

Ferguson Times

Established 1894

CITY OF FERGUSON, MO. Oct. 1999

November, 2017

Serving Ferguson and Surrounding Communities



**Saturday
November 18th
Ferguson's
Indoor Farmers'
Market**

Farmer's Market open the third Saturday of the month, now through April.

Find friendly farmers, meat vendors, specialty baked goods, teas, olive oils, coffees, made-to-order omelets, and other natural goodies.

St. Stephen's Church – 33 North Clay, Ferguson

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

Participating Restaurants:

- CorkWine Bar, 423 S. Florissant Rd. Ferguson
- Drake's Place, 701 S. Florissant RD., Ferguson
- Ferguson Brewing Co., 418 S. Florissant Rd., Ferguson
- Marley's Bar & Grill, 500 S. Florissant Rd., Ferguson
- Montrey's Cigar Lounge, 401 S. Florissant Rd., Ferguson
- Vincenzo's, 242 S. Florissant Rd., Ferguson

Updates can be found at: <http://fergusoncitywalk.com/>
or contact Marveena Miller, 314-324-4298

FERGUSON NORTHERN LIGHTS

**"Winter Wonderland"
Sunday, November 26th**

At the Savoy – 119 So. Florissant Road
2-5 pm
Holiday Market
Free Trackless Train Rides
Kid's Activities
Live Reindeer

At Victorian Plaza – 20 So. Florissant
5 pm
Lighted Holiday Parade on So. Florissant
Tree Lighting Ceremony

For more information go to
314.324.4298
or email: marveenamiller@hotmail.com

**Parade and Vendor Application at
FergusonCityWalk.com**



**Ferguson Christmas
Twilight House Tour**

**Sunday, December 3rd
3:00 to 7:00 pm**

Tickets \$12 in advance
\$15 day of tour
Tickets available at the Northern
Lights Event
Proceeds benefit Ferguson Caring League

**ALLIED WASTE HOLIDAY SCHEDULE
THANKSGIVING WEEK 2017**

Monday, Tuesday, Wednesday routes will not be affected
Thursday routes will be picked up Friday, November 24th
Friday routes will be picked up Saturday, November 25th

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**November Events at the
Ferguson Public Library**

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

Coding Without Computers - Wednesday, Nov. 8 at 6 pm

Learn some coding fundamentals *without* a computer! We'll tackle several activities designed to teach you how to think like a coder - no wires attached.
For kids ages 9-14. Registration is required.

Parents as Teachers Storytime - Friday, Nov. 10 at 10 am

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

**St. Louis Community College Tech Fest
Saturday, Nov. 18 | 10 - 1 pm**

The tech specialists are back! Need one-on-one help with your smart phone or other device? Have a computer that could use some TLC? Bring it by and the friendly members of the ABOUT Club will help you out for FREE!

SAVE ROOM FOR DESSERT AND GOBBLE UP THESE PROGRAMS!

- Preschool Storytime Mondays, 10 am
- Readings on Race Book Club Nov. 13, 6 pm
- Crafternoon Nov. 17, 5 pm
- Tuesday Night Book Club Nov. 28, 5 pm

If You Have Items of Interest, email: cider@att.net



November 2017 CityWalk

“Check It Out

Library = Books.

That’s the equation in my brain. But Ferguson’s Municipal Public Library has a much longer, much more complex equation: FMPL = Books + Safety + Education + Art + Employment Support + Outreach + Creative Response to Community Needs.

An essential part of that equation is Scott Bonner, the Director of the Library. Yes, Scott has a Master’s in Library Science. He also worked in mental health. The combination of these work experiences helps to broaden the vision of “library” as more than a repository for print media. The library can be a source of many forms of help for citizens of Ferguson. Scott began his directorship on July 1st, 2014. He took the position because he fell in love with what he saw at the library, and then proceeded to fall in love with Ferguson.

Six weeks later, he was part of the unfortunate history that has been played over and over in mainstream media across the globe. The civil unrest that erupted that August and again after the grand jury’s verdict in November of 2014 made for synergy, as Scott asked: “How can we help? What do people need? What more can we do?” The library staff followed his lead as the library began to morph into: an “ad hoc school on the fly,” an oasis of safety, a gallery for “Hands Up, Don’t Shoot!” – an exhibit by the Alliance of Black Art Galleries, a location from which the U.S. Small Business Association could give emergency assistance to ailing businesses, and an agent of social outreach in many other ways. Donations poured in that constituted 95% of the annual budget. The Ferguson Municipal Library was awarded the Gale/LJ Library of the Year Award for 2015 for Courage in Crisis.

What are Scott Bonner’s dreams for the future? Now that the most severe time of crisis has waned, so have the big donations that were realized in 2014 and 2015. How can we make sure that financial support continues at an intensity that will allow the library to hire a reference librarian to support small businesses, and provide other means of business support? The library wants to expand its outreach to schools, businesses, neighborhoods – reaching into corners of Ferguson that may have great need but don’t have easy access to the location. With such a vision of outreach, the building at 35 No. Florissant Road, while remaining a destination, can grow as a base camp to empower the library in providing resources beyond its brick walls, to schools, to businesses to all Fergusonians, while serving as an example across the country as to what “library” can mean in the 21st century.

Welcome to **The Nehemiah Epicenter** at 104 S. Florissant Road, which houses the Nehemiah Housing Agency and a business incubator to both support and attract new businesses--small, new, and major businesses that can additionally contribute to the growth and well-being of the future of Ferguson.

And yes, where there is smoke, there is barbecue – Red’s is coming. **Red’s One and Only** will be opening at the corner of S. Florissant Road and Compton Street. The recent smoke and lines were just a preview during a special, temporary permit.

Business seeds being planted: more businesses to be sprouting up soon.

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

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

The Plumber’s Crack

By Oh Baby bigohbaby@sbcglobal.net

Firewood getting stacked, pumpkins turning to pie, leaves falling, nip in the air, hockey and basketball are in full swing, turkeys selling like hot cakes. And speaking of turkeys, it’s November and time for another ‘Plumbers Crack.

Well my friends we haven’t visited my favorite place in a while “so I guess I’m ready to “Go There Again.” Yes I’m talking the bathroom . . . more importantly . . . the throne. Yes, the best piece of office furniture in the home.

In the last couple of years manufactures have gone to war on these incredible fixtures and recently there was a consumer report on the morning news about them. Let’s start with the way they flush. There is the older style that rinse down the waste. I personally prefer this style but it’s hard to find one that gives you enough water power to really clean the bowl.

There is the dump flush which a lot of the big names went to. These take the waste out with no problem but, several of them have such a narrow channel as the waste leaves the bowl that they stain and you end up flushing twice anyway.

Another is the power flush. It has an air canister in the tank and uses air that blows out waste like its shot out of a cannon. I strongly advise against this style of toilet. When that air canister fails, and it will, you could almost buy a new toilet for what it takes to repair it.

Recently a couple of new water closets have come out on the market that have a 2.5 gallon flush and work as a rinse down. The jets around the rim are designed not only to push out the waste but also scour the bowl, cutting down on rust stains that normally form around the top. This also makes the toilet easier to clean because the jets are visible.



I will say this . . . the worst toilets you can buy are the box store specials. Everything in one box usually less than 50 bucks. Trust me, you’re better off going out to an outhouse and fighting the spiders and snakes for the seat. Don’t get me wrong, there are some top brand toilets that come all in one box at the box stores. Believe me that’s when price really counts.

The best advice I can give you is talk to the sales rep at a show room, your plumber, or check out toilets in other people’s homes. The other important question to ask when talking to these people is what it costs to repair tank innards when they go bad. Are they available at your local hardware store or is it necessary to call a plumber?

Well Crack fans it’s time to clean this up and bore you with my monthly request. Please get to know your neighbors. You are living in one of the finest diverse city’s in America and the more you’re involved in your community the more you will see I’m right.

Watch out for kids, check on the elderly, shop local, and hug them babies.

God Bless,
Oh Baby

P8563, D8563

Premier Plumbing Solutions



Say “I Love Ferguson”
When presented your bill and receive **\$10 OFF**

Dave Walters (Oh Baby)
Master Plumber / Drain Layer / Licensed / Bonded

- No Service Charge • Free Estimates
- 10% Senior Discount (Maximum of \$50)
- Compare our Price on Water Heaters

524-0222

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

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



WINDOW RESTORATION
BY:

Painted Effects

CONTRACTING llc
314-524-1264



Maintaining Yesterday For Tomorrow

Fall Home Fire Safety Tips

Ferguson Fire Department



Check Your Detectors

Spring forward, fall back, and check your smoke and carbon monoxide detectors. When you change your clocks, also change the battery in your detectors. Developing this habit is a good way to remember a simple task that can save your life. Be sure there are working smoke detectors on each floor of your home, particularly outside of sleeping areas. Approximately 20 percent of detectors don't work because of dead or missing batteries. In addition to replacing smoke detector batteries twice a year, smoke detectors should be replaced every 10 years.

Space Heaters

Space heaters need space, too. As the weather gets cooler, space heaters come out of their summer hiding places. Remember to leave at least 3 feet of space around your heater. Unplug it when not in use.

Cozy Up to a Safe Fireplace

Fireplaces are involved in thousands of home fires each year. Before you toss a log on the fire, have your chimney inspected annually and cleaned when needed. Creosote, the buildup of deposits, is a top reason for fireplace fires. In addition, cracks can allow poisonous carbon monoxide to seep into your home. And finally, a thorough inspection will remove any animals that may have built a home in your chimney during the summer. The fire protection association also suggests the use of fireplace screens to keep sparks from floating out. In addition, don't leave your home or go out or go to bed with a fire left burning. And if you have a gas fireplace, have all the connections and lines checked.

Have an Escape Plan in Place

Be sure you have a family fire escape plan, and practice it regularly. Have an escape route for each area of your home and a designated meeting place outside. Draw a map of the escape plan and make it easy for all members of the family to understand. Train every one to stay low to the ground when escaping a fire. If you must travel through smoke to your exit, crawl and keep your head at level of 12-24 inches above the floor. Windows may provide a secondary means of escape from a burning home. For two-story homes, we would suggest the purchase of a non-combustible escape ladder that's tested and listed by an independent testing laboratory. Store the ladder permanently near the window. Escape ladders are available at most hardware stores. Buy one that hangs away from the house, rather than right up against it. Practice deploying the ladder, including how to use it from a first floor widow.

Outside the Home

Never park your car or truck over a pile of leaves. The heat from the vehicle's catalytic converter or exhaust system can ignite the leaves below. The resulting fire could destroy your vehicle. Flammable liquids should not be stored inside the home. Remove fuel from lawn mowers before storing them for winter. Contact your utility company if trees or branches are not clear of power lines. Prune back trees, and rake up leaves and debris. If you live in an open area with a lot of natural vegetation, consider creating a defensible fire zone around your home. Prune the bottom branches from trees and remove shrubs and trees within 20 feet of your home. Don't store cardboard boxes, paper or other flammable materials in the backyard. These materials provide ready fuel for a fire and all it takes is one spark.

**Have a Plan, Be Safe,
and have a Great Fall!**

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/> Sign up . . . it's a great way to keep abreast of what's happening in Ferguson.

Ferguson Police Honored for Heroic Acts



Not all of our heroes are pictured here. Shown from left to right: Keiser, Catanzaro, Chief Moss, Howard (back), Adams, O'Brien, Mink

Police Officers with the Ferguson Police Department were recognized for their recent demonstration of courageous acts that served to save the lives of people who fell victim to circumstance.

Officer DeQuincy Howard, while off-duty, happened upon a single car crash along highway I-70 in O'Fallon, Missouri. A woman was driving and struck a metal object that caused the car to crash and burst into flames leaving the woman and her children trapped inside. Officer Howard was off-duty as he witnessed the crash, and without hesitation, immediately stopped, smashed the car window, and pulled the victims to safety. The victims all suffered burns and bruises, unfortunately, one of the children later succumbed to her injuries while in the hospital and passed away. .

Officer Greg Adams was dispatched to a home where it was reported that a 12-year-old girl was unconscious. When Officer Adams arrived, he discovered that the child was in fact not breathing and without hesitation, administered CPR. He continued until members of Emergency Medical Services arrived and took over. In a later conversation with medical professionals, we were informed that child, who is alive and well, would most certainly have died if not for the quick and heroic actions of Officer G. Adams.

Lt. Craig Rettke, Officers Will Catanzaro, Marquis Jones, Bradley Keiser, Erin O'Brien, Todd Mink, the Ferguson Police Department were called to the 900 block of Hudson for an armed subject threatening, "Suicide by Cop." Units arrived, found the armed subject standing in the front yard with a cell-phone in one hand and a weapon in his waistband. The subject was in obvious mental and emotional distress and was not only threatening to kill himself, but he also made attempts to provoke the officers into shooting him. With Lt. Rettke in charge of the scene, the officers established a dialogue with the armed man who was intermittently coherent. They also secured the scene to ensure the safety of the numerous members of the public who were passing by, as well as, ensuring the safety of the subject and the police officers on the scene.

When it seemed that the dialogue was futile and the armed man became more agitated, the officers carefully coordinated a distraction plan which allowed two officers to sneak around back and deploy their electronic control devices. The plan worked remarkably well and the subject was taken into custody without injury. He was transported to an area hospital where he got the mental health and substance abuse treatment he so desperately needed. This was a fantastic example of leadership, coordination, teamwork, patience, quick thinking and marksmanship.

The Nerdy Girls Book Club is a club that inspires young girls through the power of books. Every couple of weeks, a book is selected for this group of youngsters to enjoy, upon completion of the book, either a venue or field trip is selected and these amazing young ladies have an open discussion about what they have read, and they are provided with other educational opportunities and fellowship experiences. Although she is not the founder, Sgt. Dominica Fuller was inspired to participate as a sponsor and volunteer by one of her very own beautiful daughters who is a member of the club. Since joining, Sgt. Fuller has served as a mentor to countless young ladies who benefit from the program. This is service well above and beyond the call of duty and it is just what the doctor ordered in terms of commitment to the youth of Ferguson.

All of these are examples of the quality and caliber of the professionals serving here at the Ferguson Police Department. Some of these officers are newly hired yet they serve as sterling examples of the very best in law enforcement and for this we ask, when you see these officers, that you join us in expressing gratitude.

Ferguson Community News Page

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

By Mayor James W. Knowles III

“Every time we turn our heads the other way when we see the law flouted, when we tolerate what we know to be wrong, when we close our eyes and ears to the corrupt because we are too busy or too frightened, when we fail to speak up and speak out, we strike a blow against freedom and decency and justice.”

- Robert Kennedy, Former United States Attorney General and Senator



In the past month, a movement in our society has begun to take hold. It is a movement of people speaking out about the illicit behavior of some of the most powerful men in Hollywood. The movement is one of courage on the part of those who have previously been oppressed by those who held sway over their jobs, careers, and their futures. With each voice that speaks out about their experiences, another previously silent victim summons the courage to come forward.

As more people come forward about what appears to be a pervasive culture of sexual harassment, misconduct, and even rape in Hollywood, we must ask ourselves how something could become so widespread throughout an entire industry. How is it that so many people could be victimized, and so many can be involved, and no one in the industry knew this was happening? Are we to believe that for those operating in Hollywood, this came as a total surprise? Of course not. The truth is this has been allowed to go on for years because the predators successfully intimidate their victims into relative silence, meanwhile the “Old Boys Club” of Hollywood was more concerned about the “Club”, than they were about speaking out themselves.

It seems like every day now; the “Old Boys” of Hollywood are finding themselves cornered into a discussion about what they knew and when they knew it, regarding this epidemic of sexual misconduct. While no one has yet thrown themselves before the media and cried “Mea Culpa”, everyone from Matt Damon to George Clooney has been forced to admit some vague knowledge of the quiet existence of these allegations in Hollywood. Yet until cornered, not one of them has ever spoken out previously about the issue. Instead of summoning the strength to speak out for those silent victims, they preferred to go along, get along, and be part of the crowd. Meanwhile countless more women were harassed, assaulted, or worse. The horrible reality of this tragedy, is that it could have been avoided simply by the Hollywood community speaking up years ago, instead of giving tacit permission through their silence.

As much as I love to pile on Hollywood as a sychophantic group of enablers, the problem of silence in the face of wrong doing permeates through our society and it exists in many circles. Every day the average citizen bears witness to incidents of sexual harassment, racism, corruption, or any number of crimes in our community, and we often choose to look the other way, or at least avoid involvement. We tell ourselves it is not our business, we talk ourselves out of our duty to care. We don’t think about what it would be like to be the victim, and depend on someone speaking out for us, or at least speaking alongside us.

We often take these issues seriously when they affect us or the ones we love, and we often fail to recognize that by avoiding involvement in these incidents, it makes it more likely that we, or our loved ones, may find ourselves to be a future victim.

On issues big or small, we must realize that we need to have the courage to speak up, and speak out, otherwise our silence allows it to continue. This is especially true for issues in our community, and our neighborhoods. We are all affected by the crimes that occur in our city and on our streets, whether we are the immediate victim or not. This is why it is important that residents take the time to call on issues in their community and work with law enforcement when at all possible. If we all speak up, and speak out, then crime and criminality will no longer have any place to hide.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Nov 7 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Nov 9 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.	Nov 6 7 pm	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	Nov 21 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Al Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	Nov 13 7 pm	Fire Station #1 200 So. Florissant	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	Nov 13 7 pm	Fire Station #1 1200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	Nov 30 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

You can sign up to receive notices of meetings, hearings and other postings by registering your email address on the city’s website.

For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

Ferguson City Council Meeting

Tuesday, November 14th at 7:00 p.m.

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

GENERAL MUNICIPAL ELECTION APRIL 3, 2018

Candidate filing opens at 8:00 a.m. on Tuesday, December 12, 2017. Nominating petitions will be accepted by the City Clerk (upstairs) in the City Clerk’s office 110 Church Street, City Hall Ferguson, Missouri. Candidate filing closes at 5:00 p.m. on January 16, 2018.

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

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

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

Ferguson Community News Page

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

COMMUNITY CENTER

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

Facility Rentals

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

Memberships

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

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

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

PROGRAMMING

Children's Tumbling

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

Age: 3 ½-7 years old & 8-12 years old
Start Date: Mondays 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: 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, 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, 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: 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., 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

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, 12/4 (8 week session)
No Class 12/25 or 1/1
Wed, 12/5 (8 week session)
No Class 12/27 or 1/3
Mon, 2/12 (8 week session)
Wed, 2/14 (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

Parks and Recreation Activities Continue on Page 6

FITNESS Continued from Page 5

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!

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.

TEEN PROGRAMING

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/Resident; \$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.

Date: Fri., Dec. 8

Time: 10 am pickup

Fee: \$32/Members; \$37/Resdient; \$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 Casio. Also on Wednesday, a side trip will be included to Sandstone Gardens in Joplin, Missouri. Comps for this trip include: \$25 worth of slot play, 1 lunch and 1 dinner and \$3 off in the food court. This is a total between both casinos. Cost includes: motorcoach transportation, lodging, taxes and gratuities.

Ages: 18 and up

Dates: Tues, Nov 7 – Thu. Nov 9

Time: 7am – 8pm

Fee: \$138/Residents; \$153 Non-Residents; (Double Occupancy)

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

More Parks and Recreation Events on Page 7

ADULT PROGRAMMING

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 Restaurant. 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: Nov.6 - Dec.13
Time: 5:30-6:30pm
Location: McCluer South Berkeley
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: Nov.6 - Dec.13	Dates: Nov.6 - Dec.13
Time: 6:30 pm-7:15 pm	Time: 6:30 pm-7:15 pm
Fee: \$35 Residents	Fee: \$30 Residents
\$40 Non Residents	\$35 Non Residents

Adult Lessons

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

**No Classes
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: Beginning after the Winter Break
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



I volunteer for Meals on Wheels because...

The smiles that greet me when I deliver their meal.

24,000 older adults struggle with hunger in our service region.

It's 1-2 hours, every day, once a week, or once a month.

Mileage is reimbursed for your route.



Volunteer in your community by visiting agingmissouri.org or call: Ferguson Senior Resource Center 314-867-5661



Councilwoman Ella Jones Designated a Certified Municipal Official

Councilwoman Ella Jones of Ferguson, MO. has earned the prestigious designation of Certified Municipal Official from the Missouri Municipal League's Municipal Governance Institute.

The Municipal Governance Institute was created under the direction of the Missouri Municipal League's board of directors, to provide a training program focused on the important areas municipal officials and professional staff need for success. In order to achieve this high honor, a municipal official must complete 16 credit hours of training conducted or endorsed by the Municipal Governance Institute.



Growing Our Communities Together

Through her attendance at statewide and regional MGI sanctioned educational events, Councilwoman Jones, has received training in subjects such as council meeting procedures, parliamentary procedures, the

Missouri Open Meetings and Records Law, conflicts of interest, the State Ethics Law, duties of the mayor and council, tort liability, purchasing and bidding requirements, municipal revenues sources, personnel law, emergency management and budgeting.

"All MGI graduates spend many hours over several years attending workshops and lectures on the finer points of municipal government," said Dan Ross, Executive Director of the Missouri Municipal League. "Earning the CMO designation is a significant achievement, and I commend our graduates for their dedication and motivation to become better informed and more effective municipal officials."

The Missouri Municipal League was organized in 1934 and now serves more than 670 cities as the recognized voice for municipalities in Missouri. This voluntary membership program brings officials of cities and towns together in fellowship of public service that strengthens and guides local government in a progressive, responsible fashion. The primary purpose of the League is to promote understanding of municipal government and administration in Missouri and thereby advance the welfare of the people of this state.

Did You Know



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

Approximately 10,000 people turn 65 every day and will continue to do so every day through 2029. Despite the rising number of older adults and creative attempts to lure in new participants, attendance at senior centers started to decline locally and nationally. MEAAA saw the opportunity to reach even more older adults through the creation of our Choice program.

What is Choice? Choice is an innovative program model that brings programs and services traditionally offered in MEAAA senior centers to community locations where older adults naturally congregate.

Choice was created in September 2014 as a solution to the ongoing challenge of attracting older adults to our senior centers. Choice brings a variety of programs and services to community locations such as libraries and community centers. As a result, more people are accessing information and resources that enable them to live in their home and communities for as long as possible.

While there are many opportunities for older adults to learn, socialize and enjoy healthy meals in our community, the added value brought by MEAAA's staff makes Choice unique. MEAAA staff members are familiar with the variety of interests, needs and challenges of older adults and they are skilled at identifying resources that help individuals to age well in the community.

What does the Choice program look like? The Choice program is offered in 9 different locations reaching older adults in North, South and West St. Louis Counties and Jefferson County. The locations are on a 3 month rotating schedule with a variety of presentations and classes. A typical Choice presentation lasts about an hour-from 10-11am-followed by pre-ordered lunch from Bread Company. The Choice Program is presently at the Natural Bridge St. Louis County Library location thru the end of the year on Friday mornings. Registration for a presentation can either be done on-line at www.agingmissouri.org/choice or by calling the library reservation line (314) 994-3300.

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

Ferguson Senior Resource Center

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

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

Upcoming Activities

Monday, November 6th 10:00- 11:00am "Healthy Eating For the Holidays"
Friday, November 10th 10:00- 11:00am "Making Money Work"
Friday, November 17th 10:00- 11:00am "Caregiving 101"
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.

Living a Healthy Life With Chronic Conditions

A Chronic Disease Self-Management Program for Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and many other diseases



- A six-week program for adults living with a chronic condition and their family members.
- Classes are 1-1/2 hours long and highly participative.
- Sponsored by Saint Louis County Department of Health.
- Free book after 3 sessions.

**Wednesdays from 10:00 a.m. to 11:30 a.m.
November 1st, 8th, 15th, 22nd, 29th and end
on Thursday, December 7th**

**Ferguson Senior Center
1050 Smith Avenue**

Ever Wonder How You Can Get Involved With Your City Government?

Consider volunteering on a Ferguson Board, Committee, or Commission. We have multiple vacancies available. The list includes committees like the Architectural Review Board, Plan Commission, Park Board, Personnel Board and others. For more information regarding vacancies, requirements, roles and responsibilities and/or how to apply, visit the City's website or contact your City Clerk at City Hall.

Coming Soon To Downtown Ferguson

Red's (the one and only) BBQ (304 S. Florissant) is scheduled to open in late October, Red's is returning to Ferguson to serve his famous smoked bbq. Currently open outdoor only.

Just Chicken (130 S. Florissant). Opening his second location, Antwann Binion is taking over the former Queens Restaurant space, looking to open in the coming months. Check out his current location at 5942 Delmar, or his website at www.justchickenstl.com.

Baked Pizzeria by Mike Lonero (235 S. Florissant); oven-fired pizza in downtown Ferguson, developed by the owner/operator of the Ferguson Brewing Company.

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

Tel: 314-256-9123

Email: info@thecenterforse.com

Dates & Times	9:30am-12pm
November 4, 18	February 10, 24
December 2, 16	March 10, 24
January 13, 17	April 7, 21



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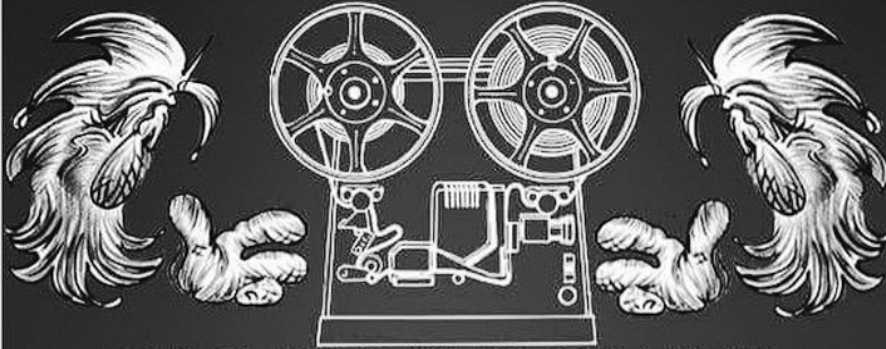


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Certain ones are 'experts' when
it comes to our colors, but no one
wants to shed them. We can't hang
onto the old Merferd, or we
can't give thanks for
what's to come

*Treetoons
by Phil Berwick*

FloValley Celebrates Manufacturing Day 2017

National Manufacturing Day is a celebration meant to inspire the next generation of the workforce. St. Louis Community College at Florissant Valley partnered with a number of local manufacturers in recognition of National Manufacturing Day held in early October.

Approximately 140 high school students and teachers from Lindbergh, Riverview Gardens, Maplewood Richmond Heights, North Technical, University City and Parkway Spark! Incubator attended the event.

"Manufacturing Day allows area students to see how many opportunities are available in this vital middle-skills area," she said. "Our local companies have so much to offer, and it is important for STLCC to provide these types of events to show future students how the work they do at the college can lead them to a good-paying, exciting career."

Local manufacturers and STLCC faculty and staff were present to discuss manufacturing careers and the value to the economy. Companies and organizations included Essex Industries, Modern Screw Products, Boeing, The Gund Company, Industrial Steel Fabricators, National Tooling & Machining Association, STLCC-Florissant Valley Engineering & Technology, and Workforce Solutions Group.

Students had the opportunity to speak with manufacturers about processes, products and opportunities within the organizations. Following the discussions, students boarded buses for on-site tours at Cambridge Engineering, The Gund Company, Sunnen, Weir Minerals and Amcor Rigid Plastics.



Spiritual Practices Small Group





Are you a youth or young adult looking to deepen your prayer life? This is the small group for you. We will learn from an expert about three prayer practices (Icons, the Daily Office, and the Examen) and do them as a group for 3 months each. Come and further your connection to the Divine with us!

1st & 3rd Tuesdays
October 5, 2017 - June 3, 2018
7pm

St. Peter's ICC
1425 Stein Rd.
Ferguson
314-521-5694

 St. Peter's United Church
Of Christ Ferguson, MO
 www.stpeterschurch.org

 @StPetersUCCFerguson
 info@stpeterschurch.org

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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.

In recent weeks we've seen protests around town and one comment I've heard more than once has been the goal of protesters to hit 'em where it hurts their "economy" or in an economic way. It seems that getting people to listen requires a hit in the 'ole pocket book. Some protesters have even suggested the goal of the protest is to "disrupt commerce." To me this seems a bit illogical. In 2014, Ferguson felt the wrath of protesters who also seemed bent on destroying the economy in Ferguson. Looking back we can see who got hurt and many of those business owners were minorities. I wonder if they think the destruction was worth the cause. While I don't expect that any protesters would be reading this column I do wish someone could respond to: How does destroying the local economy strengthen their cause?

Recently, I read about past marches and protests to see which resulted in change toward the goals of those groups. Back in 1913 there was the Women's Suffrage Parade. Inez Milholland was the leader of the parade riding a white horse down Pennsylvania Avenue. Despite the crowds of mostly men shouting insults and much worse, the parade of 5,000 women managed to reach the Treasury Building. Speakers addressed the crowd of women and as we now know by 1919 many of the concerns of the suffragists had been heard and the 19th Amendment was passed giving women the right to vote. This is an example of a demonstration that accomplished many of its goals by peaceful means.

Certainly the most famous example of a peaceful march was in 1963 when Martin Luther King Jr. led more than 200,000 Americans in the March on Washington. At the conclusion he gave his "I Have a Dream" speech. Since then studies have shown that this movement did succeed in making change. Many of the civil rights changes came about during that time. And I do realize that for many people the changes that were supposed to make life better didn't happen in the same manner throughout the country. Some areas were slow to react and even today have some less obvious ways to prevent true equal opportunity. Our own St. Louis area seems to have that reputation.

Both of those examples were peaceful. Although the insults and sometimes violent response of police, and local citizens tried to provoke Martin Luther King; he continued to maintain peace. Today we are seeing more destruction of local businesses and personal property. When I hear the demands and see the violence, it really causes me to feel little sympathy for the cause even though I agree with many of the concerns. Most people I've talked to share this type of thinking. If I talked to more people who were actually protesting I might find they believe that disruption gives better results.

In 1915 Professor Abhinay Gupta did some research that supports that theory, however he also found that the more effective approach included some "evidence-based education" to help sell the idea that the point of the protest is valid. And each protester may not share the same perspective which leads to various degrees of success within the differing opinions.

So, back to my first point, how does this destruction convince anyone that there might be some valid points to be made? If the protesters goal is to damage the local economy to hurt those who don't agree with them, they are doing a pretty successful job. However, the sad part is that they are sort of cutting off their nose to spite their face because it's hard to be taken seriously when violence is being used. The City of St. Louis lost a great deal of revenue due to U2 and Ed Sheeran concerts being cancelled the week after the verdict was announced. Along with the revenue our reputation has suffered and we won't really know the other loss we have due to less tourism because of fear. During the 1992 LA riots studies have indicated that the cost to the city was almost \$4 billion in taxable sales, plus over \$125 million in sales tax and another \$1 billion in property damage. And still there was loss of life which you can't really put a price tag on. With what we've been through these past few years is not nearly as bad, but it certainly does come close and the costs will affect us for a long time. If you've ever looked at a city's financial report you might see some interesting information. Since the protests and violence in Ferguson during 2014, I wondered about how the city is coping financially. Annual financial reports are available to the public quite easily on the internet. Just like individuals, a municipality must be fiscally responsible and report to the taxpayers about how the revenue collected is being spent.

As I mentioned in some of my earlier columns looking at one's financial health requires a gathering of information about what you own and what you owe. For individuals we usually refer to this as a Personal Financial Statement. For businesses it may be called a Statement of Condition. In the information I found it was referred to as a Statement of Net Position. Identifying the value of everything owned by the city makes up its assets. And determining what is owed makes up the liabilities. The city may have debt from municipal bonds issued to pay for some improvements. They could also have debt from purchasing real estate or building within the city. The difference between the assets and liabilities help tell how solvent an individual, business or municipality is. The difference is known as net worth or net position. We always like to see the assets higher than the liabilities because a negative net worth is a sad position to be in and can't be sustained for long.

What I found interesting was that the City of Ferguson had some steady growth in their net position from 2008 to 2014. Over the next two years it declined to be just above 2012 net position. Did that decline happen because of the protest and riots? It does seem likely. Considering all that happened and the costs to the city, I was a little surprised things didn't look worse. The next area to look at

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wine bar

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GOOD TIMES
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Metropolitan Congregations United
Community Assembly

From Pipeline to Pathways
Thursday, November 9th

6:30 p.m. to 8:00 p.m.

Givens Auditorium, Harris-Stowe University
3026 Laclede Avenue – St. Louis, MO 63103

The assembly, free and open to the public, will highlight the issues of the school to prison pipeline in education, policing and juvenile justice. At this year's assembly, MCU will celebrate the school districts that have made progress in ending out of school suspension.

MCU has also been working to make sure school resource officers in our schools have clearly defined roles and specific policies regarding the use of force with students. Parents, advocates, education and police officials will give testimony and make commitments to create meaningful reforms in all three areas.

For more information call the MCU office: 314-402-0778. To register for this event:
<https://www.eventbrite.com/e/mcus-pipeline-to-pathways-community-assembly-tickets-38420862835>

is the income or revenue coming in and the expenses going out. Just like with our own budgets we expect to spend less than we earn and that equation is what helps our own net worth grow. In a city the source of revenue is typically from the residents and businesses in the form of taxes. Visitors can also bring in revenue by spending with sales tax. So I again looked at comparisons between 2008 and 2016. Revenue in 2008 was about \$12 million with expenditures of \$10.8 million. In 2016 revenues were \$10.4 million and expenses were \$13 million. Could this have also been caused by the problems in 2014? We can't be sure, but it probably didn't help.

So what will it cost our region. Does the Amazon relocation have a prayer? We may need to really look at the issues in how all of our citizens are treated. There is evidence to support the problems faced by some and it may be time to admit things haven't always been done fairly. It might be easier if we really listen to each other and try to see things from another's point of view. The destruction and threats of more won't bring about the needed change.

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



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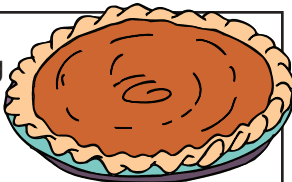
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Sparring Sisters Compete in Ireland

by Mike Skinker

Sisters Chloe & Ava Abernathy, representing Ferguson Martial Arts Center, competed in the World Kickboxing and Karate Union (WKU) World Championship in Kilarney, Ireland at the end of August. The girls did well, with Chloe earning a silver medal and Ava capturing two. The sisters have some unforgettable stories and memories from the experience. "It was great. I competed against girls from Wales and Germany," Chloe said. Ava made a friend from Wales and "we exchanged uniforms. So now I sometimes wear her uniform when I perform."

Jeff O'Donnell, owner of the Ferguson Martial Arts Center located at the corner of S. Florissant Rd and Suburban, said the girls' hard work and hours of determination really paid off. "We're all very proud of what they have been able to accomplish," he said. Since the girls won medals, they are already eligible to compete next year when this event is held in Greece.

For more information about the Ferguson Martial Arts Center call 921-3443.

Medical Expense Benefit For Robin Payne



On September 10, 2017, Robin Payne was riding his motorcycle when a dog ran out in front of him. He swerved to miss the dog and he hit a concrete median. Robin sustained serious injuries, including multiple broken vertebrae in his back, bruised and punctured lung, internal bleeding in his leg and numerous other injuries. This has left him unable to work. We are asking for help on his behalf. Family and friends of Robin are hosting a benefit to help with his medical expenses.

Saturday, November 4, 2017

1:00pm - ?

Amvets Post 55

8842 Natural Bridge Rd, Bel-Ridge, MO 63121

Please come out and join us as we help to "Ease Robin Payne's Pain".

There will be a Silent Auction (1pm-5pm), 50/50 Raffle, BB Shoot & More! Thank you for your support and hope to see you there!

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Ferguson by Foot

By: Margaret Wolfinbarger



The turkey stood alone by the side of the soybean field, close enough to touch, and without fear. I was riding my bike down a back country road and decided to stop and stare—slack jawed—and not the least self-conscious. I was tempted to reach out and grab her, but I opted to watch her instead. Her pale grey neck and black speckled feathers were resplendent in the early morning light. She regarded me with carefree black eyes and offered nary a gobble or a grunt. She seemed disinterested in me yet not completely unaware. I know she was just a turkey, but she was magical in her way. For a few minutes she made me young again. As we stood watching each other, I forgot all of my responsibilities, competing priorities and any nagging shame. I was just a girl—full of wonder, and hopeful because of what I saw.

I would postulate that human beings do not generally experience wonder in the basic sense nearly enough. Sure, we see the sky and stop to take a picture of a pretty sunset, but for the most part we hasten to meet the demands of the day; eager to procure our portion of bread, and not nearly as mindful as we could be about the world around us. This is evident in the way in which we approach each other. We are easily annoyed by the cars as they merge in traffic around us. We grit our teeth and sigh loudly at the customer in front of us in the checkout lane who has a full cart and is not particularly hasty. We scowl at the tired child whose restless antics disturb a show we have paid good money to watch, and we forget the beating heart that throbs beneath the breast of them, forgetting they are not unlike ourselves.

Sarah J. Hale stopped to watch a lamb once. She marveled at its white fleece and noticed how it followed a child named Mary everywhere she went. Then she stopped to write a little poem about it that nearly every child can recite to this day. I would venture to guess that Sarah took time to experience wonder on a regular basis. But the poem for which she is probably most famous is not her greatest contribution. She was a strong proponent for education for women and girls, and made it her life's work to ensure they had the same opportunities in education that men had. Maybe because of this, she was passionate about giving thanks for what she had been given and was eager to give back.

In 1863 Thanksgiving was regularly celebrated by different parts of the country but not in a particularly unified way. Sarah sat down and wrote a letter to President Abraham Lincoln and Secretary of State William Seward and asked them to consider declaring Thanksgiving a national holiday. The United States of America was much divided at that time—notably involved in the ugliest and brutal war we have ever know, the Civil War. And so it was, while we Americans were busy fighting amongst ourselves over the fundamental human right of freedom for persons of color, President Lincoln responded as he thought appropriate. He made Thanksgiving a national holiday, entreating all Americans to ask God to "commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife" and to "heal the wounds of the nation." 154 years later we reap a bountiful harvest of peace on the last Thursday in November because one woman chose to observe and educate—because she enjoyed a life filled with a sense of wonder.

Many people will gather this month with friends and family to celebrate "Turkey Day". We will set aside our diets and feast. We will imbibe and recline in our stretchy pants while we consider the sales that peak our interest. We prepare to rush, bustle and possibly butt in line as we grow angry with our fellow humans who dare to grab the last Hatchimal in our child's favorite color. After the dust has settled, we will spend the next few months complaining about our debt, our stress and the fact that we really didn't enjoy the holidays at all.

This year, instead of fighting through the same old stressful routines, stop and wonder. Pull out your winter coat and go for a walk. Get in the car and drive down a road not previously driven. Enjoy a conversation with a stranger. Stop and watch a turkey.

For the past few years I have participated in the "Eat my Crust" 5K in Portage des Sioux. The Daugherty family gathers there in the cemetery to honor their son Shawn, who died in a tragic accident in 2015. The winner takes home his favorite, a homemade cherry pie, and the runners-up enjoy apple or pumpkin, whichever this humble writer is able to whip up amidst the chaos of her own Thanksgiving preparation. It is a tradition that evokes sadness but also celebration. Runners range in age from 2 to 70. Out of the pain, one can hear laughter on the streets of Portage. As we jog the route by the river, we remember what was and what could have been, but more importantly we celebrate what is; today.

In so many ways, we are all just creatures running along life's narrow roads. The beauty of wonder happens when we stop in a soybean field to regard each other and consider what can be.

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

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Tuesday November 21st 10:30 a.m.
RSVP By Friday, November 17th
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Under The Hood With Robinwood
By Bob McGartland

Ways to Spread Some Christmas Joy

It's hard to believe Thanksgiving is only a few weeks away. Christmas will be here before we know it. I usually write about how we can help our less fortunate neighbors in December, but a new program I heard about earlier this year has a gift collection drive in November.

Empower North County is a local non-profit organization. They are gearing up for their 3rd annual Affordable Christmas Store on **Saturday December 2nd** at Trinity Church, 3515 Shackelford Rd in Florissant. Christmas with Dignity! Families needing help with the cost of Christmas, come that day and purchase new, donated toys, clothes and items at a minimal cost for their children. They receive the dignity and joy of providing Christmas for their families rather than receiving charity. Robinwood Automotive will host a toy drive for their Christmas Store. Gifts should be priced between \$5- \$50 for children infant to age 18. Monetary donations will be accepted also. You can drop them off at the shop during normal business hours. All items must be received by Monday November 27th. For a suggested gift list and more details visit their website at empower-noco.org, or find them on Facebook. If your business or organization would like to host a toy drive or is looking to volunteer on December 2nd, contact Melissa Fitzgerald at 314-838-8820, empowernorthcounty@gmail.com.

Now that I've asked for your support for the kids in our community, I am asking for your help in bringing a brighter Christmas to our local seniors. Robinwood Automotive is once again going to continue our very popular Shoe Box for Seniors gift drive. Last year's generous response of donations and support from the community and the warm positive effect the gifts boxes had on our seniors just touches my heart. There are many local seniors

who are living alone or in nursing homes who unfortunately don't have much of a Christmas. The little things we take for granted every day brings boundless joy to someone when that wrapped shoebox is opened. It is a simple idea of taking a shoe box, filling it with useful items, wrapping them up and giving them as gifts to our older adults.

Here is our wish list of items we'd like to pack in our shoe boxes: Gloves, scarves, stocking hats, socks, tooth brushes, tooth paste, deodorant, bar soap, shampoo, hair conditioner, body wash, combs, hair brushes, hand lotion, powder and shaving cream. To sweeten the boxes, will also be collecting candy bars, holiday candy, small packages of cookies and gum. A \$5.00 gift certificate to a fast food restaurant is something they would also enjoy. If you want to make a monetary donation; we will use the money to purchase items to fill the boxes. Please drop off your donations at Robinwood Automotive, 803 S. Florissant Road in Ferguson during normal business hours. Our shoe box donations need to be in by Friday December 8th. The shoe boxes will be distributed to seniors by local churches and organizations in time for Christmas.

Please let us know if someone in your neighborhood could use some holiday cheer. Just give us their name, address and phone number and we will deliver a shoe box to them before Christmas.

So, spread the word and bring your donations in! Follow your heart in helping our local kids or our local seniors or both. I am grateful for whatever you can do to help spread some Christmas Joy with human dignity.

I want to thank you in advance for your generous support. Your donations are greatly appreciated. Please keep our less fortunate children, families, seniors and those who find the holiday season difficult, in your prayers.

We want to wish everyone God's blessings of peace and joy this Christmas season and throughout the year.

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Ferguson. urban farm. jobs for teenagers. healthy food. community gathering place. youth empowerment. teaching healthy habits. young gardeners. real skills training.

This is already happening on a 14 acre historic farm nestled in a neighborhood of Ferguson, Missouri, just a mile from S. Florissant Rd, where demonstrators have gathered outside the Ferguson Police Station every day for two years after August 8th, 2014.

We at EarthDance have seen the power of bringing young people to our Organic Farm School in Ferguson, a peaceful outdoor setting, not only for learning about healthier choices, but also for gaining real skills for growing food and respecting the environment.

These young people are the future of Ferguson.



In 2014, EarthDance launched THREE new youth programs to better serve the young people in our community and introduce them to fresh ways of thinking and living:

1. Work Experience Program - in partnership with the Ferguson Florissant School District, we serve as a job site for students in the Special School District, ages 15- 19. Monday through Friday in the spring and fall, EarthDance trains young people each morning in a variety of farm and culinary skills - from harvesting sweet potatoes to making a farm-fresh meal.



2. Junior Farm Crew - in May we hired 8 Ferguson teens for part-time jobs on the farm this summer. 20+ hours each week, these young people became an integral part of farm. The Junior Farm Crew: prepped beds for planting, served samples at the Taste in Ferguson event, weeded the fruit tree nursery, practiced public speaking skills by giving culinary campers a farm tour, tasted and learned how to cook new vegetables, sowed seeds, transplanted seedlings, and developed confidence in themselves and their community.

3. Catch Healthy Habits - in partnership with Coach Al Harrold's Strength & Honor Summer Camp and OASIS - St. Louis, elementary-age boys from Ferguson came to the farm each Tuesday during the summer to learn healthy habits from active seniors. All enjoyed eating healthy snacks, playing physically challenging games, and discussing healthy habits.

Through our youth programming, EarthDance is empowering young people with job skills and confidence while offering a way to get involved in positive community change. Youth developed an increased awareness of the importance of sustainable farming and appreciation of nature, while trying new



fresh foods and developing healthy habits. Further, we believe that they will go on to educate their peers and inspire changes among friends and family through their own examples.

BECOME A FARM AND GARDEN APPRENTICE
EarthDance Organic Farm School is a non-profit, working farm. The Farm

and Garden Apprenticeship is a part-time, hands-on, education in organic gardening, market farming, and applied permaculture at EarthDance Organic Farm School. The Program Runs April-September.

Apply by February 1st.

The Program Includes:

- Part-time gardening and farm shifts
- Field and market training
- Weekly classes
- 5 tours of nearby farms and gardens
- Project opportunities in the Seven Generations Garden
- Take home a weekly share of the harvest YOU help grow!
- Subscription to "The Organic Broadcaster," a publication of Midwest Organic & Sustainable Education Service (MOSES)
- Option to receive graduate or undergraduate college credit from UMSL.

Contact Chelsea at programs@earthdancefarms.org and check out our website for details <http://earthdancefarms.org/programs/apprenticeship/>.



An EarthDance Apprentice Shift.

Find out more about EarthDance and the work we've been doing in Ferguson since 2008 here: www.earthdancefarms.org

You can contribute to EarthDance in Ferguson by making a donation. It is a 501c3 nonprofit organization. All donations are tax-deductible.



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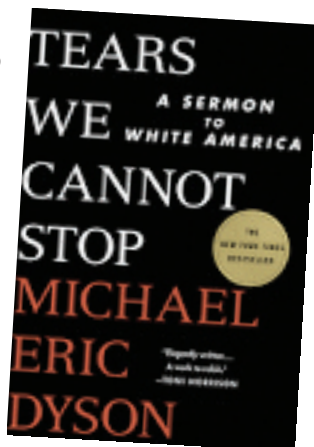
Monday, Wednesday, Thursday 9:30 am to 1:00 p.m. – 3:00 p.m.-6:00 pm
Tuesday, 3:00 p.m. to 6:30 pm

Readings on Race Book Selection for November

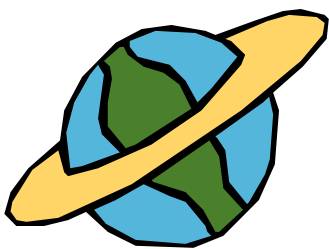
The Ferguson Readings on Race Book Club will meet Monday, November 13 to discuss *Tears We Cannot Stop: A Sermon to White America* by Michael Eric Dyson under the leadership of Jerry and Ruth Benner.

The public is always welcome to the 6 p.m. meetings on the second Monday of each month at the Ferguson Public Library at 35 North Florissant Road. While the early part of each discussion is reserved for those who have read the book, it is not necessary to have done so to attend the gathering.

For more information contact Amy Randazzo at arandazzo@fergusonlibrary.net or Carla Fletcher at carlajeanfletcher@yahoo.com



A Word from Our Planet:



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STLCC-Florissant Valley Alumnus Wins Mid-America Regional Emmy Award

Paul Langdon, a 2012 associate of arts in Communications-Broadcasting graduate, 2012 winner of the Phillip H. Grogg Leadership award at KCFV, and current KCFV weekend supervisor won his first Mid America Regional Emmy award for Best Audio-Live or Post Production for the program I Love Jazz on HEC-TV.

Langdon started at KCFV in 2010, and after graduating from STLCC-Florissant Valley, he went on to get his bachelor's degree in Media Studies from UMSL. Langdon started with HEC-TV in the summer of 2014 and began working as the audio engineer for their in-house and field productions. He soon moved up to producing segments for multiple shows and being the station producer for the show *Two On The Aisle*, the longest running theatre review show on TV nationally.

"Paul as a student at STLCC-Florissant Valley was driven to excel. Now working in TV for only three years, he has been recognized for that drive and commitment to excellence," said Paul Huddleston, General Manager of 89.5 KCFV-FM. We are so proud of Paul's accomplishments and glad he has remained on the campus, working with our student's."

The Emmy won by Langdon was the first and only Emmy won by the show I Love Jazz created and hosted by Don Wolff for many years. That show concluded with the passing of Mr. Wolff in 2015.

St. Peter's United Church of Christ

The 2017 Christmas Concert



December 17, 2017 7:00pm

Come celebrate the sounds of the season

*This Concert is FREE
Childcare provided*

St. Peter's UCC
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314-521-5694

Ferguson Christian Church Annual

Cookies (by the Pound) & Craft Sale



Join us for our annual Cookies by the Pound & Craft Sale! We will have homemade cookies, candy and snacks to purchase for all your Holiday enjoyment. Come have a cup of coffee, tea or hot chocolate and visit with old and new friends as you shop our wonderful homemade crafts! We look forward to seeing you."

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Crafts priced by the piece.

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MOUSE RACES

Saturday, January 20th 2018

Lions Den

Proceeds to Benefit the Ferguson 4th of July Festival



RUMMAGE SALE

Friday, November 17

9a.m. to noon in Cafeteria

Be an angel and bring joy to a child at a time they need it most. Please consider being an Angel and help give 225 children a holiday experience they will always remember. As an Angel you may make a financial donation and our cottage supervisors will purchase the gifts on your behalf.

- A donation of \$150 will pay for the gifts on one child's wish list.
- A donation of \$2,500 will pay for the gifts for all the children in one residential cottage.

Purchase the gifts on a child's wish list and drop them off unwrapped at Marygrove by December 13th.

Marygrove, 2705 Mullanphy Lane, Florissant, MO 63031
314-830-6286 • 314-830-6263 • lrau@mgstl.org



Window Preservation

By Bob McCarty

As promised, we will chat about windows this month but before we get started, let me fill you in on my journey to the Window Preservation Summit. We met at the Pine Mountain Settlement School which is located in the mountains of Appalachia in Southeastern Kentucky. William Creech, Sr. and his wife, Sally settled on the north side of Pine Mountain

in the 1870's. He was known to many in the area as Uncle William and he was troubled with the lack of education and the prevalence of social problems in that area. In 1913, he donated his property, which consisted of 625 acres, and recruited Katherine Pettit and Ethyl DeLong to establish and run a boarding school for the elementary and middle school age children. In the 1930's, a curriculum was established for the older high school aged students.

Part of the school consisted of a working farm where the students would help with chores before and after classes. Folk songs, dances and the traditional mountain skills of spinning and weaving and other areas of life of Appalachia were all part of the curriculum. They also had their own water filtration system which is still in use today.

Today, Pine Mountain Settlement School provides instruction in environmental education, Appalachian culture and crafts to students to participate in day or week-long programs. The students are introduced to the wonders and complexities of the natural environment through outdoor classes.

This is a wonderful and beautiful setting to hold a conference pertaining to the preservation of windows because of all of the different ages of the buildings there. We learned everything from how buildings function to how glass is made. How to repair leaded glass windows to how to remove paint and repair wood windows. How to choose and use window putty and when, how and what to paint your windows with. I guess you need to be a putty head to go to a conference all about windows.

So let's talk about saving windows and why.

As you probably already know, if you live in an older home and you are still lucky enough to have your original windows, they could be somewhere between 60, 70 even 100 years old. Chances are they were made for your house and were not mass produced in a factory somewhere. They have character and cast just the right amount of shadow to give you that look that made you fall in love with your house. They say your 'windows are the eyes to the soul of your house', and let me add here, you don't want to blind your house with replacements.

At the conference we talked a lot about retrofitting windows with different weatherization practices and upon returning, I ran across an article comparing the costs of retrofitting your original windows versus replacing with high performance replacement windows. This study was conducted in five different cities with different climates. The cities in this study were Boston, Portland, Chicago, Atlanta and Phoenix.

The study was performed through the National Trust for Historic Preservation by 'Preservation Green Lab'. The different retrofit types that were used for the study included; weather-stripping for existing windows, exterior storm window, insulating cellular shades, interior window panel, a combination of an exterior storm window and insulating cellular shade, and interior surface film (including weather stripping), versus a high performance replacement window. The results conclude that a number of the retro fitting scenarios come very close to energy performance of the high performance replacement window at a fraction of the cost.

The key findings of this study include:

- Retrofitting saves money: the study found that a simple rate of return for retrofit measures range from 3 to 4 percent for the regions studied, double that of the new energy efficient window.
- Retrofitting saves energy: exterior storm windows and the insulating cellular shade match the energy savings of the new energy efficient window.
- Climate doesn't change the findings: even though the climate did impact which type of retrofitting would work best for the areas studied, the cost analysis showed that retrofitting provided a higher rate of return than the replacement window.
- The Bottom Line: don't assume you need new windows, if you have a leaky window, there are alternatives that will cost less than replacing your original window with a new energy efficient window.

All of the retrofits in this study will improve your interior's comfort level and reduce energy costs. Let's take a look to see which retrofit brings the biggest bang for the buck.

Weather-stripping doesn't provide much thermal performance but it does improve the comfort level by stopping those unwanted air leaks. You can count on around 5% to 8% in energy savings.

An exterior storm window not only protects your primary window, but will allow an estimated 17% to 29% in energy savings. Exterior storms will boost the thermal performance to that close to that of a new, energy efficient replacement window while reducing air leakage.

The insulated cellular accordion style blinds will improve the thermal performance and will keep drafts at bay. Your energy savings will come in at 10% to 13% but you will want to open them during the day to allow the sun to warm your home during the day.

The Ferguson Computer Corner

by Doug Neely PIE makes the meal complete! :)



NOVEMBER, 2017

i don't know about you, but i have seen a preponderance of commercials on TV of late, asking me if i would like to feel safe, or safer. my answer has always been (no, i do not talk to the TV) "no, i don't want to just feel safe, i want to BE safe."

Keeping Your Puter Safe, dept.

there are many ways to go about this. no doubt many of you are thinking "i already do that; i have a fine AV program to keep my puter safe." and that is a very high priority thing. still, there are other considerations.

1. use an anti-static dry wipe to remove dust and lint from the outside.
2. for desktops, get out the vacuum hose and suck up all the little dust bunnies inside the case, and from the top of cards, drives, etc. get the fans and air intakes/exhaust vents, too. do this gingerly, trying not to touch anything, if at all possible.
3. keep all programs up-to-date, including your Operating System (Windows), not just your AV.
4. keep a spare mouse, keyboard, and even a monitor in reserve. here, old ones will do nicely. you never know when you may have to swap one out.
5. listen to your puter. if it makes a noise that is odd, it could mean that a part with a motor in it is going bad. and if you don't hear that loud fan anymore, it may need to be replaced immediately.
6. during operation, if you all-of-a-sudden get a pop-up window, READ it. the first thing you need to know is where the message is coming from. read the title bar for that. if there is no title, or it names a program you do not have installed in your puter, it is likely a malware program. if this is the case, do NOT click on any part of the window or the big black "X" in the top right corner. close the win-

dow from the taskbar with a right click, then select "close". sometimes it is a webpage feeding you the window. one wrong click is all it takes to install malware.

7. take notes of strange things when they happen so that you can tell your tech later EXACTLY what happened. he WILL want to know.

8. always have plenty of dressing & mashed potatoes on hand.

9. never, and i do mean never run out of gravy.

10. if you don't include chocolate, apple, peach, blueberry, egg custard and cherry pies for dessert, your guests will remember!

11. don't let your tech go hungry on Thanksgiving!

12. better add blackberry, gooseberry, rhubarb, pecan, and pineapple pies to the list, just in case! :)

ME GO NOW!

i may or may not always get all the desserts i want for Thanksgiving, but i am always most thankful to God for all of His gifts. and i feel safe because i am safe; i know that i am going to heaven.

i have to go get some more egg custard pie, now. give me a call if you want to BE SAFE; i can get you pointed in the right direction. May God bless us all!

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

IF you would like to ask Doug for his FREE puter advice, please call him in the PM at: *314*521*1789*, and disregard the outgoing message and leave a short message if no answer. EMAIL TO: ferguson-computercorner@aol.com BE CERTAIN to put "i need puter advice" into the subject line, and include your local telephone number, or he won't call back.

HAVE A BLESSED THANKSGIVING!

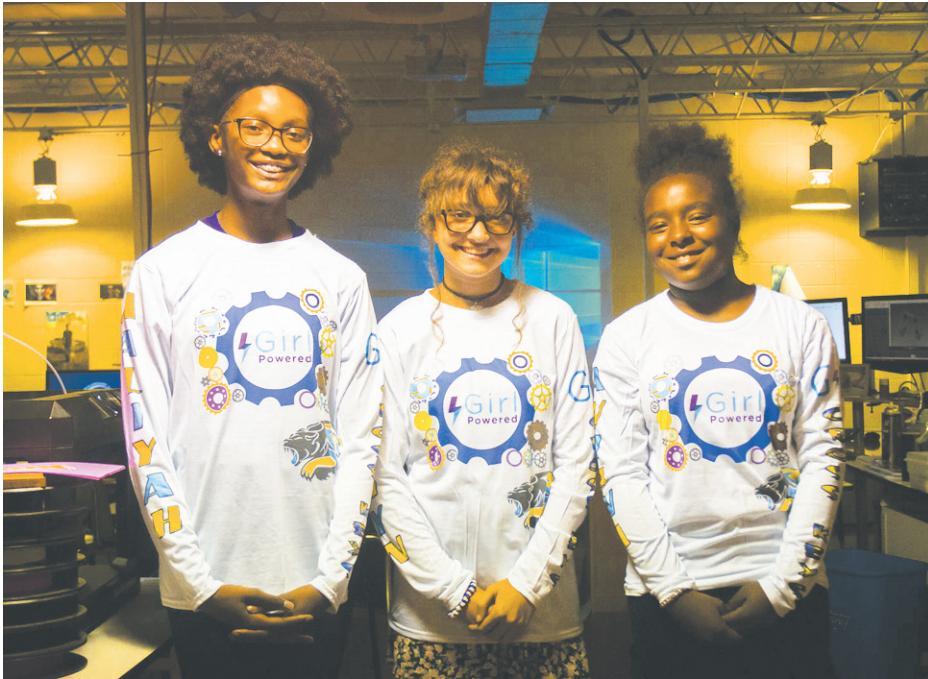
The spring tensioned interior panel will save 15% to 23% energy savings but you will need to keep an eye on them so that if any condensation is produced, you have to remove them and dry up the moisture. These panels are easy to remove and replace but they do tend to cover up more of your window than you may want. There are trade offs to comfort in an older home.

Interior window film is exactly what it says it is, a plastic film. If that is what you can afford, it does help. You can expect between 2% and 3% in energy savings but it will reduce any warmth you might get through winter solar gain. On the bright side, it does block UV rays and your rugs and furnitures color's won't fade.

If you have been thinking replacement windows, remember that these studies use high performance, energy efficient windows and not your everyday run of the mill vinyl window. Now you have a different direction to take when it comes to being more efficient in your energy consumption.

Until next month, Bob is retrofitting windows with the many options available to make your house comfortable while still maintaining the visual appeal and historical impact that you fell in love with when you first met your home. (See my ad on Page 2)

Middle School Receives Grant for All-Girls Robotics Team



Aaliyah Buford, 8th grade; Jasmyn Ray, 8th grade;
Aviana Carter, 7th grade
Photo taken by Brandon McCadney

Cross Keys Middle School, in the Ferguson-Florissant School District, received a grant that will support an all-girls team of students, and two other teams to build robots, and complete in the VEX Robotics Competition. Through the Robotics Education & Competition Foundation, the "Girl Powered" team grant will provide funding to Cross Keys to register for the competition, and equipment and materials to build the robots.

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



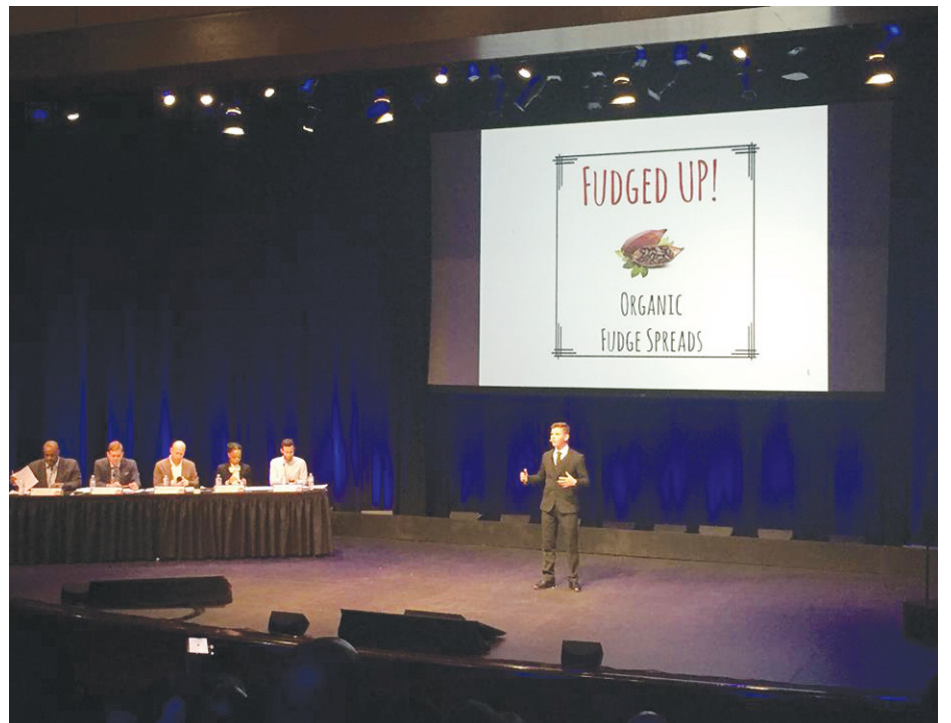


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McCluer North Graduate is Runner-Up in National Entrepreneurship Competition



Nathanael Wheadon pitching his business idea at the national competition.

Nathanael Wheadon, a 2017 graduate of McCluer North High School in the Ferguson-Florissant School District was named runner-up in the Network for Teaching Entrepreneurship's 12th annual National Young Entrepreneurship Challenge in New York City. Wheadon completed against 41 young entrepreneurs from across the nation. His business idea, "FudgedUp!" is an organic, low-sugar alternative to Nutella that can be used on pretzels, fruit, ice cream, and many other snacks.

"Nathanael worked extremely hard," said Jacob Lapinski, North McClure's business teacher. "He stood up in front of major experts in the business world who were judges and had to answer their tough questions with confidence."

Students who enroll in entrepreneurship class are eligible to participate in the competition. Throughout the class, students work on business ideas that they pitch at the end of the semester. The top three students from each class compete in the NFTE semi-regionals against students from other NFTE entrepreneurship schools. From there, the top students compete in the regional held at Saint Louis University, followed by the national. Quentin Milosevich, a senior at McCluer North, also represented our district and placed third in the regionals.

"It took a ton of work and guts to get to the finals," Lapinski added. "To even make it to the semi-finals and through the regional finals speaks for itself. For the past two years we've sent groups to the nationals."

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The Touhill Ticket Office is open Monday – Friday 10 a.m. to 4 p.m. with extended hours until 6 p.m. on Thursdays.

314-516-4949 or 866-516-4949

November Events

Poetry in Motion

Arianna String Quartet

presented by UMSL Music

Date: Nov 3, 2017

Ticket Prices: \$29

In an evening dedicated to irrepressible rhythms and poetry in sound, the Arianna Quartet presents Franz Joseph Haydn's Quartet in F Major, Op.74, No.2, and Robert Schumann's magnificent Quartet in A Major, Op.41, No.3. Highlighting the evening is a performance of Cuban composer Leo Brouwer's Quartet No.3, a riveting work featuring Afro-Cuban lyricism, dance and percussive rhythms.

This performance features a pre-show talk with the Arianna String Quartet. Please arrive 50 minutes early for the pre-show discussion.



Giselle

presented by Saint Louis Ballet

Dates: Fri & Sat, Nov 3 & 4, 8:00 pm, Sun, Nov. 4, 2:30 pm

Ticket Prices: \$59, \$53, \$43, \$34

Giselle is a peasant girl who, upon discovering her lover is betrothed to another, dies of a broken heart. But a group of supernatural women, the "Wilis", summon her from the grave and target her lover for death. Giselle's great love frees him from their grasp.

University Orchestra Concert

presented by UMSL Music

Date: Nov 8, 2017

This event is free and open to the public.

UMSL Symphony Orchestra presents a memorable first concert for the 2017 Season, welcoming Maestro Darwin Aquino as their new Music Director. Performed by the talented students of our Music Department, we invite you to come and listen to an eclectic program of symphonic music, ranging from European classics to Latin American works!

Rebetiki Istoria

presented by UMSL International Studies and Programs

Date: Nov 12, 2017

Ticket Prices: \$25

REBETIKI ISTORIA - the name means "Rebetika History" - is a leading Greek traditional music group specializing in early-style rebetika. Rebetika is one of the oldest genres of Greek urban popular song. Often characterized as "the blues of Greece," the music expresses the hardship and joys of everyday life including topics like love, loss and poverty. At times, the music was censored and its musicians ostracized, and at times it was lauded as the greatest expression of Greek music and culture.

For 35 years, Rebetiki Istoria has led the rebetiko revival, producing authentic rebetika performances reminiscent of the earliest rebetika stars. The group maintains an extraordinary repertoire including popular rebetika songs like "Cloudy Sunday" and little-known gems like "The Orphans Sorrow." The musicians combine stunning musicianship with technical accuracy, emotional intensity and delicate sensitivity. Few musicians capture the style and complexity of the early recordings like Rebetiki Istoria.

University Singers and Vocal Point Concert

presented by UMSL Music

Date: Nov 13, 2017

UMSL's top choral ensembles, University Singers and Vocal Point, share the stage for this one-night-only event. With repertoire ranging from traditional works to jazz, folk, and contemporary pieces there will be music for every taste. Vocal Point has become well known throughout the region for its eclectic mix of a cappella styles. Recently returned from an appearance at Carnegie Hall, University Singers have been selected as one of only 3 collegiate choral ensembles to perform at the Missouri Music Educators Association state conference. You will be the first to experience the music they will present at that conference. Admission is free.



UMSL Jazz Ensemble

presented by UMSL Music

Date: Nov 16, 2017

The University of Missouri-St. Louis Jazz Ensemble under the direction of Jim Widner and the Jazz Lab Band directed by Gary Brandes, will present a program of classic as well as contemporary big band arrangements from such writers as Sammy Nestico, John Clayton, Tom Kubis, Kim Richmond and others. The Jazz Ensemble is preparing for three upcoming major concerts including performances at the Midwest Band Clinic in Chicago, the Jazz Education Network Conference held in Dallas in January, as well as the Missouri Music Educators Conference, also held in January. Guest artists appearing with the band at these upcoming performances include John Clayton, Jon Faddis, Terrell Stafford, Harry Waters and Gregg Bissonette. Appearing with the Lab Band on this concert will be Trombonist Dave Dickey. The concert is free and open to the public.

Young Artist Competition

presented by UMSL Music

Date: Nov 17, 2017

The University of Missouri-St. Louis Music Department is pleased to present its Tenth Annual Young Artist Competition. Come and hear the musical talent of college and high school students as they compete for an opportunity to perform with the UMSL Orchestra or Band. These final rounds of the Young Artist Competition are free and open to the public. Join us for an exciting day of performances by UMSL Music majors and area high school musicians!

11:30am - 1:30pm College Division

3:00pm - 6:00pm High School Division

Teachers Only Comedy Tour featuring Eddie B

Date: Nov 18, 2017

Ticket Prices:

This event is sold out.

The Houston native is singlehandedly changing the comedy game, tapping into the minds of teachers around the world and selling out major arenas throughout the country in minutes!



GO! Series: Good as Gold

presented by Saint Louis Ballet

Date: Nov 19, 2017

Ticket Prices: \$26

The Saint Louis Ballet's new "GO" series kicks off the first in its "GO!" series with work by choreographers including Tom Gold, whom the Wall Street Journal called "a force for good in the ballet world." Gold, a longtime member of New York City Ballet, where he danced numerous principal roles, is in demand internationally as an instructor, choreographer and guest artist.

The new series was created to bring the dancers up close—literally—to the audience, with work that has been created for smaller casts on a smaller stage. The intimacy of the Lee Theatre will afford ballet enthusiasts a new experience in an informal setting, and an opportunity to mingle with choreographers and dancers following the performance.

Jim Brickman

A Joyful Christmas

Date: Nov 26, 2017

Ticket Prices: \$75, \$50, \$35

Be part of the holiday concert tradition of the season with Grammy nominated songwriter and piano sensation Jim Brickman as he celebrates A Joyful Christmas at the Touhill Performing Arts Center.

Jim Brickman delivers the sound and spirit of the season with carols, classics and original songs on his 21st holiday tour. Holiday music brings yuletide memories to life as Brickman helps you escape from the holiday hustle-bustle and keeps your days merry and bright.

Bring your family, friends or that special someone and make Jim Brickman your new holiday tradition. Celebrate the faith, love and togetherness that we value most this time of year and share in the celebration of A Joyful Christmas.

Piano Studio Recital

presented by UMSL Music

Date: Nov 28, 2017

You are cordially invited to attend our Fall 2017 Piano Studio Recital. Sit back and relax while listening and enjoying beautiful music by Beethoven, Chopin, Liszt, and Rachmaninov, among other composers, performed by many talented piano students. Join us at the Lee Theater lobby for after concert conversations. See you at the concert!

Join us for Dinner!

Pre-show dinners are now available for select performances! Come early to get a great parking space, beat the rush, and enjoy a relaxed meal before the show.

Dine in the elegant ambiance of the Touhill Lobby from a private table overlooking the Terrace lawn. Buffet dinners will feature a choice of entrées selected to harmonize with the evening's performance. Your \$28 meal also includes your choice of sides, salad, and dessert as well as access to a private bar. Your first drink is included in the price, along with a Touhill cup, yours to reuse throughout the evening at any of the concession bars. We make it easy for you! Choose from 2 dinner times and purchase your dinner tickets right along with your show tickets. Now sit back and enjoy dinner with your friends – you're only steps away from your theatre seats.

October 11th 2017 meeting
Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)



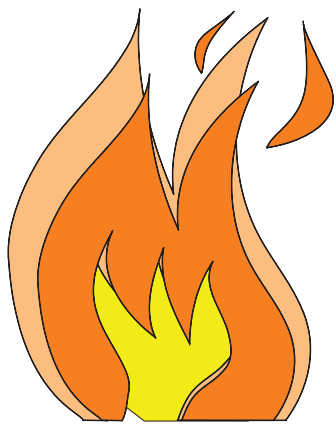
Fire Safety Week Oct 8-14

Fire Fighter Nick Lodes gave the group a Fire Safety presentation.

Nick held a new Red Cross fire detector, and told the audience that they will install up to 2 smoke detectors in a home upon request. Call Fire House 1 at 314-522-1122 to make an appointment for them to come to your home. These new ones are 10-12 year smoke detectors, with the battery built in. You do not have to change the batteries on these. Call us 10 years later, we'll remove the old detector, and install new ones.

The most common places to install fire detectors are in each bedroom, then other living areas.

The most common fires occur on the stove, and ovens. Don't open the oven door, keep it closed. Don't throw water on a grease fire! If you can safely cover it, do that, then call us and we'll check it out. If you can't safely cover it, get everyone out of the house and call us.



Nick also told us that if we keep the bedroom doors closed, survivability goes up. They've been to plenty of fires that started in the kitchen or living room, and bedrooms with closed doors were barely affected by smoke. Exit through a window if you can, and call 911.

Deadbolts should be the kind with a latch on the inside, unless you leave a key in it. Exiting the house with a fire can be chaotic. If the fire department has to break a door down to get in, then re-securing the door after the fire is out could be a problem.

Keep the handles of the pot on the stove positioned away from the edge. Many children and grandchildren can reach the edge of the stove and accidentally pull them down on top of them.

Fire extinguishers can be placed in the kitchen under the sink or near the exit.

Fire Places: if you use it nightly, get it cleaned yearly.
Extension Cords: don't run them under rugs.
Be aware: Newer flooring catches fire easier.

We also heard about the GPS mapping capability that the Fire Trucks have. If an impediment isn't mapped, and they come upon it, they can contact dispatch to have that impediment information added to the GPS mapping information.

Parking issues: If you park on the street, try to park where you are NOT directly across from another vehicle. Staggering the parking enables the fire truck to more easily traverse that street. Our fire trucks are 10 feet 8 inches wide, and take up a lot of the street. The ladder trucks are longer than the pumper trucks, and need more room for turning.

Always put your keys in the same place, as finding them after the fire can be challenging.

Captain McBride added in a comment that if the streets are blocked by a traffic accident, the police will call it in to dispatch, which will advise the fire trucks enroute.

Captain McBride also asked about any new people in attendance, and found Rena Spencer, working with the SouthEast Ferguson association as an Urban Strategies Facilitator. Their neighborhood meeting is held also on the 2nd Wednesday of the month, at 6:00 pm in the Canfield resources office, located in the same building as the Canfield Leasing office.

Our next meeting is November 8th, 7:00 PM at City Hall, with a presentation about Narcan from Christian Hospital Emergency Medical Services.

Have a safe month. Keith :-)K

Sherlock's Pal



Most of us aspire to be something in life, to have a legacy of some sort, to be remembered for something. As I was growing up in a very tiny town in rural West Texas, I don't recall having aspirations beyond moving from second base to shortstop on my pony league baseball team or bagging groceries in the most efficient, non-squashing, non-bag-tearing method possible.

Like every youngster in that divinely forsaken place, I did want a horse, although that never happened. My city slicker parents had no clue how to raise a goat-roper, much less a real cowboy. (A goat-roper, by definition, is a wannabe cowboy. The distinguishing characteristic of a goat-roper is someone who wears their jean legs tucked inside their boots, which, unfortunately can result in an accumulation of manure in one's boots. A real cowboy knows better.)

Most of my friends and classmates grew up on ranches, so I was around a horse or two in those days. In fact, I often refer to my hometown as a "one-horse" town, which is a horrifying mathematical miscalculation on my part. Although I didn't have a horse of my own, and knew I didn't want to be a bull rider like my cousin, Buddy Watson, I was content to have a German Shepherd companion, named Judy, who ran wild around our no-leash policy, pre-Bob Barker "get your pets spayed or neutered" town, scaring the bejesus out of kids on bicycles and ranchers who raised sheep all the while producing baby dogs with various paternal lineages. But I digress.

All the while I continued to dream. I knew that I could not continue forever living and working in a town so out of the way that even the tornadoes and UFO's didn't bother. I had to go somewhere and be something. So eventually I went off to school, found a calling and a career, started a family, and ended up living in the Midwest.

While I still have aspirations, I have learned a depth of contentment that I could not have imagined in my restless youth. My life goals are now more modest and generalized. In my fifth decade of life I have decided that the truest calling of each one of us is to be a "cog in the wheel." Some people mistakenly want to be the wheel itself (self-centeredness) and others want to be a cog unattached to the wheel (selfishness), yet the best approach to life is to be a fully actualized cog in the larger wheel (self-full), independent and interdependent at the same time.

At the end of the day we can all "be somebody" if we just learn to stop and smell the manure, I mean, the roses. Whether we live in a one-horse town or a rush hour plagued city, whether we wear our pants legs on the inside or outside of our boots, and whether the UFO's think we are worth exploring, as long as we can envision how we fit into the big picture, the grand scheme of things in our little corner of the world, we can discover the aspirations that likely began at the dawn of our self-awareness . . . or when the coach said, "Okay, let's give shortstop a try."

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

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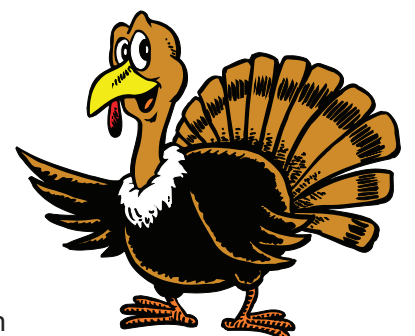


Turkey for Thanksgiving?

If you picture the pilgrims and indians enjoying turkey on that first Thanksgiving celebration in 1621, you are probably wrong. Research has shown that the 3-day feast probably featured goose or duck. Even swan and passenger pigeons were available also.

Small birds were often spit-roasted while larger birds were boiled. It's possible that wild turkey was also on the table but not in abundance. They were possibly roasted first and then boiled. The early roasting gave them nicer flavor, sort of caramelized them on the outside and made the broth darker.

So, if you plan a truly traditional meal, enjoy that roasted pigeon.



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Artful Considerations

by Robin Shively

"It is the marriage of the soul with Nature that makes the intellect fruitful, and gives birth to imagination." -Henry David Thoreau



The sentiment behind Mr. Thoreau's statement is very beautifully expressed in the foliage portraiture art of Cindy O'Hare, on exhibit at Metro's North Transit Center on Pershall Road. Cindy's love for Mother Nature began as a young girl experiencing small adventures on walks with her grandfather, learning the names of trees, exploring and collecting treasures. Since those early days, she has been an avid collector of leaves, pressed flowers and other elements of the outdoors. Her creations are composed entirely of sticks, flowers and other Earthly odds 'n ends. Her pieces and portraits are inspired by her loved ones, the seasons and her imagination. Cindy says her works come together slowly... "every little seed, stem and blossom helps bring these compositions to life. Upon completion, a photo is snapped before it's time to send the foliage back into nature." Cindy's work will be on exhibit at the Transit Center through the end of December. Prints and notecards by Cindy O'Hare can also be seen and purchased at Corners Frameshop & Gallery.



Corners Frameshop & Gallery, which recently moved to 425 S. Florissant Rd., will celebrate its 4th Anniversary with cake and refreshments at its First Friday gallery night on **November 3rd** from 5 till 8 pm.

Good Shepherd Gallery, 252 S. Florissant Rd., is also celebrating a Birthday. On **November 25th** at 3:30 pm, they will have cake to mark 2 years in Ferguson. Immediately after, from 4 till 6 pm, will be the opening reception of "Those Who Teach CAN!" This special exhibit showcases the creations of 16 Catholic art teachers in the St. Louis Archdiocese. The current exhibit of Sr. Elizabeth Slenker's art, "Zebras and Reflections" will end on Wednesday, November 15th. Other November events at Good Shepherd Gallery include: Friday the 3rd at 7 pm, Praying with Art, a presentation and introduction to methods of how to use art to support prayer; Friday the 10th at 7 pm, Coloring Party, all materials are provided, but you are welcome to bring your own preferred coloring books; Friday the 17th at 7 pm, Chef's Surprise, a banquet of art (here, your eyes can be bigger than your stomach). All events are free, however, donations are always welcome and appreciated.

"Traditions", a Northern Arts Council exhibit at 427 Gallery at Pearce Neikirk and Partners on S. Florissant Rd., will have an opening reception on **November 19** from 5 till 8 pm. Participating artists were asked to consider their elders' family traditions, holiday feasts, solemn holy days, family celebrations of milestones and common daily rituals. Which cherished customs will they pass down to their descendants and which will they choose to let end? How have these practices changed over time with evolving political, social and environmental landscapes? The exhibit will run till January 14, 2018.

All local artists and creative persons are invited to support the Northern Arts Council ornament fundraiser 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 Frameshop & Gallery during regular business hours of Tuesday through Friday from 10 am till 5 pm and Saturdays from 10 am till 2 pm. The ornaments will be on display and available for pre-sale during the opening reception of "Traditions".

I'm ending this month's column with the announcement of a Call for Art. Good Shepherd Gallery will host an exhibit titled "#ThisIsMyFerguson" in August of 2018. The event will be open to persons with ties to Ferguson. Artwork can address something valued from Ferguson's past, a blessing in the present, and/or dreams for Ferguson's future. More information will be forthcoming in 2018.

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

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Get a party together and have some fun visiting a few of FERGUSON'S wonderful homes. Then hang around downtown, do a little Christmas shopping and grab a bite to eat or enjoy a libation or two. TICKETS on sale November 1st at City Hall, Corner Coffee House, Paul's Market and Corners Fame Shop and at Northern Lights.

100% of the proceeds go to the FERGUSON CAR-ING LEAGUE. The money raised helps make the Christmas season a bit more pleasant for local families in need. JOIN US!!



**FERGUSON'S 2017
HOUSE TOUR**

**SUNDAY,
DECEMBER 3
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The Best of Ferguson

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

– by Ruffina Farrokh Anklesaria, M.A.



Raychel Proudie, M.A.



Raychel Proudie, 2018 State Representative Candidate for MO House District 73.

I have the joy of honoring Miss Raychel Proudie as representing the Best of Ferguson this month. She has inspired me so much and instilled great hope in me for the future of Ferguson. Raychel is a born leader: articulate, sincere, well spoken and well educated. Raychel, as I'm writing this, is in Louisiana, getting ready for her Comprehensive Exam with Grambling State University (GSU) tomorrow. Raychel is a doctoral student and her eight-hour exam is separate from her dissertation which is on Developmental Education.

I was totally mesmerized talking to Raychel; her vision, the clarity with which she outlined her goals and how she would fulfill them, her passion for her job and complete dedication to her students, all filled me with pride.

Raychel is an 8th Grade School Counselor in the Riverview District. She has a B. Sc. in Elementary Education and a B.A. in American History (yes, two undergraduate degrees!) from GSU. She did her M.A. in Mental Health Counselling at Southern University in Baton Rouge in Louisiana.

Raychel tells a touching story of her links to Louisiana. She moved there after high school at Mc Cluer in 2001. She had grown up here in Ferguson with her family. After doing her undergrad degrees in Louisiana, the state was hit by hurricane Katrina and there was a need for certified teachers especially for displaced people. This is how Raychel discovered her passion in life was to educate and counsel young people. She spent seven years there, counselling in the day and studying for her Master's at night.



Raychel is happy to accept a Youth Advocacy Award from State Representative Bruce Franks, Jr. (District 78).

Raychel decided to do her graduate degree in Mental Health Counselling because she recognized the need her students had for psychological help. Many of them had seen family members drown. They experienced a level of disrespect that was hard for them: they were all called "refugees" although they were bonafide residents living in their own State.

Raychel works with kids in a lower socioeconomic bracket. She focuses on getting her students to and through college. She helps them to be prepared for life outside of the school setting, enhancing their quality of life all around.

I asked her how she prepares African American males for the extraordinary challenges they face in society at this time. She responded that she does so "with honesty." She said it would be a disservice to them if they were given a false sense of reality.

Raychel is proud to call those kids in her care, "my children!" She sees her role as instructive, not punitive. Her students are in middle school, from ages 11 to 15; boys and girls. She described her job to me: "My kids are believed in and told they can do stuff. They are cared for and encouraged. They come to my office and it looks like a home, feels like one, and smells like one! They feel like they belong here. They are invited, they know they are important to me, they are respected, they are cared for and they get a hug!" I asked her what her students needed most from her and she replied: "They want to feel like children, as they think they should be. They want a place to just be children - eat candy, ice cream and be physically safe, for they don't know what they will face at home: fights, stabbing, broken homes. They don't know what justice is! They wouldn't recognize it! We have to teach them justice, equality and fairness."



Raychel and friends at the 2017 St. Louis Building Trades & Construction Trades Leadership Awards.

She added: "Encouragement is what they come for. They need to hear these words: you are smart; you are beautiful, you are loved; you are respected."

Raychel has lupus and in April this year, she had to shelve her campaign to be on the School Board for the Ferguson/Florissant district as she was not well enough. But Raychel has her sights set on a much bigger position - she is campaigning to be elected as State Representative for the 73rd House District in Missouri, for the House of Representatives. The primary is on August 7, 2018. She surely has my vote!

I asked Raychel why she thought she would be a good State Representative with her background as a counsellor. She told me that the biggest tax expenditures and the most debates were on health care and education. She pointed out that you save money when you do things right and she felt well qualified in this respect as her course of doctoral study included program evaluation.

Take a look at Raychel's campaign website at raychelproudie.com. There are 37,000 in the 73rd House District and she will need donations to her campaign to reach all the voters.

Raychel loves cooking and is a semi-vegetarian, eating only fish. She loves reading and hosting gatherings at her home. She enjoys travelling and has been to most of the states in the US.

Raychel inspired me with her passion and capacity for giving. I wish her luck in her 2018 campaign for State Representative. She will do Ferguson and our State proud! Congratulations Raychel for representing the very Best of Ferguson!



Raychel Proudie and friends with State Representatives Sue Meredith (District-91) and Doug Beck (District-92)

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



Ask Grandma

This time of year, with the leaves and shrubs turning brilliant colors, reminds me of the fall that my husband, Bud, and I spent in Vermont hiking the Appalachian Trail.

If that seems like a rather ambitious endeavor for two people who spent their days sitting at a desk, I have to tell you, that yes, it was. At least way too ambitious for me, even though I was only 52 years old, and Bud was 60.

The plan was to hike inn to inn. At each inn we would start with breakfast and then the inn-keeper would pack our lunch and give us instructions on how to hike to the next inn on the list. While we were hiking, the inn keeper would drive our car to the next inn so that our belongings would be here when we arrived.

How did I do? I didn't make it up the first hill (I said hill, not mountain). My son-in-law had to carry my water and lunch (did I mentioned that my daughter and her husband had planned this trip, and I just happened to invite myself).

That first day was 8-1/2 miles on relatively flat terrain. I was fine as long as I didn't have to carry anything, but I didn't consider that fun . . . so that was the last day I hiked. While Jean and Bob hiked, Bud and I would find a 2 or 3 mile hike around the inn and enjoyed the beautiful countryside. We would drive the car to the next inn and choose the better of the two reserved room in the inn. One of the inns had a bed with a rope mattress and a step stool to get up into the bed. We gave that room to Bob and Jean.



That's me in the red. Taking my 11th 10-minute rest break in the first hour.

If it rained, we did other touristy things like antique shopping, visiting a marble factory, an historic castle and Fort Ticonderoga. Beautiful scenery, delightful inn keepers and, of course, great traveling companions.

Heading back home, our flight to St. Louis was cancelled so we had some time to spend in Boston. We walked the Freedom Trail and shopped at Faneuil Hall, had lobster at the Union Opera House (established 1826) and even threw a pack of tea into Boston Harbor.

Every fall after that memorable one, I tried to talk Bud into going back to Vermont for a "Colorful Vacation," but we never made it. However, the trees are just as beautiful here in Missouri, even though we don't have as many maple trees that are so spectacular. I'm looking out at my backyard right now at a gorgeous sugar maple that puts Vermont to shame.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Great Pumpkin Party – Library Tues., Oct. 31
- Trunk or Treat – Community Center Tues., Oct. 31
- Benefit Robin Payne – AmVets Post 55, Normandy Sun., Nov. 4
- Oklahoma Gambling Trip Tues.-Thurs.- Nov. 7-9
- Coding Without Computers – Library Wed., Nov. 8
- Dine Out for Ferguson Farmers Mkt. – Various Restaurants Wed., Nov. 8
- Pipeline to Pathways – Harris-Stowe University. Thurs., Nov. 9
- Northwest Chamber Membership Mtg. – Orlando's Thurs., Nov. 9
- Parents as Teachers Storytime – Library. Fri., Nov. 10
- Movie "The Man Behind the Merferds" – New So. City F-S, Nov. 10-11
- Reading on Race Book Club – Library Mon., Nov.13
- Ferguson City Council Mtg. – City Hall Tues., Nov. 14
- Senior Lunch and Bingo – Community Center Thurs., Nov. 16
- Crafternoon – Library. Fri., Nov. 17
- Marygrove Rummage Sale Fri., Nov. 17
- St. Louis Comm College Techfest – Library Sat., Nov. 18
- Indoor Market – St. Stephen's. Sat. Nov. 18
- Teen Escape Challenge Trip Sat., Nov. 18
- Bountiful Bruch and Worship – North Hills Methodist Sun., Nov. 19
- Northern Lights Parade and Market Sun., Nov. 26
- Tuesday Night Book Club – Library Tues., Nov. 28
- FLIERS Trinket, Treasures, Treats Sale – Library Fri.-Sat., Dec. 1-2
- Annual Christmas Store – Trinity Church, Florissant Sat., Dec. 2
- Hermann Christmas Trip Thurs., Dec. 7
- Mystery Meal. Fri., Dec. 8
- Teen Epic 6 Event Sat., Dec. 9
- Cookies by the Pound – Ferguson Christian Church. Sat., Dec. 9
- St. Stanislaus / Kemoll / Lights Trip Mon., Dec.11
- Pancake Breakfast with Santa – Community Ctr. Sat., Dec. 16
- Christmas Concert – St. Peters UCC Sun., Dec. 17

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