


# Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

February, 2018

Serving Ferguson and Surrounding Communities



## February Events at the Ferguson Public Library

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

**ValenSLIME Party - Wednesday, Feb. 14, 5-6 pm**  
Join us for some slime making and crafts while we celebrate everyone's favorite ooey-goey day of love! A caregiver must be present for children ages 9 and under.

**Parents as Teachers Storytime - Friday, Feb. 16 at 10 am**  
Join us and the Ferguson-Florissant School District's Parents as Teachers program for a fun and playful storytime! For kids in preschool and their caregivers.

**Conversations with a King - Tuesday, Feb. 20 at 6 pm**  
Conversations with a King is a 45-minute one-man show that features four of Martin Luther King, Jr.'s greatest speeches. The show also features some rare facts from his childhood, his college years, personal interviews and his relationship with his wife, Coretta Scott King. There will be a 15-minute Q & A immediately following the show. All are welcome!

<p>Also going on this month:</p> <ul style="list-style-type: none"> <li>• Preschool Storytime</li> <li>• Readings on Race Book Club</li> <li>• Crafternoon</li> <li>• Tuesday Night Book Club</li> </ul>	<p>Coming up next month:</p> <ul style="list-style-type: none"> <li>• Coding for Kids - Mar. 6</li> <li>• Suffragist History - Mar. 8</li> <li>• Wings for Tots - Mar. 24</li> <li>• Crayon Day - Mar. 31</li> </ul>
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## Saturday, February 17th Ferguson Indoor Farmers' Market

It may be February, but the monthly Ferguson Farmers Market is still the place to find fresh produce and homemade goods. The market takes place on the Third Saturday of every month at St. Stephens Church, 33 North Clay.

Make plans to visit our vendors 9:00 a.m. to noon to stock up on meat, bread, eggs, winter greens, squash and more!



**St. Stephen's Church  
33 North Clay – 9:00 am to noon**



The indoor Farmers Market sells fresh produce and homemade items on the third Saturday of the month until May when the outdoor market will open at Plaza @ 501.

Shop the Market from 9:00 a.m. until noon.



## City Council Meetings

The Ferguson City Council will meet twice in February. The meeting dates are: Tuesday, February 13th and Tuesday, February 27th at 7:00 p.m. in the City Council Chambers • 110 Church Street.

City Hall will be open on President's Day, February 19

## OPEN HOUSE

### WEST FLORISSANT AVENUE PROJECT

Join your neighbors and local business owners for an open house to review the current conceptual designs for improving West Florissant Avenue as part of the West Florissant Avenue Great Streets Project. Tell us what you think about:

- Roadway, pedestrian and access design improvements
- Intersection safety improvements at Chambers and West Florissant Avenue
- Branding ideas for West Florissant Avenue
- Pedestrian, transit and biking facilities
- Public realm opportunities

**Wednesday, January 31, 2018**  
4:00 p.m. - 7:00 p.m.

New Life Community Church of God in Christ  
1570 Chambers Road | Dellwood, MO 63136

**Free Snacks! Activities for Children!**

For questions, email [cmueller@vectorstl.com](mailto:cmueller@vectorstl.com) or call 314-621-5566. Need visual or audio accommodations? Let us know!

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PERMIT No. 05158

The West Florissant Avenue Great Streets Project area runs from Stein Avenue to the Norfolk Southern Railroad.

[www.westflorissantavenue.com](http://www.westflorissantavenue.com)

Saint Louis COUNTY TRANSPORTATION PUBLIC WORKS

If You Have Items of Interest, Contact The Ferguson Times – [cider@att.net](mailto:cider@att.net)



## February 2018 CityWalk

Happy birthday to Faraci Pizza.. The Ferguson original is celebrating fifty years: happy golden anniversary!

The much anticipated "Baked Wood-Fired Pizzeria" has already been mentioned in Sauce Magazine. The new restaurant plans to be up and running by the end of February. Employment applications are now being accepted.

### GOOD TIME TO "REBUILD TOGETHER"

In 1973 a small group of neighbors and friends, who had seen houses in their community deteriorate, banded together to dedicate one day to elderly, disabled and low-income homeowners who needed help to maintain their homes. A movement was born, Rebuilding Together, and eventually blossomed into a national organization. Rebuilding Together - St. Louis joined the effort in 1992. More than fifty neighborhoods from around the St. Louis region have benefited from Rebuilding Together.

Rebuilding Together has provided free home repairs for many years in Ferguson. The next project is scheduled for May 5, 2018. Emerson will supply funds and volunteers, as they have in prior years.

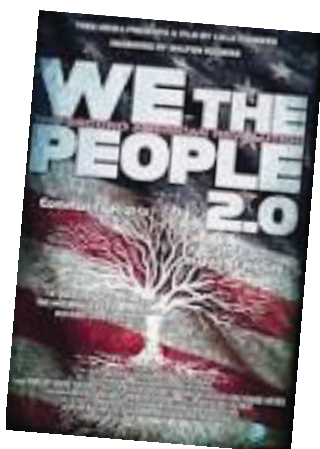
This is a project that benefits all of Ferguson, including Ferguson CityWalk. Improvement of homes adjacent to CityWalk businesses can only improve business by setting a tone that is hospitable, and strengthening pride in the neighborhood.

Rebuilding Together is looking for 10-12 homeowners on one block that meet their low-income requirements and that need home repairs, so they can participate in the May 5 Rebuild Together project. Ideally, they would have applications in hand before the end of February, in order to complete their evaluation process by deadline. For an application follow this link: [http://www.rebuildingtogether-stl.org/wwwroot/docs/New2014\\_Homeowner\\_Application.pdf](http://www.rebuildingtogether-stl.org/wwwroot/docs/New2014_Homeowner_Application.pdf) . To get further details on the organization and contact information, go to <http://www.rebuildingtogether-stl.org/discover#vision> or contact Dave Ervin, at (314) 918-9918, or [dervin@rebuildingtogether-stl.org](mailto:dervin@rebuildingtogether-stl.org) .

CityWalk business owners have a standing invitation to attend the Ferguson CityWalk Advisory Board. The FSBD meets the 2nd Thursday of the month from 5:30-7:30 p.m. The meeting location for February has not yet been determined. To get this information, please contact Robin Shively at 314-495-7452 or [cornersframing@gmail.com](mailto:cornersframing@gmail.com).

## Ecology Film

The Ferguson Ecology Team will be hosting the film showing and discussion of the documentary WE THE PEOPLE 2.0 which describes the growing people's revolt against destructive corporate activities in the U.S. In order to stop toxic dumps, mines, drilling, etc., communities are seizing back the right to say "no" through local-lawmaking, outlawing oligarchy.



The film will be shown Tuesday, February 27, 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](mailto:carletonstock@aol.com)

## The Plumber's Crack

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

Frozen Presidents, Frozen Hearts, Football ends, Spring Training starts, Hockey starting to get exciting, Flu season peaking out – no doubt it must be February and time for a chilling version of the Plumbers Crack.

Well my friends I guess you know where this is going. I'm hoping we don't have a repeat of January. I must first say that all the readers of the Crack need a pat on the back. I've had fewer calls for freeze ups in Ferguson than even last year when we only had I think 3 days of frigid weather. That tells me that you've done your 'due diligence' in preparing for the cold.

I am through getting a lot of calls about shower valves, and low water pressure. Low water pressure can be caused by a multitude of things. It can be caused by a broken water main miles away. It can be caused by the river freezing and the intakes getting blocked. That means they have to lower main pressure to conserve. Both of these can be hazardous to our drinking water. You see on the news, the media telling people to boil water before drinking or cooking.

What happens is that build-up in these pipes can better mix with the water and cause it to foul. When there is a water main break and they are installing a new piece of pipe, there are several issues. One that pipe could be sitting in a supply house yard for years and that is the same as contaminated pipe. Another problem is while they are installing that pipe there will be mud and whatever else is in the ditch that is going to get in that pipe. They try to flush the system but they can never get it all out.



I mentioned shower valves having trouble and it has to do mostly with the newer single handle tub and shower valves. When that style of faucet is installed there is a scald guard put on with the handle. With the water temperature being in the mid 40's your water heater temperature is going to drop as much 15 degrees. We are required to set a water heater at a temperature of 120 degrees. So when you turn on a pressure balanced valve the water temp in the shower could drop as low as 105 which is just a little higher than your body temp. It doesn't hurt to turn up the temp on your water heater one level but don't forget to turn it back in the spring.

Well my friends it's that time again where you probably put the paper down but I'm going to say it all anyway. Especially in the bitter cold winter – check on the elderly and your neighbors. Throw an extra dollar in the heat up St. Louis fund. If the kids are playing outside watch them closely. Bring in the pets and most of all hug them babies.

God Bless you all.  
Oh Baby

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Maintaining Yesterday For Tomorrow

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

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

## Tax Resolution on April Ballot

By Cathy Bindbeutel, President of the Board of Trustees,  
and Scott Bonner, Library Director

The Ferguson Municipal Public Library's Board of Trustees will place a tax measure on the April 3 ballot, asking you whether to increase the Library's tax rate by .18 millage rate, going from .22 to .40. For a resident with a house worth \$50,000 on the market, that is an increase of about \$17. The Board did not make this decision lightly. The last time the library's rate changed was 23 years ago. We understand the impact of taxes on community members, and take our obligation to be frugal and judicious with tax money very seriously.



The reason we are coming to you now with this option is because we have seen radical changes at the library in recent years, changes that were made possible thanks to a one-time windfall of donations in 2014, donations that can't be replicated, and that were given to us because of our actions to bring the community together during that difficult autumn. There are two models of librarianship that we've seen in the past few years, and you have the option to choose which model you prefer.

Before those 2014 donations, the library's tax monies had been dropping for years as property values dropped in Ferguson, dropping by about \$60,000 since fiscal year 2010-2011. We had to reduce hours we were open, eliminate full time positions, and end almost all of our programming. Our mission is to encourage lifelong learning and cultural literacy, and build up the Ferguson community. As times got tight, we had less to pursue our mission. We moved into a passive mode, just trying to keep the public-access computers going, lending books, and keeping the building intact.

The 2014 donations allowed us to blossom, pursuing our mission more actively. The Board determined what use of those donations would lead to the most long-term gain, and prudently put a 5 year plan in place. We became a much more responsive library, identifying needs and making programs and collections to attack them, doubling our patron-access computers, and making necessary and long-overdue upgrades to the building. We have been able to operate like a better-funded library, and be much more active in pursuit of our mission.

Those one-time donations will run out in about 2 years. Meanwhile, the tax monies have continued to drop. Before we are pushed back into a passive mode, the Board seeks to secure long-term funding in the most traditional manner, by changing the tax rate, and thereby securing and improving the work we have been able to do these past few years. This will give you, the voter, the opportunity to decide what kind of library you want us to be. We will pursue our mission of lifelong learning, cultural literacy, and bringing Ferguson together, no matter what, and Ferguson will always benefit from our pursuit of this mission. The question for you is, will we do so passively, or actively?

## 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

## Faraci Pizza Celebrates 50 Years in Ferguson

Serving old fashioned, thin crust pizza in our community since 1968



It is no wonder that people from all over the St. Louis region, as well as the country, come to Faraci Pizza to enjoy the flavor of Ferguson's own family operated pizza parlor these past 50 years. After all, Faraci's pizza uses only homemade pizza dough, homemade pizza sauce and grinds their own beef and Italian Sausage. "Why just this week a



Jim preparing the crust for tomorrow's pizzas.

couple came directly from the airport to buy pizza from us," says Dawne Marshall, co-owner with her husband, Jim, of Faraci Pizza.

Jim Marshall, a lifelong Ferguson resident, had dreamed of operating a pizza parlor as long as he can remember. He went to work for Joe and Dorothy Faraci when he was just 15 years old and a student at McCluer High School. At that time, Faraci's was located across the street next to Mannino's Market and Rallo's Meat Market (where the Streetcar Lofts now stand).

In 1997, Jim and Dawne bought Faraci's Pizza and operate the shop, using the same time-honored recipes from 50 years ago.

"We've had amazing community support," says Jim. "Almost everyone who walks in the door has a familiar face," he adds.

Located at 520 South Florissant Road, Faraci's has a well maintained parking lot, and a few tables inside in case you want to enjoy your pizza on the premises.



They are open 4:00 p.m. to 10:00 p.m. Tuesdays thru Sundays. Closed Mondays and Holidays. The telephone number is 314-524-2675.



# ELLA JONES

**Re-Elect**

## Ward 1 Ferguson City Council

Keep Good Things Happening

friendsofemj@gmail.com (314) 795-7295

[www.voteellamjones.com](http://www.voteellamjones.com)

facebook Instagram: Ella4Ferguson

Paid for by Friends of Ella M. Jones, Shirley Emerson, Treasurer

**City Council Election Tuesday,  
April 3rd, 2018**

# Ferguson Community News Page

## If we are going to keep up, we must step up

By Mayor James W. Knowles III

*"Nobody made a greater mistake, than he who did nothing, because he could only do a little."*

-Edmund Burke, Irish Philosopher, Statesman, Author 1729-1797



At a recent City Council meeting I announced the unfortunate news that the Lions Club of Ferguson was not chosen by the State of Missouri to be the contractor that operated the Ferguson License Office for the next five (5) years. For the casual observer this may seem as barely news. After all, how much does it matter to the average person, who operates the office that we typically visit every two years to renew our license plates or every six years to renew our driver's license. But what many don't realize, is that each transaction performed in that office generates a fee that is retained by the Lions Club to pay for the operation of the office, while the licensing fees and the taxes collected are remitted back to the state. For the past 17 years, the Lions Club has operated the local license office and every dollar made in profit (transaction fees collected minus rent, utilities, employee payroll) has been donated back to the community.

Most people don't realize that in some way the Lions Club, and the revenues generated by that office, has affected each citizen in our community. In 17 years, this small group of Ferguson residents (the Lions) have raised and donated back, well over a half of a million dollars into the Ferguson community. If you have ever called the Ferguson Caring League looking for help with your utilities, that money likely came from the Lions. If you have ever enjoyed the sculptures at Jeske Park, you are enjoying art paid for by the Lions Club. If you have ever visited the Farmers Market, the 4th of July, the summer Concert Series, or Ferguson Streetfest, you have seen just a few of the things the Lions Club supports with the profits of the Ferguson License Office. Now, we are in jeopardy of losing that very important revenue source that support so much of what we take for granted in Ferguson.

The Lions Club is a pretty amazing group, and one that we as a community rely on greatly every year, mostly without ever even realizing it. For all they do in this community, the Lions are just part of a network of volunteers that make so many of the events and activities in our community possible. This relatively small, but very strong core group of residents, former residents, and business owners are dedicated to making sure the residents of this small North County Community live far beyond our means. It is why Ferguson is a "Community of Choice", as our City motto proclaims. It is why people choose to live here, when they have options to live in many other communities. It is what makes our community special, what makes us exceptional. We are the exception to the rule when it comes to many of the trends in North St. Louis County communities. Now we are the exception nationwide, for how communities react post-civil unrest, because while many communities struggled, we have shown how a community torn by civil strife can successfully bounce back.

If we are going to move our community forward and continue to provide wonderful amenities like the Farmers' Market and Streetfest to our residents, it's going to take even more residents stepping up to support these events. Because the city does not have additional staff or resources available to support these events beyond our current capacity, and because we are losing important financial support from the Lions Club, it will take something from each one of us to keep these events thriving.

Every month in the *Ferguson Times*, on our City Website, and on our City Facebook page, we see exciting events being sponsored throughout our community that are held to raise important funds that support our community events. Whether it is "Mouse Races" to support the 4th of July Festival or "Farm to Table Dinners" to support the Farmers Market, taking the time to come out and support these events gives you a chance to enjoy a fun evening with your neighbors while also raising important funds for future events.

It doesn't take a lot to make these events a success, it only takes a little. But it takes a little from each of us, to make a big impact in our community. I hope to see each of you out this year at one of the many fun events we have in Ferguson that make our community truly exceptional.

## Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Feb 6 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379 ddd-steeess@att.net
Jeske Park Neighborhood Assc.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskeparks neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	TBA	Corner Coffee House 100 No Florissant	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	AJ Hicks ajthepoetfire@gmail.com
Southwest Ferguson Neighborhood Group	Feb 5 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	Feb 5 7 pm	Fire Station #1 200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	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

## 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](http://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](mailto: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 HUMAN RIGHTS ADVOCATE OF THE YEAR AWARD

The Ferguson Human Rights 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 Human Rights Commission 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, Employment, and Public Accommodations. For more information or to access a nomination form, visit the Human Rights Commission webpage at <http://www.fergusoncity.com/533/Human-Rights-Commission>

**Nominations are due on March 15, 2018.** The Ferguson Human Rights Advocate of the Year Award winner will be announced in the Spring of 2018!

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

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

# Ferguson Community News Page

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

## COMMUNITY CENTER

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

### Facility Rentals

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

### Memberships

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

### Beginning 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 Mar 19 to May 7 and May 14 to July 9  
(No Class July 2)  
Time: 5:45pm-6:40pm  
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: Mondays March 19 to May 7 and May 14 to July 9  
(No Class July 2)  
Time: 6:45-7:40  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### 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 - 7 years old  
Start Date: Wed., Mar 21 to May 9 and May 16 to July 11  
(No Class July 4)  
Time: 5:45pm-6:40pm  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

### 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, Mar 21 to May 9 and May 16 to July 11  
(No class July 4)  
Time: 6:45pm-7:40pm  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/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: Mondays Mar 19 to May 7 and May 14 to July  
(No Class July 2)  
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: Wednesdays Mar 21 to May 9 and May 16 to July 11  
(No Class 7-4)  
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

## 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 and up  
Start Date: Mondays Feb 12 to April 2 and April 9 to May 28  
Wednesdays Feb 14 to April 4 and May 30  
Time: 6:00 pm to 7:00 pm  
Location: Ferguson Community Center  
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents  
Additional  
Days: \$10 / member add day  
\$15 / residents add day  
\$20 / non-resident add day

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

### 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: 15 years old and up  
Start Date: Wednesdays Feb 7, March 7, April 4, May 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: 15 & up  
Start Date: Tuesdays Mar 6 to Apr 24, and 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: 15 & up  
Start Date: Thursdays Feb 22 to Mar 29, and Apr 5 to May 10, and May 17 to June 21  
Time: 6:00pm-7:00pm  
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: 15 & up  
Start Date: Fridays Feb 23 to Mar 30, and Apr 6 to May 11, and May 18 to Aug 6  
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 callisthenics 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 July 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

**Saturday, February 24**

**6:00 p.m. to 9:00 p.m.**

**Community Center**

\$30 / couple

\$10 / additional child



Fathers, escort your daughter(s) 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. Preregistration required!

### 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: Tuesdays 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!**

### 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 to 12 years old  
Dates: Fridays Feb 9, March 9 and April 13  
Location: Ferguson Community Center  
Times: 5:30 a.m. to 10:00 p.m.  
Fee: \$15 per child

**Spots Are Limited So Sign Up Early!**

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

### 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)**

## TEEN PROGRAMMING

### Hidden Valley Moonlight Teen Ski Trip

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

### City Museum

**(Registration deadline April 11th)**

Spaces are limited, sign up today!

Date: Saturday, April 14  
Time: 11:30am—4:30pm  
Fee: **By April 6**, \$5 Resident; \$8 Non Resident After 4/6  
\$8 Resident; \$11 Non Resident  
**After April 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 May 4**, \$20 Resident; \$25 Non Resident;  
**After May 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: Thursdays, March 22, 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.

**Registration: March 7th**

Ages: All  
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 April 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 February 21 Argosy Casino Alton  
Wednesday March 21 Hollywood Casino  
Wednesday April 18 River City Casino  
Wednesday May 16 Ameristar Casino

**See Page 8 for Additional Parks & Rec Info**

**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 Throwned 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*



**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 to Mar 1 and Mar 5 to 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  
 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

## Chief Steven Rosenthal Retiring



It is with great regret and warm wishes that the Ferguson Fire Department announces the retirement of Chief Steven Rosenthal. Chief Rosenthal has served the City of Ferguson and its fire department for 41 years. Chief Rosenthal also spent 5 year (1981-1986) as a Public Safety Officer serving as both a Police officer and Firefighter. After moving up through the ranks of Captain and Assistant Chief, he was promoted to Fire Chief in 2002. He will be missed and we wish him well during his

well-earned retirement.

## Three City Promotions



### John Hampton, Fire Chief

As Chief Rosenthal retires, we would like to welcome his successor, Fire Chief John Hampton. Chief Hampton joined the department in 1996 and while rising through the ranks, he has become one of the department's most highly decorated firefighters. Chief Hampton has long considered it an honor to serve the community of Ferguson and he is looking forward to continuing that service while leading its fire department.



### Jeremy Corcoran, Assistant Chief

Captain Jeremy Corcoran has been promoted to the rank of Assistant Chief. Jeremy joined the Ferguson Fire Department in 2002, became a Captain in 2010 and is excited for the challenges of his new role as a Chief Officer with the Ferguson Fire Department.



### Aaron Bockhorst, Captain

The Ferguson Fire Department is proud to announce the promotion of Firefighter Aaron Bockhorst to the rank of Captain. Captain Bockhorst has been with the department since 2006 and has always put a great deal of emphasis on training and education. He has achieved many state certifications in his field and he is the lead instructor of Fire Science at Jefferson College. He will be a welcome addition to our officer corps.



## Samaritan's Feet



Samaritan's Feet International Joins Community Partners and Residents to Serve Ferguson Children for National Day of Service in Honor of the Dr. Martin Luther King, Jr. Holiday

Samaritan's Feet International joined a host of community partners including the City of Ferguson, Emerson Family YMCA, Community Forward, Inc., the Urban League of Metropolitan St. Louis, Metro Transit, and residents, to serve the children of Ferguson through a recent shoe give-a-way held at the Emerson Family YMCA.

Samaritan's Feet generously donated random variety of new stylish athletic shoes/socks to over 500 children, in grades K-6, who live in Ferguson and attend Griffith, Bermuda, Vogt, Lee Hamilton, Central, Cool Valley, Koch Elementary School in the Riverview Gardens School District, and Johnson Wabash Elementary Schools.

On Sunday, January 14, 2018, volunteers from Samaritan's Feet and the community greeted families at the YMCA and shared words of hope and encouragement, while fitting the children with new pairs of shoes/socks. Metro Transit provided free roundtrip transportation, from the schools to the YMCA, for those who needed it.

Samaritan's Feet International serves and inspires hope in children throughout the world by providing free shoes as the foundation to a spiritual and healthy life, resulting in the advancement of educational and economic opportunities. Their shoe give-a-ways always include feet washing and inspirational dialogue with the recipients. As a part of their 2018 National Day of Service Campaign in honor of the Dr. Martin Luther King, Jr. Holiday, Samaritan's Feet served over 11,000 individuals in 22 cities across the United States in January. The Ferguson event was a part of that exciting campaign.

## "Alzheimer's--A Family Challenge"

"Alzheimer's--A Family Challenge" will be the program for the February 19 meeting of the Ferguson-Florissant Branch (North County) American Association of University Women. Mrytis Spencer, Community Outreach Coordinator, and Andrea Denny, JD, who work for the Knight Alzheimer Research Center of Washington University will be the program presenters.

The meeting will be at 10:00 am, **Monday, February 19**, at Immanuel UCC, 211 Church Street, Ferguson. The program is free and open to the public. For more information, call 314-522-0413, 314-831-5359, or 314-831-6884.

**MEMBERSHIP MEETING**  
 Thursday, February 8th  
 Moolah Temple Grand Ballroom  
 Get your Cupid on!  
 Come dressed in **Pink** or **Red** to be entered into a special drawing!  
 Sponsors:  
 Charter Business, NJC printing, MEDIA

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



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## Financial Focus

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

### Tax Plan Effects – Good or Bad?

Right before year-end we saw the new tax plan pass. Discussions on how this would affect everyone began to surface. We've heard talk of too much in cuts for big business and, too little for the middle class. And of course, the cost of the plan creates more spending and increases the deficit. That doesn't sound good. If that wasn't enough, concerns for health care are also being voiced. In the new plan no one is required to buy health insurance again. If you recall this was a flaw in our system prior to the Affordable Care Act. Rising costs were blamed on those without insurance. Getting more people insured and increasing regular health maintenance was supposed to help reduce the costs eventually by improving health for everyone. But that never really happened. It was going to take quite a while and we didn't have time to wait.

Within less than two weeks gloating began about the positive impact the new tax plan was already having. With the reduction in corporate taxes, many companies spread good news for employees with bonuses and raises to help share their windfall. I don't mean to seem skeptical, but seeing this reaction so quickly made me wonder if it could really be attributed to just the tax plan. Although the ink was barely dry, the law took effect on the first day of the New Year. We aren't used to seeing things happen so fast. Maybe that's another reason we're seeing so many businesses wanting to share their good fortune. And if you listen to the other side, some believe big business is just trying to get cozy with the President. We'll have to wait and see if that works.

No matter what, it is happening and there are also some not so positive reactions as well. Give Wal-Mart a pat on the back for giving out bonuses and pay raises for thousands of employees. That's great news and as they explained they are sharing the positive effects of the new tax cuts on their bottom line. Meanwhile, if you work for one of the 63 Sam's Club Stores you might not be so gleeful. I don't recall seeing them blame the new tax law for closing some stores, so I guess it's just a business decision due to slow sales. And there are those who see this as Wal-Mart finally recognizing that paying decent wages can improve its image and sales.

I guess it's human nature to want to blame someone else for failures and take credit for successes even if they may not all be yours. So we shouldn't be surprised about this reaction or those who like to point out that some of the good economy we've enjoyed during Trump's first year is due to his predecessor. This tax plan like most changes will have different effects for different people depending on their situations. So perhaps we should take a wait and see attitude. By now you might be getting your first paycheck in February and hopefully, you'll see some extra spending or saving money. The big change in taxes will really show up when you prepare your return for 2018 next year.

The elimination of some itemized deductions, and the increase in the standard deduction will change the way many manage their tax returns. This may cause most people to do the short form which could eliminate the need for some tax preparers. If this change simplifies the tax preparation it may save us in many other areas of the economy; what could we do with the time saved from preparing complicated tax returns? Of course, there is also the down side because some tax preparers could lose their jobs if they aren't needed.

And we've already heard some grumbling from the mortgage and real estate market. They aren't too happy with the thought that the mortgage interest deduction won't seem so important anymore and might reduce home sales. If housing changes to more of a renter's market, what will that do? We could need more landlords. And on the down side we may not be able to sell all the houses on the market. That might cause a drop in values. No one wants to see that again.

Another deduction may have a negative effect on non-profits. Working for a non-profit, I did notice something the last week of 2017. We had several already generous donors make an extra gift to help cover their tithe for 2018. The reason given had to do with concerns that they would no longer have enough deductions to itemize with the new tax plan. And soon I began to hear from other non-profits worried about donors reducing their giving with the new tax law. I guess we'll see who truly cares about a cause. Those who continue to give even when they don't get a tax deduction will likely be giving to those non-profits they truly believe in and want to succeed. The change might also help drive some new ideas on fundraising for non-profits.

The expansion of the Tax Savings 529 Plan which allows parents to put away funds for college with some tax benefits seems to be generating some enthusiasm. Now these plans can be used for tuition at private and religious K-12 schools. Some expenses for home schooling may even be covered with the plan. The effect from this change may lead to more school choices for parents and will be a benefit for those who are paying tuition now. There is another possibility; what if more parents abandon public schools in search of a better education; would that hurt those left behind? Or would it create an incentive to improve public schools so they can compete better with the tuition based schools. That could be a good thing.

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- Pay attention to your surroundings. Park in a well-lighted area, with people and other cars nearby, if possible.
- Be particularly careful between 8 p.m and 2 a.m. The highest number of carjackings occurred during those hours in St. Louis County last year.
- If you feel you're being followed, don't park. Drive around the block or to the nearest police or fire station, and call 911 if the vehicle is still following you.
- Cooperate. Your vehicle and your possessions are not worth a trip to the hospital or your life.
- Pay attention to your attackers, so you can provide a detailed description of them to police, and then call police immediately.

So we don't always know what will really happen with a big change like this. The last time taxes changed this much was in the eighties. Businesses don't always do what economists predict they will. If they hire more people and pay them better with their lower taxes we might achieve the economic stability we are looking for. They don't always do that. And people don't always react the way economist expect either. Saving more could be a good thing; we've been told Americans don't save enough for years. So if the result of more saving is too little spending that could be bad. So we need some balance. At least we have gotten something done and it will hopefully make things simpler with regard to tax returns and give a jumpstart to the economy. It's better than doing nothing. I am anxious to see the effects over the next few years.

One more thing to remember is that after 2025, most of the tax cuts for the people will expire. However, the reductions for businesses will be permanent. To be realistic we know nothing is really permanent; it can always be changed if the right people are in office. However, if corporations do really get the economy moving maybe it can be truly attributed to the cuts made today and we can know that what we hoped would work, really did. And whoever happens to be in office during that future economy can take credit. Of course, if things haven't panned out we always have a past administration to blame.

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

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## February in the Garden

Trim deciduous hedges before the birds start nesting.

Vines such as Ivy, Virginia Creeper and Boston Ivy can be cut back now to keep windows, gutters and roof tiles clear.

Wash empty pots by scrubbing them with hot water and a mild detergent. Rinse them well afterwards.

The weather is still cold this month so hang fat balls and keep bird feeders topped up to attract birds, who will in turn eat pests in your garden.

If you don't already know what type of soil you have, invest in a soil testing kit to help you choose the right plants for your garden.

## Friends of Ferguson Disc Golf at Hudson Park

What a winter we've been having. The Friends of Ferguson Disc Golf continue to work and beautify Hudson Park Disc Golf Course no matter the temperature. We recently had one work day barely making in to the 20's and another in the 50's. We've saved more trees and gotten rid of more vines and Honeysuckle, all the while making more work for Ferguson Public Works.

We will continue to work at the course on the 1st and 3rd Saturday's of February and March. We welcome any assistance to help clean the park. Even if you just have an hour, we could use your help in hauling brush or picking up trash.

We've seen and talked to many players who have born the cold and came out and enjoyed the course we've created. So if you see us, stop by and say hi. We always try to take the time from behind the chain saw to talk to players and get their opinions and feeling on the course.

If you are a newbie or advanced player to disc golf, come join us on Tuesday nights at 5:30 for a round. We play year round (yes in the dark) and would love to show how off the course and how to play.

As usual If you are interested in joining us, watch for updates on our Facebook page [www.facebook.com/Fergusondiscgolf](http://www.facebook.com/Fergusondiscgolf) or email [fergusondiscgolf@gmail.com](mailto: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,  
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## 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](http://www.destinationdiscipline.com).



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**Under The Hood With Robinwood**  
By Bob McGartland

**The Love We Have For Classic Cars!**

There's no doubt that we love our cars. No matter if it's the vehicle we drive regularly, one we drive only on special occasions – such as a long road trip, or classic cars that we collect, Americans are proud of their cars – proud of the automotive history of the last century!

Classic car collecting and restoration is a hobby that many do. Even American celebrities fall in love with them. Jay Leno, in addition to hosting the Tonight Show, is known for his huge collection of antique cars and motorcycles going all the way back to the early 20th century. Past stars that are known for their love of cars are Larry Hagman and Steve McQueen.

Any mechanic in love with automobiles would love to work on some of the classic antique models of the past. What car fanatic wouldn't love to turn up the hood of a Model T Ford and customize it to their liking, or create their own unique "classic car" from the shell of a discarded auto. Even those who feel no attraction to classic cars can't help but notice when one turns the corner, or pulls up behind them at the gas station.

If you love cars, know the market, know a good mechanic or if you are a good mechanic yourself, and are good at finding deals – finding, repairing, and reselling antique automobiles can be an excellent investment. Like any other form of investment, there are cycles of when to buy and sell. There are times when you have many buyers vying for the same model of car. The key is

knowing when to buy, when to sell, and what to look for. There are also classic car shows, where you can enter a classic car you have restored or maintained. Many people attend just to look at all the beautiful cars that are restored to their prime condition, and on display to see.

One of the reasons people love antique cars is that, for them, it brings back childhood or teenage memories. Maybe they had their first date in that car, or that is the car the family went on annual picnics, or maybe it was the car to have when they were young but they couldn't afford it. It may also bring back memories of working on a car with a family member like father or grandfather, in the garage when you were young. The nostalgia market is worth billions of dollars and those longing for the antique or classic cars of their youth account for only a small piece of it. Pursuing a love of antique autos is just another way of looking fondly and nostalgically back at our culture and remembering our country's history.



No matter what type of car is your daily driver, keeping it properly serviced and maintained is most cost-effective way for safe and reliable transportation. Who knows in 20 years from now, this could be your next classic car? If you notice anything out of the norm, we are always here to help at Robinwood, and we will be happy to see you!

P.S. That's a Hemming pictured above, in case you were wondering.



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## MCCLUER SWIMMER ENDS HIGH SCHOOL CAREER AMONG BEST IN STATE

McCluer High School senior Drew Tallent ended his stellar high school swimming career by placing among the best in Missouri during the MSH-HAA State Swim Meet, Class 1. Tallent placed fifth in the 100-yard butterfly with a time of 53.81 seconds and ninth the 100-backstroke with the fifth overall fastest time of 55.54 seconds. This was Tallent's third trip to the state swim meet.

Tallent consistently won events throughout his senior swim season and became a known and respected adversary for many teams in the region. He holds school records in three individual events -- backstroke, butterfly, and 500-freestyle -- and broke his own school records in the backstroke and butterfly this year.

Tallent also holds the pool record at McCluer South-Berkeley, McCluer's home pool, in the backstroke, butterfly, 500-freestyle, 50-freestyle, and the individual medley. He has accomplished all of this while maintaining a 4.34 GPA and dual enrollment at St. Louis Community College-Florissant Valley.

Tallent has been selected by the Missouri Interscholastic Swimming Coaches Association to be part of the All-State Interscholastic Swimming Team. After graduation, he plans to attend Missouri University of Science and Technology to pursue a major in mechanical engineering.

## MCCLUER HIGH CAFETERIA TEAM IS A "CUT ABOVE THE REST"

The McCluer High School cafeteria team is the latest recipient of the district's Southwest Food Service Cut Above the Rest Award. The rotating award is earned monthly by a cafeteria team that performs above average in compliance and service metrics, while also increasing school morale through positive interaction with students and staff, and serving nutritious and wholesome meals.

The Cut Above the Rest Award was earned by the McCluer cafeteria team for cleanliness, exceptional seasonal line decor, and creating a positive environment for students. "They have also formed a strong relationship with McCluer administrators and staff," said Antonio Adams, co-director of food service.

The McCluer cafeteria team is lead by kitchen manager Karen Davis and Peggy Crafton, snack bar manager. In addition to receiving the Cut Above the Rest trophy, each team member received a certificate of appreciation and gift card.

## LOCAL HIGH SCHOOLS RECEIVE SAFE SPORTS SCHOOL AWARD

All three high schools in the Ferguson-Florissant School District -- McCluer North, McCluer South-Berkeley, and McCluer -- are recipients of the National Athletic Trainers' Association (NATA) Safe Sports School award for their athletic programs. The award champions safety and recognizes secondary schools that provide safe environments for student athletes. The award reinforces the importance of providing the best level of care, injury prevention, and treatment.

In order to achieve Safe Sports School status, athletic programs must meet the following criteria:

- Create a positive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse a venue-specific Emergency Action Plan
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Be sure athletes and parents are educated of the potential benefits and risks in sports as well as their responsibilities

About NATA: National Athletic Trainers' Association (NATA) Athletic trainers are health care professionals who specialize in the prevention, diagnosis, treatment and rehabilitation of injuries and sport-related illnesses. They prevent and treat chronic musculoskeletal injuries from sports, physical and occupational activity, and provide immediate care for acute injuries. Athletic trainers offer a continuum of care that is unparalleled in health care. The National Athletic Trainers' Association represents and supports 43,000 members of the athletic training profession. Visit <http://www.nata.org/>.

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## New Face at the EarthDance's Farmers Market Booth

Deborah Rice-Carter is joining the EarthDance team as our new Market Manager!

Deborah is a longtime resident of Old Ferguson West and a community leader, acting to strengthen the Old Ferguson West neighborhood. Deborah is also currently a St. Louis ReCast Community Delegate, working to design and implement projects focused on violence prevention, peer support, mental health, and youth engagement in their communities. In addition, she is a Neighborhood Leadership Fellow with the St. Louis Promise Zone-St. Louis Economic Development Partnership. The mission of Neighborhood Leadership Fellows (NLF) is to increase and amplify the voices of North St. Louis City and County residents at the civic decision-making tables in order to produce more equitable regional policies for neighborhoods.

In addition to her work at EarthDance as a champion of healthy, local foods, Deborah is a gardener, youth educator, and artist:

"Hello everyone, I am excited for this opportunity to join the EarthDance family to help bring farm fresh produce to this community. Healthy food is a path to having positive health outcomes and locally grown food is important" --Deborah Rice-Carter

EarthDance is thrilled to add a devoted, energetic, familiar face for so many Ferguson residents to the team. Welcome Deborah, and come visit her at the Ferguson Farmers Market!



Deborah Rice-Carter working at the EarthDance booth. Deborah is the new EarthDance Market Manager.

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 A User's Guide to Healthy Knees

Healthy knees require continuous motion. However, our generally sedentary lifestyles are at odds with the maintenance of robust knee joint architecture. Left motionless throughout large portions of the day, over time knee cartilage will break down and knee ligaments will become lax. These chronic changes are frequently associated with other degenerative alterations in knee joint architecture often resulting in pain in one or both knees. Increasing discomfort may cause a person to become even more inactive, creating a feedback loop of lower levels of activity and higher levels of knee pain. Paradoxically, the solution to many of these knee problems is to begin a program of progressive and rehabilitative activity that incorporates repetitive knee motion.

Continuous passive motion is a primary modality used in rehabilitation of knee mechanics following total joint replacement. Importantly, similar rehabilitative concepts may be applied in the management of many painful knees. The primary principle followed by such rehabilitation is "use it, or lose it."

Activity creates a demand for nutrients. Increased motion increases blood flow, which provides oxygen and nutritional building blocks that are required for bearing weight and movement. In the case of knee joints, increased workloads improve the capacity of the knees to do work, creating a new, positive feedback loop. As your knee joints adapt to increased activity, the physiological momentum shifts, in a sense, from a trend toward painful arthritis to a trend toward improved function, greater tolerance for physical loads, and diminished pain.

Beginning a daily walking routine will launch this entire process of knee rehabilitation. Start gradually, at a slow, comfortable pace, and walk for 10 minutes. After a few days, your body will begin to adapt and you will be able to gradually increase the duration of your walks. Add a minute or two every few days until you're walking a total of 30 minutes. Then gradually increase your pace, over a period of 3 or 4 weeks, until you're able to walk briskly for 30 minutes. Doing a brisk 30-minute walk 5 times per week will provide you with a substantial baseline from which to begin to pursue additional forms of exercise. Overall, for most of us physical activity is the best method for returning to good health.

Regular chiropractic care will provide significant assistance in your return to peak levels of health and physical performance. By detecting and correcting sources of nerve irritation and spinal joint dysfunction, regular chiropractic care helps ensure that your body is functioning at maximum capacity and protects your ability to get the most out of your exercise activities. In this way, regular chiropractic care helps you and all the members of your family obtain and enjoy ongoing health and well-being.

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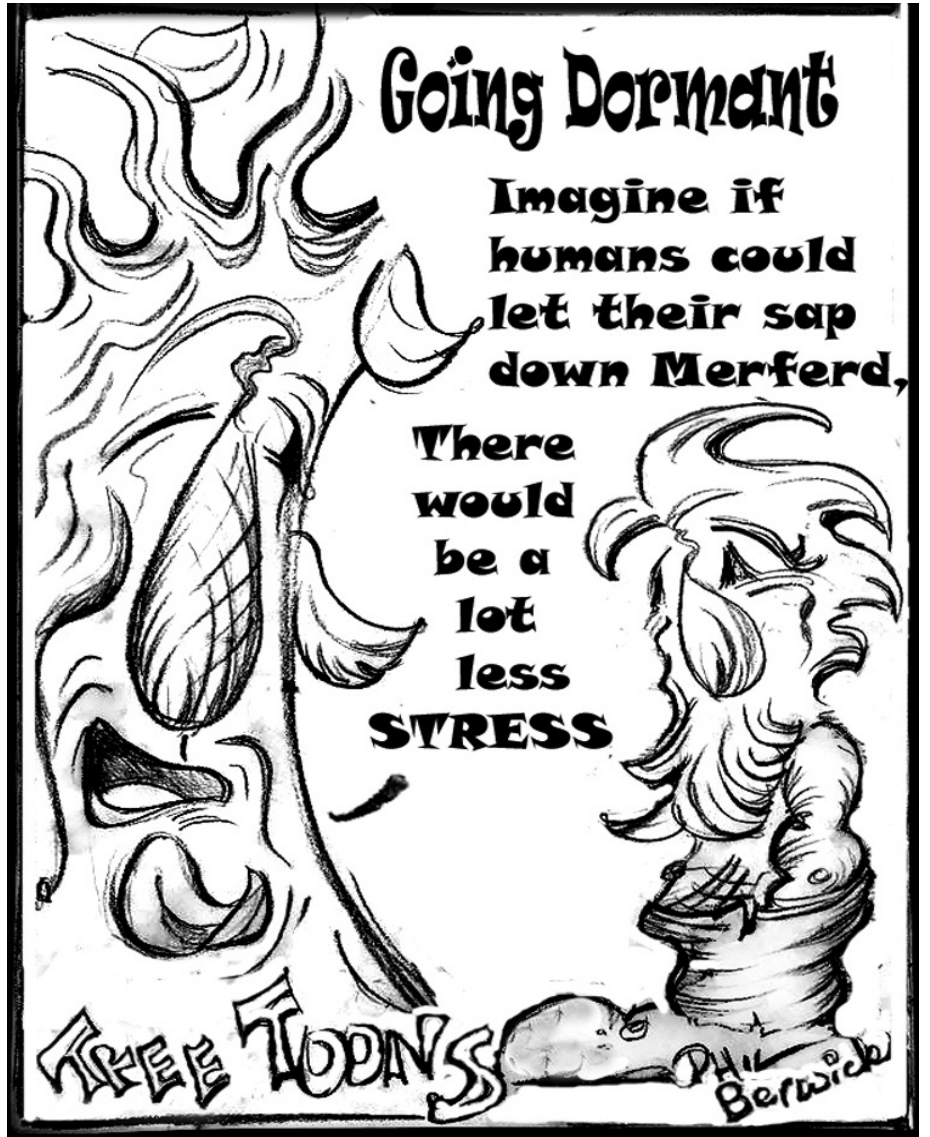


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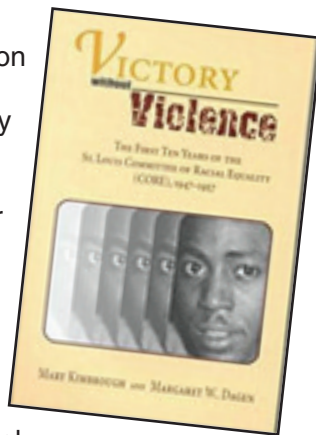
## A Word From Our Planet

Plan your valentine for Mother Earth as you snuggle in with seed catalogs. Plan your garden, your native plants, and your edible landscaping now so you can hit the ground running when the weather breaks.

Your Ferguson Eco Team

## Book Club Anticipates a Very Special Treat

The February 12 meeting of the Ferguson Readings on Race Book Club will feature a presentation by Billie Teneau, who participated in sit-ins in St. Louis in the 1940s. This extraordinary opportunity to see history as real lived experience arises because the club enjoys having Ms. Teneau as a member. She is also featured as a young mother in the civil rights exhibit at the Missouri History Museum.



The book suggested for background reading is *Victory Without Violence* by Mary Kimbrough and Margaret W. Dagen, which documents the first ten years of the St. Louis Committee of Racial Equality, from 1947 to 1957. This is available at Left Bank Books at a 20 per cent discount or people participating in the book club.

The book club meets at 6 p.m. at the Ferguson Public Library at 35 North Florissant Road in Ferguson on the second Monday of each month. The public is always welcome. Contact Amy Randazzo at the library at arandazzo@fergusonlibrary.net or Carla Fletcher at carlajeanfletcher@yahoo.com for more information.

## JOBS and MORE STL Workshops

Do you need a job? Or want a better job? JOBS and MORE STL offers workshops and seminars, and has training in our community and with our youth in the after school program. Prepare now for your future. Take the first steps to build your resume, and target your next job.

Here are some thoughts to share:

- Excellence: We are what we repeatedly do. Excellence then, is not an act, but a habit. Will Durant
- Success: We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort. Jesse Owens
- Preparation: I feel that luck is preparation meeting opportunity. Oprah Winfrey

JOBS and MORE STL, is a Ferguson-based 501(c)3 non-profit, providing training and motivation in the job search process. JOBS and MORE STL's goal is to arm job-seeking achievers with the skills and drive necessary to find employment that aligns with their individual strengths and interests.

In addition to the one-day Resume Builder Seminar, JOBS AND MORE STL offers RISE ABOVE Workforce Training Workshops. Training topics include Keys to Professional and Personal Success, Resumes, Practice Interviews, Interpersonal and Communication Skills, and more.

Interested in participating in this opportunity? Or have questions? Contact JOBS AND MORE STL at jobsandmorestl@outlook.com or 314.922.5059, or visit the web at jobsandmorestl.org

## Two Bermuda Elementary Students Win National Great Rivers Museum Writing Contest

Fourth-graders Taliyah Williams and Zamyah Alexander from Bermuda Elementary were the only students from the Ferguson-Florissant School District to win the "Bonkers for Birds" writing contest. This year's annual Masters of the Sky contest presented by the National Great Rivers Museum received over 2,102 student submissions. One winner was selected for each bird species found in the state of Missouri.

The students will be recognized and presented with their award at a ceremony taking place on February 17, 2018, at the National Great Rivers Museum. Their winning submissions will be on display at the National Great Rivers Museum and also posted in a field journal created by students across Missouri and Illinois.

## 2018 St. Louis County Extension Council Annual Dinner and Fundraiser

Announcing Councilman Dr. Sam Page as the keynote speaker for the 2018 St. Louis County Extension Council Annual Dinner and Fundraiser

The St. Louis County Extension Council is pleased to announce Councilman Dr. Sam Page, Saint Louis County Council Chair and Councilman for District 2, as the keynote speaker for our 2018 Annual Dinner and Fundraiser. Dr. Page was re-elected St. Louis County Council Chair for this year. He is committed to strengthening the St. Louis area, educating the community, and keeping everyone safe. His work on the Council has helped him identify strengths, opportunities and areas for improvement in the St. Louis area. Dr. Page received his undergraduate degree in Chemistry and Doctor of Medicine from the UMKC School of Medicine. He is currently a physician anesthesiologist at Mercy Hospital in St. Louis and an Assistant Clinical Professor of Anesthesiology at St. Louis University Medical School. The health and well-being of residents in the Saint Louis area remains a top priority for his mission on the St. Louis County Council. He initiated and passed legislation to raise the legal age to purchase tobacco products to 21 in St. Louis County. In addition, and he initiated and passed the Prescription Drug Monitoring Program in St. Louis County that now covers 80% of Missouri residents. He strives to support key programs that will enhance the health and viability of the St. Louis area. With his visible support and collaboration with St. Louis County, we will continue to grow our valuable programming throughout the St. Louis area. Together, we can continue our mission of the University of Missouri Extension in Saint Louis County.

We invite all of St. Louis to come and be a part of MU Extension by attending the 2018 Annual Dinner and Fundraiser. We will be honoring constituents with partner recognition awards, displaying some of the work we continue to provide Saint Louis County residents, networking, and enjoying a delicious buffet dinner.

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

You are cordially invited to attend the **2018 ANNUAL DINNER AND FUNDRAISER**. WE ARE PROUD TO HAVE ST. LOUIS COUNTY COUNCIL CHAIR, DR. SAM PAGE, OF THE 2ND DISTRICT, AS OUR KEYNOTE SPEAKER.

UNIVERSITY OF MISSOURI Extension St. Louis County

**FRIDAY, MARCH 30, 2018**  
6:00 PM - RECEPTION | 6:45 PM - PROGRAM / DINNER  
ORLANDO GARDENS IN MARYLAND HEIGHTS  
2050 DORSETT VILLAGE, MARYLAND HEIGHTS, MO 63043

Dinner Ticket: \$35/person (\$275/table of eight) | Reservations Required by March 21, 2018  
Sponsorships available & Donations accepted.

Inquiries to: 132 E. Monroe Ave, St. Louis, MO 63122 | 314-400-2115 | <http://extension.missouri.edu/stlouis/>



**Zion FISH FRY**  
Friday, Feb. 16  
4:00-7:00 p.m.

Dinner include Cod, Catfish, Shrimp or Chicken Strips.

Sides:

- Spaghetti
- Mac 'n Cheese
- Fries,
- Green Beans
- Cole Slaw
- Plain and Jalapeno Hush Puppies

All items available in bulk as well as dinners.

Eat in or Carry Out

Weather permitting there will be seating outside

Zion Lutheran Church – 123 Carson Road – Ferguson

## 20th annual Zion Trivia Saturday, March 17 At the Savory

DINNER AT 6:00 P.M.  
GAMES BEGIN AT 7:00 P.M.  
Bring your friends and family to a night of Trivia fun!





By Bob McCarty

As we approach tax refund time, we start to see an increase in window replacement ads. If you're considering this, do a little research so you can spend your money where it counts. Search the internet and you will learn where homes lose most of their energy. 'Bob on Job' works with the restoration of your original windows because our stock of historical windows, and buildings, are dwindling and once they're gone, they're

gone. I just hate seeing people throwing their windows and their money in landfills. Let's take a look at a couple of directions to improve the energy efficiency of your older home.

But first – Did you know that older homes were built with energy conservation in mind? Air conditioning wasn't available in the early 20th century. Dishwashers and electric stoves were still waiting to be a part of our everyday life. When these luxuries, (that we take for granted these days) and energy was cheap and plentiful, was when most of the least energy efficient homes were built. That time was between the years 1940 and 1975. Recent studies have shown that older homes are more energy efficient than the homes built during those years.

A while back we looked at the World War 2 era houses that were built after the war. There were a couple of house designs and they were built one right after the other to keep up with returning service man in pursuit, of the 'American Dream'. Did the construction trade think about energy efficiency, with the abundance of fossil fuels available to be disposed of at our decreation. Even some of the homes built today, even though they are well insulated, don't perform as the homes that were built in the early 20th century because the natural sources of physical comfort, heating, lighting and ventilation, have not been taken under full consideration.

Enough of this soap box, let's talk a little about how we can conserve energy today.

If you are lucky enough to live in an older home that hasn't been altered, your home was built with your personal comfort in mind. How the home was placed on the property, the large soffits, the placements of the windows all played a part to the physical comfort of the occupant.

Let's talk about a couple of directions where we can save energy in our homes, older and newer. First, and the cheaper direction, is to use a passive route. The second, and more extensive route, is the retrofitting of new materials into the fabric of the building. (Investigate the materials you are using in regard to your home. Some materials, such as expanding foam, may or may not be a good choice to use in your retrofit. It's better to do the research rather than to find out later that it wasn't a good choice.)

Using a passive approach would be to survey how and when rooms are to be used.

- Lowering the thermostat in the winter and raising it in the summer is the most common sense approach. Put on a sweater or have a pile of blankets next to the coach for an evening in front of the television.
- Close off the rooms not being used and control, with dampers in the vents, the temperature in the rooms being used.
- Maximize natural light. Turn off the lights when you leave a room and control the numbers of lights that are turned on in the rooms being used.
- Maximize fresh air by using operable windows when the outside temperatures permit. They were built to help control your interior's comfort.
- Maintain your mechanical equipment serviced regularly and don't forget to change the filters.

By using these few measures you can save as much as 30% of the energy used in your home.

There are many retrofitting measures that could help conserve energy in your older home than is listed here, but these two were at the top of the list that I had researched and the way I look at it, the top of the list is the most important.

- Air Infiltration is the culprit that leads to substantial energy consumption. Loose windows, doors, and cracks in the exterior shell of the house are invitations to air infiltration into your home. You don't need to yank out the old windows and doors and replace with new; remember what was said earlier about research: by adding weather stripping to windows and doors as well as caulking cracks on the envelope of the building will help cut back air infiltration. Just remember, that some infiltration is needed to help with moisture migration. If your home is too closed up, condensation problems will begin and you could get rotted sills and possibly mold and mildew problems.

- Attic insulation will prevent the warm air that rises from rising right on out of the house. If your attic doesn't have flooring and the joists are exposed, insulating the floor is your best direction. If there is a floor in the attic, insulating between the rafters of the roof is the second best direction. Just remember that if you are insulating the floor, the vapor barrier should be facing down and if you are insulating at the roof, the vapor barrier should be facing in. And of course, ventilation of the attic is just as important as it is in the rest of the house.

Saving energy without proper ventilation will produce condensation. Even though your saving money on your energy bills the condensation is invisibly causing problems that will cost you a lot more than you saved with your retrofitting.

Until next month, stay warm and remember that Bob is on the Job working to help you live comfortably in your older home. Don't forget to do your research before you do something you may regret in the future.



MID-EAST  
AREA AGENCY  
ON AGING

## Did You Know

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

Over 55 million people are enrolled in the Medicare program and that number is expected to continue to rise. Making Medicare fraud protection even more valuable. Starting April 2018, The Centers for Medicare and Medicaid Services will mailing everyone receiving Medicare benefits a new Medicare card. The new cards will be removing social security numbers and will be replaced with a Medicare Beneficiary Identifier. Your coverage and benefits will not change with the new card and your information and identity will be more secure and protected.

The Missouri Senior Medicare Patrol has information on how to protect yourself from identity and health care fraud.

- Don't share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you've given them permission to in advance. Medicare will NEVER contact you (unless you ask them to) for your Medicare Number or other personal information.
- Don't ever let anyone borrow or pay to use your Medicare Number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.

If you need to enroll in a Medicare plan:

- Remember there are no "early bird discounts" or "limited time offers."
- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true."

If someone calls you and asks for your Medicare Number or other personal information, hang up and call the Missouri SMP at 1-888-515-6565

Here's how you can get ready:

- Make sure your mailing address is up to date.
- Beware of anyone who contacts you about the new Medicare card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends or neighbors.

If you have any question, call a MEAAA Information and Assistance Specialist at (636) 207-0847.

(Information for this article came from Missouri SMP and Centers for Medicare & Medicaid Services.)

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

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

### Ferguson Senior Resource Center

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

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

#### Upcoming Activities

Tuesday, February 6th 10:00 - 11:00am "Legal Assistance"  
Friday, February 16th 10:00 - 11:00am "How to use a Smart Phone"  
Friday, February 23rd 10:00 - 11:00am "How to use a Smart Phone"

#### Weekly Activities

Tuesday at 9:30am Giggles and Grins  
Monday and Friday at 10:00am Bingo  
Thursday at 10:00am Movie Classics

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



MID-EAST  
AREA AGENCY  
ON AGING



## Blanche M. Touhill Performing Arts Center Valentine Special



Classic Albums Live performs: Eagles: Hotel California  
 Date: Wednesday, Feb 14, 2018  
 Ticket Prices: \$29; Seniors \$27; Students/Youth \$27  
 314-516-4949 or 866-516-4949

The Eagles are the greatest American band. Inside of CAL we've had long talks about this. Some argue for the Doors - others for CCR. But it's the Eagles. They sold the most records and their songs endure and will continue to endure for generations to follow.

We all have our personal image of what the Hotel California looks like. We can see ourselves in the lobby, we know what the staff looks like. We feel the vibe. That's the secret ingredient in making a Classic Album - being able to insert yourself into the album.

Hotel California is one of the greatest albums ever made. There's a reason why 'New Kid in Town' won a Grammy. The deep cuts - the ones that don't get radio play - those are the ones that are like finding gold on a beach. 'Wasted Time' is the ultimate heartache song. 'Pretty Maids All in A Row' is Joe Walsh's tour de force. And 'The Last Resort' should be taught in schools.

Classic Albums Live is simple in its quest: note for note - cut for cut. When you have amazing songs, a perfect album and a deep love of music - there's nothing else needed. 'Hotel California' features CAL at its best. We plan to continue to pay this great work of art the ultimate respect.



choice of sides, salad, and dessert as well as access to a private bar. Your first drink is included in the price, along with a Touhill cup, yours to reuse throughout the evening at any of the concession bars.

Dine in the elegant ambiance of the Touhill Lobby from a private table overlooking the Terrace lawn. Buffet dinners will feature a choice of entrées selected to harmonize with the evening's performance. Your \$28 meal also includes your

## Why Do Women Live Longer Than Men?

It's no secret that men die younger than women – nearly five years. Now a study shows that men tend to experience declines in mental abilities and memory earlier, too. Is it possible that behavioral differences between the genders could be playing a role?

- Eat like a woman. Surveys suggest that women generally eat more vegetables than men, while men eat more red meat. Studies have shown that consuming a diet featuring plenty of leafy green vegetables, whole grains, nuts, beans and berries – and not much red meat, butter, margarine, cheese, sweets, fried foods and fast food – can significantly slow age-related cognitive decline.

- Seek out mental challenges. Women are more likely than men to read books – or take adult-education courses in topics not directly related to their careers.

- Socialize; women tend to have larger social networks than men and are more likely to use social websites. A number of studies have found a link between social engagement and maintaining cognitive function.

*National Institute on Aging*

**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

## Read On...Live Longer

Book club members live longer.

It's not that readers are necessarily healthier than nonreaders – but getting together to talk about books appears to provide health-promoting effects that are comparable to those of regular exercise. Combining friendship with reading and other mental activities is a win-win because it lowers stress, and increases serotonin (a feel-good brain chemical and may even promote the growth of new brain cells).



**BOOK DISCUSSION GROUP**

Ferguson is lucky to have two book clubs that meet at our own library. The Reading on Race Book Club that meets on the first Monday of the month and the Tuesday Night Book Club that meets on the fourth Tuesday of the month.

*Bottom Line Health Breakthrough*

## Hugs Are Healthy

Behold the power of human touch.

Hugs don't just feel good, they strengthen the immune system. According to research conducted at the University of North Carolina, women who receive more hugs from their partners have lower heart rates and blood pressure. Hugging and other acts of touch increase oxytocin levels, which can reduce the risk of heart disease.

So cuddle longer with your grandkids or a pet, hug your spouse more often or treat yourself to a massage.

# February Happenings

## Candlemas Day:



February 2nd is Candlemas Day and marks the midway point of Winter (it is halfway between the fall and spring equinox).

In the Christian church, all the candles to be used throughout the year are blessed. In ancient times, candles were much more important than they are today because there were no electric lights.

Candles are lit during church services to remind people that Jesus is the guiding light who will comfort them through darkness and loneliness.

## Groundhog Day:

February 2nd is also Groundhog Day. It is the day that if a groundhog (or woodchuck) comes out of his burrow and sees his shadow, there will be six more weeks of winter. If he doesn't see his shadow, there will be an early spring.



The most famous groundhog is Punxsutawney Phil who emerges from his burrow at 7:25 a.m. at Gobbler's Knob in Punxsutawney, Pennsylvania. *(It may be noted that Ferguson has its very own groundhogs or woodchucks who live by the railroad trestle at the Ferguson Fountain. They are rather elusive so I don't know if anyone has seen them predict the weather.)*

## Snowdrops:



Legend has it that when Adam and Eve were banished from the Garden of Eden, Eve began to lose hope that the winter was never going to end when an angel appeared and turned the snow into a flower that is now called "snowdrop".

The snowdrop, which usually blooms in early

February became the symbol of hope, and is sometimes called the Candlemas bells.

## Lent and Shrove Tuesday:

Forty days before Easter usually falls sometime in February and is the beginning of Lent (it's actually 46 days before Easter because Sundays do not count). Since Easter is always on a Sunday, Lent starts on a Wednesday and is known as Ash Wednesday (February 14th this year). Catholics go to church on this day and have ashes spread on their foreheads in the form of a cross. It is the beginning of Lent. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

The last day before Lent (known as Shrove Tuesday) is a day for fun and food and enjoyment before the deprivation of Lent. Serving pancakes is a tradition in many households.



The Friday after Ash Wednesday is sometimes celebrated as Kissing Friday. Tradition was that schoolboys could demand to kiss the woman of their choice without fear of punishment. *(Better not try that today, boys!)*

## Valentine's Day:

Ah . . . romance. February 14th is Valentine's Day, originally a Christian celebration of St. Valentine, a 5th century martyr. Valentine's Day is now a commercial event that is second only to Christmas for production of greeting cards. Gifts also include candy, jewelry and flowers. It is surprising that roses is only the third most Valentine flower at \$39 million expenditure. Tulips are \$39.1 million, but lilies are \$76.9 million. *(I find this surprising, as I don't think I've ever heard of someone receiving lillies on Valentine Day.)*

Did you know that for every 119 single man (never married, widowed, or divorced) who are in their 20s, there are 100 single women (never married, widowed or divorced). On the other hand, there are 34 single men at age 65 to every 100 single women. *(No wonder single older men or so much in demand . . . oh you didn't know that?)*

Candy is a huge seller for Valentine's Day. In fact Skittles has just introduced a special candy for just this occasion. It comes in red, white and pink in flavors of Watermelon, White Grape, Yumberry, Strawberry and Cherry.



## Valentine Day Trivia:

On Valentine's Day, 2009, 39,897 couples, friends and families got together in Mexico City, and kissed for 10 seconds. It's the world record for the most simultaneous kisses.

While in prison for performing Christian marriages, St. Valentine befriended Julia, the daughter of the jailer. When the emperor Claudius discovered that he was still preaching Christianity from his jail cell, he was executed (270 A.D.). In his last letter to the jailer's daughter before his execution, he signed it "From your Valentine", which is where the holiday got its name.

California produces 60 percent of American roses. However, the vast number of Valentine's Day roses are imported, mostly from South America.

73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

15% of U.S. women send themselves flowers on Valentine's Day.

About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

In Victorian times, it was considered bad luck to sign a Valentine's Day card.

One-third of all Valentine cards are accompanied by gifts.

About 3% of pet owners will give Valentine's Day gifts to their pets.



Approximately 25 percent of Valentine's Day cards are humorous.

By the numbers: 70 percent of those celebrating the holiday give a card, followed by a telephone call (49 percent), gift (48 percent), special dinner (37 percent), candy (33 percent) restaurant meal (30 percent), and flowers (19 percent).

In the United States, 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts.

The oldest love poem was written on a clay tablet that dates back to ancient Sumeria, around 3500 B.C.

In 1866, candy manufacturer NECCO made the first "Conversation Hearts", originally called "Motto Hearts". Eight billion of these little candies are sold between New Years day and February 14.

More than 35 million heart-shaped boxes of chocolate are sold for Valentine's Day.

The Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine's Day.

Cupid is associated with Valentine's Day because he was the son of Venus, the Roman god of love and beauty. Cupid appears holding a bow and arrow, because he is believed to use magical arrows to inspire feelings of love.

In the Middle Ages, young men and women drew names from a bowl to see who their Valentine would be. They wore the name on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

**January 10th, 2018 meeting**  
 Reported by Keith Kallstrom  
 ( Keith.Kallstrom@gmail.com )



Capt. Dennis McBride opened the January meeting of the Ferguson On Watch, welcoming everyone. Lt. Bill Ballard was also in attendance assisting Capt. McBride.

The December 2017 Ferguson Crime Review was passed out to those in attendance. The officers discussed the crimes that happened during the previous month. We heard how a crime is classified onto the Ferguson review, when it is possible that the events and persons are from outside Ferguson, but end up in our venue.

One lady had a list of questions: "What happened to the homeless man that occupied the bench near the Urban League?" Capt. McBride reported that Metrolink pulled up the bench due to the multiple complaints they received about the man that constantly occupied it. A discussion about the homeless population in Ferguson then ensued.

Another question the new resident had was if she could be anonymous when she called in a suspicious event to 911. Capt. McBride confirmed that a person could ask not be contacted after the event was resolved. This also applies to those that call non-emergency events to the 522-3100 business number. When you see something that you think needs to be addressed, you call the police, and they will either address it directly, or indirectly by notifying the appropriate entity, like the water company, or electric company, or the sewer district, about the issue.

Another question had to do with what actions to take when you hear sirens and fire trucks coming up behind you. The answer is that you should pull to the right if it is safe to do so. If it is not, you can just stop in your lane, and the emergency vehicle will go around you.

**Annual Crime Statistics**

The Violent Crimes noted are Criminal Homicide, Rape, Robbery, and Aggravated Assault. The other Part 1 Crimes for Ferguson are Burglary, Stealing, Auto Theft, and Arson.

	Violent Crimes	Part 1 Crimes
2016	159	1134
2017	137	883
2016-2017	Down 14%	Down 22%

A pet question came up, and we were told that each home can have up to 3 dogs over 6 months old. Any more than that requires a kennel license.

**Next meeting date**

Our next meeting is March 14th, 7:00 PM at City Hall. Assistant Chief Allen Eickoff will be our guest speaker, with the subject matter being "Security".

**Sherlock's Pal**



When we create something new we usually have two qualities in mind: aesthetics or practical usage. Socks are good examples. I have written in this column before about my love affair with the new designer sock craze. Most of these socks are made for purely aesthetic purposes. They are often not the most comfortable socks in my drawer, and yet I do enjoy lifting up my pants legs to show off a catchy phrase or a cool design. (Of course, to be honest, I have a strange habit of rolling up my pants legs just for the heck of it. I call it "airing out my calves.")

Future historians will understandably give a nod to our thirst for beauty in such things as designer clothing, automobile styles, and living rooms arranged to maximize feng shui, and yet they will focus most of their research papers on our lust for convenience. From the invention of the wheel to the automobile, from the discovery of fire to wind turbines and solar panels, human beings can be distinguished from the rest of the animal species by its constant, stubborn, persistent search for convenience. We are always looking for ways to make things more "user-friendly": From fishing poles to rod and reels, wood stoves to electric ovens, horse and buggies to automobiles, and, most importantly, cardboard Scrabble boards to plastic boards with their little indented squares that keep the annoying tiles from scattering recklessly all over the board when someone sneezes or the dog's tail swipes across the board.

We don't even need a great reason to pursue convenience. I'm convinced, for example, that we invented straws just so we wouldn't have to lift our glasses of liquid any higher than what is absolutely necessary. There are obvious examples of our pursuit of convenience, such as the aptly named "convenience" stores and "smart" phones and televisions. Also, perhaps the primary reason most folks live in urban areas is to enjoy the conveniences of modern living: shopping centers, schools, hospitals, libraries, etc.

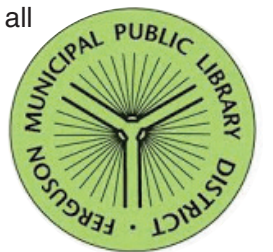
I could offer a list of thousands of examples of our dedication to the pursuit of convenience, yet I will settle for a "top ten" list:

- 1) slot machines with buttons (anything with buttons . . . although we should make the nuclear button much less convenient for certain world leaders);
- 2) bidets (because, you know);
- 3) golf carts (because we would hate to waste a good walk on a difficult game);
- 4) drive in theaters (although I propose we construct drive in snack bars for drive in theaters so we would never have to leave our cars except for bathroom needs);
- 5) park benches (so we can feed the birds while sitting down);
- 6) Velcro (for those of us who can't breathe while bending over to tie our shoes);
- 7) Interstate highways (because without them we wouldn't have Cracker Barrel restaurants);
- 8) direct deposit (so that when you write a hot check you can blame it on a technical malfunction);
- 9) the Super Bowl (so that we can watch commercials guilt-free); and
- 10) Facebook (because we all have a need to be "liked").

By the way, very little of this applies to the Amish, so there's that.

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

The FLIERS (Friends of the Ferguson Library) thank all the donors, volunteers, and patrons who helped us have yet another successful "Treasures, Trinkets, and Treats" Sale in December.



We already are preparing for our annual Spring book sale! Expected dates are April 19, 20, and 21, 2018. Look to the "Ferguson Times" for more information as that time draws near.

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# Artful Considerations

by Robin Shively

*"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."*

- Albert Einstein



Consider the quote above when viewing Good Shepherd Gallery's "The Work of Our Hands" exhibit which features the art of students from these north county Catholic elementary schools: Blessed Teresa of Calcutta, Christ Light of the Nations, Sacred Heart, St. Ferdinand, St. Norbert and St. Rose Philippine Duchesne. The exhibit,



being curated by Sarah Bogaski, an art teacher from Sacred Heart Elementary School in Florissant, will open Saturday, February 3, with a reception from 4-6 p.m. It will run through Saturday, February 24.

Other February art activities at Good Shepherd Gallery include:

- Friday, February 2, 7 p.m.: Visio Divina – a form of meditation that uses imagery, including fine art, to gain spiritual awareness and insights. Free, donations welcome.
- Friday, February 9, 7 p.m.: Sober Paint – a paint party especially friendly to 12 step program participants. Please reserve a seat by calling 314-522-1155 or emailing rgsicons@yahoo.com. Paint parties can cost from \$45 – \$ 75. A donation in support of the Gallery is requested according to your means.
- Friday, February 16, 7 p.m.: Grown-up Coloring. Pages and art supplies provided, or bring your own. Free, donations welcome.
- Friday, February 23 7 p.m.: Mandalas are circular images appearing in many different religious traditions as a means of centering, i.e., entering a meditative state. An introduction of the subject and basic instruction will be provided. No artistic ability is required. Promise! If you doodle, you will be more than ready to do this. Free, donations welcome.

Corners Frameshop & Gallery is hosting foliage artist Cindy O'Hare at a gallery night reception on Friday, February 2nd, from 5 till 8 p.m. Cindy's portraits and designs are created entirely of sticks, flowers, and 'other earthly odds n' ends'. After snapping a photo, she sends the foliage back to nature, then uses the images for her "Bee in the Bucket" cards and prints.



Recently installed at Metro's North County Transit Center are two large paintings by U.S. Navy veteran and Ferguson resident Nancy Schroeder. "Magnolias in Fibonacci" and "Turmeric Blossom" are from her "Still Life Fully Exposed" collection. Fascinated by the structure of flowers and the effects that light has through them, she explored both their color and delicate form on the outside, as well as their strong inner structure. She used a technique of superimposing layers of color to illustrate the movement of light through the structure of single blossoms. Nancy's work will be on exhibit through the end of March. The North County Transit Center on Pershall Road features quarterly exhibits by North County artists and is curated by David Allen of Arts in Transit and Robin Shively of Corners Frameshop & Gallery.

Stephanie Von Drasek, Stefannie Wheat, Kate Freeman, Dana Sebastian-Duncan and Glynis Mary McManamon have formed a committee to organize a special art exhibit: "#ThisIsMyFerguson" to run from Saturday, August 4, 2018 – Saturday, August 25, 2018. Art will be shown at Good Shepherd Gallery and the Ferguson Municipal Library, with additional venues being considered within Ferguson. All Ferguson residents and business owners, of all ages, are welcome to participate. Non-residents may participate for \$10 (\$5 for non-resident children).

The theme is meant to inspire work that speaks to these questions:

- What do you value about Ferguson?
- Do you cherish a memory from a distant or recent past?
- Is there something in the present moment that you want to affirm?
- Are you passionate about a vision you have for what Ferguson might become in the future?

Digital entries will be accepted from March 15-June 15. People who do not have the ability to get/send digitals can come to Good Shepherd Gallery for assistance. All entries are to be emailed to rgsicons@yahoo.com. The committee is also exploring ways to include spoken word and music, at least at the reception. Watch this space for further developments.

Ferguson area artists and art venues are encouraged to send information about their events to cornersframing@gmail.com for inclusion in future Artful Considerations columns.

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## STLCC-Florissant Valley Child Development Center Award

The Child Development Laboratory Center at St. Louis Community College-Florissant Valley has been named as the 2018 Program of the Year by the National Coalition for Campus Children's Centers, a nonprofit educational membership organization supporting excellence in programs for young children in communities of higher learning by providing opportunities for leadership, professional development, research, networking and advocacy.

The NCCCC Program of the Year award highlights the full scope of a program's work, the excellent staff, and the uniqueness and variety of programs, while still recognizing the leadership of directors and administrators.

The STLCC-Florissant Valley Child Development Laboratory Center serves as a learning experience for college students majoring in early care and education, or other related curricula areas. The center also provides developmentally-appropriate child care services to children ages 6 weeks through 6 years.

"The CDLC is a pillar of quality programming for children, supporting North County and the St. Louis region. Although we strive to make an impact on the community every day, we are so grateful and humbled to receive this honor that serves to validate the work we do," said Renee Mayse, director.

"I am truly blessed to be a part of the Child Development Laboratory Center and the community we serve. It is an amazing opportunity we have, to provide quality programming to college students and excellent care and education to the children who come to our center," said Mayse.

In the second year for the NCCCC honor, the Child Development Laboratory Center was chosen out of a number of submissions from across the country. The CDLC will be recognized at the National Coalition's annual conference in March 2018.

The Child Development Center (CDC) is a state and nationally accredited and licensed child care service for the community as well as the college's staff and students.

Working closely with the students majoring in Early Care & Education and other related curricula areas, the CDC provides developmentally appropriate child care experiences to children ages six weeks through six years in a variety of programs.

Visit the STLCC-Florissant Valley Child Care Center page to learn more about specific programs and services, enrollment and fee information, hours of operation and center staff.

STLCC-Florissant Valley  
3400 Pershall Road – St. Louis, MO 63135-1408  
314-513-4525



## The Best of Ferguson

— by Ruffina Farrokh Anklesaria, M.A.



### Georgia Denise Rossel



In December of 2001, I met my wonderful friend Georgia. My husband and I were looking to move out of the Central West End with our two young girls. We were searching for our first home in America and were all excited! Georgia was friendly and knowledgeable. I remember she told me back then that “Ferguson is the best kept secret in the real estate market!” Buoyed by her enthusiasm, charmed by the Victorian home I fell in love with, and happy with the diverse demographics Ferguson presented, we bought our first home on Tiffin Avenue and moved into Ferguson. I’ve now bought many properties here and Georgia has

been my patient agent and faithful friend throughout. In the meantime, she also became a Ferguson resident herself last year.

Georgia lived in Jennings for 35 years before that. Her company there was called Georgia D. & Associates. Georgia became more than just a neighbor when her son Max started first grade at BTC in 2007.

When I met Georgia in 2001, she was Executive Director of the St Louis Reinvestment Corp (SLRC), a church-based nonprofit organization that offered housing counselling. She had joined the SLRC as a consultant in 1997, with the position of Housing Director. My husband’s office was in the same building downtown, at the Centenary United Methodist Church. Ferguson used to have a housing department back then and she did counseling sessions for them.

Prior to her position at SLRC, Georgia was a volunteer with the Churches United for Community Action Association (CUCA) from 1995, when they were promoting improved neighborhoods through home ownership. The churches involved would host home buyer seminars. At these seminars, Georgia brought together professionals in the field: loan officers, inspectors etc., who counselled prospective home buyers.

After 9/11/01 everyone favored donating to the 9/11 cause and funding dried up for the SLRC. That’s when she started her own company in Jennings. Georgia is a Broker Associate at Alexander Realty, under the name Georgia Denise Rossel and Associates.

She has been a licensed realtor since 1994, and worked with Re/Max Results, Pearce Neikirk and Partners in Ferguson, Coldwell Banker and Associates and Keller Williams. She can sell real estate anywhere in MO but focuses on metropolitan St Louis, going as far as Hillsboro, De Soto, Foristell and St Charles. She enjoys doing business in Ferguson and is recognized by Zillow as a premier agent for the Ferguson zip code 63135. She appreciates the housing stock, the community and the demographics. She also loves the varied reactions she gets when she says she’s from Ferguson! She tells them: “come spend a weekend with us and see how awesome our people are!” She gave some out-of-own folks from Emerson a tour of our city and they were amazed that the Ferguson of the media is not the beautiful quiet one they experienced.

Georgia has two sons: Captain Joshua Desfalvy, who is of Hungarian heritage and Devendra Manish (Max) Ahuja, who is of Indian extraction. Josh’s paternal grandfather came to the US as a refugee when he was 18 and joined the airforce. Josh followed

Georgia’s sons, Capt. Joshua Desfalvy and Max Ahuja.



Son Joshua with his wife Marie Klass and daughter Josephine.

in his footsteps. After graduating from St Louis University High School, he went to the US Air Force (USAF) Academy and became a pilot. He flies the Boeing C40, which is a business jet that flies VIPs for the airforce; and the Boeing 767 for Delta Airlines. He lives in Newport Beach, CA with his 2 year old daughter Josephine Desfalvy, and her mother Marie Klass, who is a speech pathologist.



Max is currently a Junior at Lutheran North High School where he plays football. He works part-time at Thrifty Rental Cars. He is one of the founding members of the Pioneers Association of Sports and Scholars (PASS). In summer of 2017, Max went to China with PASS to coach basketball to village kids.

Georgia is a fun person to be around. My kids and I enjoy receiving her homemade toffee and Christmas crack! She used to foster dogs and I saw many cute pics of her with her dogs over the years.

She loves antiques and had a little antique shop for many years. She’s a real boys’ Mom; boating, wave running and camping with Max and his friends. She enjoys sewing, cooking, gardening and baking.

Georgia keeps busy with community activities as well. She’s President of Lutheran High School North Mothers Club and a member of the Ferguson Caring League. When she lived in Jennings, she was a police commissioner on a police board of five residents, for about five years. Their job was to interview and test candidates and make recommendations to the overarching council. They also acted as a tribunal for complaints against police officers. Prior to that, she was Chairman of Planning and Zoning, and Chairman of the Board of Adjustments for the city of Jennings for 10-15 years.

I’m happy that Denise and I have remained friends for such a long time and that she is now a happy member of the Ferguson family! I congratulate her for representing what is the Best of Ferguson!

Georgia stand proudly with her two sons.





**Ask Grandma**

**Ice Skating,**

I just read in the Post Dispatch about the Park Rangers telling skaters on the lagoon in Forest Park that they could not skate there . . . they had to go over to the Steinberg Rink on the other side of the park if they wished to skate. It also said that it is illegal to skate on any lake in public parks in St. Louis and St. Louis County.

I was shocked at that news. I learned to skate on a lake located in the subdivision where I lived when I was a child. My children learned to skate on January-

Wabash Lake. In fact I served on the Ferguson Park Board a number of years ago with the express aim to permit skating on our lake. Alas, to no avail. Not only did I not convince the other Park Board members about allowing skateing, but the weather did not cooperate either. It's been more than a few years since we've had weather cold enough, long enough, to skate on local lakes.

At one time, the news media would publish when it was safe to skate on the Forest Park lagoons. The rangers would drill a hole in the ice every day to determine the thickness. When it got to a certain thickness (I thought it was 5", but the paper said 3") I would pack the kids in the car and go to the lagoon that sprawls below the Art Museum.

I would tell the kids that my mother and dad (their grandparents) would regularly skate on that very same lake before they were married (maybe after they were married too). Mom and dad both had "Racer" skates (the kind that the olympic racers wear) and although I don't remember ever seeing them skate, I've heard that they were quite good.



Above is a sample of mom and dad's skates that I would see in the attic.

I have mentioned in prior articles that one year the Ferguson Parks Department laid down a plastic sheet at Wayside Park and flooded it for ice skating. This was very safe because it was only a few inches deep and no worry about anyone falling in. Also, because of the shallowness, it froze quickly and we could skate often. The first time I took the kids there (it was the year everyone got skates for Christmas) I cautioned them about venturing out on the ice before I had a chance of put on my skates. Not to worry . . . even the youngest took off as if they had skated all their lives. It was me who fell flat on her fanny as I stepped on the ice.

On another weather related item, this Christmas brought an inch or so of snow to the neighborhood. Since my house borders Lee Hamilton Elementary School, the grandkids brought their sleds and intertubes to slide down the hill alongside the school. Since neighborhood children had been sledding all afternoon, there wasn't much snow left on the hill. When I questioned how they found enough snow to sled, one of the older grandkids said, "But what snow is left is all ice,"

Just as always. No one worried about the cold. I found gloves and boots for those who were not dressed appropriately, and the sledders enjoyed the evening. They only came inside because it was time to open gifts. We draw names, from the oldest (me) to the youngest (age 2), and this year the gift had to be "As Seen on TV". It was very successful and at times, very funny. My son, Ed, who is a staunch Republican, got a Trump chia pet.

By the time you read this, maybe the cold weather has eased . . . but maybe not. So much for global warming.

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**Calendar of Events In and Around Ferguson**  
 Complete Details of These Events Throughout the Paper

- Applications Due for EarthDance Apprentiship. . . . . Thurs., Feb. 1
- Teens Ski Trip – Hidden Valley. . . . . Sat., Feb. 3
- Ferguson Special Business District Meeting . . . . . Thurs., Feb. 8
- North County Chamber Membership Meeting – Moolah Temple Thurs., Feb. 8
- Parent's Night Out – Community Center. . . . . Fri., Feb. 9
- Handicapped Encounter Christ Dinner and Entertainment . . . . . Fri., Feb. 9 at the Savoy
- Reading on Race Book Club – Library . . . . . Mon., Feb. 12
- City Council Meeting – City Hall . . . . . Tues., Feb. 13
- ValenSLIME Party – Library . . . . . Wed., Feb. 14
- Eagles Hotel California Performance – Touhill. . . . . Wed., Feb. 14
- Parents as Teachers Storytime – Library. . . . . Fri., Feb. 16
- Senior's Mystery Meal. . . . . Fri., Feb. 16
- Alzheimer – A Family Challenge – Immanuel . . . . . Mon. Feb. 19
- Indoor Farmers Market – St. Stephens . . . . . Sat., Feb. 17
- Conversations with a King – Library . . . . . Tues., Feb. 20
- Father / Daughter Dance – Community Center . . . . . Sat., Feb. 24
- Justin G's Funk Band – Blockhouse Saloon . . . . . Sat., Feb. 24
- City Council Meeting – City Hall . . . . . Tues., Feb. 27
- Ecology Film – St. Stephens . . . . . Tues., Feb. 27
- Mayors' Shamrock Ball – Garden Villas . . . . . Sat., March 3
- Zion Trivia Night – Savoy. . . . . Sat., March 17
- UMSL Extension Dinner – Orlando's . . . . . Fri., March 30

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