

Serving Ferguson and Surrounding Communities

**“Let’s Build Bridges, Not Walls”
Topic of STLCC-Florissant Valley
2020 Dr. MLK Jr. Celebration**

Carol Daniel, KMOX news anchor and the Greater St. Louis Association of Black Journalists president, will speak on the celebration’s theme, “Let’s Build Bridges, not Walls.”

The celebration’s Tuesday, January 21st reception is from 5-6 p.m. in the Terry M. Fischer Theatre, located at 3400 Pershall Road. The program follows from 6-7:30 p.m.

During the program, the talent of North County youth will be celebrated as local students are the focus. The celebration’s emcee and student speaker is Jannetta Robinson, a freshman at STLCC-Florissant Valley, and the vocalist is Alayna Epps, a senior at the University of Missouri-St. Louis. The winners of NCCU’s Oratorical Contest will deliver their speeches, and music from a local choir and band are also part of the evening.



Dr. Martin Luther King, Jr.

Normandy Schools Collaborative is being honored with the 2020 Dr. Rance Thomas Excellence in Community Partnership Award. It was chosen to receive the award named for Dr. Thomas because of their commitment to student success and opportunity,” said Dr. Elizabeth Gassel Perkins, campus president and chief academic officer at STLCC-Florissant Valley. “Florissant Valley’s first early college academy graduates came from Normandy, and they have consistently sent 20 or more students each year to participate in our dual enrollment programs. They also worked with our Life Science Lab Assistant program in the summer to provide students an avenue toward certifications,” she said. “They are currently working on developing a dual credit program. Their dedication to providing students opportunities for college-level work — and college graduation — before high school graduation serves as an example to our service area.”

In keeping with Dr. King’s commitment to service, guests are asked to make a donation to the Archers’ Market, a campus food pantry for STLCC students to get food and hygiene items free of charge.

This free event is open to the public.



Carol Daniel, pictured on the left, is a KMOX news anchor and the Greater St. Louis Association of Black Journalists president. She will speak on “Let’s Build Bridges, not Walls” at STLCC-Florissant Valley and NCCU’s 2020 Dr. Martin Luther King Jr. Celebration.

Other local MLK celebration is listed on Page 8.



January 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

Learn to Sew! - Monday, January 6 at 6:30 pm
Learn the basics of machine sewing and more each month at Learn to Sew!
You will make something new to take home at each class.

Yoga @ the Library - Saturday, January 11 at 10 am
Relax, unwind, and breathe deeply at our monthly yoga class! No registration is required, but please bring your own mat or beach towel. Great for beginners!

Turning Back Time: Rediscovering 90 Years of Community History
Tuesday, January 14 at 6 pm
Join our Technical Services Librarian, Allison, as she reveals what she learned about the library and our community while preparing for the library’s 90th anniversary celebration. She will also give tips and tricks about how you too can research your community and more.

Card and Paper Club - Saturday, January 18 at 11 am
Make a beautiful greeting card and other paper crafting techniques at our monthly Card and Paper Club meeting! We will tackle a new project every month.
Registration is required.

Shoe Storytime - Saturday, January 25 at 2 pm
Start the year off on the right foot at our Shoe Storytime! We will enjoy stories, songs, activities, and more. For kids and their caregivers ages 0-6. Older siblings welcome too!

RING IN THE NEW YEAR WITH OUR ONGOING PROGRAMS!

- Monday, January 6 at 2 pm - Sewing Machine and Cricut Orientation
- Monday, January 13 at 6 pm - Readings on Race Book Club
- Tuesday, January 28 at 5 pm - Tuesday Night Book Club
- Every Monday at 10 am - Ferguson Sewing Club
- Every Thursday at 4 pm - Afterschool Homework Help
- Every Saturday at 2 pm - Books and Cookies



Saturday, January 18th

Ferguson’s Indoor Winter Market

Fresh winter produce, meat, eggs; a variety of crafter and artisan vendors; hot breakfast items, baked goods.
Live music from 9am-11am
St. Stephen’s Church – 33 North Clay
9:00 am to noon



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January, 2020

It's January. That month when we want to make our own lives better. Eat healthy, lose weight, get in shape, stop smoking, start saving for retirement, you know, all that stuff you always think about.

Here's a good one. Help your community be the place you've always dreamed it would be. And starting a business is an awesome way to help your community.

Starting a business is a scary thought though. Do I have the wherewithal, (my favorite word which means; resources; means, according to the dictionary), to run my own business? Do I want to take the risk? Will my product be needed? Do I want to do everything myself or should I employ help? What kind of business would I start that could help my community? There's a million questions that come to mind. All it takes is to make an internet search and you can find all kinds of ideas on different types of businesses you can start.

Last month, we thought of what kind of downtown businesses we would like to see on our Main Street and one area I mentioned was small manufacturing on Airport Road. Some types that would help fill the void here in Ferguson, that were mentioned last month, such as; bistros and bakeries, but let's look at a couple of businesses that we don't already enjoy.

Pet Store offering pet food, toys, and supplies to all of you pet lovers. You could even offer home-made pet snacks.

Sewing and Quilting Shop offering sewing machine rental (in-store and out) specialty fabrics and threads, swatches for the quilter. You could offer classes, events, and a place for clubs to meet.

Pillow and Rug Manufacturer. Check out www.dreamweavers.com in Eureka Springs, Arkansas. They use remnants and other discarded pieces to make pillows, rugs, cubes, and Pilate balls. These are very interesting and different. I have talked with the owner and he told me that they used to supply pillows to a large department store and couldn't keep up with the demand, so he had to scale back, and he does have an awesome product.



Niche Snack Foods. Do you make a snack to take to different events such as a Super Bowl Party and everyone can't stop eating your goodie? Maybe you can expand that into

a small manufacturing business and have your product packaged and sold in grocery stores.

Bread Maker. Everyone loves good artisan bread but instead of only offering retail, you could venture into supplying local restaurants and grocers.

Specialty Soaps. Do you make your own soap? Why not share what you do with the community, but on a larger scale?

Meal Kits Sales and Delivery. Not everyone has time and/or the ability to come home after a long day and make a nutritious meal for the family. You could prep and supply a ready to eat meal delivered in time for dinner.

If you have the ability and know how, a Paper, Bag, and Box Maker. You could make stationary, envelopes and journals for folks that don't count on their computer for such items, or you could make and supply printed bags for the different businesses and with the help from the Sewing Shop, reusable bags. With an operation like this, you could even supply different size boxes for moving, shipping, and storage.

Or, if you happen to own a large, empty building, you could split it into sections and offer a Retail Incubator. Make multiple, small store fronts and offer start-up businesses a spot where they could test their product and business model on a small scale before they would want to jump into a business full-fledged.

Have any of those creative juices begun to flow yet? Is this the year that you'll jump in and start your own business? Of course, you don't want to just jump in and get started, there's a lot of homework to be done, rules to discover, and questions to be answered. Do your homework and ask questions.

Just think, your daily commute would be short.

<fergusonmainstreet.org> 314-882-1337

The Plumber's Crack

By Oh Baby dave@premierplumbingstl.com

Trash cans bursting, freezing temperatures, Christmas lights still blinking, sales on clothes, long return lines at stores, ads for weight loss dominating TV, it must be January and time for the next edition of the Plumber's Crack.

Happy New Year my friends. This month we are going to talk about your drainage system.

It seems like this time of year your old cast iron drains start acting up, just like water heaters do in November and December. Kitchen sinks seem like the worst of them but not exclusively. We do a lot more baking and cooking and prepare heavier meals this time of year. No matter how well you scrape your dishes and rinse them of grease, detergent likes to cling to the inside of your pipes. There is a good explanation for this.

The air this time of year is cold and what happens to grease and detergent when it gets cold? Well Oh Baby's gonna tell ya. It gets thick and hard and sludgy. One reason this happens is your vent pipe is usually on an outside wall and is not insulated as well as the inside walls. Then you have that cold air blowing down that vent pipe. No! Hot water is not the answer; it just helps it coat the pipes even more. Even after using the dishwasher, the best thing you can do after the dishes are done is fill the sink at least half full of luke warm water and pull the plug with the water running until it fully drains. This is especially good to do when your not going to use the sink or dishwasher any more that day.

I talked about grease and detergent kind of coating the pipe and that is what causes the pipe to have those cancer spots you see. It's just like painting your pipe. It can't breathe and causes the pipe to rot. The reasons you see that



happening to your main stack are many.

If you have installed a new toilet in the last twenty years. Maybe there aren't as many people living in the house. Maybe you installed new plumbing fixtures in your bath. All this contributes to the stack rotting from the inside out. Sound weird? Well there is a good explanation for this. If you're in an older home, your stack was designed to carry water from a 3.5 or 5.0 gallon flush toilet. Not to mention your showers used 3 or 3.5 gallons a minute; same with lavatories. Now the best flushing toilets are 1.5 gallon at best. They have improved on how it takes the waste out but they still don't scour the pipe. That's why we are seeing so many rotten stacks.

Well I guess I rambled on enough so I'll leave you with a little more rambling.

Watch out for children; be careful in those school zones. Check on the elderly; make sure they have heat and a way to get groceries. Most of all look out for each other. It's the neighborly thing to do.

Happy New Year and God Bless you all.

Oh Baby

Premier
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P8563, D8563



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When presented your
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Dave Walters (Oh Baby)

Master Plumber / Drain Layer / Licensed / Bonded

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

524-0222

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

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

WINTER FIRE SAFETY TIPS From Your Ferguson Fire Department

Space Heaters

Use space heaters with care. Space heaters should only be used as temporary heating and they should be plugged into a 20-amp circuit, if at all possible. They should never be used with an extension cord, either. These devices require a good amount of space to be used without any fire hazards. Just like fireplaces, children and pets should not sit closer than three feet in front of a space heater. Avoid placing heaters near curtains, tablecloths or other flapping fabrics. Always make sure your space heater has an automatic shut off switch, which forces the heater to shut-off as soon as it reaches a dangerously high heat level.

Safety Detectors

You can never have enough smoke detectors. Smoke detectors should be placed in each bedroom, in the halls adjacent to the bedrooms and on each level of the home, including the basement.

Keep batteries in all of your carbon monoxide detectors. Carbon monoxide detectors should be located in the hallway adjacent to bedrooms and on each floor, if you have a home that has natural gas or liquid propane gas. Combination smoke and CO detectors are also available. If there are people in the house who are hearing impaired, consider installing visual strobe detectors for their safety.

Extension Cords

Don't use flimsy extension cords. Extension cords should always be heavy-duty, quality cords that are grounded for fire safety. Never run extension cords under rugs or in areas where they pose a tripping hazard. Keep in mind that an extension cord is meant to be used as a temporary solution so if you're using one on a regular basis, you may want to hire an electrician to install permanent power.

Candle safety

Candles may provide a wonderful ambiance and delightful fragrance, but they're also responsible for starting two out of every five home decoration structure fires each year.

Get flame without the fire. Consider replacing traditional candles with flameless, battery-operated types, but don't forget to turn them off when leaving the house as LED lights do get hot.

Don't leave the room. Never leave a candle burning unattended and, if you're going to be stepping away from the candle for several minutes, it's safer to blow it out rather than risk a potential hazard.

Use caution when decorating with candles. Always use a sturdy candle holder to keep it from tipping over or touching flammable surfaces. When decorating, keep candles at least



12 inches away from all flammable items.

Chimney and fireplace safety

Fireplaces can produce creosote which has the capability of igniting. If your family lights the fireplace often, you most likely need an annual chimney inspection to make sure that there are no hazards capable of starting a fire. It's important to always remember that when burning wood, use dry, seasoned wood which produces more flame with less smoke.

Always cover your fireplace with a screen, either a metal screen or tempered glass will suffice to protect any sparks from leaving the fireplace. Still, you always want to make sure to keep kids and pets at least three feet away from a burning fireplace.

We get it.

It's cold out and you want to let your car warm up before you get in.

We're asking you to reconsider.

Don't leave your vehicle running unattended with the keys inside.

Nope, not even in your driveway.

Help prevent auto theft, don't make it easy.

FERGUSON MISSOURI

Heather Robinett Running for Mayor



ATTENTION!

Heather Robinett is announcing her candidacy for Mayor of Ferguson on April 7, 2020.

Heather has served as Councilwoman of Ward 2 since 2016 and Mayor Pro Tem since 2017.

Learn more about Heather and her campaign at:
heatherrobinett.com

Paid For by Friends of Heather Robinett, Larry Robinett, Treasurer

City Planning and Development Department Updates

The comprehensive plan update process continues. Close to 30 members of the community braved the cold weather to discuss and give input on potential strategies for the City at the Community Center event space on December 17th! Look for upcoming announcements about future meetings, proposals, and opportunities for input on the comp plan website:
www.ourferguson.com



The proposed rezoning of West Florissant will be presented to the city council in the near future. Look to the City's website, www.fergusoncity.com for the announcement on date and time, and for details on the rezoning contact Elliot Liebson, Director of Planning and Development, at 314-524-5257, or eliebson@fergusoncity.com.

28 new businesses opened in Ferguson in 2019 across the City.

Octavia Pittman, CMC/MPCC, City Clerk

Ferguson Veterans Group



Open to all Vets and spouses in North County. Meet at the Ferguson Community Center **Saturday 18 January 2020, 1300-1400hrs, Saturday 15 February, 1300-1400hrs.**

We will meet the third Saturday monthly 1300-1400hrs at Ferguson Community Center, 1050 Smith Ave.

Questions? Call LaRae Jackson 314-474-4524

Words of Wisdom

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Health nuts are going to feel stupid someday, lying in the hospitals, dying of nothing.

Ferguson Community News Page

Making progress on old goals this New Year

By Mayor James W. Knowles III

"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man (or woman)"

—Benjamin Franklin

Inventor, Statesman, Founding Father



They don't necessarily teach this in school, but our beloved Benjamin Franklin was not a perfect man. In fact, beyond all the inventions, philosophic writings, political statesmanship, and his work to secure our freedom from the British, he was by many accounts a naughty boy.

Dr. Franklin certainly knew how to enjoy life, and he often enjoyed the pleasures of life to excess. Not only known for partying and drinking to excess, he also did extremely well with the ladies for being a balding man with a portly build. Known for having said "everything in moderation", he was not known for taking his own advice. Though he constantly battled those vices, he often succumbed to them.

He, like many, knew what was right even if he wasn't always able to personally live up to those words. It is important that we all take a moment to examine what is right and wrong in our lives and take the opportunity of a new year to start fresh. Though many would claim that New Year's resolutions are empty goals that are too easily broken, setting goals such as a New Year's Resolution is an important part of self-improvement. Without introspection into what is lacking in your life, and a subsequent action item to cure it, you will never be able to move forward and better yourself.

The Ferguson City Council and staff continuously look inward to examine what is going well and what could be better in the city. The constant review, planning, and implementation of new goals and projects is what keeps this city moving forward in a positive direction. Without a careful and periodic review of our situation and defined goals for improvement, we would never see the progress that we have made in our community.

As the City begins the new year, we have several initiatives in progress that we plan to achieve during the next year, but none as important as our effort to become compliant with the federally mandated Consent Decree. Over the past year and under the leadership of our Interim City Manager Jeff Blume, our staff has remained focused on moving our city into full compliance with the terms of the Consent Decree. This is extremely important for so many reasons and it has been delayed time and time again by changes in staffing in our city government over the past 4 years. Our hope is the stability created by having Mr. Blume remain with the city will keep us focused on this goal. Compliance with the decree will eventually save the city hundreds of thousands of dollars in staff time, legal costs, and federal monitoring costs once it is completed. The savings would free up considerable resources that would be used to improve service delivery to our residents.

This past year the city has undertaken a tremendous effort to update the City's Comprehensive Plan. This effort will be concluded this year and will be held as a tool for guiding the economic and community development efforts throughout the city. This plan will serve as a roadmap for the city's long-term development planning and a guide to developers that are interested in investing in our community. Rome wasn't built in a day, and it was meticulously planned. These planning efforts will continue to help drive the successful development of our community for years to come.

Another large undertaking that began last year which we hope to conclude this year is the city's effort to rebrand and market the city moving forward. Our city is a great community with some fabulous neighborhoods, historically significant housing stock, a strong business community, wonderful neighborhood amenities, and a spirit that has shone through during the most trying of times. This effort is not about changing who we are as a community but rather articulating it effectively to those outside our community. For the sake of our community and economic development efforts going forward, we need to craft that message and promote that to the people of our region, and even across the nation.

In addition to working on these already established projects, the City Council will be taking a close look at the problem of our aging street infrastructure. The Council and staff are aware of the problems of our neighborhood streets and will be examining options and planning a course of action to help improve the quality of our city streets. We have made great strides in a few neighborhoods over the past several years by leveraging additional capital improvement money with some successful transportation grants. The Council will be discussing options available to us to continue those eAs we begin to close out and complete some of these goals this year, the city will be able to free up some resources and narrow our focus back to specific and defined community and economic development efforts around the city. While those efforts are always ongoing, once our Comprehensive Plan and branding efforts are com-

Ferguson Neighborhood Organizations

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

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	Jan 7 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskeparkneighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	Feb 1 1 pm	Ferguson Community Ctr. 1050 Smith Ave	Teyuna Darris 314-717-1801 info@nwfna.com
Old Ferguson East Neighborhood Assn.	TBA	Ferguson Library Large Conf. Room	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	TBA	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	Feb 10 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 corvette246@yahoo.com
South Ferguson	TBA	Fire Station #1 200 So. Florissant	
Southeast Ferguson	TBA	Empowerment Ctr. 9420 W. Florissant	Latasha Brown 314-465-9757

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 <http://www.fergusoncity.com/57/Boards-Commissions> or contact your City Clerk at City Hall.

COUNCIL MEETINGS

Tuesdays, January 14th and 28th at 7:00 p.m. in the Council Chambers.

plete, the focus will shift toward implementation, which residents will then be able to better see and experience the benefits of these plans.

For residents and staff, these processes are long and at times the speed in which they move can be discouraging. But we should remember all the major developments in Ferguson and beyond began with a vision and a plan. Going forward it will be up to us to stick to that plan, so that vision will ultimately become a reality.

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 250 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 FITNESS

A Will Fit Beginner Core class

A class for anyone who wants to tighten up their midsection, carve a stronger core, and sculpt total-body definition. 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.

*Preregistration is required

Ages: 16&up
Days: Tuesday (6 week session)
Time: 6:00pm-7:00pm
Pricing: \$25 Members; \$30 Residents; \$35 Non-Residents
Start Date: January 7th – February 18th
February 25th – April 7th
April 14th – May 19th

Will Fit Intermediate Core class

Core class for anyone who wants to feel the burn while sculpting a leaner core with intense core work. Set to upbeat music, with shorter rest periods than the Beginner Core Class and more challenging movements, this class will take you to the next level implementing weights and exercise balls. This class is for those who are up for a challenge!

*Preregistration is required

Ages: 16&up
Days: Friday (6 week session)
Time: 6:00pm-6:45pm
Pricing: \$25 Members; \$30 Residents; \$35 Non-Residents
Start Date: January 10th – February 21st
February 28th – April 10th
April 17th – May 22nd

Resistance Bands

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 well-rounded complete workout!

*Preregistration is required

Ages: 16&up
Days: Thursday (6 week session)
Time: 6:00pm – 7:00pm
Pricing: \$25 Members; \$30 Residents; \$35 Non-Residents
Start Date: January 9th – February 20th
February 27th – April 9th
April 16th – May 21st

Walk this Weigh

Calisthenics/Cardio/Body weight and hand held weights are used to target major muscle groups. Format and routine change weekly to increase challenge. Instructor acts as a coach to ensure proper technique and alignment.

*Preregistration is required

Ages: 16&up
Days: Saturday (Ongoing)
Time: 10:00am – 11:00am
Pricing: \$25 Members; \$30 Residents; \$35 Non-Residents
Start Date: January 11th

Group Training

Something for all fitness levels! For those who want to train in a group setting, you can reach your fitness goals through proper utilization of machines, cardio equipment and exercises! More weight and strength conditioning oriented to learn how to set goals and achieve them!

*Preregistration is required

Ages: 16&up
Days: Wednesday (6 week session)
Time: 12:30pm-1:30pm
Pricing: \$25 Members; \$30 Residents; \$35 Non-Residents
Start Date: January 8th – February 19th
February 26th – April 8th
April 15th – May 20th

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.

Days: Tues & Thurs
Dates: Ongoing
Times: 8:55 am-9:55 am
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: 7:55 am-8:45 am
Fee: FREE/Silver Sneakers Members; \$3/Everyone Else

Personal Training

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

Individual Packages:

1 Session
Fee: \$35/ Members; \$40/ Non-Member
5 Session
Fee: \$150/ Members; \$175/ Non-Member

SPECIAL PROGRAMMING

Wayside Park Unleashed (Dog Park)

Ferguson's Dog Park features a large and small dog area and is open from 7 a.m. to 9 p.m. daily. Dog Park ID required. Owners will need to bring up-to-date shot records: rabies, DHPP, and Bordetella to the Ferguson Community Center to obtain ID. Yearly Memberships are free for residents or non residents in possession of a valid 2018 ID.
ID Costs:\$5 processing fee per dog (max three dogs per household)

Park Dedication Program

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

Tree Dedication \$200

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

Park Bench Dedication \$1,000

Call or visit our website for more information

Nerf War Birthday Packages

Join us for our Nerf War theme birthday party packages! We will host your child's Nerf War birthday party for up to 25 participants. You will receive a 3 hour party block, 1.5 hours in the gym with one of our staff supervising the Nerf War. Then the last 1.5 hours you have a room dedicated for you to have food/drinks, cake, and open presents. The cost includes all nerf bullets, safety glasses, bunkers and the party room. Must reserve 2 weeks prior.

A \$100 security deposit is required at time of birthday party rental.

Days: Saturdays and Sundays
Times: Sat, 2:00pm—5:00pm; Sun, 1:00pm-4:00pm
Location: Ferguson Community Center
Fee: \$200 Residents; \$240 Non-Residents

YOUTH

Preschool Playdate

Are you and your kiddo tired of being in the house and need something to do? Join us for our monthly Preschool Playdates that children and parents experience together. Each month we will take on a different theme and activity. All of our activities will involve sensory play while making new playdate friends! Grab your friends and bring them to our Preschool Playdates! Registration deadline is the Monday prior to each session.

Ages: 0-5
Dates: Thursday, February 27th
Thursday, March 19th
Thursday, April 16th
Thursday, May 14th
Time: 9:30am-10:15am
Fee: \$3/Residents; \$5/Non-Residents

Little Love Bug

Do you have the cutest little love bug? Bring your little love bug to our Valentine themed afternoon of crafts, snacks, and photos! We will decorate a valentine cookie, make cards, decorate your valentines box (please bring your own shoe box), and we will make picture frames. We can't wait to see you and your little love bug for an afternoon of Valentine fun!

Register by Saturday, February 1st

Ages: 0-5
Dates: Wednesday, February 5th
Time: 12:30pm-2:30pm
Fee: \$8/Member; \$10/Residents; \$12/Non-Residents

Stories at the Station

Join us for our Stories at the Station! We will visit our 3 stations here in Ferguson to hear our men and women in uniform read a story to our little ones. After we listen to a story we will take a small tour of the stations and learn about all the different vehicles there.

Ages: 0-5
Dates: Tuesday, February 11th – Fire House #1
Tuesday, March 3rd – Police Station
Tuesday, April 21st – Fire House #2
Time: 10:00am
Fee: FREE



Valentine's Night Out

Join us for our Valentine themed Kid's Night Out! Parents drop off your kiddos with the Ferguson Community Center staff and take a date night kid free! We will play

games, watch a movie, have crafts, and of course feed the kiddos pizza.

Register by Monday, February 10th

Ages: 5-12
Dates: Friday, February 14th
Time: 6:30pm-10:00pm
Fee: \$6/Member; \$10/Residents; \$15/Non-Residents

Glow Wild

Does your kiddo need a wild night away from his or her parents? Drop off your child at the Ferguson Community Center for our Glow Wild night! We will have our glow in the dark room set up so make sure to send your kiddos in their brightest neon clothes. We will play games, watch a movie, play bingo, and eat pizza. You won't want to miss this Glow Wild Kid's Night Out.

Register by Monday, March 23rd

Ages: 5-12
Dates: Friday, March 27th
Time: 6:00pm-9:30pm
Fee: \$10/Member; \$12/Residents; \$16/Non-Residents

Princesses and Pirates

Calling all Princesses and Pirates! We need some Princess and Pirates to help us walk the plank to play games and crowning our crafts. Be sure to dress as your favorite princess or pirate for a special treat. We can't wait to see you for games, crafts, movies, and pizza!

Register by Monday, April 20th

Ages: 5-12
Dates: Friday, April 24th
Time: 6:30pm-9:30pm
Fee: \$10/Member; \$12/Residents; \$16/Non-Residents



TEEN

Recess 101

The Community Center has a special deal for Ferguson-Florissant School District students on early dismissal/no school dates throughout the school year. Come join us for open gym, game room, computer lab, and pizza! Once admitted, teens must stay inside the building. Pizza will be served at 1:00pm.

Ages: 13-17
Dates: Friday, January 17th
Tuesday, March 10th
Tuesday, April 7th
Time: 12:00pm-3:00pm
Fee: \$2/Participant

Volunteer Day

Do you need volunteer hours for school or do you just love to volunteer in your community? We will be holding our 1st Annual Ferguson Teen Volunteer Day! We will have a wide variety of volunteer opportunities for the teens to do throughout the day. We will cap off the day with pizza and refreshments to thank you for all your hard work! Please sign up with the Ferguson Community Center by January 17th.

Ages: 13-17
Dates: Sunday, January 26th
Time: 1:00pm-6:30pm
Fee: FREE

Hidden Valley Moonlight Ski Trip

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

Age: Teens 13-17
Date: February 1st
Time: 3:00pm-Midnight
Location: Community Center
Fee: \$35/Residents; \$40/Non-Residents

Teen Night In

Join us for a Teen Night In at the Ferguson Community Center! We will have open gym, food, and the game room open. Grab your friends and come hang out in our teen center for a night of laid back and open play fun!

Ages: 13-17
Date: April 17th
Time: 6:30pm-8:30pm
Location: Ferguson Community Center
Fee: \$3/Resident, \$5/Non Resident

SPECIAL EVENT / FAMILY PROGRAMS

Sweetheart Dance

Mothers and Fathers, escort your sons or daughters to this special night of fun! Young ladies, gentleman and their dad, mom, grandparents or guardians will enjoy a light dinner, ice cream bar, D.J., dancing, craft and a photo booth! Space is limited. **Registration deadline is February 3rd.**

Ages: All Ages
Dates: Saturday, February 8th
Time: 6:00pm-9:00pm
Fee: \$35/Couple, \$10/Each Additional

St. Louis Blues Game Night

Enjoy pre-game appetizer and a drinks buffet at Scottrade Center prior to the Blues taking on the Florida Panthers. Indulge in the fact that you won't have to worry about driving or parking. Fee includes transportation, pre-package, and game ticket.

Ages: All Ages
Dates: Tuesday, March 10th
Time: 5:15pm – 10:00pm
Fee: \$95/Person

Food Truck Frenzy

Do you love food trucks, but you don't want to drive all over St. Louis to find one? Come spend your afternoon at Plaza @ 501 for food trucks, music, and activities! We have a wide variety of delicious food trucks available for you to purchase food and drinks. All great food truck events must have music and we have not forgotten that! We will have live, local musicians performing throughout the event. We will have back yard games and coloring for all ages. The Food Truck Frenzy is family friendly, so bring your friends and family for a night full of food, music, and fun

Ages: All Ages
Dates: May 1st
Time: 5:00pm-9:00pm
Location: Plaza @ 501
Fee: Free

ADULT PROGRAMMING

Valentine Social Breakfast

Come out to the Ferguson Community Center for a Valentine Social Breakfast. Enjoy a continental breakfast with loved ones and friends on the parks department.

Ages: 45 & Up
Date: Friday, February 14th
Time: 9:00am-10:30am
Fee: \$5/Members; \$8/Residents; \$10/Non-Residents

Mardi Gras Game Day

Come enjoy a social afternoon of playing games like Yahtzee, Pinochle, Dominoes, and a variety of board games. Lunch and games are included.

Ages: 45 & Up
Date: Tuesday, February 25th
Time: 10:00am-2:00pm
Fee: \$8 Members; \$10 Residents; \$12 Non-Residents

Registration Deadline: Wednesday February 19th

St. Patrick's Day Bingo

Follow the rainbow to one of Ferguson's Classic lunch and bingos! Our March bingo celebrates St. Patrick's Day with corned beef and cabbage. Take your chance to win bingo prizes and attendance prizes. Do you have the luck of the Irish?

Ages: 18 and Up
Date: Thursday, March 19th
Time: Doors Open at 11am-3:00pm
Fee: \$14 Members; \$16 Residents; \$20 Non-Residents

Mystery Meal

If you love good food and enjoy fun-loving people, then this program is for you! Every trip is an adventure, so register to enjoy the day with good food and good friends. All residents can receive door to door pickup. Fee includes: transportation via the Jolly Trolley and meal. A minimum of 10 patrons required for the trip to be made.

Ages: 18 and Up
Dates: Friday, March 6th (**Dead line February 28th**)
Wednesday, April, 15th (**Deadline April 8th**)
Time: 10:00am Pickup; 11:00am Departure
Fee: \$32 Members; \$37 Residents; \$42 Non-Residents

April Showers Game Day

April showers bring May flowers and we're bringing you a day of fun! Help us bring in the spring with a variety of games like Yahtzee, Dominos, Card games, and many more! Lunch and games included.

Ages: 45 & Up
Dates: Wednesday, April 22nd
Time: 10:00am-2:00pm
Fee: \$8 Members; \$10 Residents; \$12 Non-Residents

Registration Deadline: Wednesday April 15th

Winery Day

Come join us to indulge in fine wine. A minimum of 10 patrons pre-registered is required for the trip. Fee covers transportation.

Ages: 21 and Up
Dates: Saturday, May 2nd
Time: 10:00am-6:00pm
Fee: \$10 Residents; \$15 Non-Residents

Registration Deadline: Friday April 24th

Area Casino Day Trips

Need a day out and about? Come test your luck at an area casino! Fee includes transportation only. All residents can receive door to door pickup. Departure is from the Ferguson Community Center. A minimum of 10 patrons pre-registered is required for this trip.

Ages: 45 and Up
Dates: Wednesday, January 29th – Ameristar Casino
(**Registration Deadline January 22nd**)
Wednesday, March 25th - River City Casino
(**Registration Deadline March 18th**)
Time: 9:00am Pickup; 10:00am Departure – 3:00pm Return
Fee: \$5 Residents; \$8 Non-Residents

Monthly Day Trip

Join us for a trip to a St. Louis Area Museum. Fee includes transportation only. A minimum of 10 patrons pre-registered is required for the trip. All residents can receive door to door pickup.

Ages: 45 & Up
Dates: Friday, February 21st – History Museum
(Registration Deadline February 14th)
Friday, May 15th Anheuser- Busch Brewery
(Registration Deadline May 8th)
Time: 12:00pm-4:00pm
Fee: \$5 Residents; \$8 Non-Residents

ADULT EXCURSIONS

St. Louis Wheel and Aquarium

The St. Louis Wheel and Aquarium at Union Station is now open! While at the aquarium you will venture on a self-guided tour throughout the Aquarium. This self-guided tour is expected to take 2 hours. Once finished with the tour you will have lunch at the 1894 Food Café (lunch is on your own).

Once we finish with lunch we will take a ride on the St. Louis Wheel in the temperature controlled pods or you can stop by the St. Louis Union Station Soda Fountain. The fee for this trip will cover the cost of admission for the Aquarium, St. Louis Wheel, and transportation. Lunch and the Soda Fountain are on your own.

Ages: 21 and up
Date: Friday, March 13th
Time: 9:45am – 2:30pm
Depart: Ferguson Community Center
Fee: \$40/Resident. \$45/Non Resident

Tropicana Casino– Evansville, Indiana

Bring along your good luck charm at the Tropicana Casino in Evansville, IN. The casino is now all one level and very accessible for all. You will receive \$8 in free slot play and a \$10.95 meal credit that can be used at the Tap House or Deli. Remember that you must have a valid state ID with you. Cost Includes: motor coach transportation, lunch, and all gratuities.

Ages: 21 and up
Dates: Thursday, April 2nd
Time: 8:00 am – 8:00 pm
Fee: \$40/Residents; \$45/Non-Residents

Gambling Through Oklahoma

This overnight "Gambling Getaway" will take us through Oklahoma for some gambling fun! We will first stop at the Hard Rock Casino and Hotel in Tulsa, OK for a one night stay in a beautiful casino and hotel. While at the Hard Rock Casino you will receive \$10 in free play and a free breakfast. We will next stop by the River Spirit Casino where you will receive \$10 free play. Once we depart the River Spirit Casino we will head to Downstream Casino and Hotel in Quapaw, OK for a one night stay. While at Downstream Casino you will receive \$15 in free play along with 1 free dinner. On our way home we will stop at Indigo Sky Casino where you will receive \$10 in free play and a \$5 food voucher. You won't want to miss this "Gambling Getaway" so be sure to register early as spots will fill fast!

Registration Deadline is April 17th

Ages: 21 and up
Date: Tuesday, May 19th – Thursday, May 21st
Time: 7:00am – 7:00pm
Depart: Ferguson Community Center
Fee: \$230/Resident; \$240/Non Resident
(Double Occupancy) Additional \$78 for Single

Pacific Northwest and California

Explore the majestic Pacific Northwest and California on this 8-day adventure, from the wilds of Mount St. Helens and the Columbia River Gorge to the sophistication of Portland, Seattle and San Francisco. Travel along Oregon's beautiful coast, making stops at Oregon Dunes National Recreation Area, Yaquina Lighthouse, Newport and Coos Bay. Explore Oregon's Wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Explore Eureka, a historic timber and fishing village. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Don't miss one of America's most beautiful regions! Join us for an informational meeting with Collette on October 28th @ 6:00pm at the Ferguson Community Center.

This trip has NO minimum! You will travel with Collette no matter how many people register. **Registration Deadline is April 20th**

Ages: 21 and up
Dates: Sunday, September 20th – Monday, September 28th
Time: Flight Departure-TBD
Fee: Single: \$3,949/person; Double: \$2,999/person
Triple: \$2,949/person



ATHLETICS

Open Play Basketball

Come to the Ferguson Community Center for pickup basketball games. (Half court only) Days are subject to change.

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

Open Play Volleyball

Come to the Ferguson Community Center for pick up volleyball games.
 Days: Mondays and Thursdays
 Times: 3:00pm– 6:00pm
 Location: Community Center
 Fee: FREE/Member; Daily Fee/Resident; Daily Fee/Non-Resident

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.

Ages: 18 and older
 Days: Tuesday, Wednesday and Friday
 Location: Community Center
 Time: 9:00am-12:00pm
 Fees: Daily Rates Apply

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.

Christian Hospital Foundation MLK Celebration Luncheon With Scholarships and Service Awards

The Christian Hospital Foundation is hosting its third annual "Embracing the Dream" Dr. Martin Luther King Jr. Celebration Luncheon on **Friday, Jan. 17, 2020**, from 11:30 a.m.-1:30 p.m. in the Detrick Building Atrium, 11133 Dunn Rd., St. Louis, MO 63136.

The event will be a celebration of inspiration, hope and healing. The Hon. Michael A. Battle, D. Min., is the keynote speaker; and Evangelist Mary Tillman, "Your" Radio Angel 95.5 FM, will serve as mistress of ceremonies.

Scholarships will be awarded at the celebration to one deserving student from each of the Ferguson-Florissant, Hazelwood, Jennings, Normandy and Riverview school districts; Incarnate Word, Cardinal Ritter, Lutheran North and Trinity Catholic high schools, and one student from St. Louis Community College. All scholarship winners must aspire to a career in health care.

The Drum Major for Service Award will also be presented at the celebration to honor the following unsung individuals who have given their time, talents and treasure in service of justice and equality:

LYNN BECKWITH JR., ED.D.
 Chair, Riverview Gardens School District Special Administrative Board
 President, Saint Louis County Library Board of Trustees

ROSEMARY HANLEY
 Chief Executive Officer and Co-founder
 The Little Bit Foundation

HONORABLE REV. TOMMIE PIERSON SR.
 Mayor, Bellefontaine Neighbors
 Pastor, Greater St. Mark Family Church
 Former State Representative

HONORABLE BETTY THOMPSON
 Former State Representative
 Civil Rights Activist

THE EMPOWERMENT NETWORK

Resource center for patients & families affected by prostate cancer
 Sponsorships are available for the celebration. Individual reservations are \$50 and table reservations for eight (8) are \$400. The celebration includes lunch and complimentary valet parking. Proceeds will support Christian Hospital Foundation's activities such as awarding Drum Major Scholarships to local high school and junior college students who aspire to careers in healthcare and improving the health and wellness of our community.
 For more information, please visit www.ChristianHospital.org/MLK-Celebration, call 314-653-5162 or email chfoundation@bjc.org.

Christian Hospital Foundation raises and allocates funds to support efforts such as patient care, advancing medicine and technology, community benefit programs, community health access, staff education and new hospital facilities and equipment.

12th annual Dining In and Acting Out!



An Evening of Entertainment and Dining to benefit the St. Louis Chapter of **Handicapped Encounter Christ (H.E.C.)**

Friday, February 7, 2020

6:00 p.m. - 9:00 p.m.

Savoy Banquet Center

119 S. Florissant Road

This is a family event – All the pasta you can eat.

BASKET
 RAFFLES
 & MORE!

ANNUAL ENTERTAINMENT AND DINING EVENT...to benefit our HEC Retreats!

Tickets are \$20/person for All-You-Care-to Eat Dinner & Entertainment \$30/couple

"Free-Will offering" for entertainment only

Family Rates available!

Reservations accepted, but not required.

Questions? Call Pat: 314-570-3409 / Jeff: 314-524-0500 / Cedrick: 314-326-3981

HISSET/GED

Are you interested in taking the HISSET/GED?

The Ferguson Public Library, in partnership with St. Louis Public Schools, will host HISSET/GED classes starting

THIS SPRING!

Call 314-521-4820 for dates and times!



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

Thank You From Friends of the Ferguson Library

Once again, the FLIERS (Friends of the Ferguson Municipal Public Library) would like to thank everyone--donors, patrons, volunteers, and library staff--for making our "Treasures, Trinkets, and Treats" December sale a success! As well as raising money for the Library, the FLIERS had a lot of fun, and we hope that all of our attendees did, too!

Please, mark your calendars for April, 2020! We expect to have another book sale near the middle of that month. Watch for more information in the "Ferguson Times," or call Janie Norberg at (314) 521-4663.

Important Recycling Information



After collection at the curb, recyclables are taken to a material recovery facility (MRF). With single stream recycling, residents have the convenience of placing all their recyclables together in one container. At the material recovery facility, the job is to unscramble the materials for sale to end markets. Each MRF operates a little differently, but in general a system of conveyor belts, screens, electromagnets and blasts of air separate paper from plastics, glass and other materials. **There is some hand sorting primarily to pull off contaminants such as plastic bags, hoses and other non-recyclables. These items can cause serious damage to the sorting equipment!**

Once sorted, the materials are baled into large cubes of like materials and shipped for processing into new products. In a global economy, some of the materials are sold and shipped overseas in addition to U.S industries and paper mills that depend on curbside recycling to provide raw materials for their products. In Missouri those industries make drain pipe, plastic lumber, picture frames, plastic skirting for manufactured homes, greeting cards, insulation, and pet litter, not to mention glass bottles for our breweries!

NEEDLES need to be disposed of properly to protect sanitary workers.

Needles can go in puncture resistant containers (like a laundry detergent bottle!)

But when the bottle is full of needles, it can no longer be recycled. Re-seal the bottle with a cap and throw it in the trash.

PLASTIC BAGS tangle machinery. Keep any type of plastic bag or film out of your curbside cart and take them to your grocery store!

PLASTIC WINDOWS on envelopes, **STAPLES**, and **RUBBERBANDS** do not have to be removed to recycle paper!

Keep **HOUSEHOLD HAZARDOUS WASTE** out of the recycle cart.

Visit HHWSTL.com on how to dispose of your hazardous waste properly.

Keep the **CAPS AND LIDS** on your bottles and containers!

When put back on, these caps and lids will be able to be processed and recycled. They are too small to be recycled on their own.

No need to rip off **LABELS!**
You may leave labels and tape on your recyclables!

To learn more about curbside recycling in Saint Louis County, visit RecycleSaintLouis.com
Call us at (314) 615-8958 or email us at: recycle.dph@stlouisco.com

Some items **CANNOT** be recycled:
 Window glass, light bulbs or ceramics
 Cookware
 Greasy pizza boxes
 Hardcover books
 Styrofoam
 Plastic bags
 Building materials or scrap metal
 Soiled or Wet Materials

Just one dirty bottle or item can contaminate the contents of a whole recycling truck. Once cardboard or paper comes into contact with food or liquid, it can no longer be recycled.

Did you know recycling just one ton aluminum cans conserves more than 1,204 gallons of gasoline?

Did you know paper makes up nearly 30 percent of waste generated each year?

Did you know greasy pizza boxes are not recyclable?

Did you know recycling just ten plastic bottles saves enough energy to power a laptop for more than 25 hours.

There is a facility right here in north county where the items that cannot be recycled nor thrown in the trash can be taken:

4100 Seven Hills Drive, Florissant MO, 63033 (it is along side a dome shaped building which is a part of the St. Louis County Transportation Department).

This service is available to residents of St. Louis County, St. Louis City, and Jefferson County. This is primarily a paint recycle place, but they also take most hazard waste. The paint is recycled into new paint at a facility in Illinois. There is a charges a fee for recycling paint.

If you have items you feel are too hazardous to throw in the trash, please make an appointment or stop by during operating hours to ensure staff are present to help you. They are only open on Wednesdays and some Saturdays. Go to hhwstl.com

Word Usage

Fathom: It can be hard to fathom how this verb moved from meaning "to encircle with one's arms" to meaning "to understand after much thought." Here's the scoop: One's outstretched arms can be used as a measurement (a fathom), and once you have fathoms, you can use a fathom line to measure the depth of water. Think metaphorically and fathoming becomes about getting to the bottom of things.

Environmental Film "The Biggest Little Farm"

The 2020 Environmental Film Series, hosted by the Ferguson Eco Team, begins **Thursday, January 9** (please note change of day from previous years) with the very popular documentary THE BIGGEST LITTLE FARM.

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Featuring breathtaking cinematography, captivating animals, and an urgent message to heed Mother Nature's call, The Biggest Little Farm provides us all a vital blueprint for better living and a healthier planet.

The film is free and open to the public and will be shown in St. Stephen's Episcopal Church Parish Hall; 33 N.Clay (at Darst), Ferguson, MO 63135.

For more information: (314) 521-8418; carletonstock@aol.com

Financial Focus

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

Financial Health

With the New Year, everyone should reevaluate their financial health. As I've written many times before, the best way to do this is to look at your net worth. Knowing your income and expenses are very important, however the moment in time when you see exactly where you are if you had to liquidate everything gives a true picture of your financial situation. Preparing a Personal Financial Statement (PFS) at least once a year is a great way to see how you are really doing. If you have been doing this over time it helps to see your progress from year to year and hopefully an increase in your net worth.

Knowing what your income and expenses are will help you determine what your budget should be and if you are able to live within your means. Most people would agree that they need to make more money and if they did, everything would be better. So, let's take a look at what an increase in salary could mean.

Since the second half of the last century we've been hearing about the need for a "living wage". Of course, that term means different things to everyone. During the mid-sixties the Federal Government had declared a war on poverty and looked for ways to help out the disadvantaged to lift their way out of poverty. The government adopted guidelines on what is considered poverty level and we've been adjusting that amount ever since. The minimum wage had been established back in 1938 by the Federal Government as a guideline on what wages should be to allow a minimum standard of living. It was hoped to protect workers and stabilize the economy in the post-depression era. In 1938 the minimum wage was 25 cents – seems hard to believe how little it took during those times to maintain a minimum standard of living.

Since that time, politicians and activist groups use the term "living wage" to demonstrate for better conditions for those who may be living within the poverty level or on the edge. There is still much disagreement on just what a minimum wage or poverty level is. The cost of living among our fifty states is very inconsistent, so these figures will be different depending on where you live. In New York an individual could be considered poverty level at \$32,000 per year, while those in the mid-west might be about half of that. When friends moved to California and told me how much their small ranch style home cost, it made us happy to be right here in the mid-west. Even the person charged with first coming up with a living wage amount had pointed out the difficulty in a universal number, yet that figure was established in 1969. It was based on the Department of Agriculture's economy food plan and basically multiplied the cost of food by three. Since then it has been adjusted with the Consumer Price Index to equal the rising food costs. Today for a family of four it is \$25,750.

With that bit of history, if you are on the lower spectrum of wages you may be happy to know that the State of Missouri's minimum wage went up to \$9.45 effective January 1st. And it will continue to go up by \$.85 until we reach \$12.00 in 2023. After that it will be indexed with the CPI. For those making less than the minimum wage this was certainly welcome news; for employers it is certain to increase their costs and may have some unintended consequences. Meanwhile, the Federal minimum wage is just \$7.25, over half of the states have a higher minimum wage with the District of Columbia being the highest at \$15 per hour. Moving to DC isn't necessarily going to help you live better because the cost of living is higher. And as we go through this new year, the topic of minimum wages and a living wage are sure to be hot topics.

Let's get back to that PFS (Personal Financial Statement). Since this is considered the best measure for how well people are doing, you'll need to know what your assets (things you own) and your liabilities (things you owe) are. So, if you have a car and it is worth \$10,000 and you owe \$9,000 – your net worth is the difference of \$1,000. The asset is the car and the liability is how much you owe on the car. This is very simplistic, so as you prepare statement, make sure to include everything. Assets would include cash in your pocket, your bank account, your savings accounts, other investments and your home if you are a home owner. If the largest number in this list of assets is the value of your home you are not alone. For most of those in the middle class the value of their home is their biggest asset. If you are older and nearing retirement this could be a real eye opener, if that is your only real asset, retirement might be further away than you hope. For those with many years of employment ahead, it may not seem quite as concerning, something you want to consider as you plan to build your net worth.

Here are some things to think about as you look for ways to improve your financial health. Socking away a small amount each paycheck is possible and seems to be easier for most people if they can make it happen before they even see their paycheck deposited. Many employers allow two accounts for your direct deposit – the amount to cover monthly bills would go into your checking account and the raining day or emergency fund would have a repeating deposit of a small amount with each payroll. A few companies are experimenting with offering a new benefit to help employees save. They could enroll in a financial literacy program and sign up for a small portion of their pay going into a savings account – if they complete the program and maintain the savings they would be rewarded with \$1000. It would seem unlikely that someone wouldn't want to participate, but people leave

Ferguson Twilight Run Saturday, May 16



Register Now

The Ferguson Twilight Run began eleven years ago as a way to engage North St. Louis County residents in healthy activities. Since then, the race has grown to become a premier event for the entire St. Louis region. The 11th Annual Ferguson Twilight Run on Saturday, May 16, 2020 features a 10 mile, 10K, 5K, 1 mile, and virtual run race options.

Applications Now Being Accepted for the 2020 Donnie White, Sr. Memorial Ferguson Twilight Run Beneficiary Award

Since 2010, nearly \$90,000 in race proceeds have been donated to local nonprofits that support healthy and active lifestyles for residents of Ferguson and North St. Louis County through the Donnie White, Sr. Memorial Ferguson Twilight Run Awards. Local nonprofits that celebrate the healthy and sustainable aspects of physical fitness in North St. Louis County are invited to submit an application for the 2020 Donnie White, Sr. Memorial Ferguson Twilight Run Beneficiary Awards. Applications are due January 17, 2020. <fergtwilighrun.com>

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money on the table every day that they don't contribute to a 401k to get the employer match. Another benefit for the employer is that so far it appears that the retention rate for employees taking part in such a program is 30% higher than those non-participants. Even if your company doesn't have such a plan, it is worth your while to make it happen yourself by setting up two accounts for direct deposit or even scheduling an automatic transfer to savings from your own checking account on payday.

Shoring up your net worth should always be a goal. No matter how much or how little you make, a small sacrifice now will yield many benefits in the future. And for the entire community, having financially fit families and stable neighborhoods makes good sense. Whether you have a family or are young and single, your financial condition can help the community. So why don't more people work towards that end? Sometimes it looks like people are so used to just living paycheck to paycheck they don't take the time to see where they stand and look for ways to build a better future. Since my days of being a banker, I have always hoped to help those less financially savvy folks learn enough to improve their lives and become more comfortable. Through my experience I have noticed that home ownership is the best way for most young people to get ahead and become more financially secure. This certainly doesn't need to be the only way because if you don't have the time or ability to maintain a home, it could be a bad decision. Today many condos can be purchased and help you build equity without some of the maintenance needed with a house. So, it pays to look at options.

Looking for opportunities to increase your savings and invest in assets that can appreciate is always the best way to build you net worth.

Next month, I'll be looking at some ideas right here in St. Louis that can help those who are living paycheck to paycheck to work on changing to make this year the one showing an increase in your net worth.

If you have any questions or comments please contact me at cleav73@sbcglobal.net.



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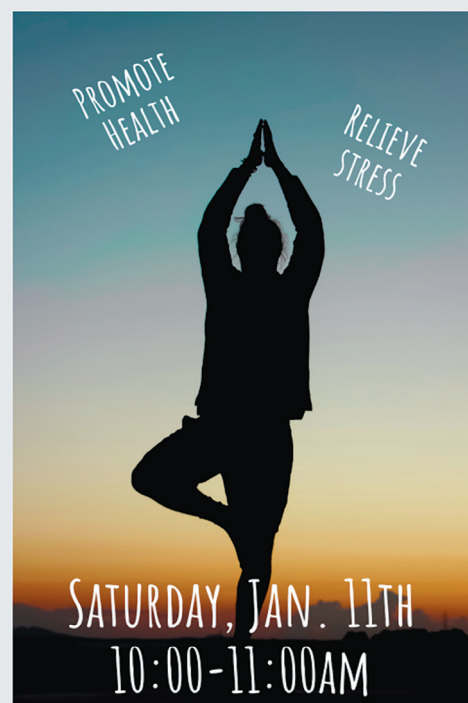
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Edward Jones Perspective

by Joe Meyer

Time for Some New Year's Financial Resolutions

Have you thought about your New Year's resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health – so it's a good idea to develop some appropriate resolutions for this area, too. What kinds of financial resolutions might you make? Here are a few suggestions:

• **Increase your retirement plan contributions.** One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.

• **Use "found" money wisely.** During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.

• **Don't overreact to market downturns.** You've probably heard stories about people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mis-

take is over-reacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.

• **Be financially prepared for the unexpected.** Even if you're diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip into your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account.

It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

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



NEW YEAR'S RESOLUTIONS

So, what are we all wishing for in 2020? Here were the top 10 New Year's resolutions in 2019 according to a survey of 2,000 people:

1. Diet or eat healthier
2. Exercise more
3. Lose weight
4. Save more and spend less
5. Learn a new skill or hobby
6. Quit smoking
7. Read more
8. Find another job
9. Drink less alcohol
10. Spend more time with family and friends

Trivia

All answer begin with the LETTER "U"

1. Your mother's brother
2. Hawaii's small guitar
3. Seat finder
4. Soft side of furniture
5. Higher than high school
6. Did it begin with a big bang?
7. German ship sinker
8. Madame Curie thought this was an element of surprise
9. Soldiers' entertainment
10. Common name of the British flag
11. You stand on your head to eat this dessert
12. Unattractive mallard

See answers at bottom of page 23.

Can We Talk?

Can We Talk – The Strength of Community Depends on How We Communicate.



PROUD
People Reaching Out for
Unity and Diversity

Summary of December 7th Meeting:

Attendees:

Cassandra Butler, Keith Kallstrom, Lindsay LaMarche, Laverne Mitchom, Alan Mueller, Becky Mueller, Joan Stierwalt

Although a quorum was present, we decided to keep the meeting informal. Therefore, this summary is provided in lieu of formal minutes.

The meeting consisted of a potluck brunch followed by planning for our proposed public event. The meeting ended without consensus regarding the event, therefore, it was agreed to delay the public event until after next month's meeting.

The proposed topic, title, and objectives were approved with one change. The title will be changed to "Can We Talk? – The Strength of Community Depends on How We Communicate."

Besides the objectives listed for the event, there are several additional objectives that pertain to PROUD:

- we need to show our ability to provide a safe environment for these discussions so people are willing to come to future events.
- we need to show our ability to remain neutral so no one feels left out or attacked.
- we need to ease concerns of the City Council and staff, showing that PROUD does not have a specific political bent and believes that working together would be beneficial for all.

The event should discuss true life conditions on social media, at town halls, etc. These are arenas where there are no guarantees that participants will abide by any type of conversational agreement. Too often, these open forums are subject to harsh language and even intentional sabotage. Policing free conversations is impossible and potentially more destructive than the conversations themselves. The purpose of our event is to explore ways to constructively navigate public conversations.

There are two views on how to handle the meeting. PROUD could teach conversational techniques, either directly or by modeling methods. Some at the PROUD meeting felt this was not appropriate since it provides a top-down approach with someone claiming to have the answers for everyone. The alternative view feels the event should allow for participants to let conversational guidelines and agreements develop organically through the course of the meeting.

If we decide to model behavior, the best model to use is the Readings on Race Book Club. The club is successful because everyone chooses to be there. Their meetings provide for respectful, open discussions that often end up providing "therapy" for the participants.

Four meeting formats were discussed:

- Open town hall. (This format was selected by consensus.)
- Panel discussion followed questions to the panel from the audience. (The event needs to be more participatory than this format permits.)
- Fish bowl to model conversation techniques followed by small group discussions. (See comment above.)
- Have group reading of actual or fictitious on-line conversation thread and ask participants to comment on scenario. (Option presented, but not discussed.)

The only agreements that our event should have are:

- The Facilitator is the baton holder and will control the order of speakers.
- Each speaker is limited to three minutes (or as agreed by attendees).
- The Facilitator has the right to ask anyone who is disruptive or abusive to leave.

It was suggested that we survey the meeting participants before and after the event. The event absolutely must be part of a series with follow-up events.

Cassandra will check availability and costs of using Community Mediation Services. Another option might be to ask Billie Mayo to act as facilitator.

Future Courageous Conversation topic: "What is the Ferguson Effect?"

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Join us for a relaxing hour of strengthening Jan. 9th and 23rd at 1:30 pm

Snowman Celebration

With Entertainment by "Bryan Foggs" Complimentary Lunch following, Tuesday, Jan. 14th at 10:30 am RSVP by Jan. 10th 314-838-3877

Stay Well

"The Benefits of Exercise" with ENVISION Home Health. Thurs, Jan. 16th at 9:30 am. Complimentary Breakfast at 9 am RSVP by Jan. 10th 314-838-3877



Under The Hood With Robinwood
By Bob McGartland

New Year's Resolution for your Vehicle

Welcome to 2020 and a new decade! The start of a new year is a time for resolutions. You can make resolutions for yourself for the new year, but how about making some for your vehicle too? One resolution to think about is taking care of your vehicle, your big investment. The best way to take care of your vehicle is with regular maintenance. This is the best way to keep your vehicle safe and reliable. At Robinwood, we perform a complementary multi-point inspection of important safety systems. If there is an issue, we can determine what it is and inform you of options. Preventive maintenance provides you peace of mind, saves you time and money and extends the life of your vehicle.

You might also make a resolution for the overall care of your car. Maybe you want to wash it more often or have it detailed. Doing some minor inspections on your car in the long run, can make a huge difference in keeping costly repairs down. Walk around your car once a month. Turn the head lights on to see if they're both working, as well as your tail-lights; turn the left and right blinkers on; turn the hazard flashers on, you should see two lights flashing in the front and in the rear. Raise the wiper blades off the windshield to see if the edges of the rubber are tearing. Replace your wiper blades before they continue to tear more. Start the car, turn the steering wheel all the way to

left or right and look at the two front tires. Often the inner edges of the front tires start to wear. If that is happening it is time to have all 4 tires inspected. As you are standing at the front of the car with the engine running, listen for any unusual noises from under the hood. Noticing a small noise early on and having it looked at can avoid a costly repair.

Other resolutions for your vehicle could include how you drive. Obeying the speed limit and keeping a safe distance between you and the vehicle in front of you are a couple of examples. Not only does it increase the safety for you and your passengers, but it can increase the safety of those around you. If your vehicle doesn't have daytime running lights, another idea is to turn on the headlights when you drive during the day. If it is partly cloudy or even a little foggy, having the lights on will help others see you.

Distractive driving has become a huge safety concern. If there is one New Year's resolution to make and keep is this one: Put Your Cell Phone Down. Resolve not to text and drive so all of us can arrive safely to where we are going.

Be determined to make and keep your personal and car care resolutions. The benefits will be rewarding.

Wishing everyone a Healthy, Happy, Safe and Blessed New Year!

Is Lithium-ion the Ideal Battery?

For many years, nickel-cadmium had been the only suitable battery for portable equipment from wireless communications to mobile computing. Nickel-metal-hydride and lithium-ion emerged in the early 1990s, fighting nose-to-nose to gain customer's acceptance. Today, lithium-ion is the fastest growing and most promising battery chemistry.

The energy density of lithium-ion is typically twice that of the standard nickel-cadmium. There is potential for higher energy densities. The load characteristics are reasonably good and behave similarly to nickel-cadmium in terms of discharge. The high cell voltage of 3.6 volts allows battery pack designs with only one cell. Most of today's mobile phones run on a single cell. A nickel-based pack would require three 1.2-volt cells connected in series.

Lithium-ion is a low maintenance battery, an advantage that most other chemistries cannot claim. There is no memory and no scheduled cycling is required to prolong the battery's life. In addition, the self-discharge is less than half compared to nickel-cadmium, making lithium-ion well suited for modern fuel gauge applications. Lithium-ion cells cause little harm when disposed.

Despite its overall advantages, lithium-ion has its drawbacks. It is fragile and requires a protection circuit to maintain safe operation. Built into each pack, the protection circuit limits the peak voltage of each cell during charge and prevents the cell voltage from dropping too low on discharge. In addition, the cell temperature is monitored to prevent temperature extremes. The maximum charge and discharge current on most packs is limited to between 1C and 2C. With these precautions in place, the possibility of metallic lithium plating occurring due to overcharge is virtually eliminated.

Thoughts for the New Year

All of us could take a lesson from the weather. It pays no attention to criticism.

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

Good health is merely the slowest possible rate at which one can die.

Don't worry about old age – it doesn't last that long."

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Traveling With Marveena



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ROMANIA



Poenari Fortress, which requires a trek up 1,462 concrete steps up a mountain to reach

As you read this month's article, I will be visiting my 34th country. People always ask me, "What's your favorite?" My favorite country, and my favorite trip, was the one we took in 2011 to Romania. Let's talk about Romania and Brasov, located in the historical region of Transylvania. I had found a Dracula tour over Halloween, a nine-day guided tour of Romania including the history of the legend of Dracula. I have been fascinated with the country since I was a little girl and my grandma used to tell stories of the gypsies and we believed we were descendants of

them. Add to that the history, the culture, the architecture and the political culture, and this was a country I had to go visit.

Bucharest, the country's capital, was a little overwhelming but beautiful on this fall, blustery day. The beauty of Romania is complimented by the friendliness of the people. Romania has a complicated history and far too lengthy in detail for this article, but the first human remains found in Romania date back over 40,000 years ago. Greek colonies were established in the 7th century, and the Byzantine missionaries arrived from the east in the 940's. Although war and the many battles followed for the next few centuries, the Treaty of Paris put the Danubian Principalities under the collective guardianship of the Great Powers in 1856. Although Romania attempted to remain an independent country, the 1947 Paris Peace Treaties, legalized the presence of the Red Army. The country would remain under Soviet control until the December Romanian Revolution of 1989, Soviet Romania ending on December 22, 1989. After the fall of communism, the country developed close ties to Western Europe and the United States, eventually becoming a full member of the EU January 1, 2007.

We arrived in Bucharest a few days before our tour started and spent time exploring this capital city. It was 2011 and only four years after fully becoming an EU member, and the city was at a crossroads of holding onto their history while working towards progress. Most Romanians in the city spoke English, but even if they didn't, we were still able to communicate using the books and pictures we had. The currency exchange was not as easy and the infrastructure for credit cards was nonexistent. Luckily, we had exchanged some money at the airport but by the third day we were running very low. I am sure this has improved since we were there but never take for granted you will be able to exchange money anywhere. Nonetheless, we enjoyed the city and the architecture was amazing!



Interesting architecture is everywhere in Romania.

We joined our tour for a dinner reception and headed out the next morning. The tour was a whirlwind. First was a visit to Sighisoara, a medieval town that was engulfed in fog, which only made it more eerie and Halloween like. Targovishte and their amazing water tower; Poenari Fortress, which requires a trek up 1,462 concrete steps up a mountain to reach, but completely worth it, and the breathtaking Peles Castle. The highlight of our tour though, was definitely Bran Castle, Brasov and our Halloween Party.

Halloween day we arrived at our hotel to get ready for our Halloween party, and if you have watched Cold War Russian movies or television, that was exactly what our hotel looked like. By this time, we were completely out of cash, so Chris left the hotel to find a currency exchange office and I stayed to get ready. The hotel had never had every room filled, this is very rural Romania remember, and with everyone getting ready for the party they simply couldn't keep up with the electrical demand and the hotel lost power. Interestingly, no power not only meant we were only half ready with our

costumes. Some people really only had one side of their face done, the other side not. It also meant Chris couldn't get back inside the hotel and we couldn't get outside to board our bus. Disruptions like these are not uncommon when traveling to developing countries, so plan accordingly. Although the power wasn't on, eventually they did figure out how to open the doors and off to the party we went. The party was in a medieval castle and featured historic performances, traditional food and mulled wine. Everything was 5 stars...fantastic!



We arrived at Bran Castle in the early afternoon towards the end of the tour. I had dreamed of seeing this castle for years and it did not disappoint. We toured the castle and the grounds, it is a little touristy now, they even have a Dracula themed haunted house, but if you can overlook all that the his-

tory and architecture is worth the 19 hours it took to get there. After touring the grounds and the town we headed out to visit Brasov.

The Legend of Dracula is based on the life and times of Prince Vlad Dracul, better known as Vlad the Impaler. Vlad is considered a national hero in Romania, who became the ruler of Wallachian in 1436. Vlad's brutality is widely reported; stories, poems and reports often speak to his thirst for blood and passion for impaling his victims. There are over 20 manuscripts written in Slavic alone detailing his cruelty. Interestingly, these stories only make him more of a hero to the Romanian people because this cruelty was believed to only punish those enemies of the state. It is estimated he killed 80,000 people and impaled some 20,000. Eventually, he was killed by the Ottomans who beheaded him. In Bram Stoker's Dracula, Dracula lived in a castle in Transylvania, but Vlad never actually lived in Transylvania, hence Castle Bran, not Castle Vlad. Vlad is still considered the national symbol for Romanian independence.



Shrouded in fog, our first stop was the medieval town of Sighisoara.

After dinner the final night of the tour, we stayed in Brasov, while most had left with our tour guide. The people of Romania work incredibly hard to show tourists a great time and this night they went out of their way! They called their singer to come in on her night off to perform for us; they took us underground to see the tunnels used to escape capture during the wars; and provided us traditional dancing and drinks. There were no extra charges; they only asked we give them good reviews. They are such a friendly, hard working group of people. One knows they have had many struggles but their attitudes never let on. The books and magazines rarely report what happened to these countries after the fall of communism, but speaking with them they will tell you the difficulties and the hardships they have faced. Once communism fell things became worse for many people and for some, that hasn't changed. The safety net they had become accustomed to was there one day and gone the next. There is a fantastic book on post socialism that helps really explain the struggles.

I could write for hours on Romania. The country was really like nothing I had experienced before. So much history, the most beautiful landscape and the friendly people. I would love to retire there, in the hills of Transylvania, either running a bed and breakfast or just in my small little cottage.

I encourage everyone to visit the country and if you can't visit, at the very least learn about it. The history of Vlad the Impaler, the Cold War and the fall of communism and now the beginnings of the EU partnership. In Romania you can do as much or as little as you want, there is really no reason not to visit.

Reconstruct of Hwy 270 to Begin in the Spring



If you think the highways in north county were bad during the Holidays, just wait until an overhaul of a congested stretch of Interstate 270 begins with construction of a \$278 million project.

Local construction mainstay Millstone Weber and Virginia-based Parsons Transportation Group will begin the work next spring on an 8-mile stretch of Highway 270 between Lindbergh and 367. The work is expected to last through 2023.

The plan calls for adding a new eastbound lane and new westbound lane along that stretch, increasing the total to four or five on each side depending on the segment involved. Eight interchanges will be rebuilt, 12 bridges on and over the highway replaced and seven new bridges constructed.

In another major change, the north and south outer roads — officially known as Dunn and Pershall roads — will be converted from two-way to one-way between Hanley/Graham roads and Old Halls Ferry Road. It is not clear as to which will be designated east bound and which will be west bound. The reconstruction will eliminate all of the at-grade crossover slip ramps that you see along Dunn, and phase out the exits where people on Dunn have to stop and yield to cars coming off the highway.

Pedestrians and bicyclists will have shared-use paths alongside Dunn and Pershall. The Dunn path will be from Lindbergh to Breezy Point Lane and the Pershall path from Hanley/Graham to Old Halls Ferry. While construction is underway, the contracting team has committed to keeping three lanes open on each side of the highway during peak traffic times.

This stretch of highway is the most heavily congested segment of 270 between Interstate 70 and the Mississippi River and also where there are a lot of the safety issues and crashes.

It isn't necessary to tell the people of Ferguson how bad this stretch of highway has been in recent years. Traffic going into Illinois starts backing up as early as 3:30 - 4:00 p.m. on weekdays.

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Back Pain and Yardwork

1. Use the Right Tools

Buy a rake that's tall enough for you to stand up straight while working. Bending over strains your back, neck, and shoulders, resulting in pain. For shovels, a bigger scoop means a larger, heavier pile of snow. If you can't pick that much snow up, opt for a smaller scoop. And find a shovel that matches your height, so you can keep your back straight while slightly bending at the hips.

2. Warm Up

Stiff muscles are more prone to injury, and if you've been sitting all day, they are unworked. Stretch or walk around the block for five to 10 minutes. This will warm up your muscles, so they elongate and contract better.

3. Wear the Right Clothes

Choose boots with a strong sole to prevent you from slipping and landing on your back. Gloves with proper grip will stop objects from sliding out of your hands, which can cause you to contort your body in an attempt to grab the item.

4. Change Positions Often

Every few minutes, rake with your opposite hand, or even do a few stretches to prevent your muscles from cramping.

5. Bend From the Knees

Whether you are lifting a bag of leaves or pile of snow, always keep your back straight and bend at the knees. Never bend at the hips, or hunch over the object. Instead, use your knees to squat down. Then stand straight up, keeping your back straight. Failing to do so can seriously injure your back, resulting in long-term back pain.

Note: If you do strain your back, call Dr. Robyn. Your amazing body will eventually heal itself, but instead of suffering for weeks, with Dr. Robyn's help, you can limit that pain to just a few days.

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



Membership Meeting

Thursday, January 9th

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Annual Meeting

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At least your Christmas decorations aren't poisonous

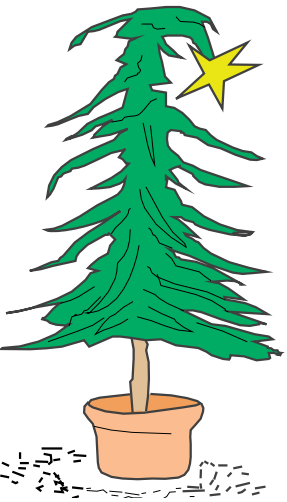
As I'm dismantling my Christmas tree, it takes me back to my younger days when tinsel was still used to simulate icicles on the tree. The word 'tinsel' was taken from a French word meaning 'sparkle' and hanging the metal strips on the Christmas tree picked up the light from the surrounding candles. This tinsel also helped to fill in the empty spaces on the tree. Artificial trees had not been in use at the time, so a real tree was placed in the house, and, of course, it was never perfectly shaped.

Tinsel was originally narrow (about 1/8th of an inch wide) metal strips of silver, making it affordable to only a few. The trouble with silver was it tarnished, and would have to be polished every year it was used. Can't you picture seeing the house servants sitting around the kitchen fire polishing the tinsel?

Later alternatives made of aluminum and copper were used in place of silver and so it became much more affordable and could be used year after year and it did not dull with tarnish. Copper was popular before World War I when it became much in demand for the war effort. Aluminum proved to be incredibly flammable; not what you would want to use on a candle lit tree.

So, what was the next step? The manufacturers turned to lead. Lead tinsel didn't tarnish, didn't burn, and was heavy enough to stay on the tree, even when the tree was jostled or wind-blown. That is the tinsel I remember. We would painstakingly place each strand on the tree branches and it really did look like icicles.

When we disassembled the Christmas tree sometime in January, we would carefully remove each strand (some of the strands were 18 to 20 inches long) and lay them on a newspaper. Then we would roll up the newspaper and store the package in the ornament box to be retrieved the following year.



Lead tinsel came to a halt in the '70s because there was a growing awareness of the risks of lead poisoning. (It was only a few years later that lead was outlawed in paint). Many families hoarded their lead tinsel from year to year because it was no longer available.

Now the tinsel manufacturers had to come up with another alternative. They chose plastic. It is a pale imitation of the lead because it does not have the heft nor the shine. If you open a door and there is the slightest breeze, the tinsel blows all over the tree and no longer resembles icicles.

When my children were little, and all the ornaments and tinsel were removed from the Christmas tree, we would take the dried up tree outside to the barbecue pit and 'burn Christmas'. It was scary when a match was held to the tree and it would roar with fire and burn to just ashes in what seemed like a few seconds. It was a good lesson in just how dangerous Christmas can be, and how to watch your fire safety.

Sherlock's Pal



Let me do my best Jesus impression from his Sermon on the Mount: "You have heard it said, 'Hindsight is 20/20,' but I say unto you, 'Hindsight may not be 20/20, but it is certainly more accurate than foresight.'"

Now that our Gregorian calendars have pulled an annual Bob Seger-style "Turn the Page," there will be a plethora of jokes and memes based on the sad reality that there will never be another year with the title "2020." Wouldn't you love to see Barbara Walters host a New Year's Eve party and exclaim at exactly midnight, "I am Barbara Walters, and this is 2020."

The phrase "Hindsight is 20/20" will probably be heard in the year 2020 more than any other time in human history. We might get exasperated hearing it so much, and yet there will be one positive consequence of lavishing so much attention on this phrase: We might think more seriously about what it means and how it might apply to our lives.

Pardon my mansplaining . . . "Hindsight is 20/20" is a saying that means it is much easier to know what the right thing is to do after an action or event has taken place and we can now see the consequences more clearly. My favorite form of 20/20 hindsight, tongue-in-cheek, is what happens the day after a full slate of professional football games, called "Monday morning quarterbacking". This phrase doesn't apply just to the next day assessment of coaching, quarterbacking, and refereeing decisions. It applies to anyone who judges and criticizes someone else's decision-making skills in any forum after the fact.

(Note: this differs slightly from the more confident species of man cave dwellers called the "armchair quarterback," who sits back and judges and criticizes while the action is taking place. They don't need to wait for Monday morning to share their obvious expertise . . . ouch! I just bit my tongue!)

Certainly, we humans would occasionally change our decisions and actions if only we knew how they would come to fruition. Human activity is handicapped in that we can't always predict a future outcome, and so it behooves us to be attentive to the actual outcome of our decisions and actions so that we can be better suited to make decisions the next time a similar scenario arises.

The lesson we can learn from all this ogling over the phrase "Hindsight is 20/20" is exactly that: Let us learn from our mistakes so that we don't have to keep repeating them. (Translation: Next time, Mr. Quarterback, throw the ball away rather than take a sack.) As a preacher this applies to me as well: I should take notice as to how people react to my preaching style, content, length, etc., so that next Sunday I can do better. (See? I'm no different than a professional quarterback.)

By the way, I predict (i.e. "foresight") that ophthalmologists will be Time magazine's 2020 "Person(s) of the Year." I'm certain that a few of the more creative types in the ophthalmology business have already started licking their chops in anticipation of their profession's upcoming fortuitous windfall. People who have until now stubbornly refused to believe that their eyesight is failing will storm the eye doctors' little storefront clinics like Santa Anna's army overwhelmed the outmanned Alamo.

On a lesser note, we preacher-types will make much hay out of all the "seeing" metaphors in scripture, hoping that this will be the year when our parishioners will finally get our corny jokes, innuendos, and subtle points because mansplaining is bad form.

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

After you have thought about how you might have written this article better, please email me at: sherlockspal@yahoo.com

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My friend asked me where I see myself in the new year.
I answered, How would I know. I don't have 2020 vision.

The year 2020 is going to be filled with so many puns
about perfect vision
. . . I can't wait to see them all.

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January, 2020

By Bob McCarty

I've been thinking about New Resolutions lately, as I'm sure we all have, and trying to come up with my personal resolution. I usually have resolutions like learning to whistle or to

write in cursive, but those resolutions were hard without a lot of practice. This month, my resolution is to read a poem a day so next time you see me, ask me how I'm doing with that.

To start the year off right, I would like to put this here for your enjoyment.

FOR SALE - AS IS

by Virginia (Ginny) Ellis

"For Sale - As Is," read the realtor's ad,
"Furnishings Included,
Beautiful Home, Magnificent View,
Private and Secluded!"

With interest, I approached the house,
Neglected, of course, and run-down,
Cobwebs and spiders, mouse tracks and mice,
And layers of dust all around.

The realtor said she was 'sorry,'
She had not seen this place before,
Her orders had come in the mail,
"Sell the house - as is" ... nothing more.

Distaste for the place showed on her face,
But I smiled and said, "I've seen worse,"
"Well, I haven't," she said, with disgust,
Her voice sarcastic and terse.

Wainscoting and woodwork - yellowed with age,
Hand-carved banisters - broken and cracked,
Floors - moaning and groaning under our weight,
Brass fixtures - discolored and black.

But all around, clues could be found
This once was a house that was prime,
Though it had had no loving care,
For a very long, long time,

A grand staircase swept up from below,
Elaborate in marble and teak,
Time and grime may have stolen its shine,
But there it stood ... still proud and unique.

Then next a great room with huge windows,
Surely a ballroom meant for a dance,
Its draperies, musty and dusty,
Yet displaying an old elegance.

A chandelier hung from the ceiling,
Though archaic, it welcomed the light,
It gleamed a bit when the sunshine hit,
Thus proving it still had a life.

I closed my eyes and saw ladies in gowns,
And men in full dress, bowing low,
I heard a lively tune that filled the room,
And caught myself tapping my toe.

I saw children on the banisters,
I heard them giggle sliding by,
I saw them racing one another
Up the stairs for one more try.

The pictures in my mind persisted,
This abandoned place was once a home,
Love, warmth, and cheer one time were here,
Though now it was cold and alone.

"I'll take the house!" I blurted out,
The realtor was struck dumb,
"Yes, I know what I am doing!"
She stood there, startled and stunned.

The price was right; the deed was done,
My name went on the dotted line,
We shook hands; she left in haste,
I guess for fear I'd change my mind.

I looked about and made a vow,
I swore I would revive this place,
Too much still alive in here,
Not time to go or be replaced.

I had the needed tools to use,
Soap and water ... and elbow grease,
But most of all what I possessed
Was a wondrous dream that would not cease.

From laughing children on a staircase,
To dancing feet on polished floors,
From opened curtains at big windows,
To sunshine streaming in galore.

The poor realtor no way could see
The same house that I saw,
She only used her eyes to look,
So, she could not see it all.

Thus, to see things best, I must suggest
One employ all one's faculties,
Not just one's eyes to look around,
But use one's heart to fully see.

I've had this poem in this space a few years back and as I looked for more poems by Ginny, the website is gone. If you like to read poetry and took advantage of looking at that website, there were a lot of goodies there. I'll look for that site again in this new decade of the 21st Century.

Happy New Year and Bob is on the job.

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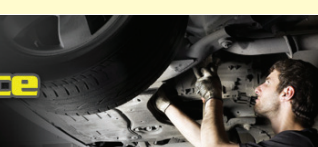
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Ferguson Motor Service



Ferguson by Foot

By: Margaret Wolfbarger



Have you ever felt unsafe and afraid? Have you wished your circumstances were different but felt powerless to change them? Have you looked at your resources and considered them lacking, maybe even non-existent? How did you respond?

She was one of 24 children and married when she was 13 years old. After giving birth to two sons, she discovered her husband was a bigamist and divorced him. She saw what happened to people on

welfare and made an important decision; Sonya would provide for her family on her own.

When times were difficult, she would quote a poem by Mayme White Miller called, "Yourself to Blame". The last lines gave her much needed courage. "You're the captain of your ship, So agree with the same—If you travel downward, you have yourself to blame."

This can be a hard concept to grasp when circumstances beyond our control rain violent fury on our hearts. We are fired from our job. The landlord won't fix the leaking pipes. A fire destroys everything of value. Shots ring out in the nights and pierce the tender flesh of innocence. The heart stops beating, and we sift through the ashes, trying to find meaning and hope in the scattered remains of dreams long dead. But the truth remains, it is how we respond to adversity that really matters.

The New Year brings with it so much hope, but even so, the past can feel like a dark stain on our souls.

I have recently been contemplating the raging violence in our community. Gun shots ring out in the night and life blood spills from the street into the living room. The classroom is not safe as our children contend with teachers and each other. Neighbors peer out of windows and distrust or despise their neighbors—unwilling to make an introduction or enter into an uncomfortable conversation. The result is a community divided and hearts isolated from a unifying vision for the future. We are quick to anger and hasty to justify our emotions. As the years pass, nothing seems to change. We choose to remain in the comfortable isolation of apathy.

What is the answer? We must first peer into the dark corners of our own hearts.

The prophet Jeremiah once had words from God for a violent community, "The heart is deceitful above all things, and desperately sick; who can understand it? I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds." Examining our hearts can be a difficult and painful process. It takes courage to admit our faults and indiscretions. It's easier to place the blame on someone else and bask in self-pity. But we cannot heal until we expose the wound. We cannot recover from our deadly sickness until we acknowledge the fever.

Those who follow the teachings of Jesus do not walk an easy path. Jesus taught, "Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven." Jesus expected the people who love him to be the tangible "hands and feet" of God. He told them to take care of orphans and widows, help the poor and needy, and not to seek retribution on those who have harmed us. But we cannot do any of these things until we surrender our hearts to Him to be made clean.

I have often wished my circumstances were different. I have been envious of my neighbors with nicer houses. I have looked with fear and loathing at the stranger next door. I was often unwilling to forgive the people who stole from me—choosing instead to steal back what I felt was rightfully mine. I have hidden behind my personal doctrine of "fairness" and meted out judgement to unsuspecting bystanders. I am not innocent! But I am forgiven by the One to whom my sin matters most. I believe God can change the most bitter heart because He changed mine.

In his book, "Gifted Hands: The Ben Carson Story," he said, "My mother, a young woman with hardly any education, came from a large family and had many things against her. Yet she pulled off a miracle in her own life, and helped in ours. Part of Mother's strength came from a deep-seated faith in God and perhaps just as much from her innate ability to inspire Curtis and me to know she meant every word she said."

A Parent's Guide to School Bags

From packing nutritional lunches to getting flu shots, there are many ways to keep your kid healthy throughout the school season. However, many parents overlook the importance of backpack safety. How do you know your child has the right size book bag and if they're using it properly? Improper backpack use can increase the risk of severe back pain. To help you keep your little student healthy and comfortable, here are a few important details every parent should know about backpack safety.



How Do Backpacks Contribute to Back Pain?

Between hefty books, lunchboxes, and other school supplies, backpacks can get incredibly heavy. When they weigh too much, these sacks can place stress on the spine. Over the school year, the pressure may cause vertebrae to become misaligned, resulting in painful muscle tension and pinched nerves.

Book bags are designed to help distribute weight evenly, but if a student isn't wearing it properly, the child can also cause harm to their body. For example, wearing only one shoulder strap can throw off one's posture and contribute to various physical injuries.

What Features Does a Safe Backpack Offer?

The American Academy of Pediatrics recommends using bags that feature wide, padded straps for each shoulder. If they are too narrow, they may cut off circulation and cause the child to make adjustments that lead to injury.

Choose a bag that offers many pockets, as this will help your student distribute weight evenly. Waist straps are another helpful feature that can help stabilize backpacks that are filled with books or projects for their next class.

Are Roller Bags Safer?

Despite popular belief, roller bags are not better on kids' backs than standard book bags. Carrying these bags can cause children to develop poor posture. They might also lift it regularly, which can increase the risk of back injuries.

How Should My Child Use Their Backpack?

Once you find a product that fits your child comfortably, encourage them to adopt safe habits. For example, these bags should never weigh more than 10% of your child's body weight. Using lockers and keeping extra books at home can help reduce the total weight they carry.

To prevent back pain, adjust your child's bag to rest it close to the body and about two inches above the waist.

Thanks to Robyn Lawrence
Local Chiropractor

Sonya Carson taught Ben and his brother about the love of God. She believed it was powerful enough to heal the wounds they bore at the hands of their father. She raised them to turn their hate over to God and to soak and exude His love instead. It seems like such a small thing, but as anyone can attest, when someone hurts us, the wounds can go very deep.

I believe the community of Ferguson, Missouri is full of deep wounds that only Jesus can heal. The good news is, He is waiting to hear and answer our prayers. The great news is, He will enable us to overcome all of the evil with good. The new year is ripe with hope. Take hold of it and take heart!

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

Combs Educator Receives Impact Education Grant to Purchase Chromebooks

Renita Perry, a fourth-grade teacher at Combs Elementary School, is the recipient of a \$1,000 Vantage Credit Union Impact Education grant. The grant will be used to purchase four Chromebooks for the class. Purchasing the additional Chromebooks will allow students in her class a one to one ratio with the much-used technology.

"Four more Chromebooks will allow my students to have technology at their fingertips all day to help them become more technology efficient by participating in podcast, webinars or making instructional videos to become stronger global citizens who are able to compete with their peers," said Perry

Perry is one of five area educators receiving the Impact Education grant. Recipients are selected by popular vote based on a 60-seconds or less video submitted to Vantage Credit Union explaining their need for funds to impact education for their students.

About the Ferguson-Florissant School District

The Ferguson-Florissant School District, located in suburban St. Louis, serves more than 11,000 students from preschool through 12th grade with an excellent comprehensive educational program. Fully accredited by the state of Missouri, the Ferguson-Florissant School District operates seven Pre-K through 2nd grade schools, six intermediate schools (3rd through 5th grade), two sixth grade centers, two middle schools, two A+ and NCA-CASI-accredited high schools, a cutting-edge STEAM middle school and a STEAM high, a student-centered learning Innovation School and an alternative school. In addition, the District includes a nationally-recognized early education program, the award-winning Challenger Learning Center space education facility and the Little Creek Nature Area, a 97-acre nature preserve which offers experiential learning opportunities for students in science, biology, ecology and related areas of study.

A Word from Our Planet...

The Arctic National Wildlife Refuge is an iconic American treasure. Birds migrate from across the United States and from six continents in order to feed and reproduce in the Arctic Refuge, taking advantage of the burst of plant and insect life during the long days of the Arctic summer.

The Ferguson Eco Team

Dec. 11th, 2019 meeting

Reported by Keith Kallstrom
(Keith.Kallstrom@gmail.com)



Officer William Verhaeghe opened the December 11th, 2019 meeting of Ferguson OnWatch, welcoming everyone. Our regular meeting room at city hall was occupied, so a change of venue to the Library Auditorium was made.

The November 2019 crime stats were passed out and reviewed. Officer Verhaeghe asked which areas of the city the attendees of this monthly meeting came from. Each resident identified themselves, and we found out that they were from all over the city.

Traffic Program:

A new Traffic Program is still in the trial phase, which uses 2 officers on 12 hour shifts full time enforcing the speed zones on Florissant, Chambers, Elizabeth, West Florissant, and New Halls Ferry. The trial period ends in January, 2020, and a decision as to continuing it on a permanent basis will be made. This could also include covering accidents and other traffic issues with the same Traffic officers.

Crimetips:

- (1) When getting into your car, keep your Christmas presents in the shopping bag. When you get ready to get out, look left and right.
- (2) Don't leave your car running unattended. This creates another opportunity for a crime to occur, (i.e. stolen vehicles). Yard signs are out that say "Lock it or Lose it" to help remind the public of this tip.
- (3) If your house is being burglarized multiple times, don't overlook the people that live in the house with you.
- (4) Don't become a victim in your house. If you don't have pepper spray, get a couple of cans of Wasp spray. Leave one in your garage, and one by your back door. It sprays a long distance, and disables the attack, giving you time to get out of the house and call the police.
- (5) During an incident, get a good look at what the perp(s) is wearing; shirt, pants, shoes. Sometimes they will change their shirt or wear their coat inside out. They rarely would change their shoes, so get a good look at their footwear.
- (6) Don't leave your car when it is running; even to let it warm up. A summons can be issued to you if you leave your car running.

Retraction: Anok is NOT back!

Anok was retired officer Greg Casem's dog. To verify what we heard last month, I had a conversation with Greg, and confirmed that Anok was retired with him. There are K-9's with 3 officers in Ferguson. Those 3 are: Merica with Officer Josh McKenney, Kojak with Officer Brad Keiser & Champ with Officer Jeff Clouse.

Shot Spotter

We heard about gun shots going on in the city, so Officer Verhaeghe showed us on his phone how Shot Spotter worked. We were able to see 33 shots done in the last 24 hours in different areas. We also were able to see where in the last 3 days how many rounds were shot and where.

Officer Verhaeghe's backstory:

William came from Glasgow Village in North St. Louis County. He has worked the last 7 of his 29 year policing service in Ferguson. William is a bike rider, and a former U.S. Marine.

Next meeting date:

Our next Ferguson On Watch meeting is the 2nd Wednesday, January 8th at 7:00 p.m. at City Hall. Happy New Year, and have a safe month!

CITY OF FERGUSON CANDIDATE PETITIONS AVAILABLE - NOW ELECTION NOTICE - APRIL 7, 2020

The City of Ferguson, Missouri, will hold an election on Tuesday, April 7, 2020, for the office of Mayor for a 3 year term. Any person wanting to file a declaration of candidacy for this office must also submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms are now available in the City Clerk's office and may be picked up at any time during regular office hours.

The petitions may be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on January 21, 2020, and must be accompanied by a \$10.00 filing fee, which will be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson City Council opened at 8:00 a.m. on Tuesday, December 17, 2019, which date is the sixteenth Tuesday before the election. Candidate filing will close at 5:00 p.m. on Tuesday, January 21, 2020, which date is the eleventh Tuesday before the election. For further information, please call the City Clerk at 524-5152.

Octavia Pittman, City Clerk



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How to Compost in 3 Steps

Part 3 of 3. Submitted by The Ferguson Eco Team.

Choose the Right Compost Ingredients

Choosing the correct ingredients for your compost bin is crucial for it to function effectively. It's important to strike the right balance between "green" nitrogen-rich material like old food scraps and yard waste, and "brown" carbon rich material like fallen leaves and old newspaper. When properly prepared and in the right ratio, these materials create the perfect environment for bacteria and worms to thrive, turning what would be waste into valuable compost.

Green

The term "green" here refers to nitrogen-rich materials that provide crucial proteins and amino acids necessary for cell growth within the compost pile. Here is a list of "green" materials that you can include in your compost bin.

Fruit & vegetable scraps	Stale bread, tortillas and pitas
Coffee grounds & filters	Stale potato chips
Crushed egg shells	Spoiled tomato paste
Natural tea bags & loose leaf tea	Spoiled tofu
Cooked rice and pasta	Seaweed

Brown

The term "brown" here refers to materials rich in carbon. These compost materials are important because they work as both the energy source and the basic building block of microbial cells within your compost. Here is a list of "brown" materials that you can include in your compost bin:

Fallen leaves	Paper bag (must shred)
Woody pruning	Floor crumbs
Untreated wood sawdust	Stale cereal
Black & white newspaper	Cereal Box (must shred)
Used paper napkins	Unwaxed used paper plates
Use paper towels	Nut Shells (except walnut shells)
Unwaxed cardboard (must rip into small pieces)	Wine corks
	Toothpicks

Special Situations

There are some items that may fall under the aforementioned "green" or "brown" categories but must be given special consideration when being considered for compost. These items may disrupt your pile by inadvertently introducing a nasty fungus, foul odors and unwelcome critters into your backyard. Because every situation is unique, it's best to leave these items out of your pile unless you are properly prepared for the consequences. Use caution when adding these materials to your compost bin.

*These items can be compostable depending on the compost program. Please contact your local municipality to learn more before composting.

Jack-o'-Lanterns (smashed)	Meats & dairy (be sure to keep isolated or frozen until pickup day to avoid nasty smells)
Young weeds	
Cooking oil	
Diapers	
Glue	
Latex rubber	

Turn Your Pile Regularly

Once you make your bin and fill it with the proper ingredients, it's easy to forget to maintain the mixture. Just like other living organisms, the bacteria in compost needs oxygen to survive, so it's important to turn the mixture about once a week. Without proper ventilation, the bacteria in the middle of the pile will slow down the process, thus producing less heat. An easy way to tell whether a compost pile needs turning is its internal temperature. Regularly turning your pile provides a series of benefits including:

Ventilation

It's important to take care of your microorganisms because then they will take care of you. When the microorganisms in your compost pile have the proper amount of oxygen, they are able to break down waste at an increased rate.

Speed

With the amount of compostable waste that we go through in a single day, it can be hard to keep up. When a compost pile is properly ventilated, it breaks down compostable material significantly quicker, allowing for a quicker turnaround between compostable material and usable compost.

Heat Generation

As the microorganisms in your compost begin to work faster, they give off more heat in the process. Heat is essential to the composting process. Without it, intrusive bacteria will thrive and plant seeds won't get killed off. Although there are many different decomposers hard at work turning plant matter into compost, bacteria is the real powerhouse of a compost pile. When they break down plant matter, they create carbon dioxide and heat which, in turn, creates a more suitable environment for more heat-loving microbes to join the party.

Put Your Finished Compost to Use

One common misconception is that compost has to be collected all in one

The Ferguson Computer Corner

by Doug Neely



January, 2020?

Already? Hang on then, cause we can't go back!

ELECTRICITY

Did you ever notice how much electricity we use? Did you know that we use more electricity than any other type of energy? (if that's wrong, keep it to yourself; you'll ruin my story.) Think of all the things you use that run on electricity. Pay special attention to cell phones, tablets, notebooks/laptops and computers.

Let me introduce you to one of Doug's Laws of Energy: the more electricity you put into something, the hotter it gets. Oh, you may not notice the heat, and that's because the design of the device usually is good enough to bleed the heat off and away so that the device doesn't fry in its own juices.

Consider cell phones and tablets. In these, the metal frame (which is rather skimpy) is used as a heatsink to dissipate the heat. When you use it for long stretches of time, you may feel a little warmth through the plastic case (which covers the frame). Since there is no fan in these, that's all there is for a cooling solution. So, the heat-handling capacity is quite low, and a less powerful processor must be used to run the device. Hence, phones and tablets will never be so powerful or fast as, say, laptops or desktop computers, because they have active cooling and lots of airflow. That means FANS.

All laptops (that are generally available to the public) have at least one fan. Desktops usually have at least 2; one for the processor, and one for the power supply. Sometimes an additional case fan is used.

The battery in a phone or tablet must be kept small and thin, or it won't fit and make the device too big or heavy. With such limits, the processor (and all other electronics) inside the device must be made to only sip electricity; only less powerful processors use a sip of electricity.

When the top speed of desktop processors hit the 4-5 ghz mark, they started adding more processors. That's ok for a desktop, because it is plugged into the AC wall outlet where it can get a big gulp as

often as it likes, even when you have multicore processors.

Not so for fanless devices like phones and tablets, for they have no way to cool such heat. As a matter of fact, the processors cannot do much, if any true multitasking. That is why the "apps" for phones and tablets are so limited, so as not to overtask the processor or freeze the app. You can't have it all.

The Future Of Phones And Tablets, dept.

As science and technology progress out of their infancy, all things large and small will be made to be far more efficient than they currently are. But we will be demanding even more work out of our processors then, won't we? (hey, who among you don't want stuff done faster? We are never satisfied!).

So, what exactly IS the future of processing? Quite simply, far better than what we have today, but you will still be complaining about how slow it is! (Especially when you put it up against a good desktop!) <GRIN!>

ME GO NOW!

I have to go and recover from last year! :) I am sure of one thing, though: this NEW YEAR is gonna be better than last year! And the future life we have to look forward to will be even better than you can imagine, or know how to even ask for; JESUS will see to that, and you wouldn't be able to complain about it at all, for you WILL be completely SATISFIED and happy beyond your ability to comprehend now! Have a most happy and blessed NEW YEAR!

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

IF YOU would like to get some of Doug's FREE puter advice, please call him at: +314+521+1789+ in the afternoon or evening of most any day. If you want to email him, use fergusoncomputercorner@aol.com and put the phrase I need puter advise into the subject field. Don't forget to include your local phone number in the body of your missive, or he won't be able to call you back. Have a SAFE NEW YEAR! God's blessings to all!

batch. Most people who compost choose to section off their bin or create multiple bins in order to always have compost at different stages. This means that you would always have some compost just starting off at the same time as compost that is ready for use. This turns composting into a continuous rather than a temporary process. So now that you're finished making compost, what do you do with it? Compost can be used for any sort of garden work that requires soil or fertilizer.

Some of the most common uses are:

Soil Amending

Mulch

Just like the mulch you might buy at a gardening store, mulch made of compost has the ability to suppress weeds and add fertility to your soil.

Lawn Dressing

Sprinkling compost on your lawn provides nutrients to the soil, making it healthier and better equipped to hold water. Repeat this process a few times a year and your lawn will appear greener and thicker without the need for additional fertilizers.

Artful Considerations

by Robin Shively and Glynis Mary McManamon

"Before a child talks, they sing. Before they write, they draw. As soon as they stand, they dance. Art is fundamental to human expression."
- Phylicia Rashad

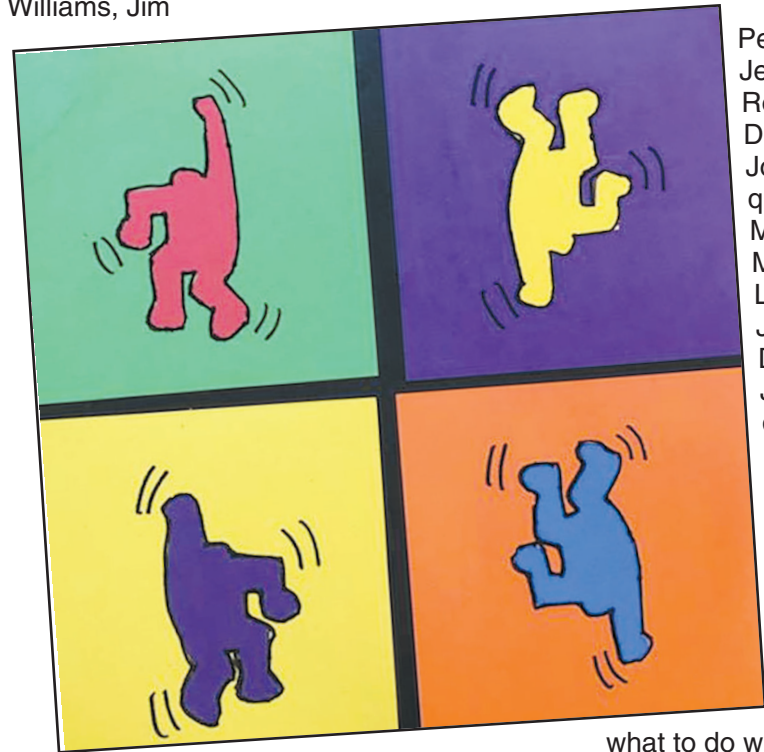


Good Shepherd Arts Center has announced "An Artful Trivia Night" to be held Saturday, March 14, 6:00-9:00 p.m. at the Ferguson Community Center. Tickets will go on sale January 4. The cost is \$200 per table of ten. Trivia Riot will conduct the rounds. Email info@goodshepherdarts.org for additional details.

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

Good Shepherd Arts Center, in collaboration with the Federation of Catholic Schools, hosts "The Work of Our Hands," an exhibition of artwork by students from the North County Catholic Schools. The show opens **Friday evening, January 31**, with a reception from 4:00-7:00 p.m. and will run through February 22. Good Shepherd Arts Center is located at 252 S. Florissant Rd. GSAC gallery's regular hours are: Wednesdays, Thursdays, Fridays 10:00 a.m.-5:00 p.m. and Saturdays 12:00 a.m.-5:00 p.m.

The show, "400 Years and Beyond", commemorating the observance of 2019 as the 400th anniversary of the arrival of the first Africans to be sold into slavery will run through **Friday, January 17, 2020** with a closing reception from 6:00 – 8:00 p.m. at Good Shepherd Arts Center. De'Joneiro Jones, artist, art collector and art broker, curated the exhibit. Works by Kris Mosby, Vaughn Davis, Esau Head, Brock Seals, Billy Williams, Jim



Pegg, Daniel Jefferson, Roland Burrow, Dail Chambers, Joseph LaMarque, Danny McGinnist, Michelle Lewis, Laveal Jones and De'Joneiro Jones are on display.

Are you dealing with an assortment of heirlooms or downsizing your own home and don't know

what to do with a lifetime collection of furniture, artwork and collectibles? Good Shepherd arts Center hosts a talk presented by Dr. Jacquelyn Lewis-Harris, "What to Save, Give or Sell: Sorting Out Family Heirlooms", on Saturday, January 11 at 2:00 p.m. This talk is free and open to the public. However, since GSAC is a non-profit, donations are always welcome.



Call for Art: Good Shepherd Arts Center has announced a juried student show, "Who Is My Neighbor?" The opening will be Sunday, March 8, 2:00-4:00 p.m. The deadline for submissions by high school and undergraduate students is January 20. You can download applications from www.goodshepherdarts.org. Print it out, complete it and send a screenshot along with jpgs of up to three submissions of your artwork. Artwork should speak to the theme of repairing divisions, uniting people, creating an inclusive and peaceful world.

Call for Art: The annual Ferguson Municipal Public Library Quilt Show will take place February 20th-22nd, 2020. The library seeks works from local quilters throughout the St. Louis area for the exhibit. To participate, turn in a completed registration form by January 17th, 2020. Registration forms can be found at www.fergusonfrom.lib.mo.us.



The Best of Ferguson

by
Ruffina Farrokh Anklesaria, M.A.

Peggy Faul



I met Peggy when we both volunteered for the I Love Ferguson campaign. A quiet, gentle person, it was comfortable and easy being around Peggy. Peggy is 100% Irish and her name is really Margaret Ann Faul, Peggy being the Irish nickname for her first name. Peggy moved to Ferguson in 1981 with her husband, Patrick, and they have been here ever since! She grew up in St Louis, and he, in Overland, but they found a nice house here off Elizabeth Street, and it was love at first sight! The house was small but they kept adding to it as the kids came along - all five of them!

Peggy and Patrick were married 42 years ago and lived in Chicago for three years as Patrick was working there. They bought a house in Ferguson in 1981 and settled down here with their one year old son, Jim. Their other children are Dan, Mary Kathleen, Joe and Maggie, and they range in age from 40 to 30. They also have seven grands, ages 11 years to 2 months old.

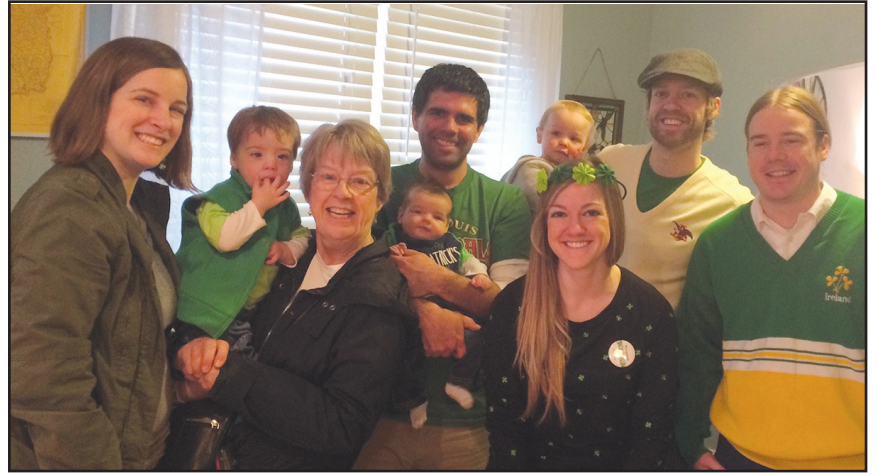
I asked her what kept them so long in Ferguson and she replied: "Ferguson is a comfortable place to live! The older neighbors have moved on and new residents have come in, but they are all easy going and nice to get along with." She also loves the proximity to Paul's Market!



Peggy has a B.A. in English from N.E. Illinois University. She taught primary grades K-3 in Chicago then joined Sts John and James school here in Ferguson (now called Blessed Teresa of Calcutta), where she taught until 1984. Then she was a full-time Mom, very involved with her kids. She joined the school board at Good Shepherd's where all her kids attended. Her last child graduated in 2002. In 1993, Peggy started working for the Ferguson/Florissant school district in the Parents As Teachers (PAT) program. This involved home visits with parents and kids, prenatal to five years old. Parents were taught about child development and family well being, with an emphasis on literacy. Studies show that children who have a good vocabulary from kindergarten, do much better later on. Peggy mentioned how important it is that babies and young children are spoken to in a kind and loving voice. It is at this young, tender age, that a love of books, the foundation of a good education, can be easily instilled in children.



One of the highlights of Peggy's association



with the PAT program is her visits to Indian reservations as part of their literacy efforts. She also started working for the national center for PAT and supervised the program in Taos, Mexico and in Phoenix, AZ. She traveled with a parent educator for four days each time, and helped administer the program in these jurisdictions. PAT started off as a pilot program under the state education department, 35 years ago. It started right here in the Ferguson/Florissant district and spread in the state, nationally and internationally. The national center is located in Creve Coeur.

In 2002, then Mayor Steve Wegert asked Peggy to go up for election as Council woman. She did, and ended up serving four two-year terms. She had always been interested in politics and this gave her the opportunity to serve. During her term she helped with two significant programs: Badges With Books and the Ferguson Twilight Run. Badges With Books started as a joint effort between the city, the PAT program and the local police chief. Funding came partly from the police department from the sale of forfeited goods. This was used to buy books for parents. The Ferguson Twilight Run has grown to be a major annual event with thousands participating. She remembers working on the committee with Councilman Dwayne James 10 years ago to get it started



Peggy and her husband Patrick like to travel to national parks and were in New York for Christmas last year. Peggy took up running at age 58 and has done two half marathons so far! She and Patrick both enjoy bike riding. They visited Ireland twice when their kids were studying over there. They both have Irish roots and Peggy's grandparents on both sides were from Ireland. Her daughters and her sister all learned Irish dancing! The family enjoy celebrating St Patrick's Day together!

Peggy is retired now and is a member of the Ferguson Park Board. Her husband is also retired and was a defense contractor employed by the federal government. His job took him to Afghanistan twice for 6-8 months' stints. Their kids have varied professions: lawyer, pharmacist, physical therapist and nurse practitioner. Peggy is busy being a grandma to her seven grands who all live in St Louis.



I asked her what would be one piece of advice to pass on to readers. She said that from her days representing the ward she learned one thing: listen to both sides!

Ferguson is blessed with many long-term residents like Peggy! I congratulate her for representing the very Best of Ferguson!

Happy New Year to all our readers!! May 2020 bring you many blessings and bring peace and prosperity to our city!

The author has lived in Ferguson since 2002 and runs her own property rental business here. She is a meditation instructor and spiritual teacher who gives Shaktipat at her full moon retreats. Nominate yourself to be interviewed for her column at rfanklesaria@gmail.com www.BestAgainst-Stress.com Ph: 314.766.4391

Ask Grandma



Today I'm going to talk about my brother, Paul.

Paul is 2 years older than I am, and although I had 3 other brothers, it was Paul to whom I was closest. Yes, we fought, as I assume all siblings do, but he was the one I knew I could rely on if I had trouble.

When we were in grade school, he was the one who walked me the five blocks to school, traversing two busy streets.

Paul was always the over achiever, and I was unlucky enough to have his same teachers who expected the most from me. My friends all through school, even high school, looked up to me because I had an older, good looking brother.

Back to grade school. Paul often would serve 6:00 a.m. Mass on week-days. (Servers assisted the priest during religious ceremonies.) He would walk to church, which was attached to the school, and then walk home and fix breakfast for everyone in the family. If this doesn't sound like much, there were 7 children and mom and dad, so he fixed breakfast for 9 people. Remember he was only 11, 12 or 13. And it wasn't cereal. It was bacon and eggs or sausage, pancakes or french toast and such. It wasn't until later in life that I realized how remarkable that was.

During that time, he and his friends were always out in the next door vacant lot playing football. I wanted to play but they wouldn't let me . . . unless they were short some players. Then Paul would come inside and acted like he was doing me a favor by letting me play. Always a lineman; never a quarterback or pass receiver. As I recall, I held my own on those occasions.

A few years later, we both went to separate high schools. Paul attended an all-boys school and I an all-girls school. Paul was an outstanding scholar as well as a talented football player. He was All-Metro his senior year and was recruited by many colleges. He decided to attend Mizzou, but after one year, he decided he wanted to be a doctor and found that with the demands of a football scholarship, he had no time to study. He transferred to SLU and after 3 years, without a degree, was accepted into medical school.

Our dad always said that he wanted a priest in the family to take care of his soul, and a doctor to take care of his body. "Since I was the youngest boy in the family, I had to become a doctor, because I sure didn't want to be a priest," Paul said.

Those days Paul was always studying. He would be up in his room when I got home from school or work; he would still be there when I came home from a date later at night.

Well, Paul became a surgeon . . . a rather renowned surgeon if I am to believe his peers. He is now retired, and at age 87 is still sharp. I do believe that he could operate today if his body would only cooperate.

That is not to be – Paul died last week. And, of course, in his always caring manner, he donated his body to St. Louis University.

I wrote this column a few months ago (without the last paragraph). When I told my sister that I was going to keep it until he passed away, she encouraged me to publish it then so that he could read it. I wish I had.

Love ya Paul!

"I'm gonna ride, ride, ride, down that dusty trail
To the land of sweet enchantment where hardship don't prevail.

I'm headin' for the blue horizon, where the mountains meet the sky
Gonna saddle up my faithful pinto, and wave the boys goodbye.

I'll say so long to mom and dad, and tell sister not to cry
'Cause I'm headin' for the blue horizon, where the mountains meet the sky.

When my roundup days are over, and I've say my last goodbye
I'll be up in the blue horizon
Where the mountains meet the sky..."

Excerpt from one of Paul's favorite songs

Answers to Trivia, Page 12

- | | |
|---------------|----------------------|
| 1. Uncle | 7. U-Boat |
| 2. Ukulele | 8. Uranium |
| 3. Usher | 9. USO |
| 4. Upholstry | 10. 1Union Jack |
| 5. University | 11. Upside down cake |
| 6. Universe | 12. Ugly duckling |

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper


- | | |
|--|----------------|
| Learn to Sew – Library | Mon., Jan. 6 |
| Sewing Machine and Cricut – Library | Mon., Jan 6 |
| Ferguson OnWatch Meeting – City Hall | Wed., Jan. 8 |
| Environmental Film – St. Stevens. | Thurs., Jan. 9 |
| Northwest County Chamber Membership Mtg.– Orlando's | Thurs., Jan. 9 |
| Yoga at the Library. | Sat., Jan 11 |
| Reading on Race Book Club – Library | Mon., Jan. 13 |
| 90 Years of Community History – Library | Tues., Jan 14 |
| Ferguson Council Meeting – City Hall | Tues., Jan. 14 |
| Martin Luther King Jr. Luncheon – Christian Hospital | Fri., Jan. 17 |
| Card & Paper Club – Library | Sat., Jan 18 |
| The Winter Indoor Market – St. Stephens | Sat., Jan 18 |
| Ferguson Veteran Group Meeting – Comm. Center. | Sat., Jan. 18 |
| Martin Luther King Jr. Celebration – Flo Valley | Tuea., Jan. 21 |
| Shoe Story Time – Library | Sat., Jan. 25 |
| Ferguson Council Meeting – City Hall | Tues., Jan. 28 |
| Tuesday Night Book Club – Library | Tues., Jan. 28 |
| No. County Catholic Schools Art Begins – Good Shep Art Ctr | Fri., Jan 31 |
| Teen Hidden Valley Trip. | Sat., Feb. 1 |
| Handicapped Encounter Dinner and Entertainment – Savoy | Fri., Feb. 7 |
| Sons and Daughters Sweetheart Dance – Comm. Ctr. | Sat., Feb. 8 |

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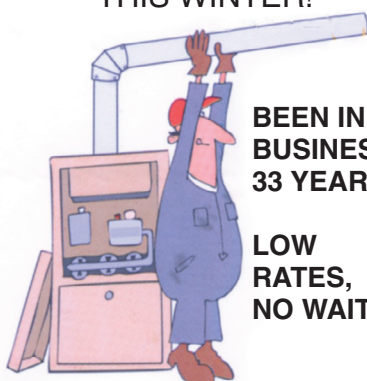
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