 day court date, but now is just the next regular court date, which could be up to 5 weeks away. The idea is to obtain compliance, so additional time is now given for that compliance. Now an additional 20% have been taken care of prior to the court appearance. At the court appearances a determination is made as to what part of the repair process the vehicle is in, and whether or not the respondent is making progress toward its repair. Once it is determined that no more progress is being made, a seizure warrant is applied for. An attendee from West Colony asked about a couple of vehicles that had been parked and left in their circle. Those had been vehicles that were stolen from somewhere else and dropped off there.

The 1st year the derelict program was taken over from the Code Enforcement department we got 3,000 vehicles. This program is being ramped up again.

## Uniform Crime Reporting

There are 10 categories of Crime Reporting, for which we use 8. The 1st 4 are the part 1 crimes or violent crimes; Homicide, Rape, Robbery & Assault. The non-violent crimes are Burglary, Stealing, Auto Theft, and Arson. Comparing January to August for 2016 was 99 violent crimes versus 2017 (this year) 78 violent crimes, which represents about a 20% drop in violent crimes over last year.

## New Drug Transfer System

A new system for transferring drugs from dealer to customer has been discovered. The drug dealer tells the customer to meet at a certain time and place on a street. One vehicle approaches the pickup point from 1 direction, and the other vehicle approaches from the other direction. When the driver's windows line up of each vehicle, the transfer takes place. If you see this taking place in your neighborhood, call the police at 911 or 522-3100.

## New Recruits- Good News

A couple of our new recruits have already made positive impacts, and saved lives.

Officer Quincy Howard was with his training officer, when he responded, with other FPD officers, to a disturbance on Hudson Road. A man was outside with his mother, and a gun in his waistband, threatening suicide by cop. Our officers, using their Crisis Intervention Training (CIT), talked to the subject, trying to calm him down. After a period of time, Officer Howard was able to get around the back of the subject, and deployed electronic counter measures, and was able to subdue the individual to the ground. After removing the Air-soft gun from him, they sent him to the hospital, to get additional help.

Officer Marquis Jones was on his time off, riding his motorcycle, heading toward Wentzville, when an accident occurred in front of him. The car in front of him had hit an object in the road, and the driver lost control and crashed her vehicle. The vehicle caught fire. Without regard for his own life, Officer Jones used his elbow to break the window, and pulled the victims out. While they had some burns, they surely would have perished had Officer Jones not been able to remove them from that accident.

We've got some great new recruits working for the Ferguson Police Department, and hope to hear more good things about them as they flourish in their new jobs.

Our next meeting is October 11th at City Hall.

There has been buzz of talking over the last few weeks of what a fantastic event the 5th annual Taste in Ferguson "Year of the Champion" was all about. Yes, indeed it sure was our best event so far. On Sunday September 10th, a picture perfect 78-degree sunny sky greeted a thousand people attending the event.

As the people entered they were handed a voting ballot and given a mission to pick the winners of our food vendor competition. This year's lineup of 20 vendors, competing in five various categories, brought out their best food dishes. The hungry crowd wasted no time as lines formed behind the vendor's booth waiting to delight their palate. Then they were off to the voting booth to cast their ballot. The voting was close and in the end five winners emerged as The Champions. Best BBQ was won by Paul's Market. Best Chicken was won by Drake's Place. Best Dessert was won by Ferguson Whistle Stop. Best International was won by The Rice House. Best Pizza was won by Amore' Pizza.



The food vendors also competed in best decorated booth contest. 1st place winner was London's Wing House, 2nd place winner was Helfer's Pastries and Deli Café' and the 3rd place winner was Pirrone's Pizzeria.

The Ferguson Police Dept. and the Ferguson Fire Department had their 2nd annual competition "Cook Off" for Best Burger. The reigning champion, Ferguson Fire Department, just squeaked by again to win the coveted bragging rights trophy. Their friendly competition still ended up raising funds for The St. Louis Police Wives Association. Congratulations to all our winners! Especially our First Responders who are there for us every day.

The great food wasn't the only thing people got to enjoy. The air was filled by the music of two home town bands. The Forestwood Boys opened the event, followed by Brian Owens and The Deacons of Soul Band. Three hands-on activities kept the kids busy while the adults were entertained by three celebrity chef cooking demonstrations under the big tent. The atmosphere was filled with many folks enjoying a wide variety of locally brewed beers while others were sipping on a glass of wine.

Our Sunday afternoon event brought about a feeling of true community among everyone who was there. Families came in large groups, friends were reacquainted with old friends, strangers were making new friends. There was a diversity of people from a 50 plus mile radius that made up the food vendors, our volunteers from set up to tear down, the bands, and those who attended. The Taste in Ferguson show cased what our city motto is all about. Ferguson "A Community of Choice".

We want to express a heartfelt thank you to Centene Charitable Foundation our premier event sponsor and to all our other generous sponsors. To our dedicated volunteers, to our 23 food vendors and to all who attended. Our event is a major undertaking that is only made possible by many individuals and companies who give so generously of themselves. We wish we could name them all but a few need to be mentioned. Melissa Herr and Dave Nolander from Marketing Plus, Steve Kates from Ferguson Graphics, Chris Diamond from BO15 Printing and Mark Byrne.

We had our food vendor champions yet everyone who was part of The Taste in Ferguson is a champion. Because of you, all the proceeds go into the Robbie McGartland and Samantha Lipka Memorial Scholarship Funds. These funds are given in the form of scholarships to the local youth to help make a "champion future" for themselves. Visit our website, [thetastein Ferguson.com](http://thetastein Ferguson.com) for listing of all the 2017 food vendors, sponsors and event pictures. We hope you got to taste what all the talk is about from this year's event and can join us next year on Sunday September 9, 2018.

With much gratitude, The McGartland and Lipka Families

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# Artful Considerations

by Robin Shively

“Art is not a handicraft, it is the transmission of feeling the artist has experienced.”

- Leo Tolstoy



Look no further than the Northern Arts Council (NAC) current exhibit entitled “The Ancestors” to understand the above quote by Tolstoy. Fourteen pieces in various media represent artists’ reflections on the lives of those no longer dwelling within our dimension, expressing how histories shape our current situations. Artists with work on display are Laura Saunders Kaiser, Gussie Klorer, Glynis Mary McManamon, Kate Moore-Freeman, Mary Nichols, Julie Quintero and Luisa Otero Prada. The Ancestors exhibit continues through October 29th in the 427 Gallery at Pearce Neikirk and Partners, 427 S. Florissant Rd.

Building on the “Ancestors” theme, NAC has issued a Call for Art for an upcoming exhibition “Traditions” exhibit. The deadline for submissions is October 22nd. The Ancestors exhibit can also be seen at 427 Gallery on October 15th from 5 till 8 pm, when NAC presents an Artist Show & Tell. It is an opportunity to meet some of the amazing artists of North County, get a peek at their work, and draw inspiration. It is also an opportunity for you to share your original gifts with a supportive art community. For more information on Artist Show & Tell or submitting art for Traditions, visit the NAC website at <https://sites.google.com/view/northernartscouncil>.



Good Shepherd Gallery, 252 S. Florissant Road, will have irregular hours and “benign chaos” Oct. 2nd through 10th as they reconfigure their gallery and studio spaces to add a separate classroom. “Zebras and Reflections”, an exhibit by watercolorist Sr. Elizabeth Slenker, OP, will be installed October 11th with an Opening Reception on Saturday, October 21st. The exhibit combines Sr. Elizabeth’s fascination with animals and reflections. She is particularly fascinated by zebras, each one being distinctly striped, similar to fingerprints. She also finds reflections intriguing, “as one sees the upside down of what one is looking at”. Sneak peeks of “Zebras and Reflections” can be had during regular gallery hours Oct. 11th through Oct. 14th. Good

Shepherd Gallery will be closed from Oct. 16th through Oct. 20th. There is a Halloween themed “Sober Paint” scheduled for Friday, Oct. 27th from 7 till 10 pm. Call 314-522-1155 for more information.

Corners Frameshop & Gallery will reinstate First Friday Gallery Nights at their new location, 425 S. Florissant Road (next to Cork), through the end of the year. October’s event will be on the 6th from 5 till 8 pm. Corners is also the drop-off site for the Northern Arts Council ornament fundraiser. All local artists and creative persons are invited to support NAC, whose mission is to “enrich the cultural landscape of North St. Louis County”, by using your creative skills to produce and donate a unique holiday ornament, bauble or bric-a-brac to be sold at the annual Northern Lights Christmas Market. The small donated treasures can be dropped off at Corners during regular business hours of Tuesday through Friday from 10 am till 5 pm and Saturdays from 10 am till 2 pm. They will be on display and available for pre-sale during the opening reception of the NAC “Traditions” exhibit on November 19th from 5 till 8 pm at 427 Gallery – Pearce Neikirk and Partners Realtors.

Now... on our continuing monthly tour of Jeske Sculpture Park, we encounter the last two pieces along the east side of the creek facing Gerald Place. “Artifact”, made of PVC electrical conduit, concrete, metal tub, sono tube, and PVC pipe was created In 2016 by artist Brett Williams ([www.br-flux.com](http://www.br-flux.com)), who lives and works in St. Louis. To me, it resembles a grove of plastic tubular trees. I plan to return on a brisk day to listen for the sound of the wind blowing across the ends of the tubes. The wonderful thing about outdoor sculpture is that the viewer’s perception and expe-



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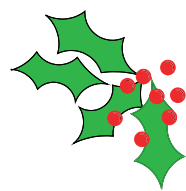
level is partially finished and the hardwood floors are terrific. The kitchen and baths are all freshly updated! Call Amy at 314 660-8050 to get your appointment to view and we will have you in by Thanksgiving! We may even put a turkey in the oven for ya!!



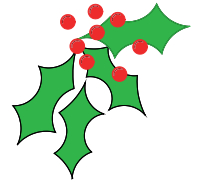
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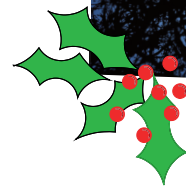
## Start the Christmas Season With a Bang!



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 your 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!!



rience constantly changes along with the lighting and weather conditions. “Mjolnir” by Durant Thompson of Taylor, Mississippi is massive and made of metal with a thick rope running through the middle. On his website ([www.durantsculpture.com](http://www.durantsculpture.com)) he says, “Using recycled materials is important in the realization of all my sculptures. I scrounge my materials from riverbeds, farms, scrap yards and industrial dumpsters in order to house an inventory of forms from which to select objects and shapes. I am aware that at some point in the future these objects will abandon the venue I create for them and once again be recycled into the next one. If I’m lucky a few of my sculptures will stick around for a few generations before they become scrap again. Between now and then, I want my work to remind people of the blue-collar artists, craftsmen and laborers that came before us that provided a blueprint for our present microchip revolution.”

That’s all I have to write for now. Until next month... Enrich your own cultural landscape by viewing some art – or making some art yourself! (If you are an artist or have an art venue in the Ferguson area, send me information about your event at [cornersframing@gmail.com](mailto: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.



**Sherry Loesch**  
Owner, Ferguson Style and Spa

In October 2014, one of the wonderful people who reached out to me during the time of unrest in Ferguson, was the vivacious Sherry Loesch, owner of the Ferguson Style and Spa at 811 S Florissant Road. I was actively trying to bring protesters, city officials and Ferguson residents to the table and wrote a letter to protesters to that effect. Sherry wrote me a note of encouragement at that time, one that I really appreciated as I was going in uncharted territory and was a bit nervous about the approach I was making.



I later discovered that Sherry and I had many common interests. She practised Vipassana meditation and was interested in learning the meditation that I teach. She is a yoga instructor, as I was. We are both vegan and are committed to a holistic lifestyle. We both spend a good chunk of time in our meditation and yoga practices.

Sherry grew up on a farm in St Genevieve, Mo and in Bel Nor. She moved to Ferguson in 1974, attended McCluer High School, and decided to stay here. She absolutely loves Ferguson and its diverse people! She is firmly rooted here and does not anticipate ever moving. She has four grown kids: Joel, a psychologist;

Clare, a paralegal; Mackenzie and Kate whom are both cosmetologists and work at Ferguson Style and Spa with her.. Sherry got all choked up talking about her girls and herself running their family business together; it's a great part of her fulfillment.

Sherry radiates good health and is very athletic. She was a runner and lifted weights. She enjoys biking now. Years ago she had back problems and her chiropractor recommended that she should try yoga. Whatever Sherry does, she does so with passion! She went "obsessively" into her yoga, practicing five days a week, followed by her meditation.

Before opening her salon, Sherry was a bartender for 10 years at TGI Fridays. When her kids were in school, she attended barber school in Ferguson, at the International Hair Institute. The building where the institute was located is now housing Papa John's and Om Turtle Yoga. She worked five years as a barber. She opened her salon on Paul Ave in 1992, with two chairs and 850 sq ft, and was there for 13 years.

When the building at her current location became available, she bought it in 2004. She lives upstairs and works downstairs. She is very happy having her kids and grandkids running up and down the stairs and thinks a family business is ideal for keeping everyone happily together.



Staff from from the left: Mackenzie Lorenz, Katie Hartmann, Sherry and Shannon Brown.

The Ferguson Style and Spa caters for all ethnicities, and offers facials, facial waxing, manicures and pedicures (no false nails), hair color, precision hair cuts, perms and relaxers. They are available for weddings and special occasions as well. You can read more about their services at [fergusonstyleandspa.com](http://fergusonstyleandspa.com). In October 2017, the salon is celebrating its 25th Anniversary in Ferguson! Treat yourself to their services and celebrate with them!

Sherry loves road trips and has visited 48 of the States. She still has Hawaii and Alaska to visit!

Sherry volunteered for about four years with the Ferguson Special Business District. She was responsible for marketing and advertising.

I enjoyed my interview with Sherry and reflected on my good fortune at being able to share so much with the people of Ferguson. Hats off to Sherry for representing the Best of Ferguson and congratulations to her and her staff on their 25th Anniversary!!



The author teaches Transcendental Stress Management meditation to members of the public; and provides these services to the family courts in St Louis. She conducts Retreats here in Ferguson, across the U.S. and abroad. She is also a Motivational Speaker and her lectures include corporate presentations on Wellness. [www.BestAgainstStress.com](http://www.BestAgainstStress.com)  
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## Ask Grandma

### Getting Old GETTING SMARTER

"You'll live to be 90!", that's what my kids and grandkids say to me when I talk about getting my affairs in order. I guess I am pretty lucky to be as active as I am since I'll be 83 years old in a few months. Well . . . ask anyone in their 80s if they want to live until they are 90 and I think you will hear them say "No way!"

It's not that I feel so bad, it's just that there certainly are good days and bad days; days when it's tough to get out of bed in the morning. It's not as if I want to sleep . . . it's that the aches are particularly bad that first couple of steps. But even on good days, it's not like a jump out of bed in the morning anxious to face the day like I used to do.

I recently read a letter from a woman who commended her mother for making a list of account numbers (checking, savings, utilities, stocks, bonds, pension plans, etc.) before she died. She said how much easier it was for her to close accounts, notify others and switch some accounts to her name. I talked to some of my family and suggested that not only am I going to do that, but that they too should make that list. It is even more important if you are the one in the family who handles the finances.

So I started last week: name of account, number and address, contact person, etc. It's a running list that I keep handy on my desk. As the bills and notices come in each month or periodically, it's easy to write down the necessary information. When I think it is complete, I'll make a copy and put it in my safety deposit box at the bank. I have already put my daughter's name on the safety deposit box and given her a key.

I bought a car last week and when I was at the license office, the clerk asked me if I wanted to put someone's name in the blank that says DOT. Don't know what DOT stands for but the clerk said the title will transfer to the person I name in case I die. What a good idea!

On another note, I have for a long time suggested that the family keep a book in which to write memorable points in their lives. No, it doesn't have to be a diary. Once a month or so, pick up that book and write a couple of lines about things that are happening in the family, the community, the nation, the world . . . in other words anything that affects you . . . good, bad, humorous or just interesting.

A few years ago I received a gift of a blank book. I started writing funny things that I remembered over the years. A couple of weeks ago one of my daughters found that book and she laughed at the things I had written. I asked if she had written anything in her book and she hasn't. That particular daughter lives very close to the Ferguson Police Station and heard and saw the protestors every day for more than a year after August 9th, 2014. She has a lot to write about.

Suggestion:  
"Travel while you're still healthy. Dance while you still can. Write like no one would ever read it."

## Homeowners... That Water Shut Off Valve Belongs to You!

That shut off valve in your front or side yard does not belong to the Missouri American Water Company, and they are not responsible for maintaining it.

The shut off valve pictured is in the middle of the sidewalk on Robert Avenue. It sticks up about 2 inches from the sidewalk. It certainly is a hazard and should be lowered to be flush with the sidewalk.



A gentleman tripped and fell while walking up to January-Wabash Park for the 4th of July Celebration on July 1, 2017. He ended up with a black eye, scrapes and bruises, and a pair of broken glasses.

He approached both the City of Ferguson and the Water Company to no avail. The *Ferguson Times* contacted the Water Company and was told by Brian Russell that yes, the valve belongs to the home owner and it is a simple matter to lower the value as it is on a screw that just needs turning. How this is suppose to be accomplished when it is surrounded by concrete, is a mystery. The *Ferguson Times* also tried to make contact with the City of Ferguson, but has not received a reply.

So . . . check your water shut off value and see if it needs maintaining. You are liable.

## Stay In the Neighborhood



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## Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

UMB Bank Open House . . . . .	Thurs., Oct. 5
Mystery Meal . . . . .	Thurs., Oct. 5
Rummage Sale – St. Stephen's . . . . .	Fri., Sat., Oct. 6, 7
Fall Festival Rodeo – Blessed Teresa of Calcutta . . . . .	Sat., Oct. 7
Music, Love, Peace Fest – Church of the Nazarene . . . . .	Sat., Oct. 7
Yard Sale for Storm Victims – Chateau Woods Ct. . . . .	Sat., Oct. 7
Christian Concert by Jim Hendrick's – Oak Hill Baptist . . . . .	Sun., Oct. 8
Reading on Race Book Club – Library . . . . .	Mon., Oct. 9
Columbus Day Celebration . . . . .	Mon., Oct. 9
Ferguson City Council Meeting – City Hall . . . . .	Tues., Oct. 10
Life of "Cool Papa Bell" – Library . . . . .	Wed., Oct. 11
Ferguson Neighborhood Watch Meeting – City Hall . . . . .	Wed., Oct. 11
Card Party / Luncheon – Immanuel . . . . .	Thurs., Oct. 12
North County Chamber Membership Meeting – Orlando's . . . . .	Thurs., Oct. 12
CityWalk Monthly Meeting – Pearce's Office . . . . .	Thurs., Oct. 12
EarthDance Farmers Formal – Union Station . . . . .	Fri., Oct. 13
Medical Equipment Drive – Various Walgreen Stores . . . . .	Sat., Oct. 14
Fun Day Wine Day Trip . . . . .	Sun., Oct. 15
How to Run for Office – Library . . . . .	Mon., Oct. 16
Fall Book Sale – Library . . . . .	T,F,S, October 19, 20, 21
Teens Trip to 6 Flags . . . . .	Sat., Oct. 21
AAUW Legislative Forum – 1st Presbyterian . . . . .	Sat., Oct. 21
Tuesday Book Club – Library . . . . .	Tues., Oct. 24
Ferguson City Council Meeting – City Hall . . . . .	Tues., Oct. 24
Craftnoon – Library . . . . .	Fri., Oct. 27
Trunk or Treat – North Hills UMC . . . . .	Fri., Oct. 27
Nashville Music City Trip . . . . .	Fri.,-Sun., Oct. 27-29
Chili and Chills – Wellspring . . . . .	Sun., Oct. 29
Great Pumpkin Party – Library . . . . .	Tues., Oct. 31
Trunk or Treat – Community Center . . . . .	Tues., Oct. 31
Oklahoma Gambling Trip . . . . .	Tues.-Thurs., Nov. 7-9
Dine Out for Ferguson Farmers Mkt. – Various Restaurants . . . . .	Wed., Nov. 8
Movie About "The Man Behind the Merferds" – New So. City . . . . .	Fri., Nov. 11
Senior Lunch and Bingo – Community Center . . . . .	Thurs., Nov. 16
Teen Escape Challenge Trip . . . . .	Sat., Nov. 18
Northern Lights Parade and Market . . . . .	Sun., Nov. 26

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