

Serving Ferguson and Surrounding Communities

Coming in January

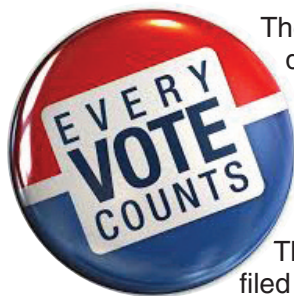
WEST FLORISSANT AVENUE PROJECT

Open House

The West Florissant Avenue Project and the St. Louis County Department of Transportation will present their initial design and streetscape improvement concepts for West Florissant Avenue to the public in late January. Attendees will have the opportunity to see what is being planned for West Florissant Avenue from Stein Road to the railroad, and provide feedback. Find out more at: www.westflorissantavenue.com.

GENERAL MUNICIPAL ELECTION APRIL 3, 2018 Council Members Wards 1,2,3

The City of Ferguson, Missouri, will hold an election on Tuesday, April 3, 2018, for the office of Council Member Wards 1,2,3 for a 3 year term. Any person wanting to file a declaration of candidacy for this office must also submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms are now available in the City Clerk's office and may be picked up at any time during regular office hours.



The petitions may be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on January 16, 2018, and must be accompanied by a \$10.00 filing fee, which will be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson City Council opened on Tuesday, December 12, 2017, which date is the sixteenth Tuesday before the election. Candidate filing will close at 5:00 p.m. on **Tuesday, January 16, 2018**, which date is the eleventh Tuesday before the election.

For further information, please call the City Clerk at 524-5152.

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PERMIT No. 05158

Saturday, January 20th Ferguson's Indoor Farmers' Market

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

St. Stephen's Church – 33 North Clay

9:00 am to noon



January Events at the Ferguson Public Library

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

The Scoop on Poop - Tuesday, Jan. 23 at 7 pm

Join us and the St. Louis Science Center as we learn all about the human digestive system! Find out what happens to your food after you eat it, how it's used for energy, and yes, what happens when your body is finally finished with it. All ages are welcome, though a parent must be present for children ages 9 and under.





Beginning Computer Class - Tuesday, Jan. 23 at 11 am

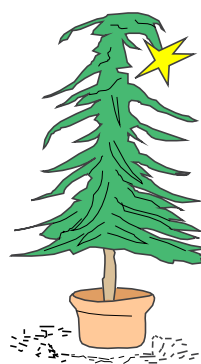
Computer classes are back! Learn the basics of how to use a computer in our 8 week course. Class will meet every Tuesday at 11 am until March 13. Registration is required as space is limited.

Instrument Petting Zoo - Saturday, Jan. 27 at 12 pm

Ever wanted to see a violin or cello up close? Join us and Suzuki Harmony STL for a chance to try out some musical instruments, learn what they sound like, and more. For kids ages 4-18. A parent must be present for children ages 9 and under.

RESOLVE TO TRY ONE OF OUR ONGOING PROGRAMS!

Preschool Storytime Mondays, 10 am		Tuesday Book Club Jan. 23, 5 pm	
	Readings on Race Book Club Jan. 8, 6 pm		Crafternoon Jan. 26, 5 pm



Christmas Tree Recycling

The City of Ferguson will once again be offering a site to drop off your Christmas tree for recycling.

The drop site is located at 825 Ferguson Ave. at the Forestwood Sports Complex parking lot nearest the basketball court.

The site will be set up from December 26, 2017 through January 31, 2018.



Rev. Martin Luther King Jr celebration is Monday, January 15th.

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



January 2018 CityWalk

"Blessings and Treasures"

Two Ferguson businesses emphasize the values of reusing, recycling and repurposing in two different ways.

There are blessings to be discovered at Blessings Closet Thrift Boutique, 307 S. Florissant Road which opened October 2015. The Boutique provides fashionable, low-cost apparel options for the everyday individual. Blessings Closet is a 501(c) 3 organization with a non-profit program called "DRESS LIKE YOU'RE BLESSED." The mission is to help persons with limited resources to assemble an outfit for job interviews, as well as for their first days on the job.

Nikki Wilson, owner, remarks: "Some people don't realize how awesome you can look for around ten dollars. I believe that everyone should be able to obtain simple things like clothing and still be stylish." Nikki's hope is "that people will open their closet and think of how they can be a blessing to others with what they already have that they no longer wear or can't fit." Blessings Closet is currently accepting monetary and clothing donations. For more information, you can email blessingscloset@gmail.com or call 314-877-9888.

Treasures are to be uncovered at Hidden Treasures, 220B N. Florissant Road, also a new and used boutique, of a different flavor.

Hidden Treasures began its sixth year of business this November 2017. The business evolved before the store front opened. Owner Jeniece Andrews began in a small way, with one to two yard sales a year. After her husband was laid off, she started vending at flea markets. The next thing she knew she was buying jewelry, buying gold. Jeniece also began doing estate sales.

Hidden Treasures prices are affordable, although this is not intended as a thrift boutique. Visit the shop and you will see clothes, jewelry, furniture, antiques and objects d'art. Are you mad about shoes? Well, here you will find shoes upon shoes: really stylish and in mint condition. Ninety per cent of clothing in stock is new, not used. If it is used, it has been used gently. Do you like vintage clothing? Upscale resale? Come and explore. Need help with an estate sale? Call Jeniece at 314-757-2858 or email her at jenieceandrews@gmail.com.

Hidden Treasures best kept secret is that they are here! They are not so hidden: the store is right next to Little Caesar's.

Welcome New Businesses: People's Healthcare Services located at 49 N Florissant Road inside Schnuck's has joined the Ferguson CityWalk roster of businesses.

Dear Editor,

A comment on our current conversations: It seems to me that how we speak matters more than we sometimes realize. Most of us know that we can inflict hurt when we speak to one another. However, I am increasingly conscious of the damage we do when we talk about people who are not present. Our mean words about others not only reinforce our own hostility; they also poison the perceptions of those to whom we are speaking. Once I have demeaned the character of a mutual acquaintance, my words will stay in the minds of the person who heard what I said the next time he or she meets that acquaintance. It's called gossip, and it is hurtful beyond our imagining. In moments of self-awareness, let's try to do better.

Carla Fletcher

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Temperatures dropping, stores empty, mail boxes loaded with bills instead of cards, gyms full, winter blues setting in. Yes it's January and time for a Happy New Plumbers Crack.

Well my friends it's a new year but we still have last years problems. I have received a rash of calls about plumbing fixtures being bought on line not working properly. Some are leaking, making funny noises or not working at all. Not a problem you want to deal with. I have one customer who spent a large sum of money on a combination shower and steamer. Well the shower valve went bad; it leaks; it won't regulate and the diverter quit working. It took 2 hours to open the back only to find it was not even installed properly.

I've called the distributor in Ohio at least 10 times and all I get is a voicemail. After a day of researching, I tracked down a faucet company in Germany. I tried calling them to no avail. Now I'm trying to find an oddball faucet to replace it. The trouble is it's such a weird design I can't find anything close.

I had a toilet someone ordered on line that would not completely flush. When we tried to contact the distributor they said they didn't know who the manufacturer was because it came from China . . . that's all they knew. I have many more stories but I think you know where I'm coming from. You can even find some of these products in the big box stores or some specialty stores. Please, before you buy anything on line or even in a big box store, check consumer re-



ports. Or, you can always call your contractor. If you are about to buy one of these items ask the store your buying from if they sell repair parts.

The other thing to remember as I mentioned last month, is if you buy it from a contractor, you will at least have a year's warranty on labor and material.

Some of the most expensive products are not always the best . . . same as the cheapest. I guess what I'm trying to say is be an educated consumer. The world market is a dangerous place.

I'm praying all of you had a great holiday season and you're going to carry that over to the new year. When you get angry or blue, think of the good cheer of the holiday season. On that note Ill sign off with my usual appeal. Check on and get to know your neighbors, watch out for the elderly; offer them a ride to the store. Most of all watch out for our kids and hug them babies.

God Bless,
Oh Baby

A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Happy New Year.

P8563, D8563

Premier Plumbing Solutions

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

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

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

524-0222

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

WINDOW RESTORATION BY:

Painted Effects CONTRACTING llc

314-524-1264

Maintaining Yesterday For Tomorrow



Ferguson 4th of July FUNDRAISER



A Night at the Mouse Races

Saturday, January 20th
Doors open 6:00 p.m. Races start 7:00 p.m. Last race 10:00 p.m.

Ferguson Community Center
\$15 / person • \$100 / table of 8
Refreshments, snacks, music, and lots of chances to win!

You are welcome to bring your own food.
• Cash Bar • Basket Raffle • Liquor Drawing

What's a Mouse Race?

- All races are run LIVE with REAL mice
- There are a total of 7 races. There are six races with six different mice and the winning mouse from each race will compete against each other in the final Championship race
- You will have a chance to view the "racers" prior to each race and placing your bet
- Odds of winning will be posted prior to each race
- Mouse Money is used in the betting process and a minimum of a \$2 bet per race is required
- Winners can collect their Mouse Money winnings after each race – once final odds are posted

Other Fun Activities and Chances to Win!

- 50/50 Mouse Wheel • Dice Wheel Game • 50/50 Drawing
- Basket Raffle/Liquor Drawing

Reservations must be made by January 13th

Make check payable to Ferguson 4th of July Festival
Send to 3 Manor Lane, Ferguson, MO 63135
Questions? Chris Shanahan 314-422-8550
or <shanahanchris1@gmail.com>

REPUBLIC SERVICES HOLIDAY SCHEDULE

NEW YEAR'S DAY – Monday, January 1, 2018
Monday routes will be picked up Tuesday, January 2nd
Tuesday routes will be picked up Wednesday, January 3rd
Wednesday routes will be picked up Thursday, January 4th
Thursday routes will be picked up Friday, January 5th
Friday routes will be picked up Saturday, January 6th

11th Annual

Dining In & Acting Out!

An evening of entertainment and dining to benefit the St. Louis Chapter of **Handicapped Encounter Christ**
Friday, February 9th
6:00 p.m. - 9:00 p.m.
Savoy Banquet Center
119 So. Florissant Road

Mark your New Year calendar for this family event to benefit our HEC Retreats

Tickets: \$20 / person – \$30 / couple
for all-you-can-eat Pasta Dinner and Entertainment
Family Rates Available
Free-will offering for entertainment only

Reservations Call:
Pat 314-570-3409
Jeff 314-524-0500
Dwain 314-274-8930

Ferguson Library

Serving Generations

America's Library of the Year

LIBRARY JOURNAL
Library of the Year: Ferguson Public Library

ST. LOUIS POST-DISPATCH
Nominated by over 100 U.S. library leaders

CNN
Ferguson Library provided an example for others

St. Louis MAGAZINE
The library continues to be a kind of shining star of positiveness



WE ARE MOVING! FERGUSON FARMERS' OUTDOOR MARKET

MARKET WILL NOW BE AT HELD AT PLAZA 501
501 S. FLORISSANT RD.,
FERGUSON, MO. 63135

The market will kick off this season on **Saturday, May 6th**, and we will now be located at Plaza 501, 501 S. Florissant Rd., Ferguson, MO. 63135.

Why you ask? Here are a few reasons why:

- Plaza 501 was originally built to house the farmers market.
- Plaza 501 has more space. It is just simply bigger.
- Plaza 501 has more green space. This means we can have gardens, flowers, space for kids to play, maybe even a place for pets.
- Plaza 501 will allow the businesses that depend on the Victorian Plaza parking lot to better utilize it to accommodate for business growth.
- Plaza 501 is already being used for the Concert Series, the Twilight Run and now StreetFest. With the addition of the Farmer's Market, we are making Plaza 501 the premier event space it so deserves.
- Plaza 501 has a covered area, permanent bathrooms, electricity and running water.

**Out with the old, in with the new:
may you be happy the whole year
through.
Happy New Year!**

Ferguson Community News Page

Planning for the future starts now

By Mayor James W. Knowles III

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

— Melody Beattie, American Author



For those of us in the world that follow the Gregorian Calendar, January marks the beginning of the new year. That can be as mundane as throwing out all of your planners, desk covers, and those free calendars you get in the mail from people trying to solicit donations every year. But one thing that it means for almost every city, business, and person, is the prospect of starting off the year with "new" goals that we can spend the year aspiring towards.

Let's be honest, New Year's Resolutions start off with the best intentions, but most often we find ourselves straying and rarely do we spend the entire year following our goals or "resolutions" that we set at the beginning of the new year. We may stick to our diet for a couple weeks or even a couple months; but before BBQ season hits we will have surely broken nearly every tenant of that diet. Unfortunately even financial goals are often broken. Goals like saving for that vacation, instead of putting it on the credit card, or hoping to pay off your credit card which seems to keep magically extending your credit limit, quickly fall apart.

Annual goals and resolutions are necessary, even if we find ourselves often falling short. For without goals, we would lack direction, and ultimately find ourselves wandering listlessly throughout the year only dreaming of what you could accomplish with a little planning and effort.

It sounds easy, but planning and goal setting is not. In fact it is very hard. One of the primary reasons why people fail at achieving their goals, is because they are not good at setting them. Lofty goals are great, but achievable goals leave people unfulfilled and discouraged. Setting achievable tasks and benchmarks along the way can help you stay on track toward your overarching goal, while also giving you "wins" along the way to help keep you enthused and committed to that goal.

During my tenure in office, I have made it a priority to set goals and benchmarks for the council and staff. As a former boss of mine once said, "what gets measured, gets done." She couldn't be more right. That is why over the holidays, the Council and staff met to begin the process of setting goals and priorities for the upcoming year. These goals take into account input we have received throughout the year from neighborhood associations, boards and commissions, business and community groups, and from citizen comments at council meetings and through emails.

But goal setting for the upcoming year is only part of what we need to do. Our community has thrived over the years because our predecessors have taken time and care to establish long term strategic plans and goals, many of which we still broadly follow today. While many of these plans are old, I wouldn't suggest they should be scrapped. When you look at major areas that have been redeveloped like the Delmar Loop and Washington Avenue downtown, these areas grew out of plans that took decades to fully implement. It is strategic planning, goal setting, and commitment to the plans that make those areas a success

But our strategic plans need to be reviewed, adapted, and refined for the changing world. While some things have not changed, we do have new strengths, weaknesses, threats, and opportunities that exist in our community today that did not exist 20 years ago. To secure a stronger and better future for our community, we need to understand where we were, where we are, and where we are going.

Over the next year, in anticipation of our city's Quasquicentennial (125th Anniversary), it is my goal that we will fully undertake that strategic planning process, and ensure our success over the next 20 years.

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	Jan 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	Jan 11 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskepark neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Jan 25 7 pm	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	Jan 8 7 pm	Fire Station #1 200 So. Florissant	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Jan 8 7 pm	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	TBA	North Hills Methodist 10771 Trask Dr	Ella Jones ejones@fergusoncity.com

How Do You Get Your Ferguson City News?

- Follow us on Twitter @CityFerguson
- Like our Facebook Page: City of Ferguson, MO
- View Updates on Charter Channel 993

NOTIFY ME

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

Tuesdays, January 9th and 23rd at 7:00 p.m.
 All Meetings held in the City Hall Council Chambers
 110 Church Street

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

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

Ferguson Community News Page

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

COMMUNITY CENTER

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

Facility Rentals

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

Memberships

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

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

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

PROGRAMMING

Children's Tumbling

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

Age: 3 ½-6 years old & 8-12 years old
Start Date: Mondays Jan 22 (8 week session)
Time: 5:45pm-6:40pm (3 -7 years old)
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Junior Tumbling

After balance, control and coordination exercises, skills such as forward and backward rolls, cartwheels, round offs, and mat routines will be taught. Children will also learn balance beam routines. This class is a follow-up to the Beginning Class but no prior training is necessary. Gymnastic or ballet shoes, leotard and tights are highly recommended but not required. No jeans, baggy clothing, tennis shoes, or bare feet.

Age: 7 - 13 years old
Start Date: Mon, 1/22
Time: 6:45-7:40
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Children's Tap & Ballet Dance

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

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: \$34/Members; \$39/Residents; \$44/Non-Residents

Children's Hip Hop/ Jazz Dance

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

Age: 8-13 years old
Start Date: Wednesday, January 24 (8 week session)
Time: 6:45pm-7:40pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Junior 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: Wed, Jan 24
Time: 6:45-7:40pm

Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Beginning Adult Dance

Warm-up with easy Freestyle dance steps followed by basics in Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Salsa, and Swing (learning these dance styles will enable participants to dance at any social event). Class is taught 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

Adult Social Dance

Are you planning to go on a cruise, attend a wedding reception or a reunion? If you are, then you'll need to take this class. You will learn to dance to any music, fast or slow. Simple basics in various dance styles will be taught and soon you'll have the confidence to join the fun on the dance floor. Partners or singles are welcome. Private dance classes are available. Wear comfortable clothes and hard soled shoes, no tennis shoes or sandals.

Age: 16 & Up
Start Date: Mon, Jan 12, Mar 12
Time: 7:45-8:40pm
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Salsa & Swing Dance

Whether you're preparing for a special occasion or just want to dance for Fun and fitness, this class is for you. Salsa and Swing are two of the most popular dance styles in the St Louis area. You'll enjoy learning and moving to these fast paced dance rhythms. We'll start with basic steps and then various spins, rotations and other variations will be added on to give you a nice routine that you'll be proud of. Partners or singles are welcome. Private lessons are available. Partners or singles are welcome. Private dance classes are available. Wear comfortable clothes and hard soled shoes, no tennis shoes or sandals.

Age: 16 & Up
Start Date: Wed, Jan 24
Time: 7:45-8:40pm
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Private Dance Lessons

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

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

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

Parks and Recreation Activities Continue on Page 6

FITNESS

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, Dec 4 to Feb 5 – No Class 01/01
Wed, Dec 6 to Feb 7 – No Class 01/03
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

Intro to Fitness

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

Age: 16 years old and up
Start Date: Tues, 1/9, Wed, 2/7, Wed, 3/7, Wed, 4/4, Wed, 5/2
Time: 7:00-7:45pm
Location: Ferguson Community Center
Fee: FREE/Members
\$2/Residents; \$3/ Non-Residents and Guests

Corefit Class

Join Will Fitness for this class that is an all-inclusive, dynamic course designed to improve your overall fitness level; including strength and flexibility. More than an ab workout, Core-Strong is about training the abs, back, hips and glutes; covering the 28 muscles of the core and then some. Utilizing ground based exercises that revolve around the medicine ball; anyone can improve their personal level of fitness, gain confidence, and still have fun!

Age: 16 & up
Start Date: Tues, Jan 9 to Feb 27. Mar 6 to Apr 24, May 1 to Jun 19
Time: 6:00-7:00
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents
PREREGISTRATION REQUIRED

Resistance Band Class

Join Will Fitness as he guides you through a 45 minute full body workout that utilizes resistance bands. This workout will get your heart rate up and strengthen you in new ways without picking up a single weight! Looped bands, cross cables, and bodyweight exercises incorporated for a complete workout!

Age: 16 & up
Start Date: Thurs, Jan 11 to Feb 15, Feb 22 to Mar 29, Apr 5 to May 10, May 17 to Jun 21
Time: 6:00pm-7:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents
PREREGISTRATION REQUIRED

Will Fitness Kettlebell Class

Open to All FITNESS LEVELS and is a kettlebell conditioning based workout. All workouts will be tailored from beginner level to advanced kettlebell movements. Workouts will also include body-weight, dumbbell, and circuit training skills. We strongly emphasize proper technique and skill.

Age: 16 & Up
Start Date: Thurs, Jan 11 to Feb 15, Feb 22 to Mar 29, Apr 5 to May 10, May 17 to Jun 21
Time: 7:30-8:15pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents
PREREGISTRATION REQUIRED

Fat Burn Cardio Class

Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you! You will challenge your aerobic and anaerobic threshold every time so come prepared to get your cardio on!

Age: 16 & up
Start Date: Fri, Jan 12 to Feb 16, Feb 23 to Mar 30, Apr 6 to May 11,
Time: 5:00 pm-6:00 pm
Location: Ferguson Community Center
Fee: \$20/Members; \$25/Residents; \$30/Non-Residents
PREREGISTRATION REQUIRED

Will Fit Bootcamp

Boot camp with Will Fitness! A group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training designed in a way that pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp. Participants will be indoors and outdoors. We will run sprints; perform lots of pushups and various forms of plyometric and interval training with little rest between exercises and challenging workout.

Start Date: Sat, Jan 27 to Mar 17, Mar 24 to May 12, May 19 to July 14
No Class 7/7
Time: 10:00am-11:00am
Location: Community Center
Fee: \$30/Members; \$35/Residents; \$40/Non-Residents
All Ability Levels Welcome, Preregistration Required

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 utilizing hand held weights, tubes and a Silver Sneakers ball. A chair is made available for seated and/or standing support.

Days: Tuesdays and Thursdays
Dates: Ongoing
Times: 9:55-10:50 am
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 can be used for standing support.
Days: Tuesdays and Thursdays
Dates: Ongoing
Times: 8:50-9:45 am
Fee: FREE/Silver Sneakers Members
\$3/Everyone Else

Personal Training

Get into shape with the Ferguson Community Center's personal trainers. We now offer personalized training for all of your fitness goals! Group training, one on one, meal plans and fitness assessments.

Individual Packages

Beginner Bundle
Includes Fitness Assessment*
and 1 personal training sessions.
Fee: \$70/ Members
\$80/ Non-Member
Beginner Bundle +
Includes Fitness Assessment*
and 2 personal training sessions.
Fee: \$95/ Members
\$105/ Non-Member
1 Session
Fee: \$35/ Members
\$40/ Non-Member
3 Session
Fee: \$90/ Members
\$105/ Non-Member
5 Session
Fee: \$170/ Members
\$195/ Non-Member

Training for Two

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

SPECIAL PROGRAMMING

Daddy Daughter Dance

Fathers, escort your daughters to this special night of fun! Young ladies and their dads, grandpas or guardians will enjoy a light dinner, D.J., dancing, and even a photo to share with mom! Space is limited. Pre-registration required.

Date: Sat, Feb. 24
Time: 6pm—9pm
Location: Ferguson Community Center-Event Space
Fee: \$30 per couple; \$10 additional child

Spring Break Camp

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

Ages: 6-12 years old
Dates: Mar 19 to Mar 23
Location: Ferguson Community Center
Times: 7:30am-5:30pm
Fee: \$30 per day
Spots Are Limited So Sign Up Early!

More Parks and Recreation Events on Page 7

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 a night out with friends. We will feed your child pizza, play games, and watch a movie.

Ages: 6-12 years old
Dates: Fridays, Feb 9, Mar 9, Apr 13
Location: Ferguson Community Center
Times: 5:30pm-10:00pm
Fee: \$15 per child

Spots Are Limited So Sign Up Early!

Adult Easter Egg Hunt

The Easter Bunny has dropped his eggs all over the fields of the Ferguson Community Center. Rumor is 30 of those eggs are filled with prize tickets. This "egg-cellent" event is open to adults 21 and older. So grab your basket and flashlight for an evening down memory lane. Pre-registration is recommended for this event. Maximum event size: 100.

Date: Friday, March 30
Time: 7:30pm
Location: Community Center
Fee: \$8 Residents; \$10 Non-Residents

Children's Easter Egg Hunt

Hop over to the Ferguson Community Center for our annual Egg Hunt. The back field will be filled with brightly colored filled eggs for children (8 and under) to enjoy. The children will be divided into separate hunts by the following ages: 3 – 4, 5 – 6, 7 – 8. The Easter Bunny will be on hand for photo opportunities. Children should meet at the Ferguson Community Center with their own basket.

Date: Saturday, March 31
Time: 10am SHARP!!
Location: Ferguson Community Center
Fee: FREE Children 3 – 8 years old

Wayside Park Unleashed (Dog Park)

Ferguson's Dog Park features a large and small dog area and is open from 7 a.m. to 9 p.m. daily. Dog Park ID required. Owners will need to bring up-to-date shot records: rabies, DHPP, and Bordetella to the Ferguson Community Center to obtain ID.

Yearly Memberships are free for residents or non residents in possession of a valid 2018 ID.

ID Costs:\$5 processing fee per dog
(max three dogs per household)

Park Dedication Program

The City of Ferguson offers a great way to honor or remember a loved one, celebrate a milestone, or simply to have a lasting part in one of our parks. Our Tree Dedication program started in 1989 and has seen over 350 dedicated trees to our City. A Spring and Fall dedication ceremony are held. The Spring ceremony generally is on Arbor Day (first Saturday in April) and the Fall date is generally the fourth Saturday in October, dates are subject to change.

Tree Dedication \$200

In addition to our tree program we are pleased to offer our new park bench dedication program.

Park Bench Dedication \$1,000

Call or visit our website for more information

TEEN PROGRAMMING

Hidden Valley Moonlight Teen Ski Trip (Registration Deadline January 29th)

Get ready for fun in the snow! Join us for our first time at Moonlight ski trip to the Hidden Valley Ski Area. Whether you have never skied, have skied, or think you are a semi-professional, this trip is for you. Instructional classes for beginners and refresher classes for the experienced will be available. Please bring additional money for food and drink. Sign up early as this trip fills fast.

Age: Teens 13-17
Date: Saturday, February 3
Time: 3:00pm-Midnight
Location: Community Center
Fee: \$32/Residents; \$37/Non Residents

Ice Skating at Shaw Park & Pizza Party (Registration Deadline January 17th)

Date: Saturday, January 20
Time: 12:00pm-5:00pm
Location: Community Center
Fee: \$8 Residents; \$10 Non Residents

City Museum

(Registration deadline April 11th)

Spaces are limited, sign up today!

Date: Saturday, April 14
Time: 11:30am—4:30pm
Fee: By 4/6 \$5 Resident; \$8 Non Resident After 4/6 \$8 Resident; \$11 Non Resident

Escape Challenge St. Louis (Registration Deadline March 12th)

Spaces are limited, sign up today!

Date: Tuesday, March 20
Time: 4:00pm-9:00pm
Location: Community Center
Fee: \$15 Residents; \$18 Non Resident

Six Flags St. Louis (Registration Deadline May 21st)

Date: Saturday May, 26
Time: 10:00am-11:00pm
Location: Community Center
Fee: By 5/4 \$20 Resident; \$25 Non Resident; After 5/4\$25 Resident; \$30 Non Resident

ADULT PROGRAMMING

Lunch and Bingo

Come and treat yourself to an afternoon at one of Ferguson's fantastic lunch and bingos. Our March bingo celebrates St. Patrick's Day with corned beef and cabbage. Our May bingo event celebrates the coming of summer with a lunch and bingo featuring your choice of chicken or beef. Cost includes lunch as well as bingo. Maximum size: 125.

Date: Thurs, March 22 & Thurs, May 17
Time: 12pm-3pm
Location: Ferguson Community Center
Fee: \$10 Members; \$14 Residents; \$18 Non-Residents

Mystery Meal

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

Dates: Fri. Feb. 16 & Thurs., April 12
Time: 10 am pickup
Fee: \$32/Members; \$37/Residents; \$42/Non-Residents

Dinner & a Show

Enjoy lunch and a matinee showing of the Broadway classic The Phantom of the Opera.

Ages: All

Registration: March 7th

Date: May 10th
Time: 10:30am Departure
Location: Ferguson Community Center
Fees: \$90/Members; \$95/Residents; \$100/Non-Residents

Cruise 4 Brews

Every other month starting in March the Jolly Trolley will take us from the Ferguson Community Center for a day of indulgence at 4 local breweries. What better way is there to soak up the suds with your buds.

Cost covers transportation only.

Ages: 21 and up
Dates: April 21 and June 9
Time: 10:30am—6pm
Fee: \$10/Residents; \$15/Non-Residents

Tropicana Casino— Evansville, Indiana

Bring along your good luck charm to the brand new Tropicana Casino in Evansville, IN. The casino is now all one level and very accessible for all. You will receive \$8 in free play and a free lunch buffet. Remember that you must have valid state id with you. Cost Includes: motor coach transportation, lunch, and all gratuities.

Registration Deadline April 9th

Ages: 21 and up
Dates: Thursday April 12
Time: 8:00 am – 8:00 pm
Fee: \$35/Residents; \$40/Non-Residents

Memphis Tennessee

This action packed trip to Memphis, Tennessee will include a tour of the Gibson Guitar Factory, a tour of the iconic Rock & Soul Museum, a tour of Sun Studio's, a Memphis Grizzlies game vs. The Chicago Bulls, the National Civil Rights Museum, and a tour of the Underground Railroad Museum. We will be staying at the iconic Westin on Beale Street and 3 classic Memphis BBQ meals are also included.

Ages: 18 and up
Deadline: February 14th
Dates: Wed, March 14 - 16
Time: 7:00 am – 9:00 pm
Fee: \$550/Residents; \$600/Non-Residents; (double occupancy) \$200 additional for single

Blues Game Night

Enjoy pre-game appetizer and drinks buffet at Scottrade Center prior to the Blues taking on the Washington Capitols. Indulge in the fact that you don't have to worry about driving or parking. **Registration Deadline March 2**

Ages: All Ages
Date: Monday 4/2
Time: 4:30 departure
Location: Ferguson Community Center
Fee: \$91/Residents; \$96/Non- Residents

Baseball & Bourbon Trail

First travel by motorcoach to catch the Cardinals in action at Great American Ballpark in Cincinnati, where we'll stay for two nights downtown. We'll then travel through bourbon country, otherwise known as Kentucky. We'll hit several Bourbon Distilleries and wind up in Louisville, KY. We'll enjoy three nights stay in a Downtown Louisville hotel not too far from "Whiskey Row" and 4th Street Live! We'll enjoy several museums and even more distilleries that exemplify what truly makes America great.

Registration Deadline June 25

Date: Tues. July 24—Sun. July 29
 Fee: \$780/Residents; \$795/Non-Residents (Double Occupancy)
 \$1090/Resident; \$1105/Non-Resident (Single Occupant)

Day Winery Tour

Come join us every other month to indulge in fine wine. Must have a minimum of 10 patrons preregistered for these trips to be made. Cost covers transportation only.

Ages: 21 and up
 Date: Saturday May 12, Sunday July 15, Saturday September 15
 Time: 10am-6pm
 Fee: \$10/Residents, \$15/Non-Residents

Area Casino Day Trips

Need a day out and about? Come test your luck at an area casino each month! The trip only includes transportation to the casino. Must have a minimum of 10 patrons preregistered for the trip to be made.

Fee: \$5/Residents, \$8 Non-Resident
 Location: Ferguson Community Center
 Time: 10:00am-4:00pm
 Wednesday January 17 Lumiere Place
 Wednesday February 21 Argosy Casino Alton
 Wednesday March 21 Hollywood Casino
 Wednesday April 18 River City Casino
 Wednesday May 16 Ameristar Casino

Tunica, MS

Join us for our annual trip for gambling fun in Tunica! Trip will include buffet meals and promo cash (Note: cash back subject to change due to casino promotions.) Cost includes: motor coach transportation, two nights lodging, five buffet meals, luggage service, plus driver gratuities.

Date: Tues, Mar. 27 – Thurs, Mar. 29
 Time: 7:00 am – 8:30pm
 Location: Ferguson Community Center
 Fee: \$160/Residents; \$170/Non-Residents (double occupancy)
 \$30 additional for single occupancy

Branson Getaway

Join us for a trip to Branson, MO, the Live Show Capital of the World. Have your catching arm ready on the way down as we enjoy a great lunch at Lambert's Café "Home of the Throed Rolls". While in Branson we will enjoy two great shows of the Haygoods and Dolly Parton's Dixie Stampede. Before we leave town we will board the Titanic museum to marvel at the wonder of this historic boat. On the way home we will stop by St. James Winery and Public House Brewing Company. Cost includes: motor coach transportation, two nights lodging, meals—2 breakfast, 1 lunch, 2 dinner, luggage service, plus driver gratuities.

Date: Tues. May 15—Thurs. May 17
 Time: 8:00am—7:00pm
 Location: Ferguson Community Center
 Fee: \$450/Residents; \$475/Non-Residents

ATHLETICS

Women's Adult Volleyball

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

Ages: 18 and up
 Days: Mon, Feb 19—April 16 or Thurs, Feb 22—April 19
 Times: 6:30pm-9:30pm
 Location: Ferguson Middle School
 Fee: \$190/Residents; \$205/Non-Residents

Open Sand Volleyball Tournament

Gather your friends for a fun day in the sun as we kick off the start of warmer weather with a free Sand Volleyball Tournament. Format determined based on the number of teams that register. Trophy awarded to Champions.

Ages: 18 and up (under 18 require parental consent)
 Registration: April 4th
 Tournament: Sunday, April 8th
 Time: 11:00 am
 Location: Community Center Outdoor Complex
 Fee: Free

Youth Volleyball

Ages: U18, U16, U14, & U12 leagues
 Registration: April 16th
 Season: May 14th – July 16th
 Location: Ferguson Community Center
 Fees: \$35/individual; \$210/team

Coed Youth Basketball

Ages: 1-2, 3-4, 5-6 grade leagues
 Registration: January 20th
 Season: February 24th – April 28th
 Location: Ferguson Community Center
 Fees: \$45/individual; \$360/team

Sunday Funday Volleyball

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

Ages: 18 & up
 Days: Sunday Nights
 Dates: May 20th—July 1st (6 weeks plus playoffs)
 Time: Games starting at 6:00pm
 Fee: \$40/ team Resident; \$50/ team Non-Resident

Start Smart

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

Sport	Ages	Reg. Deadline	Session Schedule
Basketball	5—7	January 19th	Feb. 6—March 20 (no class 3/6)
Soccer	3—5	March 9th	March 27—May 1
Baseball	3—5	April 27th	May 29—July 10 (no class 6/3)
Football	5—7	Coming Fall	
Day:	Tuesday		
Time:	6:00pm-7:00pm		
Fee:	\$35/child for each session		

Coed Youth Soccer

Ages: 1-2, 3-4, 5-6 grade leagues
 Registration: Deadline—March 16th, 2018
 Season: April 14th—June 16th
 Location: Community Center Outdoor Complex
 Fee: \$35/individual; \$360/team

Youth Baseball

Ages: 1st Grade—8th grade leagues
 Registration: Deadline—March 30th, 2018
 Season: April 23rd—June 29th, 2018
 Location: Forestwood Park
 Fee: \$45/per youth; \$450/per team
1st grade T-Ball, 2nd & 3rd grade Coach Pitch, 4th grade and older is kids pitch.

Adult Softball

Leagues are filling up fast! Register your team with Ferguson Recreation for COED and Men's league this summer. 10 week season + playoffs

Ages: 18 and up
 Days: Mens—Thursday, Coed—Sunday
 Registration: Deadline—March 30th
 Fee: \$550/team
Call (314) 521-4661 for more information.

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

See Page 9 for Aquatic Information

Ferguson City Council Members for Wards 1, 2, and 3 To Be Elected April 3, 2018

Candidate filing is open at 8:00 a.m. Nominating petitions will be accepted by the City Clerk (upstairs) in the City Clerk's office 110 Church Street, City Hall Ferguson, Missouri.

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: Jan 22–Mar 1 and Mar 5–Apr 12
 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: Jan 22–Feb 26
 Mar 5–Apr 11
 Time: 5:45 pm-6:30 pm
 Fee: \$35 Residents
 \$40 Non Residents

Group Lessons

Ages: 6 & up
 Days: Mon & Wed
 Dates: Jan 22–Feb 26
 Mar 5–Apr 11
 Time: 6:30 pm-7:15 pm
 Fee: \$30 Residents
 \$35 Non Residents

Adult Lessons

Ages: 16 & up
 Days: Mon & Wed
 Dates: Mar 5–Apr 11
 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.
 Fee: 4 Sessions \$40; 8 Sessions \$75; 10 Sessions \$90

What did you want to be when you grew up?



A doctor? A firefighter? An astronaut? Some children just know what they want to do when they grow up, but many have no idea--and their imaginations are limited by their experiences.

The Challenger Learning Center-St. Louis helps students imagine themselves as astronauts, scientists and engineers.

Our programs show them that these jobs are not only fun, but that they can do it...and along the way they learn that they must work together and have good communication skills in order to be successful.

Take "Joshua", for example, who came to the Challenger Learning Center with a group of students who were part of the juvenile justice system. Joshua, who stood about 6'3" and weighed 240 pounds, carried with him an equally large negative attitude. During the course of the mission,

Joshua discovered that the crew was about to encounter a meteoroid shower and quickly alerted the team in time to save them and safely return them back to Earth. When everyone cheered as the teams reunited, Joshua knew that he had a role in making their mission a success. As Joshua was leaving the program, he turned and asked one of our Flight Directors, "so, what do I have to do to become an astronaut?"

You never know where that initial spark will come from to inspire a student to pursue a career that will lead to new discoveries, inventions that will solve some of this world's most pressing challenges, or technologies that will enable the next generation to be the first to set foot on Mars. Yet, many of the schools in the St. Louis area do not have the financial means to provide this experience to their students.

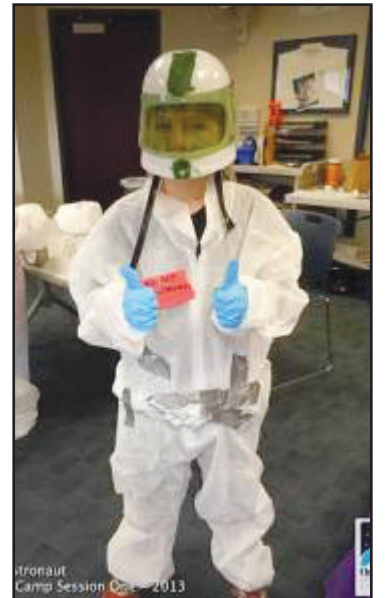
With limited opportunities, these students may never be able to imagine a career in space, science or engineering...but YOU can make a difference! Your gift today can open up new worlds – and new possibilities – so that ALL students in the St. Louis region have an opportunity to achieve something big. YOU can help a child IMAGINE a bigger, better future.

Please consider donating \$25, \$50 or \$100 today to help us continue to inspire students to "Reach for the Stars".

To make it easier for you, you can donate online at <http://www.challengerstl.org/contact/donate/>.

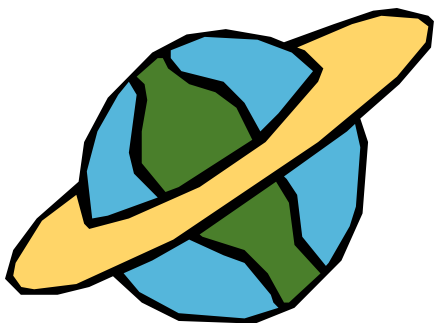
Thank you for believing in the future generation of explorers and innovators.

Warm Regards,
 Tasmyn Scarl Front, Executive Director



A future astronaut?

Ferguson Eco (Ecology) Team Begins New Film Series January 23rd



Chasing Coral is the first film of the 2018 monthly winter/spring environmental film series hosted by the Ferguson Eco Team. Coral reefs around the world are vanishing at an unprecedented rate. A team of divers, photographers and scientists set out to discover why and to reveal the

underwater mystery to the world. The film took more than three years to shoot and is the result of more than 500 hours underwater, with support from people from more than 30 countries.

The film will be shown Tuesday, **January 23**, 7:00 PM in the St. Stephen's Episcopal Church Parish Hall, 33 N. Clay (at Darst), Ferguson, MO 63135. The event is free and open to the public. For more information: (314) 521-8418; carletonstock@aol.com .

The Ferguson Eco Team

INTRODUCING THE MICHELIN® DEFENDER™ TIRE SAFER.¹ LONGER.² 90,000 MILES³ OF CONFIDENT DRIVING

The MICHELIN® Defender™ tire is here, with the traction superiority to allow you to stop up to 31 feet shorter than a leading competitor¹ and industry-leading wear life technology that gives you a 90,000 mile warranty². That's up to 21,000 miles longer than a leading competitor², and why we say Defender Tires help keep you safer¹, longer². Find out more at michelinman.com/defender

1- Based on internal wet braking test results versus Goodyear Assurance® Comfortred™ touring tire size P185SR15.
 2- 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See MichelinMan.com for warranty details.
 3- Based on commissioned third-party wear test results versus Continental® ProContact™ with ECOPlus technology tire size 215/60R16.

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Financial Focus

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

Accepting Change

Welcome to 2018! With every new year comes hope for better times. To everyone that could be something different. For some it might be finding a better job or gaining the financial independence to move out from under Mom and Dad's roof. For some it might be making tough choices that may hurt in the short term, but will provide more security in the future. And of course, this first quarter of the new year, we'll all be preparing for tax day April 17th – since the 15th is on a Sunday we get a couple of extra days this year.

During tax season it is a good idea to evaluate how you are managing your financial future and what you might do to improve it. Many people are probably in the same situation as I am, watching my parents finish out their years and hoping they have enough money saved to continue to live the way they want to. One of the poor choices many people make when they are young is to believe that they have plenty of time to start saving for retirement. I've been wishing I would have started sooner and being glad I started when I did in my thirties. Time goes by faster than we think and before you know it you have a family and more excuses to put it off because you want a comfortable life for your children. And if you are in the lower income level, putting away anything for the future will seem daunting.

So as I often do in my first column of a new year; I'm reminding you it's time to prepare a personal financial statement and find out just where you are financially. Hopefully this is an annual event for you. Taking the time to look at your net worth can help you make better financial decision in the years to come. "Net Worth" is basically the difference between the value of what you own and what you owe. Some people may track theirs monthly. If you've been faithfully recording this information at least annually you should have data to compare over the past few years. Net worth is the true measure of your financial health. If you compare the amount five years ago to today, one would hope to see some improvement such as a much larger net worth. If you declined in net worth you'll want to evaluate what may have caused it. And if you have had some growth in your net worth, you should probably understand what caused it.

Looking at the growth or decline in your net worth over a five year period can be quite telling. A decline could be caused by the amount of debt you are carrying. It could be another indicator of trouble ahead. Not all debt is the same, some debt can be a good thing because it helps grow the asset side of your personal financial statement and that can be a good thing. If it wasn't for mortgages most people wouldn't be able to buy a house. While it is a good idea to have other types of investments a home is also a roof over your head and if you can maintain its value and possibly improve it you can make it worth more. So a home can be a good investment. If you save and have a decent down payment you can start off with some equity which is the difference between the value of the home and the amount of your mortgage. So often people are in such a hurry they try to take advantage of the ability to get a loan thru a special program or type of loan that may put off the higher payment for a while or reduce the amount of down payment needed to purchase the home. As we saw in the 2009 mortgage crisis many people were just a payday away from total financial disaster when the recession hit.

Reviewing your PFS for changes and understanding the cause and effect can help you make wiser decisions. For those caught up in the housing market decline, they were underwater without having really done anything wrong except maybe believing that housing prices only go up. The mortgage market in the eighties seemed to show that it couldn't go wrong as housing prices rose and many took advantage of using that newly found equity to borrow against. Yet it did drop and many suffered the consequences. For those with more equity in their homes, a shrinking net worth still hurt, but at least they were able to maintain and wait out until things improved; some weren't so lucky. If you are someone who lived thru that and managed to improve your net worth since, you should be proud.

So as you look at the history of your PFS, compare the amount of your assets from year to year. If the amount has grown, is it due to investments you've made? Certainly a home is a big investment, but what about your savings? Are you investing it wisely or keeping it very safe in a low interest bank account? Recently, I saw an interview with Warren Buffet. He was sitting in a McDonalds eating a hamburger with I believe Leslie Stahl. Hearing him discuss his money and seeing him reminded me of how simple life can be if you take your time and really think about making your money work for you. Invest in companies you understand and know seemed to be his philosophy. Some of his investments didn't always turn out well, but most did over the course of many years. If I were younger I would certainly take this to heart; there are so many new ventures today. And by including those in your investments you may find the next Microsoft. So do get excited about investing and don't be afraid of making a mistake, start with small amounts and like Warren Buffet live rather frugally and you might find a new way to make your money work for you.

Now back to the personal financial statement. What if your liabilities or debts have grown so much that they outweigh your assets, leaving you in a negative net worth position? Now's the time to understand what happened. If that increase in liabilities is due to credit card debt, you need to review what that debt

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purchased. If you're like most people, not much, some dinners out, toys, clothes or electronics that you really didn't need. If the debts were caused by medical bills, I feel for you. Just a word about that, often a health care provider will suggest using your credit card to pay your bill. If the amount isn't what you can pay off right away to avoid interest, I would recommend seeing if the health care provider can set up a payment plan. And if they do stick to it, you'll be saving on the credit card interest. Maybe a new car brought about your increase in debt. This may or may not be a wise investment, as long as you can afford the maintenance on the vehicle and keep it in good repair; it will provide transportation that might be more costly by not having a car. The mistake some make is buying a dream car to impress others when a practical car can do the job fine and save lots of money that can be invested in something that may grow in value unlike a car which only declines in value unless it's a collectible.

Another sound investment is to invest in you. This could mean paying for a college education. With a better education people are more likely to earn more, so while you won't see the asset side of your PFS increase right away, it will over time. If you can invest your savings a little bit at a time consistently, you will find a more comfortable living down the road.

Good luck in 2018 and make this the year you make some positive changes for your financial future. If you have any comments or questions, please e-mail me at consultjoan@att.net.



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Wed, Jan 9	Lemon Pie	Thu, Jan 25	M&M Vanilla Delight
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A Good Thing at Metro

Ferguson resident Ed Taylor is one of ten artists whose work, "Good Things," has been selected for the 2017 MetroScapes Arts in Transit program that showcases local art at Metro transit locations. Their winning original artwork was selected from a group of nearly 150 submissions, which were reviewed by a panel of artists and art professionals.



The winning pieces will be installed at more than 200 MetroBus shelters in the St. Louis region and will be on display for a year.

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Friends of Ferguson Disc Golf, Disc Golf at Hudson Park

To follow up to successful Northern Lights Glow Tournament and our Northern Lights Parade appearance, we are going to take some time, put away the discs and work on the course. With this being the "off-season" for some players (and I mean some, because we still play, look for us every Tuesday at 5:30 teeing off), we want to take the opportunity and work on some housekeeping at the park. We have brush piles, vines, downed trees and trash that need to be cut and removed. We will be working at Hudson Park on the 1st and 3rd Saturdays of January, February and March. Come out and join us and make the park a little more beautiful.

If you are interested in joining us, watch for updates on our Facebook page www.facebook.com/Fergusondiscgolf or email <fergusondiscgolf@gmail.com> for more information on these events and more. And if you haven't yet, take a walk through the park and see what we have accomplished. Just watch out for flying discs! Thanks,

The Friends of Ferguson Disc Golf, Joe Wenger

Ferguson by Foot

By: Margaret Wolfinbarger



"A goal without a plan is called a WISH. Make a plan."

This quote is printed in bold black letters on a sheet of white paper on my desk at work. I put it there when I weighed around 280 lbs. and felt like my journey to lose weight would never end. The "torture" of repeatedly choosing healthy foods and exercising was grating on my nerves. It made me crabby, irritable, and downright obnoxious to be around. I would cry when I saw cookies, scowl at my husband's second helping of pasta, and complain loudly to every unfortunate soul who dared to ask me how I was doing. Very motivational, eh?

The journey of a thousand miles may begin with a single step but it's still a thousand miles. The temptation to quit shortly after we've begun—when the fun of losing weight becomes drudgery and the excitement of the scale no longer outweighs the desire to consume unhealthy food or skip exercise—is one of the most treacherous obstacles we face. Sticking to "the plan" can feel onerous but it is very important. After all, wouldn't the passengers who paid good money to fly to Florida be rather miffed if the captain got tired and decided to land in Pittsburgh, Pennsylvania instead?

The business of changing one's lifestyle is challenging because it stretches our resilience muscle; but sometimes we forget how incredibly rewarding it is. Make no mistake, this is no vanity trip. The rewards I'm talking about include peace of mind, enhanced physical comfort and clarity of purpose. Whether you are just beginning your journey or just beginning to despair that you will ever reach the end, take heart! You're not alone. And for good measure, here are a few things I have practiced over the years that have helped me persevere through those rough patches.

Self-awareness. I have a confession to make, I have always loved to look in the mirror, but the truth is I had a terrible habit of seeing only what I really wanted to see. I saw my hair, my earrings, and even my clothes, but I (mentally) hid from my self-loathing, my fat rolls, and my incredibly bad attitude. The sad thing was the people around me saw these terrible traits and didn't tell me. These things affected the way I approached my job and all of my interactions with people. In short, I lived a life less full even though I was stuffing my face. Overindulgence was the numbing mechanism I used to cope with intense emotional pain, but it was also a contributor to my never-ending merry-go-ride of misery. It took the cruel jab of a co-worker to force me to make an honest evaluation of myself. Revisiting that self-evaluation has continued to propel me forward when I most want to quit. (And if you don't think I still want to quit sometimes, you are sadly mistaken).

Self-actualization is defined by dictionary.com as "the achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world." How many of us actually contemplate our full potential? I would presume that most folks—myself included—are focused mainly on the day-to-day activities that serve to put a roof over our heads. Modern society has also given us a host of devices that encourage extraneous electronic behavior. These things serve to distract us from who we are in conjunction with who we want to be. Many of us would benefit from studying Abraham Maslow's hierarchy of needs, which I consider to be an excellent resource in self-examination.

When we are done examining ourselves we can still easily be overwhelmed with the enormity of our task. That is when *Support Groups and Spirituality* come into play. I consider people and God the biggest helps I have received on my journey. Early on I found encouragement in my accountability partner. She not only listened but gave me candid feedback. When struggling with the basics, (diet and exercise), she would say, "Margaret, you can do this." It was practical, no nonsense stuff. Granted, I didn't always believe her but her hope in me made me want to keep trying. I also prayed a lot. When I searched my soul for strength and couldn't find it, I asked God to help me and He always did. From something as "simple" as not eating homemade chocolate chip cookies brought into the workplace by a co-worker to the more challenging task of walking up Powell Hill, I learned that trying went a long ways towards accomplishing.

Now maybe you are reading this and feeling really frustrated. I get it. I was never a fan of success stories before I lost weight. They made it look easy when I knew differently. But now I see that my biggest hurdle was my mindset. The "can't do" mindset is a plan destroyer. We must do the hard work if we want to see lasting results, but the most important thing to remember is that it is not impossible, only difficult. I actually enjoy living a healthy lifestyle now. Yes, cultivating healthy habits was truly difficult in the beginning, but now making good choices is part of my vernacular.

The next time you start to wish you could change, remember Jiminy Cricket. He famously sang, "When you wish upon a star, makes no difference who you are, anything your heart desires will come to you." Jiminy Cricket was a cartoon. Jiminy Cricket didn't have a plan. Jiminy Cricket probably got eaten by a frog but they don't put those kinds of details in Disney flicks for obvious reasons. Don't be like Jiminy. Be you. Just be a better version of you.

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

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Under The Hood With Robinwood
By Bob McGartland

The History of Seat Belts

Happy New Year Everyone!

I hope you were able to be with family and friends over the holiday season. I want to express a heartfelt thank you to everyone who dropped off donations for our Shoeboxes for Seniors and toys for the Affordable Christmas Store. Many seniors and kids were able to have a better Christmas because of your generosity.

As we start off the new year, let's buckle into the safety mode.

The seat belt in the vehicle is one of the best protections in a car crash. Seat belt use is the most effective way to save lives and reduce injuries in crashes. American Edward J. Claghorn created the first patented seat belt on February 10, 1885 in order to keep tourists safe in taxis in New York City. Over time, the seat belt slowly starting showing up in manufactured cars to help passengers and drivers stay put inside their car seats. There was less concern for overall driving safety. Race car drivers were the first to really wear seat belts to help protect them against serious internal injuries.

The real breakthrough with modern seat belts came in 1958 when the three-point seatbelt was invented. Up until this point, seat belts in cars were two-point lap belts, which strapped across the body, with the buckle placed over the abdomen. The seat belts we know today are a three-point seat belt that better protects the driver and passenger in an accident. The three-point design was created to help secure both the upper and lower body. Since 1966, American vehicles are required to have seat belts in their cars. Once they became more common in cars, laws soon followed afterwards.

Though seatbelts were required by law to be in cars, wearing seat

belt laws were a different story. The National Ad Council ran countless ads for 25 plus years encouraging drivers to "Buckle Up." States slowly starting implementing laws and by 1995, every state except New Hampshire had "Click it or ticket" laws. But currently all states have a seat belt enforcing law.

Ford demonstrated the inflatable safety belt in 2001 where a shoulder belt containing an airbag would instantaneously inflate when a car is in a collision. Other car manufacturers are looking to make the seat belt more comfortable and convenient for drivers. From the criss-cross experimental safety belts to seat belts that are tailored to our individual bodies, there are many experimental seat belt types in the pipeline that could affect the way we will be safer in the cars of the future.

With all the concern of how seatbelts save lives, you might wonder why buses do not have them then. But standard school buses weigh heavier, and their passengers sit much higher, making them safer in collisions. The federal education and transportation agencies leave the decision up to the states if seatbelts are required. Numerous federal and academic studies have concluded that school buses are the safest form of ground transportation of all. They are about 40 times safer than the family car.

Research has also shown that the seatbelts are not worn correctly in a school bus. What is used is a passive system called compartmentalization. Bus seats are not packed so closely together just to maximize capacity, they are spaced tightly and covered with 4-inch-thick foam to form a protective bubble. In a crash, the child will go against the seat, and that will absorb most of the impact. It is also a safety device so that they will not be projecting through the air.

Buckle Up! Not only because it is the law, more importantly because your love ones and us here at Robinwood Automotive care about you.



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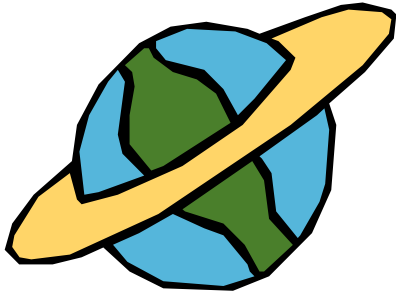
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A Word from Our Planet

Mother Earth would be very grateful if your New Year's resolutions included some commitments to honor her. You could resolve to get rid of clutter, give up Styrofoam, buy locally, start a garden, begin composting, or find another way to care for the environment.

Opportunity to See a Powerful Film

The Ferguson Ecology Team invites you to join with Climate Reality for the documentary, "13th", on **Saturday, January 13**, at 3 p.m. at Afro World at 7276 Natural Bridge Road in Normandy. Ava DuVernay's film documents with startling footage of the ways in which the current system of mass incarceration reinforces Jim Crow laws.

The film continues the Justice Works series of educational outreach events in which a diverse community of people gather to explore and advocate for social justice issues. The Ferguson Eco Team and Climate Reality efforts have a particular interest in social justice as it relates to environmental issues.

The January screening of the documentary will be followed by a discussion led by Ken Denson and Chelsey Oliver. While there is no charge for this event, participants are asked to bring canned foods for a local food pantry. For more information, call Afro World at 314-389-5149

Book Club Returns to the Library

On **Monday, January 8** the Ferguson Readings on Race Book Club returns to the Ferguson Public Library at 6 p.m. to discuss *Born Bright* by C. Nicole Mason. Marsha Marsh and Carolyn Randazzo will facilitate the conversation. A number of copies of this month's selection are available at the library. Persons who do not have a Ferguson library card may also borrow the books but need to go to Program Librarian Amy Randazzo for special checkout procedures. Left Bank books offers the books with a 20 percent discount for book club participants.

All people, even those who have not read the books, are always invited to book club gatherings. However, those who haven't done the reading are requested to be mainly listeners.

The library is located at 35 North Florissant Road. No reservations are required. For more information contact Amy Randazzo at arandazzo@fergusonlibrary.net

Lebon Launches Custom Foodscaping

Local favorite Matt Lebon leaves EarthDance Organic Farm School at the end of January to make it possible for people to "Have Your Landscape and Eat It, Too." After five years at the educational farm, most recently as farm manager. Lebon will open an edible landscaping business, providing farm and garden design and consultation. He will offer coaching for clients interested in growing fruits, vegetables, herbs, and nuts. This will involve providing support to people who need expertise, helping them address challenges and setting them up for success. For more information or to set up an appointment, contact Lebon at customfoodscaping@gmail.com

Come grow with us in 2018 as a Farm & Garden Apprentice!

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



About the Farm & Garden Apprenticeship Program:

EarthDance's Farm & Garden Apprenticeship is a part-time, hands-on, education in organic gardening, market farming, and applied permaculture. Program runs April-September 2018

Program Includes:

- Part-time gardening and farm shifts led by professional farmers
 - Field and market training
 - Weekly classes on topics such as soil stewardship and farming as a business
 - 5 tours of local farms and gardens
 - Permaculture projects such as mushroom cultivation, forest gardening, earthworks & more
 - Subscription to "The Organic Broadcaster," a publication of Midwest Organic & Sustainable Education Service (MOSES)
- PLUS: Take home a weekly share of the harvest YOU help grow!

Questions? Please send us an e-mail at programs@earthdancefarms.org

How to Apply:

The full application is due at 12 pm on February 1, 2018

The application has two parts:

Part I—Demographic information and short essay questions

Access and submit this information online

Part II—Mail the following materials to EarthDance

(233 S. Dade Avenue, Ferguson MO, 63135)

- Your resume
- One letter of recommendation from a professional reference
- A photo of yourself
- Scholarship Request, if applicable
- \$25 application fee

EarthDance staff will contact you when we receive your full application.

Upcoming Info Sessions:

Online Info Session:

Info Session at The Crown Room at Schlafly Bottleworks with Kaitie, Assistant Farm Manager, Sunday, January 7th, 2pm-4pm

Volunteer

On the third Friday of each winter month, we will be harvesting for the Ferguson Winter Farmers Market. Contact Volunteer Coordinator Petra at volunteer@earthdancefarms.org to sign up.

Farmers Market

On the third Saturday of each winter month, we will be vending at the Ferguson Winter Farmers Market at St. Stephen's Church. Come out to meet the farmers and buy our fresh organic produce!

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A Center for Health



Mindfulness programs and practices frequently describe a process of locating your "center." One's center may be conceived as a focus of energy, both spiritual and physical, by which all activities may be grounded and from which all activities flow. Similarly, ballet teachers and gymnastics instructors enjoin their pupils to "work from your center," meaning that the student's spins, leaps, kicks, and other choreographed movements should emanate from a central region of power. As well, coaches of many sports disciplines, including baseball, football, and basketball, encourage their athletes to "stay focused" and "see the ball going through the net." All of these injunctions are designed to remind players to reconnect to their center -- their focus of disciplined strength, quickness, and coordinated activity.

But you don't have to be a highly trained athlete or a master of meditation to be able to derive power, strength, and grace from your personal center. Each one of us has these capabilities. The first requirement for demonstrating and enhancing these qualities is having awareness and focusing attention on your center itself. One person may locate his center in his heart. Others may locate their centers in their spine or in their solar plexus, that is, the lower abdominal region. One's core musculature may also be identified as one's center. The key is not so much the perceived anatomical location of one's center, but rather maintaining the concept of, the focus on, the center.

The metaphor of a center may be extended to include a center for health. From a chiropractic perspective, your center for health is your nerve system and spinal column. The nerve system, the body's master system, transmits information regarding healthy functioning from the brain to all the cells of the entire rest of the body. This information coordinates activities of the body's tissues and organ systems, and the free flow of information from the brain to the body and back again results in good health. The spinal column houses and protects the spinal cord and the roots of the spinal nerves, the main nerve trunks that send nerve branches to your arms, legs, hands, feet, and every other physical location.

Regular chiropractic care helps support your body's center for health by detecting and correcting sources of nerve irritation and by helping to maintain the durability and flexibility of your spinal column. In this way, regular chiropractic care helps ensure the ongoing health and well-being of everyone, including individuals, families, and communities.

Dr. Robyn's Office Hours:

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

Southeast Ferguson Community Association Hosts 1st Christmas Celebration



The Southeast Community Association held its first Christmas Celebration on December 8 with many of the community participating. Association initiatives include: getting residents involved with the City, Supporting police reform, monitoring public policy activities to ensure they are inclusive of Southeast residents and to connect residents to services and create programming specifically designed for this area.

The first meeting of the association will be held on January 10th at 6:00 p.m. at the Canfield Greens Outreach office located at 2975 Coppercreek Road, Apartment F, in Ferguson. Please try to attend. The association would like to see the group grow to 100 strong active and engaged citizens.

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Call 314.645.6112

Mentoring for Access and Persistence Program



Ernest Young (EY) invited the McCluer College MAP (Mentoring for Access and Persistence) Program scholars to their offices for some Christmas fun that included lunch, games and buckets of cookies. Started in 2009, EY College MAP is a program that connects 23 McCluer students with EY mentors to help them get to and through college.

Ferguson-Florissant Board of Education Candidate Filing

Individuals wishing to file a Declaration of Candidacy for two open seats in the 2018 Ferguson-Florissant School District Board of Education election may do so now. The three-year terms of current board members Scott Ebert and Dr. Courtney Graves will expire in April 2018.

Declarations of Candidacy may be picked up in the Office of the Superintendent, 1005 Waterford Drive, Florissant, MO from 7:30 a.m. to 4 p.m. on days the district is open. Filing closes at 5 p.m. Tuesday, Jan. 16, 2018. District offices will be closed through Friday, Jan. 5, and on Jan. 15. The annual election for the Board of Education is Tuesday, April 3.

Individuals wishing to file for candidacy for the Board of Education must be:

- A citizen of the United States
- At least 24 years old
- A resident taxpayer of the school district
- A resident of the state of Missouri for at least one year

In addition, the candidate must follow these procedures:

- File a declaration of candidacy
- Line up for filing pursuant to district Policy 4013

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Candidates sought for St. Louis County Extension Council

Fourteen county residents have remained on the St. Louis County University of Missouri Extension Council in 2017 and ten will continue their role after a January 2018 election.

Council members whose terms continue are Sylvester Bolden (Midland), Tracey Howe-Koch, Cynthia Jordan (Creve Coeur) Jane Kerlagon (Wildwood), Dave Kreuter (Creve Coeur), Margo McNeil (Florissant), Veronica Morrow-Reel (Dellwood), Mary Oswald (Bellefontaine Neighbors), Bill Rupert (Kirkwood), and Tim Schmalz (University City).

Larry McGowen (Wildwood), Lisa Taylor (Lewis and Clark), Courtney Hinton (Normandy), and J. Toni Burrow (Ferguson) are going off the council in March 2018, after serving three consecutive terms.

County extension council members work throughout the year with University of Missouri Extension staff members in planning and making recommendations for educational programs such as agriculture, home economics, business and industry, community development, youth development (4-H), and various continuing education courses, seminars and workshops.

The St. Louis County Extension Council meets at 6:00 p.m. on the third Thursday of every month at the St. Louis County office.

Individuals interested in serving on the council may contact Dwayne James, County Program Director, at the St. Louis County extension center at 314-400-7391.

Elections will take place between January 17 and 31. You will be able to vote online, as well as at the St. Louis County Extension office. Information about the University of Missouri Extension of St. Louis County, as well as where to cast your ballot in this election, can be found on the web at <http://extension.missouri.edu/stlouis/>.

Additional information about upcoming classes and events at University of Missouri Extension in Saint Louis County may be found online at <http://extension.missouri.edu/stlouis/>.

Contact: Dwayne James, County Program Director jamesdt@missouri.edu

McCluer Math Teacher Purchases Mobile Whiteboards with NEA CHEER Grant

Michael Smith, a math teacher at McCluer High School is the recipient of a \$250 CHEER (Caring Help for Education Endeavors by Retirees) grant by the Missouri NEA-Retired. CHEER funds provide for financial and material resources that enhance learning conditions of students. Smith is using his funds to purchase three mobile magnetic whiteboards. "Purchasing the mobile whiteboards, in addition to the one that is already in my classroom, will enable me to facilitate multiple cooperative groups at one time," said Smith, who teaches Algebra 1 EOC (End of Course) classes.

The mobile whiteboards will be placed throughout the room for students to work in small groups, providing the groups with their own personalized learning space.

Cool Valley Field Trip

The farm has felt the weight of many feet this autumn, as hundreds of students have left their footprints in the paths of our fields. However, in a few days in late October there was an impact left by roughly 170 students that exceeded any expectations. Through an ongoing partnership with the Ferguson-Florissant School District, EarthDance has seen many local school-age youth visit the farm. Through the cultivation of this thriving relationship, we were able to welcome every student of Cool Valley Elementary to walk our rows and eat our produce in one week!

The school invited EarthDance to lunch one day where the salad bar featured some of our vegetables and every student had the opportunity to sample pea shoots grown by the 4th and 5th graders! The connection the students had between the food they choose to eat in the fields and at their lunch tables was gleaming with newfound awareness. So many students tried vegetables they'd never eaten before because they recognized my face and they remembered seeing the vegetables growing. These experiences were truly inspiring to witness, and would never have happened without the immense support of the Cool Valley Elementary staff!

Kevin Rysted, Youth Outreach Coordinator



By Bob McCarty

The other day I was in need of a few pieces of hardware to finish up a project we were working on. I ended up spending an awful lot of time driving to the BIG BOX store, roaming through the aisles and aisles of merchandise, not knowing exactly where to find the parts I needed and no one to be found without pushing the button at the end of the aisle.

“Customer needing assistance in Aisle 327” came over the store intercom. “Customer needing assistance in Aisle 327” the voice from nowhere came again! “Customer needing assistance in Aisle 327” reverberated from the steel trusses is all I could hear before a small voice came from behind me! “How can I be of assistance to you? Let me shut this thing off”. “I'm looking for the do-hickey that stops the by-pass door from slamming into the handle of the other door.”

“?” was the look on the face of the customer assistance representative was all the help I was to receive.

Sound familiar? That is the service that most everyone receives from the BIG BOX store, especially if you are not sure exactly what it is that you are looking for. I don't blame the employees. It's the size of the store and everything that they carry and the employee has not been trained to know exactly what a do-hickey is or even a thingamajigger.

Remember back in the day when you went into the General Store and told the storekeep what you wanted. “Let's see Sam”, (Sam's the Storekeeper). “ Give me a pound of coffee, a sack of flour, a box of shells for my Winchester, and a stick of that there hard candy.” Well I don't remember those days either, but I do remember the day's when I could run down to the corner Hardware Store and get what I needed when I needed it. We will miss our own corner True Value store and it's shop-keeper Kim Taylor.

As you and all of your neighbors probably know by now, our Hardware Store has shuttered her doors and moved on to other pastures. This wasn't one of those stores that you would buy the material to remodel your house, build an addition, let alone build a house. No. This was a store where you could get a furnace filter without having to drive across town. Buy a piece of glass to repair a window, if you didn't want to hire me to repair your window; or to even repair a screen. Whoops, I'm trying to finish up that last load of laundry and I've run out of detergent. Don't worry, I'll just run down to the Ferguson True Value and pick up a small package for you; “say do we need any Lye Soap?” (Yes, they carried Lye Soap.) We won't be doing that any more either.

Yes, their prices were a bit higher than the BIG BOX store, but you didn't have to run across town to get a drill bit because you just broke the only one you had. Yes, this is one customer that will miss Kim and her dutiful employees who would take you right to the thingamajigger or even the whatchamacallit. If they didn't know exactly what you wanted, with a couple of questions, they would take you right to it. That's the service I will miss.

Since 2014, Kim has worked through many ideas to bring the store back to where it was, and maybe even a bit better. If you remember, she brought in the color matching computer to better serve her painting customers. She even became a True Value store to get help with her advertising dollar. After all, advertising is expensive. The Big Truck Saturday when she had Ferguson's Fire Trucks as well as some big work trucks that you would see out in the distance, but never close up to see just how big they really were. You really have to hand it to her, she really tried to keep our hardware store here. But that's just the entrepreneurial way.

If you haven't realized it yet, you will miss the Ferguson Hardware store. I already do. I haven't seen the largest Christmas Stocking anywhere this year, but I always saw it there. What about all of those brass shavings from the key machine? If you never saw the bucket of brass shavings from all of the keys that Dee ground, you've really missed out. And the Nuts, Bolts, and Nails, oh my!

Well, I would like to thank Kim and her staff for doing what you did for the residents of Ferguson. You will be missed. Thank You.

Until next month, Bob is driving across town to pick up a bag of calcium chloride to prevent an ice build up on my steps and driveway from the white Christmas we just experienced. Wishing all a Happy and prosperous New Year.

Letter to the Editor

My thanks to the gracious homeowners who opened their homes for the Twilight Christmas House Tour on December 3rd. Each and every home was lovely, and it was wonderful that each homeowner welcomed the large crowds by giving them the history of their home and telling why they were so proud to live in our communities. Thanks again to the homeowners for sharing their beautiful homes, they put us all in the mood to enjoy the holiday season. It was terrific to see the smiling faces of the many hundreds of tour goers as well.

The first annual Ferguson House and Garden tour was on May 21, 1978 held by the Ferguson Welfare League, now the Ferguson Caring League, under the auspices of the Ferguson Historical Commission, now the Ferguson Landmarks Commission. Many thanks to Pearce Neikirk & Associates for keeping the tradition going these last years and for the continuation of all of the proceeds benefiting the important work of The Ferguson Caring League.

PS

If you would like to support the great works of the Ferguson Caring League you can drop off or mail a donation to Ferguson City Hall, 110 Church Street, Ferguson, Mo. 63135. A small team of dedicated volunteers work 12 months a year for the local families and all of the proceeds stay in Ferguson.

Happy New Year to all,
Kathy Owen Noelker

Getting a Good Night's Sleep

As most people my age can attest, getting to sleep isn't a problem, but going back to sleep after waking up is a different story. While researching New Year's Resolutions, I came across a relaxing exercise to help easing sleep again. It's call the 4-7-8 technique.

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Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.

Exhale completely through your mouth, making a whoosh sound.

*Close your mouth and inhale quietly through your nose to a mental count of **four**.*

*Hold your breath for a count of **seven**.*

*Exhale completely through your mouth, making a whoosh sound to a count of **eight**.*

This is one breath. Now inhale again and repeat three more times for a total of four cycles.



Well . . . I tried this last night as sleep was illusive. I could not keep my tongue against the roof of my mouth when I exhaled. I figured I was doing something wrong so I looked it up again on the Internet this morning. Nope, the above directions are correct Try it and see if you don't gag too.

Nope, that's not me.
She's asleep and I'm still awake.

Your Editor

Need Extra Keys?

Now that Ferguson Hardware has closed, you need a place to make duplicate keys. Just call, I'll come to your home or business and make your duplicate/s. 3 keys for \$10, additional keys are \$2. It's fast and easy. Just call 314-550-0517 or www.callmekwik.com

Jim Alexander, Locksmith

P.S. I can also fix your broken locks, rekey your present lock, or replace the whole lock. I'm affordable and insured.

Nominate Ferguson's Human Rights Advocate of the Year

Nominate a Ferguson resident or Ferguson based group to be Ferguson's First Human Rights Advocate of the Year!

The purpose of the Human Rights Commission (HRC) is to prevent or eliminate discriminatory practices by making recommendations to the Ferguson City Council with regard to actions, policies, or legislation. There is a complaint process to investigate cases of discrimination in housing, employment, and public accommodations (please see our website at www.fergusoncity.com/533/Human-Rights-Commission). The HRC is also dedicated to educating the community on human rights.

The Commission is seeking nominations for its annual human rights award. Nominees should be individuals or groups who have made specific, significant contributions to improving civil rights, human relations or civility in our community. The Ferguson HRC would like to award a group, an adult individual, and a young person working for human rights in our community. We welcome nominations demonstrating success in the following areas, among others:

HOUSING: People or organizations who have ensured compliance with fair housing laws; who have worked to increase the availability of accessible housing; who have worked to make affordable housing more available through advocacy.

EMPLOYMENT: People or organizations who employ a diverse workforce; who stress fair employment practices; who have implemented successful training programs; who have established and implemented effective affirmative action plans; who have worked for fair employment through advocacy.

PUBLIC ACCOMMODATIONS: People or organizations who are known for welcoming initiatives in terms of diversity in their businesses and other groups that need the support of Ferguson residents. These people or organizations go out of their way to accommodate people regardless of race, color, religion, national origin, ancestry, sex, gender identity, sexual orientation, disability, age as it relates to employment, or familial status as it relates to housing. They have been involved in developing accommodations and advocating for people with disabilities; who actively strive to hire people with disabilities; who have been instrumental in fighting for the rights of people with disabilities.

For more information regarding the award and/or to obtain a nomination form, visit the website at www.fergusoncity.com > Government > Human Rights Commission

Ferguson Celebrates Martin Luther King Day With Day of Service

In 1989, President George H.W. Bush signed the MLK Federal Holiday Commission Extension Act. Below is an excerpt from his remarks:

"To see to it that the third Monday of every January becomes a day of hope, renewal and rededication to the ideals of Dr. King, those that he upholds, a day dedicated to the memory, if you will, of a man who campaigned for peaceful change, of a man who stood for human dignity and certainly the fulfillment of individual excellence, of a man determined, committed mind and heart to march, to live and to die for those ideals – America's ideals."

In keeping with this celebration, the City of Ferguson is holding a "Day of Service" **Sunday, January 14th** at 2:00 p.m. at the Emerson YMCA, 3390 Pershall Road.

This day, partnering with Samaritan's Feet, which is a 501 (c)(3) organization that serves & inspires hope in children by providing shoes as the foundation to a spiritual & healthy life resulting in the advancement of education & economic opportunities.

During this event we will be sharing words of hope and encouragement while providing new shoes/socks to children in the community. There will be many different areas to serve at this event (foot washing, shoe room, water replenishment, etc.) and assignments will be made at the event depending on the number of volunteers in attendance (as well as preferences). Please plan to arrive at the designated start time for volunteer training. When you sign up as a volunteer please also click the online waiver form link at the bottom and fill in all required fields. If all volunteer slots are filled please feel free to show up as we always have a need for additional volunteers.

Please click on the link below to fill out our volunteer waiver prior to the event. <https://www.samaritansfeet.org/waiver/>

If you have any additional questions please contact volunteer@samaritansfeet.org

P.I.E. Conversations at EarthDance Organic Farm School

In 2015, EarthDance was awarded a USDA Community Foods Project Planning grant to conduct a Community Food Assessment (CFA) of Ferguson, Missouri. The primary goal was to create a snapshot of the community's food system through the collection of primary and secondary data and to identify food resources and gaps. Some of our key takeaways from the CFA were:

- 44% of adults and school-age children alike eat 0 to 2 servings of fruits and vegetables daily; only 16% of adults and 25% of children eat five or more servings of fruits and vegetables daily.

- People with the lowest incomes, especially those living in northwest Ferguson, to a large degree and, northeast Ferguson, to a lesser degree, have few to no healthy food store options available to them.

- Aldi's is the best value in Ferguson for health and budget-conscious shoppers, carrying 100% of the USDA's "food basket" items at an average of 30% less cost than the community's other grocery outlets

With a snapshot of Ferguson's food system complete, this year, EarthDance has strived to further engage the community by communicating the results of this assessment to the public, while creating open and honest spaces for a conversation about Ferguson's food system. We called these community gatherings PIE conversations— a discussion and presentation on how individuals can: PARTICIPATE in the food system, get INFORMED (& Inform us!), and be EMPOWERED to make Ferguson a better place to eat for all. And of course, we served up delicious pie, made from scratch by our Junior Farm Crew members.

This fall, EarthDance has had the pleasure of conversing with upwards of 150 community members over the course of 10 community gatherings on how to improve our local food system! With the help of our local and flourishing community, neighborhood, and social organizations, we were able to

literally and figuratively meet people where they are to talk about food in Ferguson. From St. Louis Community College Florissant Valley, to the Center for Social Empowerment, to right here at EarthDance; we reached an array of community members to hear as many experiences and new ideas as we could.

Recurringly during our conversations, community members agreed that a community is a great place to eat when it has:

- Grocery stores and other outlets selling affordable, high-quality fruits, vegetables; non-GMO, non-antibiotics protein; and soy and dairy free options.

- Full grocery stores within close proximity to residential areas, including high-density areas with apartments.

- A wide variety of restaurants serving vegetarian, vegan and ethnic options.

- Community farms, community and school gardens sustained by volunteers.

- A farmers market, open at convenient times.

- Cooking and nutrition classes for all residents, regardless of age and income.

In addition, overwhelmingly, community members agreed that expanding food access and improving affordability, and increasing knowledge about how to obtain, grow, store, and produce nutritional foods are the two most critical goals we should pursue as a community.

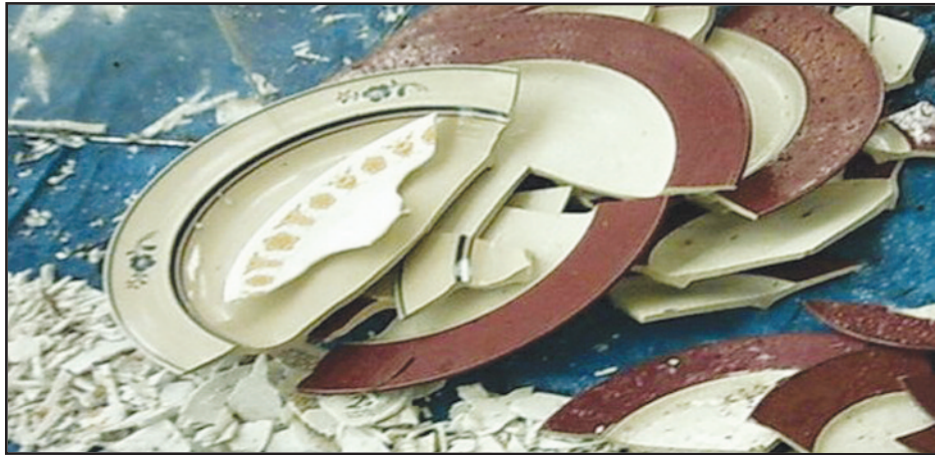
With a new year and with the ideas and experiences of Ferguson residents at the forefront of our thinking, EarthDance, and hopefully the Ferguson community, as well!, is feeling energized and ready to hop into 2018 to work to improve the food system here in Ferguson!

Peas & Love,
Vicky Chen, Outreach Coordinator



New Years Traditions

Demark:



Here's a strange tradition: You save your unused dishes and plates all year until December 31st. Then you shatter them against the doors of friends and family. (*Does this mean "Never eat at my house again."? or "You've overstayed your welcome, so I'm breaking all our guest dishes."*)

Spain:

Tradition is to eat grapes. If you can stuff twelve grapes in your mouth at midnight, you'll achieve good luck each month of the new year. (*If you can only fit eleven, does that mean one month is going to be a catastrophe? Wow, what if you have a very small mouth?*)

South America:

Wear colorful underwear . . . it will determine your fate for the coming year. Red means love, gold means wealth and white means peace. (*Can you just imagine the clotheslines on wash day?*)

Ecuador:



Burn paper filled scarecrows at midnight. If you fill it with last year's photos, you will be brought good fortune. (*If Ecuadorians still use old fashioned film cameras, this tradition was probably established by Kodak.*)

Peru:

Every year the people in the village of Takanckug start fist fights to settle differences. Then the new year is started with a clean slate. (*This sounds like a pretty good idea to me. By January 2nd, everyone is friends.*)

Columbia:

Carry their suitcases all day in hopes of having a travel filled year.

Chili:

Families spend new years night in the cemetery to keep company with their deceased loved ones. (*Sounds like a belated Halloween.*)

France:



On New Year's they eat a stack of pancakes. (*Since the French are so thin, I guess this is the only day they get to eat pancakes.*)

In the last decade, since the world wide acceptance of the Internet, I have been impressed at how small the world seems. I thought I would try to find some interesting things about other countries that were quite different from us. Here are just a few.

South Africa:



Throw old furniture out the window. (*I guess this is to keep do-it-yourselfers and woodworkers busy. How much fun it must be on January 2nd to find all the treasures. It reminds me of a week in Spring a few years back when Ferguson would pick up any trash left out at the curb. By the end of the week there was nothing left to pick up. But by the next year, all the former trash was out in front of someone else's house.*)

Announcing the 2018 Neighborhood Leadership Fellow Cohort Class

Advanced Leadership Training Aims to Increase St. Louis Promise Zone Civic Engagement

Creating Whole Communities and St. Louis Promise Zone - St. Louis Economic Development Partnership is proud to announce the 2018 Neighborhood Leadership Fellows Cohort Class. The 2018 Cohort consists of 23 leaders from North St. Louis City and St. Louis County:

Annessa Blackmun	St. Louis City - 3rd Ward
Adam Brown	St. Louis County - University City
Roslyn Brown	St. Louis County - Pine Lawn
Deborah Rice Carter	St. Louis County - Ferguson
Kimberly Ann Collins	St. Louis City - 21st Ward
Rezhe Connelly	St. Louis County - University City
Teyuna Darris	St. Louis County - Ferguson
Umeme Houston	St. Louis City - 3rd Ward
Justin Idleburg	St. Louis City - 26th Ward
Ronald Jones	St. Louis City - 4th Ward
Kimberly Knox	St. Louis County - Normandy
Edward McFowland	St. Louis City - 4th Ward
Marie Oberkirsch	St. Louis City - 5th Ward
T. Christopher Peoples	St. Louis County - Bridgeton
Octavia Pittman	St. Louis County - Berkeley
Carla Reid	St. Louis City - 1st Ward
Lucendia Smith	St. Louis City - 5th Ward
Luther Tyus	St. Louis County - Bellerive Acres
Deborah J Vincent	St. Louis County - Pagedale
Elwyn Walls	St. Louis County - Pine Lawn
Mary Wheeler-Jones	St. Louis City - 21st Ward
JoAnn Williams	St. Louis City - 21st Ward
Kevin Windham	St. Louis County - Northwoods

The mission of Neighborhood Leadership Fellows is to increase the voices of North St. Louis City and North County residents at the civic decision-making tables in order to produce more equitable regional policies for neighborhoods. The primary geographic focus for the program is the federally designated St. Louis Promise Zone. "Through this program, participants will gain skills and knowledge to become strong civic leaders in their communities, and strong advocates for an inclusive St. Louis," said St. Louis Promise Zone Director Erica Henderson.

"It was tough to select just 23 fellows from the more than 100 applications received from individuals doing amazing work in their communities," said Dwayne T. James, NLF Co-Facilitator and County Program Director for MU Extension - St. Louis County. Neighborhood Leadership Fellows is a nine-month leadership training. The program, set to convene on January 12, will meet one weekend a month from January through September 2018. During the Friday and Saturday sessions, participants will engage in shared collaborative learning experiences through dialogue, and presentations among fellows and respective community and state leaders. Educational workshops will cover policies, new research, and innovations that promote equitable neighborhood development in areas of housing, education, economic development, public health and safety. All participants who are accepted receive a \$2,000 stipend and a UMSL Chancellor's Certificate upon completion. To learn more about the program, please visit cwc.umsl.edu/nlf/

What's Happening at the Touhill? Blanche Touhill Performing Arts Center – UMSL



UMSL Orchestra Festival Tuesday, January 9, 2018 - 6:30 PM FREE Event

UMSL's Music Department proudly presents its annual Orchestra Festival. Providing the best educational opportunities for the next generation of our best musicians has always been a primary mission of the Music Department. This festival is certainly no exception. After a day of rehearsals, sectionals, masterclasses and touring the campus with members of the Arianna String Quartet and newly appointed Orchestra Director Darwin Aquino, four of the top high school orchestras in our area will perform beginning at 6:30 p.m. in the Anheuser-Busch Performance Hall. Please join us and experience what these young people are able to accomplish in a day by helping us celebrate this great night of music and the immense talent of these students.

Dr. Martin Luther King Jr. Holiday Observance presented by UMSL Office of Equal Opportunity and Diversity Monday, January 15, 2018 - 10:00 AM FREE Event

The UMSL Office of Equal Opportunity and Diversity presents its annual Dr. Martin Luther King, Jr. Observance - a celebration of the life and legacy of the great civil rights leader. Every year, people from all over St. Louis gather with the UMSL community for dynamic presentations of song, speech and other performance. The 2018 event will be facilitated by mistress of ceremonies Courtney Bryant, evening anchor and reporter with KMOV, St. Louis' CBS affiliate. She will introduce participants including Brian Owens, the nationally renowned singer, a Ferguson native and UMSL graduate. The program's keynote speaker is Freeman A. Hrabowski, III, president of the University of Maryland, Baltimore County. Among other accolades, in 2012 he was named by President Obama as chair of the President's Advisory Commission on Educational Excellence for African Americans.



The Elaborate Entrance of Chad Deity

presented by The Declaration Stage Company

Dates: Jan 26 - 28, 2018

Ticket Prices: \$25, Seniors \$23 | Students \$15

UMSL Student and Employee discounts available for this performance. Please visit the Touhill Ticket Office with UMSL ID after the single ticket on sale date for more information and to purchase discounted tickets. Pricing Promotion: Purchase 4 tickets in a single order and receive 25% off the price of each ticket! Pricing discount will be automatically applied once there are 4 tickets in your cart.

The Elaborate Entrance of Chad Deity follows the life of wrestler Macedonio Guerra. As a lifelong fan, he has followed wrestling only to become a "jobber," one who is paid to lose to bigger-name stars in the ring. Macedonio meets Vigneshwar Paduar, a young Indian man from Brooklyn, who he wants to team up with. The wrestling execs go for it, but pitch them as "terrorists" in the ring. Macedonio and Vigneshwar find a way to push the personas to the limits and say what needs to be said. Unspoken racism, politics, and courage are all woven into this play that leaves it all on the mat.

Winner! 2011 Obie Award, Best New American Play

Winner! 2008 National Latino Playwriting Award

Finalist! 2010 Pulitzer Prize for Drama

This performance contains strong language and mild adult themes.

Sherlock's Pal



When I get online I like to see what is "trending." Because I often don't recognize any of the names or words that are trending, I have decided that this is merely an exercise to keep me humble, to help me realize just how out of touch I am with what is going on in society. After this brief self-deprecating moment, however, I realize that one reason I seem so out of step with reality is that I am not as prone to exaggerate the importance of certain people or events as many of my fellow human primates are. That is, I am not as likely to make a mountain out of a molehill.

I have what scholars, experts, and other know-it-alls refer to as a "whatever attitude." My wife will tell you this is my default setting. On occasion I try to steer away from it because I realize it gives others the impression that I don't care about anything, that I don't see any "mountains" out there, that all I see are "molehills." This is simply not true. I see plenty of mountains to overcome in our world: war, climate change, sexual harassment, racial injustice, bad salsa, just to name a few. I have no trouble grabbing a bullhorn and telling the world that it needs to shape up or ship out, and yet, at the same time, I have no trouble looking at what is trending on the world wide web and saying, "Whatever. That's a molehill, not a mountain. Grow up."

"Making a mountain out of a molehill" is an idiom that refers to making too much of a minor issue. When I was in grad school one of my professors used to call this phenomenon "majoring in minors," which is very confusing when one is studying the Old Testament or Hebrew prophets. (For those of you who studied more practical disciplines like Amazon finger painting or Literature of 16th century Scandinavian woodcutters, the Hebrew prophets are divided into "major" and "minor" prophets.) One should not use the phrase "majoring in minors" while discussing the complexities of baseball with a 33-year-old double A has-been ballplayer either.

Why do some folks have a tendency to major in minors, to make mountains out of molehills? Conversely, why do some folks often make the opposite mistake of making molehills out of mountains? IMHO, the main culprit is time. Time is something we think about more frequently at the beginning of a new year. We become more cognizant of the passing of time as we take down our old wall calendar and put up a new one, and as we learn to write "2018" on our checks. (I am aware, of course, that few people use wall calendars or write checks these days . . . so just humor me.)

Concerning time, there are two kinds of people in the world. First, there are those who have a short view of time, folks who live in the present. For short-timers, everything that is happening now is of the utmost importance. These are the people who tend to make mountains out of molehills. Second, there are those who have a long view of time. These so-called long-timers are less likely to ascribe exaggerated significance to something that is occurring in the present. The downside of the long-timer, however, is that he or she has a tendency to overlook the significance of something happening today that truly has consequences for the long term. These are the folks who tend to make molehills out of mountains.

Perhaps what we need is more balance in our understanding of time, the ability to know a mountain or a molehill when we see one and are not likely to confuse the two, the ability to observe what is "trending" on the internet and understand that things that are trendy, by definition, will be forgotten after the proverbial fifteen minutes of fame. In the meantime, if I see you getting all worked up about something that has everyone's attention, don't be surprised when I look at you with a lazy frown and say, "Whatever."

Dr. Jimmy Watson

Pastor, Immanuel United Church of Christ

Ferguson, MO

sherlockspal@yahoo.com

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Ashley is a Lifelong Ferguson resident

Artful Considerations

by Robin Shively



“It is the function of art to renew our perception. What we are familiar with we cease to see. The writer shakes up the familiar scene, and, as if by magic, we see a new meaning in it.” - Anais Nin

Welcome to the New Year! It is a time of making resolutions and starting anew. If nourishing your own creativity and that of others is on your list for the coming year, consider getting involved with our own local arts group, the Northern Arts Council. A registered non-profit, the Northern Arts Council (NAC) is comprised of artists, writers, educators, community organizers, hobbyists, musicians, and other creative minds, drawing its members from Ferguson, Florissant, Hazelwood, unincorporated St. Louis County, and everywhere in between. Their mission is:

“To enrich the cultural landscape of North St. Louis County by hosting and promoting fine art events, and by working to build a spirit of community among local artists and arts supporters.” The group has identified three major goals in support of their mission:

- Provide creative experiences to the community through a variety of arts programming
- Host ongoing exhibits showcasing local artists
- Bring artists and others together for fun and community

One of the places NAC provides creative experiences to the community is at the Ferguson Farmers Market with a family-friendly art activity. NAC booths at the market are staffed every second and fourth Saturday (May through October), 9am to 11am. If you would like to foster creativity in your community and have an idea for a demonstration or a fun activity for all ages, please contact northernartscouncil@gmail.com. They are currently working on the Northern Arts Council’s schedule of activities and demonstrations for the 2018 Ferguson Farmers Market. (Stipends are available to cover the cost of supplies and your time.) For more information about the NAC and how you can get involved, check out their website: www.sites.google.com/view/northernartscouncil.

Good Shepherd Gallery has begun the process of incorporating as a not-for-profit under the name “Good Shepherd Arts Center”. Along that line, they continue to expand offerings to provide arts activities and classes for adults. The gallery’s free activities for January are:

- Jan 10 – Jan 26:** Exhibit of works from artist affiliates Tony & Christy Bodnar, Henry Chaney, Kathy Duffin, Sr. Mary Beth Kemper, CPPS, Gary Lang, Sr. Maria Liebeck, DC, and Sr. Elizabeth Slenker, OP.
- Jan 12, 7:00 pm:** “Visio Divina”, a form of meditation using art.
- Jan 19, 7:00 pm (tentative):** informal visit with some of the gallery’s artist affiliates.
- Jan 26, 7:00 pm:** Adult Coloring, materials are supplied or bring your own.

An iconography class for beginners will be offered Saturday afternoons, **from 1 – 4 pm, beginning January 20th**. The class will run for twelve weeks and the cost is \$150, which includes all materials and instruction in a small classroom environment. For more information or to register, contact Glynis at 314-522-1155 or rgsicons@yahoo.com.

McCluer Students Make Bean Bag Toss Games



The lifetime activities class at McCluer High completed a PBL (Project Based Learning) project making several bean bag toss boards. The students designed, built and finished the details of the boards using only hand tools: clamps, handsaws, hammers, squares, and tape measures. Materials were donated by the Carpenter Apprenticeship Program.

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dates have been made, including a wonderful kitchen. The 2x6 exterior walls allowed for additional insulation, for help on heating and cooling bills. The lower level is partially finished and walks out to the rear yard. Part of the design work included a walk-in pantry, main floor laundry and large closet space. There are many more features to appreciate so call us and set your appointment to visit today!



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Ferguson Middle School Teacher Wins “Teacher of Year Award”



Carletta Washington, an English Language Arts teacher at Ferguson Middle School, is the St. Louis area VFW Teacher of the Year. The award recognizes teachers for promoting citizenship education in their classes and throughout the school. Washington was named to the honor over several other educators from St. Louis City and County. As the area winner, Washington will be entered in the Missouri competition.

The Best of Ferguson

Your columnist!

— by Ruffina Farrokh Anklesaria, M.A.



Ruffina Farrokh Anklesaria, M.A.

As a regular face around Ferguson and representing my hometown across the media for the past three years, I am sharing my story with you this month!

Born and raised in the twin island state of Trinidad and Tobago, the most southerly of the Caribbean islands, I think of myself as a Caribbean woman! Half of our population is of Indian extraction, like me. I loved the warmth of our people, their colored happy faces, and their easy-go-lucky laid back nature. I enjoyed my home. I worked at the Japanese Embassy in the capital for 19 years as Executive Secretary to the Ambassador. My expertise was in the field of diplomatic protocol and my duties included speech writing, political and economic reporting on the eight countries the Embassy was accredited to, and master of ceremonies at all official events including on television.

From an early age I was drawn to meditation and all things spiritual. I learned Maharishi's Transcendental Meditation program when I was 16, and practised yoga and pranayama breathing from then. I attended many residential retreats and took days of silence regularly. I became a TM instructor in 1978. As a teacher, I traveled around the world representing my country: the US, India, Holland, Brazil, the Philippines, the Caribbean. I was co-leader of the national TM movement from 1985 to 1998. I also enjoyed traveling and toured across Europe and visited Japan, in addition.

In 1999, I moved to the US with my two girls and settled into life in Saint Louis with my new husband, Farrokh Anklesaria, Esq, a British-trained barrister-at-law. He had established The Enlightened Sentencing Project (tesp.org) a nonprofit organization dedicated to teaching meditation to offenders sent by the courts. I trained in Nonprofit Management at Washington University in St Louis to support his work, and followed up with an MA in International Affairs from the same university. We worked together fulfilling Farrokh's vocation until 2012, when I became a widow. I had two lovely girls to raise, Anahita and Devina Julee, ages 13 and 17, and decided that Ferguson was going to remain our home. We had moved to Ferguson in 2002.



I drew upon my own spiritual background to carve out a new life for myself. I was schooled in the Vedic tradition and had a pivotal experience 25 years before that enabled me to transmit extraordinary capabilities of perception to those at whom I looked. This is called Shaktipat or transferring of spiritual energy. I host retreats specifically to give Shaktipat at full moon every month and people travel from out of town and from other countries to come to receive Shaktipat from me here in Ferguson. I also travel to host these retreats out of town or abroad.

I also had great blessings from Mother Mary when She appeared to me and others with me, on two occasions. Preceding her, I was visited by St Therese of the Child Jesus at a very difficult moment in my life. I am a devotee of Mother Mary and spread Her story everywhere I go. I speak of Her on my retreats and the various experiences I have had with Her over the years.

I wrote a book of poetry that is available on Amazon. It is entitled "Kavita - Poems of Light and Communion." I am publishing two books in the next few months, one documenting my spiritual journey and the other is a compilation of essays on various topics to help guide life in an evolutionary direction. Find me on FaceBook for more details.

In 2014, when Ferguson was racked with unrest, I became a volunteer at the I Love Ferguson shop. I also volunteered to be interviewed as a peace activist for my hometown. I did over 50 interviews on every major international, national and local media. I was happy to give back some of the good that this city had given me over the years. I soon after started this column with a view to lifting morale in our beleaguered town. From your response, dear readers, it is clear that my column is a hit! Thank you so much for appreciating my small contribution to Ferguson



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





Ask Grandma

The New Year

New Year's Resolutions. Regardless of what resolution you commit to, the goal is to improve life in the coming year. Resolutions can come in many forms. Some people make a promise to change a bad habit, such as quitting smoking or eating less junk food. The tradition of New Year's resolutions dates all the way back to 153 B.C.

After doing some research, Google says that the #1 resolution for 2018 at 37%, is staying fit (since I am writing this in December of 2017, I'm not sure Google, or anyone else can make that prediction).



This is a simple smoking stand with a glass ash-tray you could remove and wash. Some smoking stands had elaborate boxes for cigarettes and a place for a lighter.

Number 2 resolution is to stop smoking at 32%. Now this I can relate to. When I was a kid in the '30s and '40s everyone in the house smoked (my brothers, sister and my mother and father). I am one of 7 children, so you can imagine how polluted our home was. Fortunately there was no air conditioning at the time, so, at least in the summer, there was plenty of ventilation. I remember there was a kitchen cabinet that one whole shelf was devoted to cigarettes. Since there were several brands, I guess everyone had his or her favorite. We also had "smoking stands," which were free standing pedestals that could be moved from chair to chair to accommodate the smoker. On the coffee table and lamp tables there were little boxes that I remember filling with cigarettes when they ran low. Dad even had what was called a "smoking jacket," the kind you see Hugh Hefner wearing (yes it was velvet).

At any rate, when I became a teenager, I looked around and every single person in the house who smoked wanted to quit. And this was before the Surgeon General declared cigarettes injurious to your health. In fact, I'm not sure there was such a person as a Surgeon General in those days. I know a number of girls, and women, who started to smoke because it was a way to lose weight. The theory was that instead of picking up a snack, you would pick up a cigarette, and thus, not eat. Even the cigarette companies used this ploy to sell more of their brand.

So, the point of this story is that if every smoker I knew wanted to quit, why should I start. Wow, I must have been one smart kid.

To continue my personal story, my mother died of cancer at age 58. My sister died of lung cancer at 68. One of my brothers has died from cancer of the lymph nodes. Two of my brothers have died from other causes although they both had cancer. My first husband died of lung cancer at 51, and my second husband died of lung cancer too.

Both my husbands kept a pack of cigarettes on the nightstand. They would get out of bed and reach for the cigarette pack. Maybe I shouldn't complain when I understand my grandkids keep their phones on the nightstand and immediately check their messages before they even get out of bed.

I moved into my present house after my husband died, and it was the first place I ever lived without a smoker in the house. In my old house on Tiffin, I painted everything beige, even the woodwork. I had gallons and gallons of "Queen Anne's Lace," my favorite beige color. After I moved I had forgotten that my lamps were white. I thought they were beige. And to think, all that brown gunk I was washing off my lamps is in my lungs. I had to replace my lamp shades; how much brighter the rooms are with white lampshades. When I see young people light up a cigarette, I feel like making them listen to what it is like to die of cancer. I personally am going to die of a heart attack at the airport, after coming home from some polynesian island where I spent the last dollar I owned.

So, kiddies, before you take that first puff, if you won't listen to the health danger, at least consider the cost and inconvenience. I just read in the morning paper that there is a bill before the Missouri House to banish smoking in all bars and casinos in St. Louis County (this time, no exceptions).



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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- EarthDance Info Session – Schlafly Bottleworks Sun., Jan. 7
- Reading on Race Book Club – Library Mon., Jan. 8
- City Council Meeting – City Hall Tues., Jan. 9
- UMSL Orchestra Festival – Touhill Tues., Jan. 9
- Northwest Chamber Membership Meeting – Moolah Temple Thur., Jan. 11
- Eco Team Climate Film – Afro World in Normandy Sat., Jan. 13
- Martin Luther King Day Service – Emerson YMCA Sun., Jan. 14
- Dr. Martin Luther King Holiday Observance – Touhill Mon., Jan. 15
- Last Day to File for Ferguson Council – City Hall Tues., Jan. 16
- Last Day to File for Ferguson-Forissant School Board Tues., Jan. 16
- Election of St. Louis Missouri Extension Council Jan. 17 thru 31
- Indoor Farmers Market – St. Stephens Sat., Jan. 20
- 4th of July "A Night at the Mouse Race" – Comm. Ctr. Sat., Jan. 20
- "Chasing Coral" Movie – St. Stephens Tues., Jan. 23
- City Council Meeting – City Hall Tues., Jan. 23
- Beginning Computer Class – Library Tues., Jan. 23
- Tuesday Book Club – Library Tues., Jan. 23
- Craftnoon – Library Fri., Jan. 26
- The Elaborate Entrance of Chad Deity – Touhill Fri.-Sat.-Sun., Jan. 26-28
- Try Out a Musical Instrument – Library Sat., Jan. 27
- BTC Open House Sun. Jan. 28
- Applications Due for EarthDance Apprentiship Thurs., Feb. 1
- Handicapped Encounter Christ Dinner and Entertainment Fri., Feb. 9 at the Savoy

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