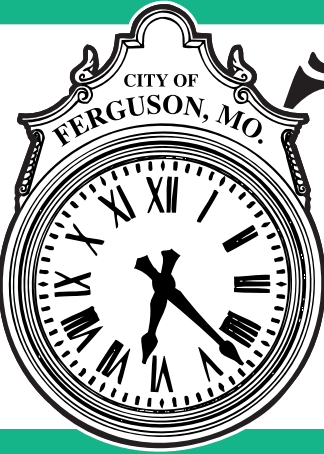


# Ferguson Times

Established 1894 Oct. 1999



Serving Ferguson and Surrounding Communities



## Ferguson Farmers' Market

Check out our new location:  
Plaza at 501 (501 So. Florissant Rd.)

### Saturday, August 4th

*Special Event:* Christian Hospital will be hosting a cooking demo, stop by and pick up a sample.

Washington University will be doing an experiment on bumblebees and pollination.

*Band:* Just the Two of Us, 9-11

### Saturday, August 11th

*Special Event:* German Fest, 9-11

Northern Arts Council provides "Art at the Market" each 2nd and 4th Saturday. LOCAL ARTISTS provide demos, art-making and creative experiences, 9-11

Northern Arts Council sponsored Artists will feature various techniques, media and themes. Open to ALL AGES! Community Arts theme this season: #ThisIsMyFerguson.

*Band:* Wurst Bavarian Band, 9-11



### Saturday, August 18th

*Special Event:* Environmental Fair! Hosted by Ferguson Eco Team, come browse multiple booths and see what you can do to help the environment! The Ferguson Eco Team, 'Creating a more environmentally sustainable, spiritually fulfilling, and just human presence in the Ferguson area and on planet Earth. The team works to raise awareness of the need to care for the earth, to network with other organizations with a similar purpose, and to advocate for better care for the environment.'

*Band:* Forestwood Boys, 9-11

### Saturday, August 25th

*Special Event:* The Taste in Ferguson Preview Day, 9-11

Northern Arts Council provides "Art at the Market" each 2nd and 4th Saturday. LOCAL ARTISTS provide demos, art-making and creative experiences, 9-11 Northern Arts Council sponsored Artists will feature various techniques, media and themes. Open to ALL AGES!

Community Arts theme this season: #ThisIsMyFerguson.

*Band:* Bob Case Band, 9-11

### Come Visit Us Saturdays, Now thru October 8am - Noon

Check our website, FergusonFarmersMarket.com  
"LIKE" us on facebook

### 3RD ANNUAL FARM TO TABLE DINNER Aug. 11th, 2018, 6:30-9:30 PM

THIS YEAR HELD OUTSIDE AT PLAZA 501!

WINE TASTINGS, BEER SAMPLING, LIVE MUSIC, GREAT FOOD.

This year's menu:

Salad- spring greens mixed in with mango pineapple orange and lime vinaigrette.

Appetizer- tostones with salsa rosada de ajo

Main Dish Options- Grilled chicken breast over coconut rice smothered in basil cream sauce w/ a side of beef and rice empanada, or Arroz con frijoles, grilled pork in sofrito sauce w/ side of plátano maduros, grilled pineapples, and fried yucca with queso.

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## CITYWALK CONCERT SERIES

### Friday, August 10th: Funky Butt Brass Band

If you love New Orleans music, you gotta' check out the Funky Butt Brass Band!

### Friday, August 24: McLovin

St. Louis' Premier Rock Poppin, Country Rappin', Soul Funkin' groove machine that keeps the dance floor shakin'.



7:00 p.m. to 10:00 p.m.

501 So. Florissant Road • 524-5197

Bring a lawn chair. Coolers are permitted. No glass.

Concessions available for purchase.

citywalk@fergusoncity.com • www.fergusoncitywalk.com

## #ThisIsMyFerguson Art Exhibit

Opening Reception: Saturday, August 4,  
from 2:00 – 4:00 pm at four venues:

- Ferguson Municipal Public Library
- Good Shepherd Arts Center (GSAC)
- St. Peter's United Church of Christ
- Urban League's Ferguson Community Empowerment Center.

Jolly Trolley will make continuous loops between venues. Check for information on that and other updates on the *This Is My Ferguson Facebook page*. More info on Page 21.

The exhibit will run through Saturday, August 25. In the weeks following the opening, you can see this exhibit during the regular business hours of the designated locations.

The addresses and business hours are on Page 21.

## Ferguson StreetFest 2018

Friday September 28, 5 to 11 p.m.

Saturday, September 29, 3 to 11 p.m.

Great live entertainment including...

Friday:  
Jeske Park.....5-7 p.m.  
Dirty Muggs.....8-11 p.m.

Saturday:  
Dance Floor Riot.....4-7 p.m.  
Super Jam Band.....8-11 p.m.



Held at Plaza @ 501  
(501 So. Florissant Rd., Ferguson)

NO COOLERS PLEASE

Beer and cocktails sold on premise.

For updated information go to: www.fergusonstreetfest.com



## August 2018

## The Plumber's Crack

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

Ferguson Farmers Market is getting comfortable in our new home at Plaza 501, located at 501 S. Florissant Rd. (Redundant, I know!) Have you been to visit us at our new home? If not, consider this a special invitation for you, your family, and friends! We now have electricity, fixed restrooms, a convenient ATM on site, and some great new vendors. This Saturday morning tradition brings you fresh fruits and veggies, picked within 24 hours of our market and brought directly to you by the friendly farmers who grow them. We are open during the months of May through October, every Saturday from 8am -Noon.

Enjoy live music in a festive family atmosphere, and discover a wide variety of edible delights, including homemade jelly, farm fresh eggs, cheese, honey, spices, and organic meats. You'll also find an ever-changing array of gift and specialty vendors, selling everything from cut flowers and bedding plants to hand-painted artwork and small-batch soaps. Please stop by to make a purchase and support our local vendors, including; Audrey Gail Jewelry, Divine Handcrafted Gifts, Doggie Wanna Cookie, Fit-Tritonist, Garden Stepping Stones, Goose Creek Soap, I Love Ferguson, Kay's Kreations, Llamazing Bath Products, Northern Arts Council, Pawtastic Treats, Ruministics, Alpacas of Troy, Earth Dance Farm, Dietz/Siebert Farm (Beef, Pork, and Gus's Pretzels), Hahn Farm, Kamp's Peaches, Larder and Cupboard, Metro Greens, Missouri Honey, Mr. B's Salsa and Hot Pepper Products, Pappardelle's Pasta, The Raw Juicery, Ricardo's Street Grill, Cool Delights Shave Ice, Just Omelets, La Fuente Mexican Food Hank & Anita's Coffees & Teas..... If it's homemade, handmade or fresh and tasty, you can buy it at the Ferguson Farmers' Market!

The Ferguson Special Business District Board, along with the Ferguson Main Street Board is focused upon making the Ferguson Downtown a more economically vibrant area. In order to achieve that goal, we are researching ways to make the commercial district pedestrian-friendly to attract more visitors to the small businesses along Florissant Rd. In the coming weeks, you will hear a lot about Traffic Calming, which is the deliberate slowing of traffic in residential and certain commercial areas. According to a recent Strong Towns ([www.strongtowns.org](http://www.strongtowns.org)) article, "The first step towards encouraging the growth of small and locally owned businesses is to make roads human-scaled. The goal is not to move people through your town's retail areas, but to support the businesses in those areas. Do this by slowing down the cars, narrowing lane widths, widening sidewalks, adding bike lanes and parallel parking, and by growing an urban forest to provide shade and cleaner air to the pedestrians walking from store to store" (6/5/18).

What would traffic calming look like in Ferguson? It would reduce the current four-lanes to three lanes and add 45 downtown parking spaces. The reduction would be from Carson to Suburban. You might be familiar with this plan, it was conducted by the City of Ferguson in 2013. Although 2013 might not have been the right time, many residents, as well as members of the FSBAD Advisory Board believe the time is now. The Ferguson downtown area is growing with new businesses that weren't around in 2013 when traffic calming plans were drawn, such as: Style-Taneous Styles, Om Turte Cafe, Blessings Closet, Baked Woodfire Pizza, Red's BBQ, Trader Jeans, Papa Johns, Drake's, Natalie's Cakes, Couturier for a Cause, Wild Blossoms Boutique, and Almost Picasso, to name a few.

With the average car traveling much faster than the posted speed limit, we think the time to act is now. There have been comments & complaints on social media and at council meetings about speeding on both residential and commercial streets. To illustrate safety concerns, consider an example of a car exceeding the posted 35 mph speed limit on S. Florissant Rd. A car traveling 50 mph requires 122 feet to stop while a car traveling 20 mph requires only 20 feet. To give you some perspective, market tents are 10 feet, when you walk the market the craft side has 12 tents, that's how long it would take a car to stop if a child walked out in front of a car traveling 50 mph in our downtown district. Looking at it in another light, "If a car is traveling 40 mph and you are hit by it you have a 10 chance of survival, a car traveling at 20 mph has a 90% chance of survival" (Car Crash Detective, 9/15).



Traffic calming is just one of the ideas for revitalization of our downtown business area. To show your support for this and other initiatives, come to Ferguson Main Street's next public meeting on **Wednesday, Aug. 22**, at 5:30pm in the Council Chambers of Ferguson City Hall. Updates can be found on the City Walk Facebook page. This meeting will focus on organization and operation for Ferguson Main Street.

All CityWalk business owners are invited and encouraged to attend meetings of the Ferguson Special Business District Advisory Board, which meets the 2nd Thursday of every month from 5:30-7:30 p.m. at the Thomas Professional Building, 910 S. Florissant Rd.

If you are the owner of a business in the Ferguson Special Business District and would be interested in serving on the Advisory Board, please contact Robin Shively at 314-495-7452 or [cornersframing@gmail.com](mailto:cornersframing@gmail.com)

Clearance sales on summer ware, burnt grass, melting asphalt, football practice in full gear, farmers filling markets with fresh home grown veggies, school busses starting to roll. Yes, it's August and time for a simmering Plumbers Crack.

This month I'm staying in the bathroom. No I'm not going to talk about the throne again. But sitting on it did give the inspiration for this article. I'm going to talk about the tub and shower. Tubs have changed a lot over the years from old leg tubs to whirlpools and a lot in between. The long standing standard cast iron tub is slowly disappearing being replaced by fiberglass and composite materials. I prefer the fiberglass tub. If your looking for that long soaking bath the fiberglass holds the temperature better. They are much easier to install. Steel tubs are another tub that's disappearing; the drains rust, they're shallower and are a slip hazard. Whirlpool tubs are made out of fiberglass and are a deeper and most cases an inch or two wider. One thing about whirlpool tubs is they need to have a cleaner run through the jets periodically to stop bacteria growth.

A lot of people are removing their tubs completely and installing showers or walk in tubs. In most cases it's an easy transition. There are some code requirements on the drains to be changed, but it's usually a simple fix.

The faucets are a large part of any tub or shower change. If your replacing a tub with a shower you know you have to raise the faucet up around 42". The catch is any time you change faucets in a tub or shower it has to be a pressure balanced fixture. This is one of the best code changes in years. If your in the shower and someone turns on water somewhere else in the house it won't affect the temperature in the shower. You won't even know someone flushed a toilet while taking that long shower. One



trouble about pressure balanced valves no one makes a good two or three handle valve so you need to buy the single handle valves. I prefer these because they are usually easier to repair and regulate the temperature.

The other part of tub and shower valves is by code they have to have their own shut valves. Most brands make them both ways but the single handle valves are built right into the valve. On the others you have to install shut off valves in a basement or a crawl space and that adds to the cost.

Well my friends another summer is rapidly heading to a close and more elections are on the horizon. In most places there are issues that affect you this year more than ever. Please vote and don't vote because someone told you how to vote or some half truth commercial. Read up on the issues and see how they could affect you. Listen to live debates, discuss it with friends and family then make your decision you will feel a whole lot better knowing you did it your way.

Let's keep the good will going by offering a ride to someone that needs one, check on the elderly, watch out for children especially with school starting and hug them babies.

God bless you all Oh Baby

P8563, D8563

## Premier Plumbing Solutions

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

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

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

524-0222

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



## August 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).

### #ThisIsMyFerguson Art Show - Saturday, Aug. 4 at 2 pm

Join us and Good Shepherd Art Gallery for a reception to kick off the #ThisIsMyFerguson Art Show! Enjoy the exhibit, which will be on display at the library, and in 3 other locations, until August 25.



### Sound Vibrations - Monday, Aug. 6 at 6 pm

Explore the creation of sound and make some instruments to take home! For kids ages 5-8. Registration required.

### Gesher Music Festival - Saturday, Aug. 11 at 2 pm

The Gesher Music Festival returns to the library with a FREE family concert! Fun for the whole family.

### Beginning Genealogy

**TWO DATES: Saturday, Aug. 18 at 11 am  
Wednesday, Aug. 22 at 6 pm**



Want to trace your family tree but don't know where to start? Then this program is for you! You will learn how to document and organize your search, fact-check old family stories, use resources available in-person and online to aid you in your search, and more. For more information, please call the library and ask for Taneesa or Allison.

### STAY COOL WITH ONE OF OUR ONGOING PROGRAMS!

- Mondays at 10 am - Storytime
- Monday, Aug. 13 at 6 pm - Readings on Race Book Club discusses *The Color of Law* by Richard Rothstein
- Tuesday, Aug. 28 at 5 pm - Tuesday Night Book Club discusses *The Misfortune of Marion Palm* by Emily Culliton



## Back to School Safety

The start of another school year is just around the corner, and safety is a priority now more than ever. You know that your kids should be safe at school for most of the day, but what about before and after school? Statistically, your child is most vulnerable to injury before and after school hours. You can beat the stats with some safety tips below.

### Getting to School

Whether children walk, ride their bicycle or take the bus to school, it is vitally important that they, and the motorist around them take safety precautions:

#### Walkers

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Never walk while texting or talking on the phone

#### Bike Riders

- Always wear a helmet that is fitted and secured properly
- Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing

#### Bus Riders

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before approaching
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the driver

#### Drivers, Share the Road

- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians

By following these simple tips, you can help to beat the statistics of injuries before and after school. The Ferguson Fire Department would like to wish you all a successful school year.

School Supplies & Book Bags!



Free For The Entire Family!

## 4th Annual Ferguson Unity Weekend

Theme: Every Body Welcome!

August 3rd and 5th, 2018

See below for event schedule.

Youth Activities & Workshops!

Hot Dogs, Chips & Cotton Candy!

Sponsored By:



NORTH COUNTY LABOR CLUB



Walk N Faith, Inc.



In Partnership With:



For more information call Octavia Pittman at 314.524.5152, Phedra Nelson at 314.521.1822 or Gina Montgomery at 314.453.1877.

## 4th Annual Ferguson Unity Weekend Dates: August 3rd and 5th, 2018

Morning Event: Friday, August 3, 2018

Opportunity Fair

10:00 AM - 2:00 PM

Ferguson Community Center

1050 Smith Avenue

Ferguson, MO 63135

Host: MODOT

Evening Event: Friday, August 3, 2018

Souls Never Forgotten

Remembering missing loved ones and loved ones loss due to violence

Assembly Time - 6:00 PM

Event Time - 7:00 PM

January Wabash Park

Ferguson, MO 63135

Host: Ferguson Human Rights Commission

Morning Event: Sunday, August 5, 2018

Backpack Giveaway

Volunteer Assembly Time - 1:00 PM

Event Time - 2:00 - 5:00 PM

Emerson Family YMCA

3390 Pershall Rd.

Ferguson, MO 63135

Drive like those kids are your children or grandchildren.



# Ferguson Community News Page

## Ignorance can be bliss...or dangerous

By Mayor James W. Knowles III

"There is a cult of ignorance in the United States, and there has always been... nurtured by the false notion that democracy means that my ignorance is just as good as your knowledge.

*Isaac Asimov, 1920-1992 American Scientist, Professor, Sci-Fi Writer*



It was the year 14 BMB (before Michael Brown), and I was a young Criminal Justice student at Truman State University working as a Student Auxiliary Officer for the campus police. I had been working my summer breaks as an associate in the Lawn and Garden section of the Ferguson Wal-mart and I wanted to add more work hours to my schedule. Hoping to pick up some additional law enforcement experience, I applied to be a Dispatcher at the Ferguson Police Department.

It was a tremendous opportunity to see first-hand what I had only read about and learned in textbooks, and to a small extent, saw and experienced as an employee of the campus police. It would be a position I would be honored to serve in, at least seasonally, for nearly 5 years.

I still remember my first day answering 911 calls in the dispatch room. Calls for gunshots, shootings, suspicious persons, burglaries, robberies, stolen cars, stealings, and a startling number of domestic disputes. It was a shocking revelation. This community, which I had lived in and loved for nearly 20 years had a dark and rough underbelly. It was not one that I had ever seen, nor one that I had ever really imagined. Until that day, I lived in a fairly blissful state of ignorance. One that I was fine living in, oblivious to the many problems in our community that I didn't personally see, or face. Suddenly I had been exposed to things that had always been going on in our community, though never truly heard or experienced by the vast majority of our residents. It was an eye opening experience for me, and one that shaped my future plans of public service.

I remembered how many people I knew left the community in the 1990's, and many were still leaving at that time. The cries were often similar. "Ferguson wasn't the same" or "Ferguson has changed", presumably in their mind for the worse. Maybe some of these people had seen what I had seen, or maybe they had experienced it first hand. Maybe they just assumed the worst because Ferguson was visibly not the same community it was when they were younger. Many people left, but there was still hope because there was a base of people wanting to make a difference. There was a vision for the community that people shared, and there was still a fire that existed in a group of people to see it through.

Over the past 13 years that I have been in office, I have often heard people lament that "Ferguson isn't what it used to be". It is interesting because everyone has a different measure for that, and based on their own experiences, Ferguson is either better or worse relative to that person's baseline for comparison. Many residents today use the date as Aug 2014 as their "baseline" for comparison. That is why I began this article with the quip about the year "14 BMB", which would have been the year 2000 on the Gregorian Calendar. There was a great deal of momentum toward redevelopment in 2014. S. Florissant Rd had a growing business district, W. Florissant Rd had just unveiled the Great Streets Initiative Design Plans, many things were looking up in this community. That begun to change on August 9th.

When I was young, W. Florissant was a bustling business corridor through Ferguson and Dellwood, and S. Florissant Rd was a place you only went to get custard at the old Turner's Custard Stand or buy used cars at the many run-down car lots that dotted the street. Less than 15 years ago, we closed down the 4th of July festival at January Wabash Park at dusk because it had become too perilous to have residents out at night. Fights and scores of arrests forced us to move the fireworks to the Community College. This was all BMB, and not all was well BMB. If I use my youth as a baseline, things have changed a great deal for the better, and still admittedly some for the worse. I would imagine that if I had lived in Ferguson for 70 years, I would see several cycles of "better" and "worse" in our community. Buildings, concrete, asphalt, and the like deteriorate over time, then get cast anew, then the cycle repeats itself. As do many things in communities. Often times, our own ignorance of these realities cause us to lack perspective when we weigh how things are going today.

Regardless, if your perception of things is better or worse, what has sustained us through these many cycles is the hardiness of residents, new and old, to push back against those negative forces that drag on every community. Those residents that breathe life into our neighborhoods and business districts, invest time and money into renewing their properties, and populate our schools, churches and civic institutions with vibrancy and life. Things always change, but it's us that determines ultimately, if it is "better" or worse".

## 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	Aug 7 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	Aug 9 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskepark_neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Aug 9 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	TBA
Southwest Ferguson Neighborhood Group	Aug 13 7 pm	Fire Station #1 200 So. Florissant	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Aug 13 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	Donald Moore 314-226-3109

## Ferguson City News?

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

## Did You Know?

### 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 web-

**CITY COUNCIL MEETING**  
**(Just one in August)**  
**Tuesday, August 28th at 7 pm in**  
**the Council Chambers at City Hall**  
**110 Church Street**

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

City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Toni Burrow, 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 Pages

Be sure to get 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

### NOW OFFERING MONTHLY PAYMENT OPTIONS

Resident Youth – \$6 per month (12 month agreement)  
Resident Adult – \$9 per month (12 month agreement)  
Resident Senior – \$6.00 per month (12 month agreement)  
Resident Family – \$16 per month (12 month agreement)

Non Resident Youth – \$18 per month (12 month agreement)  
Non Resident Adult – \$18 per month (12 month agreement)  
Non Resident Senior – \$12 per month (12 month agreement)  
Non Resident Family – \$28 per month (12 month agreement)

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. Simple balance beam skills will be taught. 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  
Start Date: Mondays, Sept 10th to Oct 29th  
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, Sept 10th to Oct 29th  
Time: 6:45-7:40  
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, Sept 10th to Oct 29th  
Time: 7:45-8:40pm  
Location: Ferguson Community Center  
Fee: \$40/Members; \$45/Residents; \$50/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: Wednesdays, Sept 12th to Oct 31st  
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: Wednesdays, Sept 12th to Oct 31st  
Time: 6:45pm-7:40pm  
Location: Ferguson Community Center  
Fee: \$34/Members; \$39/Residents; \$44/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. Wear comfortable clothes and hard soled shoes, no tennis shoes or sandals.

Age: 16 & Up  
Start Date: Wednesdays, Sept 12th to Oct 31st  
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 & up  
Start Date: Mon, July 30th-Sept 17th and Wed, Aug 1st-Sept 19th  
Time: 6pm-7pm  
Location: Ferguson Community Center  
Fee: \$25/Members - 1 day per week; \$30/Residents - 1 day per week; \$35/Non-Residents - 1 day per week

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

Parks and Recreation Activities Continue on Page 6

### 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, Aug 1st, and Sept 5th  
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: Tues Aug 7th to Sept 11th  
Thurs Aug 9th to Sept 13th  
Time: Tuesdays 6:00-7:00  
Thursdays 5:00-6:00  
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: Aug 16th to Sept 13th  
Time: 6:00pm-7:00pm  
Location: Ferguson Community Center  
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

**PREREGISTRATION REQUIRED**

### Will Fitness Kettlebell Class

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

Age: 15 & Up  
Start Date: Tues, Aug 14th to Sept 18th  
Thurs, Aug 16th to Sept 20th  
Time: 7:15-8:00pm  
Location: Ferguson Community Center  
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

**PREREGISTRATION REQUIRED**

### Will Fit Bootcamp

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

Start Date: Sat., July 21 to Sept 8th  
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

#### Wayside Park Unleashed (Dog Park)

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

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

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

#### Park Dedication Program

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

Tree Dedication \$200

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

Park Bench Dedication \$1,000

Call or visit our website for more information

#### Ferguson Lions Club/Kids Fishing Tournament

The 32nd annual Kid's Fishing tournament will be held at January-Wabash Lake. There will be two age divisions 10 years old and under and 11 – 16 years old. Awards will be given to the heaviest stringer and largest fish in each age division. All participants receive a bag of goodies. A special "Thank You" to the Ferguson Lions for their generosity in sponsoring this tournament again this year!

Date: Saturday, August 4th  
Time: 8:00 am – Noon  
Fee: \$3/Resident \$5/Non-Resident



#### Ferguson Summer Movie Series

Come join us for the Ferguson Summer Movie Series. Movies at the Community Center and parks will be free and include complementary popcorn, be sure to bring your lawn chairs and/or blankets and take this opportunity to enjoy a beautiful night under the stars. For information on Dive in Movies at the Splash, including admission fees, please see page 11. Movies start around 8:30 pm!

LOCATION	DATE	MOVIE
Community Center	Sat, August 18th	Wrinkle in Time

In case of inclement weather all movies will be moved indoors at the Community Center, 1050 Smith Avenue Ferguson, MO 63135.

**Parks and Recreation activities continue on Page 7**

## ADULT PROGRAMMING

### Mystery Meal

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

Dates: Thurs. Aug. 2nd  
Time: 10 am pickup  
Fee: \$32/Members; \$37/Residents; \$42/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: Sat. Aug 18  
Time: 11am—7pm  
Fee: \$10/Residents; \$15/Non-Residents

### 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 September 15  
Time: 10am-6pm  
Fee: \$10/Residents, \$15/Non-Residents

### Fairmount Horse Races

Grab a friend or two and join us for a fun-filled day of horseracing at Fairmount Park. Cost includes a racing program, a deluxe buffet lunch, transportation, admissions, taxes and tips.

Age: 21 and up  
Date: Tues, August 14th  
Time: 10:45am-6:00pm  
Fee: \$30 Residents; \$35 Non-Residents

### Cardinals vs Royals

Travel with Ferguson Recreation to see the Cardinals play the cross state rival Royals at Kauffman. We'll enjoy staying one night near Downtown KC, BBQ buffet at Q39, and a visit to the National World War I Museum and Memorial. Cost covers transportation, BBQ meal, game ticket, museum entrance, and gratuities.

Date: August 11th & 12th  
**Registration: Deadline August 2nd**  
Departure: 12:00pm  
Location: Ferguson Community Center  
Fee: \$266/Resident; \$276/Non-Resident (Double Occupancy)  
Additional \$60 for singles

### 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 pre registered for the trip to make.

Fee: \$5 Residents  
\$8 Non-Resident  
Location: Ferguson Community Center  
Time: 10:00am-4:00pm  
Wednesday, July 25th—Hollywood Casino  
Wednesday, August 29th—River City Casino  
Wednesday, September 26th—Lumiere Place

### Biloxi, MS

Two nights in Tunica, Mississippi staying at the Gold Strike hotel each way, Three nights in Biloxi with a day trip to New Orleans and a shrimp boat tour. Cost includes: motor coach transportation, all lodging, 2 special tours and some meals. The Beau Rivage Hotel is gorgeous!

#### Sign up early as this trip fills fast!

Date: Sun, Sept 16th to Fri, Sept 21st  
Time: 7:00 am – 9:00pm  
Location: Ferguson Community Center  
Fee: \$550 Residents; \$600 Non-Residents (double occupancy)  
\$100 additional for single

### Spring Training

If you haven't gotten your fill of baseball for the year, we're creating an interest list for those who would like to get away from the cold in 2019, and head to Florida for a Spring Training game and much more. Complete details to come Fall 2018. Sign up for the interest list.

## ATHLETICS

### Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.  
Days: Mondays  
Times: 3:00pm– 9:00pm\*  
Location: Community Center  
Fee: FREE Member; Daily Fee Resident; Daily Fee Non-Resident  
\*Times may change based on league play.

### 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, Aug. 20th—Oct. 15th; Thurs, Aug. 23rd—Oct. 18th  
Times: 6:30pm-9:30pm  
Location: Ferguson Middle School  
Fee: \$190 Residents; \$205 Non-Residents

### 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 Splash at Wabash

## THE SPLASH



The SPLASH at Wabash Aquatic Complex in January-Wabash Memorial Park has become Ferguson's favorite summer place to cool off. The SPLASH has something for every member of the family: spiral slide, a speed slide, a zero-entry pool with a water works play area, the lazy river, whirlpool, a splash pad playground for younger kids, diving board, the six lane lap area and a huge deck area with lounges, umbrellas and tables. The

SPLASH also features the Cannonball Café with all your concession favorites and more. With the major renovations the SPLASH is sure to be the place to be this summer!

### FEE SCHEDULE

Wabash Club Memberships:

Individual: \$50 CC Members; \$65 Residents; \$125 Non-Residents  
Family: \$99 CC Members; \$135 Residents; \$210 Non-Residents  
**50 % discount - beginning July 5**

Non Club Membership:

Individual: \$25 Resident Mini - Member (10 individual uses)  
Daily Rates: (age 3 and under free)  
Open Swim: \$3.50 Residents (\$2 Tues); \$6.50 Non-Residents (\$5 Tues)  
After 4pm: \$2.50 Residents; \$5.00 Non-Residents  
Adult Swim: \$2.50 Residents; \$4.50 Non-Residents

### HOURS OF OPERATION

**SPLASH Phone (314) 521-1313**

Open Daily May 26 through August 12\*

Open Swim: Mon, Thurs, & Sun (1:15 pm - 6 pm)  
Tues\*\* & Sat (1:15 pm - 7 pm)  
Wed & Fri (1:15 pm - 8 pm)

Adult Swim daily (12 pm - 1 pm)

\*Date subject to change

### MULTI USE CARD

The \$35 card is good for 10 SPLASH admissions for daily open swim/adult swim. The card may be purchased by Ferguson residents with a valid SPLASH ID; employees who work in Ferguson; students/faculty at the Community College and UMSL; and residents of Dellwood, Calverton Park, Normandy, or Pasadena Hills. The purchaser must show proof of residency or employer, be 18 or older, must be present for use; and may bring a guest(s).

### ADDITIONAL SPLASH AT WABASH INFORMATION

Residents-Residents are required to have a City of Ferguson issued identification card to receive resident rates or be admitted on the weekends and holidays.

Non-Residents-Are now welcome during ALL OPEN HOURS but must pay the non-resident daily rate.

Closing Policy-The Splash will not open for the day if the air temperature is below 75 degrees at 11:00 a.m. and the forecasted high for the day is 80 degrees or less. The complex will also close during periods of severe rain and/or lightning. In addition, the Splash may close if there are less than 25 swimmers after 2:30 p.m. with rain checks issued only if closed before 4:00 p.m.

## Ferguson Asks Voters to Confirm Prop V

Ferguson announced today that a Local Use Tax, called Prop V, will be on the ballot for August 7, 2018. If approved by local voters, the tax would provide a funding source to the city that was taken away in 2012 by a reinterpretation of a state law. Additionally, the use tax will level the playing field for local and online retailers. If passed the use tax will be applied to out of state purchases when sales tax is not collected.

Prior to 2012, a citizen paid city sales tax on vehicles bought in another state when they licensed the vehicle. Those tax revenues went to the city which used them to help pay for services such as police and fire protection, street repairs and park improvements. Under the new interpretation, a citizen no longer pays city sales tax on vehicles purchased out of state or from an individual. The projected loss of revenues to the city of Ferguson is nearly \$80,000, according to the Missouri Department of Revenue. To offset the loss of revenues, the city hopes to gain passage of a local use tax which would be the same percentage as the city sales tax and work the same way.

In addition to the lost revenues, local businesses are at a competitive disadvantage to out-of-state businesses without the approval of the use tax. This is because the out-of-state business does not have to charge a city sales tax on purchases when a local business does, so the total out of pocket costs for major purchases could be much less. Keeping those sales local would not only generate tax dollars for the city, it would help local businesses who create local jobs and reinvest in the community.

Nearly half of all Missouri cities with a population over 2,000 already have the Local Use Tax in place. Many passed it several years ago. It is not a double tax as some have thought. The Local Use Tax applies only on transactions where no sales tax was already applied. If you paid a local tax at the time of purchase, you would not pay it again.

For more information about the issue, visit [www.fergusoncity.com](http://www.fergusoncity.com).

## Bio-Bench Workshop To Extend Biotechnology's Reach

School is officially out, but that won't keep 15 science teachers away from class. And thanks to a \$25,000 grant from the Monsanto Fund, financing for the weeklong class – called the Bio-Bench Workshop – won't be a barrier either.

"This is the third time that the Monsanto Fund has stepped up and been the sponsor for this project," Dr. Richard Norris, director, Center for Plant and Life Sciences, said. "Receiving this funding shows they're happy with the results we've gotten from the other teacher workshops and student learning opportunities. It's validation of the work we've done previously." The Bio-Bench Workshop advances learning about biotechnology in two ways. First, eighth- through 12th-grade science teachers or specialists participate in a weeklong, lab-based professional development experience. The teachers, taught hands-on lessons by CPLS faculty and staff, ultimately share their experiences with their students in the fall. In addition to instruction, teachers also receive the option of three graduate workshop credits through Lindenwood University, a \$500 stipend if they attend the entire week and provide an approved lesson plan, and \$500 in lab supplies and equipment.

Second, the grant enables 400 students to participate in a daylong, lab-based experience that raises their awareness about bio-technology in the region and opportunities for employment. CPLS Education Outreach Specialist Lee Douangkeomany, who will lead this year's workshop, will also visit area schools to present lessons.

The teacher portion of the workshop is July 30-Aug. 3. The student portion of the workshop takes place during the upcoming school year. Both sections of the workshop take place in "state of the industry laboratories" at the Center for Plant and Life Sciences' home at the Bio-Research, Development and Growth Park, which is located on the campus of the Donald Danforth Plant Science Center, 1005 N. Warson Road, first floor, in St. Louis. The theme for this year's program is "CRISPR and Friends." CRISPR – short for clustered regularly interspaced short palindromic repeats – is the bacterial defense system that forms the basis for genome editing technology. Researchers hope to use this technology to correct mutations and treat genetic causes of disease.

Douangkeomany said participants will learn a lesson on DNA extraction among other topics this summer.

A limited number of workshop spaces are still open; teachers from public and private schools in STLCC's service area are invited to participate. To request an application and learn more about the workshop, contact Douangkeomany at 314-513-4950 or [odouangkeomany@stlcc.edu](mailto:odouangkeomany@stlcc.edu).

## Ferguson 4th of July Festival Is All Volunteer

I'd like to thank all the volunteers, all 10 of them, who fundraise all year long to put on this festival. A festival that they spent 12+ hours in 100+ degree heat working. A festival they didn't have much time to enjoy because they were working it. I'd like to remind people there's no paid city staff to help; it's a 100% volunteer group who give up hours with their family, give up paid work hours and hundreds of hours a year to volunteer.



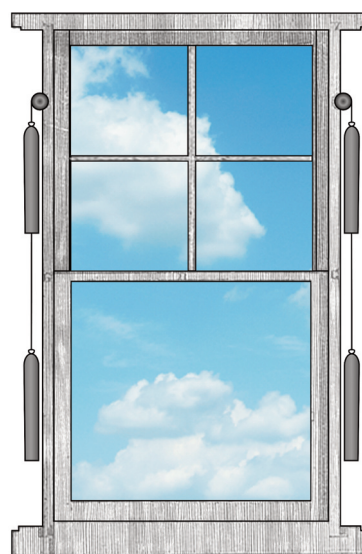
Volunteers reciting the Pledging Allegiance at the beginning of the 4th of July Festival. They are under the new January-Wabash pavilion just completed for the opening ceremony.



Ferguson Police Chief, Delrish Moss, gives a high-five to Ferguson Mayor, James Knowles, at the Dunking Booth. Chief Moss also took his turn in the Dunking booth. It actually was refreshing on a very hot, muggy day, commented the mayor.

The Ferguson Times is Online at:  
[FergusonCitywalk.com](http://FergusonCitywalk.com)

## Maintaining Yesterday, For Tomorrow



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## Whiskey and Research

Booze and botany are more intertwined than you might assume at first glance. Plants are one of the main ingredients in alcoholic beverages. Wine, for instance, comes from the fruit of *Vitis vinifera* (grapes) while the female flower clusters of *Humulus lupulus* (hops) help flavor your favorite beer. When it comes to whiskey there are four plants typically used by distillers—barley, wheat, rye, and corn.

### From Seed to Sip

Pinckney Bend Distillery makes a line of heirloom whiskey. These specialty spirits are made from rare varieties that were historically important before the introduction of hybrid, large-scale, commercialized corn.

The journey from kernel to cocktail can take several years. Heirloom seed is acquired from sellers like Seed Savers Exchange, then planted in small test plots next to the distillery in downtown New Haven, Missouri. Those plots produce enough seed to plant an acre the next growing season. After harvest, the corn is mashed, fermented, and aged in charred white oak barrels. Pencil Cob, Hickory Cane, and Pipe Corn are among the varieties that went from the land to a liquor bottle, and Haynes has plans to test even more heirloom options.



### Distilled History

The Library and Digital Services at the Missouri Botanical Gardens, has a pair of 500-year-old manuals on making spirits. The texts are in German and Early Modern English, but the illustrations speak for themselves.

Anyone who knows anything about making liquor would instantly recognize the drawings as stills. The designs are a bit different from their modern descendants, but the process is strikingly similar in its simplicity—heating a liquid, condensing its vapor, and collecting the results for consumption.

In the 16th century, plants were distilled mostly for their medicinal properties, and the books containing these images were often referred to as herbals or materia medica.

Now you could plan your own field trip to New Haven to see how Haynes and Pinckney Bend Distillery are putting this new-found knowledge from the Missouri Botanical Garden into action.

Note: Along with bourbon, the Distillery also makes a variety of gin, vodka and whiskey.

Also, the Garden is right here in St. Louis, 4344 Shaw Blvd., St. Louis, MO 63110, (314) 577-5100, Open 9 a.m. to 5 p.m. daily

Information taken from internet sources for the Missouri Botanical Garden.

*I probably shouldn't admit this, but my father operated a still during Prohibition. I wasn't born yet, but I remember him talking about distilling corn and adding caramel flavoring, mostly for the beautiful amber coloring. Since dad has been dead for many years now, I guess running a still has passed the Statue of Limitation.*

## Flower Maintenance in August

Water and feed your container and hanging basket plants, dead-head every day and if some of the trailers look straggly, give them a trim with scissors

Cut back perennials which have finished flowering and continue to deadhead roses. Trim back catmint that's gone over and give lavender a haircut with shears, ensuring you don't cut back into old wood

Make sure tall varieties of late summer blooms like *Crocsmia* 'Lucifer' are supported so they don't topple over

Collect ripening seed from plants you wish to propagate, including calendulas, love-in-a-mist (*Nigella damascene*) and nasturtiums. Cut off the ripe seed heads, place them in paper bags and hang them in a warm dry place to dry for a few days. Break open the capsules, separate the seeds from the debris and pack them in labelled envelopes in a sealed container

## Ferguson Disc Golf Tournament



MONDAY, SEP 3, 2018

\$35 PRE-REGISTER

HUDSON PARK

1 ROUND  
BEST SCORE WINS

8:00a SIGN IN  
9:00a TEE OFF

BONUS PACK FOR  
THE WINNER(S)

[www.facebook.com/FergusonDiscGolf](http://www.facebook.com/FergusonDiscGolf)



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1- Based on internal wet braking test results versus Goodyear Assurance® ComfortMax® touring tire size P235SR15  
2- 90,000 mile warranty for H- and T-rated tires; 80,000 mile warranty V-rated tires. See MichelinMan.com for warranty details.  
3- Based on commissioned third-party wear test results versus Continental® ProContact™ with ECOPlus technology tire size 215/60R16.



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## Financial Focus

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

### Looking Back

Last month I ended wondering if a shortened work week could benefit everyone and the economy. Time is like money, there never seems to be enough. And in the world of sales, the savings of time and money are constantly used as the argument for a particular product or service. New products are developed all the time and the sales pitch to help create a need usually seems to involve how much money or time we can save.

Remember the boom in home appliances back in the 1950's. The modern kitchen was a marvel, housewives lives became much easier having a refrigerator rather than the old ice box from the past. And when a frost free refrigerator came about later what a time saver that was. I remember using an ice pick and even a hair dryer to defrost the first refrigerator we owned. Years later we were so happy to get a newer used frost free refrigerator. What we did with the extra time we gained is really hard to explain. It's like money when you get a small amount at a time it just gets sucked into the budget and is hardly noticed as new found money or time.

While the Affluenza Epidemic may not be slowing, there are some good things happening. Some employers are giving employees time for giving back to the community by volunteering. Just this week I spoke with a Spire employee who was doing just that. He needed a letter for his employer to verify his community service hours. Allowing him to use some paid hours to work at the Parish picnic was not only good for him and the parish, it also scored some points for his employer for being a great place to work. When the Post-Dispatch does their annual release of the best places to work, this type of benefit does come up. Employers have given their staff time to help at schools with tutoring or just reading to a class. While these small opportunities may not seem like much, employers who allow more engagement from staff and time for personal growth seem to see better results on the bottom line. It is reported that companies that rate higher being a good place to work will have an average return on investment of 9.24% versus 2.25% for those companies that rate lower. So we should see more companies striving to become a better workplace for their employees.

Another factor for business to recognize is the cost of turnover. It does seem that employees have been less loyal when they are unhappy. Turnover in staff affects a business in terms of less skilled workers, possibly more errors or slower output. The cost to hire and train a new employee is enormous, so it makes sense to try to keep good employees. According to the Post-Dispatch survey on top places to work, employee retention for the top companies is at 86%, while the other employers show a 43% retention rate. If every business can increase employee engagement they could see a more stable workforce. Often it is pointed out that for some businesses it is easier to be flexible and create a great environment, but often the low level less skilled jobs are the ones that suffer the most with high turnover and employee satisfaction.

Another interesting change that seems to be on the increase is the market for resale. It used to be just a few thrifts stores run by non-profit organizations collecting used clothing and household goods. Today this market is showing up in small boutiques and consignment shops that really attract customers. Many people are not only finding great buys, but also a good way to recycle many of the things they don't need. The emergence of eBay and Craig's list are other examples of ways to prevent many treasures from ending up in the trash. As we've all heard "one man's trash is another man's treasure."

And while many people are on a mission to down size they are helping the non-profits and new businesses that are able to use this inventory. If you recall from my intro to Affluenza, 1957 seemed to be the pivotal year where we moved into the age of consumerism. Sure it's always been there even in biblical times at markets with vendors hawking their wares. But here in American it really took off and made the prosperous years after WWII seem like the best years of our lives. We look fondly on them and want to go back sometimes or maybe it's just folks my age? Over the past fifty years we've seen a big increase in spending on an individual level and also on a government level. We've created a monster that is hard to slow down. We worry about the effect of slowing down the beast, but like many people I fear the future for my grandchildren if we don't take some action now. For the individual we can make changes in how we live. A simpler life is less stressful, more enjoyable and helps us to better towards each other. Some of this naturally comes to us as we grow older and see how our experiences have changed us. The past twenty years have really proved that we cannot continue to borrow from the future to keep on the same path. Americans have more debt than generations in the past and the easy credit has been a blessing and a curse.

The other concern is that we have allowed the government to borrow from the future as well. For far too long economists have been warning of the impending fiscal disaster coming, if we don't control spending on entitlement programs. These concerns have fallen on the deaf ears of politicians. Inevitably we will be forced to raise taxes and reorganize our current entitlement programs to be sustainable, it's just debatable as to when it becomes a necessity. We know that many of the concerns are intertwined, it can't be

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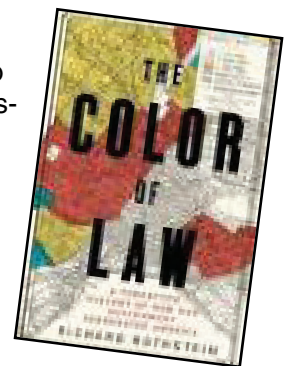


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## Reading on Race Book Club

The August selection for the Ferguson Readings on Race Group is *The Color of Law (A Forgotten History of how our Government Segregated America)* by Richard Rothstein. It is a very well-researched and well-written description of the federal, state and local government policies which were deliberately designed to keep Blacks and Whites from living amongst each other.

It's a big book with a lot of information. We'll want to especially focus on the Chapters that deal with housing policies and lawsuits affecting St. Louis, especially Chapters 3 (Zoning), 4 (home sales, loans), 5 (Racial Covenants and the Shelly vs Kramer case) and 8 (the BlackJack Housing controversy). I'm sure we'll all find something we can relate to. As usual, you can find the book at Left Bank Books, and public libraries.



The Reading on Race Book Club meets on **Monday, August 13** at the Ferguson Municipal Library.

blamed on just one thing. We've been heading in this direction for years. If only we could really believe that we have a government for the people and by the people, like employers seeking employees they can develop and get engaged in the success of the business. Our government could do much more if we had people in government who put America first. To some extent we do in our President. While we may not always agree with him, he doesn't mind shaking things up a bit. And I think that's what it might take to really solve problems and stop digging the hole of living off tomorrow.

Talking to others in business, I realize that some of the costs to provide benefits such as health care are at the top of their concerns. Every year we see increases in the costs of health care and it usually exceeds the growth in income for employees. And the increased costs to businesses providing health care make a big difference in how they operate with regard to hiring. More part-time workers are less costly and will often provide a real savings. However, the high turnover and less engaged part-time worker often can cost a company more in the long run. And of course, Medicare and the way our health care system works are a big part of the entitlement programs we are going to have to face sooner rather than later.

Next month, I will be looking at new ideas for addressing some of these problems. If you have any comments or questions, please e-mail me at [consultjoan@att.net](mailto:consultjoan@att.net)

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## Ferguson by Foot

By: Margaret Wolfinbarger



Have you ever felt strangled by the folds of your flesh? Have you ever wished that Superman would swoop down and save you from the weight makes it so difficult to stand? Have you hoped in a diet supplement that failed you, found weight loss success for a few weeks only to relapse into old habits, or talked to a doctor about cutting out parts of your body to make life livable again? Take heart, dear reader, you are not alone. For this sickness there is a remedy. It is not impossible; only difficult. For you must know; nothing in life worth attaining comes without a fee.

I know what it feels like to stare down a flight of stairs and wonder if my knees could bear me to the bottom. I know how it feels to ask my children to pick up a spoon I dropped because my back might go out if I attempt it. I know the agonies of trying to tie my shoes and breathe at the same time. The struggle is real! But worse than all these things is the feeling of hopelessness that often consumes the identity of an obese person. I know the "weight" of judgmental glances and the piercing innuendoes tossed out by unkind acquaintances. I also know how it feels to hate those who don't seem to struggle with their weight while I struggle just to catch my breath at the grocery store. I am familiar with bitterness, despair and regret.

Still, I struggled to wrap my mind around making the necessary changes required to set me free. My body was not my friend. I had been "pleasantly plump" my whole life. But I honestly believed there was nothing I could do about it. My fatness was written into my genetic code. In stronger moments I tried to resist the foods I loved to eat, but they were so tasty and I didn't want to eat food I didn't like. I also liked to consume sugar. Candies, cookies and cakes were a staple. Their anesthetizing qualities helped me "come down" after a stressful day at work. The thought of living without them sent me into a panic. But life as an obese person was truly a prison. I struggled to move. I struggled to get out of bed. I struggled to find meaning. At 310 pounds, I had almost completely given up on life.

Maybe you are reading this and feel the same way. Take heart! Your life does matter—no matter your size. You are precious. Your spirit is sacred. Please, do not give up.

If the road to hell is paved with good intentions, the road to heaven is overlaid with discipline. And while most people balk at the idea of discipline, it is only by learning it that you have any chance of breaking free from your chains. I realize the movies depict strong men breaking chains by taking potions (think The Hulk) but in reality, we build muscle one movement at a time.

The first step in your journey is an act of the mind; namely, that you make a decision to begin. For me it began with the elimination of processed sugar from my diet. I learned from a great book, "The End of Overeating" by David Kessler, how companies that process food are so focused on providing an over-the-top experience for consumers that they add sugar, fat and salt to everything. They do this because they want people to become addicted so they will continue to buy their products. So how does one escape this trap? Think realistically. Personally, I had to re-learn how to eat.

What we put into our bodies is 90% of the battle. The body uses food as fuel therefore what we put into our mouths can help or harm us. And yes, you can make healthy food that tastes great. Only know that eliminating the sugar, fat and salt that trick your body into eating more than it should, is key. I have always struggled with portion control but nobody ever got fat by eating too many green beans.

I also eliminated fast food and soda (yes, even diet soda because it is filled with sodium). Then, I learned how to drink water (and I hated water!) No, I'm not superhuman. Yes, it was difficult. Again, it was not impossible. The key to this was to look forward to the pleasure that was to come; namely, a body that could run. I had a dream and I wanted to see it come true. So I pushed through. I cried and complained but I stopped eating cookies. And guess what? I did not die.

I knew the key to burning off the excess fuel (fat) on my body was to move, therefore I had to start somewhere. I disliked exercise and knew I had to find something I could stick with. For me, it was walking around Ferguson, Missouri. I started small. One block. Then two blocks. Then a mile. I gradually increased my distance over time and I found things to distract me from the pain. I said hello to my neighbors. I listened to music and books. And candidly, I prayed. Because walking up a hill at 300 pounds is no easy feat. I did not do cheat days, but I did cheat at times. Still, every time I fell I found the strength to keep fighting for my dream. As for results, I lost 25 pounds in the first 30 days. I was down 40 pounds at the end of 3 months, and after a year I had lost 100 pounds. In total, I lost 140 pounds. I ran my first 5K a year after that. I began my journey in May of 2010 and 8 years later I'm still fighting.

Every dream worth acquiring demands some kind of sacrifice. There is always a cost. Some consider the price and walk away. They choose their

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### Trivia

All answers begin with the LETTER "D"

# D

1. Possible wife of Burger King.
2. Twice the radius.
3. Wet morning grass.
4. Dizzy Dean baseball brother.
5. Restaurant leftover container.
6. Facts, information, statistics.
7. First public appearance.
8. Imperfect, not made right.
9. To insist boldly, to assert a right.
10. The just grew apart.
11. Crash course for beginners.
12. Louis Armstrong bid her "hello".

See answers at bottom of page 23.

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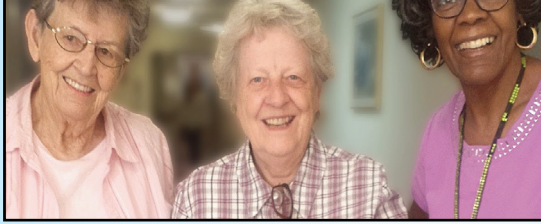
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chains rather than freedom. Please know that as you read this, I have heard every excuse in the book. Shoot, I could have written the book of excuses. But I prefer my freedom to a life of slavery. That is why I persevere.

Some people don't have the freedom to choose to move. They are confined to wheelchairs, crippled by disease, or infirm of mind. But for those of you who can, I encourage you to try. It matters not whether you are 24 or 64. This formula works. Find an accountability partner. Make a decision and stick to it. And know that somewhere buried beneath your chains is a you that you never imagined existed.

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

**Anti-Lock Brakes Help Keep You Safe**

Anti-lock brakes, or ABS technology, are a standard feature on most new vehicles. There was a time that ABS technology was not that common for your vehicle. In 1920, they used this for aircrafts to automatically override the braking system. This prevented wheels from locking up during a rapid deceleration period, or on slick surfaces. The ABS remained an aircraft-only option for a few decades. In the 1950s, it was finally implemented on motorcycles. With motorcycles, skidding and lost traction were major risks, but the anti-lock braking improved the safety greatly.

In the 1960s, the Ford Zodiac was the first model to implement this new feature. They abandoned this eventually, because the cost was extremely high. In the 1970s, Cadillac started offering ABS on some of the premium vehicles as an add-on. While ABS still remained expensive, by the 1970's the technology and price had both improved. Computer-controlled sensors that are placed on each wheel are now used to make anti-lock brakes more effective. Since the 1990's, the ABS has been a baseline feature. Also, the traction control systems have been integrated with anti-lock brakes.

The ABS system works by having the electronic control unit monitor the rotational speed of each wheel. If it detects that one wheel is rotating significantly slower than the speed of

the vehicle, it goes into effect. It triggers the valves to reduce hydraulic pressure to the brake at the affected wheel, reducing the force on that wheel and allowing it to turn faster. This process is repeated at a continuous interval and is noticed by the driver, since the brake pedal pulsates. Some anti-lock systems can apply or release braking pressure up to fifteen times per second. This helps prevent the wheels from locking up when slamming on the brakes. Especially in wet and icy road conditions.

The anti-lock brake system equipment can also be used in the traction control system during the acceleration of the vehicle. When accelerating, if the tire loses traction, the ABS can detect it and go into affect until traction is regained. The speed sensors of the ABS are also sometimes used in the tire pressure monitoring system. This can help detect under inflated tires based on the difference in rotational speed of each wheel. All these systems help keep you and the passengers in your car safer.

August is back to school month. So, don't forget about the cars your kids will be driving to high school or away to college. If you notice an issue with your brakes, the ABS, Traction Control or TPMS lights are displayed on the dash, make an appointment to visit Robinwood Automotive!

Everyone continue to enjoy your summer!

**Seen Around Town**



Bike Share has hit Ferguson. Lime Green are scattered throughout downtown. There is no particular docking station. Instead, the bikes are tracked using GPS and customers use the company's smartphone app to find one nearby. When they get to the bike, they scan in a code to unlock it and pedal it to wherever they want to go in the city. They drop off the bike at their destination, lock the bike wheel and the companies charge their credit card based on the time used. The bike is left for the next user.

The photo above was taken on North Florissant and Hereford Avenue in front of Walgreens.

**REPUBLIC SERVICES**  
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LABOR DAY – Monday, September 3, 2018

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Wednesday routes will be picked up on Thursday, September 6th  
Thursday routes will be picked up on Friday, September 7th  
Friday routes will be picked up on Saturday, September 8th



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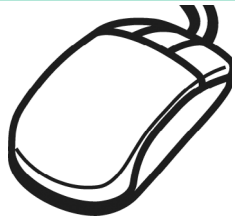
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# The Ferguson Computer Corner

by Doug Neely



tAUGUST, 2018

this year is going by mighty fast! it won't be long before we'll be frozen in white stuff, praying for summer warmth! btw, didja know how i keep track of these things? WinCalendar keeps me clued in as to what season we are having, as well as what holiday i have to prepare for next. hey, it can be embarrassing when you are unprepared! :) go to <https://www.wincalendar.com/> to make your plans all work out in a timely fashion!

*Undersea Cables Power The Internet, dept.*

i thot you'd like to know where your internet has been. actually, all over the world. you never know exactly where your data is being routed at the moment; it happens so very quickly, and is in a constant state of flux. watch this YouTube vid to get a new appreciation for how complicated this mess truly is! <https://www.youtube.com/watch?v=IIAJJI-qG2k> (maybe this can explain why some websites are always so wet as the weekly wash!)

*Just How Many ISPs Can I Choose From?, dept.*

well, you should do your own search like i did. you might be surprised. i did find that the info on nearly all sites is kinda stale, but you can still get some good info to assist you in choosing that first ISP, or even switching to a better one. on the page below, you can see that BROADBANDNOW has a great mix of info. max speed (download), areas covered, wireless, satellite, hot spots, customer's ratings, and even pricing! wow! go here to get the skinny: <https://broadbandnow.com/Missouri/Saint-Louis>

*Charter (REALLY) Wants To Be Your ISP, dept.*

have you heard that Charter Cable has doubled the residential speed for their customers? yeah, they did it in April of this year. didn't hear about that? yeah, neither did i. i found out when one of my friends told me that he got a letter about it in the mail from Charter. hmmm... anyway, here is a copy of a release from Charter on 25 April. to here to read it: [http://www.legitreviews.com/charter-boosts-spectrum-internet-starting-speed-to-200-mbps-in-st-louis\\_204948](http://www.legitreviews.com/charter-boosts-spectrum-internet-starting-speed-to-200-mbps-in-st-louis_204948) as a matter of fact, since it is in the public domain, i will re-print the press release for you here:

*St. LOUIS– (April 25, 2018) – Spectrum has doubled the starting download speed of Spectrum Internet in the St. Louis area from 100 to 200 Mbps — with no change in price. The faster 200 Mbps speeds are available now to new Spectrum Internet customers, and the company has automatically increased speeds for current residential customers with new Spectrum Internet packages.*

*“St. Louis is now part of a growing number of Spectrum communities, comprising millions of homes, where our Internet starting speed is now 200 Mbps,” said Tom Rutledge, Charter Communications Chairman and Chief Executive Officer. “We’re delivering internet customers even more speed for streaming, surfing and social media, all with no change in the price of their Spectrum package.”*

Spectrum Internet offers the fastest internet starting speeds in St. Louis with no data caps, modem fees or contracts. A small percentage of Spectrum Internet customers will need a new modem — available at no additional charge — to receive the faster speeds; affected customers will be contacted directly with details on exchanging their modem.

Customers with legacy Spectrum packages will receive the faster speeds automatically in 2018. Visit [www.spectrum.com](http://www.spectrum.com) or call 1-855-75-SPECTRUM for more information on Spectrum Internet.

ME GO NOW!

btw, there are no "big" holidays in August. i wish there were, don't you? speaking of holidays, did you know that every day in heaven is a holiday? well, it MUST be! we will be happier than we have ever been, and our work here on earth is completed, so how is that not a holiday? the real trick is that you must always be ready to leave at a moments notice, maybe less. want some help to prepare? just ask God to send you His Holy Spirit. call me if you have any questions!

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

IF YOU would like to contact Doug for his FREE PUTER ADVICE, call him in the PM at: \*314\*521\*1789\* If you are an email addict, please put the phrase i need puter advice into the subject line of your missive, and include your local telephone number in the message. [fergusoncomputercorner@aol.com](mailto:fergusoncomputercorner@aol.com)

Just pick one of the lesser holidays at WinCalendar, call or email me of your selection, and we can celebrate it together! :) HAPPY \_\_\_\_\_ day! (no, don't choose the 3rd on my account; i don't drink beer! sorry about that!)

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# VOTE AUG 7

Dear Ferguson residents,

As many of you know, I have decided to run for St. Louis County prosecutor against Bob McCulloch.

I am proud of what we, as a community, have accomplished over the last three years. There is still more for us to do. We have worked together on the negotiation team with the Department of Justice, bringing community policing, as well as some of the most broad court reforms in the region. It makes me proud to see the narrative of Ferguson changing to one of a success story and there are many individuals, organizations, neighborhood associations and community groups who have given their time and effort to help move this city forward.

If I have the honor of serving as your next St. Louis County prosecutor, the interests of Ferguson residents will always be regarded. The election is Tuesday, August 7<sup>th</sup> and I am asking for your support.

Sincerely,  
Ferguson City Councilman, Wesley Bell



Paid for by Friends of Wesley Bell, Stephanie Hughes, Treasurer.

## Letter to the Editor

I wonder how many residents know just what a gift Mayor James Knowles is. His column is articulate and well-reasoned. His grasp of history informs his judicial stance and makes Ferguson better every day with his righteous decisions. It is true that if we do not learn from history, we are doomed to repeat it. I am tempted to ask why he chooses to govern in Ferguson when he has talents and abilities that our larger government needs. I wonder why he doesn't run for the house or senate. (Maybe he will). But what I will say is that his every day involvement with the community of Ferguson, Missouri makes our neighborhoods stronger and better.

If there is one thing I could say to James it would be this: we need more of you. The future of Ferguson resides in our youth. How do we mentor and grow and instill in them a fondness—need I say adoration—for the city?

Hope is not lost. Even as I read the letter to the editor (July issue) about trash along New Florissant Road, I thought, there are people who still care. The opportunities abound. How do we teach our youth to love Ferguson and care for it? I think Albert Harrold (Strength and Honor founder) has a lot to say about that!

Margaret Wolfinbarger

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I got an appointment the same day! Wow, how's that for service. I started out on the roller bed (a relaxing back massage that eased the tension in my back). Who knew I even had tension in my back? Then Dr. Robyn gently massaged my shoulders and neck before turning my head. No, it wasn't the "crack" accompanied with pain that other chiropractors had administered.

It turns out, I had something displaced on both sides of my neck. No wonder I wasn't getting any better! As I write this, it is two days later. I have no pain. Thank you, Dr. Robyn.

Dorothy Seiter, Editor, *Ferguson Times*

Dr. Robyn's Office Hours:

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

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Forest Park Golf Course	Ferguson Township Open Democratic Club	Elaine Wirt
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## Congratulations to the 2018 I Love Ferguson Scholarship Winners.

We wish you continued success in your academics and hope you continue your sense of

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For more information:  
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[rbrandel@fergusonlibrary.net](mailto:rbrandel@fergusonlibrary.net)





By Bob McCarty

## Sash Horns and other interesting facts about windows.

As many of you know, and those who didn't know until now, we are working on a project in Joplin, MO. This project is the restoration of two and maybe three homes in the Murphysburg Historic District of Joplin.

The home we are working on now ( built in 1890 by Charles Schifferdecker) is a Romanesque-styled house with a three-story circular tower dominating the southeast corner of the house. In 1893, Edward Zelleken built a three-story in the Queen Anne-style. The third house, built in 1900, by Alfred Rogers who spent \$20,000.00 to build a three-story Neoclassical Revival home.

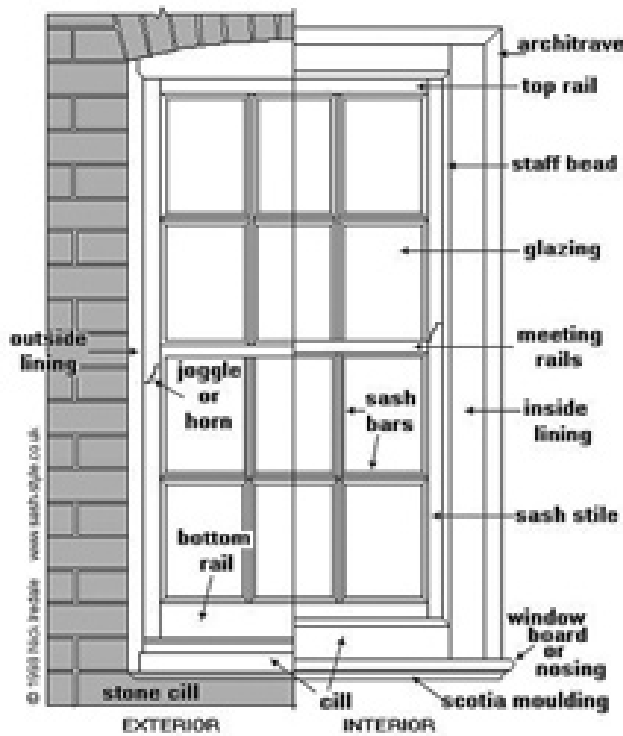
At present, we are restoring the Schifferdecker house which has many of the elements that we will discuss in this article, the horned sash.

Earlier sash always had multiple pieces of glass separated and held in place with muntins. The muntins added the support needed to hold the glass without any sagging in the lower rails. In the mid 1800's, towards the middle of the Victorian era, the window industry was able to produce large pieces of glass. The muntins were removed and a single piece of glass was installed, but the new glass was too heavy for the lower rails, especially the meeting, or middle rail. These larger pieces of glass would allow more light in the house and this is what the finer homes of the era wanted.

The stiles, or sides of the horned sash had a four inch piece of wood protruding down past the meeting rail of the top sash. The tennon for the meeting rails is usually thinner than on the top rail. Since this is a structural joint, it needs to hold the weight of the glass, a full mortise & tenon is required. To get a good mortice cut into the stile, or side piece to hold that weight, the 4" length of wood, or horn was added to back up the tennon.

So we have this extra length of wood protruding past the bottom of the sash. Doesn't that look a little chunky? Not necessarily, in the United States an ogee was cut below the sash to give the horn a decorative look.

Another advantage of these sash horns, also known as joggles, is when you bring the top sash all the way to the bottom of the jamb. . .wait a minute! I find that most of the original top sash of the windows are usually painted shut. If you have windows where the sash are not completely painted shut and both the top and bottom sash work, when the top sash is brought all the way to the sill, the horn will hold the meeting rail a few inches above the sill where you can use your hands to get under the rail to lift the sash back to it's original position. Back in the Victorian days, the top sash was used to, can I say, help with the air conditioning of the home. With the top sash lowered about three inches and the bottom raised about the same, the cool outside air would come in the bottom sash and the hot air out the top. Seeing as how warm air raises, tall ceilings and windows would help you get through some of the days like what we have just recently endured. Could you imagine?



While working on the Schifferdecker House, the large windows on the first floor are single hung with a fixed art glass, (stained glass), above, but set out about two inches. On these windows, we have noticed that the horns, or joggles are placed at the top of the lower sash. (See Drawing above, interior side of window.) The top rail of these window sash is quite a bit larger than the meeting rail that was described above. So why are these horns needed? -except maybe they are a decorative item.

While working on these windows, we found that when the window sash is raised, it moves through the top of the jamb into the wall cavity. The horns lift the jamb up into the wall where it slides freely in the cavity built for the sash to slide upwards. This protects the jamb and the sash lock located on the top of the sash. For lack of better description, we'll call these pocket windows.

There you have it, horns or joggles on your window sash and what, where, and why they are there.

Next month, we'll have some photos and descriptions of some window jambs and sash that we will be building for this project. Until then, Bob is on the job.

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# Family

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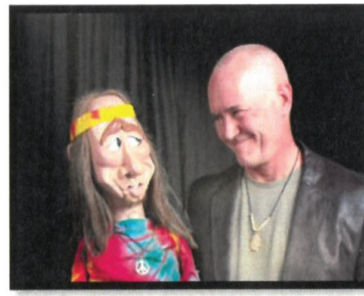


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For kids and their caregivers ages 8 and under. Registration is required.

**Monday, August 6  
6 - 7 pm**

## Boeing Teams up with Ferguson-Florissant School District for a One-Day STEAM Camp

Boeing has partnered with the Ferguson-Florissant School District and United Way to offer a STEAM-focused education event for children ages 5 to 18. Indoor and outdoor activities included science experiments, basics of aerospace, applications of mathematics, art projects, and interactive activities. The event was held at McCluer South-Berkeley High School, 201 Brotherton Ln., Ferguson, Mo., Saturday, July 14. The first 250 campers received a Boeing gift bag and lunch was provided to all campers.

About the Ferguson-Florissant School District  
The Ferguson-Florissant School District, located in suburban St. Louis, serves more than 11,000 students from preschool through 12th grade with an excellent comprehensive educational program. Fully accredited by the state of Missouri, the Ferguson-Florissant School District operates 17 elementary schools, three middle schools, three A+ and NCA-CASI-accredited high schools, a cutting edge STEAM Academy, and an alternative school. In addition, the District includes a nationally-recognized early education program, the award-winning Challenger Learning Center space education facility and the Little Creek Nature Area, a 97-acre nature preserve which offers experiential learning opportunities for students in science, biology, ecology and related areas of study.



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## Gersher Music Festival Returns for 8th Season

Now in its 8th season, the Gersher Music Festival returns to St. Louis for two weeks in August, bringing chamber music with a multi-cultural twist to their performances. The Festival runs from August 9 – 19 with three formal concerts as well as several more informal opportunities to hear some of the music and meet the musicians. One of these informal Family Concerts will be held at the Ferguson Municipal Public Library **Saturday, August 11, 2:00 PM.** The library is located at 35 N Florissant Rd, Ferguson, MO 63135. Although the concert's other venues during the Festival have admission costs, the Ferguson concert is FREE..

This year's theme is "Voices Rising." Three distinct concerts reflect different aspects of this theme, each in a different venue. The formal concerts are:

- The Legacy of Tin Pan Alley will be performed on Thursday, August 16th at the Missouri History Museum. It is in partnership with the Missouri History Museum and is part of the MUNY Memories Exhibit.
- Rise Up: Sounds of Protest will be performed at the 560 Music Center Saturday, August 18th.
- Giving Voice will be performed at the Gersher Festival's home at the JCC's Wool Studio Theatre.



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- Christopher Harris Youth Advocate Award Recipient
- Ferguson Florissant Parent Advisory Board Member
- North County Labor Club

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There are many things we want to pass on to our loved ones—illness is not one of them. You want to pass on certain things like family traditions, a grandmother’s quilt or dad’s love of books—but no one wants to pass on a serious illness. Take charge of your health and help protect those around you by asking about vaccines at your next doctor’s visit.

Vaccinating our children is commonplace in the United States. But many adults don’t know which vaccines they need, and even fewer are fully vaccinated. Every year, thousands of adults in the U.S. become needlessly ill from infectious diseases. Many adults are hospitalized and some even die from diseases that could be prevented by vaccines.

Not only can vaccine-preventable diseases make you very sick, but if you get sick, you may risk spreading certain diseases to others. That’s a risk most of us do not want to take. Babies, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases. They are also more likely to have severe illness and complications if they do get sick. You can help protect your health and the health of your loved ones by getting your recommended vaccines.

The good news is that getting vaccinated is easier than you think. Adults can get vaccinated at doctors’ offices, pharmacies, workplaces, health clinics and health departments. Visit vaccinefinder.org to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines—a call to your insurance provider can give you the details.

What vaccines do you need? The CDC recommends all adults should get an annual flu vaccine to protect against seasonal flu and a Td vaccine every 10 years to protect against tetanus and diphtheria. You may also need other vaccines based on your age, health conditions, occupation and other factors. If you are planning to travel outside of the U.S., check on any additional vaccines you may need. Some travel-related vaccines are part of a series or are needed months prior to your travel to be most effective, so be sure to plan ahead. Remember to always consult your healthcare provider first, before you make any decisions.

Still not sure what vaccines you may need? The CDC offers a short quiz at www.cdc.gov/vaccines/adultquiz to help find out which vaccines you might need. You can take the results of your quiz to your provider to discuss which vaccines are right for you.

For more information about adult vaccines: www.cdc.gov/vaccines/adults, also visit www.agingahead.org this fall to find out when our Seniors Centers offer the flu shot.

(National Public Health Information Coalition (NPHIC) National Immunization Awareness Month (NAIM) www.nphic.org/niam)

Aging Ahead, a not-for-profit organization, provides services, programs, and assistance to adults aged 60 and over living in the counties of St. Louis, Jefferson, Franklin, and St. Charles. Since 1973, Aging Ahead has been providing services to older adults; it is on target to serve approximately 800,000 meals in 2018. In addition to its nutrition program (congregate and home-delivered), Aging Ahead provides programs and activities at 21 senior centers including health promotion and disease prevention programs, respite services for caregivers, programs to prevent elder abuse and neglect, and pension counseling among many more. Aging Ahead also contracts with numerous outside agencies to provide necessary services such as transportation, adult day care, and other amenities so that older adults can maintain their highest level of independence.

For more information on our services and resources, go to www.agingahead.org, call 1-800-243-6060 or email the agency at info@agingahead.org. Monday, Wednesday & Friday (All month) 10:30-11:15am “Bingo”

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## 6th Annual Taste in Ferguson

### The Date to Remember the 9th of September

The food vendor competition continues; this year’s theme is “THE REMATCH”. To be a champion you must beat the champion. All winners from last year are returning to defend their crown. Paul’s Market in BBQ, Drake’s Place in Chicken, The Rice House in International, Ferguson Whistle Stop in Dessert and Amore Pizza in Pizza. Other food vendors who are joining the fun are Red’s BBQ, Breakaway Café, Pho Long Restaurant, London’s Wing House, Raising Cane’s Chicken Fingers, Cupcake Fetish, Helfer’s Pastries & Deli Café, Schnucks Market, Earthdance Farm and Starbucks. Two new food vendors will be joining the competition this year: Beast Butcher & Block in the Grove and Simply Thai. More vendors to come.

Music entertainment will be provided by The Ralph Butler Band and Christian artist Josh Wilson. Event emcee is Tony Columbo for the Dave Glover show. Once again, there will be beer and wine tasting, children activities, and cooking demonstrations under the big tent. The Ferguson Police department will go after the defending champion Ferguson Fire Department in their challenger cook off for the coveted bragging rights trophy.

Tickets are still \$25 and children under 10 are free. Gather your friends, load up the kids and head on down to the Savoy Banquet Center to the largest food tasting event in North County, “The Taste in Ferguson”. Find us online at www.thetasteinferguson.com See you on Sunday, September 9, 3-6pm.

*6th Annual*  
**THE TASTE**  
**IN FERGUSON**  
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**Sunday, September 9, 2018 • 3-6 p.m.**  
**Savoy Banquet Center**  
119 S Florissant Rd | Ferguson, MO

**FOOD VENDOR COMPETITION CONTINUES**  
**“THE REMATCH”**  
Vendors competing for cash prizes in the BEST of BBQ, Chicken, International, Pizza and Dessert. Come join the fun and vote for who has the best dish!

Purchase your tickets at participating culinary vendors, Ferguson Farmer’s Market, Robinwood Automotive and online at: [www.TheTasteInFerguson.com](http://www.TheTasteInFerguson.com)

**Tickets \$25.00 • Children 10 & Under FREE**

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



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

#### Upcoming Activities

- Wednesday, August 15th 9:30- 10:30am “CORP Benefits and Services”
- Friday, August 24th 10:00- 11:00am “Into to Computers”
- Friday, August 31st 10:00- 11:00am “Into to the Internet”
- Monday & Wednesday (All month) 9:30-10:15am “ExerStart Class”

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

## Thunder Storms, Lightning and Trees.

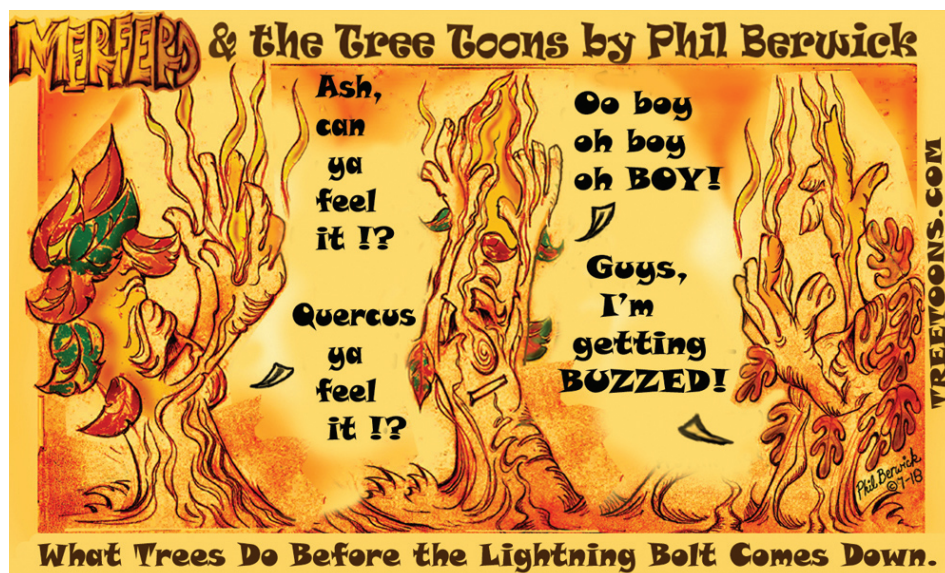
It's been the perfect summer for growing big tomatoes, and not so perfect for growing big trees. Some trees have been growing too fast for their own good and limbs have been breaking under their own weight. Our motto at Living Tree Care is that "We're in the Business of Saving Trees." But if it's between saving a house or saving a tree, the house takes precedence. If tree roots are buckling a sidewalk or a drive I won't take a tree down. If it's going to be buckling a house, I take it down.

I lost track of how many trees I took off houses this year. In almost every occasion, there had been warning signs of tree failure, and if I had performed a hazard tree evaluation, I would have suggested removal before wind and saturated earth felled them. Ferguson is no stranger to flailing wind and falling trees. There are three ingredients for a thunderstorm: moisture, instability and lift. Ferguson has had the 'moisture'; it's had its share of 'INSTABILITY', so now it's time for a 'LIFT'.

Since I feel a thunder clap of TREEOLOGY in my bark, let me touch on lightning bolts and trees. In many instances, old fashioned tree surgery, in the case of a tree that has received a lightning strike, assists the tree in sealing over the wound, that is, if other than blown out bark, the tree survives the blast. There is a waiting period of at least a couple weeks before I can decide if the tree can be saved. A lightning protection system is the best investment that anyone can make, especially in a large irreplaceable, favorite tree. In 2005 my tree company was hired to install lightning protection systems in twelve of Forest Park's 150 year old "Heritage Oaks".

For lightning to happen, water droplets turn to ice particles, bouncing crazily in a cloud. Positive charges, (Protons) rise to the top of the cloud, as the negative charges (Electrons) fall below the cloud. At the very same time, in synchrony, a positive charge is following that 'thunder cloud' just below the ground. The trees (and other tall objects) send out FEELERS, that you'd be able to see if you were another tree. And where FEELERS (like FAITH) and LIGHTNING (like GOD) meet.... KABOOM. A picture tells a thousand lightning strikes, hence the TREETOON strip associated with this article. And by the way, there are 2,000 thunderstorms occurring worldwide, each producing over 100 lightning strikes a second, that's a millions lightning bolts a day. Something to consider.... In the storms of life... without letting ourselves get too fried. Let's be like trees, and send our FEELERS up together Ferguson, for we may as well get a charge out of life!

By Wendell Phillips 'Phil' Berwick  
Owner Living Tree Care / [www.livingtreecare.com](http://www.livingtreecare.com)  
Creator of Merferd and the Treetoons / [www.treetoons.com](http://www.treetoons.com)



What Trees Do Before the Lightning Bolt Comes Down.



Installing lightning protection in a "Heritage Oak" in Forest Park. On the right you can see the History Museum in the background.

Phil's company was hired to install lightning protection on 12 trees in Forest Park.

On the left is a view of the crew from the top of the tree. I can only assume that Phil is the one manning the camera.

## Sherlock's Pal

The actor and comedian Paul Rudd once said, "Embarrassment and awkward situations are not foreign things to me." He's not alone. I don't think we can get through life without a few faux pas now and then. By my count I have been publicly embarrassed no less than three times in my life.



My first memory of being embarrassed or humiliated occurred in high school. Actually, my entire high school experience was one long regrettable nightmarish saga. I graduated with only nineteen other hucksters from the small West Texas town of Sterling City, so when one made a mistake everyone knew about it. My big mistake (which seems so small now) was showing up late to a carwash fundraiser. The funds were to be used for our senior trip, which consisted of a few parents "chaperoning" our small class as we descended upon New Orleans' French Quarter in the summer of '78. Showing up late for the fundraiser would not have been such a big deal except for the fact that I was the class treasurer. I was supposed to handle the money received from our customers. When I finally arrived I learned that my classmates had voted me out of office. Yes, I was allowed to go on our senior trip, yet until my classmates had had a few Hurricanes under their belts, I was persona non grata.

I had to wait many years for my next great embarrassing moment. It was the summer of 2012. By virtue of winning a Putt-Putt tour stop in Louisville, Kentucky, I was invited to the national championship in the senior division. I was fifty-two years old at the time, and you know, one's putt-putt skills begin to diminish past the age of fifty. Bending over every few minutes to retrieve one's golf ball is also very strenuous. So, other than occasionally telling folks that I was invited to a national Putt-Putt championship, which is about as uncomfortable as wearing unmatched socks in public, the most embarrassing moment at the tournament was not all the putts I missed. It was the time I mindlessly walked past the tenth tee box just a few feet away from a fellow competitor's attempt to strike a good putt. He looked up at me after he missed his putt with the most scornful expression I had ever seen and yelled, "What are you doing?" I meekly said, "Sorry," and ducked into the clubhouse hoping to not be recognized the rest of the day. And yes, putt-putt putters take putting seriously.

My third most embarrassing moment occurred just a few weeks ago on a Sunday morning. I was sitting in the pastor's chair and was about to climb up into the pulpit to deliver my sermon. As fate would have it (and trust me, I will give fate a piece of my mind someday), I decided to find a "joke" to go with my sermon. I found one; however, I didn't think it through. I misunderstood its meaning. Therefore, I opened my sermon with a brief joke, followed by a huge congregational gasp, and spent the rest of the morning looking for a place to hide. I learned that there is no place for a pastor to hide in worship. So one does one's best to just ride the tidal wave of embarrassment until the last song is sung and the last prayer is uttered, walk briskly to the door, greet the parishioners as if nothing happened, and then run to one's car as fast as a professional putter/former class treasurer is able to run.

There is an old Persian adage that says, "This too shall pass." I hope those Persians were smart people.

Dr. Jimmy Watson - Pastor, Immanuel United Church of Christ, Ferguson, Missouri

Please write to me and share your thoughts at [sherlockspal@yahoo.com](mailto:sherlockspal@yahoo.com).



# Artful Considerations

by Robin Shively



*"An intellectual says a simple thing in a hard way. An artist says a hard thing in a simple way"*

- Charles Bukowski

Saturday, August 4, 2018, marks the opening of the #ThisIsMyFerguson art show. This special art exhibit was conceived over a year ago by Glynis McManamon of Good Shepherd Arts Center. Sr. Glynis recruited a committee consisting of Stephanie Von Drasek, Stephanie Wheat, Kate Moore-Freeman, and Dana Sebastian-Duncan to help plan and organize the event. Ferguson residents and businesses of all ages were invited to create work inspired by the theme 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 that you want to affirm?
- Are you passionate about a vision you have for what Ferguson might become in the future?

Art has been coming in from persons with ties to Ferguson, whether they live here, go to school here, work here, grew up here. There have also been a series of collaborative projects local citizens and others have created.

#ThisIsMyFerguson Art Exhibit will open with a reception on Saturday, August 4, from 2:00 – 4:00 pm at four venues: Ferguson Municipal Public Library, Good Shepherd Arts Center (GSAC), St. Peter's United Church of Christ and Urban League's Ferguson Community Empowerment Center. GSAC has submitted a request to the City of Ferguson to provide the trolley for continuous loops. Check for information on that and other updates on the *This Is My Ferguson Facebook page*. The exhibit will run through Saturday, August 25. In the weeks following the opening, you can see this exhibit during the regular business hours of the various locations. The addresses and business hours of the four venues are:

- Ferguson Municipal Public Library at 35 N. Florissant Road: Mondays-Thursdays, 9am- 4pm; Fridays, 9am-6pm; and Saturdays, 9am-4pm.
- Good Shepherd Arts Center at 252 S. Florissant Road: Wednesdays and Thursdays, 10 am-5pm; Fridays, 2-8pm; Saturdays, 11am-5pm; and Tuesdays by appointment. Good Shepherd Arts Center will be closed August 3rd.
- St. Peter's United Church of Christ at 1425 Stein Road: office hours are Mondays-Fridays, 9am-4pm. Their worship times are: 9am worship; 10:15am coffee and fellowship; and 10:30am bible study for all ages.
- Urban League Ferguson Community Empowerment Center at 9420 W. Florissant Ave: Mondays-Fridays, 8 am-5pm.



Many thanks to the Missouri Humanities Council, PAKT, I Love Ferguson and Northern Arts Council who partnered with GSAC in bringing this exhibit to life. In addition to hands-on contributions, GSAC thanks the children, youth and adult leaders and mentors of imPAKT Youth Leadership and Development Camp, Strength and Honor Summer Camp, PROUD, FYI and Adopt-a-Block for their hands-on contributions of collaborative artwork.

One of the art entries will be kanzashi flowers created by Kate Moore-Freeman from some of the Ribbons of HOPE for Ferguson. Kanzashi tsumami is the Japanese art of folding delicate squares of silk into three-dimensional flower petals. Kate writes about her kanzashi flowers and other creative projects on her website, [www.katemoorefreeman.com](http://www.katemoorefreeman.com). More of Kate's kanzashi flowers, along with 3 large weavings and individual ribbons are currently on display at Metro's North Transit Center on Pershall Road. The grass roots "Ribbons of HOPE for Ferguson" community art project from 2014 was a partnership of the Adolescent Resource Center (a program of Queen of Peace Center), the Northern Arts Council, Ferguson Youth Initiative, Provident Counseling and the Missouri Art Therapy

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Association. It invited people from Ferguson (and beyond) to look toward the future

in a creative project by writing their hopes and wishes for Ferguson's and their own community's future, on a ribbon in a positive, creative, productive, prayerful, and/or wishful kind of way. The "Ribbons of HOPE for Ferguson" community arts projects were created and displayed at various public sites throughout the community, beginning at the Ferguson Farmers Market. Local youth with the Ferguson Youth Initiative and the Ferguson Community Service Program were instrumental in creating, gathering and displaying the ribbons. While stringing and displaying ribbons, youth and volunteers gathered ribbons with messages by passers-by at sites along West Florissant Avenue and South Florissant Road. As news about the project spread, Missouri Art Therapists and groups in other communities, including some as far away as Ohio, Wisconsin, Texas, Florida and New York created ribbons and sent them to Ferguson, expressing their support for the community. Ribbons were exchanged with other groups in various states. Janet Lew Carr, Art Therapist of Wisconsin, incorporated ribbons from both Ferguson and Milwaukee to create the initial 2 weavings. This inspired the creation of additional weavings as a literal and symbolic process, weaving together interconnected and sometimes varying, even oppositional, ideas to create a stronger fabric. Dana Sebastian-Duncan initiated and guided the creation of ribbons by community members at the Ferguson Farmers Market and via groups at many local events.

Please send information about Ferguson artists or art events in Ferguson to [cornersframing@gmail.com](mailto:cornersframing@gmail.com) so they may be included in this monthly column.

## The Best of Ferguson

– by Ruffina Farrokh  
p, M.A.



I had the pleasure of interviewing Wesley Bell for this article. Wesley is running for the office of St Louis County Prosecutor at elections on 7 August. His website at <https://www.votewesleybell.com/meet-wesley> is chock-full of information about how he will make St Louis County safer for all. Wesley is the son of a police officer and a county civil servant mother. He has lived in north county since age 10 and in Ferguson for the past seven years. He is at present our Ferguson City Councilman for Ward 3, first elected in April 2015 and again in April of this year.



Wesley is all about service to his community. While at Mizzou Law, he focused on representing the poor and disenfranchised. He turned down several job offers to work instead as a Public Defender in St Louis. In this role, he saw how broken the system was, especially for the marginalized. He started his own criminal defence practice, offering his service pro bono to those needing it. He also recognized that people did not understand how the law works. This inspired him to become a criminal justice professor at St Louis Community College, Florissant Valley campus, where he is currently head of the department. Prior to this, he was an adjunct professor

at Harris Stowe University in the criminal justice department.

Wesley also became a prosecutor and judge in a few St. Louis County municipalities. He has been a vocal leader in criminal justice and court reform and was the first prosecutor to successfully advocate for the recall of thousands of non-violent municipal warrants. He also worked to establish the North County Police Cooperative that makes community policing one of its highest priorities.

I was impressed by Wesley's commitment to criminal justice reform and the rehabilitation of non-violent offenders, something that my late husband and I worked tirelessly on through the nonprofit organization we established for this purpose (The Enlightened Sentencing Project; [www.tesp.org](http://www.tesp.org)). He believes the old methods of arrest-and-incarcerate, and win-at-any-cost methods simply do not work. He is dedicated to using strategies that, among other things, have been proven to reduce the likelihood of future crime and protect and address the needs of victims. He hopes to re-establish trust in the prosecutor's office, focus juvenile prosecution on rehabilitation - not punishment,



Wesley and other volunteers at Ferguson's Unity Weekend.

treat everyone humanely and fair, mend relationships between the community and police, and make St. Louis County a safer place to live, work, and raise a family.

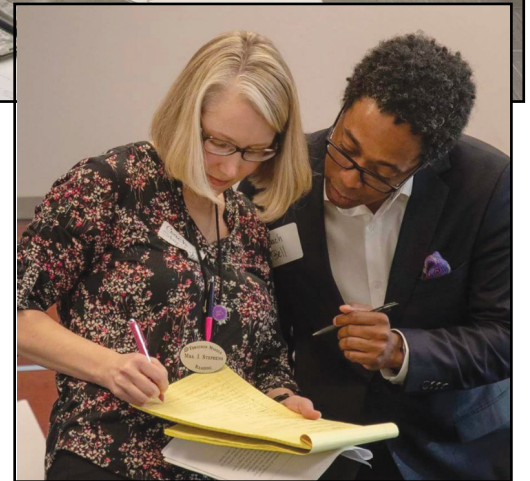
I asked Wesley how he felt about Ferguson since the Mike Brown crisis. He said that Ferguson was already community oriented before then but even moreso since. He intimated that we had to

face the tough issues and deal with them, not being able to sweep them under the carpet anymore. While most people do not pay attention to Small Town, USA, this is simply not the case with Ferguson; the whole world looks on at us! He feels being in the spotlight gives us a rare opportunity to make a big difference in a positive direction.

Wesley shared that being a Ferguson Councilman has been a learning experience for him. He is a people's person and in this role he can give back so much to the community. He feels this will be amplified in the role as County Prosecutor, if he is successful in elections on August 7th.



Above is shot of a mock trial of Washington University students vs. Ferguson Middle School students which was held in the Ferguson courtroom. At right is Middle School teacher, Jennifer Stephens, coordinating the trial with Wesley Bell.



Wesley has volunteered as a board member of Soul Fisher Ministries in St Louis, helping ex offenders reintegrate into society, and of the Ferguson Youth Initiative. He started a donation drive in 2012, for K-12 students and families classified as homeless in the Ferguson and Normandy school districts. He is on the planning committee of a group that holds Unity Weekend, giving out 1,000 backpack school supplies a year. He helps to build relationships between the public and law enforcement by helping others in a police simulator training interactive video game. With this, members of the public get to role play as the police officer. These sessions are held at the St Ann's City Hall and are free to the public. Wesley also started a mock trial team at Ferguson Middle School. They use the Ferguson courthouse for the mock trial and one of their opponents in the mock trial was Washington University in St Louis, my alma mater.



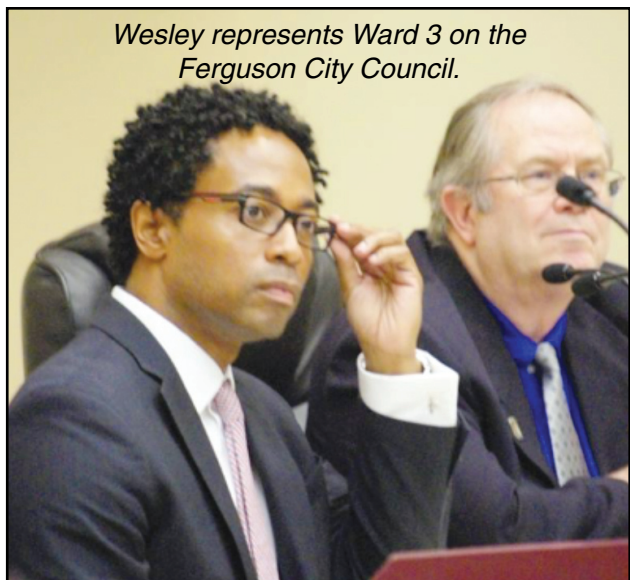
Wesley distributing candy on Halloween.

Wesley is a world traveler and has visited many countries in Europe, Africa and South Africa. He enjoys sci-fi movies, especially those of the superhero variety, loves to read, and is a big St Louis Cardinals fan.

Wesley ended our interview with wise words: "it's time for us not only in Ferguson, but in the county, to start a new chapter. We have to start being able to come together even when we disagree. We have to be able to listen to one another. We do that a lot better in Ferguson and would like to continue to do so throughout St Louis County. Alone, we can go fast, but together, we can go far!"

The author teaches the Transcendental Stress Management program and conducts retreats at home and abroad. She is recognized as a spiritual leader specializing in giving Shaktipat by sight (transference of spiritual energy) and enabling others to have refined perception through the opening of their third eye. Email: [rfanklesaria@gmail.com](mailto:rfanklesaria@gmail.com) [www.BestAgainst-Stress.com](http://www.BestAgainst-Stress.com) 314 766 4391

Wesley represents Ward 3 on the Ferguson City Council.





## Fast Food

I have to admit, I am addicted to McDonald's Sausage and Egg Biscuits. I try to limit my intake to a couple of times a month, but it's more likely once a week. Imagine my surprise when I found such a discrepancy in price between the store located on South Florissant Road in Cool Valley, and the one over at the Festival (by Wal-Mart) in Ferguson. A few cents difference could be explained by a difference in sales tax . . . but 20¢ was too hard to stomach (no pun intended).

After talking to a few people about this, several were aware that fast food stores along the interstates charge more than other stores of the same chain. But the Festival is also on an interstate (270). Maybe the difference is that it is located in a strip mall instead of being free standing.

This experience led me to think about fast food stores when I was a kid. There weren't any. (I was wrong.)

I always thought that the original fast food stores were McDonald's, which were founded in 1948. But it turns out White Castle was founded in 1921. And, I also was under the impression that White Castle was started in St. Louis, but NO, wrong again. It had its origin in Wichita, Kansas. Burger King, Taco Bell and KFC started business in the 1950s.

So, fast foods have been around to perfect their offerings for almost 100 years.

The first fast food I remember was a Ted Drewes Frozen Custard stand (well, I considered it a fast food operation). Ted Drewes opened his first shop in Florida in 1929, but moved to St. Louis in 1930 with a store at Goodfellow and Natural Bridge. A year later it moved that store farther west to an empty field where the Normandy Post Office stands today. I went to school at St. Anns, which was just a half block away, so a convenient stop after school. No wonder I was overweight.

Years later, when I moved to Ferguson, fast food stores were located where Red's BBQ place (former Tyme Table) is now, and there was another on South Florissant Road where the Ferguson License Office was formerly located. None of my family can agree which franchises they were, so I won't speculate.

One last thought. Remember when fast food meant cheap food? What happened?



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10873 W FLORISSANT AVE	
FERGUSON, MO 63136	
TEL# 314-521-2272	
KS# 12	06/22/2018 10:51 AM
Side2	Order 02
1 Sau Egg Biscuit	3.49
Subtotal	3.49
Tax	0.34
Take-Out Total	3.83
Cash Tendered	5.83
Change	2.00

McDonald's Restaurant #14822	
1790 S FLORISSANT RD	
SAINT LOUIS, MO 63121	
TEL# 314 521 1062	
KS# 13	06/17/2018 08:45 AM
Side1	Order 71
1 Sau Egg Biscuit	3.69
Subtotal	3.69
Tax	0.30
Take-Out Total	3.99
Cash Tendered	20.00
Change	16.01

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## Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Mystery Meal . . . . . Thurs., Aug. 2
- Justin G. Funk Band – Koenaman Pk., Jennings . . . . . Fri., Aug. 3
- Family Movie Night – St. Peters . . . . . Fri., Aug. 3
- Ferguson Unity Weekend – Various Venues . . . . . Sat. & Sun., Aug. 3 & 5
- This is My Ferguson Art Exhibit – Various Venues . . . . . Sat., Aug. 4
- Sound Vibrations – Library . . . . . Mon., Aug. 6
- VOTE . . . . . Tues., Aug. 7
- Ferguson City Council Meeting – City Hall . . . . . Tues., Aug. 7
- CityWalk Concert Series – Funky Butt Brass Band – 501 . . . . . Fri., Aug 10
- Gesher Music Festival – Library . . . . . Sat., Aug. 11
- Reading on Race Book Club – Library . . . . . Mon., Aug. 13
- St, Peters Cardinal Baseball Game . . . . . Wed., Aug. 15
- Ventriloquist at St. Peters . . . . . Fri., Aug. 17
- Marygrove Trivia at DePaul Hospital . . . . . Fri., Aug. 17
- Beginning Genealogy – Library . . . . . Sat., Aug. 18
- Beginning Genealogy – Library . . . . . Sat., Aug. 22
- CityWalk Concert Series – McLovin – Plaza 501 . . . . . Fri., Aug. 24
- Tuesday Night Book Club – Library . . . . . Tues., Aug. 28
- Labor Day Holiday . . . . . Mon., Sept 3
- Community Picnic – St. Peters. . . . . Sun., Sept. 9
- Taste in Ferguson – Savoy . . . . . Sun., Sept. 9

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### Answers from Trivia, Page 12

- |                |                 |
|----------------|-----------------|
| 1. Dairy Queen | 7. Debut        |
| 2. Diameter    | 8. Defective    |
| 3. Dew         | 9. Demand       |
| 4. Daffy       | 10. Divorce     |
| 5. Doggie Bag  | 11. Driver's Ed |
| 6. Data        | 12. Dolly       |

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