

Serving Ferguson and Surrounding Communities

PLAZA at 501



Ferguson's Farmers Market



Sat., May the 4th:

- Star Wars Day – Photo opps with Darth Vader and Stormtrooper; Costumes encouraged, free cups of blue Bantha milk for kids, and more!
- Christian Hospital at the market with Stroke Awareness and free blood pressure screening
- Band - McKendree University Jazz Combo

Sat., May 11th:

- Mother's Day Activities
- Kids Decorate Cookies for Mom, Free gift drawing for Mom (donated by Geraldine's Florist) 10:30am
- Band - Michael Howell Trio

Sat., May 18th:

- Cork Wine Bar - Meet and Greet New Owners
- Samples of House Made Focaccia Bread

Sat., May 25th:

- Secrets of Anti-inflammatory Eating. Cooking Demo, Samples, and Presentation by Dr. Amy of Whole Food is Medicine
- Band - Ritenour High School Jazz Band

Check our website and facebook for more details!
www.fergusonfarmersmarket.com - www.facebook.com/fergusonfarmersmarket
 Customer parking in market lots!

Ferguson Annual City-Wide Yard Sale

The annual yard sale will take place on **Saturday, June 15, 2019, 7:30 a.m. – 2 p.m.**

Do you wish to host a sale? Register by phone, 314-521-7721. You will be placed on the 'YARD SALE MAP' if you register by June 6th.

Pick up a map at:

- Ferguson Farmers Market, 501 Plaza
- Paul's Market, 1020 North Elizabeth

The Biggest Yard Sale in History!!! Ferguson, Missouri

www.fergusoncity.com

CityWalk Concert Series 2019

FRIDAY, MAY 31 – RETRO BOOGIE
 FRIDAY, JUNE 14 – ALL4NOTHINBAND
 FRIDAY, JULY 19 – BITTER PILL
 FRIDAY, AUGUST 9 – THE 80'S BAND
 FRIDAY, AUGUST 23 – VOTE FOR PEDRO
 FRIDAY, SEPTEMBER 13 – RUBY AND THE GENTS

7:00 p.m. to 9:00 p.m.

Open to all ages, the live entertainment will feature a wide variety of music styles. Guests are encouraged to bring lawn chairs. Visitors are welcome to bring their own picnic baskets or coolers. No glass please. Concession items will be available for purchase on site.
The concerts are FREE to the public.

May 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

Yoga @ the Library - Saturday, May 11 at 10 am
 Come and learn yoga techniques from yoga instructor Martha Philipp from OmTurtle Yoga! No sign-up required, but bring your own mat.

Card and Paper Club - Wednesday, May 15 at 1 pm
 Learn how to scrapbook or make your own greeting cards for special events at our monthly crafting meet up! All supplies will be provided. For more information, please call the library and ask for Rachelle.

American Creed: Film and Discussion - Sat., May 25 at 12 pm
 What does it mean to be American? Join us for a viewing of the PBS documentary, "American Creed." Afterwards, we will discuss the film and what it means personally to be American.

A UNIVERSE OF STORIES 2019 Summer Reading Program

Shoot for the moon and land among the stars at the Ferguson Library! Enjoy special events, win prizes, and more when you read this summer!

Program Kick-Off - Spider-Man: Into the Spider-Verse Friday, May 17 at 5:30 pm

Join us for a viewing of Spider-Man: Into the Spider-Verse as we celebrate the start of our summer reading program! Enjoy snacks and activities while watching the movie. Register for the program that night and receive a raffle ticket towards a prize. All are welcome!

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Ferguson CityWalk

By Angie Carron

Angie Carron, owner of the OmTurtleYoga, Spa & Cafe, lived a high stress, low self-care lifestyle consequently leading to a multitude of physical and mental conditions. Rather than surrendering to pharmaceuticals, she chose the holistic practices of yoga, meditation, massage therapy and superfoods. With perseverance and patience she was able to regain her life. During the process, however, she learned there were so many others suffering in silence... just like she did. She was tired of driving outside of North County for therapeutic practices so she became determined to bring it all here. Compassion led to training. Training led to opportunity. Opportunity fueled passion. Passion led to carrying a yard sign and a yoga mat in Sioux Passage Park. People came.

She saw in her students the same healing she endured during her own practice and by the grace of God and support of her family, in 2013 she opened up her first yoga studio in Florissant to help support a healthier lifestyle for her community. In 2014, she quit her corporate job and built another yoga studio in Ferguson during the unrest to help provide a place of peace. In 2016, she expanded her Florissant location to include a therapeutic wellness spa. Finally, after 18 months of building, refurbishing and restoring, she expanded the Ferguson studio to include OmTurtleCafe. April marked the Grand Opening month and so far she's off to a great start.



OmTurtle Cafe

OmTurtleCafe is a rare gem in the citywalk district that provides high quality, healthy foods designed to nourish and heal the body. The atmosphere is refreshingly unique and welcoming. The staff is super friendly and the food is amazing! There's even an urban market in which you can shop local artists. On the menu includes Kaldi's Coffee, Smoothies, Juice Bar, Fresh Baked Goods, Homemade Soups, Superfood Salads, Bagel Sandwiches, Munchies and Boozyies. All made with superb ingredients so that you can eat with purpose.

Phase 1 Hours are: Monday closed; Tue - Fri 8 AM -6 PM; Sat 9 AM- 2 PM; Sun 10 am - 2 PM. Live music on Saturdays.

Angie Carron E-RYT Certified
Founder OmTurtle Yoga + Spa + Cafe

www.omturtleyoga.com
www.facebook.com/omturtleyoga

The Plumber's Crack

By Oh Baby *bigohbaby@sbcglobal.net*

Allergies at a peak, flowers in full bloom, shorts, tank tops and sandals are back in fashion, grass growing at alarming rates, another holiday in sight; yes, it's the month of Mother Mary and time for another edition of the Plumber's Crack.

Well my friends, it's May, my most favorite and most expensive month of the year; but more about that later. We talked last month about floods, backups, etc. I'm going to expand a little on that this month. I know what you're thinking . . . it's that boring spring check up. Guess what? You're mostly right.

After what we went through in April, I think most of you already checked or found out if your sump pumps are woking. If you haven't pulled that cover and poured 5 gallons of water in it to make sure it's working, and to see if there is any debris in the bottom, do so and repeat the process.

It's time to start hooking up those hoses. Before you do, you need to check that outside faucet inside and out. Inside you say? Yes, it's better to have someone inside watching while the other person turns on the water outside. This does two things; it makes sure there is nothing leaking at the shut off, if you have one, and you will be able to see if the pipe froze and split on your hydrant. When you've completed that task, go ahead and connect your hose. Stretch it out and flush it good. This will remove anything that might have crawled in there and made its home. Remember, them critters don't have facilities, so don't drink out of that hose until you flush it out.



Now you're ready to fill those fountains and pools. Remember not to



let the end of that hose lay in the water. If the pressure would drop, that water could backup into your system and you could be drinking it in your house. The same thing goes with those fertilizers that you hook onto your hose. Remove them immediately once you've sprayed. I know this is not a plumbing issue, but we always get the call.

Check your condensate drain and condensate pump from your air conditioner. First remove hose and flush it with warm water. If you have a condensate pump, make sure it's plugged in and add a little water to make sure it pumps out.

Well my friends, I mentioned how I love May and how it's expensive. May is the month of Mary, it's also the month of Mother's Day. I am blessed to still have my mother who just celebrated her 99th Birthday. It also the month I celebrate my wedding anniversary . . . 45 years with the love of my life and the mother of two wonderful sons. Which brings me to our close. All you married guys with children . . . I know she is not your mom, but show your other half some love and make Mother's Day special for her. And, I would be remiss if I did not mention Memorial Day. Please honor those we have fought and fallen for our freedom.

Check on and take care of elderly; offer a ride. Get to know and communicate with your neighbors. Please watch out for our children. School will be ending and streets are their's for the summer. Oh, and hug them babies.

God Bless one and all! Oh Baby

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Premier Plumbing Solutions

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

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

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- 10% Senior Discount (Maximum of \$50)
- Compare our Price on Water Heaters

524-0222

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

WINDOW RESTORATION BY:

Painted Effects CONTRACTING llc

314-769-1413

Maintaining Yesterday For Tomorrow



Run or Walk With Us in 2019!



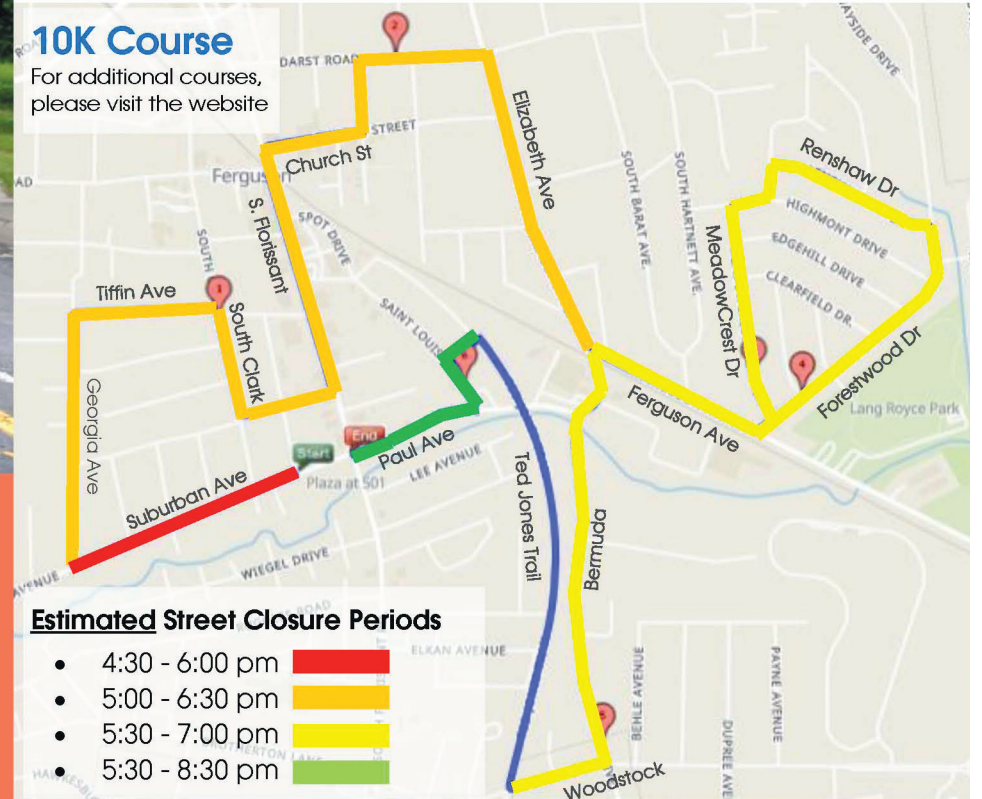
This year is the 10th Anniversary of the Ferguson Twilight Run.

Starting as a way to engage North County residents in healthy activities, the run has grown to be a premier event for all in the St. Louis region. Since 2010, more than 14,000 runners and walkers of all ages and fitness levels have participated. Race options include a 1-mile fun run, a 5K, 10K, and new this year, a 10-mile course. There is also a virtual run option available for supporters not available to participate at the run on May 18th.

Proceeds from the 2019 Ferguson Twilight Run will be donated to the Audubon Center at Riverlands, the Emerson Family YMCA, Girls on the Run in the Ferguson-Florissant School District, Strength and Honor Mentoring and Tutoring, and The Fit and Food Connection.

10K Course

For additional courses, please visit the website



Estimated Street Closure Periods

- 4:30 - 6:00 pm
- 5:00 - 6:30 pm
- 5:30 - 7:00 pm
- 5:30 - 8:30 pm

2019 Ferguson Twilight Run Schedule

- 4:30 pm Pre-Race Entertainment by Big Papa G
- 4:45 pm Start of 1-mile (with Yoga by Om Turtle at 4:50)
- 5:10 pm National Anthem by Brian Owens
- 5:15 pm Start of 10-mile / Start of 10K
- 5:45 pm Start of 5K
- 6:45 - 9:30 pm Post Race Concert by Dirty Muggs

FERGUSON TWILIGHT RUN

1-mile / 5k / 10k / introducing the 10-mile

CLOSED COURSE RACE includes professional timing by Big River Running

FINISHER MEDALS. CHEER STATIONS & Beer

post race concert by Dirty Muggs



Ferguson Farmers' Market Partnering with Tower Grove Farmers' Market to Build on Historic Success

Tower Grove Farmers' Market (TGFM) announced its new partnership with the award-winning Ferguson Farmers' Market. The collaboration represents an exciting and important new iteration for TGFM, as an organization offering infrastructure to other farmers' markets in the region.

"Our partnership will sustain the Ferguson Farmers' Market's proven success," said Patrick Horine, who in 2006 co-founded Tower Grove Farmers' Market with his wife, Jennifer Ryan. "When parallel farmers' markets work together, we can provide for our communities and expand upon what it means to be a good neighbor."

Founded in 2002, the Ferguson Farmers' Market began its 2018 season with a strategic move to Plaza 501, which improved the shopping experience with heightened accessibility, ample parking, restrooms, and clear signage. This change in physical infrastructure prompted higher attendance and increased offerings from farmers; the upcoming change in organizational infrastructure is expected to bolster these positive trends.

Jeffrey Blume, Ferguson's Interim City Manager, applauds the partnership as a win-win for all involved. "Patrick Horine and the folks behind the Tower Grove Farmers' Market bring more than thirteen years of operational and managerial experience, which will infuse our beloved Ferguson Farmers' Market with new ideas and new energy," said Blume.

Ferguson Farmers' Market will retain its unique identity and strong community roots. The day-to-day operations will be handled by Market Manager Mary Haux, a longtime Ferguson resident and Ferguson Farmers' Market vendor.

"We are so delighted to have Mary in this leadership role," said Horine. "She understands the market and knows the community, and the Ferguson Farmers' Market will flourish under her supervision. We're also thrilled to be working with the City of Ferguson and to have the opportunity to bring our ideas to their award-winning farmers' market."

This new partnership with Ferguson Farmers' Market represents the latest milestone for the Tower Grove Farmers' Market, which now includes a Tuesday-evening market in Tower Grove Park as well as a farmers' market at

The Boulevard in Richmond Heights. TGFM also hosts a MidSummer Bites Dream, a full-day festival celebrating the best food crafters in the St. Louis region.

The Ferguson Farmers' Market is the inaugural farmers' market to work under TGFM's infrastructure. This season and beyond, TGFM will continue providing support to its over 300 vendors at existing events, while extending its organizational infrastructure to empower other farmers' markets to flourish, as well. This reorganization allows vendors to focus on what they do best: preparing for a busy day at the farmers' market.

For additional information or to request an interview, please reach out to Patrick Horine at patrick@tgfarmersmarket.com or 314.479.4329.

About Tower Grove Farmers' Market

Thousands of shoppers attend TGFM each week to support local farmers and connect outdoors in the beautiful park. The Saturday farmers' market began April 13, featuring fresh food and produce. The same outdoor location holds a Tuesday-evening farmers' market that started on April 23. The expanded Boulevard Farmers' Market will take place weekly on Sunday mornings in Richmond Heights, starting on May 5. The Tower Grove Farmers' Market has received numerous awards since its formation in 2006.

MOUSE RACES

BENEFITTING THE FERGUSON FOURTH OF JULY

FRIDAY, MAY 17TH

Ferguson Community Center
1050 Smith Ave
Ferguson, MO 63135

Doors open @ 6:30pm
Races Begin @ 7:00pm

Admission: \$30/Person, \$200/Table of 8 Participants
Sponsorships: \$200/Table, \$25/Mouse
For sponsorships contact Katelyn at 314-521-4661

Soda & water are provided | Coolers and snacks are welcome! | 50/50, Games, & Raffles

To purchase tickets please contact the Ferguson Community Center 314-521-4661

Ferguson Community News Page

Thank you to those citizens "in the arena"

By Mayor James W. Knowles III

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."



—Theodore Roosevelt, 26th President of the United States –
Excerpt from his speech "Citizenship in a Republic"

If this month's quote sounds familiar, that's because I've used it a few times before. Sometimes there is no other quote or phrase that can quite sum up the message, and because of that, this quote bears repeating.

This past month we have seen the absolute best from citizens who have thrust themselves into public service, either as candidates for elected office, elected officials themselves, or just motivated citizens working to improve their community by being involved in the electoral process. In all, 6 dedicated residents ran for either election or re-election to public office and many more worked and contributed to support them in their campaigns. Meanwhile thousands of residents listened to debates, studied the issues, and eventually exercised their constitutional rights by getting out to vote. Each of those citizens who participated played an important role in the political process, and one that is vital to the continuation of a civil society in our Republic.

Because politics and politicians are held in such low regard, it is often difficult to find people that want to get involved in the political process. It is hard to find people that are willing to sit on a board or commission in our community much less run for City Council. It is a significant sacrifice to make the time commitment necessary, but even more so, it takes a special commitment to put one's self in the public "arena" as Teddy Roosevelt would put it. Whether you sit on the Park Board or City Council, you are likely to become the target of criticism for some decision you will make. Today, most people do not want to involve themselves in something that takes away from their family or personal time, and then subjects them to additional criticism or ridicule. However, as Teddy would go on to say later in his speech, the involvement of people in politics and government is the very foundation of what it is to live in a democratic republic. Without people willing to step into that arena, there is not much of a democratic government left.

As we say goodbye to former Councilmember Keith Kallstrom, we should commend him for his service, his sacrifice, and his commitment to this city. Over the past 25 years Keith has served through some of the greatest growth and development this city has seen in decades, as well he has served through some of the most trying and difficult times. His service has been honorable, selfless, and with the interests of the entire community in mind. He deserves our utmost respect and gratitude.

The loss of Councilman Kallstrom and his longstanding intuitional knowledge and understanding of issues in our community will certainly be felt going forward, however we are blessed to continue to have experienced and dedicated leaders returning like First Ward Councilmember Linda Lipka and Second Ward Councilmember Heather Robinett. Their long history of dedicated community service coupled with their experience on the Council will be important for our community's future.

While experience and institutional knowledge is important, it is equally important that the city and especially the Council continue to seek out, listen, and engage new voices and new ideas. That is why I am excited to welcome Councilwoman Fran Griffin to the City Council. Councilwoman Griffin has been a very engaged and vocal member of the community over the past several years, and has made it a point to reach out to those neighborhoods and community members that have felt most disaffected from their government. Her voice and her perspective are not only important, but a welcome addition to the Council. As more residents are engaged by their government, and more step "into the arena", my hope is that we will all achieve greater understanding, and greater success in moving us forward, together.

I'll end with a reminder, that "being in the arena" isn't just running for political office or sitting on a board or commission. It is every resident that takes an active role in trying to better their community. It is neighborhood leaders, business leaders, and average citizens that take the time to stand up and give of themselves to the greater good. It is these residents willing to be "in the arena", that has helped make Ferguson a success, and why it continues to be a wonderful community to live, work, and play in.

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	May 7 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	May 3 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskepark neighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	TBA	First Baptist Church 333 N Florissant	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	May 2 6:30 pm	Ferguson Library Large Conf. Room	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	May 9 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	TBA
Southwest Ferguson Neighborhood Group	TBA	Fire Station #1 200 So. Florissant	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	TBA	Fire Station #1 200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	June 3 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage 314-705-0993 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	
Southeast Ferguson	May 8 5 pm	Empowerment Ctr. 9420 W. Florissant	Latasha Brown 314-465-9757 brownlatsham@go.wustl.edu

Ferguson City News?

How do you get your Ferguson News?

- 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



CITY COUNCIL MEETINGS
Tuesday, May 14th and
Tuesday, May 28th
7:00 pm
in the Council Chambers,
City Hall
110 Church Street

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

City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Toni Burrow, Ward 2; Fran Griffin, Ward 3; Byron Fry, Interim Ward 3; Jeff Blume, Interim City Mgr.; 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 Parks & 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

Beginning Classic Guitar

This class allows students to enter the exciting world of classical guitar, playing ensemble music in three easy parts that blends together is fun and engaging! All finger style on smaller-sized classical guitars (provided) with emphasis on proper seating and technique. Performance opportunities towards completion of class!

Age: 9-15 years old
Days: Tuesdays and Thursdays
Date: Tues, June 4-Tues, July 30 (*No class July 4*)
Time: 6:30pm - 7:30pm
Location: Ferguson Community Center
Fee: \$45/Residents; \$50/Non-Residents

Learn to defend yourself with Krav Maga

Krav Maga is used to rapidly train combat troops in hand-to-hand combat in the shortest amount of time and from a position of disadvantage. Since most attacks occur when the victim is at a disadvantage, training will include performing techniques while at a disadvantage, encountering multiple opponents, and employing empty-handed defenses against weapons. This class covers the Krav Maga curriculum as taught by Townsend Defense. Private lessons are also available. Wear comfortable workout clothing and athletic shoes.

Age: 16 and up
Days: Tuesdays and Thursdays
Date: Tues., Mar 19 – Thurs, May 9
Time: 6:00 to 7:30 pm
Location: Ferguson Community Center
Fee: \$60/Members; \$65/Residents; \$70/Non-residents

Beginning Tumbling

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

Age: 3 ½-6 years old
Days: Monday or Saturday
Start Date: Mon, Apr 1 to May 20, Mon, June 3 to July 22, Sat, Apr 6 to May 25, Sat, June 8 to July 27
Time: Mon 5:45pm-6:40pm; Sat 10:00am-10:55am
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Junior Tumbling

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

Age: 7 - 13 years old
Days: Mondays or Saturdays
Start Date: Mon, Apr 1 to May 20, Mon, June 3 to July 22, Sat, Apr 6 to May 25, Sat, June 8 to July 27
Time: Mon 6:45pm-7:40pm; Sat 11:00am-11:55am
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Adult Social Dance

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

Age: 16 & Up
Start Date: Mon, Apr 1 to May 20, June 3 to July 22
Time: 7:45-8:40pm
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Tap & Ballet Dance

A wonderful opportunity to learn creativemovement along with simple dance steps and routines in tap and ballet. Tap and ballet shoes, leotard and tights are highly recommended but not required. No jeans, baggy clothing, tennis shoes or bare feet. Children must be potty trained.

Age: 3 1/2 - 7 years old
Days: Wednesdays
Start Date: Wed, Apr 3 to May 22, June 5 to July 24
Time: 5:45 pm-6:40 pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Hip Hop/ Jazz Dance

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

Age: 8-13 years old
Start Date: Wed, Apr 3 to May 22, June 5 to July 24
Time: 6:45-7:40pm
Location: Ferguson Community Center
Fee: \$34/Members; \$39/Residents; \$44/Non-Residents

Salsa & Swing Dance

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

Age: 16 & Up
Start Date: Wed, Apr 3 to May 22, June 5 to July 24
Time: 7:45-8:40pm
Location: Ferguson Community Center
Fee: \$40/Members; \$45/Residents; \$50/Non-Residents

Private Dance Lessons

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

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

Ferguson Community News Pages

Open Play Basketball

Come to the Ferguson Community Center for pick up basketball games. (Half court only)

Days: Tues, Wed, Sat, & Sun
Location: Community Center
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Res.

Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.

Days: Mondays
Times: 3:00pm– 6:00pm
Location: Community Center
Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Res.

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
Days: Mondays or Wednesdays
Start Date: Mon, May 13 to July 8 (No class May 27)
Wed., May 1 to June 19
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 Kettlebell Class

Get fit in 30 minutes! This class will get you in shape or help you stay in shape. Kettlebells is a full body workout that gives you all the cardio and muscle toning you can handle. The intent of a kettlebell is to increase strength, endurance, and agility while challenging the cardiovascular and muscular system by doing dynamic functional movements. Efficient & effective, that's kettlebells!

Age: 16 & Up
Start Date: Wed, Apr 10 to May 15 and May 29 to July 3
Time: 7:00-8:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

PREREGISTRATION REQUIRED

Will Fit Core Class

A class for anyone who wants to tighten up their midsection, carves a stronger core, and sculpts total-body definition through intense core work. Set to upbeat music, you'll work your entire core and learn new exercises to help sculpt the body. This class is for all fitness levels and is a great way to fit a quick but challenging workout into your busy day.

Age: 16 & up
Days: Tuesdays
Start Date: Tues, April 9 to May 14, and May 28 to July 2
Time: 6:00-7:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

PREREGISTRATION REQUIRED

Will Jump Rope Fitness

This class is based on plyometric, otherwise known as jump training! Come for an athletic based, high intensity workout. Please come wearing proper athletic shoes that support your feet and joints.

Age: 16 & up
Days: Wednesdays
Start Date: Wed, Apr. 10 to May 15, and May 29 to July 3
Time: 6:00pm - 7:00pm
Location: Ferguson Community Center
Fee: \$25/Members; \$30/Residents; \$35/Non-Residents

PRE-REGISTRATION 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

Days: Thursdays
Start Date: Thurs, Apr. 11 to May 16, and May 30 to Jul 3
Time: 6:00pm-7:00pm
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.

Days: Saturdays
Start Date: Sat, Apr 6 to May 25, and June 8 to Aug. 3
Time: 10:00am-11:00am
Location: Community Center
Fee: \$30/Members; \$35/Residents; \$40/Non-Residents

All Ability Levels Welcome, Preregistration Required

Silver Sneakers Program

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Unlock the door to greater independence and a healthier life with Silver Sneakers. With certain Medicare plans you can be eligible to join this program. Silver Sneakers provides a free fitness center membership and free select classes at the Ferguson Community Center. Call the Ferguson Community Center to find out if you qualify for this fabulous program, 314-521-4661.

Silver Sneakers Classic/Chair Yoga

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. In addition, the yoga activities will increase flexibility, balance and mental clarity.

Days: Tuesdays and Thursdays
Dates: Ongoing
Times: 9:50-10:55am
Fee: FREE/Silver Sneakers Members--\$3/ Everyone Else

Silver Sneakers Cardio Circuit/ Yoga

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. Please bring your own mat.

Days: Tues & Thurs
Dates: Ongoing
Times: 8:35am-9:40am
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

TEEN PROGRAMMING

Six Flags St. Louis

Registration Deadline May 20th

Date: Saturday, May, 25th
Time: 10:00am-11:00pm
Location: Community Center
Fee: By 5/3: \$20 Residents; \$25 Non-Residents
After 5/3: \$25 Residents; \$30 Non-Residents

SPECIAL PROGRAMMING

Crest Bowling-NEW!

Grab your friends and family and head over to Crest Bowl for a night of bowling fun! This event includes unlimited games for 2 hours and bowling shoes! You can have up to 6 people per lane. This event will meet at the Crest Bowling.

Ages: All Ages
Date: Sunday, May 19th
Time: 6:30pm-8:30pm
Location: Meet at Crest Bowling
Fee: \$8/Child; \$10/Adult

Kid's Night Out!- New!

Come join the staff at the Ferguson Community Center for a night of fun and activities. Parents take the opportunity for a date night or a night out with friends. We will feed your child pizza, play games, and watch a movie.

Ages: 6-12 years old
Dates: Friday, 5/17/2019
Location: Ferguson Community Center
Times: 6:00-9:00pm
Fee: \$15 per child

Spots Are Limited So Sign Up Early!

Vaccine Clinic

The annual Rabies Clinic for dogs and cats will be held at the Ferguson Municipal Garage, 901 Ferguson Avenue. Your pet will receive a one-year rabies shot at a substantial savings. Other vaccines also available. Please bring previous vaccination records. Cash payments only.

Date: Saturday, June 1st
Time: 9am-11am
Location: Ferguson Municipal Garage
Fee: Rabies shot \$25 for altered dogs; \$35 for non-altered Resident dog license \$1

Wayside Park Unleashed (Dog Park)

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

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

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

Park Dedication Program

The City of Ferguson offers a great way to honor or remember a loved one, celebrate a milestone, or simply to have a lasting part in one of our parks. Our Tree Dedication program started in 1989 and has seen over 350 dedicated trees to our City. A Spring and Fall dedication ceremony are held. The Spring ceremony generally is on Arbor Day (first Saturday in April) and the Fall date is generally the fourth Saturday in October, dates are subject to change. Tree Dedication \$200

In addition to our tree program we are pleased to offer our new park bench dedication program. Park Bench Dedication \$1,000

Call or visit our website for more information Ferguson Summer

Movie Series

Come join us for the Ferguson Summer Movie Series. Movies at the Community Center and parks will be free and include complementary popcorn. Be sure to bring your lawn chairs and/or blankets. Movies start around 8:30 pm!

LOCATION	DATE	MOVIE
Community Center	Sat., May 18	Marry Poppins Returns (PG)
Jeske Park	Sat., June 29	**Captain Marvel (PG-13)
*Splash @ Wabash	Sat., July 27	**Aquaman (PG-13)
Plaza 501	Sat., Aug. 31	Dumbo (PG)

In case of inclement weather movies will be cancelled.

*Admission fees apply for these movies.

** Movie is rated PG-13 and parental discretion is advised

ADULT PROGRAMMING

Lunch and Bingo

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

Date: Thurs, May 9th
Time: 12pm-3pm
Location: Ferguson Community Center
Fee: \$10 Members; \$14 Residents; \$18 Non-Residents

Weekend Winery Tour

Come join us every other month to indulge in fine wine. Must have a

minimum of 10 patrons preregistered for these trips to make. Cost covers transportation.

Ages: 21 and up
Date: Sat. May 11th, Sun. July 14th, Sat. September 14th
Time: 10am-6pm
Fee: \$10/Residents; \$15/Non-Residents

Tunica, MS

Join us for our annual trip for gambling fun in Tunica! We will be staying at the fabulous Gold Strike Hotel & Casino and visiting 4 other casinos during our trip, not including the two neighboring casinos of the Gold Strike. Cost includes: motor coach transportation, buffet meals and promo cash.

Sign up early as this trip fills fast!

Date: Tues, May 14th to Thurs, May 16th
Time: 7:00 am – 8:30pm
Location: Ferguson Community Center
Fee: \$210 Residents; \$220 Non-Residents (double occupancy)
\$100 additional for single

Area Casino Day Trips

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

Fee: \$5 Residents; \$8 Non-Resident
Location: Ferguson Community Center
Time: 10:00am-4:00pm
Wednesday, May 22nd Ameristar Casino

Gambling in Michigan City, IN-NEW!

This overnight "Gambling Getaway" takes us along the Indiana and Michigan border to the Blue Chip Casino and Hotel. On the way home we'll be stopping at the Hollywood Casino in Joliet, IL. Also on Wednesday, a side trip will be included to the heart of Michigan City to visit the Old Light House Museum, LaPorte County Historical Museum, and the Washington Park Zoo. Comps for this trip include: 1st day receive \$20 Meal Voucher & 2nd day \$15 Meal Voucher also for every 80 tier points receive \$10 Free Slot Play. Cost includes: motor coach transportation, lodging, side trip, taxes, & gratuities.

Registration deadline is May 31st

Date: Tues. June 25th-Thurs. June 27th
Time: 10:00 am – 8:00pm
Location: Ferguson Community Center
Fee: \$305/Residents; \$330/Non-Residents (double occupancy)
\$112 additional for single

Fairmount Horse Races

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

Age: 21 and up
Date: Sat., June 15th – 10:45am-6:00pm
Tues. August 13th – 5:30pm-11:00pm
Fee: \$32 Residents; \$38 Non-Residents

Cardinals vs Miami Marlins

Join us to watch the Cardinals play the Miami Marlins at Busch Stadium! Grab your family and friends to meet at the Ferguson Community Center to travel downtown for an evening of fun. Game ticket and transportation is included in the price.

Registration deadline is May 24th

Date: June 19th
Departure: 6:00pm
Location: Ferguson Community Center
Fee: \$35/Resident; \$40/Non Resident

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.

COED Sand Volleyball

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

Ages: 18 and up
Days: Mon, April 29th-June 17th (No game 5/27)
Thurs, May 2nd– June 20th
Times: 6:30pm-9:30pm
Location: Ferguson Community Center
Fee: \$190 Residents; \$205 Non-Residents

Evening Pickleball– NEW!

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.

Ages: 18 and older
Days: Thurs., May 2nd—Sept.5th
Location: Community Center
Time: 3:00pm—9:00pm
Fees: Daily Rates Apply

Women's Adult Volleyball– SUMMER

Calling all teams for women's adult volleyball! Come on out and show your stuff for our Monday League.

Ages: 18 and up
 Days: Mon, June 3rd—July 29th
 Times: 6:30pm-9:30pm
 Location: Ferguson Community Center
 Fee: \$190 Residents; \$205 Non-Residents

Start Smart

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

NEW! At the end of each session there will be a Show Your Skills event! You can invite friends and family to come show off your newly learned skills.

Day: Mondays
 Sport: Ages Registration Deadline Session Schedule
 Baseball: 3–5 yrs May 6th May 22 to June 26
 Time: 6:00pm-7:00pm
 Fee: \$30/child for each session

Field Rentals

Field rental space is available at the Ferguson Sports Complex at Forestwood Park. Payment is due in full before a field permit will be issued (Requests within 48 hours of use may not be accepted). A refundable \$100 deposit is due at the time of payment on all reservations.

Rental Prices	Field #1	Fields 2-5
Daytime	\$10/hour	\$10/hour
Lighted	\$20/hour	\$15/hour
Grooming Fee	\$15	\$10

Help us keep the fields playable: do not use when wet and report any unsafe field conditions immediately.

Please call the Ferguson Sports Hotline for rain out information:
 (314) 286-9102

AQUATICS

HOURS OF OPERATION

SPLASH Phone (314) 521-1313
 Open Daily May 25 through August 11*

Open Swim:
 Mon, Thurs, & Sun (1:15 pm - 6 pm)
 Tues** & Sat (1:15 pm - 7 pm)
 Wed & Fri (1:15 pm - 8 pm)
 Adult Swim daily (12 pm - 1 pm)

*Date subject to change
 **Close at 5:00 p.m. on Tues for swim meet—
 June 11, 18, 25 & July 2

The Splash will be closed for Municipal Swim League North Conference Prelims and Finals
 Saturday, July 20—Sunday, July 21

DAILY RATES

Open Swim: \$3.50 Residents
 \$6.50 Non-Residents
 (children under 3 FREE)

After 4pm: \$2.50 Residents
 \$5.00 Non-Residents
 (children under 3 FREE)

Adult Swim: \$2.50 Residents
 \$4.50 Non-Residents
 (children under 3 FREE)

Tues. Rates: \$2.00 Residents
 \$5.00 Non-Residents
 (children under 3 FREE)

MEMBERSHIP OPTIONS

Wabash Club Memberships:
 Individual: \$50 CC Members; \$65 Residents; \$125 Non-Residents
 Family: \$99 CC Members; \$135 Residents; \$210 Non-Residents
 50 % discount - beginning July 5. (only on above memberships)

Mini Member: \$25
 (Resident's ONLY) *10 individual entries (for a single person)
 Multi Use Card: \$35
 (Anyone) *10 entries into the pool (can be used for guests)

Swim Lessons

Group Lessons—Ages 6 & up

DATES	DAYS	TIMES	#WEEKS
June 3 - June 14	Mon through Fri	11:00am-11:45am	2
June 17 - June 28	Mon through Fri	11:00am-11:45am	2
July 8 - July 19	Mon through Fri	11:00am-11:45am	2
July 22 - August 2	Mon through Fri	11:00am-11:45am	2
June 3 - June 27	Mon & Thurs	7:00pm-7:45pm	5
July 8 - August 8	Mon & Thurs	7:00pm-7:45pm	5

\$30 Member; \$35 Resident; \$40 Non-Resident
 June 1 - August 3 Sat 11:00am-11:45am 9
 \$25 Member; \$30 Resident; \$35 Non-Resident

Preschool Lessons—Ages 3-5

DATES	DAYS	TIMES	#WEEKS
June 3 - June 14	Mon, Wed, & Fri	10:30am-11:00am	2
June 17 - June 28	Mon, Wed, & Fri	10:30am-11:00am	2
July 8 - July 19	Mon, Wed, & Fri	10:30am-11:00am	2
July 22 - August 2	Mon, Wed, & Fri	10:30am-11:00am	2
June 1 - July 13	Sat	10:30am-11:00am	6

\$30 Member; \$35 Resident; \$40 Non-Resident

Parent & Tot—Ages 2 & up with parent

DATES	DAYS	TIMES	#WEEKS
June 3 - June 14	Mon, Wed, & Fri	10:30am-11:00am	2
June 17 - June 28	Mon, Wed, & Fri	10:30am-11:00am	2
July 8 - July 19	Mon, Wed, & Fri	10:30am-11:00am	2
July 22 - August 2	Mon, Wed, & Fri	10:30am-11:00am	2
June 1 - July 13	Sat	10:30am-11:00am	6

\$25 Member; \$30 Resident; \$35 Non-Resident

Adult Lessons—Ages 15 & up

DATES	DAYS	TIMES	#WEEKS
May 27 - June 27	Mon & Thurs	7:00pm-7:45pm	4
July 8 - August 8	Mon & Thurs	7:00pm-7:45pm	4

\$30 Member; \$35 Resident; \$40 Non-Resident

Aqua Fitness—Water Aerobics (Part of our Silver Sneakers program)

DATES	DAYS	TIMES	#WEEKS
May 27 - June 27	Mon & Thurs	6:00pm-7:00pm	5
July 8 - August 8	Mon & Thurs	6:00pm-7:00pm	5
May 28 - June 27	Tues & Thurs	10:00am-11:00am	5
July 9 - August 8	Tues & Thurs	10:00am-11:00am	5

Silver Sneakers Free; Drop in \$5/visit; Or register for the session and save:
 \$35 Member; \$40 Resident; \$45 Non-Resident

Dive In Movie Night

Join us for our Dive In Movie Family Night at the Splash. The concession stand will be open with meal specials for dinner and snacks for the whole family.

Age: Open to All Ages – (must be with an adult)
 Dates: Saturday, June 29th
 Time: 7pm-10pm
 Location: Splash at Wabash Aquatic Complex
 Fee: \$5/Residents; \$8/Non-Residents; \$20/Family Resident Max;
 \$25/Family Non-Resident Max

Blast From The Past Days

Enjoy deeply discounted concession items with the price admission.
 Age: Included with open swim admission
 Day: Thursdays
 Dates: June 6th, June 20st, July 11th, July 25th & August 8th
 Location: Splash at Wabash Aquatic Complex
 Hotdogs \$1.00
 Popcorn \$1.00
 Small Soda \$1.00
 Snow cones \$1.00

Dog Splash

Bring your dog out for an evening of swimming and socializing.
 Age: Open to All Ages – (must be with an adult)
 Date: Sunday, August 11th
 Time: 6pm-8pm
 Location: Splash at Wabash Aquatic Complex
 Fee: \$10/Dog and 1 Human; \$3/Additional Human

Back to School Splash

Back to school blues have you down? Come cool off at the Splash on more time before the pool season ends. Event will include fun games, discounted food items and attendance prizes.

Age: Open to All Ages – (under 13 must be with an adult)
 Date: Saturday, August 10th
 Time: 7pm-9pm
 Location: Splash at Wabash Aquatic Complex
 Fee: Free to Members
 \$5 Resident
 \$8 Non Residents



Ferguson Municipal Public Library presents:

ADULTING 101

Life Skills, Life Lessons

May 29th
5:30-7:00

Cooking Skills:

- Baking
- Boiling
- Blending

Budgeting:

How to save while you spend

June 26th
5:30-7:00

Household Maintenance:

- Cleaning
- Replacing
- Fixing

Tools & how to use them:

What to hit, screw and saw

July 31st
5:30-7:00

Financial Planning:

Loans, Credit, and Investing

Car maintenance:

From the tires to the roof

Ages 16 to 26

For more info., call 314-521-4820

35 N. Florissant Rd., Ferguson, MO 63135

Ferguson Municipal Public Library presents:

Summer Movie Series!

Spider-Man: Into the Spideverse

May 17th
5:30pm



A Wrinkle in Time

June 21st
4:00pm



Hotel Transylvania 3

July 19th
4:00pm



35 N. Florissant Rd.
Ferguson, MO 63135

St Peters UCC 2019 Creative Ministry Series

FREE!

- April 12 King of King (movie)
- May 10 St. Louis Irish Arts
- July 5 Scott AFB Airlifter Brass
- July 12 Audri Bartholomew
- August 16 Jeremy Nunes
- Sept. 13 Abby Road Warriors
- Oct. 18 Florissant Valley Symphony
- Nov. 15 Steve Shinger & the Shinsings
- Dec. 15 St. Peter's UCC Christmas Orchestra

St. Peter's UCC
1425 Stein Road
at West Florissant
Ferguson, MO 63135

All concerts start at 7:00 p.m.

(314) 521-5694
music@stpetersucc.org

Save the Date! Senior Resource Expo Wednesday, May 1st

9:00 a.m. to 1:00 p.m.

1050 Smith Avenue, Ferguson
Ferguson Community Center

21+ Vendors • Mammogram Van • Shred Truck

Just some of our vendors:

Christian Hospital, Urban League, VOYCE, CLAIM, Paraquad, Oasis, Ferguson Library, Lutheran Senior Services, Delta Center, Alzheimer's Assn., Signature Medical Group, StL Society for the Blind, Miracle Ear, BBB, St. Louis Help, SMP, Earth Dance, Red Cross, Aging Ahead, Missouri Extension, Community Action Agency, Salvation Army, Mammogram Van, RxOutreach, Proud, plus many more!

**To register for a Mammogram at the Expo,
please call 314-205-6267**

This event is sponsored by Aging Ahead and the
Ferguson Senior Committee

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

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

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



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Mon. - Fri. 7:30 - 6:00 • Sat. 7:30 - 2:30

Financial Focus

By Joan Cleaveland (cleav73@sbcglobal.net)
Business Manager for St. Joseph Parish in Cottleville
Lindenwood University – BA Business Administration

Healthcare for the Future

Like last month I will be checking out one of many candidate's ideas and platforms. And who better to check out than Bernie Sanders. In the last election many people felt he was robbed of the Democratic candidacy for President. Compared to others in his party he seemed a bit of an outsider – a socialist many say. To some extent he and Donald Trump have that in common. To many Republicans, Trump is a bit of an outlier too. So politicians seem to know that supporters of both candidates are perhaps more apt to vote against their own party if their candidate doesn't win. So it will be interesting to see the differences in each approach to healthcare reform.

Sander's plan in the form of "Medicare for All" is his signature program. To many his promises sound like a panacea. Yet about 70% of Americans seem to support his ideas. One change from his 2016 plan is the inclusions of long term care in home or community settings. His government plan would cover everything including dental and vision. Private insurers would be limited to covering only those things that may not be covered in the government plan, such as cosmetic surgery. The plan seems popular with most Americans. And these supporters tend to agree with Sanders that health-care is a human right, rather than a privilege.

So what's not to like about the "Medicare for All" plan. For starters, Republicans point to the costs. They feel it could bankrupt the government. Savings that are promised with the plan may not actually come to fruition. Even our current Medicare hasn't really been able to keep costs down. Is it possible that if other insurance companies are pretty much driven out of business, the government could actually negotiate lower pricing? And, if they do would it impact the level of care received? The payments to hospitals, doctors and pharmacies would in turn affect their employees with lower wages. And what about those employed in the health insurance business – would they be out of work or just move to the Government plan because workers will be needed there. Some analysts suggest the cost of the "Medicare for All" plan could increase up to \$30 trillion within ten years. Could the savings cover that? There are so many things to consider and possibly some unintended consequences.

We have many layers in the insurance industry and big pharma too. It doesn't seem they will stand by idly while a plan like this is presented to Congress. If it becomes law and private insurance is limited in what they can cover, most will cease to exist. This influx of thousands of unemployed insurance workers would certainly affect our economy. Could they be absorbed into the government plan? Probably not everyone, if it is truly going to save us money. That doesn't sound like a good enough reason not to opt for a single payer plan that can demonstrate big savings overall. Yet these things must be prepared for. And what would be left for any remaining private insurance companies to cover – cosmetic surgery, elective things that may not be necessary, but are desired like teeth that aren't straight enough. Or perhaps we'll see even more expansion of the ever growing extended warranties business to protect other aspects of your life like your home and appliances..

Knowing the costs of universal healthcare and how we will pay for it has been the biggest question Sanders is getting. He admits that taxes will go up and I've seen the following example as an illustration of how we will save overall. These figures came from an article with the 2013 tax return data from the IRS. Current spending on health care for a family per year is about \$17,546 annually. Of this about \$12,591 comes from employers and \$4,955 comes from individuals. Bernie has said that his plan eliminates this cost. So if a family does actually save \$4,955 this sounds like a great idea. He also mentions that taxes will be helping to pay for it. So for a family earning \$50,000 the tax amount would be about \$1,100 annually, but they are still saving over \$3500 per year. For employers the taxes could be about 6.7% of an average income of \$50,000 or about \$3,350 meaning businesses would save over nine thousand dollars. This all sounds pretty good, but I can't help but wonder about the unintended consequences of basically eliminating the need for private insurance.

And this is how some Democrats differ from Sanders with a less drastic plan "Medicare for America." With this plan private insurance isn't completely abolished. This makes it certainly more palatable to those who think Sanders plan goes too far. Like the current ACA plan employers would be required to offer insurance or pay a Medicare payroll tax and send their employees to the government plan. There is some concern that the Government's ability to negotiate for lower prices could be hampered by the involvement of private insurers.

Another worry with a universal plan like both "Medicare for America" and "Medicare for All" is the level of coverage being provided. Today most employed Americans enjoy more comprehensive coverage than Medicare offers and don't like the idea of giving this up. Perhaps those who desire more coverage could still buy it from the remaining private companies – I haven't seen how this would work yet. Nevertheless, Bernie's Medicare for All Act of 2019 is supported by many of those also eyeing the 2020 Presidential nomination and a majority of Americans.

Meanwhile Republicans talk about "realistic solutions" which don't seem to



The fields at EarthDance are abuzz with activity: apprentices learning to plant carrot seeds, Junior Farm Crew members tasting farm-fresh tomatoes, and young students taking their first steps onto a farm during a field trip. But the work doesn't stop after the seeds have been planted.

From writing grants to keeping the books in order, managing volunteers, and conducting community outreach (and many, many other tasks), more than 20 full and part-time staff work behind the scenes to make these programs possible. These busy bees call EarthDance's farmhouse their work home away from home, but they need some help to make it a better place to harvest EarthDance's potential to Grow the Good Food Movement!



That's why, this Give STL Day, we're asking you to help us make some crucial updates to our well-loved farm house, so that we can continue to grow food, farmers and community in harmony!

Originally serving as home to the historic owners of EarthDance's land, the Mueller Family, this property was built for a small family. Today, this 'farmily' has grown and the need for structural updates, office furniture and more space has grown with it! As one EarthDance family member put it, "I love you all, I love this place, but I really need some space!"

- \$10 will help us replace that sticky back door!
- 25 will brighten our day by providing a new coat of paint for an office!
- \$50 will convert a 2 prong electrical outlet to 3 prongs! Yay, we can finally plug our computers in!
- \$100 will contribute to labor costs to get the job done!

About Give STL Day

Make your donation count by donating on May 1st during Give STL Day! Give STL Day is a 24-hour day of giving that shines the spotlight on our region's vast assortment of nonprofits, their missions, and the extraordinary ways they make St. Louis special.

Visit givestlday.org/earthdance on May 1st, or preschedule your donation now!



Memorial Day, Monday, May 27th

be ready for publication yet. And they criticize this plan because it is socialist. There are many countries in the world that have such a plan and the form of government varies. While I don't consider it the threat some do, I am interested in hearing another plan that can reduce costs and improve access to healthcare overall. Trump has mentioned a great plan that will do many of the same things promised in Sander's plan. Sarah Sanders, White House press secretary, spoke after a town hall meeting about Bernie's plan commenting it could "cripple our economy and future generations with unprecedented debts." So it will be interesting to see some of the Republican ideas on dealing with health care in the future.

Both of the universal healthcare plans are unpopular with hospitals, pharmaceutical companies, insurers and many doctors. Reducing the costs of medical care means they stand to lose revenue, so they will fight for their livelihood. Don Taylor a professor at Duke University points out that every time you save a dollar you must remember it is coming from another pocket, so he doesn't believe the support is there politically for universal healthcare. Many economists have been optimistic about Sander's plan. Gerald Friedman, a health economist at University of Massachusetts, expects that more in taxes and a few other tweaks to Sander's plan could really save money for most Americans while improving overall health. And this is what people seem to want.

If you have any comments or questions, please e-mail me at cleav73@sbcglobal.net.



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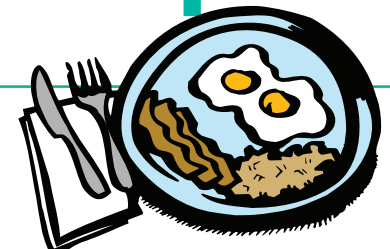
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PROUD
People Reaching Out for
Unity and Diversity

Chief of Police Selection

PROUD, in association with The Ferguson Collaborative and the Neighborhood Policing Steering Committee, is supporting the City of Ferguson in hosting a Candidate Forum to increase citizen participation in selecting the new police chief. Police Chief candidates will be interviewed during the meeting. The forum will be managed by experienced moderators, where citizens will be allowed to submit questions (see submission form to the right), rate the candidates, and make recommendations to the city. The town hall is being planned for:

Thursday, 16 May, 6:00 p.m. - 9:00 p.m.
Ferguson Community Center, Event Space
1050 Smith Avenue, Ferguson

Taste of Vegan Fest

Saturday, June 8 – 10:00 a.m. to 6:00 p.m.
Ferguson Community Center
Live DJ, Vendors, Speakers, Food Demos
It's FREE

Police Chief Interview Process

We are looking for residents to be a part of the candidate selection process for the next Chief of Police for the City of Ferguson. If there is a question(s) you feel will be beneficial to the selection process please submit it for consideration by mail or drop off at Ferguson City Hall at 110 Church Street, Ferguson, MO 63135. Questions can also be submitted via email to hr@fergusoncity.com, if using email make sure the subject line reads "Police Chief Interview Question". The deadline to submit questions is Monday, May 6th by the end of the business day.

Interviews will be held on Thursday, May 16th at the Ferguson Community Center, Event Space, 1050 Smith Ave., Ferguson. MO 63135 from 6:00pm-9:00pm.

Yes, I am a Ferguson resident. I live at (address optional)

No, I am not a Ferguson resident. I represent

Question(s) for the Candidate Selection Process

* The City reserves the right to select questions to use in interview process due to time restraints and filtering for legality of questions.

Edward Jones Perspective

by Joe Meyer

Financial Gifts Can Brighten Anyone's Mother's Day

Mother's Day is fast approaching. This special holiday reminds us of the joy we receive from the powerful bond between mother and child. To help mark the occasion, you may want to consider making certain financial gifts, including the following:

For your mother:

IRA contribution – If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it – so you may want to help. You can't contribute directly to your mother's IRA, but you can write her a check for that purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)

Insurance premium – If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year? Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

Introduction to a financial professional – If your mother doesn't already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help your mother move toward her retirement goals – and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

For your children:

529 plan contribution – If your children are still of school age, you may want to contribute to a college savings vehicle. One popular choice is a 529 savings plan. When you invest in this plan, your earnings can grow tax-free, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as

well as an additional 10% penalty.)

As the 529 plan owner, you have flexibility in using the money. For example, if you've designated one of your children as the 529 plan's beneficiary, and that child decides not to pursue any higher education, you can switch the beneficiary designation to another child or to yourself.

You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state's plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor.

Shares of stocks – Giving stock shares to children is a good way to help them learn some of the basics of investing. You can track the progress of their stocks with them, and even do some research together about why prices may be going up or down. By getting children involved early, you may help instill a lifelong interest in investing.

Charitable gifts – Many children are now concerned about various social issues. You can help encourage this involvement – and possibly an appreciation of the value of philanthropy – by making a gift to a charitable group whose work aligns with your child's interests.

We don't need to exchange presents on Mother's Day to show our appreciation for one another, but certain financial gifts can help provide needed support – and even some valuable life lessons – for your loved ones.

Joseph Meyer, CFP®
Financial Advisor
Edward Jones
409 S Florissant Rd., STE 1
Ferguson, MO 63135
(314) 524-6333
www.edwardjones.com



Good news for Ferguson Public Library!

The Sewing Machine Project, a non-profit organization in Madison, WI sends used sewing machines in good working condition to other non-profits to make sewing accessible to people who would otherwise not have the opportunity to sew. The organization has recently sent six machines to the Ferguson Library to be used by the group of 15 women who meet every Monday for five hours to sew and mend. As a way of paying this gift forward, the women are planning to share their skills by teaching local youth from the nearby Ferguson Youth Initiative how to nurture their creativity through sewing. The library's Adult Services Librarian Rachelle Brandel says "Thank you so much for this opportunity! It's going to allow our community to do many great things."

The Sewing Machine Project believes that everyone has the power to make the world a better place. So we share sewing machines – creating partnerships, strengthening community and nurturing the creative spirit. For more information go to TheSewingMachineProject.org.

Girl Scout Troop 2648



It's hiking season! Back in the fall, Girl Scout Troop 2648 donated two outdoor adventure backpacks to the Ferguson library. We decided to donate these bags to complete our outdoor journey and help share what we have learned with the community. These backpacks include materials and information on the surrounding hikes and trails and can be checked out by library patrons. Some of the materials include; a packet full of information on Missouri wildlife, a bug collection kit to take a closer look at some tiny critters you may find along the trails, helpful information about being prepared for a hike, and, depending on which backpack, a kids or an adults hiking guide for the St. Louis area. Go check them out!

Ferguson
Municipal
Public Library
presents:



Small & Local Business Month

Join us in appreciating the small & local businesses of Ferguson, MO!

Through the month of May, bring in a receipt with a Ferguson zip code (63135) and a May date, and receive:

- **10 FREE prints** (10 pages printed from computer)
- **\$1.00 off a fine**

Limit of one receipt per day, per patron.



Ferguson Municipal Public Library
35 N. Florissant Rd.
Ferguson, MO 63135

For additional questions, please contact Rachelle at rbrandel@fergusonlibrary.net

Trivia

All answer begin with the LETTER "M"

1. Under your kid's bed
 2. It loves company
 3. Where apes go for cocktails
 4. Insane haberdasher
 5. Sherlock's spying devise
 6. Cat's quarry that's handy to a computer
 7. An extremely old Egyptian
 8. Thermometer God
 9. Where minutes are kept, but hours are lost
 10. Lost her head over bread (or was it cake?)
 11. Cocktail with an olive garnish
 12. Home to TV hillbillies
 13. Armor for medieval letter carriers
- See answers at bottom of page 23.

M

March Events



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Music and Movement Class!

Join us for a relaxing hour of strengthening May 9th and 23rd at 1:00 pm

Cardinal Celebration With "Bryan Foggs".

Complimentary Lunch with Entertainment Tuesday, May 14th at 10:30 am.

RSVP by May 10th 314-838-3877

Stay Well!

"Summer Trivia" With ENVISION Home Health Thursday May 16th at 9:30 am

Complimentary Breakfast 9:00 am RSVP by May 10th 314-838-3877



Under The Hood With Robinwood
By Bob McGartland

The Importance of Struts and Shocks

Your vehicle should always be in the best working condition possible. An annual inspection of your vehicle's suspension and steering components can prevent these components from getting to an unsafe condition. Ignoring a problem will only make it worse in the long run.

Sometimes the vehicle handles differently if the struts and shocks are starting to wear out. You may notice this because the ride will become rough and bouncy. You may also hear noises as you go over bumps or railroad tracks.

The struts and shocks are important to provide you and your passengers with a smooth and comfortable ride. If you notice that hitting even the slightest bump makes your car bounce side to side, it could be the struts and shocks. A strut-type suspension will have struts that are the shock absorbers mounted inside coil springs. This also helps to control the amount of bouncing created by bumps, dips, or rough spots in the road and making a hard or sudden stop. When the struts and shocks are severely worn out, the vehicle will kind of keep moving up and down. You will get the Bobble Head effect. Also be aware of the amount of weight you are carrying in your vehicle. With heavy loads, especially on rough roads, the struts and shocks will wear quicker.

Poor shocks can impair your safety

when you drive. If you must slam on the brakes or make a sudden stop, the shocks will not absorb the force. The brakes put force on the wheels to stop them, which allows all that weight to come to a sudden stop with the suspension. When the shocks are in less than ideal condition, they will reduce the ability to absorb the force when your vehicle stops. It will take longer for your vehicle to come to a full and complete stop as well.

Along with braking, you may start to notice issues with steering because it may not respond as it otherwise should.

If the steering is out of the norm, make sure to bring the vehicle in so we can inspect it for these issues. Doing so will help you have a safer and more reliable car when you drive!

Sometimes bushings and other parts of the suspension can wear out. This may include tie rods, control arms, or sway bar links. If the tires are poorly aligned, it can also increase the symptoms of a rough and uncomfortable ride. When the tires are aligned, you can have a smoother ride, as well as efficient mileage.

Be aware of any problems that the vehicle might have. If you hear an odd noise, or notice the vehicle handles differently, make sure to contact us.

We are here to help you maintain a safe and reliable vehicle. Gives us call or make an appointment request at Robinwoodauto.com.

Pearce Neikirk and Partners Realtors
314-495-2304

1708 Champlin \$74,500

Spending time in the park is easy when you make this Dellwood ranch your new address! This low maintenance vinyl sided ranch features a wonderful covered deck which overlooks the fenced back yard, and just beyond the yard is the park; a grassy and wooded expanse easily accessible through the fence gate. Three bedrooms one and a half baths with newer HVAC, electric service and a huge lower level family room are a few of many features. We have many financing options so give us a call.



316 Church -Coming Soon!

Keep your eye out for this beauty! Wonderful updates are complete on this classic Cape Cod and...you.do.not.want.to.miss.out! The home is Decorated in the mid century modern style using authentic period furniture, much of which will be a part of the sale. Stay tuned.

Welcome Home Annie and Michael!

Recent newly weds Annie Cosby and Michael Doyle just closed on 3020 Delavan Drive, a Federal two story in Bel Nor. Annie is the daughter of Randy and Jane Cosby (a Ferguson Obrien) who live just a few doors away. Michael is from County Mayo, Ireland. The dog, crashed the photo for a snack. Congratulations to Annie and Michael!



A huge **Congratulations** and Welcome Home is extended to Matt and Becky O'Keefe! This is the O'Keefes sixth spot in Ferguson that they have called "theirs" and they say that it will be their last. 221 Darst is now a work in progress. It will be fun to see the final product! (They weren't ready to show you the home yet.)

Over 30 Years of helping buyers and sellers with their home needs in St. Louis City, St. Louis and St. Charles County
email: pearce4homes@yahoo.com



PROUD
People Reaching Out for
Unity and Diversity

Our next meeting is scheduled for:
Saturday, May 4th 10:00 a.m.
Om Turtle Cafe

After being inactive for several years, PROUD was reestablished with new emphasis on healing the fractures that led up to and followed the 2014 Ferguson protests.

Vision Statement

To sponsor opportunities that will encourage Ferguson residents to work together to build a community of harmony and equality. PROUD is non-partisan. PROUD works to serve as a bridge to connect people in all parts of the community.

Mission Statement

To host opportunities for social interaction and constructive dialogue that will bring together Ferguson residents, businesses, churches, and public servants from all parts of the community.
To host dinners, forums, and service events that will bring the people of Ferguson together and increase harmony within the community.
To use these gatherings to bridge perceived boundaries and to increase unity among members of our community.
To use these events to help develop the understandings needed to appreciate diversity and achieve equality and harmony for all members of the Ferguson community.

Upcoming events

PROUD is sponsoring three up-coming events. Information on the Advancing Racial Equity Workshop and the Evening in the Garden dinner are described on page 16.

email: proud.ferguson@gmail.com

Alan Mueller – 314.831.9300 Chuck Henson – 314.565.4829

Traveling With Marveena



by Marveena
Miller
Shanahan

If you have not realized it, I am a cold weather girl. I love snow, early nights, sweaters, hats and scarfs and everything the cold weather brings; however, I know a lot of people do not . . . so with the warmer weather finally arriving, let's talk sun, beaches and fruity drinks with umbrellas. This month we are going to visit the Caribbean. In April 2015, we visited several islands on a Southern Caribbean Cruise. We started our ten-day trip off with a few days in Puerto Rico. We stayed in a beautiful room with an ocean view. We left the door open and listened to the waves crash all night, ate lunch in town and shared seats with chickens, and in the evening sailed around San Juan on a sunset yacht tour. We walked the beaches and visited with locals. We learned about the history you don't learn about in school and with many islands we learned about corruption and inequality. It was my first trip to any of the Caribbean Islands and I would soon learn how prevalent this inequality and corruption really was.



The Caribbean Islands are made up of the region comprises more than 700 islands, islets, reefs and cays. The Caribbean Islands have played a significant role in the region thanks to the colonial struggles of the European powers since the 15th century. In 1492, Christopher Columbus landed in the Caribbean; claimed the region for Spain; and settlements were established in the Caribbean starting in 1493. Genocide, slavery, immigration, and rivalry between world powers have given Caribbean history an impact disproportionate to its size. It took centuries for the islands to gain their independ-

ence from colonization and depending on who you ask the success is mixed.

Haiti was the first Caribbean nation to gain independence from European powers in 1804, becoming the world's first and oldest black republic, and the second-oldest republic in the western Hemisphere after the United States. In 1844, the newly formed Dominican Republic declared its independence from Haiti. The nations bordering the Caribbean in Central America gained independence with the 1821 establishment of the First Mexican Empire which at that time included the modern states of Mexico, Guatemala, El Salvador, Honduras, Nicaragua and Costa Rica. The nations bordering the Caribbean in South America also gained independence from Spain in 1821 with the establishment of Gran Colombia which comprised the modern states of Venezuela, Colombia, Ecuador and Panama. Cuba attained its independence in 1902, and Puerto Rico became an unincorporated territory of the United States. The following former British Caribbean island colonies achieved independence in their own right; Jamaica (1962), Trinidad & Tobago (1962), Barbados (1966), Bahamas (1973), Grenada (1974), Dominica (1978), St. Lucia (1979), St. Vincent (1979), Antigua & Barbuda (1981), St. Kitts & Nevis (1983).

The Caribbean economy has two main industries, tourism and financial industries. As sugar continues to decline, gradually since the beginning of the 20th century, economic diversification into new activities became essential to the islands. Tourism has become instrumental to island success and is even more apparent when you look at the islands that have gone against



this trend, such as Cuba and Haiti. Other islands lacking sandy beaches, such as Dominica, missed out on the 20th-century tourism boom, although they have recently begun to develop eco-tourism. Recently, Cuba has begun to develop a more tour friendly relationship and with a new private island developed by Royal Caribbean, Haiti also seems to be entering the tourism industry.

The development of off-shore banking services began during the 1920s.

The proximity of the Caribbean islands to the United States has made them an attractive location for branches of foreign banks. Clients from the United States take advantage of offshore banking services to avoid U.S. taxation. The Bahamas entered the financial services industry first and continues to be at the forefront of financial services in the region. The Cayman Islands, the British Virgin Islands, and the Netherlands Antilles have also developed competitive financial services industries. It is worth saying that the islands, such as the Cayman Islands, that are heavily financed through offshore banking are some of the most well taken care of islands with pristine beaches and newer infrastructure.

As we boarded our cruise and said goodbye to Puerto Rico, we headed out for seven sun filled, days in the Caribbean. Our first stop was St. Thomas where we were set to swim with the dolphins. The dolphins were so gentle and swimming with them was a dream come true. It is a very touristy activity, but it is a relaxing and enjoyable way to spend an afternoon.



After the dolphin experience, we were taken to a beach where we relaxed and drank rum punch out of coconuts. The next day was Barbados, it a beautiful, colorful island with extremely friendly people. We spent

the day snorkeling and drinking rum punch. We zip lined in St. Kitts and toured the island in St. Lucia and spent the day on our own at St. Maarten. The Caribbean is a beautiful, relaxing place to visit. I prefer vacations that are a bit more active but soaking in the sun and drinking rum punch at the beach is always a good day.



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- Colic -Breathing problems -Nursing difficulties -Sleep disturbances
- Allergic reactions -Chronic infections

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If determined necessary, a chiropractic adjustment is modified according to a child's size. Adjustments are gentle and specific to each unique spinal condition.

It is important to remember that chiropractic care does not treat disease, but aid the body in the natural healing process. Parents today are seeking safe alternatives to traditional medical treatments and chiropractic care is often the solution as it is a natural, drug-free, holistic means of correcting conditions at the core rather merely treating symptoms.

Dr. Robyn's Office Hours:

Monday, Wednesday, Thursday 10:00 am to 1:00 pm – 3:00 pm-6:30 pm
Tuesday, 3:00 pm to 5:30 pm Saturday, 9:00 am-Noon

April 10th, 2019 meeting minutes
Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)



Asst Chief Alan Eickhoff opened the April 10th, 2019 meeting of the Ferguson OnWatch, welcoming everyone. As he was handing out the March crime statistics, he remarked that as the weather became warmer, the temperatures are higher, so are the crimes, especially the shootings and the homicides, vandalisms and assaults. The car-jacking's are finally going down. Homeless persons are also increasing in the warmer weather.

Post Dispatch creates misleading headline

A *St. Louis Post Dispatch* reporter, Christine Byers, filed a story titled "Ferguson Police kept mum about murder" and an agitated assistant chief clarified that report. He reported that it appears she feels that if we have a murder, we should call her and tell her about it. A stepson killed a stepfather, and within a couple hours the Ferguson Police had him in custody. Why would we have to call the paper about this? The family is already suffering enough. Sometimes we don't put the information out to the public right away if all of the family members haven't been notified. If we didn't have the suspect in custody, and it created a public threat, then notifying the news stations and papers would make sense. As it was, the news stations called the chief after the warrants had been applied for, and he gave them what information he could. Apparently, this Post reporter felt jilted that she didn't get an individual notification. Repeated calls to this reporter have gone unanswered.

Other crime issues were also discussed. Increases in mentally challenged issues are reported, like calls for suicide threats and a mental patient wearing just shoes & underwear running loose. Maybe he was training for our upcoming 5k/10k twilight run. Forty five minutes after he escaped from the lockup at DePaul he was captured and returned.

The FPD (Ferguson Police Dept) is in the planning stages for their assist in the Ferguson Twilight run, and are planning for the our 4th of July event.

Recruit Update

Our cadet in the academy lasted 2 days. She quit after just 2 days of training while in the academy. This was even after her polygraph, background check and physical were completed.

Quarterly Consent Decree update

The DOJ identified 1 issue, and after our attorney cleared it up with them they seemed to be satisfied.

Court Clerks depart Ferguson

One of our 2 full time court clerks left after obtaining a job in Kirkwood. Our other full time clerk announced that she would retire when she heard Chrissy was leaving. Our judge also announced his retirement. Chief Eickhoff reported that we now have a new judge in place, and we are hiring to replace the 2 full time persons we lost.

Police Vehicle Updates

We have received a replacement Charger for the one that was in an accident. 4 more Chargers due in soon. We are able to obtained Chargers from the Highway Patrol with 50,000 miles on them at a price half of what we would pay at a new car dealer.

The question was asked about how the police car situation was related to the International Calea Certification process. Before the auditors come in, a pretest is performed that shows our police cars are ready to go. Like an ISO team audit, the team wants to see the cars, equipment, K-9 teams, armory, etc. This certification shows them that the cars are prepared to handle everything. It takes about 2-3 years to complete the policy & procedures updates. In our situation, the DOJ acceptance is running concurrent with our Calea Certification process. Once this is completed our insurance rates come down.

Next meeting date

Our next Ferguson On Watch meeting is May 8th, 7:00 PM at City Hall. Have a safe month!

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MAY 04 2019

6PM - 9PM

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**\$10 per class suggested
donation**

**Ferguson Public Transportation
TOWN HALL FORUM**

Saturday, May 18, 10a.m. to noon
Ferguson Community Center
1050 Smith Avenue, Ferguson



Ms. Erica M. Brooks,

**Attention Community of Ferguson
& All Concerned Citizens:**

It is with much urgency that we all become aware of the economic impact Metro Reimagined will have throughout the St. Louis City and County Region. Ms. Erica Brooks, a mother, a concerned resident and a bus rider has met with Metro Reimagined, as well as various local, county, state and federal officials. She has started a grassroots campaign, conducted various interviews and gained much support from the community to prevent the discontinuation of Bus Route #79 between Suburban Ave. & Dade Ave. Metro Reimagined is a project of Bi-State Development Agency. Its goals are to provide operational streamlining along with increasing levels of service. It is planning to

remove, reroute or shorten some bus routes while expanding, adding or increasing frequency of others. While these changes will occur in the Fall of 2019, their decisions are being made today. Our immediate concern is the discontinuation of **Bus Route #79 between Suburban Ave. & Dade Ave.** which is in the heart of our community.

Ms. Brooks is leading the effort to create a united voice for our community in part, because Metro Reimagined has said they haven't heard from the citizens of Ferguson. As a result, they are bringing Metro Reimagined to Ferguson to hear from you. For more information, please contact Ms. Erica M. Brooks, Chairperson, at 314-243-2805, or at her email address erimon2@yahoo.com. Ms. Brooks has a petition that you, the community, can sign to unite the voice of Ferguson, MO to have affordable, accessible and safe public transportation. Thank you.



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Free workshop hosted by the City of Ferguson
Sunday June 1 – 8:00 a.m. to 5:00 p.m.
McCluer South Berkeley High School

PROUD Evening in the Garden

Annual outreach, fund raiser and membership drive
Saturday, July 27 – 5:00 to 8:00 p.m.
Dirk McBride Community Pavilion at EarthDance

More info in the June Ferguson Times



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PRESERVATION DAY

Ferguson - Sunday, May 19

10 am Historical Wood Window Repair and Restoration Demonstration -- 485 Airport Road in MainStreet District. This Place Matters!

Florissant - Sunday, May 19

12 Noon High Tea at Gittemeier House, 1067 Dunn Road; and 1860's farmhouse; followed by 2 pm tours at the Old St. Ferdinand Shrine, 1 Rue St. Francois Street, celebrating its bicentennial. This Place Matters!

FlorissantOldTown.com
OldStFerdinandShrine.com
HistoricFlorissant.com



DOES THIS SOUND FAMILIAR?

- ❖ 'I'm behind in my rent and my landlord wants to evict me. I don't have anywhere to go. Is there some way to work out a deal before my landlord takes me to court?'
- ❖ 'My neighbor refuses to maintain his yard? I've tried talking to him, but he's unreasonable. How can I convince him to clean up his property without reporting him to the town?'
- ❖ 'We have a patron who spends all day in our cafe working on their computer and only orders water! It's a business, not a public library. How do I let them know that they're always welcome, but we need their financial support?'
- ❖ 'I hired a contractor to work on my house and, in good faith, paid them in advance. Now they are stalling. It's been two months and they still haven't started the work. I'd rather not report them to the Better Business Bureau yet, but how do I get them to listen to my concerns? I'm the customer, after all.'

WHAT CAN YOU DO?

Call a FREE Mediator from Community Mediation Services
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- > Mediation is a process that allows individuals to resolve their disputes in a safe location with the assistance of a neutral third party. The mediator is not a judge and does not issue a verdict -- they simply help guide the parties to a peaceful resolution.
- > All mediations are confidential and voluntary
- > Mediation can help resolve disputes between tenants and landlords, neighbors (e.g. lawn care, maintenance, noise, pet, and other nuisances), family members, and even the police and members of the community when it involves a non-criminal offense.
- > Mediation can help save disputants money on attorney fees and court costs.

Community Mediation Services of STL is a local non-profit that provides free professional alternative dispute resolution to residents of Ferguson. CMS accepts referrals from individuals, homeowners or neighborhood associations, business owners, property owners, tenants, landlords, and the police department. For a free consultation, to learn more about alternative dispute resolution, or to schedule your mediation, please call (314) 884-8479 or email info@mediationSTL.org.

"Bring People Together to Talk and
Resolve Their Differences"
www.MediationStl.org



May, 2019
By Bob McCarty

BobonJob is taking this month off to practice up on some window restoration in preparation for his presentation celebrating Preservation month, (See Below). Enjoy this re-run article from the archives of the Ferguson Times.

Ornamental Plaster

There is a lot of decorative plaster in the houses of Ferguson that I have been honored to see. Maybe not the most decorative example, but the cove, where the wall meets the ceiling is considered ornamental plaster trim. Throughout the St. Louis region, there are lots of examples of decorative ornamental plaster. Take, for instance, the Fabulous Fox in the Grand Center of St. Louis. The ceiling medallion and reliefs, the medallions on the walls and flanking the stage, and the carved cornice above and around the stage the theater itself; this is a decorative detail in grand style that enhances the mood of the observer.

This type of craftsmanship has been around the U.S. since before the Revolutionary War and had flourished up until the Great Depression years. It has had a bit of a resurgence but it has mostly been reserved for museums, theaters, such as the Fox, and an occasional home. (Remember when that big 35,000 square foot home was built for the big Pharma guy at the turn of the 21st century?)

This type of craftsmanship was brought to America from Europe and is still done using traditional methods, virtually unchanged, today. Using gypsum and lime, the mixed plaster would be poured into molds, modeled/carved, stamped, (as well as many other techniques), and allowed to dry. Using the same mixture of plaster, the dried ornaments, fresh from their mold, would be glued in place. If necessary, when a frieze, (a sculpted panel located at the top of a wall close to the cornice), was being made, it would have multiple panels, the same type of plaster mix would be used to meld the different parts together to make it appear to be one piece.

Ornamental plaster is produced in one of two ways. On the bench which was onsite or at the plasterer's shop; the plaster would be mixed, modeled or poured into a mold to create the decorative cast. After the plaster has been allowed to dry, (molding plaster takes 30 to 60 minutes to set enough to remove from the mold), it would be attached to the wall that it would adorn with plaster. The other method would be to apply the wet molding plaster directly to the wall, a piece of sheet metal is cut to the shape that would be produced and attached to piece of wood, called a 'horse'. This tool would be run back and forth through the wet, moldable plaster to produce the desired molding.

Decorative enrichments could be added to the plainer style of cornice, making it more ornamental. These enrichments could be leaves or the dart and egg motif that were made in the shop and adhered to the plain runs using plaster. After all has dried, the decorative objects were painted, glazed to look like wood, marble, or a multitude of other materials. Larger homes would have the decorative moldings on the first floor, where most of your entertaining was done and the upper floors had plain plaster moldings that didn't have the embellishments that the first floor did.

The ceiling medallion can create drama to a room, or not. From a plain and simple medallion with concentric circles from which your light was hung from the center, to an elaborate cast piece adorning garlands, swags or the traditional acanthus leaf designs. These medallions were usually located in the dining room and/or parlor, and with the shadows created from the light hanging directly below, the mood was set.

Coffered ceilings, (see photo below), were cast and upon drying, they were installed in sections from hanging wires to form the ceiling. Not only were these used on flat ceilings, but domes and barrel-vaulted ceilings too. The interesting part of this is that on a flat ceiling, all sections were made the same size; whereas in domes and barrel vaults, the coffers would differ in size from course to course to give the illusion that all of the sections were the same size.

After the coffers were installed, they were either plastered together to look like one piece or assigned a decorative molding to cover the intersections. A rosette usually centered each coffer and after all was said and done, the painter was employed to apply his craft.



This elaborate coffered ceiling was designed for the Willard Hotel in Washington, D.C. (1902-04) by Henry Janeway Hardenbergh. It was restored as part of a rehabilitation project in the 1980s. Photo: Carol M. Highsmith.

A fine example of a coffered dome ceiling that you are probably familiar with is the United States Capitol

Sherlock's Pal

May 2019

A few weeks ago my wife and I traveled with some friends and met a tour group in Iceland for a few days of Rest and Relaxation (R & R). If you have ever been on a tour of a foreign country, you know that "R & R" actually means "Run-down and financially Ruined." If I had any assets before my trip I suspect they are now frozen because I sure can't get my hands on them. That pun was very much intended.



Before our trip I knew exactly three things about Iceland. First, it tends to get rather chilly there, which has something to do with its rather unimaginative name. We were told that Icelanders like to call things exactly what they are . . . but in their native Nordic tongue. Unfortunately, they use very long, unpronounceable words to do just that. Many of their tee-shirts actually make fun of foreigners who can't pronounce anything in their language. To me, the names of their streets, towns, mountains, and volcanos seem to have been chosen one morning when local dignitaries gathered to eat Alpha-Bits cereal with very large spoons. This could not have been a very dignified way for dignitaries to behave.

Second, I knew they were hit particularly hard by the economic meltdown (yep, a pun) of 2008. Even before that their bankers were up to no good, chasing bad money with worse money . . . whatever that means. Let's just say that Icelandic bankers are known to hide behind the biggest chunk of ice they can find when they see a creditor walking toward them.

Finally, I remembered the 2010 eruption of one of their numerous volcanos, which caused an enormous disruption to air travel across western and northern Europe for about six days. You know, you have to admire people who choose to live in a virtual minefield of active volcanos. The paradoxical nature of living in a place called "Iceland" when you know that at any moment your living room could be filled with molten lava suggests that they truly have inherited Viking-level courage. Or maybe they just can't afford to leave the island. Nevertheless, because of the economic collapse in 2008 and the volcanic eruption/disruption in 2010, the following joke was born: "It was the final request of the Icelandic economy that its ashes be scattered across Europe."

While in Iceland I learned two more fun facts about these paradoxical people. One is that their carbon footprint is difficult to judge because on the one hand there is, per capita, a lot of air travel in and out of the country due to tourism and Icelanders who yearn for a sunny beach in Florida or the south of France. On the other hand, almost all of their energy is produced by geothermal heat that stems from volcanic activity and the friction of tectonic plates, which produces almost no carbon emissions.

Paradox number two is the most interesting to me because I am a man of the cloth: 54% of Icelanders believe in at least the possibility of the existence of elves and yet only 45% believe in God. In terms of the elves, I don't think they're talking about Santa's little helpers. These are the elves you better not cross, such as moving one of their rocks, or they will make life miserable for you.

Is the trip to Iceland worth the price of admission? Sure, as long as you don't mind freezing your assets off.

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

Unless the elves have messed with my computer, please email me at sherlockspal@yahoo.com.

building. Because of the acoustical value of the coffered ceiling, you will find them in many large public spaces such as railroad stations, theatres, courthouses, and hotels.

Like everything, if these beautiful decorative forms of ornamental plaster are not maintained, it will fall into dis-repair. Even though this plaster is a very stable building product, it is still subject to maintenance issues like water leaks and structural movement through natural expansion and contraction as well as major changes in a building use. So next time you happen along a piece of ornamental plaster created by a master tradesman, take a minute and think about all of the work that was involved to give our eyes a little taste of beauty.

BobonJob will be back next month with another exciting episode. Bob will be conducting a presentation on wood repair pertaining to wood window restoration on May 19th, from 10 to noon. If you are so inclined, stop by and check out the process. See the "Preservation Day" ad on page 16 of this issue of the Ferguson Times.

Ferguson by Foot

By: Margaret Wolfinbarger



Is there anything more wonderful than a hippopotamus? I mean, seriously. Hippos are awesome. Hippos never have to go on a diet. They never have to do crunches. They don't worry about their waistline or their makeup and hair. They just swim around and eat veggies. Maybe this is why I want to be a hippopotamus when I grow up!

But seriously, body image is such a "thing" in our culture. And it's ridiculous. Why is everyone so worried about the shape of our bodies? When did the value of human beings become centered on our physical appearance? And why do we buy into the hype?

A good friend of mine has been on a journey to lose weight for several years. Christy has a really great goal in mind; to be more mobile. She has cerebral palsy and uses a walker. She is not able to drive. For the most part, she is homebound. Still, last year she took it upon herself to start meeting with a dietician. She wanted to understand nutrition so that she could make better choices. Her husband manages a fast food restaurant and was in a habit of bringing in fried foods because that was convenient. She staged a revolt and insisted he start bringing in more vegetables and fruit. She also gets rides to the YMCA where she can swim for exercise. She started working with a personal trainer and as of writing this; she has dropped 3 clothes sizes. More importantly, she is building the strength in her legs with a goal of standing for longer periods of time and walking further distances. I am incredibly proud of her! I think she is already living the dream; a hippopotamus for life!

There are so many ways to be a hippo in Ferguson. Between the YMCA, The Ferguson Community Center, and Splash at Wabash, you can hippo to your heart's content! But the best month to hippo is definitely May. That is when the best event in St. Louis happens; The Ferguson Twilight Run. Now maybe you are wondering how one can "hippo" if there is no water involved. Well, I will tell you! Do you know the best thing about being a hippopotamus? They wobble when they walk. Not only are they fierce, but nobody in their right mind wants to get in the way of a herd of hippos. Which is why if you are reading this article, and I have in some way convinced you about the awesomeness of being a hippo, you must register for the Ferguson Twilight Run today.

This is how I am waging my full scale war against the cultural stigma of obesity. I will never be a size 6. I will never have zero body fat. I will always wobble when I walk. And this year, I will wobble proud!

Years ago I went to the doctor and asked him to check my thyroid. I was convinced that losing weight was impossible. I had been exercising and counting calories and the scale had not budged. The doctor patted my knee and said, "Now, Margaret, you know you are eating all those snacks at bedtime. We don't really need to check your thyroid." And I didn't punch him. Or kick him. Or pretend I was Larry from the Three Stooges and poke him in the eye. I just sat there feeling foolish. And then I walked out and cried.

Today, I choose to lift my hippo snout in the air in support of all the others who have faced the cruel jabs of doctors, co-workers and family members who snubbed them because they didn't conform to a specific physical guideline. Today, I hope you will too. For more inspiration, follow me on my blog: www.destinationdiscipline.com.

The Honorable Rita Days to Speak at Luncheon

The Honorable Rita Days will headline the annual AAUW Spring Luncheon. Ms. Days is a former Missouri State Senator and State Representative and former St. Louis County Director of Elections. She is currently executive director of the Mid-County Partners for Progress.

This event is presented by the Ferguson-Florissant (North County) branch of the American Association of University Women. The program for the luncheon will also include other short presentations, recognitions, and awards.

The public is invited to attend. The luncheon will be held at the *Catering to You Banquet Facility*, 12775 New Halls Ferry Road, Florissant, beginning at noon on **Saturday, May 18, 2019**. A buffet luncheon will be available. Reservations are required. Deadline for reservations is May 15, 2019.

For information or reservations, call 314-921-7109, 314-522-0413, or 314-831-5359 or mail your reservation with a \$22.00 check to Joyce Wolf, 1484 Kew Gardens, Florissant 63031.



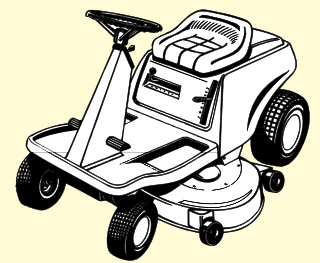
The 27th Annual Letter Carriers' Stamp Out Hunger® Food Drive is on Saturday, May 11, 2019.

When do I put out the food? On the second Saturday of May, just set out your non-perishable food well before your letter carrier's normal pick-up time. The earlier the better! Note that he or she will be delivering and collecting mail as usual, on top of collecting food donations, so that pickup time could be slightly later than usual. Your letter carrier might also have helpers. A good rule of thumb is to have the bags by your mailbox by 9 a.m.

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Contents of Kathy McCourt's and her Mother's, Helen Mulligan's, Houses

Held at 842 Cernicek Lane (Off of Hartnett) Friday and Saturday, May 10th and 11th 7:00 a.m. to 2:00 p.m.

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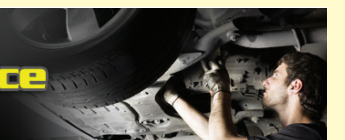
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Good Morning Bulldog Nation



The McCluer South-Berkeley High School DECA chapter represented our learning community extremely well at the Missouri competition in Kansas City, MO! Our students faced some formidable opponents, but they embraced the opportunity with finesse.

While all of our students used thoughtful business and marketing strategies, Yahcyria Tinnon qualified for the national competition, which was held April 26 - May 1.

FFSD Board Welcomes New Member

During its April 10 meeting, Leslie Suzanne Hogshead and Sheila Powell-Walker were sworn in as board members after their victory in the April 2 Ferguson-Florissant School District Board of Education election. Hogshead, an incumbent, has served on the board since 1992 and Powell-Walker is new to the board. They were elected to a three-year term.

The board also elected new officers. Hogshead was elected president and Jessica Ponder will serve as vice president. Donna Paulette-Thurman will serve as secretary and Powell-Walker will serve as assistant secretary.



Leslie Suzanne Hogshead (l) and Sheila Powell-Walker (r) prepare to be sworn into the Ferguson-Florissant School District Board of Education by Superintendent Joseph Davis.

Medical Equipment Donation Drive SATURDAY, MAY 4th, 2019 9:00 a.m. to 2:00 p.m.

Clean the attic, garage or basement and make a tax-deductible donation of your medical equipment at one of the designed Walgreen's drop off location on May 4th

These items only please:

We can only accept donations of manual wheelchairs, shower chairs, tub transfer benches, canes, crutches, walkers, Rollators (seated walkers), grab bars, elevated toilet seats, portable commodes, lift chairs, seating cushions / back supports, folding ramps, diapers, bed pads and Invacare electric hospital beds.

In our area, drop off spot is

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314-831-6448

For donations or for free medical equipment throughout the year, St. Louis HELP's Collection and Distribution Center is open Tuesdays and Thursdays from 9am to 2pm in Crystal City. St. Louis Help 636-933-9393 - www.stlhelp.org

Instructor Addresses the Literacy Gap With Her First Published Book

Dr. Karessa V. Morrow, an ELL (English Language Learners) instructor at Wedgwood Elementary School in the Ferguson-Florissant School District, has published her first book *Ring the Bell: Literacy Is Everyone's Problem*, which addresses the literacy gap among students.

The book was written for administrators, educators, reading specialists, literacy specialists, academic instructional coaches, counselors, social workers, school psychologists and parents. Morrow said that one of the most vexing problems confronting educators is helping students read on grade level. A veteran educator, Morrow shares her own story of how she rallied teachers, parents, community members, and students to tackle low reading achievement in an urban elementary school where she served as principal. She also offers a blueprint for how educators and parents can utilize best practice strategies to improve reading achievement.



Dr. Karessa V. Morrow

"After high school graduation, K-12 students, regardless of where they come from and where their career paths lead, will be expected to read more complex texts, do more with different types of texts, and handle larger amounts of reading," said Morrow. "Ensuring that all students acquire the literacy skills they need to compete and thrive in the world they will face is a moral imperative for educators, policymakers and families. Failing to live up to this imperative is simply not an option!"

Morrow's book is available through her website, www.kmorrowconsulting.com

Math Instructor is FFSD's Teacher of the Year

Angela Chatman, a math instructor at Berkeley Middle School, was pleasantly surprised when district administrators entered her classroom with balloons and flowers. The administrators' visit was to inform Chatman that she had been selected the Ferguson-Florissant School District (FFSD) 2019 Teacher of the Year. Chatman was selected from other FFSD teachers who had been named building-level Teachers of the Year.

In order to maintain a high level of interaction with her students during the learning process, Chatman implements what she calls FITT – Fluency, Independent station, Teacher table and Technology. During FITT, students rotate through each area, either individually or in group settings, to ensure mastery of the learning standard. During the process, Chatman holds goal-setting and feedback sessions with the students to track their progress. "My students are fully aware of their current understanding level and the steps necessary to move toward or demonstrate mastery of the learning standards," she said. "All of these teacher-actions and student structures help support each of my students to ensure they are able to actively engage with the curriculum in a way that meets their specific needs."



Angela Chatman

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The Ferguson Computer Corner

by Doug Neely!



this is a very busy month for holidays, according to www.wincalendar.com, the site i almost always check each month (yeah, it should be every month, but i'm only human). because there are so many, i will pick & choose, according to what i think is most representative. i encourage you to go to WinCalendar to see them all for yourself.

on the:

2nd, we have the Holocaust Day of Remembrance. remember it, so that it never ever occurs again for any race.

5th is Cinco De Mayo, which seems to be a great favorite of many, whether you are from south of the border or not. i think that has something to do with an excuse for drinking alcohol. :)

12th is Mother's Day. surely we can show honor, love & respect not only to our own Mom, but to all Moms. show her she's special; take her to Drake's! :)

18th is Armed Forces Day. this day is for the combined armed services of this nation. on this day, we thank those in service to us; they protect us all every day. if you are alive, thank a vet.

27th is Memorial Day. on this day, we give thanks to those families & loved ones who have suffered the loss of their own, who gave their lives to protect us. if you are alive, thank a vet's family.

28th is National Burger Day. maybe those who live outside of Ferguson celebrate this day, but i do. and i remember our best burger eatery, the Ferguson Burger Bar. when are you coming back? we miss you!

Some Linux Stuff, dept.

i have spoken before about Linux, and how it might be the answer, for some of you, to replace windows on any puter. and that it's FREE. i would now like to offer you some more info on said topic. today, i did a search on YouTube for "best windows-like Linux Distro", and got a LOT of hits, as expected.

i would like to suggest that you, too, perform that same search, and view some of the hits. one of which i will single out to you as a particularly good one. it is entitled: "how to use Ubuntu (beginner's guide)". if you watch no other linux vid, please watch this one.

ok. i lied. there is one more vid i would like you to watch, as it is also extremely informative. it is titled "Zorin OS 12.1 Review : Best Windows Replacement?". i will point out that i have not tried Zorin, but it looks mighty good to me, if everything "they" say about it is true. as a matter of fact, i am going to look into it, download it, and put it on a puter so i can check it out for myself. and that means that i will likely be writing about it here in the near future. i am already excited about it!

as far as Linux goes, Zorin and Ubuntu are but two of the many dozens of Distros out there. (a Distro is someone's idea of what they want Linux to be, usually put out by a "company", sometimes an individual.) the Zorin Distro is most promising for those who have to have an Operating System that looks, tastes, smells, and walks like windows, but isn't. Ubuntu is the Distro that i think is the overall best choice, and Linux Mint is one of the most, if not the most popular Linux Operating System, and also may be easy to learn & use. in fact, i believe that the Linux Distro chosen by most of you to replace windows would be one of these three.

if you think i am trying to turn you into a Linux user, you're quite right. perhaps it is my own concern about what Micro\$oft is turning windows into that is scary to me. more on that some other time. the point is that one day, not too far away, you will not want to use any windows Operating System, and i think that Linux, and no other, will be, practically speaking, your only realistic choice. now i know that some of you think the world of Apple. and that's fine with me. we shouldn't want everyone using Linux; there has to be those who will keep Apple in business. (btw, there is a Linux Distro that would, if put on a puter, fool an Apple user into thinking it was an Apple Operating System. but i'm not here to speak of the advantages that would have; i just want to convert those who are unhappy with windows. i doubt the Apple people will ever change their mind, or their Operating System.) (hee, hee, hee!)

JUST FYI, dept.

before you read this column, i will have been in and out of the hospital. i need some work done on my other leg, and will not be haunting much of anywhere for much of anytime in the near to moderate future. keep this in mind, as i will, at least for several weeks, only be available for you on the phone and/or email. so, try not to break your puter, OK?

ME GO NOW!

be thankful to God, especially this month, for our fine servicemen and service-women for their great job of protecting us. and you know that they protect other people in other countries as well; don't forget that! i guess that's because "We, the People" care so much for ourselves, and for others. pray your thanks for them to God, and ask Him to protect them, as they protect us. God's great blessings to us all! Amen & Amen!

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

IF YOU would like to contact Doug for his FREE puter advice, you could email, but it's best to call him. Use: fergusoncomputercorner@aol.com to email. MAKE SURE TO PUT THE PHRASE i need puter advice INTO THE SUBJECT LINE, AND INCLUDE YOUR LOCAL TELEPHONE NUMBER IN THE BODY OF YOUR MESSAGE. When phoning, call *314*521*1789*. Leave a short message on the machine, as it answers in two rings, and you know he'll never get there that fast! BTW, please disregard the entire outgoing message; it is for autodialers and the like. Blessings!

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OPEN FOR BIDS

Blessed Teresa of Calcutta Catholic School is requesting bids for a contracted food service company for our school lunch program.

If you would like to submit a bid, please contact the principal, Adrienne Govero, at (314) 522-3888 or agovero@btc-school.org to request a copy of the RFP. All proposals are due May 15th, 2019.

Artful Considerations

by Robin Shively

May, 2019

"Arts and culture make considerable and necessary contributions to the well-being of communities. Arts and culture are powerful tools with which to engage communities in various levels of change. They are a means to public dialogue, contribute to the development of a community's creative learning, create healthy communities capable of action, provide a powerful tool for community mobilization and activism, and help build community capacity and leadership."

– Creative City Network of Canada



The contributions of art to the well-being of a community, as mentioned in the above quote, was definitely evident this past month during Good Shepherd Arts Center's benefit show, "Come to the Table: Serving Up Hope", which raised funds for United People Market. For each piece purchased, 50% of the sale price went to the artist and 50% to the organization, which is a St. Louis grassroots organization whose mission is "to uplift and empower our neighborhoods through healthy food, human connection, and compassionate advocacy." The exhibit featured art of varied styles and media submitted by local artists. Among exhibited works were acrylic paintings by Gary Lang and Veronica Ross-Mickan, acrylic pours on glass by Steve Lawson, and clay pottery by Gloria. Kate Moore-Freeman used mixed media to create some very interesting retablos on both wood and cardboard, even incorporating crocheted elements. Mary Nichols submitted several pieces, including the whimsical mixed media "Spider Dance". Sr. Glynis Mary McManamon's two portrayals of views out the gallery's front window of the building across the street also caught my eye, as did the children's art, which all seemed to feature either pizza or animals as subject matter. Apparently, there is a child particularly enamored with a cow named Lilly! I've mentioned here only a small sampling of the participating artists and their works. It was a very interesting show and I hope you were able to see it as well. I have also included a small representation of the art in photos accompanying this article.



On Saturday, May 4th, from 1 – 4 p.m. at Good Shepherd Arts Center (GSAC), 252 S. Florissant Road, there will be a special preview of the May exhibit entitled "Child's Play" for families with children. Visiting children will be invited to make a small work of art to be included in the

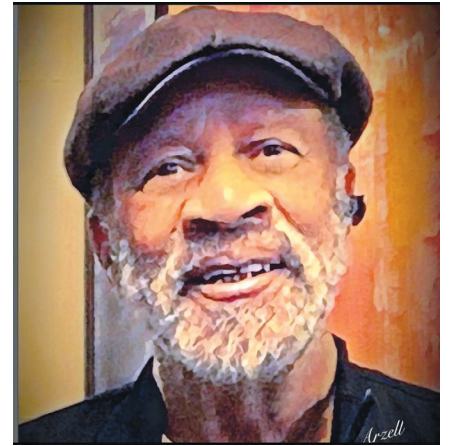
show which opens on Sunday, May 5, with a reception from 2:00-4:00 p.m. The May exhibit's full title is "Child's Play: Creative Act as Contemplation." This is the fourth annual show that has featured works by Catholic sisters, brothers and priests. However, this year, leaders of all faiths have been invited to participate. "Child's Play" is scheduled to run through May 25th. There will be two opportunities during the month of May to help support Good Shepherd Arts Center and show your appreciation for their mission of "exhibiting art and offering experiences that affirm human dignity, uplift hearts and link creativity with spirituality, here in Ferguson, Missouri." May 1st is Give St. Louis Day, a project of the St. Louis Community Foundation. GSAC is one among many not-for-profits who participate. Gifts may be given through the website, <https://givestl.civicore.com>, either on that day or scheduled in advance. GSAC has also been chosen by Baked-Wood Fired Pizzeria to benefit from one of their "Your Town Tuesdays" fund raising events during the month of May. On the scheduled night of the fundraiser, Tuesday, May 14th, Baked Woodfire Pizza Joint' will donate 15% of sales between 5:00-9:00 p.m. to Good Shepherd Arts Center. The Arts Center is just across the street from Baked



Acrylic pours on glass by Steve Lawson.

and will be open between 5:00-9:00 p.m. on that particular night as well, so people can see the May exhibit before or after dinner. Watch for the date on GSAC's website and on Baked Wood Fired Pizzeria's facebook page.

In June, Good Shepherd Arts Center will host a solo show by Arzell Thompson, Jr. entitled "I'm Coming Home Again!" Mr. Thompson grew up in Ferguson and is returning from Georgia to show his work here. According to his online biography, Arzell Thompson Jr. graduated from Norman Rockwell's Famous Artist School in the 60's. He has toured Germany, Italy, and France while in the U.S. Air Force as a graphics illustrator. He continued his art education with Art Instructor Herb Schriber. Arzell has lived in Racine, Wisconsin, and Denver, Colorado, but currently resides in Duluth, Georgia. Arzell owns a small graphics consulting business and works as an artist, technical artist, illustrator, and graphics supervisor. Mr. Thompson plans to do a demo during his time in the area. Details will be forthcoming on the GSAC website, www.goodshepherdarts.org.



Arzell Thompson, Jr. above and

"Art is an effort to create, beside the real world, a more humane world." – Andre Maurois, French Author

To submit information about local artists and art events to be included in future columns, contact Robin at cornersframing@gmail.com



Clay pottery by Gloria on the right

Celebrate Mother's Day Sunday, May 12th

DISC GOLF NEWS

You haven't played Hudson Park yet? You're missing out! No longer a hidden gem in the community. The course has been undergoing some slight improvements as we prepare for Spring/Summer season. This includes mulch, tree planting (100+), storm debris and trash removal.

Because we are a volunteer force, we rely heavily on Ferguson Public Works for various reasons; providing us materials, picking-up the debris and keeping the fairways cut! For all this, we would like to thank them for continuous support... *Thank You!*

Additionally, we would like to thank one of our Hudson Park Neighbors for recently allowing us to utilize their personal utility vehicle (Gator) for clean-up efforts. *Thank You!*

We have a big improvement in store for the 2019 Disc Golf Season; teepad resurfacing with Synthetic "Astro" Turf! We recently received a donation from the McCluer North Baseball Team as they offered us some these Turf mats for this endeavor. *Thanks (Coach) Tim Ryan!* We are now working on procuring the remaining required materials to make this a reality. Be on the lookout for them soon!

If you'd like to be a part of the continuing restoration of the park or interested in playing disc golf, please contact us via, Facebook or email, Facebookpage www.facebook.com/Fergusondiscgolf or email Fergusondiscgolf@gmail.com for more information on these events and more.

Thanks, Joe Wenger

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The Best of Ferguson

by
Ruffina P Anklesaria, M.A.



Luvenia Piggee Manager, Customer Service, USPS, Ferguson

I had the pleasure of meeting Luvenia Piggee, the Manager, Customer Service, at our post office, just a few days ago. I frequently go to the post office to conduct business since I decided to stop using netstamps at home and instead support our local post office. Residents might remember that just a couple years ago our post office was in danger of being merged with another, out of our city. Residents raised a hue and cry and showed their full support to keep it open. Since then, I came to enjoy my interactions with the friendly staff serving us here.



Luvenia has been the manager here for the past nine years and comes with a wealth of experience. Before this, she was manager at the Richmond Heights post office. I asked Luvenia what brought her into the postal service. She said she had been recently divorced and had three kids to raise (one is her grandson who has been with her since he was six months' old). She had worked at City Corp Leasing in sales, in Chesterfield, for a long time. She decided to test for the post office and started carrying mail in Clayton in June 1998, for five to six years. She was also a carrier in Ferguson for a few months before joining the supervisor training program.



Diana Mitchell, Supervisor, and son

Once Luvenia became a supervisor, she worked at the post offices in Ballwin for six months, then in Afton for 2 ½ years. As a supervisor, her main job was to make sure all the carriers were there, do reports, and ensure that the mail was correct, among other things. From Afton, she moved on to the Brentwood post office as Acting Manager for about seven months, then on to Choteau for a year as Acting Manager.

In 2005, she applied to Richmond Heights for the position of Manager. The Clayton and Richmond Heights post offices were merged some time after this. During this period she became Acting Manager for the Olivette, Creve Coeur and Des Peres post offices. Finally, she applied to be the Manager at our Ferguson branch, a position which she loves! Luvenia

is a people's person and finds the residents here to be delightful! Her job here is basically overseeing the whole operation at the post office. She reports to the person who manages the postal stations in the north, Mr Edward Geiler, Manager, Operations.

Luvenia has 23 co-workers - clerks, supervisors and carriers. She has one supervisor, Diana R. Mitchell, and two acting supervisors who are also mail carriers: Jamie Nelson and Rick Pattin.

During the Mike Brown crisis in 2014, the staff had to move out of the building in Ferguson, because of safety concerns, and operated from the Berkeley post office nearby. Only one window was open at our local post office during this time, selling stamps. This was a temporary situation and everything returned to normal after about a month.

Our postal workers were happy to be doing deliveries for Amazon up to about six weeks ago. They collaborated for about 18 months, operating from the Amazon hub in Jennings. Luvenia said it was a great experience and they hope to be part of Amazon's delivery business in the future.



Jamie Nelson, Acting Supervisor

Luvenia has been in the postal service for 32 years and she says the USPS is a great company to work for. She says: "We are striving to better serve customers and to keep our employees safe. Safety is of prime importance now." She thinks they are doing a "pretty good job" of both. She is thankful that Ferguson residents make an effort to keep pathways clean, clear and safe for mail carriers, and for restraining dogs and pets that might make deliveries a problem. She mentioned that employees have access to a 24/7/365 employee assistance program for any difficult situations they might be facing.

Every year for the past three years, Luvenia has celebrated her staff with a get-together that recognizes their achievements (pictured below).



Luvenia is a Christian and loves going to church. She also enjoys reading, swimming, bowling and traveling. Her favorite author of romantic novels is Brenda Jackson. She spends time watching action movies and the Hallmark channel! Luvenia goes on cruises regularly, mainly with her grandson. Among the many places she has visited are Australia, New Zealand, Mexico, the Dominican Republic, Canada and several Caribbean islands. She has also traveled extensively in the US.

Congratulations to Luvenia Piggee for being such a well-rounded individual and for her devotion to service. She represents the very Best of Ferguson!



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.

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Ask Grandma

His name was John. His last name was the same as my maiden name. Could this be a relative?

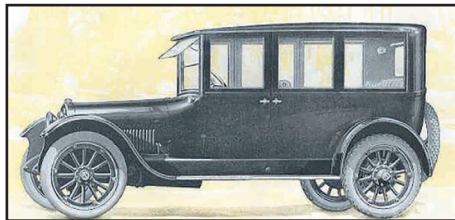
A friend stopped by my house a couple of weeks ago to give me an envelope that a neighbor of her's thought I might find interesting. Imagine my surprise when the envelope contained a notebook with my grandfather's name imprinted on it with other small clippings. And . . . surprise, surprise . . . a ticket from 10-31-1939. So, on Halloween, my 69 year old grandpa did not stop for a school stop sign at Hodiament and Minerva Avenue at 8:35 in the morning, Even more surprising is he did not pay the

ticket until he received an arrest notice on June 16, 1941. There the mystery stops. No more receipts. Do you think he died years later with a warrant out for his arrest?

Another item in the envelope was a receipt from S.S. Kresge Co. (the forerunner of K-Mart) for a pair of \$1.50 glasses dated 10-28-39. But, they were broken so he only paid 59¢. He would go to the store, try on glasses and when he could see, he took them home for Grandma.

I remember visiting my grandparents as a kid and being fascinated by the ashpit in back of their apartment building (a building that grandpa owned). Apparently it was common for people to go "ashpit diving" to retrieve discarded, useful items. One day grandpa found a pair of ladies oxfords. He also found a can of aluminum paint. The next time we visited, grandma was so proud of her new shiny aluminum shoes!

The car, a Buick, that grandpa drove was a really old model. I remember on the few occasions that my grandparents visited us, the neighborhood kids would all come out to see a car that had spoke wheels and a windshield visor. I was impressed with the vases on both sides of the back seats that held straw flowers. Grandpa drove that car until the late 1940s



Grandpa's car looked something like this 20s-30s Buick.

when he could no longer get parts for it. My dad had bought a 1946 Pontiac after WWII (you could not purchase a new car once WWII started). To get a new car, which were very much in demand, you had to take all the whistles and bells that were available. It was the first car I had ever seen with fog lights. When grandpa had to abandon his car, Dad transferred the title of that Pontiac to grandpa who was much taken by its sleek good looks. A few weeks later, grandpa called and was angry because the car wouldn't start. Grandma said they used to sit in the car because it was so beautiful and comfortable, and one time they turned on some knobs and the most beautiful music came out. They enjoyed it so much they would come out every evening to relax and to listen.

Of course, the car had a dead battery.

St. Stephen's Annual Spring Rummage Sale

Friday, May 3 – 5:00 to 7:30 p.m.
Saturday, May 4 – 8:30 p.m. to 1:00 p.m.
Located at 33 North Clay, Ferguson
 (the church with the red door)

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



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We look forward to seeing all our faithful shoppers and welcome all to come check out this sale.

Donations welcomed BUT MUST BE PREARRANGED BY TEXTING 314-662-6890.

Answers to Trivia, Page 12

- | | |
|---------------------|----------------------|
| 1. Monster | 8. Mercury |
| 2. Misery | 9. Meetings |
| 3. Monkey Bars | 10. Marie Antoinette |
| 4. Mad Hatter | 11. Martini |
| 5. Magnifying Glass | 12. Mansion |
| 6. Mouse | 13. Mail |
| 7. Mummy | |

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Senior Resource Expo – Community Center Wed., May 1
- Give STL Day – EarthDance. Wed., May 1
- Rimmage Sale, St. Stephens Fri, and Sat., May 3, 4
- Medical Equipment Donation – Walgreens Florissant Sat., May 4
- PROUD Monthly Meeting – Om Turtle Cafe. Sat., May 4
- BTC Dinner Auction Fund Raiser Sat., May 4
- Neighborhood On Watch Meeting – City Hall. Wed., May 8
- St. Louis Irish Arts – St. Peters UCC Fri., May 10
- Letter Carrier's Stamp Out Hunger. Sat., May 11
- Yoga at the Library Sat., May 11
- Justin Goolsby Funk Band – Hwy. 67 BBQ. Sat., May 11
- MOTHER'S DAY Sun., May 12
- Ferguson Council Meeting – City Hall Tues., May 14
- Card and Paper Club – Library Wed., May 15
- Police Chief Interview Process – Community Ctr.. Thurs., May 16
- Summer Reading Program Kick-Off Fri., May 17
- Mouse Races for 4th of July – Community Center Fri., May 17
- Ferguson Twilight Run Sat., May 18
- Ferguson Town Hall Meeting on Public Transportation Sat., May 18
- Preservation Day – Various Venues Ferguson & Florissant Sun., May 19
- American Creed Film and Discussion – Library Sat., May 25
- MEMORIAL DAY. Mon., May 27
- Ferguson Council Meeting – City Hall Tues., May 28
- Adult Skills Lessons – Library. Wed., May 29
- Retro Boogie – City Concert Series – Plaza 501 Fri., May 31

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