

Serving Ferguson and Surrounding Communities

To the Ferguson Community

There has been some recent discussion about possibly discontinuing the "Ferguson Times". After receiving overwhelming support from residents and the business community, the "Times" will continue to be serving the Ferguson community for the foreseeable future.

Thanks for your support,
Dorothy Seiter, Owner and Editor

**Saturday, February 15th
Ferguson Indoor Farmers' Market**



Fresh winter produce, meat, eggs, honey, canned goods, a variety of crafter and artisan vendors, hot breakfast items, fresh baked goods, and the Ferguson Eco Team with the blender bike!

Live music by Jerry Rabushka from 9am-11am
St. Stephen's Church - 33 North Clay
9:00am to noon

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

February Events at the Ferguson Public Library

For more information, please call the library at 521-4820 or visit our website at ferguson.lib.mo.us

African-American Genealogy: Our Family History
Tuesday, Feb. 11 at 6 pm

The St. Louis African American History and Genealogy Society will present a program on researching African American heritage from the present to 1870 and beyond. Both the beginning and advanced researcher will benefit. Researchers of all ethnic heritages are welcome! Many presented techniques and methods apply to any ancestry.

Valentine's Day Party - Thursday, Feb. 13 at 6 pm
Join us for a family-friendly celebration of all things love! Enjoy crafts and activities as we salute Cupid.

Upcycled Crafts with Perennial - Saturday, Feb. 15 at 2 pm
Make a mini bulletin board or leather pouch out of recycled materials to take home! Registration required.

Second Annual Quilt Show - February 20-22
See beautiful quilts made by local quilters on display at the library!

Leap Day Storytime - Saturday, Feb. 29 at 2 pm
Hop, skip, and jump your way to the library for Leap Day Storytime! We will enjoy stories, songs, activities, and more. For kids and their caregivers ages 0-6. Older siblings welcome too!

FIND TRUE LOVE WITH AN ONGOING PROGRAM!

- Saturday, Feb. 1 at 10 am - Yoga @ the Library
- Monday, Feb. 3 at 2 pm - Sewing Machine and Cricut Orientation
- Monday, Feb. 3 at 6:30 pm - Learn to Sew!
- Monday, Feb. 10 at 6 pm - Readings on Race Book Club
- Saturday, Feb. 15 at 11 am - Card and Paper Club
- Tuesday, Feb. 25 at 5 pm - Tuesday Night Book Club
- Every Monday at 10 am - Ferguson Sewing Club

February is Full of Fun Events

<p>February 1 National Wear Red Day</p> <p>February 2 Superbowl Sunday & Groundhog Day</p> <p>February 12 Lincoln's Birthday</p>	<p>February 14 Valentine's Day</p> <p>February 17 Presidents Day</p> <p>February 22 Washington's Birthday</p> <p>February 26 Ash Wednesday</p>
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Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to

find new friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can advance your career
- Volunteering brings fun and fulfillment to your life

Source: *Help Guide.org*, (Your trusted guide to mental health & wellness)

Tips to get started

First, ask yourself if there is something specific you want to do.

For example, do I want...

- ...to improve the neighborhood where I live
- ...to meet people who are different than I am
- ...to try something new
- ...to do something with my spare time
- ...to see a different way of life and new places
- ...to have a go at the type of work I might want as a full-time job
- ...to do more with my interests and hobbies
- ...to share something in which I'm good

The best way to volunteer is to find a match with your personality and interests. Having answers to these questions will help you narrow down your search. Source: *World Volunteer Web*

How to find the right volunteer opportunity

There are numerous volunteer opportunities available. The key is to find a position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?

Where to find volunteer opportunities

- Community theaters, museums, and monuments
- Libraries or senior centers
- Service organizations such as Lions Clubs or Rotary Clubs
- Local animal shelters, rescue organizations, or wildlife centers
- Youth organizations, sports teams, and after-school programs
- Historical restorations, national parks, and conservation organizations
- Places of worship such as churches or synagogues

How much time should you volunteer?

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

Getting the most out of volunteering

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

- Ask questions. You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions for your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.
- Make sure you know what's expected. You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.
- Don't be afraid to make a change. Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.
- Enjoy yourself. The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

Source: *Help Guide.org*, (Your trusted guide to mental health & wellness)

Next month we will suggest a few organizations here in the Ferguson community that would appreciate your time and support. We'll also give you a few ideas of opportunities you can do on your own or with your family.

<fergusonmainstreet.org> 314-882-1337

The Plumber's Crack

By Oh Baby dave@premierplumbingstl.com

People wearing funny masks, dogs wearing clothes, parades, fish fries popping up, big red hearts showing up in store windows, yard signs starting to pop up; it must be February and time for a sweet heart Plumbers Crack.



Last month we talked a little about waste piping, so this month Oh Baby's gonna talk a little about what feeds those pipes. There is a small war going on in the piping industry. I'll start with the gold standard and work my way down. Copper is what I call the gold standard of water piping. When installed properly you can pretty much forget you have it. Draw backs would be freezing. You should never run piping on an outside wall. That goes for all water lines. Another problem with copper is tying on to copper to add or move fixtures. Shut off valves don't always hold 100% so water can get trapped in line which can take a lot of time to get out. There is a good solution to that, most plumbers carry a new tool called pro press. It's an expensive tool that homeowners won't carry but it's a must for plumbers.

The next best piping we use is Pex. The actual cost of the pipe is really reasonable but the fittings are a little pricy. It connects with a pressing tool and it cuts labor cost by almost half. If it would freeze it could weaken the pipe but won't split. Most manufacturers make fixtures that adapt directly to the pipe. It has proven itself over the last 20 years to be durable and no problems have developed with it. I was skeptical at first now on new and rehab work, but that's about all we use now.

Now I come to what I consider the worst piping manufactured today – CPVC. Oh Baby you talk about replacing cast iron stacks with P V C all the time what's the deal? Well Oh Baby's gonna tell ya. First of all CPVC is brittle; it can crack and break easily. It uses glue to connect fittings. What most people don't know is it takes a special glue

to make connections. We've had a lot of pipes blow apart from using regular P V C glue and primer. It's not healthy if the glue fails due to using too much when installing and you digest it. If you need to tie on to it to install new piping it takes up to 24 hours to set up. The shut off valve usually doesn't last more than a year. You have to use threaded connectors to hook up fixtures which with expansion and contraction can cause leaks.

Well what about shark bite connections instead of glue you ask? I use shark bites as a last resort I've seen a lot of them over the past few years. What most people don't realize is that pipe you hook with shark bite needs to be perfect, clean, and pushed tight together and you still have the worry of possible expansion/contraction. So don't get me wrong – PVC is the only way to go on waste piping and it's a little more solid than C P V C. If you have any questions on anything I confused you with this month send me an email davewalt1952@yahoo.com.

Now to the important business at hand. I understand we going to have a fundraiser for our world famous newspaper. OK our very popular In the north county Ferguson paper. It's equipment is starting to fail which put our paper in peril. The city does not have any more funds in the budget for the upgrades needed. So keep your eyes and ears open and keep the Ferguson Jewel printing.

Short and sweet – be kind ,watch out for one another .hug them babies.

God Bless you all.

Premier Plumbing Solutions

P8563, D8563

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

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

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

524-0222

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



Vote Heather Robinett Mayor of Ferguson, MO

heatherrobinett.com

- Ward 2 Councilwoman - 4 yrs
- Mayor Pro Tem - 3 yrs
- Active Community Member - 15 yrs



Heather Supports:

- Consent Decree Compliance
- Economic Development
- Community Policing

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

Robinett for MAYOR

A Proven Leader for Ferguson

Show Your Support!



For 20 years the "Ferguson Times" newspaper has published the "good news" about Ferguson. The time has come for the people of the community to show their appreciation and support of the paper so that their hometown newspaper can continue to arrive in their mailboxes for the foreseeable future.

SUPPORT GATHERING
Saturday, February 29th
5:00 to 9:00 p.m.

- Open Bar • Finger Food
- Donations Accepted**



119 So. Florissant Road, Ferguson

The next PROUD meeting will be on:



PROUD
People Reaching Out for
Unity and Diversity

Saturday, 01 February, 10:00 - 12:00
Washington Pro Security Conference Room
Professional Building, Upper Level
119 Church Street

We will be finalizing arrangements for our February Courageous Conversation and for the March Confluence Scholars Workshop.

Moving Ferguson Forward

As you may know, I am running for Mayor of Ferguson. My goal is to make our hometown a safer and healthier community for everyone. Towards that end I will encourage economic development, support our local business community, protect civil liberties, beautify our community, keep our recreational facilities up-to-date, address distressed and empty housing, improve our streets, and expand services for seniors and our youth.

As Councilwoman of Ward 1, I've demonstrated I can work with all citizens and provide leadership to build consensus and get things done. If I can be of service, answer a question, or if you would like a yard sign, please contact me. I would greatly appreciate your support on April 7th. Thank you!

Ella Jones

(314) 795-7295

friendsofemj@gmail.com

www.ellamjonesformayor.com

Instagram: Ella4Ferguson

Facebook: FriendsOfEllaMJones



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



NORTH COUNTY COUNTS! 2020 CENSUS AMBASSADOR TRAINING

Make sure North County gets its fair share of resources through a complete and accurate count. Lunch provided.

*RSVP with Kelly McGowan at 314-521-1822 or
kelly.mcgowan@gwymca.org.*

Wednesday, February 5th
6:30 - 7:30 p.m.
Ferguson Community Empowerment Center
9420 West Florissant Ave.
St. Louis, M 63136

**THIS TRAINING IS PROVIDED BY THE
NORTH COUNTY COMPLETE COUNT COMMITTEE**

See additional Census Information on Page 16

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 Veterans Group



Open to all Vets and spouses in North County. Meet at the Ferguson Community Center **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

Ferguson Community News Page

Protecting what makes Ferguson special

By Mayor James W. Knowles III

"Headlines, in a way, are what mislead you because bad news is a headline, and gradual improvement is not."

-Bill Gates, Founder of Microsoft, Inc.



For the past 4 years, the City administration and our legal team have regularly presented updates, in open Federal Court, on the progress of the City's efforts to institute the reforms that were outlined in the City's Consent Decree following the events of 2014. Last month, as part of our regular update, the City, the Dept. of Justice, and the Monitor was pleased to report that substantial progress had been made over the past year on a number of items, most notably in completing a number of reforms in our Courts and the addition of a full time Consent Decree Coordinator that is working to focus our efforts and ensure we are checking the necessary boxes for compliance. In addition to the reports from the parties involved, the judge overseeing the Consent Decree also allowed for public comments to be given and read into the court record, as she does on a semi-annual basis.

As has been customary, those who get up to speak during the public comments are generally expressing frustration with the city. There is rarely any recognition of the city's progress and despite all the progress recognized by the DOJ and the Court, there are the usual accusations that the city is dragging its feet or working to subvert reforms. During our court updates, the media usually focuses in on the public comments to grab a headline to describe our day in Court. After all, it's boring to tell an objective story that the City is making steady progress, especially in the face of so many hurdles. However, this time it wasn't the public's comments that provided the reporter with an ominous quote for an outlandish headline. This time the reporter seized on one word, barely recognized by anyone in court that date. That was the word dissolution, and the headline would set off quite a conversation around town.

People ask me regularly, "How is the City doing?" The answer to that question is so complex that any simplistic answer could be taken as misleading. The truth is that every answer has a caveat, and every person has their own perceptions built into what ultimately is a loaded question. By what baseline do we measure "how are we doing"? Everything changed five years ago, not just in Ferguson but everywhere. For those who want to be argumentative, there is certainly no right answer, but objectively, there are some real points of progress that are certain.

Five years ago, many people believed the city of Ferguson would not be able to survive the aftermath of the unrest of 2014. The costs of the unrest to the city, its businesses, and its people would be too much to bear, according to on-lookers. Businesses would close, property values would fall, and there would be a mass exodus of the last homeowners left in our community. Despite all the rhetoric, the apocalypse did not come to Ferguson. In fact, new residential lofts have been built and are being built as we speak. New businesses have come and filled empty spaces in our business districts. Blighted buildings are being cleared to make way for new developments on W. Florissant. And the City has been able to maintain fiscal discipline which has earned us multiple increases in our credit rating, signaling the increasing financial stability of our city. These are all facts about progress in the city, and none of them signal a city on the brink.

These points of progress in our city are exciting and, in some ways, extraordinary, but they are surely tempered by the obstacles that we still face. Many of these obstacles are no different than what we are seeing all around the St. Louis region. Issues of crime, blight, vacant houses, and deteriorating streets and infrastructure are all important issues the city must address. It takes a coordinated effort from the entirety of our city staff to affect these issues, and they often work in concert together to address them.

So, in response to the most recent criticisms lodged in Court during the public comments, the City boldly reminded all the parties involved of a couple important facts. While the city's financial position is good, there are threats on the horizon which we must navigate. Changes to the population after the 2020 Census could alter the city's funding, looming lawsuits could still cost the city untold amounts of money, and unchecked future Consent Decree costs could force serious cuts in City Services. The city's reply was this – if it was forced by the courts or others to cut essential city services like streets, parks, and community development to a point where the city provided no service but police and fire, then there would be little reason to exist. After all, what separates a city like Ferguson from the unincorporated county is that we provide additional services to our residents that County does not provide. If we were forced to cut those, what would be the point of our existence? It was not a prediction of the future, but simply a cautionary comment that everyone involved must continue to work together to ensure the complete success of the city. Of course, the media seized on the opportunity to manufacture a salacious headline that seemed to forecast a doomed city. That couldn't be further from the truth.

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	Feb 4 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	Feb 13 7 pm	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	Mar 7 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, February 11th and 25th at 7:00 p.m. in the Council Chambers.

The City of Ferguson is a special place not just because of its rich history, its great institutions, its wonderful neighborhoods, its beautiful parks, its community amenities, or its wonderful people. It is the combination of all those things which make Ferguson a community where people affirmatively make the decision to come here or stay here. Our city has overcome more than just about any other community in this country, and we continue to thrive. Regardless of the obstacles on the horizon, we have a bright future ahead of us, so long as we choose it.

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

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: 9:45 am-10:50 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: 8:30 am-9:35 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: 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

Family Nerf War

Grab your friends and family and head to the Community Center for this exciting event! Each participant needs to bring a Nerf gun. Soft tip darts will be provided along with safety glasses. Pizza and drinks will be served.

Register by March 16th

Ages: All Ages
Date: March 20th
Time: 6:30pm-8:30pm
Location: Ferguson Community Center
Fee: \$8/person

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

May Luau Bingo

Aloha Kauwela! We are introducing May Luau bingo to welcome the coming of summer with a lunch and bingo featuring your choice of chicken or beef. Take your chance to win bingo prizes and attendance prizes.

Ages: 45 & Up
Dates: Thursday May 14th
Time: Doors Open 11am-3:00pm
Fee: \$14 Members; \$16 Residents; \$20 Non-Residents

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, 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



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.

St. Louis to Host It's First Official Lego Convention



Take your child (or your inner child) to Queeny Park this summer for St. Louis' first official Lego convention.

The BrickUniverse Lego Fan Convention will come to Greensfelder Complex on Saturday, July 11 and Sunday, July 12. The events see thousands of Lego fans converge to celebrate master builders and share their love of the plastic building blocks.

Professional Lego artist Jonathan Lopes will travel from San Diego to showcase more than 30 of his displays, including an 8-foot high model of New York City's Woolworth Building.

Chicago-based Lego artist Rocco Buttlere will bring more than 50 models of world-famous landmarks, such as the Burj Khalifa and Westminster Palace.

Other convention attractions include:

LEGO Friends Building Area: tons of LEGO Friends bricks to built with
 Big Brick Building: younger visitors can explore imagination through building with larger LEGO Duplo bricks.

LEGO Retail: purchase LEGO merchandise and goodies.

Star Wars Zone: build spaceships and more with thousands of LEGO STAR WARS themed bricks

The Building Zone: thousands of bricks laid out for attendees to build with.

Organizers expect the convention to sell out. Tickets are available online at BrickUniverse.com/StLouis.

Two antennae met on a roof, fell in love and got married. Their wedding ceremony wasn't fancy. The reception, however, was excellent.

Joke by Travis

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

HISET/GED

Are you interested in taking the HISET/GED?

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

THIS SPRING!

Call 314-521-4820 for dates and times!



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

JOIN US AT THE LIBRARY FOR A ...

Valentine's Day Party

Join us for a family-friendly celebration of all things love! Enjoy crafts and activities as we salute Cupid

THURSDAY, FEB. 13
6-7 pm

Normandie Golf Club in Bel Nor Looking for New Management



For quite some time, the 119 year public golf course located on St. Charles Rock Road in Bel Nor has been under different managements threatening to close the course. A few years ago, a company wanted to subdivide the 117 acre property and build homes. Time and again, varied companies vying to convert the golf course into different uses was met with opposition from its residents.

Finally, the University of Missouri, St. Louis, which is located just a few blocks away, purchased the land with the hopes of using the course for philanthropic use.

UMSL is leasing the property to Normandie 1901 LLC for \$1 a year. Last month, that corporation decided not to continue operations under the present lease. Now, UMSL is looking for a new management team.

A rich history of golf is associated near Ferguson. Glen Echo Country Club is located nearby. It is the golf course you see if you ride Metro Link from Hanley Station to downtown St. Louis. However, Glen Echo, which was opened in 1901, is a private club. It was the first 18-hole golf course in St. Louis and the first golf course constructed West of the Mississippi.

Norwood Hills Country Club, another private golf course, borders Ferguson and is located off Lucas-Hunt Road.

It might be noted that UMSL was once Bellerive Country Club until they sold the land to the Normandy School District and moved the golf course to Town & Country in west county.

Expanding Opportunities for Nursing Students at STLCC

St. Louis Community College is known for the strength of its nursing program, and has plans to expand the program by 75% across the district over the next five years, through 2023-2024.

To give some perspective, in spring 2019, the nursing program enrolled 432 students across the district. This academic year, 2019-2020, more students were admitted to the nursing program at two campuses - STLCC-Forest Park and STLCC-Meramec. Each campus welcomed 48 students per semester, up from the previous count of 40 students per semester, which represents 20% growth.

The expansion of STLCC's nursing program will be most noticeable in 2020-2021:

- STLCC-Florissant Valley will have two cohorts – fall 2020 and spring 2021 – and will admit 48 students per cohort for a total of 96 students per year.
- STLCC-Wildwood will have a cohort – fall 2020 – with 24 students.
- STLCC-Forest Park and STLCC-Meramec will continue with fall and spring cohorts of 48 students each.

Applications for the nursing program are being accepted for fall 2020.

There are benefits for future students to apply to STLCC's nursing program:

- Students with prerequisites who meet the qualifications for admission can complete the nursing program in about two years.
- The cost is approximately \$19,000 for two years.
- There is no deadline to apply; first-come, first-serve with applicants to fill spots.
- Students in the nursing program represent diverse backgrounds – gender, age, race, ethnicity and culture.
- STLCC nursing students have a 96% pass rate on the National Council Licensure Exam, or NCLEX.



National research data focused on health care jobs consistently notes a shortage of nurses. Locally, the College's 2018 State of the St. Louis Workforce Report shows that the vacancy rate for nurses is 19% in the region, and 18% statewide.

Creating Whole Communities

Creating Whole Communities, in partnership with University of Missouri- St. Louis, University of Missouri Extension, and St. Louis Promise Zone- St. Louis Economic Development Partnership, is proud to announce the 2020 Neighborhood Leadership Fellows Cohort Class. Neighborhood Leadership Fellows is generously supported by Missouri Foundation for Health. The 2020 Cohort consists of 25 leaders from North St. Louis City and North St. Louis County:

Julia Abernathy, Megan Betts, Mary Chandler, Audrey Ellermann, Ted Gatlin, Jr., Eujorya Gilkey, Delesha George, Karen Greer, Eltoreon Hawkins, Kristina Hazley, Kyle Lackey, Trevaughn Latimer, Janett Lewis, Alan Mueller, Dawn Price, Ebonie Reed, Paulette Sankofa, Ramona Scott, Catherine Smith-Morgan, Shavanna Spratt, Toni Stovall, Quinton Ward, Sundry Whiteside, Alice Wilson, Michael Woods

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

Neighborhood Leadership Fellows is a nine-month leadership training. The program, set to convene on January 10, meets one weekend a month from January through September 2019. During the Friday and Saturday sessions, participants will engage in shared collaborative learning experiences through dialogue, and presentations among fellows and respective community and state leaders. Educational workshops will cover policies, new research, and innovations that promote equitable neighborhood development in areas of housing, education, economic development, public health and safety. Positional power trainings will give participants the foundational knowledge to lead their communities and to serve effectively on boards, commissions, committees, and in elected office. All participants who are accepted receive a \$2,000 stipend and a UMSL Chancellor's Certificate upon completion.

To learn more about the program, please visit cwc.umsl.edu/nlf/

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Financial Focus

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

Save more, Spend Less!

Just one month into the New Year and we hear most people have already broken a resolution, gave up entirely or didn't even make one. If you made one and it was to do better managing your money and shoring up your net worth, let's hope you're still on track. Last month, I had some suggestions for doing an annual review to see where you are now. After evaluating your own personal financial review, like me you may have come to the conclusion that you need to "save more, and spend less." It sounds so easy, but it is not. It takes discipline and an entirely new way of thinking about how you spend.

For starters, if you feel like having more knowledge of personal finance could help you there are resources right here in St. Louis. Here are a few that can help with understanding the basics of managing money.

The United Way and other financial institutions sponsor "Money Smart St. Louis." You can check out their website at <https://www.moneysmartstlouis.org/>. Looking at their calendar you can find Financial Education Classes in the evening. The ones I saw were geared towards women. Just call to register and they offer free childcare. The program they offer is ROW's Economic Action Plan – the classes can be very helpful and also meeting others in the same situation can offer support for those who have trouble keeping themselves focused on their goals. I'm not sure how many sessions there are I only saw two listed on the calendar.

Another local organization is HOPE Inside St. Louis Consortium. Although there didn't seem to be anything on the calendar for this year so far, they've had workshops on Credit and Money Management in the past. Their Facebook page showed that the Regions Bank in Florissant on New Halls Ferry may offer some of their programs.

St. Louis Community Credit Union has a helpful website with a Money Management Planner you can download. There are also several subjects you can read about that could help in your quest to improve your savings and cut back on your spending. In some of the areas on this website you can contact a coach to help you. For some people the coach might be more helpful, being accountable to someone other than ourselves can help you to stick to a plan.

Many local banks offer some help and websites like www.bankrate.com give some tips and tools to help, like seeing the length of time to pay off a credit card. Information like that can be valuable as you work on a budget and a plan to save more and spend less.

Recently, I read that all the financial literacy programs have one major shortcoming. They give you the tools and advice, but they lack in actually showing how to do it. We all know that temptations surround us daily and whether you are rich or poor doesn't matter - spending is just plain hard to control. As *Sports Illustrated* has pointed out, about 78 percent of former NFL Players are in trouble with finances just two years into retirement, and former NBA players are just slightly better. Financial problems don't discriminate difficulties managing money affect all income levels. So if we want to understand how to do better with our finances, having the knowledge is very important, but understanding our own brain and how it processes are responses to money could provide some extra help.

In his book, *Thinking Fast and Slow*, Daniel Kahneman points out that our brains process in two different modes – fast and slow. Those quick decisions in the fast mode often get us into trouble because it focuses more on instant gratification without a lot of thought involved. The slower method takes time to weigh the pros and cons of a decision. Certainly, both methods have merits. If you have been trained to handle emergencies, the ability to make quick decisions may be imperative. Of course, throughout your training you probably spent hours developing your reactions more slowly, so when the real need arises you are well prepared to act quickly. So using both methods in the most positive way, may be helpful.

So learning to make better financial decisions by taking it slow could be the answer. If you suddenly received a bonus, your fast decision might be to spend it on something frivolous like a vacation. The slow part of your thinking could probably convince you to save or use it to pay off a debt. And as you are trying to do the right thing another culprit to content with is the brain looking that instant gratification you get from being frivolous. It is certainly easier to accept, so the only way to help yourself avoid these swift choices is to change your behavior towards money.

Another consideration is the response we have to certain triggers. If they lead us towards bad choices, one suggestion is to replace those triggers. Let's say you have a bad day at work and it triggers you to stop for ice cream on the way home. Spending money and making you feel worse later because you spoiled your dinner by having ice cream. If you could replace the stopping for ice cream with another activity like going for a walk in the park, you could improve your health, save the ice cream money and build a new habit to replace the behavior. If you review the results of tracking your expenses for a week, it may tell you something about why you make some

Flo Valley Hosts FIRST® Robotic Contests



FIRST® Tech Challenge is a widely accessible robotics program in which teams design, build, code and operate sophisticated robots to play a themed floor game in an alliance format. Guided by adult coaches and mentors, students develop STEM skills and practice engineering principles while realizing the value of hard work, innovation and working as a team. More than 400 students will participate in the 36 team Qualifier for the SKY-STONESM season.

More than 400 students participated in The FIRST® Tech Challenge St. Louis Community College at Florissant Valley Qualifier, which began with an opening ceremony followed by five hours of robot play. Ultimately, only five teams advanced directly to the Missouri Championship on Saturday, March 7. The Missouri Kansas region includes more than 200 teams and supports 48 events.



**A Cub Scout found a frog that said,
"Kiss me and I will become a beautiful princess."
The boy studied the frog, then put it in his pocket.
"Hey," the frog croaked, "how come you didn't kiss me?"
"I'd rather have a talking frog than a princess any day!"**

Joke by Brad S., San Antonio, Tex.

of your choices. As is often the case in the short term your brain has the instant gratification of the ice cream, but the remorse later negates that good feeling. So how can you tame this monster? It's determined that it takes 21 days or three weeks to build a habit. So changing how you respond to one of the triggers that may help.

Being aware of the marketing tools being used to encourage you to buy more, may help you avoid them as well. Brick and mortar stores have special methods of getting consumers to buy more. At the checkout lanes there are always those things you may have forgotten or certainly may want to just have on hand – batteries, lighters, candy, breath mints, etc. And on end caps in the big box stores they have all sorts of special values which sometimes really aren't so special, but being on an end cap is. And when you have a coupon do you feel the need to go buy something just to save the money. You can convince yourself it is really saving money in the long run and eventually you'll use those paper plates. It's especially hard if it's a store you frequent and you stop to purchase a birthday card and the receipt is three feet long full of coupons. Spending control is a real problem for some and this type of marketing doesn't help them. Just cutting out small impulse purchases can really save money.

The internet seems to have more power of persuasion because it knows so much about you that those in the brick and mortar store wouldn't know. If you do any shopping on-line, it is tracking your every purchase and searching new offerings to show you with each log on. If you are truly a shop alcoholic, this could be a dream or a nightmare depending on how it affects you financially. So as we try to avoid the temptations to overspend that surround us, it is really up to having the self-discipline to cut your spending, and in doing so, increase your savings and 2020 will be a great year. Remember no matter how many classes or coaches you may try, you are the one that must work at implementing and sticking with the changes necessary to get you off the paycheck to paycheck cycle.

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



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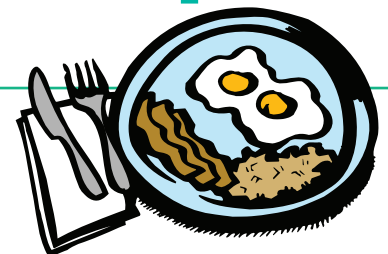
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Saturday, Feb. 15th

2:00pm-3:00pm

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Required

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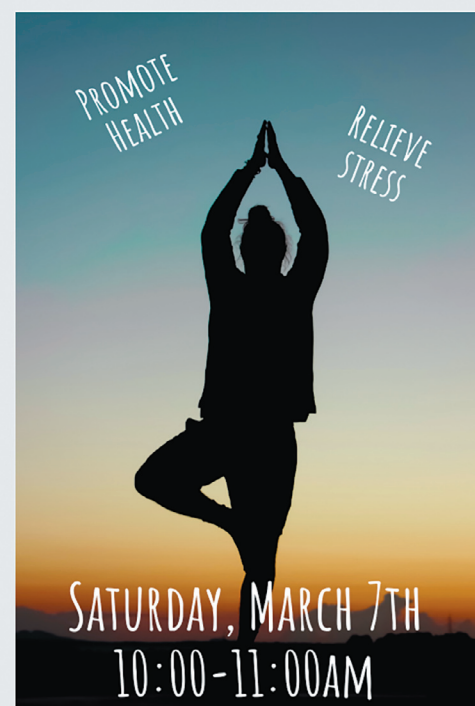


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Edward Jones Perspective

by Joe Meyer

Are Your Financial and Tax Advisors Talking?

Now that we've closed the book on 2019, it's officially Tax Season. As you prepare your tax returns for the April 15 deadline, you might already start looking for opportunities to improve your tax-related financial outcomes in the future. And one important step you can take is to connect your tax professional with your financial advisor. Together, these professionals can help you take advantage of some valuable strategies:

Roth vs. traditional IRA

If you're eligible to contribute to a Roth IRA and a traditional IRA, you might find it beneficial to have your financial advisor talk to your tax professional about which is the better choice. Generally, if you think your tax rate will be higher in retirement, you might want to contribute to the Roth IRA, which provides tax-free withdrawals (if you're older than 59 1/2 and have had your account at least five years). But if you think your tax bracket will be lower when you retire, you might be better off with the traditional IRA, which offers upfront tax benefits – specifically, your contributions may reduce your annual taxable income in a given tax year. Your tax advisor may have some thoughts on this issue, as well as how it might fit in with your overall tax picture in retirement.

Taxable vs. non-taxable income

Turning taxable income into non-taxable income can lower your current year's tax bracket. Depending on your income, you could potentially subtract your traditional IRA contributions (or your SEP-IRA contributions if you're self-employed) from your taxable income. And even now, it's not too late to affect the 2019 tax year, if you still haven't reached the IRA or SEP-IRA contribution limits. Before you file your 2019 tax returns, your tax professional can tell your financial advisor how much you would have to contribute to your traditional IRA, SEP-IRA or similar account to potentially lower your taxable income. If you make the contribution, your financial advisor can illustrate how it would impact your retirement picture and make a recommendation on how to invest

the money. (You can fund your IRA with virtually any type of investment – stocks, bonds, mutual funds, and so on.)



Capital gains taxes on mutual funds

You might think you have total control over taxes related to your mutual funds. After all, you decide how long to hold these funds before selling shares and incurring capital gains taxes. However, mutual fund managers are usually free to buy and sell new investments as they see fit, and some of these sales could generate capital gains taxes for you. If these taxes are relatively large in any one year, your tax professional may notice and could relay this information to your financial advisor. This doesn't necessarily mean these mutual funds are inappropriate for you; they still may be suitable for your goals, risk tolerance and time horizon. But the tax aspect may be of interest to your financial advisor, who might recommend more tax-efficient investment options.

Your investment and tax pictures have many overlaps, and by ensuring your team of advisors is working together, or at least communicating with each other, you can increase the chances of getting your desired results.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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

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Feed My Children Fundraiser

Texas Hold'em at Atonement Lutheran
1285 N North Florissant Rd
Saturday, February 8th – Starts at 6:00 pm
For more information call:

Greg Viehman 314 422 2657 or Dan Sullivan 314 541 1931
All profits go to Feed MY Starving Children

Trivia

All answer begin with the LETTER "V"

1. Maple syrup state
2. Alphabet pills
3. Dracula
4. Had an ear for art
5. Nasty singer Sid
6. Letter turner
7. Pope villa
8. A garden of good-for-you
9. Also known as Ethel Mertz
10. Professional car parker
11. Vehicle for moving
12. "Winning was the only way" coach

See answers at bottom of page 23.



FERGUSON LIBRARY PRESENTS

African American Genealogy: Our Family History

with the St. Louis African American History and Genealogy Society

FEBRUARY 11, 2020 | 6 PM
LIBRARY AUDITORIUM

No. 2 in the Ferguson Library 90th Anniversary series

35 N Florissant Rd, Ferguson, MO 63135
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READINGS ON RACE

BOOK CLUB

Please join us to discuss issues surrounding the complex and challenging topic of race. Each month we read a new book and meet for an intelligent, engaging, and honest discussion. All are welcomed to take part.

February 10 at 6 pm

How to be an Antiracist
by Ibram X. Kendi

For more information or to reserve a copy of this month's selection, please contact Amy at the library at 314-521-4820.

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

Ferguson Municipal Public Library

QUILT SHOW

The Ferguson Library will host quilts made by local quilters from all over the St. Louis area.

Thursday Feb. 20th 10:00am - 5:00pm	Friday Feb. 21st 10:00am - 5:00pm	Saturday Feb. 22nd 10:00am - 3:00pm
--	--	--

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February Events



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Join us for a relaxing hour of strengthening Feb. 10th and 24rd at 11:30 pm

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With Musical Entertainment by "Scott and Karl" Complimentary Lunch following, Tuesday, Feb. 11th at 10:30 am RSVP by Feb. 7th 314-838-3877

Stay Well

"Keeping Your Heart Healthy" with ENVISION Home Health. Thurs, Feb. 20th at 9:30 am. Complimentary Breakfast at 9 am RSVP by Feb. 14th 314-838-3877



Under The Hood With Robinwood
By Bob McGartland

Celebrate Presidents Day!

As we celebrate Presidents Day in February, I thought you would be fun and interesting to share some little known facts about our Presidents and their relationships with cars, and car companies. The 1st President of the United States to even ride in a car was our 25th President, William McKinley, who served from 1897 to 1901. He rode in a Stanley Steamer, a steam powered vehicle built in the late 1890's by brothers Francis & Freeland Stanley. Unfortunately, President McKinley did not get to enjoy much time behind the wheel of a Stanley Steamer as he was assassinated in 1901.

Theodore Roosevelt, our 26th President, succeeded McKinley, and his administration was the 1st to actually own a vehicle, a Stanley Steamer. History tells us that Theodore preferred horses to cars. The 27th President, William Taft, was the President who replaced all the White House horses and filled the stables with cars, including two gas fired Pierce-Arrows along with a white Model M Stanley Steamer. The 1st President to ride to his inauguration was our 29th President, Warren Harding. He rode to the event in a 1921 Packard. Sadly, the Stanley Steamer company went out of business in 1921 unable to compete with the less expensive gas-powered vehicles.

Ford Motor Company's luxury division started production in the 1920's and quickly became the popular choice of several Presidents for luxury transportation. Calvin Coolidge, our 30th President, was the 1st President to be chauffeured in a Lincoln

limousine. President Franklin Roosevelt traveled in a 1939 Lincoln nicknamed "The Sunshine Special" as it featured armor plating and was the 1st Lincoln built to specifications provided by the Secret Service. Roosevelt's Presidential Fleet also included one armored Cadillac that the U.S. Treasury Department had seized from Gangster Al Capone.

Believe it or not, the 1st year that horses & stables were eliminated from the Congressional budget was 1951. President John F. Kennedy was chauffeured in a Lincoln and was riding in a navy-blue Lincoln Continental convertible when he was tragically assassinated in Dallas on November 22, 1963. A date that many of us will never forget.

Ford was not the only manufacturer to get into the Presidential fleet business. General Motors Cadillac division provided the limo for our 29th President, Woodrow Wilson, and Barack Obama rode to his swearing in ceremony as the nations 44th President in a new Cadillac limo referred to as a rolling tank with windows nicknamed "The Beast". Starting in 2001, it was mandatory that every Presidential limousine be destroyed when taken out of service.

One thing for sure, the President's fleet of vehicles plays an important role in their daily lives just like your vehicle does for you and your family.

As always, if you have any automotive service needs, Robinwood Automotive, like each of our Presidents, stands ready to serve! Thank You! Visit us at www.robinwoodauto.com.

Be a Farm & Garden Apprentice!

The Farm & Garden Apprenticeship runs April - September. It is a part-time, hands-on, educational experience in organic gardening, market farming, and applied permaculture.

The Apprenticeship Includes:

- Mentorship from professional farmers
- Training from field to market
- Weekly classes on topics such as soil stewardship and farming as a business
- Tours of nearby farms and gardens
- Permaculture projects such as mushroom cultivation, forest gardening, and earthworks to name a few
- Subscription to "The Organic Broadcaster," a publication of Midwest Organic & Sustainable Education Service (MOSES)
- PLUS: Take home a weekly share of the harvest YOU help grow!

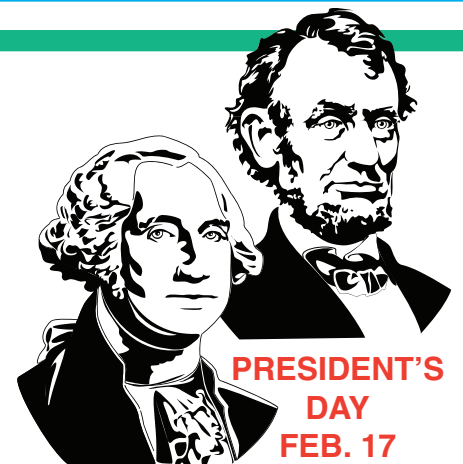
Questions? Email our Program Manager, Tiffany Brewer at tiffany@earthdancefarms.org



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dctravels@yahoo.com

DC TRAVEL presents
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by Marveena
Miller
Shanahan

POLAND



Town Square of Krakow.

Poland, like most Eastern European countries, has a long and complicated past with a currently uncertain future in the E.U.

Poland's early roots are Slavic, from the early Middle Ages. From 1795 until 1918 no independent state of Poland existed, although there was a strong Polish resistance movement. Poland was an independent state from 1918 until 1939 when it was overrun by Germany and then Russia. On one of our tours we learned the reason Hitler targeted Poland was because the Polish people did not conform the entire time they were occupied by Russia. But Hitler knew they would conform to Germany. Millions of Polish people were killed during the Nazi occupation, with 45,000 killed in Krakow alone. After the end of WWII, the Russians created a communist satellite state in Poland, and it would remain until Communism finally fell in Poland with legislative elections in June of 1989. Poland joined NATO in 1999 and the E.U. in 2004, though it is important to note they do not accept the Euro.

Getting to Poland was surprisingly easier than getting to Estonia. Our flights were long but tolerable, the hotel had arranged for a car that was waiting at the airport, and after a quick 20-minute drive we were there. Our hotel, a charming little aparthotel, which was a suite like extended-stay, was just two-blocks from the main square. As it was dinner time by then we headed to find somewhere to eat. Not knowing our way around, we turned to the right and ended up at a delicious pizza place in a residential neighborhood. We couldn't understand why it seemed so slow on the Saturday before Christmas. We found out later had turned left we'd have been in the center of activity. However, the Tiramisu we had made the wrong turn completely worth it.



The garden restaurants on the Square.

The next morning, we turned left and we found all the people! The Main Square in Krakow is among the largest in Europe and was beautifully decorated for the holidays. Carriage rides lined the street next to a giant Christmas tree with the coolest "garden areas" I have ever seen. Almost all restaurants on the square have these little glass enclosed

areas, maybe 6-8 tables, patio heaters, all decorated, where you can sit outside but still be warm and comfortable. We walked and walked and walked, as the main square alone is almost 10 acres. We walked every bit and then to the lake, around the castle and back to our room, 10+ miles that day. Our reward for our efforts was we found a delicious wine bar with a cheese and meat platter that would put France to shame.

We had planned two trips to the mountain region but both trips were canceled so we spent most of our time in Old Krakow. We took a tour of the Jewish Quarter and the Jewish Ghetto, although there is very little original left. We visited Schindler's factory and the Lonely Chairs in Ghetto Heroes Square. Walking through the areas is very eerie. Reading about them and watching them in movies and documentaries is one thing, but seeing it in person, feeling it, words just fail. We learned how hard the Polish and Jewish people tried to fight, the rebellions, and the deaths, estimated at 6 million or 1/5 of their pre-war population.

Christmas Eve is extremely popular in Poland, a time to spend with friends and family. The city seemed to shut down at 3 p.m. but we found a cute little place where we were able to stay until 6 p.m. I had homemade vegetarian Pierogis and Chris had a delicious pork chop. We walked around the very empty old town Krakow, except the never slow Christmas Market, and

bought cute little gingerbread people and headed back to the room. Christmas was bustling with most bakeries open. We tried Paczki, a Polish specialty of a filled donut with very rich dough, and walked around and visited all the Christmas trees in the square. We settled on lunch back at the wine bar and the filet that Chris ordered would make the steak houses here stand up and take notice! We watched the sunset, easy to do when it sets at 3:30 p.m., sipped champagne, along with some more Tiramisu, in one of the garden restaurants. It was the perfect holiday.

We left the hotel early for our trip to Auschwitz and the Wieliczka Salt Mine. Most of you have seen the movies, heard the stories, but standing on the ground, looking at that execution areas, walking on those train tracks, were difficult. It was the only day it was bitterly cold, with snow and sleet; fitting for the place we were visiting. The numbers are unknown, with most agree 2.5 million lives were taken there. In one of the buildings there are pictures lining the wall . . . their eyes told you they knew what was in store for them, most only making it months. You see the beds, flat pallets with some hay, but did you know 6-8 people slept on that pallet? A video was played on the bus before we arrive and it isn't toned down. It showed the poor little girl who had to stand in the snow for 12 hours a day, every day, no boots, no coat until she could stand no more, then she was gone. It was a quiet day, one for reflection, not enjoyment.



Auschwitz-Birkenau Memorial and Museum

After the camps we rode 90 minutes to the salt mine. The salt mine began in the 13th century and produced salt until 2007. It is over 327 meters deep and we only visited the first three floors. There are carved chapels, gnomes, characters and stories throughout, all done by the workers. The mine was placed on the UNESCO World Heritage Site in 1978. It is most interesting and should not be missed if visiting Krakow.



Krakow is a beautiful place to visit and the centrally located Wawel Castle is breathtaking, with its fire-breathing dragon very entertaining. Poland is a little more difficult to visit, because of their history, than some of the other countries we've been to, but if you are looking for a beautiful place to spend a few days, Krakow is it. The people are friendly, prices are excellent (one night we spent less than \$40 on appetizers, dinner, desert and drinks). And although a long flight, (15 hours) not too difficult to get to.

See you next month for the Quebec Winter Carnival.



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Is Your Purse Causing Neck and Back Pain?

Chiropractors often treat patients suffering from chronic neck and back pain. While sometimes, pain management is necessary due to injury, strenuous work activity, or unhealthy sleep habits, many individuals have spinal misalignment due to their purse. Heavy handbags that you carry for extended periods will strain your spine, neck, and shoulders. If you're experiencing numbness, tingling sensations, or general back pain and your bag is the culprit, here are a few ways to mediate the situation.

Four Tips to Reduce Neck & Back Pain

- 1. Switch Sides**
Most individuals tend to carry a bag on one side. This can create an imbalanced load as additional strain is all on one shoulder. As you hold your bag, switch sides often. If you're a student, educator, or worker that uses many supplies throughout the day, consider a backpack for even weight distribution.
- 2. Lighten Your Load**
Back Pain – While oversized handbags are popular as a fashion statement, a larger bag can become weighed down by unnecessary items. Sort through your purse and remove what you can. Before leaving the house, decide whether you truly need to carry everything in your purse that day.
- 3. Choose the Right Bag**
When shopping for a handbag, prioritize comfort. Pick one up before purchasing and feel its weight while empty. Extra zippers, dense material, and studs may be fashion-forward, but the added weight can lead to unnecessary back pain. Also, lean toward bags with flexibility. A handbag with wide shoulder straps to evenly distribute the load as well as additional carrying options, such as a cross-body strap or a hand strap, will help you establish balance.
- 4. Focus on Your Posture**
Always test the bag before buying it. As you carry it, focus on your posture. Keep your shoulders relaxed, back, and down while you walk with a neutral neck and spine. With the right bag, you can maintain this posture without leaning to one side.

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, February 13th
Orlando's Event & Conference Center

Get your Cupid on!
Come dressed in **Pink** or **Red** to be entered into a special drawing!

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2020 CENSUS: FERGUSON COUNTS!

Help bring dollars back to our community by encouraging others to participate and getting the facts out about the 2020 Census.

Low participation in the 2020 Census could have substantial negative consequences for Ferguson. If Ferguson is under-counted by just 5% in this Census, the City will lose \$300,000 each year or \$3 million over the course of the next ten years, which will result in an inability to provide critical public services that the City currently provides.

As a result of the 2010 Census, the State of Missouri lost a congressional seat and hundreds of millions of dollars in federal funding. For every adult or child that is not counted in the census, Missouri will lose an estimated \$1,300 in federal dollars every year – additionally The City of Ferguson will lose nearly \$300 for every adult or child that is not counted. Households most at risk of being under-counted include those who are low income, renters, people of color, young children, and immigrants.

For more information, please contact the City of Ferguson at (314) 521-7721 or visit www.fergusoncity.com/641/2020-Census



KEY DATES FOR THE 2020 CENSUS

The U.S. Census Bureau will mail every household an invitation to respond. Households without internet access will receive a paper questionnaire.

February 5, 6:30pm-7:30pm @ 9420 W Florissant Ave: Census Ambassador Training

March 12-20: First invitation to Respond (online, by phone, or by mail)

April 1: Census Day is the official snapshot of the United States. Responses should be based on household information as of April 1, 2020.

2020 CENSUS: 4 WAYS YOU CAN INSURE FERGUSON COUNTS

1. Spread the Word!

Talk to neighbors, community groups, and businesses in the community in person and over social media

2. Volunteer: Become a Census Ambassador

Getting everyone counted will take all of us: Contact the City of Ferguson for more details: 314-521-7721, or visit fergusoncity.com/641/2020-Census

3. Become a Census Taker with the US Census Bureau

go to <https://2020census.gov/en/jobs>

4. Complete the Census yourself

When every adult and every child in Ferguson is counted, we get more money for all the City services that we provide. Completing the census is a way to participate in our democracy and say "I Count!"

Rebuilding Together

Rebuilding Together is looking to support Ferguson homeowners who are low-income seniors in need of home repairs that will increase their safety and independence. We're in need of two neighborhood clusters of four houses either on the same block or within walking distance of each other. We're excited to be partnering again with the great residents of Ferguson! See below for more information:

Who We Serve:

Rebuilding Together serves clients who are seniors over the age of 65, people with disabilities needing home modifications like grab bars and ramps, and military veterans.

What We Do:

Rebuilding Together completes home repairs that increase the homeowner's safety, comfort, and independence. Repairs include, but are not limited to: installing grab bars and handrails, fixing leaking toilets and faucets, interior and exterior painting, cutting back overgrown landscaping, repairing porches, installing ramps, and so on.

We are unable to help with fire damage, major structural issues, or tree removal.

When We Need Applications:

Rebuilding Together is looking for applications now! Interested clients should submit an application. Clients can call the office with any questions: 314-918-9918 ext 116. Once an application is received, Rebuilding Together will contact the client to review the information and set up a site visit if applicable.

When We Host Rebuilding Day:

Rebuilding Together completes the majority of the work on a day called Rebuilding Day. An estimated 40-50 families will be assisted on that one day. Rebuilding Day will be hosted in the beginning of May 2020.

Sherlock's Pal



One of the most difficult truths I have had to learn in my sixty odd years on this planet is that I am limited in what I can do and how much influence I have on this planet.

By the way, when I say, "odd years," I truly mean to imply that my life has been rather odd, i.e. strange. If I happen to exist in other parallel universes, I sincerely hope that at least some of the oddness has been tempered with normalcy. I would digress into a conversation about parallel universes, yet I will leave that to one of my counterparts in one of the other universes. Seems fair to me.

Anyway, back to my human limitations . . . Perhaps the greatest culprit that has engineered a great hoax on me and many of my fellow human travelers through history is the false impression we get from using social media. When I write a silly pun or make a profound statement on Facebook or Twitter I know that there is a corner of my brain, perhaps a corner that doesn't enjoy as much synaptic stability as it should, that is telling me that darn near everyone is privy to my brilliance (or lack thereof). On my better days and quieter moments, however, I manage to tell myself, "Self, you're not even a blip on the radar of life." And then self manages to settle down long enough to pop popcorn and watch Netflix. (Question: Is it enough to say, "pop corn," using the word "pop" as a verb, rather than "pop popcorn," or would the reader misunderstand my culinary capabilities?)

I know someone quite well who truly believes that all his Facebook posts are connecting daily with the masses of humanity. I have tried to convince him otherwise, pointing to the obvious fact that very few people bother to "like" anything he writes, yet he persists. Certainly, social media has exponentially widened our circle of connectedness in this world, although to refer to folks we have never met in person as "friends" seems disingenuous at best. I realize we call them "friends" for the sake of alliteration, as in "Facebook friends" (which tops "Facebook foes" all day long), and yet I wish we could find a more realistic term that means something like "potential electronic acquaintances," and yet says it more eloquently.

Nevertheless, I do realize that darn near everyone is potentially reading this column, so I should say something important. To do so, I need to quote from someone who has more "friends" than I do, the American novelist, poet, essayist, environmental activist, cultural critic, and farmer, Wendell Berry. (I met Berry when I lived in Kentucky several years ago and told him he should make up his mind about what he wants to be when he grows up.)

Saying what I just said, but with much better command of the English language, deeper insights, and more authority, Berry wrote, "One cannot live in the world; that is, one cannot become, in the easy, generalizing sense with which the phrase is commonly used, a 'world citizen.' There can be no such thing as a 'global village.' No matter how much one may love the world as a whole, one can live fully in it only by living responsibly in some small part of it . . . One can become whole only by the responsible acceptance of one's partiality. (The Art of the Commonplace: The Agrarian Essays)

In other words, despite the potential connectedness of social media, you and I occupy a lonely corner of the universe. Do what you can to make it better, leave it better than you found it, and hope that your counterparts in those parallel universes manage to do the same. Mic drop.

Dr. Jimmy Watson

Pastor, Immanuel United Church of Christ

Ferguson, Missouri

If you live in this universe, please write to me at sherlockspal@yahoo.com

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on.



One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her "my darling." But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years. Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, "My darling, I love you! Will you marry me?" And the lady said, "Pardon?"



Joke by Vincent F., Manchester, Mo.



February, 2020
By Bob McCarty

My dad had always told me that when one door closed, another opened. He was a very smart man, just not a good cabinet maker! Though my pop usually enjoyed a joke at his sake, and even though he made a lot of impressive pieces in wood, still he wasn't the best cabinet maker. He

somehow failed to put the finishing touches on his creations.

I thought about pop when I decided to write about doors, especially the ones at the front of your home. This is one of the places that the finishing touch is so important. You want your front entry to make a welcoming gesture to everyone viewing the front of your home. This month, even though it's not the best time of year to paint outside, let's chat about how to paint your front door.

Like I said earlier, you want to be welcoming when someone looks at the front your home, but there are a few rules to remember. The first rule is; a cheap front door looks like a cheap front door. There I said it. If you are in need of a new front door and you can't afford one right away, save for a door that fits the style of your home. And you don't want to put a plain ol' slab door on the front of your Victorian home, it just doesn't fit. You want to put a Victorian door on a Victorian House. Even an Arts and Craft door on your Victorian would look out of place. Use the style of your home and you won't go wrong.

You would also want to avoid a lot of unnecessary clutter around your door. A plain door with a welcoming wreath, or maybe a vase or even a potted plant or flowers depicting the season. Wouldn't that be a wonderful welcome to your visitors?

You want your front door to stand out, maybe a contrasting color, of course your other doors, of less importance, would be painted the same color as the body of the house or trim. You want to make a statement with your front door. Just remember to keep it clean and with a good coat of paint on your door.

Most of the doors of older home were usually stained and varnished when they were first installed. If that is the case, don't think that you would need to paint your door, just maintain it and keep a good coat of spar varnish on it to protect it from those pesky UV Rays.

If you paint your door try using the sash or shutter color on your door. This color is not a prominent color on your house and it will give a sense of harmony. If you don't have shutters or you only have one or two colors on your



house, consider using a contrasting color on your front door.

Photo 1
This is a start, but if the trim on the rest of the house is painted a different color than the frame around the doors and the sidelights, you would want to maintain that same color on all of the trim.



Photo 2
This is what you're looking for. The actual door is welcoming. You could have painted the sidelights to match the door, but the idea is to not have another architectural item competing with the door.

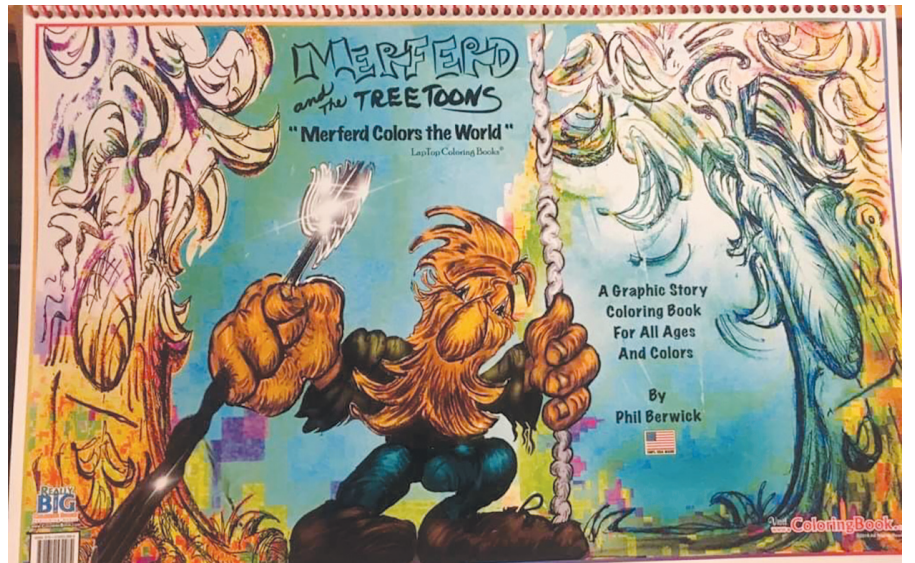
There is no right or wrong way to paint your front door. You just want to remember to give the entrance to your home a welcoming feeling. As I mentioned earlier, if the door is still stained and varnished, keep it that way and maintain it so that it will last. A good coat of spar varnish will protect from those damaging ultra-violet rays and

a gloss finish will be easier to keep your door clean. A satin finish will make your door look like an antique. When you paint your front door, no matter what color you use, use a gloss or even high-gloss.

How are those New Year Resolutions going? I'm happy to report that I have carried on with my resolution for the past 31 days, only 334 to go. Until next month, Bob is on the Job.

Merferd and the Treetoons Story "MERFERD COLORS THE WORLD"

A graphic story coloring book for ages 8-88 and beyond



I waited ten years for the story to come. A good story is more important even then good art, for a good story can stand alone without the art. Having said that, the graphic story is loaded with good art. **Book Signing Sat, Feb 22 at the at Blick Art Materials, University City!**

Books bought on signing day at Blick's will be personalized and sold with proceeds going to 643 FERGUSON WARM: Ferguson Warning Center. This group rescues the homeless from throughout St Louis county, and coordinates with local Ferguson area churches, feeding and keeping those without a home, comfortable and warm overnight during the winter.

Merferd is a Hero in St Louis

Often times, a family of fans sees a Treetoon hanging onto my pickup, around St Louis, or Jefferson County, and stop to talk. My purpose for doing what I have been doing comes back to bless me with this kind of conformation.



Proceeds of the Book going to 643 Ferguson Warm: Ferguson warming Center Purchase of the book to help those who help the homeless. Two friends, "Popeye" and "Tee", (Photo to the left) who, after being homeless, sleeping out in the elements for three years, were in their own words, SAVED by 643 Ferguson Warm: Ferguson Warming Center.

They now sell the book on the streets of Ferguson to help themselves with HALF of the proceeds of the \$20 books they sell going to 643 Ferguson Warm! 643 Ferguson Warm Facebook Web site Living Tree Care Inc | St. Louis and, Jefferson Counties, MO 63135. 314-568-8367

Phil Berwick



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Maintaining Yesterday For Tomorrow



Ferguson by Foot

By: Margaret Wolfbarger



"Hallelujah, nevertheless was the song the pain couldn't destroy. Hallelujah, nevertheless you're my joy invincible, Joy invincible, joy."
— The Foreman Brothers

After a long day at work, I placed my key in the ignition of my car and turned. Nothing happened. The dark parking garage loomed around me like an echo chamber of hopelessness. My bank account was barely positive, and payday was several days away. Coupled with the knowledge that my husband

had not worked in a month and would probably not work for another, I cringed in fear. I wanted to be brave. I wanted to take my own advice and look on the bright side; at least my car hadn't died in traffic or on the side of a busy highway. But I'll admit, I panicked.

In the days before my obdurate car encounter, my son had been in touch to relay a series of sad events. I gladly made the necessary sacrifices to send monetary assistance and offhandedly prayed I would make it to payday without any major bills. Alas, God did not answer my prayer the way I wanted him to.

Do you ever feel sucker-punched by God? Did your husband have an affair and leave you with the mortgage and debt? Did the doctor give your child a diagnosis that make the next few years look nothing like you envisioned? Did the promotion not come through? Or worse, did the layoff destroy any hope you had of retiring comfortably?

Where do you run for hope?

C. S. Lewis wrote a wonderful series of stories called, *The Chronicles of Narnia*. In them he told the stories of children who walked out of our time and into the magical world of Narnia. In this land animals—both real and mythical—talk, wear clothes and carry weapons. When they first arrive, it is winter—but never Christmas—and spring does not happen because of a White Witch Queen who has enslaved the land in snow and ice. They make new friends, a faun named Mr. Tumnus, and on their second visit—a pair of beavers.

Mr. and Mrs. Beaver tell the children about the King of that land, a lion named Aslan. The animals have been hoping and waiting for generations for Aslan to come and set them free from the tyranny of perpetually slavery. Mr. Beaver said, "Winter will be right, when Aslan comes in sight. At the sound of his roar, sorrow will be no more. When he bares his teeth, winter meets its death, and when he shakes his mane, we shall have spring again."

I don't want to ruin the stories for those who have not read them, but I will tell you that Aslan defeats the witch in a most unusual way. The children do not understand his methods and for a while they are afraid the witch has won. What is clear in the stories, however, is that Aslan loves the creatures in his land very much and he is willing to make any sacrifice to save them—even those who betray him by willful ignorance.

It is no secret that C. S. Lewis used these stories to point to his belief in God and the sacrifice his son Jesus made to save people from their sin. Sin is the cause of all the bad things in world—like dead car batteries, adulterous husbands and cancer. The bible says sin is the "sting of death". But Jesus conquered death when he was resurrected from the dead. God delights to rescue people, but not always in the ways we expect Him to. And of course, he has expectations that we will abandon our sinful ways and seek His love before anything else.

C. S. Lewis wrote in *The Problem of Pain*, "Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world."

Not unlike the alarm clock rousing us from sleep, the painful circumstances in our lives beckon us to awaken to reality. Reality that this life is not all there is. God saves people from hell, both in this life and the next, and promises life with Him in Heaven. It is the hope to which we may cling when the body withers and our dreams crash and burn.

The check engine light on my car bellowed an expensive repair so I prayed, "Nevertheless, God, not my will but Yours be done. I choose to trust You." The tow truck driver never showed up, but my husband did. He

Challenger Summer Camp Registration Is Open

Give your kids an "out-of-this-world" summer camp experience at the Challenger Learning Center where aspiring astronauts, scientists and engineers will explore space, science, design and technology through simulated space missions, microgravity training simulation using SCUBA, custom rocket designs, life-size lunar colonies, space food, and much more!

TWO NEW CAMPS THIS SUMMER

Drone Makers - test, fly, build from scratch, and take home your own drone!

Artemis - all-girl camp for aspiring astronauts, ages 9-12

Register before March 15 and get \$20 off.



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Why should kids get all the fun?

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Join us for three days of creativity and innovation in our new maker space. Learn how to incorporate maker activities into your student programs by making a variety of projects that incorporate circuitry, robotics, 3D printing and more. Participants will leave with a basic understanding of how to use many of the tools commonly found in maker spaces, plus ideas for how to integrate maker activities into a variety of subject areas.
Cost: \$200 (includes all supplies and materials)

JOIN OUR CREW - NEW OPENINGS

If you have teaching (formal or informal) experience and a passion for inspiring the future generation of innovators, consider applying for a position at the Challenger Learning Center.

Current openings:
Assistant Lead Flight Director (30 hours/week)
Flight Director (15-25 hours/week)

note: all applications are managed through the Ferguson-Florissant School District.



attached a pair of jumper cables and jolted the dead battery to life. We drove to Auto Zone, confirmed the battery would no longer hold a charge, and purchased a new one. I drove home with a sense of wonder that there is a power I cannot see inside the engine of my vehicle that enables it to move (and even drive at high speeds!). It seems a fitting metaphor for the power of God manifested in the lives of His people.

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

Watch Out Bachelors . . . Sadie Hawkins Day is Feb. 13th

Here is a holiday that originated from a cartoon. It all began in Al Capp's Lil Abner Cartoon in the 1930's. In the cartoon series, the mayor of Dogpatch was desperate to marry off his ugly daughter. So he created Sadie Hawkins Day. On this day, a race was held and all the single men were given a short head start. Then, all the single women, including the mayor's daughter, chased the boys. If a girl caught her man, he had to marry her.

One year there was a wild girl called Cat Woman. She was determined to catch Lil Abner but was outsmarted by Daisy Mae, who eventually caught Lil Abner and married him.

Sadie Hawkins Day!



Sadie Hawkins Day races and events grew in popularity during the course of All Capp's long running cartoon. This cartoon made holiday largely died out after 40 years when the cartoon was discontinued. It can occasionally be seen celebrated on college campuses where the Sadie Hawkins dance is an informal dance sponsored by a high school, middle

school or college, in which the women invite the men. This is contrary to the custom of the men typically inviting the women to school dances such as prom in the spring and homecoming in the fall.

A similar tradition is associated with February 29 in leap years. Long ago, Leap Day also was known as "Ladies' Day" or "Ladies' Privilege," the only period of time when women were free to propose to men.

FEBRUARY 2: GROUNDHOG DAY

Traditionally, this was the day to prepare for spring planting. If it were sunny and a certain animal saw its shadow, people believed that winter weather would continue. In France and England, that animal was a bear. In Germany, it was a badger. In the 1800s, German immigrants to Pennsylvania found no badgers but lots of groundhogs, or woodchucks, so they adapted that species to the lore.

Ferguson has its own groundhog. He or she lives by the fountain.



Jan. 8th, 2020 meeting

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



Officer Jamez Knighten opened the January 8th, 2020 meeting of Ferguson OnWatch, welcoming everyone. Our regular venue at city hall was occupied, so a change of venue to the Library Auditorium was again made.

Traffic Program:

Officer Knighten, one of the officers in the new Traffic Program, is still in the trial phase. This program 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. Officer Knighten reports that he likes the Chambers route the best, due to 2 schools having speed zones. He reports he recently stopped someone going 79 in a 35 mph zone. The other officer in this program is Officer Glover.

Crimetips:

1) Don't leave your car running unattended, especially if you don't have the feature that cuts the ignition when the brake is pressed, and the key is not in the vehicle. This creates another opportunity for a crime to occur, like stolen vehicles. Yard signs are out that say "Lock it or Lose it" to help remind the public of this tip.

(2) Don't leave valuable items in the car when you exit it, as thieves are breaking into cars to obtain guns, laptops, or other valuable goods that are left inside.

(3). Winter Driving: have good tires and slow down during inclement weather. Leave early and allow extra time to get to your destination. When getting ready for a turn, decelerate naturally, if feasible.

Spot shoter:

We heard about gun shots going off on New Years, so the Shot Spotter was busy.

Police Staffing Info: A couple of people are going through the police academy this month. We also heard that we may be hiring a couple more experienced officers to our force.

New Programs: Office Knighten reported that a new program of something like Big Brothers/ Big Sisters Explorer program is in the works.

Promotions: Lt. Harry Dillworth was promoted to Captain recently. Congratulations Harry!

Officer Knighten's backstory:

He was put through the police academy in 2018 by Ferguson, and has served here or 2 years. He likes his current position in the Traffic Program, as he reports he was pretty aggressive in ticket production.

Next meeting date:

Our next Ferguson On Watch meeting is the 2nd Wednesday, **February 12th** at 7:00 PM at City Hall. If that venue is being utilized by the city, then plan B again will be the auditorium at the Ferguson Library. Have a safe month!



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The Ferguson Computer Corner

by Doug Neely **BE MY VALENTINE**



The Ferguson Youth Initiative (FYI) is a 501(c)3 not for profit organization serving the youth of the Ferguson community. FYI empowers teens from Ferguson and surrounding communities to become productive, positive, & contributing members of the community

Contact info if you have any questions or want additional information.
106 Church Street, Ferguson, MO 63135
314-749-5379
info@fyiferyouth.org

Making a Difference – Since FYI started, volunteers and organizers have worked diligently to engage youth and increase youth their involvement in community programs and activities. FYI worked with Ferguson City Staff to implement the Ferguson Youth Advisory Board as well as organize activities for youth.

**Event: Black History Month SLAM open Mic
Friday, February 7th**

St. Louis Chapter of the American Guild of Organists Presents

FEBRUARY FLOURISH

A Conference for Church Musicians

Saturday, February 8th

8:00 a.m. – 4:00 p.m.

The American Guild of Organists proudly supports the part-time musician through programs like February Flourish. Support also from the Handbell Association of Greater Saint Louis and from the Saint Louis Chapter of National Association of Pastoral Musicians.

This event is held at

**First Presbyterian Church
401 Darst Road, Ferguson**

and

**St. Stephen's Episcopal Church
33 North Clay, Ferguson**

Workshops include: Organ, Handbell, Choral and Technology

Learn: Organ, Choral/Vocal, Handbells and Music Technology and Hymn Reharmonization

Keynote Speaker: Dr. Jim Henry

Registration Fee \$30

Student rate (age 22 and younger): \$15

Register Online at agostlouis.org

FEBRUARY, 2020

LOVE is in the air! Everything I see is red! It must be close to **VALENTINES' DAY!!!**

What To Get My Valentine On The 14th?, dept.

That's a tough one. No man has ever been successful in this endeavor since Adam, the first man. Adam wanted to get Eve a new tablet, but Eve insisted that Adam would prefer to share an "apple" with her. That's when it all started, and EVERYTHING went DOWNhill from there!

Is The Tablet The Modern Equivalent Of The "Apple"?, dept. Some are, but most aren't. Personally, I like the Samsung. The biggest reason for that is that I recently purchased a Samsung Galaxy Tab A, in 8" trim. I did this mainly because I figured that sooner or later I would need a tablet, so I better get started. (Actually, Y "tempted" me to get it.) I still hesitated. But when I was told it was on a healthy discount, I figured that I needed to widen the scope of my expertise. And it was on sale. Too good to pass up. And it had an 8" screen, bigger than my cell phone. Not only that, but when I run out of reading material, I could go online and watch a Youtube video, something I have to do to keep abreast of what's going on in the world. And it has a honkin' huge 8" screen! I can actually SEE the video without a magnifying glass!!! And the battery lasts longer than the "job" does!!! I am impressed!!!

What Are The Specs On The Tab A, You Ask?, dept.

These days, a single-core cpu is on the outs because it can't do the work fast enough. It seems fair to say, even in this ever-changing world, that most processors in the tablet kingdom are dual-core. The Tab A is a quad-core, with a maximum speed of 2.0 ghz per core. Since tablets are trying to move beyond that speed, and increase the core count, battery life suffers phenomenally. (I really wanted to get the 10" Tab A, but that also uses more of the battery's juice! Not only that, but the 10" wasn't on sale.

I must be a real Scrooge!) The truth is that there are too many things that eat batteries for breakfast; faster cpu, multi-core cpu, more ram, higher volume using built-in speakers, wireless operation, watching videos, bigger screens, etc. Basically, the things you most want your tablet to have or to do will cost you battery juice. Before you buy your tablet, see if you can get some specs on your chosen model first. At least you could find out what the return policy is, and how customer-friendly it is in case you have to return your purchase. Just remember: ALL tablets are slow, so how much performance are you prepared to give up in order for your battery to last until you are done with your

"job"? My Samsung Tab A, in my humble opinion, seems to make a very good compromise between the two.

If you would like to read about the Qualcomm Snapdragon processor, navigate over to this website: <https://www.qualcomm.com/products/snapdragon-429-mobile-platform>

If you would like to read more about my Samsung Tab A tablet at Sam's Club, navigate straight over to: https://www.samsclub.com/p/samsung-galaxy-tab-a8-32gb-wifi-pie-tablet/prod23650087?xid=plp_product_1_1 (NOTE: Sam's will not give you their current pricing until/unless you SIGN-IN to your Sam's Club account.)

If you want to see all 4 Samsung Tab A models at Sam's Club website, you need to go here: https://www.samsclub.com/b/tablets/3080109?clubId=8125&offset=0&searchCategoryId=3080109&selectedFilter=all&sortKey=p_retail_sort&sortOrder=0

What Else Do I Need?, dept.

There are some accessories available for all tablets. Believe it or not, there a few options for mice and keyboards. Unless you have a couple mini-USB or USB-c ports, or equivalent, you will need to purchase your mouse or keyboard with Bluetooth capability. Also, keep in mind that not all tablets will be compatible with mice and keyboards. Do your research before you buy.

There are some external battery packs out there, too. Make sure that the voltage is compatible for your tablet. Also make sure that the connector mates properly with the one on your tablet.

I sometimes shop on Ebay. When I want something that is hard to find, I usually find it there. I will be looking on Ebay for a screen protector and a protective case for my Tab A. I did a cursory scan and found a LOT of these to choose from, and they are all very reasonably priced. And some of them are RED!!! :)

Lots of tablets have a card reader. Learn what type your tablet uses, and the maximum size it can handle. If you, for instance, install a 512gb card, but the reader only goes up to 256gb, one of 2 things will happen. You will only have access to 256gb, and wonder what happened to the other 256gb, or you won't be able to access any gb at all. Not good.

ALWAYS follow the MANUFACTURER'S RECOMMENDATIONS! They made the thing, so they know what's best for it. Duh!

ME GO NOW!

I think I need to go to Ebay and get some stuff for my Tab A. Sounds like good fun! Not only that, but

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remember that God "manufactured" us all, so do what He says! After all, He REALLY DOES KNOW WHAT IS BEST FOR ALL OF US! JESUS is your savior!!! ONLY HE can get you into heaven! Don't put that off, though, as you never know when you will meet up with God, and be called to account for what you have and have not done. Wouldn't it be nice to have Jesus to represent you before the Judge? This has been a friendly reminder! :) Blessings to all!

If you would like to ask Doug for his FREE puter advice, call him at: *314*521*1789* most any day, during the mid-afternoon thru the evening. If you get the machine, disregard the outgoing message, and after the beep, leave a short message, to include your local telephone number. When emailing, use: fergusoncomputercorner@aol.com Be sure to include your local phone number for his return call, and put the phrase I need puter advice into the subject line, so it gets thru. **Happy Valentine's Day!!!**

Artful Considerations

by Robin Shively and Glynis Mary McManamon



"I know now it's a hashtag and people have various feelings about it, but really if you look at all black art, even in hip-hop, it's all about that I exist and these are my feelings and this is what I feel about the world. It's always been an undercurrent."

- Cheo Hodari Coker

Ferguson Youth Initiative (FYI) hosts a special **Black History Month SLAM Open Mic Night** event on **February 7th** from 6:15 p.m. till 9:00p.m. in its Backbay, located behind Ferguson City Hall at 106 Church Street. The public is invited to attend to watch teens, including dancers, poets, singers and rappers perform. Cash prizes will be awarded for first place in two categories; Performance and Time-Period Themed Outfit. Teens interested in performing can find the link to sign up on the FYI facebook page or call 314-749-5379 for additional information.

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 **Ferguson Municipal Public Library Quilt Show**, exhibiting artistic creations by Ferguson and St. Louis County quilters and fiber artists will be on display **Thursday, February 20th through Saturday, February 22nd**. During the show, skilled quilters will give live demonstrations of their craft.



Ferguson Library is located at 35 N. Florissant Road. The Quilt Show exhibit will be open during the hours of 10:00 a.m. till 5:00 p.m. on Thursday and Friday, February 20th – 21st, and from 10:00a.m. till 3:00 p.m. on Saturday, February 22nd.

Support Good Shepherd Arts Center by taking part in **"An Artful Trivia Night" to be held Saturday, March 14**, 6:00-9:00 p.m. at the Ferguson Community Center, 1050 Smith Road. Trivia Riot will conduct the rounds and proceeds go to help fund GSAC, a non-profit whose stated mission is "exhibiting art and offering experiences that affirm human dignity, uplift hearts and link creativity with spirituality here in Ferguson, Missouri". Tickets cost is \$160 per table of eight (\$20 per person) and may be purchased either in person at GSAC or by mail. Email info@goodshepherdarts.org or call 314-522-1155 for additional details.

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

The two "Fit and Food Connection" events below are hosted by St. Peter's United Church of Christ on Stein Road in Ferguson to provide healthy living resources to families in need throughout the greater St. Louis area.

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TAUGHT by ANDREA DRIVER
 Certified yoga instructor, Andrea Driver earned certification in 2017 and finished her studies to obtain 500 hour certification in June 2019. She knew this type of movement was more than exercise, but a source to get in tune with breath, body and relaxation.

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INSTRUCTORS:
 Heather-Nutrition Educator
 Jo Ann Reese-Nutrition Educator
 Gabi Cole- Founder & Co-Director

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The Best of Ferguson

by
Ruffina Farrokh Anklesaria, M.A.

Brian Owens

My guest author this month is Stefannie Wheat, a long-standing and vibrant resident of Ferguson. I lost my voice at a critical time when I caught a virus. Stef to the rescue! I hope you enjoy her piece on Brian Owens, whom I congratulate for representing the Best of Ferguson!



Stefannie Wheat

Brian is the founder and Executive Director of L.I.F.E. Arts Inc (Leadership, Innovation, Faith and Entrepreneurship), a 501(c)(3) nonprofit that provides artistic resources, opportunities, mentoring and positive experiences to help students in under-served communities throughout Ferguson and the St. Louis metropolitan area to access consistent and localized programs, experiences and infrastructure. Additionally, he serves as the Community Music Artist in Residence with the E. Desmond Lee Fine Arts Collaborative at the University of Missouri St. Louis.



Brian Owens

Under the Umbrella of L.I.F.E. Arts Inc. Brian and his team have also created L.I.F.E. Records and L.I.F.E. Media. He believes that you have to be present to create culture. You have to invest in your own community, your community members and become your own industry! Brian owns the rights to all of his music which is nearly unheard of in the industry! As we discussed the large amount of talent that North County has, I asked him how he reaches the youth in the area. He says, "We reach the youth through partnerships. My friend James Young is a music teacher. He and I partner to find students within the school that have an interest in a music career and position them into a place in which they can transition into our program once they reach high school. A friend of mine who was in "Lion King" on Broadway comes home and does residencies with the students. She is a graduate of McCluer. I'm trying (she's doing) a lot of different things that will

help students through graduation and into college to learn skills that will help them get work within the industry."

S: Saint Louis was built on Gospel and Blues. Your sound reflects both. What other genres of music inspired and shaped your unique sound?

Brian: In addition to Gospel and Blues, definitely Jazz, traditional African American music, Spirituals, Hymns, Barbershop – like Ambassadors of Harmony. Jim Henry who directs AOH is my Mentor.

S: Where did you sing Barbershop?

B: There is a Belleville Chapter and we sang in my Junior and Senior years. There is a Quartet now called Vocal Spectrum. They came out of the Belleville Chapter! I was able to sing at the Holiday Show this year and that was on my bucket list!

S: Barbershop surprises me but then again, I think it would be harder since you have to harmonize with others. I think knowing you, it would be a welcomed challenge.

B: Oh, I love Ambassadors of Harmony and Barbershop! It's a whole new level of singing. I grew up singing acapella in Church. Early on I was affected by all types of music, including classic rock and hip hop. I was fortunate in that way that I was exposed to many styles of music. In Church I was surrounded by singers that could easily have been professionals.

S: Artists have crossed genres for decades. The "Soul of Cash" isn't a crossover album but a soulful compilation of Johnny Cash songs remastered into an experience that is near Gospel. How did this album come together?

B: Kind of by accident! I did a Johnny Cash concert in 2013 at the Sheldon and I basically sang it like Johnny Cash but there was one part in the show where I had to sing it like me. It was too low and people were like, "Oh, I like that part." I always wanted to do a country album ever since I heard *Modern Sounds* by Ray Charles. When I saw the Cash stuff I thought, "Wow, this could be cool."

S: *Soul of Cash* is an amazing album. It's one of my favorites. I saw your performance of *Soul of Cash* at the Saint Louis Symphony and unlike other artists whom often do cover songs, I enjoyed this because I knew the words yet every song felt brand new to me. It was absolutely beautiful and I left feeling rejoiced!

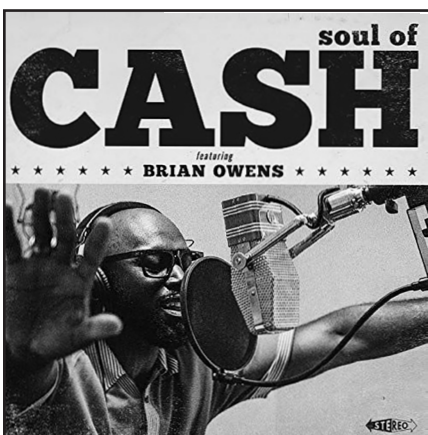
Did you do the arrangement or did someone else?

B: I did most of the arranging because I had to figure out how I was going to sing it. I treated it like a Jazz tune. I just sang it an octave up and changed the feel of it.

S: You changed the feel of it a lot! It's unique in its own right!

S: You bring energy to the stage that sends an electrical charge to the audience. What goes through your mind when you see and hear them participate?

B: It's fun! Like when we did the show with Michael McDonald. I felt like I got to



watch the musicians, Mike, the audience, and it's just a sense of like this is what it's supposed to be about. It's a shared experience with the audience, not just entertainment. I think those are the moments when I feel like I can talk and they will hear me. When we get to the point where we are all engaged, now I

feel like I have to say something whether I do it through a song, through word, this is my opportunity. I've engaged the audience. I have their attention. Those moments for me are about God.

S: Right on. God Spoke.

B: It's like, OK. Now we can go deep, we can touch a completely different place, go to a different level. To me, that is fun!

S: Your voice is an instrument. How did you develop it and how do you maintain it?

B: I was never denied a genre. Sharon Carter, who was my music teacher, was a huge part of that. Jermaine Smith, my vocal coach, they helped me see my voice as an instrument and not as a genre. They taught me that I wasn't taking classical lessons to sing just classical. It's like I am a painter and these are my colors. I can choose how I want to put them on a pallet. And, it is a craft. So many people get caught up on the word "gift." Gift may be what you have but a craft is what you give. Gift is, "Oh I have an ability." Craft is, "What comes out to people" and you have to work on it. I'm still working on it. The way I maintain my voice, the simplest thing is what I eat.

S: Diet and Exercise? Are you Vegan?

B: My wife and I are moving towards vegan and vegetarian.

S: Ferguson has been called a "Community of Choice." What did it have to offer you that made you ultimately decide to raise your family here?

B: I like the diversity of Ferguson. My experiences can only be encapsulated by where I live in terms of me answering this question. I appreciated the diversity that when you go to the Twilight Run or different events, it's like, there is a diverse group of people that show up. The Farmers Market, the Community atmosphere and there is work here. I want to be someplace where my children can learn the value of helping. I think we have challenges that are not insurmountable. Those challenges help us become more aware and more sensitive to things. I don't want to live in a community that is homogenous. You know, one where everyone thinks the same and feels the same.

S: Where did you meet your beautiful wife Amanda? Is she also an artist?

B: Yes she is an artist. She has a Music Ed Degree from UMSL. We have 7 children and one on the way, making 8! We met at Church. Our families have known each other for over 50 years, but we didn't grow up together.

S: How did that work?

B: Her parents had moved away prior to me being born and moved back when she was in college. Her Grandmother placed us together. Because of Faith and Church, our families have known each other on both sides for more than 50 years!

S: How long have you been married?

B: 16 years. When we got married, there was no aisle needed. Everyone on both sides of the Church already knew one another! Holidays needed no introduction, we're all just family. Now her Dad and my Dad are Elders in the same Church! My kids are blessed!

S: It's God speaking. It was meant to be. They are going to grow up to be very strong.

B: They already are!

S: I have no doubt about that! I don't know Amanda very well but if she's homeschooling that many children, she must be the bomb!

B: She's the bomb!!! Everybody in my organization, they like me, they love Amanda!

S: Are your children inspired by music and if so, what is their instrument of choice?

B: The older 3 play piano. Most of them like to sing. My oldest son is into producing. We're always listening to music. My younger two sing a lot!

S: You would be fine with them going into the industry like yourself?

B: I would be good with them being an industry.

S: You've performed at events in Ferguson such as the Taste in Ferguson, the Twilight Run and a concert you created, #HealFerguson. Which performance had the most impact on you and why?

B: I think all of those events in their own rights are special moments. I can't pick just one. But one of the things that I enjoy about the events is the diversity.

S: *Carry You* reached #27 on the top 70 Best Soul Songs of 2019 reaching beyond Raphael Saadiq, Mary J Blige and newcomer, Lizzo. Congratulations!

B: It's cool because I love SoulTrax. I think it's a different listening audience. It's interesting that *Carry You* was on there. It's cool! It's completely different than *Soul of Cash* and *Soul of Ferguson*. Thank you.

For more of the latest news and information visit BrianOwensSoul.com.



Ask Grandma



Readers of this column know that I love the Ferguson Library. When I was in my 20s and 30s I would go to the “how to” section of the library which was located where the council chambers are now. If I had a project and didn’t know how to do it, the library always had a book or books to guide me. The first slipcover I made was the direct result of reading a book, which claim to be simple instructions. If you’ve ever attempted a slipcover, you know there is no such thing as simple. It is a lot of sewing, ripping, and resewing. Fortunately there is a lot of leeway in slipcovers because there are many places to tuck in extra fabric and mistakes. Books on attempting roofing, siding,

painting, furniture refinishing, etc. are all described in great detail and even have pictures to help.

Of course, that was before the Internet. Now, all those improvement and fun projects are available on your computer. But, the computer does not go into the great detail that you can find in a book.

I love our present day Ferguson Library and am a visitor almost every week. Not only do I enjoy reading everything (best sellers, mysteries, biographies, historical novels, classics) but really like the special reading selections the library sponsors periodically. Since I love to read, chances are, if I give you a gift, it will be a book.

The last few months there was a “banned books” segment over by the free standing shelving with the built-in seats. I remember “The Catcher and the Rye” was banned when I was still in school. I looked at the list and sure enough, that book was on the list. Since the books were right there on the shelf with the sign denoting why they were banned, I selected a “Captain Underpants” books to read. I had given a great grandson a “Captain Underpants” book for his birthday and wondered why it would be banned. In case you wonder what I thought of “Captain Underpants”, it’s about two very mischievous young boys who cause a lot of trouble. Not really destructive pranks, but none the less, I wondered why they were never punished. Captain Underpants would always come to their rescue.

So the next banned book was one by Toni Morrison. I had read Toni’s books before and, of course, had a good idea of why it was banned (violence, sexual content, language, etc.) but a young person picking up one of Morrison’s book would probably not get farther than the first chapter before putting it down because it was too hard to understand for a pre-adult.

The next book was about a young pre-teen girl who thought she should be a boy. Very inciteful to what she was experiencing. Remember when you went to the movies? You could look at the rating and determine if your children should see it? With TV I think young kids and teens see much more inappropriate scenes than they would read in any library book. So . . . age appropriate as far as banned books.



I have heard some people say the library has lots of money to spend. I’m sure they are thinking of the many donations pouring into the library after the August 2014 event. But remember, the library stayed open when the schools shut down because of the violence and looting that followed. They provided tutoring (in fact they still do) and added many fun, and educational events, most of them free. There

is an activity for all ages. Stop by and check out the many resources available.

Did I forget the most important function of the library? It’s books! There is a whole section of new books and even large type books for us elderly, along with stacks and stacks of older books. Reference books, computer workstations, WiFi hotspots, interlibrary loans, reserve requests, special print and digital collections, movies, eBooks, eMagazines, eAudiobooks, Video Games, Meeting Rooms . . . what more could you ask for?

Another great aspect of the library is that it is open every day except Sunday from 9:00 a.m. until 8:00 p.m. and all day Saturday until 4:00 p.m. You’re really missing out if you not availing yourself of all the educational and entertainment opportunities right here in Ferguson.

Answers to Trivia, Page 12

- | | |
|---------------------|--------------------|
| 1. Vermont | 7. Vatican |
| 2. Vitamins | 8. Vegetables |
| 3. Vampire | 9. Vivian Vance |
| 4. Vincent Van Gogh | 10. Valet |
| 5. Vicious | 11. Van |
| 6. Vanna | 12. Vince Lombardi |

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

Teen Hidden Valley Trip	Sat., Feb. 1
Yoga at the Library	Sat., Feb. 1
PROUD Meeting – Professional Building	Sat., Feb. 1
Superbowl Sunday	Sun. Feb. 2
Census Training – Community Empowerment Center	Wed., Feb. 5
Handicapped Encounter Dinner and Entertainment – Savoy	Fri., Feb. 7
Sons and Daughters Sweetheart Dance – Comm. Ctr.	Sat., Feb. 8
Organists and Handbell Workshops – 1st Pres. and St. Stephens	Sat., Feb. 8
Parents and Kids Sweetheart Dance – Community Ctr.	Sat., Feb. 8
Reading on Race Book Club– Library	Mon., Feb. 10
African-American Genealogy – Library	Tues., Feb. 11
Ferguson Council Meeting – City Hall	Tues., Feb. 11
Neighborhood On Watch Meeting – City Hall.	Wed., Feb. 12
Valentine Day Party at the Library	Thurs., Feb. 13
Northwest Chamber Membership Meeting – Orland’s	Thurs., Feb. 13
Valentine’s Day	Fri., Feb. 14
Upcycled Crafts – Library.	Sat., Feb. 15
Indoor Farmers’ Market – St. Stephens	Sat., Feb. 15
Ferguson Veterans Group – Community Center	Sat., Feb. 15
Presidents Day	Mon., Feb., 17
2nd Annual Quilt Show Library	Thurs., Fri., Sat., Feb. 20, 21, 22
Tuesday Night Book Club – Library	Tues., Feb. 25
Ferguson Council Meeting – City Hall	Tues., Feb. 25
Senior Mardi Gras Game Day – Community Center	Tues., Feb. 25
Ash Wednesday, Lent Begins	Wed., Feb. 26
Leap Day Storytime – Library.	Sat., Feb. 29
Ferguson Times Show of Support – Savoy	Sat., Feb. 29



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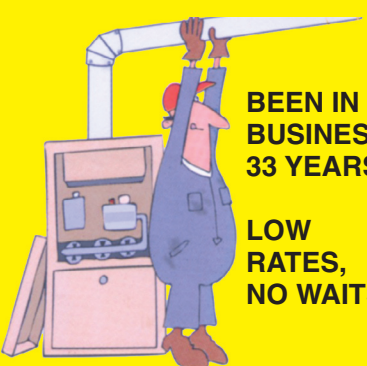
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