

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 14TH YEAR!

Saturday October 6th:

- **Christian Hospital Presents Breast Cancer Awareness**
"Have you ever wondered why we only eat certain fruits and vegetables and where those came from? Most crops are the result of thousands of years of both intentional and accidental changes made to edible plants. Come explore how ancient and modern farmers have shaped crop plants into the fruits and vegetables we enjoy today". Stop by the Washington University tent!
- **Music: Stuart Johnson, 9-11**



Saturday October 13th:

- **Chili Cookoff**
- **Northern Arts Council, Art at the Market 9-11**
LOCAL ARTISTS provide demos, art-making and creative experiences, May through October at Ferguson Farmers Market. NAC sponsored Artists will feature various techniques, media and themes. Open to ALL AGES! Community Arts theme this season: #ThisIsMyFerguson.
- **Music: Ragged Blade Band, 9-11**

Saturday, October 20th:

- **Halloween Trick or Treating Costume Contest**
- **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
- **Music: The Retro Band, 9-11**
THIS IS THE FINAL MARKET OF THE OUTDOOR SEASON!

A Huge "Thank You" to all the volunteers, vendors and customers who make the Ferguson Farmers Market a success each year.

3RD ANNUAL FARM TO TABLE DINNER **Rescheduled Date Saturday, Oct. 6th, 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 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 yuca with queso.

501 S. Florissant, at the Victorian Plaza
Check our website, FergusonFarmersMarket.com
"LIKE" us on facebook



OCTOBER 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.

STORYTIME SCIENCE - WEDNESDAY, OCTOBER 10 AT 6 PM

Join us, the Ferguson-Florissant Parents as Teachers Program, and the St. Louis Science Center as we enjoy a science-themed storytime and activities! For children ages 3-6.

2018 BALLOT ISSUES - TUESDAY, OCTOBER 23 AT 6 PM

Don't know your Amendment 1 from your Proposition C? Know before you vote! Join us and the League of Women Voters to learn about the different issues voters will be asked to weigh in on in this year's general election on November 6.

THE GREAT PUMPKIN PARTY AT HOGWARTS WEDNESDAY, OCTOBER 31 FROM 4-6 PM

Our annual Halloween party goes to Hogwarts! Get sorted into your house, take a picture in the potions dungeon, and more, including a reading from *Harry Potter and the Sorcerer's Stone* at 5:30 pm. All ages welcome!

TRY ONE OF OUR BEWITCHING ONGOING PROGRAMS!

- Readings on Race Book Club - Monday, Oct. 8 at 6 pm
- Tuesday Night Book Club - Tuesday, Oct. 23 at 5 pm
- Storytime, every Monday at 10 am
- FREE Afterschool Tutoring - Tuesdays and Thursdays, 3:30-5:30 pm, Saturdays, 11-1 pm
- Resume and Job Help - contact the library for more details!

Thank YOU for making Ferguson StreetFest A Success!



Please support our sponsors:

Marley's Bar & Grill
Mobile Eye Care
Ferguson City Walk
Ferguson Farmers Market
UMB Bank

Andy Wurm Tire & Wheels
Tim Larson
Montrey's Cigar Lounge
Alliance Credit Union
Christian Hospital
Ferguson Brewing Company

**Sunday, November 25th
2:00 to 7:00 p.m.**

FERGUSON NORTHERN LIGHTS

Lighted Parade Starts at 5:00 p.m.

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October 2018

While researching ideas on transforming downtown districts, I stumbled upon "12 strategies that will transform your downtown" and I was struck by #6: "The most successful downtown districts have many major functions (employment, residential, entertainment, shopping, etc.). A key ingredient for creating a diverse downtown district is to have major

destinations that draw people to downtown for reasons other than employment. Many cities have pursued professional sports teams for this reason, but this approach only yields intermittent benefits, because major league stadiums/arenas lie vacant much of the year." I instantly thought of Plaza at 501; we are working so hard to make this space the most beautiful, inviting space in the downtown area! Have you been by the plaza in the last few days? We have already started on the pavers and coming soon, the community garden beds!

If you keep reading the "12 Strategies" article, #10 talks about the importance of private investment. Until people are willing to invest their time, their money, their energy . . . no area will be transformed. If you visit downtown you will see an incredible amount of private investment, from Baked to the yoga studio; developers and business owners are investing blood, sweat and tears to make downtown Ferguson successful. According to the article, "Downtowns that offer a new, exciting district provide residents with a reason to check out what is going on in the center of their community." A major upside of this strategy is that it can help to turn around the perceptions and reality of downtowns that have are not vibrant. Perhaps the best example of this strategy is Oklahoma City's Bricktown, a large mixed-use entertainment district that has transformed OKC's one-time "dead-after-5pm" downtown into what is now hailed as a 24/7 attraction. Bricktown, which makes up the eastern section of downtown OKC, was filled with abandoned buildings as recently as the 1990s. Today, thanks to major infusions of public and private investments, the district is home to dozens of restaurants and bars, thousands of hotel rooms, and a growing number of residences." We may not have thousands of hotel rooms, but we already have a vibrant downtown, with more to come!

Ferguson City Walk would like to welcome its newest member, Exclusive Fashion Bar, 800 S. Florissant Rd.
Upcoming Events:

Ferguson Farmers Market, Saturday's through Oct. 20th, 8-12 @ Plaza 501.

Ferguson Northern Lights, Nov. 25th @ Plaza 501, 5-9pm.

Christmas Caroling Pub Crawl, Dec. 8, Various Downtown Businesses, 6-9pm.

CityWalk business owners have a standing invitation to attend meetings of the Ferguson Special Business District Advisory Board, which meets the 2nd Thursday of the month from 5:30-7:30 p.m. FSBD meets at Bakes Wood-Fire Pizza, 235 S. Florissant Rd. For more information, please contact Robin Shively at 314-495-7452 or cornersframing@gmail.com.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Trees turning, temperatures dropping, farmers markets displaying their bounty, football and hockey in full swing, baseball season coming to an end. It must be October and time for another edition of the Plumbers Crack.

Before I started this months edition, I was having a tough time trying to find something to write about. Over 15 years of the Crack I pretty much covered everything that flows or blows. Then I saw on the news about the water situation in Flint, Michigan. Thought the problem was over but it was back in the news again and looks like some politicians are being prosecuted. I got to thinking about our drinking water in the St. Louis area. It's considered some of the best in the country. The question is, is it the same for all of us.

The problem in Flint basically came down to lead piping and an infrastructure that was way past its usefulness. Working in the Plumbing trade over 45 years, I've seen a lot of bad piping, and there is still a lot of it around. In the city of St. Louis and older parts of St. Louis County there are thousands of lead water services and crusty old water mains. I don't remember the year, but sometime in the early 90's we were told we could no longer repair lead services. I think that was a great idea. In the city they require you to replace the line from the yard stop in to the house, for which the homeowner is responsible. We use a fitting that clamps on to the lead and connects to copper. Wait a minute, what about the lead from the main to yard stop? According to the city that's ok because it's their responsibility to replace that part and they don't unless they have a leak. This is potentially more dangerous than not touching it at all. When you cut that lead you're



breaking loose that coating that has built up on the inside of the pipe.

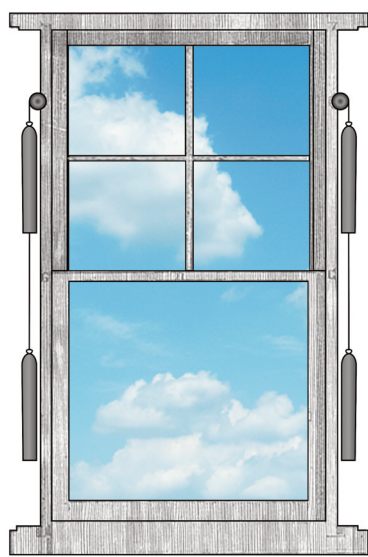
Another good change they made to shirk their responsibility is any rehabbed house has to have the whole water service replaced from the main to the house. It also is a great law. That way the city and county are free from any expense and the homeowner gets the whole bill. Our system may not be bad as what they have in Flint but there is a lot of lead piping in town.

One more little tidbit for you. No matter what the water company tells you, if your water service springs a leak or your yard stop is broken, St. Louis County, not the water company will make that repair for free. Your taxes pay for this. It does not apply to commercial customers, just residential.

Before I finish I want to apologize to those who are offended by my closing every month. I've gotten some bad feedback that it's boring and that it's a news type article and that I should keep God out of it. So just for this month I'll leave the boring stuff out but I won't leave God out. So GOD BLESS YOU ONE AND ALL.

Oh Baby

Maintaining Yesterday, For Tomorrow



WINDOW RESTORATION
BY:

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524-0222

FIRE HOUSE MOVIE NIGHT

You're invited to our first ever Movie Night at The Fire House!
Friday, October 19th.

The Ferguson Fire Department is hosting a movie inside the engine house Located at 200 S. Florissant road. Bring your blankets and lawn chairs! We will have popcorn and snow cones available. Feel free to bring your own snacks and drinks. This will be fun for everyone and a family appropriate movie!

Arrive at 7 pm for a meet and greet, and showing of the trucks for the kiddos. We will start the movie at 7:30 pm.

Stay tuned to our Facebook page for the movie announcement! Bring the family! All children must be accompanied by an adult.

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

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

Ribbons of Hope



The Ferguson Farmers Market is a staple in the community and has become the event to access fresh food and wholesome fun for residents and guests alike. However, on August 14, 2014 – a week after the death of Michael Brown – the future of the market and its art programs were uncertain.

Art Therapist Dana Sebastian-Duncan of the Queen of Peace Center and co-founder/board member of the Northern Arts Council, had an idea to welcome fellow artists, visitors and everyone in the neighborhood back to the Ferguson Farmers Market by providing a creative outlet for the entire community to share their thoughts and feelings. She'd rely on the power of art.

"I gathered materials on-hand, including ribbon, Sharpies, and clipboards and created a simple directive," she said. "Ribbons of Hope for Ferguson asked people to write or draw on ribbons to express their vision of hope, their dreams, wishes or prayers for the future of Ferguson."

The art project would soon grow to include all sorts of expressions, gaining momentum and growing into a grassroots movement. 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.

"It became a collaborative community arts project, inviting the people of Ferguson and beyond to look toward the future in a creative project and process," she said. "It also provided a 'safe place' for people to reflect, connect, commune and exchange dialogue."

One of the ribbons Sebastian-Duncan remembers was one of the first written for the project. "The first message one teen wrote was, 'I hope my community can just get along again'," she said. "That simple message had an impact on me. It elicited authentic and meaningful conversation, and definitely inspired me to keep the project going."

A sampling of the Ribbons of Hope for Ferguson art project is now on display at the North County Transit Center.

"I hope riders will experience the art, read the messages and perhaps reflect on their own hopes, wishes, prayers and dreams of a better future, as we move forward, and come together as a community," Sebastian-Duncan said.

FYI Earn a Bike Class



First Earn A Bike class of 2018. Earn A Bike is a FREE class where youth 3rd - 8th grade learn bike safety and receive a bike, helmet and chain. For more information please visit

<http://fyiferyouth.org/programs/earn-a-bike-program-in-ferguson/> #supportouryouth

Vogt Elementary Principal Receives Excellence in Education Award

Dr. Leslie Thomas-Washington, principal of Vogt Elementary School in the Ferguson-Florissant School District, is among area educators to be honored with the St. Louis American Foundation Excellence in Education Award. For the past 30 years, hundreds of the areas finest, brightest and most effective education personnel have been recognized for their efforts of advancing and promoting successful educational practices to better serve learners under their guidance.

"I feel very honored to receive the Salute to Excellence in Education Award this year. I love what I do! The students make it such a joy to come to work every day!" said Dr. Thomas-Washington. "I feel as educators, we have an awesome opportunity to impact and enrich the lives of students each day!"



Dr. Thomas-Washington has served the Ferguson-Florissant School District since 2006. She started as a reading coach at Walnut Grove Elementary School; moved on to become assistant principal at Wedgwood Elementary School; and has been in her current position as principal of Vogt Elementary School since 2009.

Dr. Thomas-Washington is a fervent advocate of connecting the school with the community. Under her leadership, Vogt has various community partnerships that include the Ferguson Kiwanis Club, Girls on the Run, and the St. Louis Links, to name a few.

Dr. Thomas-Washington received her award during the 31st Annual Salute to Excellence in Education Scholarship and Awards Gala on Saturday, September 29th.

Christmas Caroling Ferguson Main Street Pub Crawl

Saturday December 8th 6-9 PM

\$10 for a Bracelet Earns 1 Specialty Drink* Per Location

*Specialty drink determined by participating businesses. Additional drinks available for purchase.

Join us for a little mischief and merriment as we wish the town a "Merry Christmas" crawling from pub to pub singing old Christmas favorites.

"We won't go until we get some... a cup of good cheer!"



Ferguson employee Service Day – cleaning up Dade Park/Plaza area. Thanks to everyone who helped.



Ferguson Community News Page

We don't wait for someone else, we just do it!

By Mayor James W. Knowles III

“On n'est jamais servi si bien que par soi-même.”
Translated - “If you want something done right, do it yourself”
— Charles-Guillaume Étienne, 1778-1845 –
French Dramatist



I knew when I set out to write this article, that I felt the best expression to set the tone would be the quote above, however I would not have guessed until I Googled it, that the expression “If you want something done right, do it yourself”, was actually a quote from a popular 19th Century French play. It became a popular saying that no doubt compelled people to action in France at a time when the French people were rallying toward revolution. Discontent with the Crown and conditions in French society erupted when people finally decided that if they wished for better than they had, then the people couldn't wait for someone else to fix it, they needed to act. That's a sentiment we in Ferguson tend to emulate.

This expression really personifies the work that has been done in Ferguson over the past 15+ years. While the city first began to plan a new vision for the downtown business district, a group of volunteers in coordination with the city set out to build the Victorian Plaza, the home of our Farmer's Market. The city, with help of funds raised by residents and businesses from our community as well as a dedicated group of volunteer labor, built the plaza as a new centerpiece right at the heart of the downtown business district.

Around the same time the city also embarked on a restoration project of the old abandoned Ferguson Train Depot. Though the depot was long a symbol of our city, the railroad owned the building and for years let it fall into disrepair. After working out a long term lease agreement with the railroad, the city restored the depot and again, Ferguson residents with no background in the custard business invested their money and time to fill a void that was in our downtown. Instead of waiting for someone else to make it happen, Ferguson residents stood up and did it themselves. It's a tradition that many other businesses in Ferguson have followed and continues to follow today.

This mentality isn't reflected just in our businesses, but also in our neighborhoods. Residents in almost every neighborhood in the city have organized associations to take an active role in the improvement of their own individual neighborhoods, instead of sitting idly by waiting for someone else. And when the city was hit with two tornadoes in two years, residents didn't wait for someone else to clean up their neighborhoods from debris, they got out and not only cleaned up their own yards, they also cleaned up their neighbors and even complete strangers.

Recently many of our residents have noticed that some aspects of our city have fallen into decline or disrepair. With cuts in public works and parks staffing over the past couple years, it has become increasingly difficult to maintain our community infrastructure, such as streets and parks, to the level that our citizens expect and demand. But lack of city government resources doesn't mean that our citizens lack in human resources or capital. I was ecstatic to read on Facebook that residents began to organize efforts to help pick up the slack and clean up some parks and streets. There has been an increased buzz about residents helping with things as simple as picking up trash on streets and right of ways, and as involved as actually trimming vegetation and removing debris at parks. It's this mentality that citizens take an active role in our success that has always made Ferguson a special place and has allowed Ferguson residents to enjoy a beautiful community with amenities beyond what our city government can afford.

This assistance from citizens does not relieve the city government, nor its staff, from the responsibility to provide the most efficient and effective services that it can provide to its residents. On the contrary, it means that we must work harder to meet that expectation, and we must provide support to residents, businesses, and volunteers that want to help us keep our city beautiful and safe. Making sure that happens is a responsibility that I, along with members of the City Council, take very seriously.

As fall approaches, we can all do, at least our small part, to improve our community. Whether it means raking those few extra leaves out of the right of way or picking up trash in the street in front of your house or off the ground at the park while on a walk, those efforts make a huge difference in the overall look of our community. If we all pitch in just that little bit, we will see a measurable difference in our community. If we sit around and expect someone else to do it, we shouldn't be surprised if it just doesn't get done.

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Oct 2 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskepark.neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Nov 8 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	Oct 8 7 pm	Fire Station #1 200 So. Florissant	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	Oct 8 7 pm	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	Oct 8 7 pm	Fire Station #1 200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	Oct 8 7 pm	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
South Ferguson	TBA	Fire Station #1 200 So. Florissant	

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 submit a request for records using the Record Request icon.

VISIT OUR WEBSITE: www.fergusoncity.com

You can do all this and more on the city's website. For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

EVER WONDERED HOW YOU CAN GET INVOLVED WITH YOUR CITY GOVERNMENT?

Consider volunteering on a Ferguson Board, Committee, or Commission. We have multiple vacancies available. The list includes committees like the Architectural Review Board, Plan Commission, Park Board, Personnel Board and others. For more information regarding vacancies, requirements, roles and responsibilities and/or how to apply, visit <http://www.fergusoncity.com/57/Boards-Commissions> or contact your City Clerk at City Hall.

CITY COUNCIL MEETINGS Tuesdays, October 9th and 23rd at 7 pm in the Council Chambers, City Hall, 110 Church Street

People Reaching Out for Unity and Diversity (PROUD)

The next PROUD meeting will be: Saturday, October 6, 2018
Ferguson Public Library, 35 North Florissant, Ferguson
10:00 Executive Board Meeting
10:30 General Meeting

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. **Contact Us by Email:** 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

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

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: 16 years & up
Start Date: Mon, Sept 24-Nov 19 (no class Nov 12)
Wed, Sept 26-Nov 21 (no class Nov 14)
Mon, Nov 26-Feb 4 (no class Dec 24, & 31, Jan 21)
Wed, Nov 28-Feb 6 (no class Dec 26, Jan 2 & 23)
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

Will Fit Core Class

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

Age: 16 & up
Start Date: Tues, Nov 6-Dec 11, Jan 8-Feb 12
Time: 6:00-7:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

PREREGISTRATION REQUIRED

Resistance Band Class

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

Age: 16 & up
Start Date: Thurs, Nov 8 - Dec 13, Thurs, Jan 10 - Feb 14
Time: 6:00pm-7:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

PREREGISTRATION REQUIRED

Will Fitness Kettlebell Class

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

Age: 16 & Up
Start Date: Wed, Nov 7 - Dec 12, Wed, Jan 9 - Feb 13
Time: 7:00-8:00pm
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: Dec 1st– Jan 19th (No Class Dec 24)
Time: 10:00-11:00am
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

ADULT PROGRAMMING

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: TBA
 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) 286-910

FRIENDS OF THE MARKET PRESENTS
FARM TO TABLE DINNER
 Saturday, October 6th 6:30-9:30 p.m.
 Dinner Served at 7:00 p.m.
 Plaza @ 501
 501 S. Florissant Rd., Ferguson, MO. 63135

GET YOUR TICKETS FOR THE 3RD FARM TO TABLE DINNER, THIS YEAR HELD OUTSIDE AT PLAZA 501! WINE TASTINGS, BEER SAMPLINGS, LIVE MUSIC, GREAT FOOD.

Tickets Available every Saturday at the Ferguson Farmers Market or at:
<https://www.facebook.com/events/465622973875538/>

This year's menu:
 Salad- spring 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 yuca with queso.

Sponsorships available!

Friends of the Market is an exempt organization as described in Section 501(c)(3) of the Internal Revenue Code; EIN ##.38-4017356



STL Haunted History

HAUNTED HISTORY TOUR
 SATURDAY, OCTOBER 27, 7-8:30 PM
 STARTS AT MORGAN STREET BREWERY
 721 N 2ND ST,
 ST. LOUIS, MO 63102
 CARPOOL LEAVES ST. PETER'S AT 6:20 PM
 \$12 PER PERSON

Learn about the haunted history that St. Louis has to offer on this Halloween weekend! This is not intended to be a scary experience, but there will be scary history shared. All are welcome and don't let the cost be a hindrance to you coming, scholarships are available.

RSVP by calling our office at 314-521-5694 or e-mailing Pastor Josh at a_p@stpeterschurch.org



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Greasy Pizza Boxes



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Toys



Electronics & Batteries



Construction Waste



Yard Waste



Medical



Diapers



Scrap Metal

Thank You!

We want to express a heartfelt thank you to all of our sponsors, food vendors, spirit vendors, volunteers and everyone who attended in making the 6th annual The Taste in Ferguson another very successful event!

Sincerely,

The McGartland & Lipka Families



A FUNDRAISER FOR THE ROBBIE MCGARTLAND / SAMANTHA LIPKA MEMORIAL SCHOLARSHIP FUND



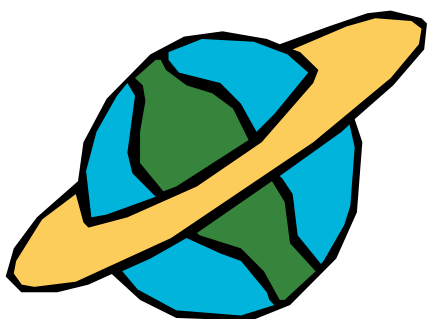
Ferguson Main Street's Mission is to "Maintain the current redevelopment of the downtown business district while expanding the progress around the area to increase economic development".

We would like to welcome its newest member, Exclusive Fashion Bar, 800 S. Florissant Rd.

In "12 strategies that will Transform your downtown" I was struck by #6, "The most successful downtown districts have many major functions (employment, residential, entertainment, shopping, etc.). A key ingredient for creating a diverse downtown district is to have major destinations that draw people to downtown for reasons other than employment. Many cities have pursued professional sports teams for this reason, but this approach only yields intermittent benefits, because major league stadiums/arenas lie vacant much of the year."

I instantly thought of Plaza at 501, we are working so hard to make this space the most beautiful, inviting space in the downtown area! Have you been by the plaza in the last few days? We have already started on the pavers and coming soon, the community garden beds!

If you keep reading the "Transform" article, #10 talks about the importance of private investment. Until people are willing to invest their time, their money, their energy, no area will be transformed. If you visit downtown you will see an incredible amount of private investment, from Baked to the yoga studio, developers and business owners are investing blood, sweat and tears to make downtown Ferguson successful. According to the article, "Downtowns that offer a new, exciting district provide residents with a reason to check out what is going on in the center of their community. A major upside of this strategy is that it can help to turn around the perceptions and reality of downtowns that have are not vibrant. Perhaps the best example of this strategy is Oklahoma City's Bricktown, a large mixed-use entertainment district that has transformed OKC's one-time "dead-after-5pm" downtown into what is now hailed as a 24/7 attraction. Bricktown, which makes up the eastern section of downtown OKC, was filled with abandoned buildings as recently as the 1990s. Today, thanks to major infusions of public and private investments, the district is home to dozens of restaurants and bars, thousands of hotel rooms, and a growing number of residences." we may not have thousands of hotel rooms, but we already have a vibrant downtown, with more to come!



A Word from Our Planet...

Simplify your life. Instead of thinking of ways to get more of the things you would like to have, challenge yourself to figure out how to do without things you already have. A bonus you will reap is a life enriched by what you value most highly—most of which has nothing to do with things.

The Ferguson Eco Team



Cathy Jenkins, co-owner of Cathy's Kitchen, with her trophy for "Best Dessert" at Taste in Ferguson

Ferguson Fire Department's Home Fire Safety Tips for Fall

Check Your Detectors

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

Space Heaters

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

Cozy Up to a Safe Fireplace

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

Have an Escape Plan in Place

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

Outside the Home

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

Halloween Fire Safety Tips

- Use a battery light instead of a candle in your favorite jack o' lantern.
- Make sure that children's costumes are made of flame-retardant materials.
- Make decorations of flame retardant materials or treat them with a flame-retardant solution

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

Trivia Night

Saturday, October 13, 2018

VFW 3500, 1717 S Big Bend Blvd St. Louis, MO 63117

Doors open at 6:45 Trivia starts at 7:30

\$200 per table of 8

Great 80's, 90's and current Music and Movie questions mixed in!

Drinks and Papa Johns Pizza included – while supplies last.

Bring your own food as well.

<https://whennow.com/event/jdrf-trivia-night---theres-nothing-trivial-about-a-cure-1>

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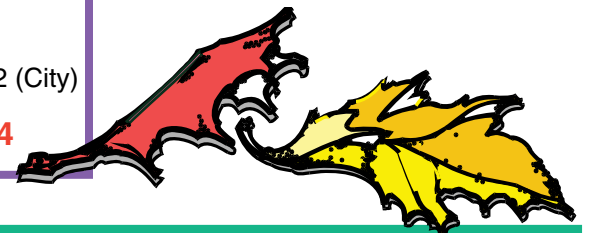
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FLIERS (Friends of the Ferguson Library)

FALL BOOK SALE

Thursday, October 18

4:00 to 7:30 p.m.

Friday, October 19

9:00 a.m. to 5:30 p.m.

Saturday, October 20

9:00 a.m. to 3:00 p.m.

All proceeds go to the library and all
workers are volunteers

**Library Auditorium
35 No. Florissant Road**

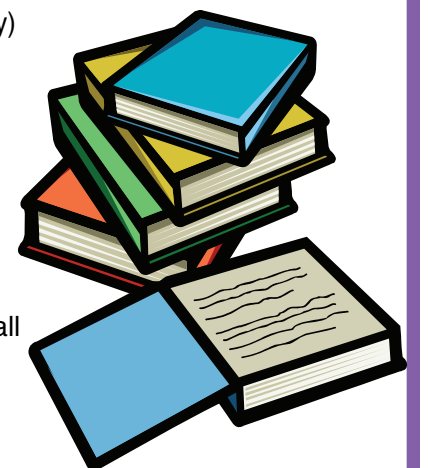
Special categories for this sale include many black interest books,
political books, Star Trek magazines and manuals,
and LOTS of great fiction!

For more information, call Janie Norberg at (314) 521-4663

Our June, 2018, Book Sale was a great success, and the FLIERS
would like to thank all the donors, volunteers, and patrons who helped
to make that happen! We look forward to seeing you again at our

October, 2018, Book Sale! Thanks, again.

Sincerely, Janie Norberg, FLIERS President



Little Creek Summer Camp

Summer camp is more than just friendship bracelets, playing games, and singing songs. While those things are true elements of the camp experience, summer camp is also about developing important life skills, challenging one's self, making friends, and even being exposed to new career opportunities.

The summer of 2018 marked the third year of Little Creek Summer Camp (LCSC), a program for 3rd-5th grade students from the Ferguson-Florissant school district. LCSC offers three week-long day camp sessions focused on the development of outdoor skills and environmental science education, combined with arts programming, interactive lessons on history, games, and social skills enhancement. Camp is fun and Ferguson-Florissant students



Activities, like birding with binoculars, open campers' eyes to the natural world around them and encourage them to be stewards of their environment

more. Guest facilitators from the St. Louis Zoo, the Lewis & Clark Historic Site, local authors coordinated by Eyeseeme Bookstore, and local artist and educator, Sally Hovey, also participate.

Camp is based at Little Creek Nature Area but most weeks also include a Friday field trip to the Audubon Center at Riverlands, located at the Riverlands Migratory Bird Sanctuary. Camp offers lots of firsts: first fish caught, first archery shot, first double bullseye (and maybe second double bullseye!!!), first time working alongside a National Parks Service Ranger, first time earning money through hard work and dedication, and, for some, even their first paid job.

Each year, the Audubon Center at Riverlands—with the generous support of the Stupp Foundation—hires teens from North County to work as summer camp counselors. For example, this summer we hired four counselors and, for three of those four counselors, it was their very first paying job. The fourth counselor, a recent McCluer High School graduate, returned for their second summer as a senior counselor. For campers and counselors alike, summer camp offers a safe and fun environment to try new things, take on a leadership role, and develop skills for the future.

Camp officials are already busy planning and preparing for another successful summer for 2019. Keep an eye out for registration materials becoming available in the early spring! Great things are happening in our community.

have the opportunity to continue classroom learning, in an experiential, hands-on manner while school is out of session.

LCSC is a project of the Ferguson-Florissant School District, the Audubon Center at Riverlands, the National Parks Service, the U.S. Army Corps of Engineers, and the U.S. Fish and Wildlife Service. The school district strives to make camp accessible to all area families by providing bus transportation, lunches, and by offering the camp at no-cost to area students. The other organizations provide planning, coordination, and facilitation of a variety of programs, including archery, canoeing, team challenge courses, fishing, native plant identification, and

Card/Game Party

LUNCHEON

Thursday, October 11th

Doors open at 10:00 a.m. – Lunch at Noon



Raffle for Handmade Quilt, Afghan and much more

Raffle Tickets: \$1.00 or 6 for \$5.00

Plus Table Prizes and Attendance Prizes

Event Tickets: \$10.00 Donation

Call for Tickets: 314-521-7324

Immanuel UCC, 221 Church Street, Ferguson

Help Your Local Food System Grow!

Last month, EarthDance Organic Farm School joined local restaurants at the 6th Annual Taste of Ferguson to serve up some delicious farm fresh fare. Vendors at the event handed out mouth-watering dishes, giving guests a true taste of the best of Ferguson. If you enjoyed this great event, read on for more ways to eat local and get involved with your local food system!

Interested in eating local every day? Head to the Ferguson Farmers Market every Saturday morning throughout the growing season at Plaza 501 to pick up fresh, local produce and savor the sights and sounds of community. It's the best way to start your weekend and will ensure that you have what you need to make healthy meals all week.

Want to get outside and make a difference? Located in the heart of Ferguson (233 S. Dade Ave.), EarthDance aims to serve the community by making healthy food and farm-based education available to all. Visit our website earthdancefarms.org to sign up for one of our upcoming Volunteer Happy Hours. You can also visit us at the Ferguson Farmers Market to pick up your certified organic produce, or attend our free Saturday farm tours at 10am (meet at our Ferguson Farmers Market booth).



Interested in savoring more of what Ferguson and St. Louis have to offer? Then mark your calendars for EarthDance's 11th annual 'farm-raiser' on October 5, 2018 at Union Station! Meet St. Louis' best local chefs and their favorite farmers as you graze on their exquisite food, sip on local libations, and bid on one of a kind auction items! All proceeds will benefit EarthDance, the region's only organic farm school. Visit farmersformal.auction-bid.org/microsite/event to buy tickets or contact volunteer@earthdancefarms.org to sign up for a volunteer shift!

October Senior Special Events



ST. STEPHEN'S & THE VINE

Wednesdays, 2 to 3 pm
Low Impact & Chair Yoga

Thursdays, 1:30 to 2:30 pm
Tai Chi

Tuesday, October 23rd, 10 am to noon
Free Community Meal

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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

Jobs

Sometime in the past few years, I recall writing about jobs that don't exist anymore. With all of our modern conveniences there aren't needs for certain jobs. For example you won't see an opening for a Pony Express rider, today our mail is moved by trucks, planes or trains. Of course, we call that "snail mail" because messages are exchanged instantly on the internet by e-mail or by iPhone with texting. Still there are certain types of communication that still require physical documents, so mail must still be moved. Today we have many new jobs that had never existed before and the one I have been looking into is the Pharmacy Benefit Manager.

With costs for health care continuing to rise, the pharmaceutical industry has blossomed into a huge conglomerate with many levels. So last month, I suggested that a look at the job description for a Pharmacy Benefit Manager might be interesting. The first thing I found was that this position is not just an individual job; it involves an entire division of the pharmaceutical industry. And I am certainly not the first to question our need for this layer of bureaucracy. Last year *Newsweek* had an article which described the process Pharmacy Benefit Managers go thru as the middleman in the drug process from manufacturing to delivery to the consumer.

The first mention I found of a Pharmacy Benefit Manager came from Wikipedia and goes back to 1968. It was Pharmaceutical Card System, Inc., that came up with a plastic benefit card. Apparently, this paved the way for the company to become a business of processing prescription drug claims and serving as the arbiter for pricing. As costs started to escalate in the 1980's PBMs gained more power and even came into service under health groups as managed care began to take form. This also led to an expansion of their original intent of processing claims and keeping costs down for patients to become more of a marketing company to help move more expensive drugs into the choice list.

For those not old enough to remember cigarette commercials on television; just take a look at pharmaceutical commercials today. They remind me of the commercials we used to have – the people using the drug or cigarette are always happy and feel great. The big difference happens near the end of the current drug commercials which is required by law to describe all of the possible problems which could occur while taking this drug. Thankfully, we don't need to listen to the list of ailments caused by cigarettes because we just don't allow them to advertise much anymore. But that message is required on the label just like we have the pack of papers that accompany every prescription to warn you of the dangers.

So as I searched for information on just what Pharmacy Benefit Management is, I kept suspecting that I was just going to find a bureaucracy which doesn't accomplish anything except making things more complicated and costly. As I mentioned earlier these PBM's have been under investigation before. Back in 1998, James Sheehan, Assistant US District Attorney questioned whether prescription costs were truly being kept in check by the involvement of PBMs. He asked for evidence to show they actually saved customer's money. His findings were troubling and over the next few years more lawsuits sprung up.

As PBMs got more involved in the prescription process they took on more responsibility such as determining which pharmacies would be included in a drug plan's network, how much they could be reimbursed and drug plan development. While their major concern at first was processing claims and drug delivery, they now have a bigger stake in decisions on which pharmaceuticals are recommended. Meanwhile, PBMs claim to be saving more than \$650 billion over a ten year period. And, their mail order medication delivery system is a great feature. This has provided an easy way for most consumers to receive their prescriptions at home. As one of those receiving their prescription by mail, I can attest to the convenience. Although, I've often wondered how much money they could possibly be saving sending my small prescription box in a large cardboard box, with a small Styrofoam cooler containing one month's worth of drugs with an ice pack. If I didn't throw those little coolers away, I could probably build an igloo. Most people are probably in similar situations and while it is convenient I do sometimes worry about the environment with all those Styrofoam coolers going into landfills.

What is more disturbing is the knowledge that this middleman PBM is negotiating with the big Pharma for rebates or discounts. It just seems inappropriate, even though I probably benefit from some of those deals. Some have blamed their growth on the government programs like Medicare Part D, the Affordable Care Act. With the increase of spending on drugs, commercial health plans and employers outsourcing the management of their outpatient prescription drugs happening at the same time, PBMs became a major player in pharmaceuticals over the past 10 years. And in doing so they have seen huge profits, some exceeded 15 billion a year. So if this layer of the system can be so profitable, it makes one wonder just how much could be saved by eliminating it.

The PBMs receive revenue from rebates, administrative fees charged to plan sponsors and manufacturers and pharmacy spread. The last "phar-

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macy spread" is the most controversial. This is where the PBM reimburses a network pharmacy one price and the plan sponsor is charged a higher price for the same product. The difference is the pharmacy spread or revenue for them. In some cases the network pharmacies were forbidden to inform patients of the difference lest they choose to pay out of pocket and save. This profit known as a "clawback" has resulted in millions in profits and a number of lawsuits over the past few years. I recall a few years ago waiting in line at Walgreens to pick up a prescription only to find out the insurance hadn't approved it yet. The young clerk mentioned the cost doing out of pocket rather than waiting for approval and I actually saved \$5. That may have been an example of the clawback.

So, wouldn't just having set prices for certain drugs actually save money for everyone? And are these PBMs helping keep costs down or are they in reality causing prices to soar. While that can be debated, things do seem to be changing requiring more transparency from PBMs. There were 80 legislative bills presented in states last year and 27 of them passed. Soon we will start seeing new requirements for PBMs to act as fiduciary for their clients, possibly become licensed and keep the customer informed of pricing that might benefit them. While this may sound good, I do wonder about this extra layer of involvement in our health care problems continuing to grow even more. And adding more legislative responsibility to keep them in check may be a costly solution.

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

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Ferguson by Foot

By: Margaret Wolfinbarger



Arrogance is Bliss

I once lived in the blissful state of arrogance. I knew everything. I was always right. The world revolved around my thoughts and feelings and I expected everyone else to fall in line. Most importantly, I loved me. After all, I was pleasant to be around and a delight to work with. There was even a co-worker who called me "Big-Head", which I actually thought was a compliment.

In addition to my inflated sense of self-worth I also happened to be a very stubborn individual, therefore I did not take correction well. When reprimanded by a manager for not being a "team player" I balked and quit my job. I easily found another, but quit that one when a co-worker threatened me for bad mouthing her behind her back. I spent far too many years refusing to acknowledge that the rat was actually nesting in my attic and not my neighbors.

C.S. Lewis once wrote, "There is no fault which makes a man more unpopular, and no fault which we are more unconscious of in ourselves. And the more we have it ourselves, the more we dislike it in others." Of course he was speaking about self-conceit or pride.

This attribute, however, is championed in American culture. Our politicians run platforms based on their superior way to run government. Jeff Bezos, the founder of Amazon, is feared and revered for the ingenious ways he has capitalized by delivering products easier, faster, and better. We celebrate actors with golden trophies, musicians with cash-lined limos, and ourselves with "selfies". The American dream sets a standard by which we all strive to excel and since we have accomplished so much, in some respects we believe ourselves to be gods. Therefore we bristle when anyone suggests otherwise.

But we are not gods. We do not have the strength to dictate the course of our lives. We cannot force our hearts to beat one second longer than is ordained. Our finite nature is a constant reminder that we are subject to laws that we did not participate in writing. So while we chase immortality with beauty regimens, fitness routines, and cryogenic chambers, we are no closer to solving our inevitability than when we first began. Is this the root cause for our despair? Is this what drives us to long for something more?

The first step of the most popular recovery program of all time states, "We admit we are powerless over our addiction and our lives have become unmanageable." We have anesthetized the symptom but have not cured the disease.

I freely admit that one of the most humbling moments of my life was when a co-worker told me I was part of the obesity problem. And since I am incredibly stubborn, I went about proving her wrong only to eventually learn she was right. The awakening I experienced in the process forced me into the most challenging journey of my life; the pursuit of personal discipline. It cost me everything I held precious but nothing I regret letting go of.

Humility is not the degradation of the human spirit but rather the willingness to embrace the supreme loveliness of it. It takes courage to admit we do not have all the answers and incredible strength to hold the hand of one who is dying—knowing we can do nothing to save them. We celebrate the sacredness of the human soul when we put the needs of others before our own. We are most brave when we do not devour another's sacred human right. And while this character trait is seldom recognized, it is nonetheless beautiful. We rightly admire those who are willing to lay down their lives to save our own and I would like to suggest that our community would be stronger and safer if we stopped celebrating our arrogance (ignorance!) and began to seek, serve and understand the needs of others.

Today, if you find yourself crippled by pride, take inventory of your life. Embrace the opportunity to chart a new course and seek to understand the true nature of human existence. You might be surprised by what you find in the process, but you will never be disappointed. For more inspiration, follow me on my blog: www.destinationdiscipline.com.

SISTERHOOD CLUB

Presents



Beauty and Brains program is a club designed to improve young ladies self esteem through a variety of seminars as well as speakers to come in and speak to the young ladies. The program meets once a month. Open to ages 12-18 years of age.

The first meeting is Saturday, October 27, 12 to 3 pm
THE EVENT IS FREE AND OPEN TO THE PUBLIC. YOU CAN REGISTER IN ADVANCE AT WWW.SISTERHOODCLUB.COM

WurstMarkt PORK SAUSAGE DINNER

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From,
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Fall Church RUMMAGE SALE

Friday, October 5th
5:00 p.m. to 7:30 p.m.

and
Saturday, October 6th
8:30 a.m. to 1:00 p.m.

We have held this Unique Sale for over a Century, and Our Prices Can't Be Beat

All proceeds support local women and children's charities!

So, if you're looking for:

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Donations are welcome BUT MUST BE PREARRANGED BY calling the Church Office (314) 521-0138

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"The Church with the Red Roof"**

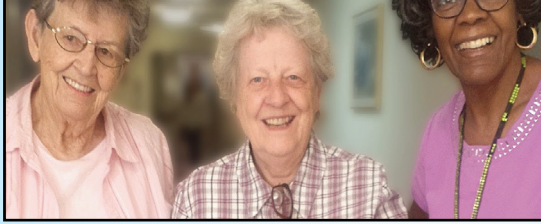
Trivia

All answer begin with the LETTER "F"

1. Extremely angry
 2. Little basis of fact. Most novels are this
 3. Parent
 4. They peddle petals
 5. Timely beard
 6. Oops in football
 7. Cop with fallen arches
 8. Humorous humerus
 9. Amputation of the upper limbs. Hemingway novel
 10. O'Brien vs. O'Reilly
 11. Aquatic hooker
 12. Unless you keep your hand closed you'll lose it
- See answers at bottom of page 23.

F

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Chair Ballet Class!

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Under The Hood With Robinwood
By Bob McGartland

Fall Care for your Car

The fall weather signifies a lot of things. It can be the start of school, the World Series, and the start of fall sports, like volleyball and football. With college football games on Saturdays, and professional football games on Sunday, you might be doing a lot of tailgate parties. You will want to make sure you can rely on your vehicle to get you there and back, safely and efficiently. Going and watching a game with family or friends can be fun and exciting, you will not want to ruin the day by having an unexpected breakdown with your car or truck.

Now is a great time to have your vehicle brought in for a bumper to bumper inspection. By having it inspected, parts and components will be checked to ensure they are working efficiently. The tires can be inspected to ensure that the proper amount of air pressure is in each one. When the tires are properly inflated, your vehicle will travel and handle smoother. Tires that are over or under inflated have an increased chance blowing out. Also, make sure to check the spare tire if your vehicle has one. It should be properly inflated in case you will need to use it. The tread wear will also need to be checked for all of your tires. Tread is important because it will help to grip the surface of the road. If the tread is worn, the vehicle may slide when the roads are wet or slick. If the tread is wearing unevenly, the tires may benefit from an alignment or rotation. You can increase the life of the tires by having them aligned or rotated on a regular basis. If you are not sure when this should be done, we can

recommend a schedule for you.

Another important part to have inspected is the brake system. The brake pads will wear over time from use. You will also want to pay attention to how responsive the brakes are when you apply them. If the brake pedal almost touches the floor before the brakes engage, don't wait, have the brake system inspected right away.

The fluids should be checked in the fall. This should include the oil, transmission fluid, brake fluid, antifreeze, power steering and drive train fluids. If the fluid is old and no longer efficient, a fluid exchange service would benefit your vehicle. This will help to keep the parts working effectively and efficiently when you drive. Preventive maintenance cost way less than repairs or when a major component must be replaced.

If you want to make sure your car is ready for fall, make an appointment to visit Robinwood Automotive!

The 6th annual Taste in Ferguson fundraiser was another successful event. We had our largest crowd with over 1400 people enjoying the afternoon on Sunday September 9th. Thank you to everyone who attended or shown their support in other ways. Many thanks go out to our sponsors, food vendors and volunteers for their generous support. Mark your calendar for the 7th annual The Taste in Ferguson for Sunday September 8, 2019.



Century Homes in Ferguson

with the Ferguson Landmarks Commission

Join the Ferguson Landmarks Commission and learn about the Century Homes in Ferguson. Learn how you can find out the age of your home, if it is historical, and if it could qualify as a future Century Home.



315 Church St., Built 1897, Plaque# 1999



625 Wesley Ave., Built 1894, Plaque# 8907



438 Adams Ave., Built 1905, Plaque# 2009

Tuesday, October 9
6 - 7:30 pm



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Spencer's Bakery . . . a Ferguson Tradition for 46 Years

Historical building has been standing since 1905

100 Church Street, was built in 1905 as 'Walker Drug Store, and remained open through the 1910's. It was sold to Louis Nemnich in 1921 where, for almost 30 years, he served the fine citizens of Ferguson pastries and bread. The Nemnich's retired in 1947 selling the bakery to Erwin Sonderegger and wife Mary, who renamed it simply 'Ferguson Bake Shop'. They continued serving the Ferguson area for the next 25 years until 1972 when it was taken over for a short time by Carl and Gladys Hensele.

Finally, Marilyn and Lou Spencer bought the building and the business and continued to serve great doughnuts, pastries and breads to Ferguson. The Spencers even expanded into wholesale, delivering donuts and breads all over the St. Louis area. Business was good.

But, the winters of 1978 and 1979 saw business decline to the point that Spencer's was forced to close in January of 1980. Marilyn and Lou, and by that time, their son, Louis started working at Winchell's Donut House in Overland on Page Ave. Lou was the manager/chief donut maker. Marilyn was a sales-person, and Louis, (still in Junior High), worked mainly weekends and during the summer. Charles, the younger son, was still too young to help out in the bakery. The Spencers were so good running the store that it was the Number 1 Winchell's of the 10 stores in the St. Louis area.

Living ever frugally, the Spencers managed, through savings and profit sharing, to reopen the Ferguson Bakery. They still lived on the bakery's second floor of the building at 100 Church Street. In a short time, they added tables and chairs to the bakery and began serving breakfast.

During this time, Lou even became somewhat of a celebrity. Calling in KMOX Radio in the early morning hours to discuss different topics, he became known as 'Lou from Ferguson', which was how he was introduced on the air. He also became friends with a few other late night callers; including 'Dr. Ron', 'Gulf-Port Tom' and 'Kathleen from Granite City'.



Everything was going good. In 2005, Spencer's Bakery had its 20th Anniversary in December, and Lou & Marilyn celebrated their 40th Anniversary in November. But after the Christmas Holidays, Lou was feeling a little down. In March, he went to his foot doctor, who noticed how poorly he was doing and had him admitted to the hospital. The family was devastated when the doctors discovered cancer in his brain and in his lungs. He passed away in April of 2006. He was 64.

After the funeral, things weren't quite the same, but Spencer's remained open. Over the next month Marilyn started getting back pains. At first the family thought it was stress, but the pains gradually got worse, and she was finally admitted to the hospital where she was diagnosed with cancer. The bakery was closed for three months while Marilyn underwent radiology and other operations, but Marilyn made it though,

Spencer's was reopened in November 2006. People came back, but after three months, It wasn't quite as many as before. Life went on.

Then 2014 happened. Because of the 'protests' and negative media coverage, some people from surrounding areas were afraid to come to Ferguson, cutting Spencer's business by at least a third. Things were still going okay, until December of 2015. On that day Marilyn saw a new doctor that her cancer doctor had recommended. When she got home, she was complaining that the doctor 'tested her left knee's flexibility'. She felt a little 'twinge' in her upper left thigh. She was still able to work, but she was favoring her left leg more-and-more each day. She had to finally go back to the hospital and they discovered that her leg was BROKEN. The responsible doctor did not even return the family's calls.

After her leg and hip were fixed at a different hospital, Marilyn was sent to a rehab facility where she seemed to do well, but unfortunately she relapsed and died in February. She was 76 years old.

Louis and Chuck got a call from their parent's accountant asking to meet to discuss the Spencer's financial history. From working at Winchell's through 2006, they had managed to save, in mutual funds and CDs, around \$200,000. Wow. But then he repeated, they 'HAD' saved. Because of all the expenses of 2006 (Lou's hospital stay and funeral, Marilyn's month in the hospital, and being closed for 3 months), plus her monthly cancer treatments over the next 10 years . . . well after the funeral, and other expenses, all that was left was around \$8,000.



After the service Louis decided to stay open. Business was still down somewhat, so he had to dip into the savings from time-to-time to keep afloat.



But let's back up to 2010 when the Spencer's found a hole, about a foot wide, in front of the bakery in the street, right next to the sidewalk. Beneath the hole, about a foot down, was a sewer pipe (STILL INTACT) running along the sidewalk. After complaining to City Hall, Louis was told it was a Metropolitan St. Louis Sewer District (MSD) pipe. City Hall said they would call MSD to have it fixed. Nothing happened.

Well guess what happened in 2013? After 3-plus years of exposure to the elements, the pipe broke (big surprise).

Now we flash forward to August 2017. (Still nothing from MSD, FOR OVER 7 YEARS).

City Hall was repaving Church Street, but before they started they had to fix that now broken pipe themselves. Since it was in front of the bakery, Spencer's had to pay 15% of that cost, which was \$1300. Add to that the nearly \$1000 from the increase in heating costs during winter (it's an old building, so winters are always rough) and you have a nearly \$2300 unexpected expense. So unexpected that, in April, in Louis' words, "I can't even afford to do all of the maintenance projects that need to be done around the building. So I'm trying to figure how to raise the money our family lost over the years."



Louis heard on the radio, and one of Spencer's customers suggested, he open a GoFundMe page.

If you would like to keep the 46 year tradition of a family bakery, right here in the heart of town, in a building designated as an historic landmark, perhaps you can help.

To find out more, just google 'Spencer's Bakery'. Louis is asking for help . . . no matter how big or small so that he can keep Spencer's open.

This article was taken from a more detailed account written by Louis.

Get Well
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Dr. Robyn Lawrence
314-524-2580



dr.robyn@getwellfc.com
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Repetitive Motion Injuries

A repetitive motion injury (or overuse injury) involves doing an action over and over again, as with a baseball pitcher throwing a baseball, a tennis player hitting a tennis ball, typing at a computer keyboard, and most notoriously, typing with your thumbs on the tiny keypad of your phone. It may be reasonably asserted that our bodies were not designed for such repeated motion sequences utilizing small muscle groups, but rather for a wide variety of tasks involving bending, lifting, twisting and turning, and walking and running that confronted early human progenitors a million and more years ago.

The repeated movements implicated in overuse injuries cause inflammatory reactions, which affect muscle-tendon units that move bones and ligaments that hold joints together. The short-term result may be achy or sharp pain localized to a specific muscle or joint. Longer-term results of repetitive motion injuries include more frequent pain, possibly experienced throughout the day, and more significant structural damage to muscles, tendons, and ligaments. In the case of carpal tunnel syndrome, repetitive use may permanently damage nerve bundles that supply the muscles and other soft tissues of the hand.

It would be best to avoid repetitive motions altogether, but for almost all of us this is simply not an option.

The solution lies in a prevention program that incorporates graduated strength training activities into our regular exercise routines. Performing upper and lower body strength training exercises each week trains both large and small muscles groups to adapt to mechanical loads throughout a full range of motion. The key for everyone is to exercise each major muscle group, that is, the chest, back, shoulders, arms, and legs, at least one time per week on a consistent, ongoing basis.

Regular chiropractic care assists all of us in our exercise activities and in achieving our long-term health and wellness goals. By detecting and correcting spinal misalignments and sources of nerve interference, regular chiropractic care enables our bodies to receive and incorporate the full benefits of our healthy lifestyle choices, including healthy nutrition, sufficient restful sleep, and regular vigorous exercise. In this way, regular chiropractic care helps our families and ourselves to live full, healthy lives.

Dr. Robyn's Office Hours:

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



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 Bring your own device or
 use a laptop from the
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October 13th

Doors Open - 5:30 Dinner - 6:00



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A Night sponsored by St. Peter's United Church of Christ

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Friday October 5, 2018 @ 6pm -9pm

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Metropolitan Congregations United will be holding its

Annual Public Meeting

This year's theme is,

"No More Sitting Out: Reclaiming Our Democracy"

Join us:

October 7, 2018 at 3 pm

Zion United Church of Christ

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Florissant, MO 63034

for more information, go to

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HEARTLAND HOSPICE WOULD LIKE YOU TO VOLUNTEER WITH YOUR HEART IN 2018 AND BRING COMFORT INTO SOMEONE'S LIFE

Everyday people say "I would like to be a part of helping someone" and just don't know where to start...you can start here!! Perhaps you cannot help others financially but you can give of your time and self which is priceless.

Hospice is a special kind of care designed to provide sensitivity and support for people in the final phase of a terminal illness. Heartland Hospice's goal is to provide palliative and supportive services to meet physical, psychological, social and spiritual needs of patients and their families in a health care facility or other residential settings. Volunteers can provide one-on-one attention to residents who are lonely or cut off from their families, thereby reducing feelings of isolation and contributing to their sense of belonging. Veterans dedicated to visiting with other Veterans are also needed in our hospice care. The benefits are endless when one can make a "DIFFERENCE".

Volunteers are the heart of the Hospice Team.

We depend on our Hospice volunteers to help us provide the extra love and care our clients and their families need at this time in their life. Heartland volunteers offer support, companionship and practical, caring help to this special group of people. Staying with the patient so family members can take a break, reading scripture to patients, or holding their hand. The help and support our volunteers give is returned to them in countless ways. You can make a DIFFERENCE. All assignments are in close proximity to your home, work or school. You can donate as little or as much of your time as you desire. Please contact Virginia at 314-453-0990 if you would like to bring something special into someone's life. Be sure to inquire about our next Training Class.

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SATURDAY, OCTOBER 27 11 AM - 12 PM

MONDAY, OCTOBER 29 6 PM - 7 PM

NO REGISTRATION NEEDED





By Bob McCarty

Last month we delved into the subject of restoration, renovation, and conservation. We talked about how the Art Glass Conservator was able to put the windows he worked on back to where they were originally, when the house was built. This past week, we finished installing all of the art glass back into their original frames.

As we restored the original sash/frame that the art glass has resided for the past 128 years, we found that most of the wooden glaze-rails were in really bad shape, but some areas of these rails were in sound shape. Those in bad shape we replicated using the same type and pretty close to the same age as the wood that was originally installed. Some glaze-rail is straight, some is curved, and some is arched. The straight pieces were a no-brainer. We just mitered them to fit around the glass. The curved were a bit more of a challenge. What we did was to make a mold of the area which was curved, got the replicating wood good and wet, curved and clamped it around the mold for a few days. We than mitered them in place with the straight pieces and Boom, we were done. The arched pieces were a lot more involved and that's what I would like to talk about this month: bending wood.

I did some internet research and learned about steaming wood so that we could bend the wood around the arched mold using the least amount of seams or joints. I could have used five or six different pieces and got it to fit, but the more seams involved, the more trouble with these seams we would have. I wanted to get it down to one, maybe two seams at the most.

We built a steam box out of PVC pipe here at the shop and while we were in the process of steaming the glaze-rails, the pipe melted. It was quite comical. So we built a box out of some pine boards that we picked up at the big box store. We used one by tens, six foot long with three dowel rod shelves to hold the wood in the middle of the box so that the steam could envelope the wood, hooked up the steamer and we're off to the races.

We were using reclaimed Douglas Fir because the original window is made out of this material. The profile was cut to make the glaze rails and they were placed in the steamer. The wood sat engulfed in steam in the box for approximately one hour. We pulled out a piece and slowly bent it around the shape of the arch. As we bent the wood around the sash, we heard creaks and cracks as the wood was forced into a position it's not accustomed to. Before we were able to get the glaze rail bent, we heard that unwelcomed sound of the wood cracking into smaller pieces. After exhausting my supply of Douglas Fir glaze rails, I remembered my research, Red Oak is a wood that bends well.



Steam box with broken lumber.

We re-dimensioned the Red Oak to the thickness of the original glaze-rail, cut the profile and ripped it to size. We placed the new pieces of glaze-rail into the steam box for about a hour, pulled out a piece and bent it completely around the arched part of the sash, which we were using as a mold.

I didn't hear one crack, or even a creak. We did it. We were able to get the piece of wood to bend all the way around the arch of the sash. Of course, bending one piece around the entire arch of the sash wasn't

easy, and I needed clamps, lots of clamps to hold the piece of wood in place while it created a memory of that position. We cut a seam in the direct middle of the arch, which made it easier to get the ends angled to meet the edge of the groove that held the glass and the glaze-rail.

So, why didn't the Douglas Fir bend like the Red Oak? One of the reasons was because it was reclaimed lumber. The glaze-rails I had made using the old growth Douglas Fir had some checks and an occasional split that had been caused by a nail from 100 years ago. Reclaimed wood has been in service for quite awhile and for some reason or another, it's purpose was interrupted. Luckily, someone was able to save these wood timbers, joists, beams, and other pieces from being surrendered to the landfill. When using reclaimed, old growth wood, you will find lots of small holes from nails and areas that had been drilled or notched. There's a lot more waste, but well worth the time that you will recognize when the newer wood that your neighbor used is being replaced in 15 or 20 years while yours looks like it did when it was installed.

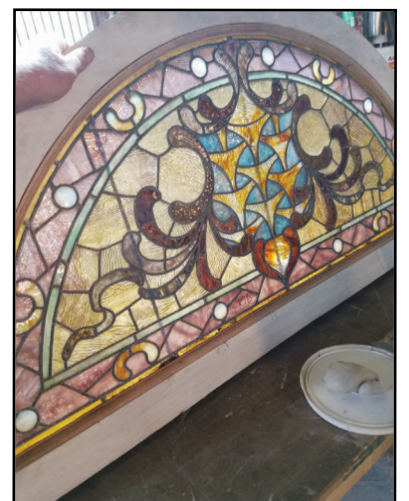


There's value in old growth wood. It's been around for many years and was allowed to grow at it's natural rate, while building up a resistance to rot, insects, and decay. The new woods you find today are grown fast to keep up with supply and demand. It is not allowed to build up the resistances of it's distant cousins, old growth wood.

Back to bending. If you think about it, the wood being bent is to be pushed and pulled in different directions. If you look at the arch, the convex side, top, is longer than the concave side, bottom edge. When your bending the wood around the arch, the grain on the convex side is being stretched and the grain on the concave side is being smooshed together. I don't think smooshed is a scientific word, but you get the idea.

Another reason that the Red Oak (hard wood) bends so much more easier than Douglas Fir (soft wood) is the cellular makeup of the different species. In all woods, there are the annual rings or grains and between these grain is the xylem. The xylem is shaped like straws which allow the nutrients from the ground to be absorbed through the roots and sucked up into the tree, rewarding itself with new growth. In Red Oak, these straws are larger and longer than they are in Douglas Fir. Of course, if I had used new Douglas Fir, I could have gotten the same results as I did with the Red Oak.

The new Douglas Fir would need to be soaked for a few days so it could absorb as much water as it could. At this point, it would have been put into the steamer and steamed for about an hour before it could be bent into place. I would have had to allow it to sit for an additional day in the form before the clamps came off and it would have been a couple of weeks after it was installed before it could have been painted.



Different woods bend at different rates but what I found in my research is that hard woods bend better than soft woods. I plan to compare some of these different woods for more bent wood projects.

That's all I have about wood bending for now. So until next month, Bob is in the Sauna. And if what they say is true, about one hour per inch of thickness before you can start to bend wood, I'll be perfectly bendable in about a week.

Have a great month, Bob



TV and radio media partners to host U.S. senate debate



5 On Your Side, the Nine Network of Public Media, and St. Louis Public Radio are partnering to host an hour-long U.S. Senate debate with Republican Josh Hawley and Democrat Claire McCaskill.

The debate will take place at 7 p.m. Thursday, Oct. 18 with a live audience of 130 Missourians at the Nine Network's studio in St. Louis. Missouri residents who wish to be

considered to be part of the audience should apply here.

The debate will be moderated by the PBS NewsHour's Judy Woodruff. The panelists will be 5 On Your Side's Mike Bush and St. Louis Public Radio's Jo Mannies. The questions asked by the panelists will be developed by a team of journalists from the three participating media organizations.

Nine Network's Ruth Ezell will field questions from the audience and curate questions from social media, which will allow residents across the state to participate.

For people interested in viewing the debate who are not chosen to be members of the audience, a public watch party will be held in the Public Media Commons, between the Nine Network and St. Louis Public Radio on Olive Street. 5 On Your Side's Casey Nolen and St. Louis Public Radio's Jason Rosenbaum will get real-time audience perspective and host a post-debate analysis show.

The debate will be broadcast through NBC, NPR, and PBS affiliates throughout Missouri to help voters make informed decisions for the mid-term election.

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Labor Law Breakfast



No matter what career you are in, you will face disputes in your workplace. This is especially true when it comes to disciplining an employee. The St. Louis County Extension office is pleased to have Mark Suardi, attorney with Erbs and Erbs, P.C., as the speaker for our next Labor Law Breakfast.

as the speaker for our next Labor Law Breakfast.

Mr. Suardi will address collective bargaining agreements. In labor and management, disputes happen during the grievance and arbitration process. He will share successful discipline steps to take to correct problems with employees, as well as more severe discipline techniques to use when the employee is still facing problems. Mark will also address other options to explore before termination becomes the only viable option. Breakfast is at 8:00 a.m. The program starts at 8:30 a.m.

Labor Law Breakfast Details:

- ⌚ When: Wednesday, October 10, 2018 from 8:00 a.m. to 9:30 a.m.
- 📍 Where: IBEW Local 1439 (2121 59th Street, St. Louis, MO 63110)
- 💰 Cost: \$20/person (Includes breakfast)
- 👤 Presenter: Mark Suardi, Attorney with Erbs and Erbs, P.C.
- 📞 Register: Call Amy at 314-400-7632

Doug Swanson, Labor Education Specialist
University of Missouri Extension in St. Louis County
1-314-400-7635 | swansonj@missouri.edu

Neighborhood Leadership

Apply for 2019 Neighborhood Leadership Fellows cohort
Advanced Leadership Training to Increase St. Louis Promise Zone Civic Engagement

St. Louis, MO: Creating Whole Communities, in partnership with University of Missouri- St. Louis, University of Missouri Extension, and St. Louis Promise Zone- St. Louis Economic Development Partnership, will open applications on October 5, 2018 for the second annual advanced leadership training program, Neighborhood Leadership Fellows. The application deadline will be November 2, 2018.



The mission of Neighborhood Leadership Fellows is to increase the voices of North St. Louis City and North St. Louis County residents at the civic decision-making tables in order to produce more equitable regional policies for neighborhoods. The primary geographic focus for the program is the federally designated St. Louis Promise Zone.

Neighborhood Leadership Fellows is a nine-month leadership training for community leaders. The program, set to convene on January 11, will meet one weekend a month for nine months from January through September 2019. During the Friday afternoon and Saturday sessions, participants will engage in shared collaborative learning experiences through dialogue, and presentations among fellows and respective community and state leaders. Educational workshops will cover policies, new research, and innovations that promote equitable neighborhood development in areas of housing, education, economic development, public health and safety. Positional power trainings will give participants the foundational knowledge to run for boards, commissions, committees and elected office.

Neighborhood Leadership Fellows strongly encourages residents from the St. Louis Promise Zone to apply for the program. All participants who are accepted and complete the program will receive a monetary award and UMSL Chancellor's Certificate in Civic Leadership.

To learn more about the program and apply, please visit cwc.umsl.edu/nlf/ Neighborhood Leadership Fellows Program Partners:

⌚ Creating Whole Communities (CWC). CWC, formed in 2014, brings together the University of Missouri-St. Louis (School of Social Work, Des Lee Collaborative Vision, and the Public Policy Research Center), University of Missouri Extension (MU Extension), and the St. Louis region's neighborhoods to focus on strengthening our communities. CWC looks to link the resources of the university's local efforts throughout the region to create whole communities.

⌚ St. Louis Promise Zone – St. Louis Economic Development Partnership. The St. Louis Promise Zone program launched in 2013, designates high-poverty urban, rural and tribal communities as Promise Zones in order to increase economic activity, improve educational outcomes, reduce serious and violent crime, invest in transformative development and improve health and wellness.

TRUNK

Sunday, October 28 12:30 pm - 2:00 pm

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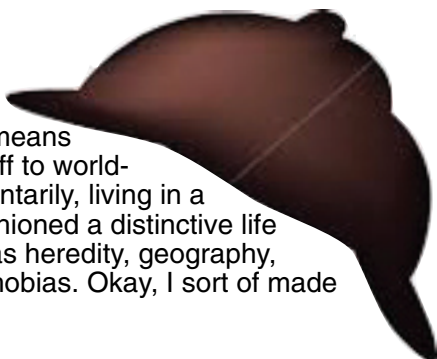
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Sherlock's Pal

Much has been made in recent years about how we all live in our own little bubbles. Pejoratively, this means that we stubbornly close ourselves off to world-views other than our own. Complimentarily, living in a bubble means that all of us have fashioned a distinctive life for ourselves based on such things as heredity, geography, socio-economic status, and clown phobias. Okay, I sort of made up that last point.



Now, like most of you I've been around the block a time or two. I know how the other half lives. I've gotten to know folks from the other side of the tracks. My bubble might be as solid as iron in some spots, but generally speaking I have an idea about what most people in our time and place are feeling and thinking. My own family is geographically, ethnically, and politically diverse. We all live in our own bubbles and we all have our own "truth" to share. (Although, as I recently stated on Facebook: "Truth is relative. And, you know, you can't choose your relatives." That, my friends, is a multilayered statement. Chew on it sufficiently before you spit it out.) My own bubble pops on occasion so that I may have an idea what others are thinking and feeling, and yet I have a more difficult time trying to envision what life must have been like for people who lived in an entirely different time and place. Although a recent through-the-mail genetic test claims that I'm 99.5% Northern European (which creates a very substantial ethnocentric bubble), family lore suggests that I have more than a pinch of Native American blood coursing through my veins. (My Neanderthal percentage was very low as well, leading me to think that their product is flawed.)

Recently I traveled to the state of Montana where I visited several sites dedicated to our Native American heritage. Near Ulm, Montana, I stood on the site of the largest "buffalo jump" ever discovered. Historians believe that from about 900 to 1500 CE, Native Americans used the cliffs that stretch for more than a mile as a place where they led American bison over the edge (much like Jesus reportedly led a herd of swine over a cliff—although I don't believe anyone is claiming that the bison were possessed by a legion of demons.)

I learned that a brave "buffalo runner" served as a decoy to lure the bison toward the cliff, while other members of the tribe waited below with spears and bows to "finish them off." Every part of the bison was used in some way: food, clothing, shelter, bones for tools, sinews for bowstrings and laces, hooves for glue, and even the brains could be used in the tanning process for the hides. I'm not certain what they did with the buffalo version of "mountain oysters," and I'm not asking.

As I stood there on the edge of that cliff, I tried to imagine a life where almost every aspect of my existence depends on the dangerous and violent sacrifice of one beautiful majestic animal; but I couldn't. In my protected and sanitary bubble I perceive an interconnected world where my daily needs and comforts are provided through a complicated network of natural resources, growing and harvesting, manufacturing, shipping, and commercial enterprises. My world—my bubble—is a million times more complex than that of my Native American ancestors, and yet for the life of me I can't imagine the simplicity of living directly off the land, using only what God and Mother Nature have provided.

I can imagine why people might be afraid of clowns, but I can't imagine how people set aside their fear of charging buffalo herds and stampedes long enough to provide for their daily needs. But that was their truth, and I'm not one to quibble.

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

Feed My Starving Children

Join us for Halloween Trivia

The ELCA Lutheran Churches in the North County area of St. Louis are beginning to prepare for our 3rd Annual **Feed My Starving Children** (FMSC) Mobile Food Pack. FMSC is a non-profit organization that provides nutritionally complete meals specifically formulated for malnourished children across the globe. At the first North County food pack in 2017, 108,000 meals were packed and sent to Dominican Republic and our second pack in 2018, over 155,000 meals were packed and sent to Zambia. Our next goal will be to pack 160,000 meals in July 2019!

Lutheran Church of the Atonement is hosting a **Halloween Themed Trivia Night on October 20th** to raise money for FMSC. The doors open at 6:00pm and the game starts at 7:00pm. If you buy your tickets ahead of time, they'll only be \$20, but if you buy them at the door, the cost will be \$25. Contact Pr. BJ Arnold (314) 518-1505 for tickets or questions about the event.



As you can imagine, it costs money to run a food pack, so we are looking for sponsors to help us raise money for next year. Keep an eye out in the *Ferguson Times* for more opportunities and events to help out this great cause!

North County Inc. Board of Directors Supports Prop D.

St. Louis, Mo North County Inc. (NCI) Board of Directors voted to support Missouri Proposition D, the Gas Tax Increase, Olympic Prize Tax Exemption and Traffic Reduction Fund Measure. Proposition D will be on the ballot November 6, and NCI encourages the St. Louis community to support this critical measure for our state and local communities.

If passed, the 10 cents tax increase is estimated to generate a revenue stream of \$50 to \$70 million transit and other multi-modal transportation and an additional \$430 million a year for roads and bridges. For nearly two decades, there has been no gas tax increase.

Proposition D will allow Missouri Department of Transportations to better maintain major corridors through our community, such as I-70 and I-270. It will also bring more than \$5 million to the North County communities and north St. Louis County to help improve local infrastructure.

"North County is among Missouri's aging, deteriorating transportation infrastructure and is in dire need of repair, maintenance and upgrades. This investment in transportation would go a long way to improving travel safety and economic development," said North County Inc. Board President Dr. Chris Kilbride.

Transit funding in Missouri was cut to \$1.7 million for State Fiscal Year 2018. Currently, Missouri ranks 46th in the country with respect to transit funding.

"It is critical MoDOT receives a revenue stream that provides the ability to maintain its roads and bridges as well as funds for major capital improvements such as the reconstruction of I-270 in North County," said Florissant Mayor Tom Schneider.

About North County Incorporated
North County Incorporated (NCI), founded in 1977, is an economic and community development advocacy organization serving the North St. Louis County community with a focus on education, healthcare, infrastructure and transportation. NCI builds collaborative partnerships and coordinates resources and efforts of civic and business leaders to speak as a unified voice on regional issues.

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Ashley is a Lifelong Ferguson resident

September 12th, 2018
meeting minutes
Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)



Sergeant Tim Harris opened the September 12th, 2018 meeting of the Ferguson OnWatch, welcoming everyone.

Officer Harris handed out the August 2018 Ferguson Crime Review. The attendees asked questions on events happening all over Ferguson, and he responded with information on each request. He noted that when he brings these reports to the Neighborhood Groups, they usually asked questions only about the events in their neighborhood. One person asked about the large quantity (27) of property damage reported. Officer Harris advised us that the majority of the property damage is to vehicles, or to property being removed from vehicles.

Ferguson Market Protests

Protestors left word that they would be protesting at the Ferguson Market at 9101 W. Florissant for 4 weeks, around the anniversary of the Michael Brown death. Police were dispatched to maintain the peace during the protests. Protestors had to be reminded that the Ferguson Market is private property, and that they could not block entrances and exits, and they had to stay on the public right of way (the sidewalks).

USA Market Shootings

Officer Harris told us about the "OK Corral" event that went on at the USA Market on Chambers. Apparently, 17 shell casings were picked up from the event that occurred there. Review of the video showed a vehicle and its occupants firing at a parked vehicle, with the owner inside getting a cheeseburger. We also heard about another shooting event in that area, on Argent, where a victim was shot through.

Dignitary Protection

The police now have a game plan to address unruly people at our City Council Meetings. Day shift officers will be providing protection for the Council members, in accordance with our Code of Conduct ordinance. If a recess needs to be called by the chair, the council chamber will be emptied of the unruly participants before resuming the meeting.

Silver - Amber - Sarah Alert

A Silver Alert was called recently, which means an endangered elderly person with Dementia or Alzheimer's needs to be found, and is handled by the Highway Patrol. The Silver Alert was called one night, and the gentleman wasn't found until 11:30 AM the next day on Walters. He lived in the opposite direction, in the South end of Ferguson. An Amber alert is used for endangered children, issued by the Highway Patrol for nationwide consumption. A Sarah alert is a local alert for Missouri only.

Charlack now served by St. Ann Police

The Village of Charlack broke the contract they had with North County Co-op Police, and are now being served by St. Ann for Policing and Dispatching services. Ferguson currently dispatches for Calverton Park and Country Club Hills, in addition to Ferguson.

Policing Services

Please call the Police if you need their services or for medical assist. Emergencies call 911, for non-emergency call 314-522-3100. If you are calling for something suspicious, tell the dispatcher why you feel it is suspicious. If you call Crime Stoppers, they will issue you a code number to maintain your identity as private.

Next meeting date

Our next Ferguson On Watch meeting is October 10th, 7:00 PM at City Hall. Have a safe month!

CERT Update

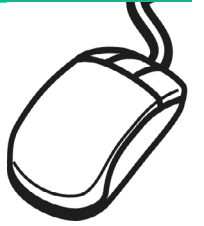
Ferguson Chief John Hampton is working with other north county municipalities to help form a North County CERT organization. He is enlisting the aid of St. Louis Community College at Florissant Valley (in Ferguson) to help with training certifications & education. Our CERT group, working with other North County CERT agencies, will give us better training to prepare us to assist our neighbors in an emergency. Stay tuned to this station for further information.



Volunteers setting up tents for the Ferguson Farmers Market at 5:00 a.m. every Saturday.

The Ferguson Computer Corner

by Doug Neely, master connoisseur of delectable chocolate candies!



OCTOBER, 2018

did you know that the 7th & the 21st (both on Sunday) are the WORLD COMMUNION SUNDAY & the WORLD MISSION SUNDAY, respectively? i do believe i will celebrate them both. and i look forward to it. :)

Things To Do, dept.

well, i DO have some other things to do. like doing good stuff for my puter. why not put up a little list of goodies, then?

1. wipe down & de-dust my puter. remove all dust bunnies & dust "blankets". you know what a dust bunny is; a dust blanket is a nice, thick covering of dust, such that it comes to appear as a little woolen blanket for a tiny little pet. dust in whatever form can make your puter very sick.
2. make sure all of your software is updated. not only does this ensure that you will get the most out of your software, but that the programming you do update should run better than it did previously. sometimes this will fix a problem.
3. check your wires. if it is a wire that is connected to any part of your puter setup, check to make sure it is solidly plugged in and making proper contact. pets, insects, young (and maybe "older") children could, knowingly or unknowingly boogar something up, too.
4. check your entire system to see that nothing is running too hot. if you think it might be hotter than it should be, it probably is. check ALL fans. just because they run does not mean that they are running at their proper speed, and moving enough air. i like to use my handy little electronic temperature gauge. if you use one to check all your temps, you will get to know what is running at a normal temp, and what is not. ANY deviance is a sure sign of big trouble.
5. make sure there are NO LIQUIDS nearby your system at any time.
6. PSA: some of you have pets. these have been known to chew on things that puters are made of. especially cats. keep them away from your system unless you think they have been properly "puter-trained". nobody wants to see their pet's last attempt to make a meal of any part of your puter system. and it won't be fun to clean up, either.
7. i have been asked about this many times, so i suppose it bears repeating: if you will be leaving your puter for more than an hour, turn it off. for a lot of reasons. if you leave the house, turn it off. i mean, what if it gets hot and starts a fire?
8. if you still have an older (but still eminently usable) monitor, perhaps look into replacing it with a newer flat-screen DIGITAL monitor. it will cost less \$\$\$ to run, give you a WIDE picture, and not bother your eyes near as much when you look at it "all the time". less eye stress. not only that, but get a DAMP, NOT DRIPPING WET, VERY SOFT rag to wipe down the screen. use water, NOT WINDEX, or some other harsh cleaning liquid that might remove the chemical coating which may have been applied to your screen at the factory.
9. keep your puter away from direct sunlight, or heating/cooling vents, or air returns.
10. limit your time with your puter, no matter how much you love it, so that you have time to interact with loved ones and others in the real world. good advice for televisions, phones, & tablets, too. (btw, i do hope you don't take any of those things into the "room of porcelain"! the ONLY things allowed in there should be magazines and the occasional good book. so there!)

Things NOT To Do, dept.

1. download and install something you don't really need, especially if you do not KNOW to TRUST who/whatever you are getting it from!
2. not only should you not go to any of those SEX websites, but stay away from any that seem in any way "strange". you can do a search for a website's character, using key words. form it into a question like: "is this fill in the blank channel/website safe or ok for children?" if it is questionable for kids, it's probably not too good for adults, either.
3. to add to the above, do another search to find out WHERE the website is coming to you from. if a US site is otherwise ok, those from some other countries may not be. YOU decide which are safe, and which are not.
4. don't troll. it's a waste of other's time, and makes you look like a bad person. do you really want that kind of reputation? it's just not nice!
5. don't do something out of anger. if you are not a happy camper, you will probably regret doing it. what you put online lives forever and ever, and may come back to bite you in the worst place and the worst time. be nice!
6. and, if all else fails, just remember this one thing: you are always being monitored by professionals. don't ask me what that means; what do YOU THINK IT MEANS? many have disregarded this; they have since learned.

ME GO NOW!

OH! now you KNOW that i didn't forget about halloween! the eve of All Saints Day! most of the kiddies know it as the "NIGHT OF THE CANDY". (to us adults, it is known as the "NIGHT OF THE CANDY MONSTER! lol!) i suppose we all have to go and get ready for that! :) and remember that He also always "monitors" us, and it's a good thing that He does. where would we all be if it weren't for Him? (if you would like more info about Him, let me know. He would be mighty happy to "meet" you! :) IF YOU would like to ask Doug for some of his WORLD-RENOWNED puter advice, or just wanna break from the puter, call his phone at: *314*521*1789* in the PM HOURS of most any day. Otherwise, email him at: fergusoncomputercorner@aol.com Make sure to include your local phone number, and put the phrase i need puter advice into the subject heading.

Artful Considerations

by Robin Shively

“The artist is a receptacle for emotions that come from all over the place: from the sky, from the earth, from a scrap of paper, from a passing shape, from a spider’s web.” - Pablo Picasso



On **Sunday, October 7th**, Sculptureworks Ferguson at 830 South Florissant Rd. will be participating in the St. Louis Contemporary Art Museum’s Open Studios Event. Artists at the space will have open studios and a group show will be on display in the gallery.



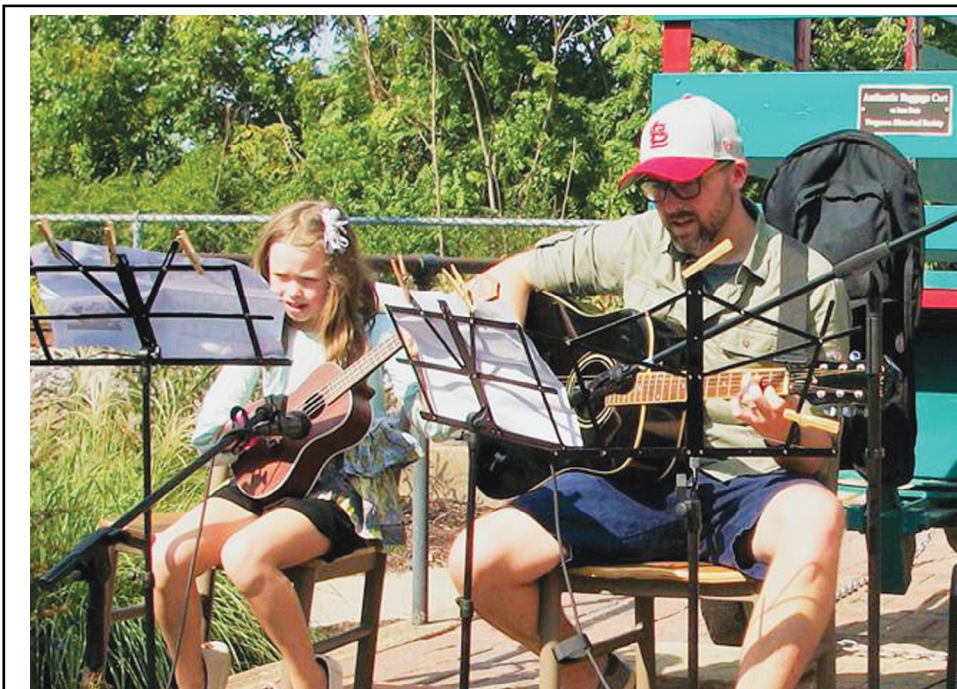
At 12:00 pm, Misa Jefferies from the Contemporary Art Museum will be present an artist talk & discussion with St. Louis Artist Jessica Baran. Refreshments will be served.

The Contemporary Art Museum (CAM) presents Open Studios STL, with more than 130 artist studios and art spaces open to the public over the course of one weekend. Now in its thirteenth year, Open Studios STL offers the chance to meet St. Louis artists, see the spaces where they work, and learn about their creative process. Art lovers may explore on their own or join local curators and arts professionals in discussions with participating artists. Studios and spaces are open Saturday and Sunday, October 6 and 7, 10:00 am–5:00 pm, with locations east of Grand Boulevard open on Saturday and locations west of Grand Boulevard open on Sunday. This celebration of St. Louis art and artists begins with a Kick-off Party at CAM, which coincides with Grand Center’s monthly First Friday activities, on October 5, 5:00–9:00 pm. Printed maps are available at CAM. A complete list of artists with images of their work; dates, times, and locations for curator/artist discussions; program updates; and an interactive map are available at www.openstudios-stl.org.

"Children of Abraham for Peace and Justice," which displays work on the theme of peace and justice by Islamic, Jewish and Christian artists runs through October 20th at Good Shepherd Arts Center (GSAC), 252 S. Florissant. For this month’s activities at GSAC, refer to their Facebook page or the website, <https://goodshepherdarts.org>.

The next planned show at GSAC is "Those Who Teach Can Two (Too)!!!" Teachers from North County Schools are invited to share their artwork with the public in this exhibit. If you are, or know of, a teacher who may be interested, contact Glynis McMannamon at Good Shepherd Arts Center. The arts center will be closed October 24-27.

“The purpose of art is washing the dust of daily life off our souls.”
- Pablo Picasso



“Play Music on the Porch Day.” On August 25, a variety of musical tastes and talent, ranging from heavy rock, classical, country, western and cowboy music, was seen and heard in Ferguson.

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North County-- Rich in Multiculturalism

The Ferguson-Florissant Branch of the American Association of University Women is sponsoring a program on **Saturday, October 20**, 2018 that highlights the diversity of North County. The program "North County--Rich in Multiculturalism" will take place from 10 to Noon at St. Mark's Methodist Church, 315 Graham Road, Florissant 63101. The program is free and is open to the public. Refreshments will be served.

The panelists are Ruffina Farrokh Anklesaria, Sister Mary Michael McCulla and Sousan Darwech.

Ruffina Anklesaria is from Trinidad and Tobago. She and her two daughters are American citizens. Among her many activities, she is a Transcendental Stress Management instructor and a columnist for the *Ferguson Times*.

Sister Mary Michael McCulla is a Roman Catholic nun with a nursing degree. In her over fifty years of service, she has worked in various aspects of nursing including clinical, as an instructor and in administrative positions. She recently spent two years in South Korea teaching English to Korean nuns.

Sousan Darwech is from Jordan. She is a wife, mother and grandmother and an American citizen. Mrs. Darwech has a business degree from a school in Jordan. She is a bus driver for the Hazelwood School System. A Muslim, Mrs. Darwech teaches Islamic studies and Arabic for a private weekend school. She is also a speaker for the Islamic Speakers Bureau.

Each participant has been asked to share the positive aspects of being a woman of diversity in North County as well as some of the challenges that have been encountered. After all the presentations, there will be an opportunity to ask questions of the three panelists.

For information about this program or AAUW, call 314-355-1125, 314-517-8973, or 314-921-7109.



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Christian the Magician
Friday, October 12 @ 6pm

The Best of Ferguson

by
Ruffina Farrokh Anklesaria, M.A.



Association of American University Women

Many years ago when I graduated from Washington University in St Louis, I thought of joining the American Association of University Women (AAUW). I had seen some of their literature on campus and was inspired by their Mission: Advancing equity for women and girls through advocacy, education, philanthropy and research.



Incoming president Wilzetta Bell and outgoing co-presidents Shirley Breeze and Pat Kelemen.

I had the pleasure of interviewing Patricia Kelemen, the recent Co-President for the Ferguson-Florissant branch of the AAUW, and Judy Holmes, Chairperson of the Diversity Committee, for this article. The AAUW is a nonprofit organization with a nationwide network of more than 100,000 members and donors, 1,000 branches and 500 college/university partner members. It was established in 1881 nationally, and in 1965 locally.

There is a small paid staff at the national headquarters in Washington DC, but most of the work is done by volunteers both nationally and locally.

The AAUW provides more than \$4 million each year in graduate fellowships, grants, campus project support and undergraduate scholarships. They conduct groundbreaking research on diverse topics, including women and girls in science, technology, engineering and mathematics; the gender pay gap; sexual harassment; cyber bullying and many more.



Panelist Sousan Darwech

guson and for the last several years has hosted a public forum in October, presenting panels of speakers on issues of public interest. Speakers have included women state legislators on how women's issues are addressed in Jefferson City. (Visit their website at aauwmo.org).

This October the panel will address the topic entitled: "North County, Rich in Multiculturalism." The panel of speakers will comprise Sousan Darwech, Sister Mary Michael McCulla and I.



Sister Mary Michael McCulla

Sousan moved to California in 1987, from Jordan. Her husband is an aircraft engineer. She has a business degree in office management. She teaches Islamic studies and Arabic for a private weekend school and is a speaker on the Islamic Speakers Bureau.

Sister Mary Michael McCulla, CDP, MSN, APRN, BC, is the parish nurse at the Lutheran Church of the Living Christ in Florissant. She is also the regional liaison to Community Administration of the Mare de la Roche Province. Among a wide range of experiences, Sister Mary taught English as a Second Language in South Korea for two years.



Ferguson-Florissant members enjoy the program at branch meeting.

I am the third speaker on the panel. I migrated from Trinidad and Tobago in 1999. I was raised Catholic and had a Muslim father. I married a Zoroastrian and I am a teacher of Vedic knowledge. I worked at the Japanese Embassy in Trinidad for 19 years. I have a rich multi-cultural background. In my household, nine languages were spoken! I'm now learning American Sign Language. My daughters both learned classical Indian dance, called Bharat Natyam, and my older daughter, Julee, is a certified professional Bharat Natyam dancer. I have an MA in International Affairs and an Advanced Certificate in Nonprofit Management and am certified in United Nations Protocol.

The program highlighting the diversity in North County will be held on Saturday 20 October from 10:00 a.m. to 12:00 noon at St Marks Methodist Church on 315 Graham Road in Florissant. The program is free and open to the public. Light refreshments will be served.



Ferguson Florissant members Dr. Tommy Turner, Carolyn Herkstroeter and Pat Keleman enjoy gift wrapping at Barnes and Noble, Ladue to help raise money to send a college woman student to National College Women's Leadership Conference.

I congratulate the local AAUW for the work they are doing to promote gender equality here in North County, and Patricia Kelemen for representing the Best of Ferguson! I look forward to being part of the panel on October 20th and to seeing some of you there also.

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 www.BestAgainst-Stress.com 314 766 4391



Newspapers

I've been reading the St. Louis Post Dispatch as long as I remember. As a very young child I started with the comics. They were only in black and white during the week, but they were in full color on the weekend. I would take a piece of waxed paper (this was before aluminum foil or Saran Wrap), and a table knife, and by rubbing the knife over the waxed paper and the comics, the waxed paper would pick up the image. When I showed my grandkids this trick, they weren't impressed. After all, they could call up the comics section on their computer, and print all the colored images they want.

As I got older, I began reading other sections of the newspaper. During the 40s I didn't like reading about the battles of WWII, so I stayed away from the news section. But, I've always been a Cardinal fan, and the Post had, and still has, a great Sports section. I was a big Musial fan, and since the games were only on the radio, the newspaper gave a more thorough account of the game. Along about the late 40s and early 50s, when most people had TVs, some of the baseball games were televised. Again, only in black and white. The reception was really, really bad. So much "snow" it was hard to tell where the white ball was. Not like today when you feel like you're actually at the ballpark.

At the same time my family subscribed to the Post Dispatch, they also subscribed to the Globe Democrat. The Globe was delivered in the morning, and the Post in the evening. There were other papers too, but none of them lasted very long. In 1986, the Globe ceased its operation. That was a sad day in St. Louis. By that time I was married and was subscribing to my own paper.

Recently the Post increased their price and I know a lot of people stopped their subscription. "I know you don't agree with their editorial policy" my daughter exclaimed. "Why do you still receive the paper?"

Actually, I enjoy the paper for a number of reasons. I spend at least an hour in the morning reading the News and the Sports sections (remember I said they have great sports writers). And then sometime during the day or evening, I spend another hour reading the comics and doing the Puzzle section. I know most people do not have that much time to spare, but I'm retired now, and have lots of free time.

Yes, I don't agree with their editorial policy, but if you don't read the other side, how do you make up your mind about what to believe?

Oh, I forgot to tell you what else I read every day. The Obituaries. As I approach my 84th year, many of my former friends and classmates are dying. The Obituaries often list the maiden name of the women, so I recognize the name, but not often the picture. Some of the obituaries are quite funny, and I've decided to write my own. Did you ever try to put down on paper your greatest attributes; the things you would like your friends to remember about you? It's not easy.

I also used the Post to research the car that I bought last year. The Post prints a big section called "Rides". I knew what features I wanted and made a running list of cars I wanted to test drive. Well, I took my leased car in for service at the dealer, and there on the showroom floor was the exact car I wanted, and I had not read anything about it. I bought the car that day. The very next day I got my "Bottom Line" yearbook. There was only one car listed that "You should not buy". Guess which one.

One other thing I read occasionally. The Help Wanted ads. I just want to know what jobs my grandchildren and great grandchildren should be pursuing. Early in February I noticed column after column of "Landscape Workers". It seems that limiting the Mexicans coming into this country has taken away a huge segment of workers.

After reading this, you probably think I don't have enough to keep me busy. Perhaps you're right.

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Answers to Trivia, Page 12

- | | |
|------------------------|---------------------|
| 1. Furious | 7. Flatfoot |
| 2. Fictitious | 8. Funny bone |
| 3. Father | 9. Farewell to Arms |
| 4. Florists | 10. Fighting Irish |
| 5. Five o'clock shadow | 11. Fisherman |
| 6. Fumble | 12. Fist |

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Rummage Sale – St. Stephens Fri., Sat., Oct. 5, 6
- Farmers Formal – Union Station Fri., Oct. 5
- Parents Night Out – St. Peters UCC Fri., Oct. 5
- Farm to Table Dinner – Plaza 501 Sat., Oct. 6
- PROUD Meeting – Library Sat., Oct. 6
- Fall Festive – Blessed Teresa of Calcutta. Sat., Oct. 6
- Reading on Race Bookclub – Library Mon., Oct. 5
- Learn About Your Historic Home – Library Tues., Oct. 9
- Ferguson Council Meeting – City Hall Tues., Oct. 9
- Science Themed Storytime – Library Wed., Oct. 10
- Card Party Luncheon – Immanuel Thurs., Oct. 11
- Northwest Chamber Membership Mtg. – Orlando's Thurs., Oct. 11
- FREE Concert – Magician – St. Peters UCC Fri., Oct. 12
- Murder Mystery Dinner Theater – Zion. Sat., Oct. 13
- Trivia Night – VFW Sat., Oct. 13
- Card Party and Luncheon – Immanuel Thurs., Oct. 11
- Senate Candidate Debate – Channel 9 Thurs., Oct. 18
- Movie Night – Firehouse Fri., Oct. 19
- FLIERS Fall Book Sale – Library. Thurs., Fri., Sat., Oct. 18, 19, 20
- Halloween Trivia Night – Lutheran Church of Atonement Sat., Oct. 20
- Ballot Issues – League of Women Voters – Library Tues., Oct. 23
- Tuesday Night Book Club – Library Tues., Oct. 23
- Paul's 58 Year Celebration Sat., Oct. 27
- Sisterhood Club Meeting. Sat., Oct. 27
- Basic Geneology – Library Sat., Oct. 27
- Haunted History Tour – Morgan St. Brewery Sat., Oct. 27
- Trunk or Treat – St. Peters UCC Sun., Oct. 28
- Basic Geneology – Library Mon., Oct. 29
- Hogwarts Great Pumpkin Party – Library Wed., Oct. 31

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