Ferguson Times

December, 2017

Established 1894 — Oct. 1999

Serving Ferguson and Surrounding Communities

December Events at the Ferguson Public Library

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

Hour of Code - Tuesday, December 5 at 6 pm

Celebrate Computer Science Education Week and the power of code with an Hour of Code™ event at the Ferguson Public Library! All ages welcome, but a caregiver must be present for children ages nine and younger. Registration is required.

Parents as Teachers Storytime - Thursday, December 14 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.

Faith in Winter - Thursday, December 14 at 6 pm

Join us as representatives of the three major religions lead an interfaith dialogue about their winter holiday celebrations, with a question and answer session to follow.

Don't miss our ongoing events!

- Preschool Storytime - Mondays
- Readings on Race Book Club - 12/11
- Crafternoon - 12/22
- Tuesday Night Book Club - 12/26

PLEASE NOTE: The library will be closed December 23-25 and December 30 - January 1 for the winter holidays.

ALLIED WASTE HOLIDAY SCHEDULE

CHRISTMAS DAY
Monday, December 25
and
NEW YEARS DAY
Monday, January 1, 2015

Monday pickup will be Tuesday
Tuesday pickup will be Wednesday
Wednesday pickup will be Thursday
Thursday pickup will be Friday
Friday pickup will be Saturday

HAPPY HOLIDAYS!

Thanks to our Sponsors Who Helped Make the Northern Lights Event a Success:

Savoy Banquet Hall, Negwer Materials, Ferguson Market, Christian Hospital, Alliance Credit Union, Schaefer Autobody, Ferguson City Walk, City of Ferguson, Ferguson Farmers Market.

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December 2017 CityWalk

"Check It Out

At one of the Ferguson CityWalk gatherings, I asked Mike Palmer: "So who is this Montrey?" In my mind this was the owner of the cigar lounge located at 401 S. Florissant Avenue. Mike explained that the name "Montrey's" was selected because the one hundred year old house in which the business is situated. Built by Joseph Montrey of Ferguson, he and his wife raised a large family in this home, and owned Montrey's Bar less than a block away at 500 S Florissant (now Marleys).

Mike Palmer was marketing the property for a lease. Someone approached him interested in converting the space into a private cigar club. The interested party did not pursue the idea, but after researching similar places within the St Louis area as well as the cigar market, he and his business partner found this would provide a unique destination and the vision for the Ferguson Special Business District..

Montrey's offers a selection of roughly one hundred varieties of cigars at any given time, and the selection changes every month or so. They also have one of the best spirit collections around: whiskeys, bourbons, scotches and cognacs offered at different price levels. In addition, there is live music on Friday and Saturday nights. Montrey's has a private members' lounge: a few remaining memberships are currently available. Cutting edge air filtration system inside keeps the smoke from becoming overwhelming. There is a large patio in the front and back of building.

Need gift ideas for a cigar aficionado? Mike offers a few suggestions: "We have cigars that can be sold by the box. We can order special cigars by the box: there are thousands of types of cigars, if someone has a favorite. We also have our very own branded 'Montrey's' cigar in stock." Furthermore, they have cigar accessories for sale on site such as butane lighters, cutters, punches, and torches. Or what about that membership opportunity? Don't smoke, but like to do crafts? Montrey's makes cigar boxes available for one dollar a piece.

And while we are talking about smoke… Welcome back to Ferguson, Red's One and Only BBQ! Red's is smoking up a storm 304 S. Florissant Road. The grand opening was November 11.

Welcome also to:

- Dr. David Goldberg DC – 111 Church Street, Suite 111
- New Chinese Gourmet – 42 S. Florissant Road
- Active Angels LLC – 4 Church Street
- Jean Trader – 10 Church Street

(This final section is for Citywalk business owners only.)
NOTE CHANGE IN DAY: The Citywalk Advisory Board meets the 2rd 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.

Thanks for Your Support

FLIERS (Friends of the Library) wish to thank everyone who played a role in making our August "Library Discards Only" and our "October Book Sale" the successes that they were. We truly appreciate all the volunteer help and the local patronage we received,

We look forward to seeing you at the "Treasures, Trinkets and Treats" sale on Friday and Saturday, December 1st and 2nd.

The Plumber's Crack

By Oh Baby *bigohbaby@sbcglobal.net*

Cold weather set in, Bell Ringers in front of stores, malls that are still open are busy, Christmas is in the air and in our wallets, yes, it's the bah hum bug Christmas edition of the Plumbers Crack.

Well my friends I guess I picked the wrong month to write this particular article but got to get it out of my system. I wrote a similar article a couple of years ago. I'm talking about dos and don'ts when having contractors come to your home.

First thing you should know is when calling at 3:00 in the afternoon, especially on weekends, do not tell the person on the other end that you have been working on the problem yourself all day and you want someone right now. If you are lucky enough to get someone out do NOT try and tell them how to fix it. Do not ask questions while the technician is working. You will be better served waiting till you get your bill.

When buying equipment you want installed in your home, do not ask for a warranty. If it breaks you will be charged for the repair. If your contractor furnishes you the parts he will usually stand behind it for parts and labor.

If you're calling 2 or 3 contractors to see who gets there first, let them know that. You should at least call the other contractors and tell them you already got it repaired or replaced.

The last thing you should know if you're having service work done is scheduling a time of day. Usually the only guarantee you can get is first call. When technicians get on a job some things can take longer than expected or a lot of times a customer says those famous words "while your here" and that causes them to run longer.

This is not a one way street. Contractors should treat you and your home with the upmost respect. Clean up their mess. Explain everything that was done and the warranty on what they did. If you're told 'morning' for your call and they are not going to make it, they should call you, Again that is not an exact time. Ask how much your repair will cost before the tech starts. If he can't give one to you, at least have a rough idea. If they can't explain what they are doing, tell them "thank you but no thank you".

Now that I got that off my chest I would like to talk a little bit about some bad news. Ferguson lost another long time business last month. Ferguson Hardware had to close. It never could recover from the unrest a few years ago. I remember going there when I was a little boy with my dad when it was behind the Ferguson Bank. They moved to Airport Road and stayed there until Negwer needed to expand. They moved to Florissant Road across the street from where they are now. I hope this holiday season we shop and support our local businesses first so this doesn't keep happening.

It's that time again. I hope we can all get in the Christmas spirit. Check on the elderly; offer them a ride to church or grocery store. Try and give a hand to the less fortunate. Give your kids the gift of love with their presents this holiday season.

To all of you my most heartfelt Merry Christmas. God Bless you all and remember it's His Birthday.

Oh Baby

Premier Plumbing Solutions
P8563, D8563

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
BOB ON JOB

A Safety Reminder from Police Chief Delrish Moss

Now that we are in the winter season,
please keep in mind these few safety tips.

Do not leave your vehicle running unattended. Although a warm vehicle is nice, keep in mind that this could be an auto theft waiting to happen. In most instances, leaving a vehicle running and unattended is viewed as negligence and could affect your insurance coverage. If you leave your vehicle running in an enclosed area such as a garage, please make certain it is properly ventilated. Poisonous carbon monoxide could build up and overflow into your home.

When shoveling and / or removing snow use extreme caution. Shoveling snow can be very strenuous and dangerous. You can easily over-exert yourself or slip on a patch of ice.

Don't forget to check on your neighbors, especially the elderly and disabled. Give them a call or drop by to make sure they have adequate heat in their home and no suspicious persons are attempting to take advantage of them.

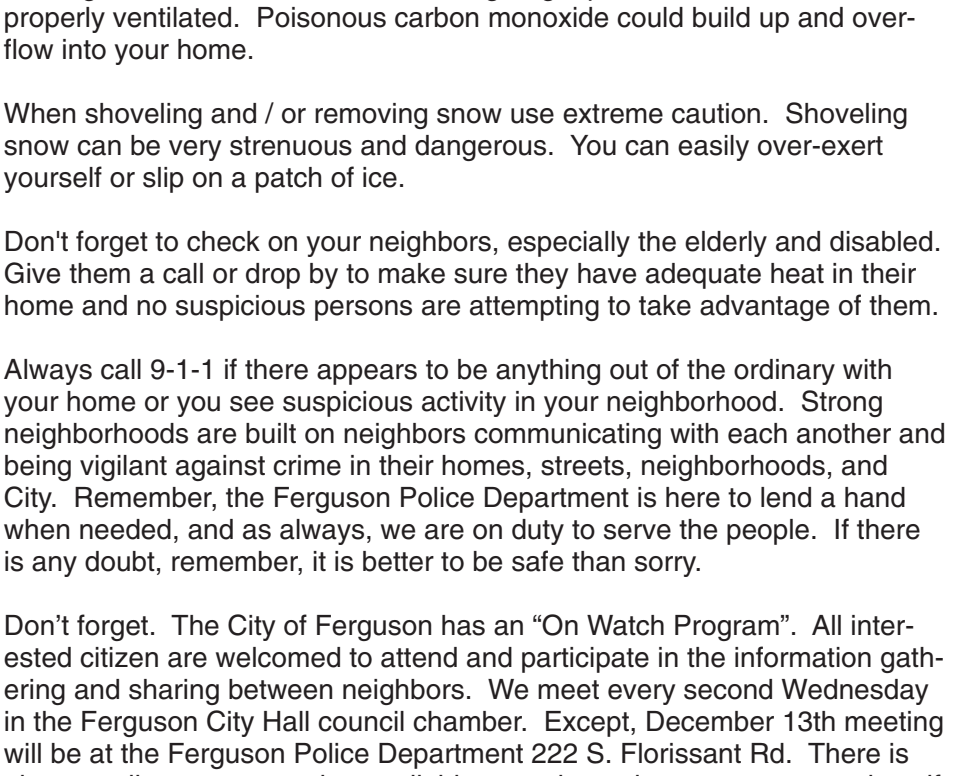
Always call 9-1-1 if there appears to be anything out of the ordinary with your home or you see suspicious activity in your neighborhood. Strong neighborhoods are built on neighbors communicating with each another and being vigilant against crime in their homes, streets, neighborhoods, and City. Remember, the Ferguson Police Department is here to lend a hand when needed, and as always, we are on duty to serve the people. If there is any doubt, remember, it is better to be safe than sorry.

Don't forget. The City of Ferguson has an "On Watch Program". All interested citizen are welcomed to attend and participate in the information gathering and sharing between neighbors. We meet every second Wednesday in the Ferguson City Hall council chamber. Except, December 13th meeting will be at the Ferguson Police Department 222 S. Florissant Rd. There is always police representation available to assist and answer any questions if need be. Active participation produces great accomplishments.

Have a Safe and Prosperous Winter!

Sincerely,

Col. Delrish Moss
Chief of Police, City of Ferguson Police Department



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.

Do Your Christmas Shopping at the I ♥ Ferguson Store

I Love Ferguson Committee invites you to shop at the I Love Ferguson Store for Ferguson memorabilia from T-Shirts, Sweatshirts, mugs, Yeti's, buttons, stickers, books and much more. All money is donated back to the community. To date over $140,000 has been donated.

Holiday Sale going on now! 30% off entire store.

Store hours:

- Monday, Tuesday, Thursday – 10:00 – 4:00pm
- Wednesday & Friday Noon – 6:00pm
- Saturday 10:00 -2:00.

Store location:
299 S. Florissant, Ferguson, Missouri 63135.
Or shop online www.iloveferguson.com

We wish everyone peace and love during this Holiday Season.

Become a volunteer and make new friends while giving back to the community. Call 314-254-7400 for more information.

I Love Ferguson Committee mission is:
We are a group of people who have joined together in support of this wonderful community. We love Ferguson, and we want to support our residents, help ensure that our businesses succeed, and draw together to help each other grow personally.
We believe that we can learn to become a better, stronger, and more unified community.

Donate to us and receive a tax write off as we are a 501(c)3 organization.

Fall Planting

Halloween was cold and a bit blustery this year - but just right for planting new perennials at the Whistlestop! Autumn is a wonderful time to plant or transplant in your garden. The weather is cool and reduces stress on the top parts of the plants. The soil stays warm enough for awhile yet and allows the roots to grow, helping plants to get established. A big shout out to GreFenscape Gardens for their generous donation of about 30 native perennial plants for this project. You can find out more about Greenscape on Facebook or their website www.greenscapegardens.com. Better yet, visit their nursery! They have a tremendous selection of native plants as well as all other gardening needs you have.

Thanks to Steve Cook, Marsha Gebhardt and Renee' Benage for getting plants in the ground. And last but not least, thanks to Ferguson Public Works for making a hose available, picking up weeds and spreading mulch. Can't wait for spring to see how everything looks!

Ferguson Community News Page

Giving back, in whatever way we can

By Mayor James W. Knowles III

"Christmas is the season for kindling the fire of hospitality in the hall, the genial flame of charity in the heart."

– Washington Irving – American Author, Historian - 1783-1859

The end of the year is near, and the winter holidays are upon us. It's a very important part of the year because as we close out the year, and prepare to begin anew; we take time to recognize what we have, and what we can and should do for our fellow man. While the winter holidays span many faiths and many traditions, it has become customary in the American culture that we view this season, as "the season of giving." We give gifts to friends, we give gifts to family, and we give gifts to strangers; but regardless of the recipient, it is all in the spirit of love for your fellow man.

Being a father with a young son and daughter, it's this time of year that I emphasize the lessons of sharing, charity, and the duty of able bodied people to help their fellow man. In some ways, these lessons are innate, but they must be cultivated and reinforced by our upbringing. I'd like to think my sense of charity and duty to my community was something I was born with, but it's something that has been instilled in me from the time I was a young boy. My parents weren't only instilling in me the principles of charity to my fellow man, and service to my community; they served as living exemplars of those principles throughout my life, and continue to live out those principles in service to this community today.

Recently a former Ferguson City Clerk that served our community through the 1980's and into the 1990's, came by my office to drop off a small gift for me. It was a picture of my father from his first term on the Ferguson City Council. He was barely 30 years old, a husband, a father of two young kids, a local small business owner, and a man committed to making our community a better place for all residents. In and out of office, and as part of many different endeavors over the years, he and my mother both have been an example of commitment, service, and charity. It's an example that has shaped my life, and it is path that I have tried to follow.

Now, nearly 30 years later, I reflect back as I see that picture along side the picture of me during my first term as a Councilmember. I was 25 years old when I was first elected to office and have now spent over a third of my entire life in service to this city as a Councilmember. It's a service that comes with sacrifices, but those sacrifices are tempered by the difference that I know I've made in the lives of individual residents, and by the progress we've made in our community as a whole. I've tried to make my life about charity, not just this holiday season. And that charity has also been through service, not just through giving gifts.

During this time of year, we should remember giving back to the community isn't just about giving gifts and giving money. We all have different means for helping those in need, and some have more financial means than others. But regardless of our financial situation, we can all give something back to our community in terms of volunteering. There are countless opportunities to volunteer at shelters, soup kitchens, food pantries, and toy drives to help treat those symptoms of poverty. In many ways, taking the time to volunteer and connect with those in your community can have a more lasting effect than by simply giving money. By touching individuals lives and showing they are people that are cared for, we can help change their state of mind and work to lift them up from their current station in life.

Whether you spend a shift volunteering at a local soup kitchen or simply show a stranger poor in spirit a random act of kindness, we all have the power to bring a level of emotional and spiritual fulfillment to our friends and neighbors. Giving material items is important to sustain those in need, but making that personal connection with those you are helping can be a truly transformative event in their lives. Charity is about love and caring, and connecting the recipient of charity with the giver touches both lives.

I encourage all residents to take a moment to give back to your neighbors and your community in any way you can. Whatever your means, whatever your station in life, you can make a difference in another person's life. I hope you will take that opportunity to start giving back this season, and carry that spirit with you throughout the new year.

May all of you have a Merry Christmas and a blessed Holiday Season.

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	Dec 5 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskepark neighborhood @gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	TBA	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	AJ Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	TBA	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	TBA	Fire Station #1 200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	Jan 8 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage rbenage@sbcglobal.net
Ferguson Woods	Dec 28 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
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 do all this and more on the city's website. For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

EVER WONDERED 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.

Ferguson City Council Meeting

Tuesday, December 12th at 7:00 p.m.
All Meetings held in the City Hall Council Chambers
110 Church Street

Ferguson Community News Page is published monthly and paid for by the City of Ferguson.
City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Laverne Mitchom, Ward 2; Keith Kallstrom, Ward 3; Wesley Bell, Ward 3. City Manager: DeCarlon Seewood. Public Relations Intern, 314-524-5229.
City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. **Contact Us by Email:** Information@fergusoncity.com

Ferguson Community News Page

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

COMMUNITY CENTER

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

Facility Rentals

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

Memberships

For the month of December, if you purchase a 12-month Community Center Membership, you receive 1 month FREE!
13 months for the price of 12!

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

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

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

PROGRAMMING

Children's Tumbling

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

Age: 3 ½-7 years old & 8-12 years old
Start Date: Mondays Jan 22 (8 week session)
Time: 5:45pm-6:40pm (3 -7 years old)
6:45pm-7:40pm (8-12 years old)
Location: Ferguson Community Center
Fee: $39/Members; $44/Residents; $49/Non-Residents

Children's Tap & Ballet Dance

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

Age: 3-1/2 - 7 years old
Start Date: Wed., Jan 24 (8 week session)
Time: 5:45pm-6:40pm
Location: Ferguson Community Center
Fee: $39/Members; $44/Residents; $49/Non-Residents

Children's Hip Hop/ Jazz Dance

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

Age: 8-13 years old
Start Date: Wednesday, 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, 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: 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., 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, 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

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.

See individual packages and training for two on Page 6.

Parks and Recreation Activities Continue on Page 6

PERSONAL TRAINING Continued from Page 5

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, 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!

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

Epic 6
We will have unlimited play for 2 hours followed by a pizza party
Date: Sat., Dec 9
Time: 2:00pm-7:00pm
Location: Community Center
Fee: $15 Residents; $18 Non Resident

ADULT PROGRAMMING

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

Hermann Christmas
Enhance your Christmas season by joining our trip to historic Hermann, MO for a day filled with German heritage and traditions. Enjoy museum, shopping, a concert and a meal, rife with German culture. Cost includes: entertainment, meal and transportation.
Ages: 18 and up
Date: Thursday, Dec. 7
Time: 8:30am-5:30pm
Fee: $70/Residents; $75/Non-Residents

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

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
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

More Parks and Recreation Events on Page 7

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 Berkley
Fee: $5 drop in Or $35 Residents; $40 Non Residents

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

Swim Lessons

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

Preschool Lessons

Ages: 4 & 5 year olds
Days: Mon & Wed
Dates: Nov.6 - Dec.13
Time: 6:30 pm-7:15 pm
Fee: $35 Residents
$40 Non Residents

Group Lessons

Ages: 6 & up
Days: Mon & Wed
Nov.6 - Dec.13
Time: 6:30 pm-7:15 pm
Fee: $30 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

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

Starbucks Community Care of Ferguson
Invites You to Support the 1st Annual

be the change

TOY DRIVE

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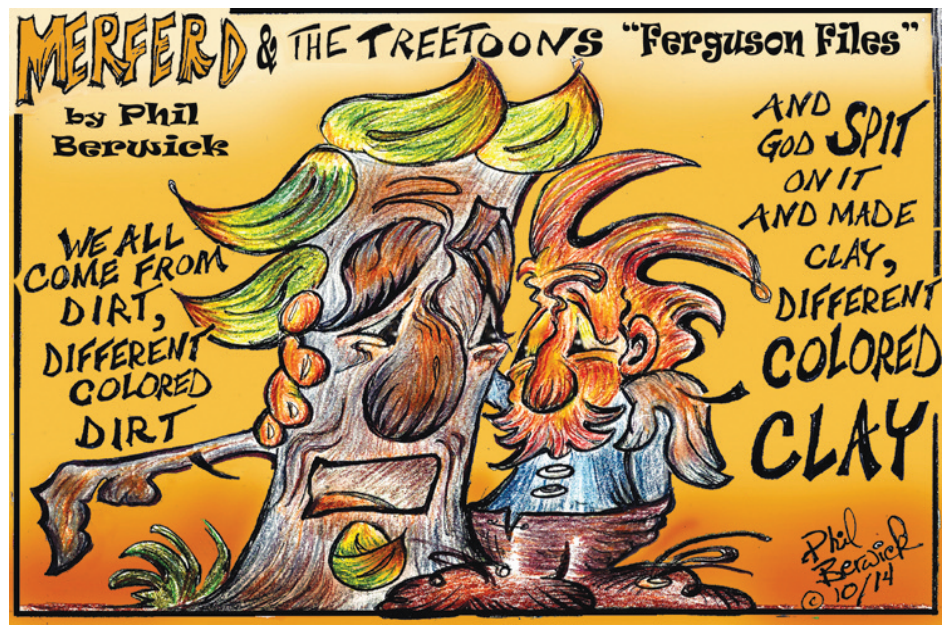
STARBUCKS OF FERGUSON
10776 West Florissant

NATALIE'S CAKES AND MORE
100 So Florissant Road

FERGUSON POLICE DEPARTMENT
222 South Florissant Road

FERGUSON FIRE DEPARTMENT
200 South Florissant Road

All items donated will be presented to the First Responder Team on December 15th (9 am to 11am) during our Coffee With the First Responders Event at the Ferguson Starbucks. All items will be distributed to families in OUR COMMUNITY.



Fall Open House Events Showcase North and South Technical High Schools

College and career readiness (CCR) has been a popular phrase in education for the past few years, but unpacking its meaning can be confounding for families. Curriculum focused on standards which measure how ready high school students are for the real worlds of continued study and/or careers is spotlighting critical areas of preparedness that haven't always been at the forefront of secondary education.

Being college and career ready means that students leave high school with both the academic and technical skills necessary to pursue college degrees and in-demand careers. Students must graduate with more than English, math, and science knowledge, but also with the critical thinking skills needed to solve problems and strong reading, writing, and communication skills. Even more importantly, they need to understand collaborative work, the skills and expectations of employers in the careers they wish to pursue, and be ready to continue on any career pathway they have chosen. Rather than the "either/or" model of the past, college and career readiness puts the focus on all post-secondary options so all students are prepared.

St. Louis Community College shared "A Report to the Region: State of St. Louis Workforce 2017" at an August event and discussion panel and their findings demonstrate the acute, regional need for CCR. According to Steve Long, Associate Vice Chancellor of Workforce Solutions at STLCC, St. Louis employers are yearning for graduates with these skills. "Between 50% and nearly 60% of employers responded that they were seeing shortcomings in applicants to their positions including poor work ethic, lack of communications or interpersonal skills, lack of critical thinking and problem solving, and lack of teamwork or collaboration," he said in an article about the event. The report focused this year on middle-skilled jobs in the region; those that require additional training beyond high school but may not demand a 4-year degree. During the panel presentation, apprenticeships, mentorship, and other ideas that directly link secondary education and business and industry were emphasized as solid steps toward closing this gap. The full report can be downloaded here: http://www.stlcc.edu/Workforce-Solutions/St-Louis-Workforce/Index.html

Career and technical education (CTE) has long been embracing the need to build partnerships between business and industry and their educators. North Technical and South Technical High Schools, St. Louis County's CTE providers, offer students experiential learning options in 30 different programs, including many pathways in which employees are reporting critical shortages. CTE embodies the goals of CCR as its mission is preparing students for the increasing demands of the 21st century workforce and ensuring they are fully prepared for college and careers. CTE is not the vocational education of yesterday and the variety of options for students is much broader. Courses like Pharmacy Science and a Pre-Professional Health Sciences Academy have joined the more traditional offerings of Automotive Technology and Welding. Extensive partnerships with business and industry provide students with immersive experiences such as shadowing, internships, complex projects, clinical rotations, and peer mentoring. North Technical and South Technical students are able to gain an in-depth perspective of many career paths and college majors, helping them to make more informed choices about both.

Home schooled, privately educated, and public schooled students who live in St. Louis County are eligible to take classes at Tech free of charge. We are supported through local taxes and our programs are tuition free. Classes begin in the sophomore (North Tech only) or junior year and continue through senior year, with 1.5 high school elective credits awarded each semester. Some programs also offer academic credits and most offer articulated and/or college credits as well.

To learn more, visit http://www.northtechnical.org or www.southtechnical.org.

Did You Know

MID-EAST AREA AGENCY ON AGING

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

1 in 3 adults do not get enough sleep on a regular basis which leads to feeling tired and low energy. Older adults need around 7 to 9 hours of sleep a night. The most common sleep problems are feeling sick, pain, medication and insomnia, leaving older adults irritable, depressed, forgetful and unbalanced.

There are many things you can do to help get a good night's sleep. Here are some ideas from the National Institute on Aging:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Avoid eating large meals close to bedtime—they can keep you awake.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

Making your bedroom a safe and relaxing place will help you towards a good night sleep. Before going to bed make sure you have a phone and lamp nearby, a glass of water and any tripping hazards are removed. If you continue to have a hard time sleeping consult your doctor.
(National Institute on Aging May 2016- www.nia.nih.gov/health/good-nights-sleep)

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

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

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

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

Upcoming Activities
Monday, December 4th 10:00- 11:00am "Eating for Maturity"
Wednesday, December 6th 10:00- 11:00am "What's in Your Cart"
Wednesday, December 20th 10:00- 11:00am "Senior Center Holiday Party"
Weekly Activities
Tuesday at 9:30am Giggles and Grins
Monday and Friday at 10:00am Bingo
Thursday at 10:00am Movie Classics

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

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New Businesses Coming to Ferguson

You may have noticed the new construction here in the City, and new businesses popping up all over town; this is not your imagination; in the last three years, over $20 million in new construction has been built in Ferguson, including Centene, Starbucks, the Metro Transit Center, the Urban League Community Empowerment Center, and the new lofts at 235 South Florissant.

Right now Family Dollar is building a new store at 10933 New Halls Ferry Road to replace their earlier store, and two doors down at 10603, the BP will be torn down to the tanks and completely rebuilt, with a new and much larger GasMart.

105 new business licenses were issued in the same period, and 38 commercial building permits issued, up from 11 in the previous 3 year period. We anticipate many more projects in the coming years, on North-South Florissant, West Florissant, and Pershall Road along I-270. To help facilitate business coming into our community we are streamlining our permits section of the City website, moving all applications, fees, and forms to one page: https://www.fergusoncity.com/197/Permits.

In other news, St. Louis County, in collaboration with Citizens for Modern Transit, the City of Ferguson, and others, have applied for a multi-million dollar TIGER (Transportation Investment Generating Economic Recovery) grant from the U.S. Department of Transportation, to construct curb cuts, sidewalks, tree lawns, and other pedestrian-scaled improvements along West Florissant from the Jennings city limit to Chambers Road. For more information and how to participate in the community meetings check out this website: https://westflorissantavenue.com/ .

Ferguson City Council Members for Wards 1, 2, and 3 To Be Elected 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.

Pop Up Park Event

Top picture shows the park clear of weeds and trash. Bottom picture shows just two of more than 100 people who helped clear the pop up park.

The City of Ferguson hosted a successful pop up park event on Sunday October 29, 2017. Pop up parks are temporary parks or events in public space for a special celebration or commemoration. In Ferguson the pop up park was a Halloween themed event for kids with a twist. Ferguson asked for adults and young people to help cleanup. Volunteers removed trash, pulled weeds, cut up brush and the like to make way for the new neighborhood park that is planned for the site. The event was held at 7533 Halpin Avenue,

Many local non-profit organizations came to hand out information on programs that may help residents and to give candy to the children who participated. The Community Action Agency of St Louis County (CAASTLC) announced a new effort to stabilize and improve the neighborhood homes within one mile of the new park.

Over 100 people attended the event and a great deal of trash and debris was removed from the future park. The park is being built through a grass roots effort. Donations are being sought to build this much needed park in the Southwest Ferguson Neighborhood.

Gitana Production Global Education
Through the Arts Program
Presents

WE THE PEOPLE

A program of Drama, Dance, Spoken Word & Song
(a great FREE event for families)

Saturday, December 16
12:00 noon at Ferguson Library
35 North Florissant

Global Education through the Arts is a year-round program that includes dance, drama and cultural leadership training at no cost for youth 9-16 years of age.

New classes are starting in January!
For information call Ms Cecilia at 314-721-6556
or info@gitana-inc.org

Celebrate International Human Rights Day with Ferguson Human Rights Commission!

OPEN MIC EVENT

Sunday, December 10th • 3:00 to 5:00 p.m.
Come and share your:
• spoken word • poetry • song
in commemoration of and in advocacy of human rights!

Hot Chocolate, Coffee Tea and
Natalie's goodies will be provided

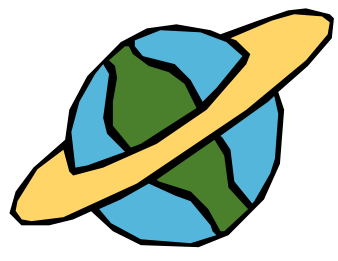
St. Stephen's Episcopal Church
33 N. Clay, Ferguson

Dinner With Friends and a Book

Monday evening, December 11, we will discuss our book as we gather for a holiday potluck dinner at Blessed Teresa of Calcutta Catholic Church on Elizabeth at Chambers/Hereford. Bring whatever you'd like to share to set up anytime after 5:30 p.m. so we can be ready to eat at 6 p.m. Eating utensils and coffee will be provided. A suggestion was made that people might bring something they traditionally eat at home for holidays.

That evening John Powell will lead us in our discussion of *The Hate U Give* by Angie Thomas.

A Word from Our Planet:



For a merrier, less stressful and more earth-friendly, and especally loving Christmas, give something you make, a family treasure, a gift of time together, or an experience such as concert or special event

The Ferguson Eco Team

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Financial Focus

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

Last month, I looked at how our local economy was doing since the protests in 2014. It is hard to know if the protests worked because we are still seeing examples of race being an issue in many circumstances. My point was that those protesting seemed to have a goal of taking down the economy as if that would bring about change. To me it's like shooting yourself in the foot because when our economy suffers we all do . . .some more than others and those who hurt the most aren't always those who they had hoped would. I hope everyone realizes that if the economy is good there are more opportunities for all people to do better. That's why politicians try to place blame or take credit depending on the state of the national economy. Many people nearing retirement seem to long for the days when our country was growing with a large industrial economy and high employment rates; looking fondly on those days that to some equates to making America great again. Jobs in industry like automobile plants could really support a family.

Over the past thirty years manufacturing jobs have declined by nearly half. Some blame moving jobs overseas where labor is cheaper. What we need to recognize is that this change has more to do with innovation and automation of things we used to do ourselves. There is plenty of evidence showing that we are still involved in manufacturing products, we just use our resources better. Getting things done using robotics or computers is much cheaper and doesn't require costly benefits. This has also helped keep prices lower on many products. So rather than looking backwards and trying to revive it, the time to embrace our service economy is really here.

Even in our service industry some jobs can be replaced by robots. And we often equate service jobs to retail and fast food. That couldn't be farther from the truth. In a service industry the human component is very important. We long for the attachment to others and all of the conveniences we have today do seem to be driving us farther apart. It's pretty normal to see people together in a restaurant both using their phones for texting or anything other than conversing with the person across the table. Today we always hope to speak to a live person when we call for help from the phone company or any other service we may need. Yet in most cases this is getting harder to do. Yet when you do finally get to a person they are typically more tech savvy than in the past. It's also been a good experience when they are able to solve your problem.

Along with jobs in retail, another booming field is health care. Many of those jobs require the human touch. Some examples are a physical therapist or home health care workers. And with our high tech environment many entrepreneurs are creating jobs doing things we hadn't even thought of and also bringing back some of the good old days.

In the mid-Twentieth Century it was quite common for the neighborhood market to have delivery boys bringing a box of groceries to the back door. Today we are seeing a revival of this with local grocers bringing juice boxes to the soccer mom at a game because she placed the order on her phone. Although some markets have continued that service through the years, it hasn't shown real popularity until now. And ordering on your iPhone without having to speak to someone is one of the perks. This is an example of using technology to speed things up. The human touch comes in when the delivery happens.

Recently, I was fortunate enough to attend a Demo Day sponsored by OPO Start-ups in St. Charles. They got the name OPO because it is located in the Old Post Office on Main Street and Start-up businesses are what they really work on helping. There, bright young entrepreneurs can use workspace with access to mentors, possible investors, and other resources. They also meet other start-ups with whom to exchange ideas. The evening was a bit like Shark Tank where five entrepreneurs pitched their ideas to win backers and financial support. Each one had 8 minutes to sell his/her idea. The enthusiasm was exciting and the audience was full of supporters for each presenter. Along with others I was there to support one of them too.

What really struck me was that three of these pitches involved innovations I don't feel quite ready for yet. It does seem that this is the wave of the future, so maybe it's time to embrace them. Just like our local market's new delivery service one of the pitches I heard was the same concept, but basically applied to every other type of product you might need to purchase. An example was being able to order another quart of paint and have it delivered while you continue your painting project. The judges were able to ask questions and one was could you really trust someone you don't know to pick up exactly what you needed. We've probably all been sent to a hardware store to pick up something needed right then like a plumbing supply or some other piece of hardware. More often than not I would bring back the wrong thing – unless I was able to take a sample with me. Today with smart phones you can send a picture of what you need. It was pointed out that this service or something similar has been used in Austin with much success. The other difference had to do with the person picking up the necessary supplies – they are not an employee, they are more like a self-contracted worker. It sounds similar to an Uber driver. This idea turned out to be the winner that night.

Another pitch involved being able to avoid the hassle or security risk of paying with your iPhone. Imagine walking thru the check out looking into a facial recognition camera and having it ring up right onto your credit or debit card. You would speak "approved' and the transaction would be complete. To someone my age this one sounded a bit frightening. For the market to know that I am the person making the purchase they would have to have my image on file

or maybe it is just on the scanner I am walking thru. Today we're all familiar with using face recognition on an iPhone. And some businesses use a facial recognition time clock. We've also heard that they aren't all that reliable. Just the other day a mother on the news complained that her son was able to unlock her cell phone because they look so much alike. She had him demonstrate. Which also brought up a question from one of the judges about twins? As explained, this particular facial program is better because it uses a five dimensional image. However, the twin question did make this presenter admit there might be a few things to work out, but even identical twins have some differences.

Attending this event really gave me some hope for the future of our local economy. It also made me realize that the future holds more opportunities for everyone. My nephew who lives in Austin became an Uber driver for a while when he was between jobs. This could be good for many young people and a way for them to develop excellent service skills. Seeing a need is what brings about the ideas that move us forward.

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

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#2 Gourmet Package
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$79.95

#3 The Cowboy Ribeye
Four 24-oz.Thick Cut Cowboy Ribeyes "Seein' is Believin"
$89.95

#4 The 'Nice' Package
Four 12-oz. Cut Prime Ribeyes & Four 12-oz. New York Strips
$109.95

#5 The New Yorker
Eight 12-oz. Prime Cut New York Strip Steaks
$109.95

#6 Steak Lover
Four 12-oz. New York Strips & Four Bacon Wrapped Filet Mignons & Four 12-oz. Cut Prime Ribeyes
$129.95

Special Gift Pack #7
Ten 5-oz. Paul's Bacon Wrapped Filet Mignons
$59.95

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Ferguson CITY WALK Just North of Ordinary

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savoybanquetcenter.com Join us on Facebook

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EarthDance

Farmers Formal Topples Fundraising Goal

You did it! Thanks to you, we were able to topple our fundraising goal, raising more than $360,000 at our 10th Annual Farmers Formal! These funds enable us to sustain our Farm and Garden Apprenticeship Program, offer employment to youth, donate produce to families in need, and develop the Organic Farm School's campus into a beautiful, innovative learning environment.

Supporters like you made an EarthDance dream come true by donating during the event's Fund-a-Need to build a Community Pavilion. Funded in part by the Joseph and Elsie McBride Charitable Foundation, this structure will serve as a space for a variety of community events and initiatives. We look forward to having a permanent large covered space on site for farm dinners, field trips, classes, workshops, meetings, film screenings, reunions, and of course, dances!

Ferguson by Foot

By: Margaret Wolfinbarger

The bitter cold pressed against the collar of my jacket as I walked down the hill. The streets at 5:00am are colder and seem less illuminated than in evenings. A string of blue Christmas lights flickered below snowless shingles at the bottom of the hill, reflecting the curtain—actually a plain white sheet—that hung in the window of my neighbor's house. I thought about the choices we make, and the tradeoffs, as I crossed Florissant Road onto Paul Avenue. A raccoon hopped away from me and into a sewer, and I couldn't help but be thankful that my place of shelter was significantly more inviting. Still, a heavy weight hung in the dark corners of my heart and something inside me wanted to follow that critter and hide. As if the tunnels that run under the street could contain my grief and the gnawing fears that made sleep impossible. It was mid-December, 2006. I was 32 years old, and my life was at a terrible crossroads.

Everywhere I looked I saw decorations that spoke of holiday cheer, but all I could think about was the empty seat at our table and the broken hearts of my children. I had forgotten how to hope and settled into that kind of melancholy that colors every facet of life gray. So while glowing elves were dancing and plastic Santa's were grinning, I was trying to figure out how to make December 25th even remotely bearable.

Nostalgia may be that awareness of happiness once tendered, but it is like lemon juice in the wound of a heartsick soul. Thus the holidays make some people want to hide in their homes from mid-November until the second day in January. There seems to be no safe haven from relentless marketers who want to profit off our relational insecurities. From food manufacturers who promise escape by way of indulgence to alcoholic beverage distributors who try to make sad look sexy, we cling to shadows by way of vainglory and pretend we are okay. We hum sarcastic chords by way of snarky Christmas carols about dead grandmas and reindeer and try to avoid our feelings, but if we allow ourselves a moment of solitude we weep for what was and wish there was something—anything—more.

As I walked through the streets of Ferguson, Missouri that cold, December morning, I stared at the stars. They are brighter in the winter and somehow friendlier. For a moment I forgot my sadness as I considered the immensity of our galaxy and my humble proximity within it. More importantly, I thought about my relationships with my friends, my family, and even my neighbors. I looked at the dark windows where people slept and the porch lights that shown out into the darkness and gave warm, friendly light. I wondered if they had experienced heartache or loss, and how they managed to move forward. I was just beginning to realize that the chasm of pain in my heart had awakened a wonderful capacity for hope I did not know existed. The reason for this is that the pain stripped away everything that was non-essential. It no longer mattered that I was more than 30 days late on my mortgage. I didn't care that my boss was a jerk. I didn't cry because my friends didn't invite me to the party of the year. The loss I experienced was so big that it eclipsed everything else and forced me to focus on what was most important.

I looked at the stars and remembered an old story about three wise men. I thought about their journey to find a child who was rumored to be the Savior of the world. His name is Emmanuel, which means, "God with us." On that cold, clear morning I realized I was not alone in my suffering; that in fact, God himself had come to earth to bring comfort to people like me. On that morning when the tears ran freely and I questioned every choice I had ever made in my life, I felt the presence of something greater than myself and I marveled.

I recently read a story about a lost work of art by Leonardo DaVinci called, "Salvator Mundi." It was found by an art dealer, restored, and sold for $450 million. (I saw it for free on the internet and saved myself a few bucks.) In the portrait, Jesus is depicted in a blue frock and holding a translucent sphere that may be meant to depict eternity. I fail with words to detail the beauty of it, but I would describe His face as serene yet filled with knowledge and power. Some people might disagree with me, but as beautiful as that portrait is, to me it can't compare with the splendor of a starry night. Or maybe it is because I have experienced the tangible peace God gives when emotional turmoil has threatened to undo me; all things that can't be painted except on the canvass of a broken heart. There are those who don't believe that He exists, or that He does not care, or that He is impotent, but as for me, I have felt His calming presence on the streets of Ferguson and I have been loved by him more than words can ever adequately express.

And so, dear reader, today if you are facing the holidays and have found yourself in the alleyway of despair, don't lose heart. Sometimes the simple way out of the dark alley of the soul is as simple as walking in the dark and looking up at the stars. Our prayers are not in vain and we are not without hope. Merry Christmas!

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

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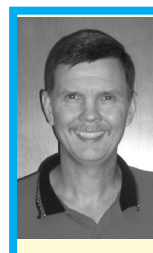

Under The Hood With Robinwood

By Bob McGartland

Santa Claus's New Wheels

You may have always thought that Santa rode in a sleigh pulled by 9 reindeer. But in fact, Santa has moved into the 21st century. He has upgraded to a new and more efficient way of traveling. He has found that a 4-wheel drive Chevy Suburban is exactly the type of vehicle he needs to travel around the North Pole and his many other worldwide destinations. Of course the vehicle is red. Not only does the Suburban have good traction in all conditions, it also provides him with lots of space and room to accommodate everything he hauls. The vehicle is also special because it is a 450-reindeer powered engine, which has the best performance and efficiency in the North Pole. This vehicle is powerful, fast and can handle even the worst weather.

When getting around the North Pole, Santa needs a vehicle that will be trustworthy, dependable and doesn't get stuck in the snow. This is a one of a kind vehicle that has very special Santa-modifications, specifically designed for him. The front tires are also runners for easy maneuvering when he is on the ice or snow. Another Santa-only feature is the special windows and lights to navigate through the fog, snow, sleet or rain he encounters on his travels around the world. The elves have recreated headlights that replicate how Rudolph's nose shines so bright. This way Santa can see through any type of weather. The elves have also found that if a reindeer licks the windshield, no snow will stick to it. So, before Santa takes off, the reindeer lick the windshield and all the windows for Santa, so he can properly see without worrying about precipitation.

There is an option only available to Santa of course; it is a vertical takeoff and landing. This excellent feature ensures he can take off without needing a lot of room to gain speed and landing on those steep roof tops. It was developed right here in St. Louis at the Boeing plant. His vehicle can travel incredible speeds across the globe so that all the presents are delivered to all the boys and girls on Christmas Eve. Now even with all these exclusive modifications Santa has his faithful reindeer Rudolph riding shotgun. Like a Boy Scout, he is always prepared.

Three weekends over this past year Bob and his ASE certified technicians have gone to the North Pole to be trained and educated by a select group of elves on servicing and maintaining Santa's Suburban. Preventive maintenance and scheduled servicing keeps his vehicle dependable and safe. These elves stay busy in the motor pool all year long. On the night of December 22, we will return to advise and assist as the elves do their final comprehensive inspection on the vehicle. Santa must be able to fly without worries. Santa knows who has been naughty and nice and where every boy and girl lives. Santa is getting older so on Christmas Eve one of his selected elf 's named GPS is assigned to travel with him and Rudloph.

So from your friends at Robinwood Automotive and Tire and Santa…..Merry Christmas and to all a good night!

Dennis L. Callahan

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From Pinholes to the Hubble Space Telescope: How Telescopes Work

Saturday, December 9, 2017
9:00am – 12:30pm
Challenger Learning Center St. Louis
St. Louis, Missouri

Explore what pinhole viewers and giant telescopes have in common through using lenses to construct a basic model of a telescope.

While most people have a basic idea of how lenses work, they frequently don't know how telescopes use lenses and mirrors together to organize light to form images of distant objects. The behavior of light is examined with a pinhole projector and lenses of differing focal lengths. An exploration of the properties of both light and lenses will help develop a more complete understanding through constructing a simple telescope. Participants will receive a set of 24 Galileoscopes. Educators in both formal and informal settings welcome.

Dear Ferguson,

It has been one calendar year since you've welcomed me to your family. In that time, I have gotten to know so many of you on a first name basis. You have assisted with making this a phenomenal year for me. And, for those of you whom I have met: this has been an awesome year! And to the Fergusonians which I have
yet to meet, I look forward to speaking with you during year two!

FYI
Ferguson
Youth Initiative

As 2017 winds down to a halt, the youth at the Ferguson Youth Initiative (FYI) would like to inform you of the impact that your support has made on us. We've expanded our Drop-In services to include Thursdays at St. Peter's United Church of Christ in Ferguson. Through this expansion, 400 youth were able to partake in our afterschool programming. The Drop-In provides after-school programming which gives the youth a safe space to interact with each other in a chaperoned environment.

We also expanded our Next Steps Job Readiness program to partner with SSM Health. The goal of this partnership was to find permanent employment opportunities for the youth. This
partnership assisted FYI in creating a job readiness program which is concentrated on developing the strengths of the youth participants.

Also, through the Next Steps, FYI was able to assist seventeen youth with improving their employability, helping these youth earn Food Handler ServSafe certifications. FYI was able to provide eight local youth un-subsidized permanent employment.

For 2018, the Ferguson Youth Initiative looks forward to building on our successes in 2017. Mark your 2018 calendars for
March 3rd--- the Pinewood Derby and for April 7th--- our FYI banquet.

Once again, I thank you for your continued support, and we look forward to having an impactful year with you.

Sincerely,
Aaron M. Harris, Executive Director

FLIERS Treasures, Trinkets and Treats Sale

Gift quality items, vintage items, toys, collectible dolls, home-baked goods, and books.

Friday, December 1
9:00 am-5:30 pm

Saturday, December 2
9:00 am to 3:00 pm

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11am-9pm
Tues. & Thurs.
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Friends of Disc Golf

If you haven't played Hudson Park yet, you're missing out! The park is generating a lot of foot-traffic these days. It is becoming a very popular course in St. Louis! Because of this, we would like to thank all of our sponsors and friends for making this possible:
Ferguson Brewing Co. – Paul's Market - Lions Club – Ferguson Bicycle Shop - Ferguson Youth Initiative - The Vine - Kidd Pools - Live Well Ferguson - Negwer Materials - Cork Wine Bar - Robinwood Automotive - Vincenzo's - I Love Ferguson - Founding Families - STL Community College – Sportsprint – Godfather's Disc Golf Club - River City Flyers Disc Golf Club – Smokin' Aces - Gateway Disc Sports

We have winter work days scheduled periodically throughout the season. If you'd like to be a part of the continuing restoration of the park or interested in playing disc golf, please contact us via, Facebook or email.

Happy Holidays from the Friends of Ferguson!

Breakfast With Santa

Saturday, Dec. 9th
9:00 to 11:30 am

First Presbyterian Church
401 Darst Road

Includes:
- Breakfast
- Arts & Crafts
- Santa Shop
- Picture With Santa
- Free Vision Screening for children (6 months to 16 years)

Donation of Peanut Butter for the Food Voucher Program is requested.

More information?
Call 522-8542

Community Grants

A grant program for creative projects designed to meet basic human needs of people served within the boundaries of the Ferguson-Florissant and Hazelwood school districts has been launched by John Knox Presbyterian Church in Florissant. The annual grant will be awarded for a new creative project or a new facet of an existing project in an amount ranging from $500 to $3,000. The project must focus on how it will work with women, children, youth, young adults, persons of diverse races and/or ethnicities, and/or persons with disabilities, to enhance their quality of life. Its purpose must be in accordance with the mission goals of the Presbyterian Church (USA).

This is a one-time grant for a project which does not have to be completed in a single year, but which must be underway within 12 months of receiving the funds. Applications must be postmarked by April 30th, with decisions made in May. Funds will be disbursed in June. Applications are available by emailing jkpcoffice@gmail.com with Endowment Grant Team
in the subject line.

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Learning From History

Whether we're driving a car, riding a bike, or trying to record a spare at our local bowling alley, our musculoskeletal system bases its decision-making on past history, that is, what it has learned before. Drawing on years of experience, recorded deep within our muscle memory, we're able to avoid an unexpected obstacle in the middle of the road, or adapt quickly to a slip on a slick spot on the bowling lane. The history embedded within our physiology immediately directs our actions in the present moment. We don't have to think about these things. We react — and act — instantaneously, and more often than not, the right result just happens.

Similarly, with a different type of training, a child soon learns not to touch a hot stove and not to pull the cat's tail. A few years later, when the child begins school, she or he starts to acquire the skills that will lead to the critical accomplishments of being able to read, write, and do arithmetic. If learned properly, these capabilities become lifelong resources. In adulthood, if we're appropriately motivated, we continue to learn. Among the primary fields of such learning is the realm of taking care of one's health.

In the area of health care, we learn that if we don't eat right, get enough vigorous exercise, or obtain sufficient restful sleep, then the good health we took for granted will begin to fade away, to be replaced by problems, symptoms, and diseases. Some of us had parents who encouraged a healthy lifestyle and demonstrated by example, others played high school sports and continued their fitness activities into adulthood, and yet others never had these advantages but understood that the demands of adult life required them to be able to function at their peak.

In other words, being healthy is a learned behavior. Our personal history teaches us that we need to do certain things to keep being healthy and well. The good news is that if we haven't been leading a healthy lifestyle, it's usually not too late to start. Regular chiropractic care provides great assistance for all of us, adults and children, who are or want to be on a healthy path. Regular chiropractic care detects and corrects sources of nerve interference and helps restore and maintain full function in our spine and all the other components of our musculoskeletal system. In this way, regular chiropractic care helps our bodies to function at maximum levels of good health and helps us achieve our goals of ongoing health and well-being for our families and ourselves.

If you are ready to learn some new healthy behaviors, contact us for an appointment and we will help you in reaching your health goals.

Dr. Robyn's Office Hours:
Monday, Wednesday, Thursday 9:30 am to 1:00 p.m. – 3:00 p.m.-6:00 pm
Tuesday, 3:00 p.m. to 6:30 pm

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FloValley and UMSL Partner for We Teach MO Initiative

St. Louis Community College at Florissant Valley and the University of Missouri-St. Louis have embarked on an effort to address the need for secondary science and math teachers in the St. Louis region.

The UMSL We Teach MO Initiative has been expanded to include a one-credit hour, tuition-free course that introduces college students considering a career in a STEM field – science, technology, engineering, math – to the teaching profession through first-hand classroom experience. It provides an authentic, low-risk opportunity to explore science or math education before committing to a complete degree program.

The credit-hour was developed to expand the impact of the We Teach MO program and increase recruitment of potential teachers. The community college environment is ideal because students are considering their next steps after earning an associate degree.

"The intention of this agreement is to help improve STEM education in North County and the greater St. Louis region. It will help highlight the rewards of teaching STEM, and hopefully increase the number of science students choosing teaching as a profession," said Stephen White, dean of STEM and business, STLCC-Florissant Valley.

The course will be offered in spring 2018. Interested students can complete an application in the STLCC-Florissant Valley Science and Math office, SM204, or by contacting Nicolle von der Heyde at UMSL vonderheyden@umsl.edu

"This partnership is truly a win-win-win. For STLCC students, it allows them to explore another career field and provides them with a course toward graduation that they receive at no cost. For UMSL, this agreement provides an opportunity to showcase their talented faculty and excellent programs to our students. For the community, this partnership creates the potential for some of our best and brightest students to become teachers who will then inspire the next generation of scientists, mathematicians, engineers and technology experts," said Elizabeth Perkins, provost, STLCC-Florissant Valley.

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
1425 Stein. Rd
Ferguson, MO 63135
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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Sat., Dec. 9 – 9 am to 1 pm

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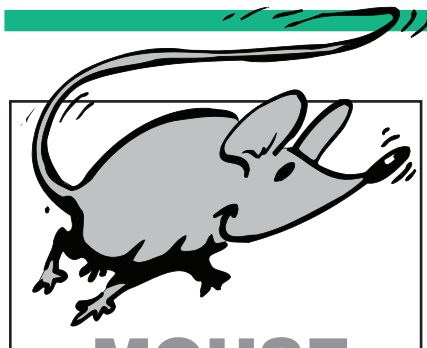

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BOB ON JOB

By Bob McCarty

FOR SALE - AS IS
by Virginia (Ginny) Ellis

"For Sale - As Is," read the realtor's ad,
"Furnishings Included,
Beautiful Home, Magnificent View,
Private and Secluded!"

With interest, I approached the house,
Neglected, of course, and run-down,
Cobwebs and spiders, mouse tracks and mice,
And layers of dust all around.

The realtor said she was 'sorry,'
She had not seen this place before,
Her orders had come in the mail,
"Sell the house - as is" ... nothing more.

Distaste for the place showed on her face,
But I smiled and said, "I've seen worse,"
"Well, I haven't," she said, with disgust,
Her voice sarcastic and terse.

Wainscoting and woodwork - yellowed with age,
Hand-carved banisters - broken and cracked,
Floors - moaning and groaning under our weight,
Brass fixtures - discolored and black.

But all around, clues could be found
This once was a house that was prime,
Though it had had no loving care,
For a very long, long time,

A grand staircase swept up from below,
Elaborate in marble and teak,
Time and grime may have stolen its shine,
But there it stood ... still proud and unique.

Then next a great room with huge windows,
Surely a ballroom meant for a dance,
Its draperies, musty and dusty,
Yet displaying an old elegance.

A chandelier hung from the ceiling,
Though archaic, it welcomed the light,
It gleamed a bit when the sunshine hit,
Thus proving it still had a life.

I closed my eyes and saw ladies in gowns,
And men in full dress, bowing low,
I heard a lively tune that filled the room,
And caught myself tapping my toe.

I saw children on the banisters,
I heard them giggle sliding by,
I saw them racing one another
Up the stairs for one more try.

The pictures in my mind persisted,
This abandoned place was once a home,
Love, warmth, and cheer one time were here,
Though now it was cold and alone.

"I'll take the house!" I blurted out,
The realtor was struck dumb,
"Yes, I know what I am doing!"
She stood there, startled and stunned.

The price was right; the deed was done,
My name went on the dotted line,
We shook hands; she left in haste,
I guess for fear I'd change my mind.

I looked about and made a vow,
I swore I would revive this place,
Too much still alive in here,
Not time to go or be replaced.

I had the needed tools to use,
Soap and water ... and elbow grease,
But most of all what I possessed
Was a wondrous dream that would not cease.

From laughing children on a staircase,
To dancing feet on polished floors,
From opened curtains at big windows,
To sunshine streaming in galore.

The poor realtor no way could see
The same house that I saw,
She only used her eyes to look,
So, she could not see it all.

Thus, to see things best, I must suggest
One employ all one's faculties,
Not just one's eyes to look around,
But use one's heart to fully see.

You can find more poetry by Ms. Ellis at www.poetrybyginny.com. She has shared a lot of poems at her site for your reading pleasure.

We here at Bob on Job and Painted Effects want to wish you and yours a joyful holiday season. Until next year, Bob is on the job. Merry Christmas and Happy New Year.

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RD17

Lee Hamilton Teacher Attends Ron Clark Academy

As a first-year teacher in 2003, Lindsay Williams purchased the book, “The Essential 55” written by acclaimed educator Ron Clark. The book provides pointers on discovering the successful student in every child. Williams, who is currently a first-grade teacher at Lee-Hamilton Elementary School in Ferguson, allowed what she read to shape some of her teaching philosophies and classroom practices. Although the information she gained from the book was invaluable, Williams had a strong desire to visit Clark’s school – The Ron Clark Academy – a school for fifth through eighth graders in Atlanta, GA. She wanted to witness first-hand how some of the transformative methods and techniques she’s read about and adapted, are being used by Clark and his staff at the school.

Thanks to a $1,500 scholarship from EdPlus, Williams had the chance to do just that when she recently visited the Ron Clark Academy. The Academy provides an educator training program in which educators from around the world visit the school for in-depth professional development on transformational practices that can be used in any type of school culture.

“This was the best professional development I have ever attended in the 15 years I have taught,” said Williams. “I do believe the trend and evolution in education will stem from more teachers attending an educator training session at the Ron Clark Academy, and I encourage any educator who has the opportunity to go, to do so.”

During the one-day training, Williams observed master educators teaching classes, attended professional development workshops, and experienced the school’s culture and rigor through student and staff interaction.

Like the students at Lee-Hamilton, students at the Ron Clark Academy come from varied academic, social, emotional and economic backgrounds. However, Williams says regardless of any differences, all students have intrinsic learning abilities and the key to promoting academic success within them is being creative in teaching methods to meet the individual needs of each child.

“You must build relationships with students at the beginning of the school year, keeping them engaged while letting them realize the power of success belongs to them,” said Williams.

Williams is sharing some of the practices she learned at the Academy with her Lee-Hamilton colleagues.

The All Among Us to Occupy Original Zion Lutheran Church

All Among Us, Inc., is a young non-profit organization focused on serving homeless women and those living in extreme poverty, striving to provide them with Love, Care and Dignity. No more than 16 women, with 'round-the-clock supervision will occupy the facility at one time, which will provide immediate relief of food, hygiene and temporary shelter with the aim of helping these women become self-sufficient individuals.

The congregation of Zion Lutheran Church in Ferguson, was begun in 1909. The original church was built and services began in 1927. It continued being used until 1957, when the current church was officially dedicated. The Child Development Center occupied the little church until it relocated to the current church school space. Since then the building has been unused.

Pictured above is the original Zion Lutheran Church which until recently housed the Children Development Center. Zion Lutheran Church is providing the building for the All Among Us organization. The congregation is very excited to see this beautiful historical building being put back into use.

If any further information is desired you may contact Cathryn Shaw "Founder, Executive Director" 314-560-4895, allamongusinc.com Address 2233 Divot Dr. St. Louis, Mo. 63131.

Information submitted by Dorothy Kaiser

Vogt Elementary Among List of America's Healthiest Schools

Vogt Elementary School is the recipient of the Alliance for a Healthier Generation's 2017 National Healthy Schools Award-Bronze Level. The 2017 list of America's Healthiest Schools is comprised of 323 schools from across the country that meet or exceed high standards for creating healthy school environments. As a part of the Healthy Schools Healthy Communities (HSHC) initiative, Vogt has worked to create a healthier future for students. These changes were made possible by grant funding from the Missouri Foundation for Health and the hard work of school leadership, staff and students.

"Kids spend up to half of their waking hours and consume 50% of their total calories at school," said Cedric Brown, Ferguson-Florissant School District's wellness coordinator. "We are committed to fostering a healthy environment and giving students a chance to grow up at a healthy weight."

Award winners were recognized for serving healthier meals and snacks, getting students more active, offering high-quality physical and health education and empowering school leaders to become healthy role models. Requirements for the award include complying with federal nutrition standards for school meals, offering school breakfast, implementing district wellness policies and providing students with at least 60 minutes of physical education per week. Studies show that healthy students perform better on tests, get better grades, attend school more often and behave better in class.

Vogt has made great strides in increasing kids' access to healthy food and regular physical activity. The National Healthy Schools Award is a remarkable accomplishment and I look forward to seeing what healthy changes the district makes next!" said Deidre Griffith, program director, Missouri Foundation for Health.

Seven Houses to View on the Ferguson 2017 Twilight

HOUSE TOUR

Tickets: $12 in advance, $15 day of tour

Tickets at: Paul's Market, City Hall, Corner Coffee House, Corners Frame Shop

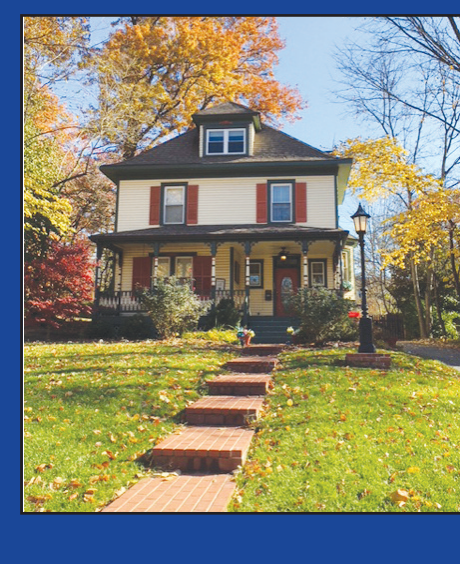
Sunday, December 3 3:00 to 7:00 pm

Tickets: Pearce Neikirk's Office, 427 So. Florissant Rd. On Dec. 3, noon to 4pm

More Info: 314.521.5002 or 314.495.2304

Proceeds to Ferguson Caring League

Bike Friendly



Ask your friends and neighbors to join you!

Christmas Traditions

Lighted Christmas Trees:

Legend has it that around 1500, Martin Luther was so enthralled with the way the winter stars twinkled through the evergreen branches, that he decided to simulate this vision by putting candles in the trees. It soon became a Christmas tradition to bring an evergreen into the house and to place lighted candles on the branches. As you can imagine, this practice was very dangerous because the candles could easily ignite the flammable pine needles and result in a fire.

Years later, after Thomas Edison demonstrated the practical use of electric lights, a young employee of Edison's decided to put these lights on his Christmas tree.

Poinsettias:

An American minister named Joel R. Poinsett, brought this red and green plant to Mexico. Because of its traditional colors it immediately became associated with Christmas. Soon it became the Christmas plant the world over. In Mexico some poinsettia plants grown as large as houses.

Hanging Stockings by the Chimney:

Hanging stockings by the chimney had its origin in Scandinavia where 3 very poor sisters could not marry because they had no dowry. Legend has it that St. Nicholas left three gold coins for the sisters. One came down the chimney and landed in a shoe that was warming by the fire. Two more flew in the window and landed in stockings that were hanging by the chimney to dry.

Christmas Greeting Cards:

About 1830, the English and American Post Office became quite efficient, making sending small Christmas greeting cards almost an overnight sensation. The postal service that ordinary people could use was started in 1840 when the first 'Penny Post' public postal deliveries began. Before that, only very rich people could afford to send anything in the post. The new Post Office was able to offer a Penny stamp because new railways were being built. These could carry much more post than the horse and carriage that had been used before. Also, trains could go a lot faster. Cards became even more popular in England when they could be posted in an unsealed envelope for one halfpenny - half the price of an ordinary letter.

As printing methods improved, Christmas cards became much more popular and were produced in large numbers from about 1860. In 1870 the cost of sending a post card, and also Christmas cards, dropped to half a penny. This meant even more people were able to send cards.

Leaving Cookies and Milk for Santa:

This practice began in the U.S. in the 1930s and the deprivation of the Great Depression. Parents wanted to teach their children the importance of giving and showing gratitude for the gifts they received at Christmas. Leaving something for Santa and sometimes carrots or an apple for the reindeer became an annual tradition.

British children leave sherry and mince pies.
Swedish children leave rice porridge.
Irish children leave Guinness (wouldn't you know).
French children leave a glass of wine.
German children skip the food and leave hand written letters which Santa takes with him.

Plum Pudding:

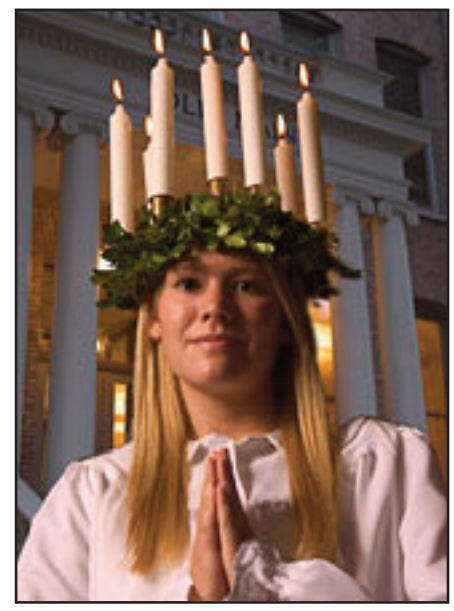
It might surprise you to know that plum pudding (also known as figgin pudding) has no plums. Suet, flour, sugar, raisins, nuts and spices were tied together loosely in a cloth and boiled until the bag enlarged and was said to be "plum." It was then unwrapped, sliced as would be a cake, and topped with cream.

Christmas Cookies:

In medieval days, the winter solstice was a time of great celebration. For one thing it was usually the introduction of the first very cold weather. That meant that animals could be slaughtered and, because of the cold, were preserved through the winter without spoiling. Because this was an event that caused much feasting, other foods were prepared as well. Spices were just being introduced in Europe and with the availability of cinnamon, nutmeg, cloves and ginger, and also molasses instead of very expensive refined sugar, cookies were the natural development. It's interesting that those very same spices make up most of the cookie recipes and holiday treats that we bake today.

Scandinavia and St. Lucia:

Scandinavian countries honor St. Lucia (St. Lucy) on December 13. On that day the oldest daughter in the family dresses in a long white gown and wears a crown made up of twigs and 9 lighted candles. She is representing the Lucy Bride. The nine candles signify the winter soltice which fell on December 9th.



She rises early and awakens each member of the family. They proceed to have breakfast in a room lighted only by candles. All fishing and hunting that day must be done by candlelight.

That evening there is a parade where each participant carries a lighted torch. They proceed to a pile of straw and each person throws his or her torch onto the straw which creates a huge bonfire. This begins the Christmas season.

Mistletoe:

Celtic people thought mistletoe had magical power. It was thought to heal wounds and increase fertility. They would hang it on their homes to bring good luck and ward off evil spirits.In staid Victorian England, it became acceptable to kiss anyone standing under the mistletoe, a practice that would be shocking at any other time.

Information for this article was taken from various Internet sites, including History and Wickipedia.

November 8th 2017 meeting
Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)

Capt. Dennis McBride opened the meeting by introducing one our new officers, Mark Rechert, along with his Field Training Officer, Erin O'Brien. Each training officer is with the new recruit for a month at a time in each of our different sectors, to help round out their education on our local neighborhoods.

Opioids
Capt. Mc Bride alerted us that our planned speakers for the night from Christian Hospital Emergency Medical Service (CHEMS) had to call off just prior to tonight's meeting. In anticipation of their attendance, however, handouts on Opioid Addiction were distributed.

Opioids are a class of drugs that include the illicit drug heroin as well as the licit prescription pain reliever's oxycodone, hydrocodone, codeine, morphine, fentanyl and others. Of the 20.5 million Americans 12 or older that had substance abuse disorder involving prescription pain relievers and 591,000 had substance use disorder involving heroin. It is estimated that 23% of individuals who use heroin develop opioid addiction. Overdose deaths involving prescription opioids have quadrupled since 1999, and so have sales of these prescription drugs. From 1999 to 2015 more than 183,000 people have died in the U.S. from overdoses related to prescription opioids.

A just released report has a shocking forecast: Opioids could kill nearly 500,000 Americans in the next decade. That's 137 deaths per day!
In Ferguson, locally, we have average 1 per week, but sometimes 3 per day.
4 in 5 new heroin users started out misusing prescription painkillers. 94% of respondents in a 2014 survey of people in treatment for opioid addiction said they chose to use heroin because prescription opioids were "far more expensive and harder to obtain."

The most common drugs involved in prescription opioid overdose deaths include:
- Methadone
- Oxycodone (such as OxyContin)
- Hydrocode (such as Vicodin)

Overdose deaths were highest among people aged 25 to 54 years. Overdose rates were higher among non-Hispanic whites and American Indian or Alaskan Natives, compared to non-Hispanic blacks and Hispanics. Men were more likely to die from overdose, but the mortality gap between men and women is closing.

What is Narcan?
Narcan is the trade name for the prescription medication naloxone hydrochloride. It reverses the effects of a heroin or prescription overdose. It works by blocking the brain cell receptors that are activated by opioids like oxycodone, hydrocodone, and heroin.

What are the side-effects of Narcan?
Narcan causes a person using opioids to enter an almost immediate withdrawal. It is important to note that Narcan has no effect on non-opioid users and has no abuse potential. Narcan has reduced the number of opioid overdose deaths up to 90% in some cases. It is a cost effective intervention, and increases average life span. In March of 2014, the Massachusetts Governor declared a public health emergency regarding opioid abuse. This action allowed all emergency first responders , including police & firefighters, to carry and administer Narcan.

When some people came out of their coma from the Narcan administration, some would feel mad, (that you took them off their 'high'), some would feel confused or would feel fine, and decline transport to a hospital. Depending on how much of the opioid was in someone's system, they could relapse back into the opioid coma. That's why transport to a hospital for observation is important, yet only a very small percentage, about 1%, of people accept the EMS ride, or actually go to the hospital after an overdose event.

The Narcan application process uses a syringe with a nostril applicator. The mucus membranes of the nose absorb the Narcan very quickly.

Next meeting date
Our next meeting is December 13th, 7:00 PM at the Muster Room at the Ferguson Police Department, with a 'Christmas Party Get Together' theme. Please bring a dessert or other pot luck side item to share with the group.

He who has not Christmas
in his heart
will never find it
under the tree.

Sherlock's Pal

Recently I officiated at the funeral for Peter Rahn, the longtime radio and television critic who wrote daily columns for the old St. Louis Globe Democrat. I was fascinated to hear the stories about him from his family, especially about all the local and national celebrities he met over the years. Being a critic is one of those highly romanticized vocations that many dream about doing because they think it would be a breeze. All you have to do is watch television or movies, listen to music, or eat food and then write an opinion about it. I can't imagine anyone hiring me to do something like that because I'm sure my viewing, listening, and culinary tastes were formed in an environment that most people would find rather unsophisticated.

Critics must feel particularly influential in the public sphere because, let's face it, they have the ability to turn their subjective opinions into near objective truths. Certainly they are helpful to many people who seek a "professional" opinion about what people are watching, listening to, or eating, and yet I have heard on more than one occasion that "if a movie critic says a movie stinks, then I want to watch it."

Even a critic would admit, although only after a minor facial twitch and a slightly nauseous feeling, that their craft is very subjective. This means they are basing at least some of what they conclude on such things as personal feelings, tastes, and opinions. No one is raised in a vacuum. We are all products of the air we breathe and the environment in which we live, move, and have our being. There is very little in life that is truly objective, other than the scientifically verified fact that the shoelaces on my gray Vans are much too long.

I recently discovered that I'm getting older every single cotton-pickin' day, and the one truth or fact that keeps growing in my mind (even as my mind deteriorates with age) is the truth or fact that truths and facts are mighty hard to come by. (By the way, I do distinguish between truths and facts sort of like I distinguish between crocodiles and alligators, although I'm not sure I would know, or care, which one is chasing me.)

The difficulty of discerning truths or facts is even truer today because of the newly discovered fact or truth that "fake news" is now as much a part of our lives as the red and yellow leaves that have decided I don't really need to see the grass in my yard. Actual factual news is like the grass in my yard—I know it's there, yet the subjective opinions of everyone who has a voice, which includes the media and me and you and everyone else on social media, potentially muddies the waters. (I apologize for mixing my metaphors. My only excuse is that I have never taken a preaching or writing class. My other only excuse—don't do the math here—is that I decided long ago that mixing metaphors is/should be preferred in a nation characterized by cultural diversity. Don't ask me why.)

As a preacher of "good news" I really struggle with all this. I want to be able to look my parishioners in the eyes on Sunday morning and claim "This is true." (Religious folks prefer to hear about truths rather than facts because they interpret truths as divine and facts as human, although I have to admit that I occasionally throw out a fact just to see if the universe is paying attention.)

Anyway, back to being a critic. If anyone would like to hire me to give my subjective, albeit thought-out, slept-on, and mulled over opinions about such things as movies, music, or food—especially food—I will bag your leaves for free.

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

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Artful Considerations

by Robin Shively

"Every child is an artist. The problem is how to remain an artist once we grow up."

- Pablo Picasso

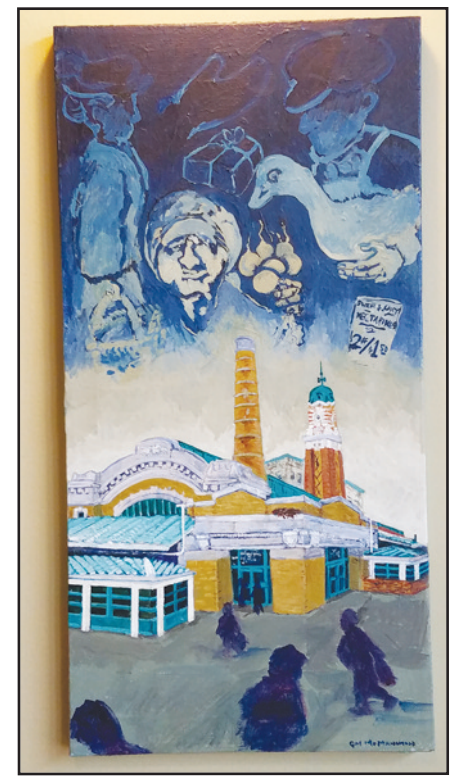
Recently, while walking through Jeske Sculpture Park on two different autumn days, I was struck by the effect that changing natural colors and light have on the viewer's experience of art in an outdoor space. On a damp, overcast day as I walked along Robert Avenue, the vibrant scarlet of burning bushes provided a contrast to the shiny silver of "Aviator" by Seth Thibodaux. Thibodaux, an instructor and sculpture technician at University of Mississippi, was quoted in the Oxford, Mississippi "Local Voice" as saying that his favorite projects are his outdoor sculptures. He also said that from a young age, "My true passion was building things. My dad taught me how to build and fly remote controlled airplanes as a kid…that was what sparked my interest in art, sculpture in particular".

Further down the path around the baseball diamond, "Point of Entrance" by Brad Stumpf of Hamel, Illinois also sat in front of burning bushes. Without a concrete pad as a base, it rose from amidst colorful leaves blanketing the ground. Constructed of wood and steel painted red, it calls to mind the image of a cowcatcher from old locomotive engines.

I viewed "Foundry Mary" by Tobias Flores of Hays, Kansas along Nancy Place on an earlier and much warmer autumn day with dappled sunlight. Although the surrounding grass and bushes were still very green, dried brown leaves were caught behind the statue, giving a hint of the imminent season change.

This concludes our tour of the installed works at Jeske Park. I encourage you to visit in the months to come and experience the sculpture in the winter environment, whether the backdrop is brown and barren or pristine white with snow. When you do, visit the "pop-up" installation of Phil Berwick's "Dog Log" at the corner of Thoroughman and Nancy. One of Berwick's "Merferd" characters presides over a stump to sit upon next to a tree slab table bearing the dog log in which visitors are encouraged to write. A page I saw in the book read, "Two Westies walking from Nashville. I love you, Jeske Park!"

There are several opportunities to experience art this month in the Ferguson area:



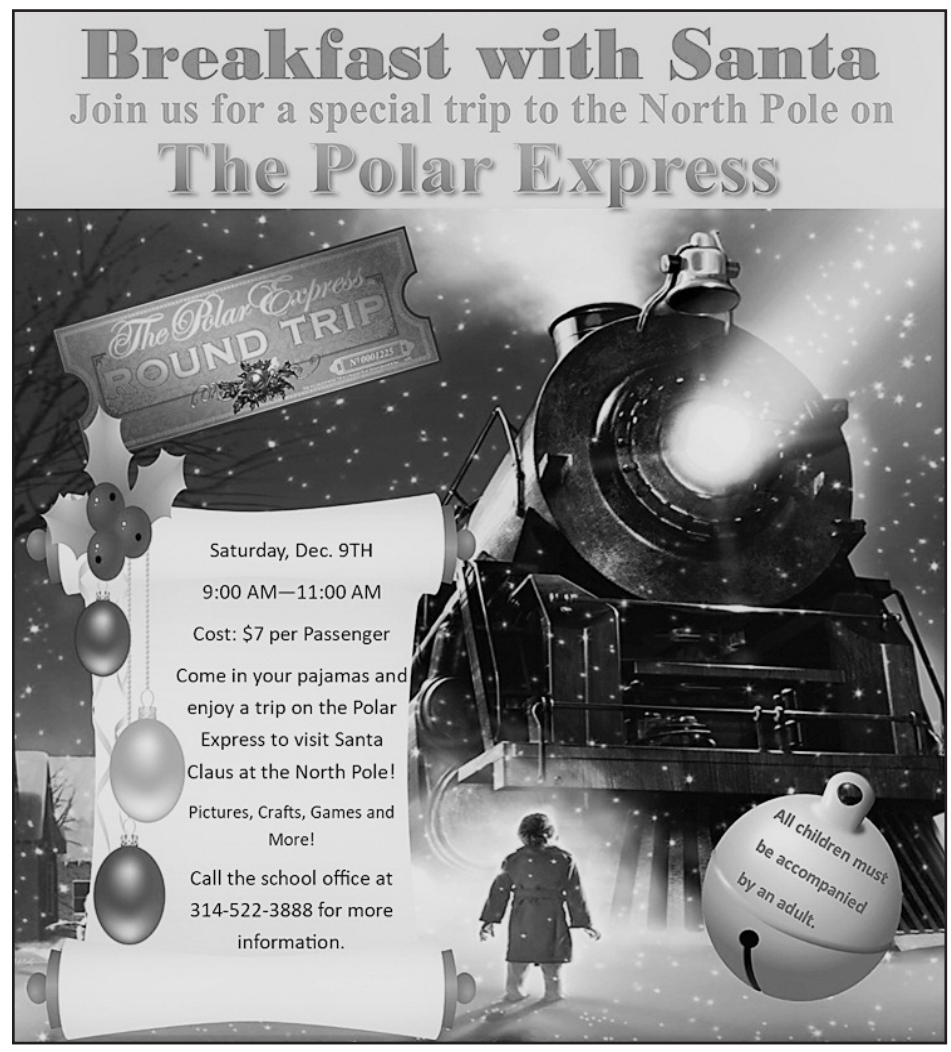
December 1st, 5-8 pm, Corners Frameshop & Gallery, 425 South Florissant Road, will have their Holiday Open Gallery Night. Among the local artists in attendance will be Amy Madej of Amy Joy Pottery. Amy's latest pottery collection features whimsical bowls, plates and footed mugs in bright colorful hues. Children's author and illustrator Dee Livers will present her latest book, "Adventures of Max and Eva – Secrets of the Farm", and some new watercolors.

December 1st, 7 pm, Good Shepherd Gallery, 252 South Florissant Road, offers a "Visio Divina" experience, a way of praying with art. Participants meditate on a selected artwork and share the fruits of that meditation.

December 8th, 7 pm, the gallery will have "Grown-up Coloring". Coloring pages, crayons and markers are provided, but participants may also bring their own coloring books, if preferred. Good Shepherd Gallery's current "Those Who Teach CAN!" exhibit of two and three dimensional works by fifteen Catholic school art teachers runs through December 14th. All three of the events are free. Donations are always welcome.

December 3rd, 1-4 pm, Northern Arts Council current "Traditions" exhibit can be viewed in the 427 Gallery at Pearce Neikirk and Associates office, 427 South Florissant Road, during the pickup of maps for the Ferguson Twilight Christmas House Tour. At press time, artists with work in the show include Mary Nichols, Glynis Mary McManamon and Katherine Moore-Freeman. Celebrations, feasts, and daily rituals of families and how they have evolved, been passed down, or fallen away over the years are explored in this exhibit that ends January 7th.

Merry Christmas. My wish for everyone during this special time is to be able to experience the beauty all around and "Look at life with the eyes of a child." - Henri Matisse



My idea of Christmas is very simple:
Loving others.
Come to think of it, why do have to wait for
Christmas to do that?

Bob Hope

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.

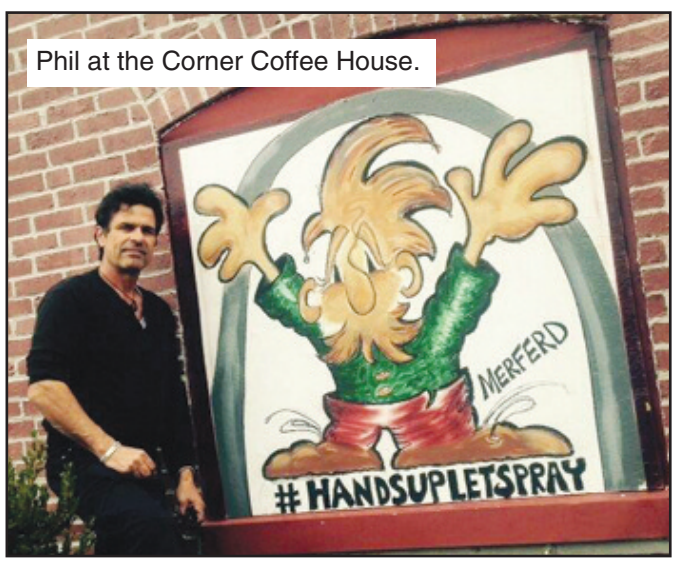
Wendell Phillips ("Phil") Berwick

I have the pleasure of featuring the man behind the "Merferds!" Wendell Phillips Berwick, "Phil." Phil is my neighbor and I remember when he moved into our area just a few years back that I started seeing these Merferd characters swinging from the tree in his front yard! I also saw huge canvasses with his artwork propped against his garage door. Then I observed his really big trucks, the kind with a bucket to do tree pruning, emblazoned with the motto, "We are in the business of saving trees!"

Front row, from the left, son-in-law Galen Rea, dauhter Alyssa Rea, daughter Agatha. Back row from the left, daughter Lydia, wife Theresa, Phil and daughter Anastasia Berwick.

Well this is one time judging a book by the cover would have been all true, for that front yard portrait neatly sums up Phil! Phil has been an arborist for 40 years! While he could earn a lot more cutting down trees, he chooses to prune and save those glorious trees everywhere, particularly American elms in Chicago and ash trees in St Louis.

Phil's work as the man behind the Merferd character has gained recognition all across the city of St Louis. He created this beloved icon many years ago, in his youth, when every scrap of paper he could find was a ready canvas for another Merferd! Napkins at restaurants, seminary papers (he was in the seminary for three years), friends' papers (even his Living Tree Care customers got tagged on letter head with Merferd and the Treetoons) - all got the stamp of Merferd on them!



Phil at the Corner Coffee House.

After the Mike Brown upheavals in Ferguson, Jennings and Dellwood, many buildings had broken windows or were burnt out. They were an eyesore until the Painting for Peace project was initiated where people from everywhere came to paint the plywood on these windows, transforming them into beautiful works of art. Phil and two of his four daughters joined in the effort and created three artworks in Ferguson. Phil then added a text box to his Merferd character, that said "Hands up and let's pray!"

As Born Again Christians, Phil and his wife Theresa, whom he affectionately calls "Tree," were drawn to the Christian prayer tent here in Ferguson around the same time. He made friends with Mike Brown's uncle, and found his new passion as an ambassador for peace using Merferd as his centerpoint. They felt called to come to "Ferguson as peacemakers and Merferd would make an entry as a multi-colored brand of hope in the middle of a racially charged potential powder keg."

Phil went downtown St Louis into dismal and hopeless-looking areas, and transformed old plywood into beautiful Merferd facades. Sometimes there were text boxes with inspiring words, or sometimes it was simply Merferd, the icon people came to love as a symbol of hope.

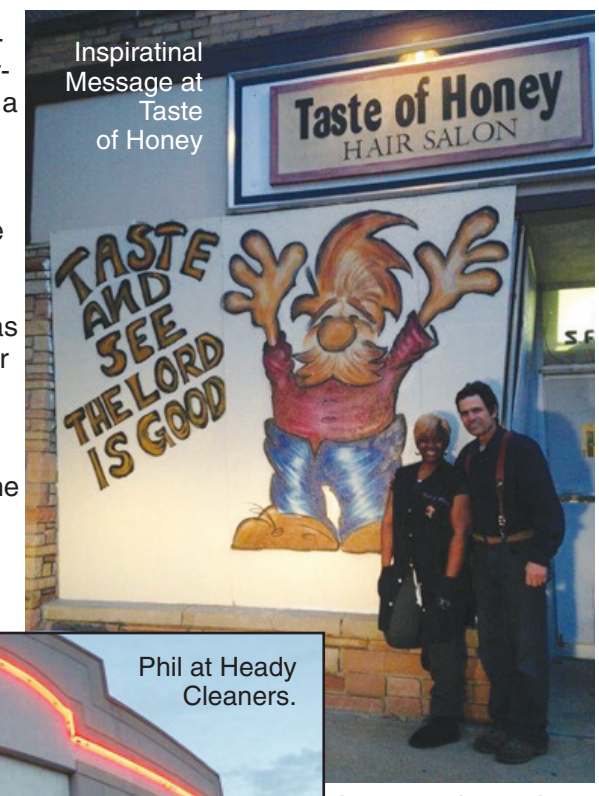
Merferd sends positive message at the Ferguson Fish & Chicken Grill.

Documentary producer Josh Herum followed Phil around after he made his debut with Merferd in Ferguson, and documented Phil's journey through the landscape of chaos, showing how one man's actions inspired many with hope and optimism. The 35-minute film, "The Man Behind the Merferds" was released on 11/10/17 and will be open for public viewing on December 15 at 7.00 p.m. at First Baptist of Ferguson, as a Christmas gift for Ferguson and from Ferguson! (See merferd.com for details).

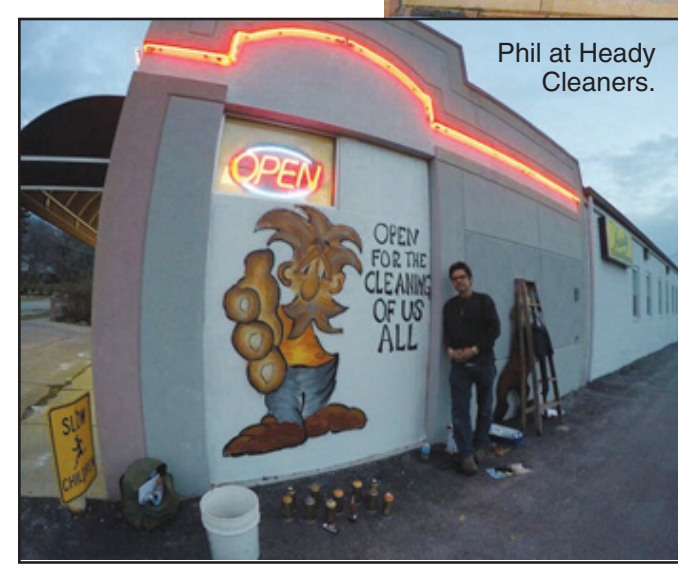
Phil and his family moved to Ferguson in the summer of 2014 and he has become a well known figure here. Last spring he visited Ireland where he drew Merferds in Nenaugh and Tiperary! Even the Mayor of Tiperary has a Merferd!

Phil works on everything he does with a passion. In 2004, after taking care of trees for a client who was an orthodox Jew, his client gave him and his family an all-expenses-paid trip to Jerusalem for two weeks!

The man behind the Merferds is also a singer and songwriter, playing folk music on the guitar and blues on the piano. He has a contract for recording on hold since committing Merferd to the peace process across St Louis.



Inspiratinal Message at Taste of Honey



Phil at Heady Cleaners.

It was an honor interviewing Phil and getting to know about the history of the Merferd icon. Phil, no doubt, represents the Best of Ferguson! Congratulations to Phil and Merry Christmas and a Happy New Year to all my readers!

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

Christmas Trees

How many of you still remember the time before artifical Christmas trees? Remember even before those horrible aluminum ones that slowly turned and flashed colored lights? Back then, getting a live tree was the only alternative to having a Christmas tree in the house.

When I was a kid, the whole family would go to the Christmas tree lot to choose the perfect tree. Of course there was no such things as a perfect tree, so, after selecting the perfectly sized tree, we would purchase single branches to fill in the bare spots. We would bring the tree and branches home and store them in the garage until 6 or 7 days before Christmas. Then my brothers would get out the drill (hand drill mind you) and drill holes in the trunk of the tree to insert those extra branches. They never quite matched the rest of the tree but that was OK because that side of the tree went against the wall.

When the tree looked suitable, we brought it into the house and mounted it on the stand (actually two 2x4s with a hole in the middle). Notice, no water . . . that innovation didn't come about until much later when manufactured tree stand were sold. After the boys would string the lights, it was the girls' turn to hang the ornaments. I remember that many of the family ornaments were from China or Japan because they were very intricate and were wrapped in newspaper with Chinese or Japanese printing. I thought those ornaments were really ugly and wanted the new round ornaments in exotic colors. Someone in the family must still have those beautiful original ornaments.

After the ornaments were placed, it was time to hang the tinsel. The tinsel I remember was made of some metallic material and was very heavy, it didn't float away when the door was open as the lightweight plastic stuff does that I see today. The tinsel was suppose to simulate icicles hanging from the limbs, but in reality it was to cover up the imperfections in the tree. It had to be hung piece by piece, but it was very attractive when finished. After Christmas the tree was disassembled. The Asian ornaments were rewrapped in the original newspaper.

By the time I was married and had a family of my own, after Christmas and the tree was disassembled, we would take the very dry tree out to the backyard fire pit and "Burn Christmas." I made quite a production out of this event (with cookies and hot chocolate) because I wanted to impress upon the children just how dangerous the Christmas tree was. When I touched a match to the tree, it was only a matter of a couple of minutes when that tree was nothing but ashes.

Now, I notice everyone putting up their artifical tree right after Thanksgiving. To be honest, when the Holidays are over, I'm quite ready to put all the decorations away. By the time the tree is taken down, the ornaments need to be dusted before they can be put away for next year.

McCluer Army JROTC

The McCluer Army JROTC Comet Battalion was recently evaluated by the JROTC Program of Accreditation (JPA). The Comets received 189 out of 200 points or 94.5%, passing the evaluation and coming just .5% short of scoring in the 95% area to earn the JPA's Honor Unit with Distinction title.

"The 94.5% score is a testament of where the cadets have grown since their last evaluation," said LTC (R) Darrell Gray, Army JROTC senior instructor, who has lead the Comet battalion since 2014.

JPA evaluation visits are conducted every three years. They are designed to assess units primarily in the areas of teaching and learning. The visit is comprised of accreditation criteria that include cadet participation and the assessment of the instructor portfolio. Units are evaluated in the following areas: Staff Battalion Continuous Improvement Briefing; Cadet Portfolio and Interview; Cadet Unit Report; 100% Cadet In-Ranks Inspection; Cadet Color Guard Evaluation and Cadet Platoon Drill and Ceremonies Evaluation.

Stay In the Neighborhood

Oak Knoll
37 North Clark Ave.,
Ferguson, MO 63135
314-521-7419 www.oakknoll1948.com

Avalon Garden
4359 Taft Avenue,
St. Louis, MO 63115
314-752-2022
www.avalongarden1920.com

Ackert Park
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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

FLIERS Trinket, Treasures, Treats Sale – Library	Fri.-Sat., Dec. 1-2
Annual Christmas Store – Trinity Church, Florissant	Sat., Dec. 2
Christmas Twilight House Tour	Sun., Dec. 3
Hour of Code – Library	Tues., Dec. 5
Hermann Christmas Trip	Thurs., Dec. 7
Mystery Meal	Fri., Dec. 8
Parents Night Out – St. Peters	Fri., Dec. 8
Teen Epic 6 Event	Sat., Dec. 9
Cookies by the Pound – Ferguson Christian Church	Sat., Dec. 9
How Telescopes Work – Challenger Learning Center	Sat., Dec. 9
Breakfast With Santa – 1st Presbyterian	Sat., Dec., 9
Breakfast With Santa and the Polar Express – Blessed Teresa	Sat., Dec. 9
Breakfast With Santa – Center for Social Empowerment	Sun., Dec. 10
Human Rights Day Open Mic – St. Stephens	Sun., Dec. 10
St. Stanislaus / Kemoll / Lights Trip	Mon., Dec. 11
Reading on Race Book Club – Blessed Teresa	Mon., Dec. 11
City Council Meeting – City Hall	Tues., Dec. 12
Parents as Teachers Storytime – Library	Thurs., Dec. 14
Faith in Winter – Library	Thurs., Dec. 14
Citywalk Meeting	Thurs., Dec. 14
First Responders Coffee, Conversation & Toy Drive – Starbucks	Fri., Dec. 15
The Man Behind Merferd Movie – 1st Baptist	Fri., Dec. 15
Polar Express – St. Peters	Fri., Dec. 15
Pancake Breakfast with Santa – Community Ctr	Sat., Dec. 16
Indoor Farmers Market – St. Stephens	Sat., Dec. 16
We the People (Drama, Dance, Song) – Library	Sat., Dec. 16
Christmas Concert – St. Peters UCC	Sun., Dec. 17
Tuesday Night Book Club – Library	Tues., Dec. 26

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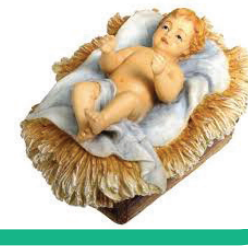

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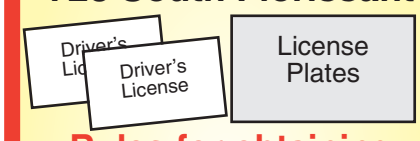

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- U.S. Birth Certificate (certified with embossed, stamped or raised seal – not hospital certificates)
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- Proof of Missouri residence

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