

Serving Ferguson and Surrounding Communities

2020 FERGUSON MAYORAL CANDIDATES FORUM

All Ferguson residents are invited to attend and ask questions of the candidates for Ferguson Mayor

Monday, March 23rd – 6:30 p.m.

Ferguson Community Center
1050 Smith Avenue, Ferguson, MO 63135



Candidates:
Ella Jones
Heather Robinett

Mark your calendars for an informative evening with the candidates
Your Vote is Important!

THE ELECTION WILL BE HELD ON TUESDAY, APRIL 7TH


The Ferguson City Council

will meet twice in March.
All meetings will be held in the City Council Chambers at 110 Church Street.

Tuesdays, March 10 and 24 at 7:00 p.m.

What's Inside?

- PAGE 2: Ferguson Mainstreet
- PAGE 3: Municipal Courts Clearance and Warrants
- PAGE 4: Neighborhood Group Meeting Schedule
- PAGE 4: Letter from the Mayor
- PAGES 5 thru 8: **State of the City** – A Message From City Hall
- PAGE 10: Financial Focus
- PAGE 19: Recommended Native Plants
- PAGE 19 Neighborhood OnWatch
- PAGE 20: Computer Corner
- PAGE 21: Ferguson Art Scene
- PAGE 22: The Best of Ferguson
- PAGE 23: Ask Grandma
- PAGE 23: Calendar



March 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

Ferguson Century Homes - Tuesday, March 3 at 6 pm
Join the Ferguson Landmarks Commission at this informal session on the Century Homes program! Information will be provided on how to find out the age of your home, if it is historical, and if it could qualify as a future Century Home.

Leaving Their Mark: Ferguson Women's Organizations - Tuesday, March 10 at 6 pm
In honor of Women's History Month and our founders PEO Chapter FH, we will profile local women's organizations from Ferguson that have supported philanthropic and civic causes in the area from Ferguson's founding to today.

Fledge-Wings with the World Bird Sanctuary - Tuesday, March 17 at 6 pm
Learn all about the world of birds! What is a bird? Why are birds so special? We will get to meet birds as well as interact with touchable items like feathers, eggs, and more. All ages welcome!

How Recycling Works - Tuesday, March 24 at 6 pm
Learn all about recycling as well as the new recycling program that will take place in Ferguson from the St. Louis County Public Health division!

All About the Census - Thursday, March 26 at 6 pm
Join us and the League of Women Voters for a presentation explaining the 2020 Census and what you need to know!

Go, Go, Green Storytime - Tuesday, March 31 at 6 pm
Join us as we dream of spring and green things at storytime! We will enjoy stories, songs, activities, and more. For kids and their caregivers ages 0-6. Older siblings welcome too!

FIND YOUR LUCKY CHARM AT ONE OF OUR ONGOING PROGRAMS!

- Monday, March 2 at 6:30 pm - Learn to Sew
- Saturday, March 7 at 10 am - Yoga @ the Library
- Saturday, March 7 at 2 pm - Crafting with Perennial
- Monday, March 9 at 6 pm - Readings on Race Book Club
- Saturday, March 21 at 11 am - Card and Paper Club
- Tuesday, March 24 at 5 pm - Tuesday Night Book Club
- Every Thursday at 4 pm - Afterschool Homework Help

Saturday, March 21st Ferguson Indoor Farmers' Market

It may be March, but the monthly Ferguson Farmers Market is still the place to find fresh produce and homemade goods. The market takes place on the Third Saturday of every month until May at St. Stephens Church, 33 North Clay.

Make plans to visit our vendors 9:00 a.m. to noon to stock up on meat, bread, eggs, winter greens, squash and more!

Come for the farmers, stay for the fun!



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

PRSR STD
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT No. 05158

ECRWSS

POSTAL PATRON

If You Have Items of Interest, Contact The Ferguson Times cider@att.net



Why volunteer?

It doesn't take a lot when you really look at it.

All we need to do is set aside our differences and recognize that we need to live a life bigger than ourselves. We need to show up

for our families and the friends in our lives, the people in our community. We need to stand and make a difference. We need to understand that it's on each and every one of us to bring about changes we seek for our community.

Last month, I promised that I would give you a few ideas of volunteer activities that are available to you in your community, but I received a well written letter from a member of our community that I would like to share with you.

The many community organizations in Ferguson have been a significant factor in contributing to a quality of life not found in most surrounding municipalities. Sadly, several, such as the 4th of July Committee, Ferguson Parkways and the Ferguson Caring League have already died. Others, like the committees for Streetfest and Northern Lights, are on life support. The overworked volunteer base of most others sorely needs to be re-invigorated with fresh blood. The community atmosphere in Ferguson continues to attract new families and those residents, as well as established ones, are truly needed to join the effort to maintain what attracted them here in the first place.

Volunteers plan family-oriented activities like Streetfest, 4th of July, Twilight Run and Northern Lights. There are volunteer needs at outdoor activities like the Farmers Market, Earth Dance, the Volunteer Flower Department, the Summer Concert series and youth athletics. There are more adult-oriented groups like the library's Fliers, the Lions, the Rotary Club and the Ferguson Historical Society. Service groups like the 3 weekly food pantries, FYI sponsors or the municipal government boards urgently need volunteers. So much of Ferguson's vibrancy, which is now endangered, comes from the community working together on activities like these. Ferguson's future depends on connecting people with fresh energy and ideas to our local organizations.

Making this connection will take all of us, though.

ORGANIZATIONS- please email darstrd@charter.net with your name, a few words about your purpose and contact information.

RESIDENTS- look through the list in upcoming Ferguson Times of organizations which need your help and make a commitment. Ferguson's people make this small town a big deal!

—John McDonald

What do you think? This letter pretty much lays out the needs of our community. Watch this area in the future for lists of organizations that need your input. In the meantime, if any of these opportunities are of any interest to you, you could contact City Hall and get any contact information of how you can become part of these groups.

If you are looking to teach your children how to be good neighbors and citizens, take a little time to connect with your neighbors. Did you know that just having a casual conversation keeps us better connected. Maybe doing a little something like bringing your neighbors trash cans in on a rainy day; there's no end to how you can brighten someone's day.

Maybe, on a Saturday morning, and pick up some trash in your neighborhood or get a group and get out in the more public areas for a clean-up. We don't need to wait for an organized clean-up to get out there and make our community beautiful.

Don't forget to get your children involved in these types of activities getting them started in a lifetime of caring and giving. Are you attending your Neighborhood Group meetings? These meetings are listed in this fine 'good news' generating monthly newspaper. Get involved.

Donate food to the food banks. I'm sure they would also accept dish soap and paper products to help the needy as well as personal products.

Shop local. Keep your support in your community when you can. If we support the businesses we still have, others will see that they would be supported if they were to bring something that would be appreciated. Just give them a chance.

When I was involved with the Boy Scouts, we would work to instill in the guys the slogan, "Cheerful Service for Others". Remember, it doesn't take much to make our community the community where you would want to live. Sometimes, all you need to do is to show up.

<fergusonmainstreet.org>
314-882-1337

The Plumber's Crack

By Oh Baby dave@premierplumbingstl.com

Strong winds, robins fighting over territory and worms, fish fries in full swing, spring and summer clothes in store windows, lions and lambs are on order this month – so it must be March and time for hot air Plumbers Crack.

Well my friends it is March and normally I would be talking about plumbing related to this time of year but I will save that for next month. I've received several calls about water being turned off due to new water mains being installed. I've written about similar situations before but it's time for a refresher. When you get a notice that your water will be turned off for a certain time period and given instructions on what to do, don't ignore them; just take it a step farther. They tell you to turn off your fixtures while they work which really does no good. First and foremost turn off your main shut off valve. This will keep all the water in your house pressurized. Why is this important? Well Oh Baby is gonna tell ya.

Last week a good friend called and said he heard a rumbling sound and it was coming from his water heater. He quickly shut off the valve to it and it stopped the rumbling. What was really happening? The water was siphoning out of his tank into the old water main. This could have burned up his heater. The same thing could have happened with the toilet and any of the other faucets. Now think about what happens to that water when they turn on the main



again. You got it, everybody gets some of that water again and it could be unhealthy and probably is.

If this happens, the first place you turn on water is your bathtub and let it run 5 or 10 minutes. That should get out most of the impurities. After that I would go to each individual faucet and flush for a minute or two. Last but not least flush your toilet. Now if you were smart enough to shut off your main line, check with a neighbor or the people turning the water back on and try to be one of the last ones to open your main valve. This info also works on water main breaks.

OK my friends it's that time of the month when I ask you to be kind and get to know your neighbors'; check on the elderly, maybe offer them a ride; and hug them babies so I won't.

This month we say shop local and as always. GOD BLESS YOU ALL.

Oh Baby

**When your parents aren't rich,
but still afford to give you a beautiful life,
appreciate their sacrifice.**

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.

Elect Experience! Kindly give your THREE votes to
Dr. DONNA PAULETTE-THURMAN
For the FERGUSON-FLORISSANT SCHOOL BOARD

ELECT EXPERIENCE THAT HAS IMPACTED:

- Student Achievement and Quality Instruction
- Equity Across the District
- Student, Teacher, Support Staff and Leadership Success
- Community and Parent Engagement
- Fiscal Responsibility

ENDORSED BY FERGUSON-FLORISSANT NEA

- 32 year resident • 30 year educator • MSBA certified at the highest level • Advocate for ALL students
- Approachable • Involved • Experienced!



Contact me at : DrDonna Paulette-Thurman *on Facebook*
 Dr. Donna Paulette-Thurman Ferguson-Florissant School Board *on Facebook*
 314-740-5327 banddthurman@gmail.com

Paid for by Friends of Donna P. Thurman, Sharon Paulette-Selvey, treasurer

EQUITY, TRANSPARENCY, AND ACCOUNTABILITY
IN THE FERGUSON-FLORISSANT SCHOOL BOARD ELECTION
VOTE TUESDAY, APRIL 7TH

The Ferguson-Florissant School District Needs Thoughtful Leaders Who Will Work for A Brighter Future for Our Children and Our Community!

Connie Harge Former Ferguson-Florissant School Board member



#2 on Your Ballot

CONNIE HARGE
314-413-1430

cdharge@att.net

- Connie is committed to our children, parents, teachers and the community.
- Has lived in the district for over 40 years.
- Connie and her husband Bill have two children, 5 grandchildren and one great grandchild.
- Children and grandchildren went to schools in the district.
- Connie is a director on the Ferguson FYI and on the Florissant Youth advisory board.
- Connie has an Advanced and Masters certification from MSBA.
- She has attended and retired from Washington University.
- Member of Hope Church.
- Number one priority is keeping our schools safe.
- Connie is a name you can trust!

Paid for by Committee to Elect Connie Harge, Tommy Siem, Treasurer



How the Community Benefits from the Ferguson Twilight Run

When you cross the finish line of the Ferguson Twilight Run, you benefit from the sense of accomplishment, the exercise, the team spirit of a sea of people around you all working toward a shared goal, and the healthy habits you've developed that got you to the finish line. When you cross the finish line, the community also benefits.

Since 2020, nearly \$90,000 in race proceeds have ben donated to local nonprofits that support healthy and active lifestyles for residents of Ferguson and North St. Louis country through the Donnie White, Sr. Memorial Ferguson Twilight Run Awards. In 2020, the proceeds from the Run will support an affordable farmer's market. The race proceeds will also bridge the opportunity gap, connect communities, and cultivate health equity through Emerson Family YMCA. Resident youth and staff at St. Vincent Home for Children will be able to participate in fitness classes using the race proceeds. When you run, your race proceeds will provide scholarships for students in the Ferguson-Florissant School District to participate on a Girls on the Run team.

Advertise your business and promote healthy living by sponsoring the 2020 Twilight Run. Donations from generous sponsors provide everything from live music at the starting line to trophies at the finish line.



Vote for Heather Robinett on April 7th!

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



Heather Supports:

- Consent Decree Compliance
- Economic Development
- Community Policing

Robinett
for MAYOR

A Proven Leader for Ferguson

- Winner of AT&T's National Diversity and Inclusion Award
- Started Ferguson's Technology Commission
- Started Ferguson's Farmers Market Commission
- Old Ferguson West Community Garden Founder/Leader
- Ferguson Youth Initiative (FYI) Former Board Member
- UMSL Neighborhood Leadership Academy Graduate
- OFW Neighborhood Organization Former VP

To donate, or for more info go to:
www.heatherrobinett.com

Robinett
for MAYOR

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

Ferguson Municipal Courts Clearance of Warrants

If you missed your court date and are now in warrant status, you have the following options to clear said warrant:

1. Pay a \$200 cash bond or pay your total assessed fines and costs, whichever is less. Appear in person at the Ferguson Municipal Courts clerk's window during normal business hours Monday through Friday from 8:30 a.m. to 4:30 p.m.). You will not be arrested.
 - A. If you pay a \$200 cash bond, the warrant will be cancelled and you will receive a new court date to appear in court.
 - B. If your total assessed fines and costs are less than \$200, the warrant will be cancelled and your case will be closed.
2. Turn yourself in. Currently, St. Ann Police Department processes our bookings. Once processed, your warrant will be cancelled and you will be released on a personal recognizance with a new court date to appear in court. (Please allow yourself several hours for this due to availability of staffing and how busy St. Ann Police Department may be.)
3. Hire an attorney. Your attorney will enter and request a Warrant Recall on your behalf. Once granted, the warrant will be cancelled and you will receive a new court date to appear in court with your attorney.
4. Speak with the Judge. You may appear at any docket as an Add-on. Once you speak with the Judge, he may cancel the warrant and give you a new court date to appear to resolve your case.

For more information regarding warrants and other useful facts, please visit the Ferguson Municipal Courts web page at:

<http://www.fergusoncity.com/60/The-City-Of-Ferguson-Municipal-Courts>. While you are there, browse through the rest of the City's website for more beneficial information regarding City Government, Upcoming City Events, and much more.

**There once was a time . . .
 the President was honored,
 Police were respected,
 Neighbors were treasured,
 and Vets were revered.**



Let' bring it back!

Ferguson Community News Page

Let's have a campaign for something, not against it

By Mayor James W. Knowles III

"Elections are won by men and women chiefly because most people vote against somebody rather than for somebody"

— Franklin Pierce Adams, American Columnist - 1881-1960



One of the greatest characteristics of our representative form of government is that we enjoy free elections where citizens are allowed to participate and have their voices heard at the ballot box. We can run for office ourselves, or support someone else in that effort. We may win, we may lose, but we have the freedom to be heard. While elections are a necessary part of our form of government, with them comes the necessary evil of campaigns.

I call it a necessary evil because most people usually do not like campaigns. Campaigns are usually disliked by many because they are often by nature divisive and at times can get dirty. By design they focus on our differences, even at a time when we need to be focusing on what brings us together. And with the advent of the 24-hour news cycles brought to us by stations like CNN, Fox, MSNBC, and others, it seems like we live in the middle of a perpetual campaign for federal, state and local office. Consider that we also have general and primary elections, and you have a constant workload for sign-makers, mail houses, and printers feeding the campaign machine.

I've been working on political campaigns since the 4th grade, when I spent weekends walking Ferguson neighborhoods handing out campaign literature and evenings licking stamps and envelopes for campaign mailers. (Note for the very young: yes we had to lick them in the old days to get them to stick.) Since those days I've worked on local, state, and federal campaigns from Kirksville, MO to Latrobe, PA, and campaigns can vary greatly in style and form, but there is one important characteristic that binds them all. They are solely about winning an election, not about governing.

Campaigns can use different strategies to connect with voters. Some campaigns will focus on trying to make their candidate be the most likable or personable candidate in the race. Others will try to gain support by concocting grand plans or present lofty ideas for the future. Sometimes campaigns are simply focused on cutting down the opposition, in hopes of showing the only other choice is their candidate. Most often, campaigns will find a balance between all three tactics in order to maximize their support on Election Day.

People can run positive or negative campaigns, personal attacks or substantive debates, but ultimately what people want is to know the difference between candidates, so they may decide who to vote for. Voters need to know who they can trust to govern, and ultimately make decisions for them on important issues.

But connecting with voters and defining differences should not have to alienate others. Unfortunately as we move into the heart of our City Council campaigns, I have already seen this happening. Candidates position themselves as establishment or anti-establishment, as this neighborhood vs. that neighborhood, as homeowners vs. renters, and the list goes on. While candidates try to curry favor by putting residents into groups and pitting them against each other, we are further driving a wedge into a community in order to win an election based not on a substantive discussion of the issues, but rather trying to piece together a plurality of voters bound only by their opposition to other worthy citizens.

Should we really be focused on that kind of discussion? Aren't we in this together, ultimately as one community? For years I've talked about how we have to work together in our region because Ferguson can't exist as an island. That we can't work to improve our community without regard for the well-being of our neighboring cities. That goes double for internal discussion about the future of our community. Can one group or segment of our city do well at the expense of others?

Being a member of the City Council is about making decisions for the community, and about allocating a very finite amount of resources to address an infinite number of needs. Campaigns can often tempt candidates into making uninformed statements or promises that are made out of context from larger decisions that have to be made. Ultimately you can win an election by appealing to one group over another, or promising a larger share of the resources to

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	Mar 3 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assn.	TBA	Ferguson Community Ctr. 1050 Smith Ave	Stephani Von Drasek jeskeparkneighborhood@gmail.com
Nesbit-Newton	TBA	Nesbit-Newton Park	Paul Beins 314-869-5080 pbeins@yahoo.com
Northwest Ferguson	Mar 7 1 pm	Ferguson Community Ctr. 1050 Smith Ave	Teyuna Darris 314-717-1801 info@nwfna.com
Old Ferguson East Neighborhood Assn.	Apr 29 6:30	Ferguson Library Large Conf. Room	Glenda Rickard 314-524-8115 glenda.rickard@mercy.net
Old Ferguson West Neighbors	Apr 23 7 pm	Ferguson Community Ctr. 1050 Smith Ave	Larry Robinett ldrobinett@gmail.com
Robert-Superior Neighborhood Group	TBA	Ferguson Community Ctr. 1050 Smith Ave	TBA
Southwest Ferguson Neighborhood Group	Mar 16 7 pm	Fire Station #1 200 So. Florissant	Atefa Young atefayoung@yahoo.com
Wabash Neighborhood Assn.	TBA	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com
North Hudson Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith	Mary Simmons hudsonhills63135@gmail.com
North Hills Neighborhood	Mar 16 7 pm	Fire Station #1 200 So. Florissant	Keith Kallstrom 314-524-1720
North Elizabeth Neighborhood	TBA	Ferguson Community Ctr. 1050 Smith Ave	Renee Benage 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	Mar 16 7 pm	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, March 10th and 24th at 7:00 p.m. in the Council Chambers.

your supporters, but you will not be successful in governing a sustainable community. A candidate may win with a majority of the votes (or even a plurality in some cases), but as an elected official, you will be responsible in serving the interests of the entire community, including those that opposed you. It's much easier to govern if your campaign is one for something, and not simply against.

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

State of the City

A Message to the Residents by the City of Ferguson



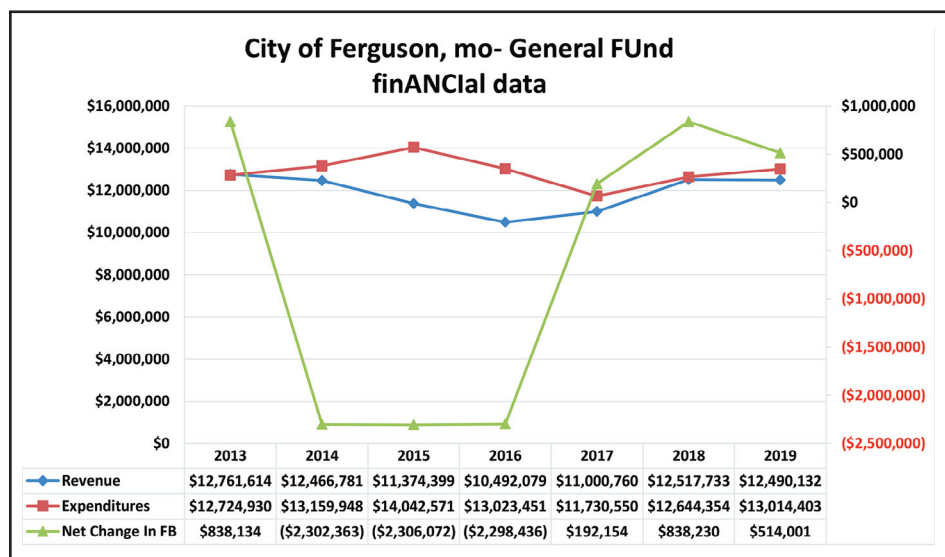
ADMINISTRATION

Overall, the state of the City of Ferguson is good. City staff began the budget setting process for this Fiscal Year 2019-2020, much the same as we do every year, with needs and wants that exceed our means. And then, we pare down those needs and wants to the vital and important ones until the budget is balanced. Incidentally, you may find the City's Budget at

<http://www.fergusonCity.com/DocumentCenter/View/3630/Fiscal-Year-2019-2020-Budget> .

The City has eleven (11) different funds. Ten of these funds are for debt service or special revenues which require segregation from its General Fund. The General Fund is where all non- allocated revenues and substantially all services and personnel are accounted for. To illustrate the budgetary challenge, after anticipating collection of almost \$13 million of revenues, the General Fund has a change in fund balance, after accounting for expenses and transfers, of just \$8,000. That amount was \$25,000 last fiscal year.

Below is a chart of General Fund Revenues, Expenditures, and Net Change in Fund Balance for the seven (7) fiscal years ended June 30, 2019. There are a number of important facts to glean from this data. First, revenues peaked in Fiscal Year 2015 and have yet to return to that level. Second, revenues in Fiscal Year 2019 are substantially the same as in Fiscal Year 2013. So, financially, we have been substantially "treading water" for seven years while expenditures exceeded revenues and we've sought to replace old revenue sources with new revenue sources. Third, the City has returned to a position of adding a small to moderate amount of funds to fund balance over the last three fiscal years. This is principally because we have not been able to fully staff the Police Department (PD). I envision this changing in Fiscal Year 2021, with the greater success of PD recruiting. Fourth, with expenditures exceeding revenues in the last three fiscal years, the increase in fund balance is transfers, payments made to the General Fund by other funds as a result of expenditures made by the General Fund on their behalf; principally the Parks Fund and the Economic Development Sales Tax Fund.



The City is doing well in spite of the challenges we face. Financially, as of September 30, 2019, the General Fund is running ahead of budget. This is due in part to the continued difficulty of fully staffing the Police Department, as well as self-imposed fiscal restraint in spending. Both Chief Armstrong and HR Manager Crosswhite are working hard to directionally change police recruiting by taking innovative approaches. I am confident that for the first time in four years, the Police Department will be fully staffed by the end of the fiscal year.

The City is blessed with many great residents, many of whom, through volunteerism on boards and commissions and various projects and events, take an active role in making the City a better place to live and work. I think everyone recognizes that from a median income or property value perspective, those residents are challenged too.

The City is also blessed with great employees. A majority of our employees have more than 10 years of service with the City. In addition, through the combined efforts of department heads and Ms. Crosswhite, we continue to attract and land high quality new hires.

We continue to fix the streets, fill the potholes, cut the grass and clear the snow. Maybe these things don't get done as fast as some would like but, they get done as fast as our limited staff can get to them.

The fire department doesn't just fight fires. Through annual inspections, they also make sure businesses are safe and in compliance with current fire code. At the most recent consent decree hearing, I informed Judge Perry of both the City's revenue development and operating expense challenges. By and large, the City's wage structure is not as competitive as it should be but, it is as competitive as it can be, given its revenue constraints. I also informed the judge that the City faces three significant issues - the census, on-going litigation, and the consent decree implementation costs. The 2010 census claimed a City population loss of about 5%. This loss did not significantly impact the City's revenues. This is because fewer of the City's revenues were the result of per capita allocation. In 2010, the rate was about \$43 per person per year. Today, that rate is about \$300 per person per year. So, a population loss of 1,000 residents or, 5%, would result in a revenue loss of \$300,000. That's the equivalent of four (4) to seven (7) employees. Staff continues to seek to develop additional revenue streams. However, realistically, except for a property tax

increase, the City has availed itself of every significant revenue source available to it.

The City is defendant in two lawsuits; one a class action and the other in which the plaintiffs are seeking class certification. In the former suit, plaintiffs are seeking up to \$3 million in claims and in the latter up to \$9 million. In both suits, the City believed and continues to assert that it had insurance coverage. Unfortunately, the City's insurance carrier has denied both indemnification coverage as well as its requirement to defend the City. The City is suing the carrier to enforce its assertion. A loss of either suit would likely bankrupt the City. The City has and will continue to vigorously defend all lawsuits against it. As an aside, in the last fiscal year ended June 30, 2019, the City spent about \$400,000 on litigation.

Finally, I told the judge the third challenge facing the City is the continued cost of consent decree implementation. At the outset, the total cost of implementation was estimated to not exceed \$1.25 million. In the first three (3) years of its implantation, the City has spent about \$1.1 million and estimates costs of another \$1 million over the next three (3) years; effectively doubling the original estimate. This, in no way means or implies the City less than 100% committed to the substantial completion of this implementation. It is meant to illustrate the cost of implementation means the City is unable to hire four (4) to seven (7) employees or provide better wages to its employees; both of which are needed. I said this is not sustainable.

I did say that the City needed to be successful with all three of these challenges. If we are not successful with all three of these challenges, we need to consider our options, including dissolution. The intent here is simple, to point out that if all we have left, is funds for a police department, and are no longer able to offer the wide range of services that a city should provide, then what's the point.

Our goal in writing this lengthy summary is to give the reader a good, robust understanding of the many activities that go into the operation of the City; also, the many challenges that come with that operation. Please take the time to read the entire article.

– Jeff Blume, Interim City Manager

CONSENT DECREE

No city the size of Ferguson has ever attempted to implement a 131-page, 465 paragraph consent decree containing no fewer than seventy-six (76) definitions of terms. The City is committed to implementing this consent decree as quickly and expeditiously as possible.

Included in this fiscal year's budget is the position, Consent Decree Coordinator (the Coordinator). In September 2019, the City hired Nicolle Barton as the Coordinator. She immediately began working with the Monitor to begin crafting the 2020 workplan for consent decree implementation. This was initially completed in mid-December and, on February 7, 2020 with the recommendation of the Department of Justice and the Monitor, accepted by Judge Perry.

While many of the consent decree requirements can be addressed independently, many cannot. This is particularly true of training and general orders. At this time, substantially all of the Police Department's general orders have been rewritten as well as new ones created. After new or rewritten general orders are approved, both roll call and in-service training are developed and written for their implement. This fiscal year should see the substantial completion of all general orders and the training for those orders.

There are thirteen separate paragraphs of the consent decree with data accumulation and analysis requirements. In November, AH Analytics was engaged to assist the City with identification and development of its data accumulation and analysis responsibilities mandated by the consent decree. The first step in this process is to determine which data elements the City is currently generating and which ones it is not. This step is called a "gap analysis" and has been completed. The next step is to design and build or purchase a means to accumulate the required data elements and, finally, implement that data accumulation product.

The City is in the final stages of entering into a contract with Community Mediation Services to assist with small group dialogues between citizens and members of the police department, assist with early intervention between neighbor to neighbor disputes (a diversion from the criminal justice system), and assist with citizen-police mediations.

The consent decree places a number of requirements on the City's Municipal Court. Many of those requirements were completed by former Municipal Court Clerk Chris Lanfersieck. She is succeeded by equally competent and accomplished Municipal Court Clerk Courtney Herron. We anticipate substantial completion of Municipal Court consent decree requirements in this fiscal year.

It is impossible to "draw a line in the sand" and forecast a certain date when the City will reach "substantial completion" in its consent decree implementation. No one can do that. But, it is possible to envision that time when the City will reach substantial conclusion. That day will certainly not arrive in eighteen (18) months. But it is more likely than not that that day should arrive in thirty (30) months.

– Nicolle Barton, Consent Decree Coordinator

(Continued on Page 6)

POLICE DEPARTMENT

The police department recently implemented a new Ferguson Police Department mission and vision statement. These statements represent the ideals and values of the culture we are building here at the Ferguson Police Department.

Mission – To do our part in creating a thriving community where residents, businesses and visitors feel safe, welcomed and appreciated for their contribution to this community. We will be intentional in building strong community relationships and partnerships through professionalism, honorable service and integrity. We will be committed to removing the criminal element through community engagement, strong leadership, relentless investigation, intelligent enforcement and intense follow-through.

Vision – To be the model law enforcement agency in the world, that all strive to be, because the world is watching.

Although the department has faced extreme shortages in staff, the demand for service has not lessened. In our recruiting efforts, we realized it was hard for us to recruit quality, experienced, certified officers. The quality officers often receive higher paying offers from other jurisdictions. With this reality we had to broaden our approach to focus on academy cadets and new recruits looking to get into the academy, while still trying to recruit quality certified officers. The benefit to this approach is that we can groom these new officers to the standards and expectations of the culture we are building. The downside is that it will be a longer process and steeper learning curve for a brand-new officer compared to an experienced one. We currently have a total of 7 recruits in the academy that will be new officers with us in the next few months, upon successful completion of the academy.

To address our challenges with our outdated technology, we are attempting to identify an automated solution that would help us tremendously streamline a multitude of important components of everyday work into a central repository. The system would enhance our abilities with sharable data for the community to learn and be informed. Lastly, the system would assist in time management by being a single source to service so many of our documentation needs. Our goal is to create more efficient processes that assist us in providing quality service to the community.

The consent decree outlines heavy demands for change and accountability, primarily within the Ferguson Police Department. We are working daily on new policies and procedures and looking for ways to create positive change inside the organization and out in the community. One of the biggest components of the Decree, community policing and engagement, is in the beginning stages of implementation. We will be hosting several community dialogue sessions, as well as attending the regular meetings you often see us at. We need the community's participation to ensure we create a successful plan. As its name states, this is not the police department's plan, this is the community's plan and we all need to be engaged in the process. In light of our community policing and engagement kick-off, I would like to share our newly adopted definition of community policing:

Community policing is a comprehensive philosophy that guides policy and strategy aimed at achieving more effective and efficient crime control, reduced fear of crime, improved quality of life, and improved police services and police legitimacy through a proactive reliance on community resources that seeks to change crime causing conditions. This assumes a need for greater accountability of police, elected community leaders, and the community in general, along with greater public share in decision-making through the identification of service needs and priorities and a greater concern for civil rights and liberties.

– Jason Armstrong, Chief

FIRE DEPARTMENT

Fire Department's mission is simple – Protect the lives, property and environment of the residents and stakeholders of Ferguson, Missouri. Our goal is to be one of the best departments in the area. In 2018, ISO increased the department's rating to a Class 2 Department.

To increase current proficiencies and learn new skills, the department focuses on training its member's on current and future certifications. We bring in state certified classes to meet the growing emphasis on state level certifications. We also maintain our EMT licenses through continuing education from both Christian Hospital and our own in-house instructors. Using the department's training facilities, we are able to partner with and host trainings offered through the state of Missouri Fire Division and the University of Missouri. As members of North County Training, once a month all three crews and our mutual aid departments, train together to become more proficient with tools and techniques in firefighting and rescue scenarios. We will also be sending team members to both the Missouri State Fire School and national training in Indianapolis.

To communicate the message of fire safety and prevention the Fire Department host events at the firehouse. Being involved and embedded with the community is an important part of making the department a part of the community. To deepen its relationship with the community and its residents, the department attends as many community functions as it can.

This year's focus will again be on accessing grants to help support the department's needs and mitigate its costs. In Fiscal Year 2020, the department has been very successful in this effort. This year the department and the City were awarded a three-year Safer Grant. This allowed the department to add four members to the department. The department also received a grant from Missouri American Water. This will help the department acquire rope rescue equipment.

In calendar year 2019, the department was dispatched to 3660 calls. This is about 175 calls per 1,000 residents; one of the highest rates in Saint Louis County. This high call volume puts a lot of wear and tear on equipment, especially fire trucks and illustrates the need to have an equipment replacement program. This is why the department is replacing its twelve (12) year old ladder truck this fiscal year.

Looking ahead we will be trying to replace other equipment that has already exceeded its operational life span.

Every existing business will continue to have an annual safety inspection performed by members of the fire department. New businesses will continue to require fire inspections before opening. In addition, this year the department upgraded its software for inspections. This software provides the department the ability to convert those inspections into emergency preplans for those businesses, to obtain important information about the building and the occupancy type and any special hazard it may possess and to share this information with incoming mutual aid fire departments.

We also have developed a fire marshal division and it is responsible for all permitted work, annual inspections and code enforcement.

– John Hampton, Chief

FINANCE DEPARTMENT

Annually, the City and its Finance Department submit its financial statements to examination by an independent, outside auditor. This audit is an examination of the City's financial statements, its underlying books and records and its processes to ensure that the City's financial statements are correctly stated in accordance with Generally Accepted Accounting Principles as well as following Governmental Accounting Standards Board (GFOA) Standards and Guidance. These audited Financial Statements are used as part of the City's Comprehensive Financial Report (CAFR) that is created to communicate the status of the City's finances. The CAFR provides more detailed demographic, economic and financial information than basic financial statements. The CAFR is the gold standard of governmental financial reporting. The City submits its CAFR to the GFOA for grading against their high standards of reporting. The City has received recognition from the GFOA for its excellence in its financial reporting since 2003.

The Finance Department is also responsible for assisting the City Manager in creating the City's annual budget of over \$20 million. The budget is comprised of eleven (11) different Funds and twenty one (21) different divisions. Forecasting revenues and expenditures is done in conjunction with Department Heads to ensure that the expenses reflect the funds needed to complete their individual missions. Recently, in an effort to become more efficient and to provide better service to residents, the Finance Department has implemented several new software programs.

Business and Rental License software was implemented in conjunction with new permitting software within the Public Works Division. In the near future, these software programs will make it possible to transition to on line processing for payments and applications, providing both business owners and residents with more convenient access to City services. Questica, a budgeting software, was implemented in an effort to produce a better, more informative and automated budget.

– Lexie Miller, Director

PARKS AND RECREATION

Over the past year the Ferguson Parks & Recreation Department has made great strides in increasing the amenities offered to the residents of Ferguson. The department applied for and received a grant to build the first phase of a new playground at January Wabash Memorial Park. That project was completed in July of 2019. In August of 2019 the department applied for and received another grant to renovate the bathrooms located at January Wabash Memorial Park, replace the cast iron fence on the North side of the lake, and complete the construction of the new playground. These projects will begin construction in early spring.

The Parks & Recreation Department is currently planning community input meetings that will be held at the Ferguson Community Center in March. These meetings will give the community the opportunity to share ideas on what improvements they would like to see at Forestwood Park. This fall, the department plans to apply for a grant that will include improvements to the Forestwood Park facilities.

We've made improvements to our brochure that is published and mailed to the community three (3) times a year. These improvements include a new layout, better design aspects, more photos, and a park amenities list and map. Along with improving our printed materials we have made huge strides in promoting activities on social media, our website, and other digital outlets. The increased online presence has led to an increased attendance at several of our special events and large programs. One of these events was the Ferguson Fall Spooktacular. While we have been hosting this event on a smaller scale for several years, this past year we added a hay ride, food and new children's activities. We had about 1,000 participants from throughout the St. Louis metropolitan area attend. We believe we can grow the event even more next fall.

The Community Center is continuing its focus on health and wellness by expanding our personal training and fitness programs including fun new classes like great boxing cardio, group training sessions, different level core classes, and a resistance band class. The department also began to focus programming within the Community Center on a much more diverse age group offering dedicated programs for ages 0-5 years old, 5-12 years old, Teen Activities, Family Events, and Adult Programming. It is the goal of the department to provide memorable recreational and enrichment opportunities for people of all ages and to grow the sense of community within Ferguson.

The Department is looking forward to the upcoming months that will bring warmer weather along with the opening of the Splash at Wabash Aquatic Facility, summer day camp, our summer concert series at Plaza 501, summer movie nights, annual 4th of July Celebration and so much more. We cannot wait to see you, your family, and all of your friends out in our parks enjoying the wonderful amenities offered in our beautiful city. We are dedicated to creating community through people, parks and recreation.

– David Musgrave, Director
(Continued on Page 7)

FERGUSON MUNICIPAL COURT

The Ferguson Municipal Court has taken several steps towards consent decree implementation, with many thanks to previous Court Administrators and staff. Individuals have greater access to information regarding their rights and responsibilities in Ferguson, payment and community service options, courtroom procedures, etc. These are available on both the City's website as well as in Court. Also, Court staff is working to ensure the public is informed of their options to clear warrants and license suspensions and holds when any individual calls. The Comprehensive Amnesty Program is near completion. This required the evaluation of thousands of cases by Court staff and coordination with the Department of Justice, the Monitoring Team, and the City Prosecutor. The Court and City Prosecutor have completed their initial steps of this project. We are awaiting the Monitor's final assessment which is anticipated to be in spring of 2020. Further, the Court is working to draft and finalize remaining Municipal Court Policies before the end of the fiscal year.

Court sessions occur three to four times a month. Current turnout rates are approximately 10%. By providing the option of day or night court and requesting up-to-date contact information, this will hopefully increase the number of individuals that will appear and resolve their cases to the mutual satisfaction of the individual as well as the Court.

Further, the Court is preparing its transition to the Show-Me Courts system; a Missouri-wide system mandated by the Missouri Supreme court. Infrastructure upgrades as well as training should allow for a near seamless conversion to a system that will provide the public with electronic access to case files.

- Courtney Herron, Court Clerk

CITY CLERK'S OFFICE

The primary function of the City Clerk's function is to provide transparency of government operations to City residents and the general public. In doing so, the position is responsible for planning and organizing City Council meetings and events, this includes preparing and properly posting meeting agendas and keeping of the journal; process certifications of municipal elections, conduct voter registrations, and administer the oath of office to elected and appointed officials; process requests for records pursuant to the Missouri Sunshine Law; update and monitor the City's website, social media pages and government access channel; serve as liaison to and maintain information regarding the City's boards, committees, and commissions; ensure proper maintenance of the Municipal Code, via adoption of city ordinances and resolutions; process licenses to sale and serve alcoholic beverages. The clerk's office receives approximately 130 requests for public records each year. To maintain transparency and accountability and in effort to offer timely responses, we've implemented the NextRequest public records management software. This is a centralized system that tracks record requests, responses, and the costs for fulfilling such requests. Accessible via the City's website, the public is also able to view previous requests and available public information.

Citizens previously noted multiple concerns of communication and steps are underway to continue to mitigate these concerns. In keeping up with technological advances, we are exploring necessary updates in live streaming council sessions and systems used in publishing public information. Updating the City's website will deliver a more user-friendly platform and allow compatibility with cell phones. Increased efforts are made to communicate public information across City departments on the City's website and web calendar. And, as social media is also a trend these days, departments are increasing their efforts to use the City's Facebook, Twitter, and NextDoor accounts to publish upcoming meetings, events, and activities for improved citizen participation; this includes the government access channel.

In the coming year, we will also begin the process of updating the City's Municipal Code of Ordinances pursuant to the Department of Justice Consent Decree. The overall process on average can take between 12-18 months to complete after a firm is selected. A team will be drawn, in conjunction with NPSC and other partners, to review the code, current amendments, Missouri Revised Statutes and applicable resources to guarantee it meets the necessary requirements.

- Octavia Pittman, City Clerk

PUBLIC WORKS – CODE ENFORCEMENT – INFORMATION TECHNOLOGY – ADMIN (ACM)

Even though snow is falling and the temperatures are cold, work on our streets continues. The annual street project is underway and work replacing concrete slabs is ongoing when temperatures will allow. This year the city has invested almost \$600,000 to have the following streets repaired:

WINSHIRE COURT (cul de sac) (GEORGIA to CUL-DE-SAC)
BALLMAN (ROYAL to LAUREL)
CASTRO (CITY LIMITS to DEAD END)
DUPREE (WOODSTOCK to BLANDING)
BLANDING (CITY LIMITS to DEAD END)
LAURETTE (HALPIN to CASTRO)
HALPIN (LAURETTE to LAGONDA)
NANCY PLACE (THOROUGHMAN to ROBERT)
NANCY PLACE (HEREFORD to THOROUGHMAN)
BRIARWOOD (MOONLIGHT to DEAD END)
SHIRLEY (SUBURBAN to RANDOLPH)
RAYMAR PLACE (WESLEY to DEAD END)
DEANDELL AVE. and DEANDELL CT. (SMITH to NEARBROOK)
S. HARVEY (SUBURBAN TO CARSON).

The streets above that are asphalt will have a spring start of construction. Technology continues to improve for asphalt replacement methods and materials. This spring the Public Works department will present a new, cheaper and more effective overlay method to the council for review. Public Works hopes it will allow for more streets to be repaired for the funds we have budgeted.

Public Works staff is proud to be one of the best snow removal teams in the St Louis metro area. Our dedicated staff work 12-hour shifts, 24 hours-a-day to make sure the roadways in Ferguson stay safe and passable during inclement weather. So far this winter that has meant 766 total man-hours (223 hours of overtime) and

1020 tons of salt.

Code Enforcement continues to be a busy and productive unit of our organization. Each year our three inspectors conduct thousands of inspections in the city's three sectors. In 2019 we issued 1,200 occupancy permits to new home owners or renters. Each occupancy permit involves an inspection by Code Enforcement staff. Exterior inspections are required for owner occupied homes and both interior and exterior for rental home/apartments. The department also is responsible for inspecting complaints on property maintenance for commercial and residential structures. Our online or mobile app See-Click-Fix continues to be the most effective way to register a property code complaint or to express a concern. Just search your app store or go online to www.seeclickfix.com and search for Ferguson, MO. Almost 750 requests were opened in the See-Click-Fix app last year. Tall grass/weeds were the most frequent request made. If online or the mobile app are not your preference you can still call 314-524-5677 to make a property maintenance complaint. Code Enforcement also inspects construction of new buildings and improvements to existing structures. Several commercial buildings were built or remodeled in Ferguson in 2019. Restaurants, doctors' offices and of course the Boys and Girls Club all required the careful attention of our staff. Code Enforcement staff are proud to be part of the renewal and reinvestment that is happening all over the community. The City of Ferguson could not do all of the things it does without the help of computers. This past year the IT staff contracted with a consultant to test our network against electronic attack and intrusion. The penetration test looks for vulnerabilities in our network and the software and hardware in the city's inventory. IT staff were pleased to have passed the test. Much was learned from this experience and updates and more protections were implemented to further harden our electronic assets. Rest assured Ferguson will protect its data from attack.

The City Manager's office works on a variety of projects with a wide scope in the organization. The city's website is about 5 years old and in need of updating. Staff has begun the process to renew and redesign the city's website to make it more user friendly, easier to use on a mobile device and make information easier to find. For months staff has also been working with our consultants to reimagine the City of Ferguson's brand identity. A branding study has been conducted with the influence and guidance of our community. Many interviews and public meetings were held to understand the community's self-image and the brand it reflects. Branding is not just an image but it is a statement of who we are and where we are going. The City Manager's office also works on inward facing projects that effect how the organization functions on a daily basis. Some of examples of those are the renegotiation of the photocopying contract, renegotiation of fiber optic internet services contract and the recent cellphone contract bid. Staff work hard to assure city resources are being used wisely and the costs of services are moderated.

- Matt Unrein, Director of Public Works & Assistant City Manager

PLANNING & DEVELOPMENT

The City of Ferguson Planning and Development (P&D) Department is responsible for developing and implementing all planning, zoning, and economic development activities including short-term and long-term land use planning, zoning administration and enforcement, business attraction and retention, and housing and community development.

The department is working with several groups to establish new zoning rules for the entire West Florissant Corridor. The department is also leading the project to update the city's comprehensive plan. This is a process to determine the community's goals and aspirations for a city. It presents a holistic vision for the future, with long-range goals and objectives, and an implementation framework to achieve success. The resulting plan serves as a blueprint for future government action, guiding public policies on land use, housing, open space, and more.

Within this plan housing, quality shopping, and well-paying, accessible jobs were identified by the Community as the most important issues to address, particularly housing. Within the P&D Department, we are already working to address these challenges. For example; within housing and neighborhood development, we have three (3) goals – (1) revitalize/restore existing homes, (2) demolish and build new homes where restoration is not possible, and (3) promote community participation and community pride. We are accomplishing these goals by developing and implementing various housing assistance programs, aggressively enforcing the City's vacant building registry, and facilitating the work and programs of the Ferguson Neighborhood Improvement Program (FNIP) Board and other neighborhood organizations.

To promote economic development, we have four goals – (1) develop a business attraction plan, (2) streamline the city permitting and approval process, (3) create and implement a business retention program for existing business, and (4) fill vacant commercial space with quality businesses. To do these things we are proposing to establish a city economic development policy for recruiting of, and use of incentives for, new development, develop a marketing plan for recruiting specific businesses and development projects, and work with local business and property owners to retain existing businesses. To market the City for business attraction we will refine development tools like our website, online mapping, and use of economic incentives.

Long-range planning goals include facilitating the finalization, approval, and implementation of the recently updated comprehensive plan and assisting with other local and regional planning initiatives, like the joint West Florissant rezoning district, as well as identifying and marketing land development opportunities across the city, and where possible, strategically acquiring land for economic development. The Planning and Development Department administers the City's zoning code, which includes revising and updating the current code (which we are seeking to completely overhaul in the coming year), and enforcing/verifying the code as needed. This is done through the day to day enforcement of zoning regulations, working with code enforcement to resolve zoning violations, and serving as staff support to the Board of Adjustment, Plan Commission, Landmarks Commission, and other neighborhood organizations. Last but not least, we are coordinating the City's 2020 Census efforts to get every resident counted.

- Elliot Liebson, Director

(Continued on Page 8)

HUMAN RESOURCES DEPARTMENT

The primary focus of the Human Resources Department has been to attract and retain top talent, train and provide a positive work culture for those who serve the needs of the City of Ferguson. Through retention efforts and being proactive in handling any conflicts, employees are able to feel safe, secure and open to work in an environment that is conducive to learning and growing in their position. In the recruiting process, it is the department's responsibility to bring each department the best candidates, those with the best qualifications and who will blend well with the current staff to build a team environment and synergy so work can be accomplished effectively and efficiently.

The City of Ferguson currently has about 150 full, part time and temporary staff members. In the past seven (7) months, we have recruited and on-boarded twenty-one (21) employees. Our most strategic positions have been police and fire and in those rank a total of eleven (11) police officers and four (4) fire fighters. In large part this was accomplished by recruiting members graduating from their respective academies and welcoming each candidate into our facilities and to learn exactly what working for the City of Ferguson would be like. Offering this realistic pre-view paid off, as all signed an employment commitment prior to graduating, therefore solidifying our position before other cities.

Retaining the talent that we have is as important if not more important than recruiting. Among those 150 employees, more than 75% have worked for the City more than 10 years. That is exceptional in a tight market where employers struggle to fill positions and employees can be picky about where they want to work. The statistics suggest most enjoy working here and we are competitive in some areas. Those areas being: Benefits and offering a 100% funded Pension Plan.

Some of the events employees have found to be "morale boosters" or what we call employee engagement initiatives have been: Employee Picnic (staff is allowed to bring their families for fun, food and fellowship), Thanksgiving Pot Luck Luncheon, Holiday (formerly Christmas) luncheon, Holiday card and small gift (key chain w/ Ferguson logo). This year we are also planning to hold an employee pool party, as well as move the employee picnic to an early time of the year. Currently, all of the aforementioned events take place in the last two (2) months of the year.

The purpose of all initiatives is to ensure employees feel appreciated and understand we want them to come to work and to see they are important and make a difference. Without them, there would be no us. Human Resources seek to engage the employee to meet their needs and, on a much deeper level, to attract, understand and retain them.

- Veta Crosswhite, Manager

NEIGHBORHOOD MEET 'N GREET

03.07.2020

Lunch provided

Saturday, March 7th, 2020
@ 1:00 pm - 3:00 pm
Ferguson Community Center
1050 Smith Avenue
Ferguson, Missouri 63135

Connect with and hear from City of Ferguson and St. Louis County officials, local nonprofits, your neighbors and other people and organizations which make our community work.

314..717.1802

www.nwfg.org

MARCH ENVIRONMENTAL FILM: THE AGE OF CONSEQUENCES

THE AGE OF CONSEQUENCES, the third in the winter/spring environmental film series hosted by the Ferguson Eco Team will be **Thursday, March 12, 7:00 p.m.** This Emmy-nominated documentary investigates how climate change impacts resource scarcity, migration, and conflict through the lens of US national security and global stability. Whether a long-term vulnerability or sudden shock, the film unpacks how water and food shortages, extreme weather, drought, and sea-level rise function as accelerants of instability and catalysts for conflict. Left unchecked, these threats and risks will continue to grow in scale and frequency, with grave implications for peace and security in the 21st century.

The film is free and open to the public and will be shown in St. Stephen's Episcopal Church Parish Hall; 33 N. Clay (at Darst), Ferguson, MO 63135. For more information: (314) 521-8418; carletonstock@aol.com

All You Can Eat Spaghetti Supper Saturday, March 28, 2020 4:30 pm to 7:00 pm

Prices: \$8.00 Adults, \$4.00 Children 6 to 12,
Free 5 and under



First Presbyterian Church of Ferguson
401 Darst Road • Ferguson, MO 63135
Takeouts Available



Century Homes in Ferguson with the Ferguson Landmarks Commission

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



Tuesday, March 3rd
6:00 - 7:30 p.m.



Ferguson Municipal Public Library
35 N. Florissant Rd.
(314) 521-4820 - ferguson.lib.mo.us

Learning, culture,
community.

St Peters UCC Free Health Clinics

Offering the Free **Health** Clinic every **Saturdays** on a walk-in basis, from 11:00 a.m. to 1:00 p.m.

On **Sundays**, Salem is offering Free **Mental Health** by appointment from noon to 4:00 p.m. Some walk-in slots are available but the clinic would prefer to schedule. Call 314.521.5694 and ask for Virginia, our Parish Nurse who sets all appointments.

This clinic is sponsored by the Muslim Community of St. Louis and St. Peter's United Church of Christ to provide basic adult medical screening, treating, and referrals free of charge for adults 18 and older with no insurance. A photo ID is required.

Home-bound Delivery

If you live within the city of Ferguson and cannot drive due to a medical condition, you can sign up for free delivery of books, movies, and more.

Contact Ferguson Public Library at 314-521-4820 to sign up!

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



Sustainable Garden & Kitchen Seminar



A TOPIC AND EXPERT FOR EVERY INTEREST!

Be the change you want to see in the world!

March 14th
8:30 am to 3:30 pm

Parkway Northeast Middle
181 Couer De Ville Dr.
Creve Coeur, MO 63141

\$50.00
Includes local lunch

Please register by 3/11/2020

Opening session 9:00-9:55	Keynote: Reducing the Carbon Footprint of Your Home and Garden: Crystal Stevens, Author, farmer, and artist of Flourish			
Choose (1) one class for each session				
Session 1 10:00 -11:00	Seed Starting/propagation	Designing a Native Garden	Preserving the Harvest From A to Z	Soils 101/ Sustainable Soil Management
Session 2 11:10 -12:10	Composting 101	Foodscaping & Permaculture for Beginners	Fermenting Foods 101	Organic Pest Management in the Home Garden
12:10-1:10 Lunch from Local Farms provided by SEED SPROUT SPOON				
Session 3 1:15-2:15	Vermi-composting	Kombucha 101	Natural and Organic Lawn Care	Birdscaping for Beginners
Session 4 2:15-3:30	Compost Tea Production and Uses	Plant Based Recipes and Cooking	Home Canning	Native Trees for the Home Landscape

Special thanks to our sponsors. Their generosity enabled us to bring this program to you at a lower cost.



REGISTER @ <https://extension2.missouri.edu/events/sustainable-kitchen-and-garden-seminar>

Extension
University of Missouri

OR Scan me to Register 

an equal opportunity/ADA institution **314-400-2115**



13th Annual
Mayors' Shamrock Charity Ball
March 7, 2020
6:30 p.m. - 10:30 p.m.

All proceeds benefit Valley Industries

Prepare for a night to remember that supports a worthy cause.

Features:

- Great Food
- Dancing
- Open Bar
- Raffles & Prizes

Location: Garden Villas North
4505 Parker Road
Black Jack, MO 63033



Live Music By Everyday People

Individual Tickets- \$125
Event Sponsorships available from \$300-\$5,000
Call (314) 731-1771 or go to www.valleyind.net for more information

The Flu is More Deadly Than the CoronaVirus

6,600 people have died and 120,000 people have been hospitalized during the 2019-2020 flu season, according to preliminary estimates the Centers for Disease Control and Prevention released Friday. Of those deaths, 39 were children, a group that's particularly vulnerable to the flu and its complications.

New estimates from the Centers for Disease Control and Prevention indicate that this year's vaccine is relatively good match for this year's flu strains. So if you haven't had the vaccine, get it now.



STOP
THE FLU
BEFORE THE FLU
STOPS
YOU!

IT'S FREE!

Adults 18+
St. Peter's UCC
1425 Stein Road
Ferguson, MO
CALL
(314) 521-5694

Toilet Seats and Public Bathrooms

Public bathrooms. Do you worry about germs? Particularly with the flu season and now the Coronavirus?

Toilet Seats

Unless there is a noticeable smear or liquid on the seat, you probably have nothing to worry about. Because of the very hard surface and your protective skin barrier, chances are, you are safe.



Flush Handles

On the other hand, the flush handle is often contaminated. It is recommended that you flush with your foot. If your balance is a problem, flush with toilet paper and then drop it quickly into the bowl.

Washing Your Hands

A good rule is to sing "Happy Birthday" twice while vigorously washing your hands, including the backs of the hands and under your fingernails.

Electric Hand Dryers

These machines actually spread the germs.

Paper Towels

After washing your hands, dry with a paper towel and then use the towel to turn off the water handle which is probably contaminated. Use that same paper towel to open the bathroom door.

Financial Focus – Is It the Economy?

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

Just yesterday I read that credit card debt in the U.S. had reached an all time high of \$930 billion. Could this mean that consumer confidence is also high? The State of the Union address presented some very optimistic information and of course, since then we've been hearing about the facts to back it up or dispute it.

If we look at some of the fact checks on President Trump's accomplishments, we find some weren't so much due to his policies, but a continuation of the previous administration's policies. In a large economy change doesn't happen overnight. To really notice if something is working you can't base your conclusions on what happens immediately. One example is the U.S. Shale boom that drove up production in 2011. According to Trump this was due to his "bold regulatory reduction campaign." Information from the U.S. Energy Information Administration reports the U.S. has been the world's top natural gas producer since 2009, top petroleum hydrocarbon producer since 2013, and top crude oil producer since 2018. And they indicate this as a result of that shale boom, not from anything Trump has done.

On jobs and the economy, Trump stated that under the past administration 300,000 working-age people dropped from the workforce. He goes on to report that 3.5 million working age people have joined the work force. According to the facts, during the eight years of the Obama administration the Labor Department reported employment grew by 5.06%. That included the rebound from the recession and during the past three years it has grown by 4.86 million. While that is impressive, it illustrates how things don't happen quickly and the rebound continues. Another question some are asking is what age is considered "working-age people?" Measuring things differently can mislead us.

In reality, we need to recognize that placing blame or giving credit isn't always that easy. The economy is always changing and things happen that we often can't control. Just see how the worries of the Coronavirus are causing global economic concerns. No one planned on that. This election year, we are sure to hear candidates talking about what matters most and the problems everyday Americans are dealing with. The divisions in our country are much greater than they were before and that makes this election even more crucial. Running on his platform of "Making America Great Again," Trump attracted the voters that resonated with that premise. If you aren't happy with the present Administration, you really need to understand what is at stake for our country as a whole.

Just understanding what a good economy is can help us make better decisions in the voting booth. So here is a brief definition of what constitutes a good economy:

One with a fairly equal distribution of wealth, a strong currency and a self-reliant population.

If we listen to the many candidates on the Democratic side, they would point out that the distribution of wealth in this country is a problem. And when we hear that the middle class shrinking and see statistics on incomes, it does seem to be an issue. And one of the most popular voices on the left right now sees the way to re-distribute wealth as the key to improving our economy. Promising better wages, health care coverage for all, free secondary education and many other perks are quite popular. The big question is how to pay for it. And the solution always seems to come down to more taxes on the wealthy.

Like most people in the center, I have concerns about our country and appreciate the desires to help lift those in extreme poverty. However, I don't wish to see us go too far from our original premise that in a free country anyone can make it. As I hear the candidates discuss what they will do and how they will do it, I am hoping they understand the consequences of their platforms. Here are just a few things that concern me.

When we talk about wage disparity, perhaps it isn't as bad as we think. Typically, the information shared indicates how much someone actually earns – gross income. So, if someone on the lowest rung of the pay scale is making \$12 per hour, their annual income may be a little under \$25,000. If we compare that to a wealthy person making 6 figures, let's say \$300,000 annually, it does seem like a huge amount. Like most things, we can look at it a different way. If both of these persons are married and have 2 children, what would their income look like after taxes? Chances are the person making less than \$25,000 would qualify for the earned income tax credit which could be as much as \$5000 or more. The actual tax amount may be very small or perhaps even zero. This person may actually have spendable income of \$30,000 – while that isn't much it illustrates how the way we measure things makes a difference. It is possible that the wealthier person is paying about 30% of their income in taxes which would come out to about \$90,000. If this person is managing their money well they may have made contributions to an IRA or other types of investments that could lower their taxes. This example is just to see how things may look different if we take everything into account. A report from about 5 years ago indicated that the top 10 percent of taxpayers paid 71 percent of all personal income taxes, while the bottom 50 percent paid only 3 percent. If the wealthy just hand over money to the less fortunate - could we solve the income disparity? Probably not.



Card & Paper Club!

If you like scrap booking or card-making, then you need to join our club! Each class will have one card craft with supplies provided!

3rd Saturday every month

10:30am - 12:00pm

Auditorium, FMPL
35 N. Florissant Rd.

Contact rbrandel@fergusonlibrary.net



Historic Florissant's Annual Benefit Dinner

Hendel's Restaurant

599 St. Denis Street in Florissant, MO.

Monday, March 30

5:00 p.m. – Cocktail hour 6:00 p.m. – Dinner

\$50 per person and \$100 per person for a VIP table.

To purchase a ticket, please send a check to:
Historic Florissant, Inc., 1067 Dunn Rd, Florissant, MO 63031 or call 314-565-1468 to purchase using a credit or debit card

All proceeds benefit Historic Florissant, Inc. a non-profit organization working toward the preservation of Florissant's rich history.

The other factor mentioned in the short definition of a good economy is "a self-reliant population". This is certainly more difficult to accomplish, but as those on the right will explain – the incentive to work to earn a living won't be there if a person can do nothing and receive money. An example can be seen from Denmark where the average tax rate is about 60 percent. The government has generous benefits for its citizens, the cost of living is high and their economic growth looks better than it has been in the past twenty years or so. While this may look attractive to many people, this should also be concerning. With less motivation to seek employment many can exist just on what is provided and this stagnates economic growth. We'll be hearing candidates compare our situation to others often pointing out how well it appears looking in. We all need to look deeper and also recognize that helping the less fortunate doesn't always mean creating more benefits and allowing taxes on individuals cover the bills. Even the Danes would be cautious about some of the suggestions for government's role in business.

This election year is going to be interesting and hopefully we can find some common ground. Socialism isn't necessarily something to fear, but being careful in deciding where to put some of those types of policy needs to be carefully administered. The economy is an important part of what our country was founded on and we can only improve on it by making access to jobs and basic needs available to all. Freedom to improve our own financial situation is important, if people know they can get ahead with hard work and there are opportunities our economy will soar. With our current GDP of 2.1% the United States does have a strong economy, but things can change as I mentioned earlier. We also know that some are still falling behind. As we sift through the ideas being suggested and the angry exchanges between parties I hope we can keep in perspective the role of government and our own responsibility as citizens.

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



Savoy Banquet Center
119 So. Florissant Road
521-4500

**We Welcome Wedding Receptions,
Reunions, Birthdays, Graduations
& Other Celebrations**

We are a full service banquet center.



**For the
Do-It-Your-
selfer**

**Kitchens, Baths,
Windows, Doors
and More**

Our installation is
available also!
Free Estimates – Call
WOLFCO

314.799.2818



**Ferguson
Lions Hall
Rental**

49 North Clark
314-226-4077



Picture your Baby Shower, Wedding Shower, Wedding Reception,
Graduation Party, Family Gathering, and Other Special Occasions,
in this spacious hall and large parking area.

Holds the maximum of 75 people.

Call 314-226-4077 for reservations and more details.

DRAKES PLACE – NEWLY REMODELED

Great Food • Better Service

701 S Florissant Rd, Ferguson, MO 63135

drakesplacestl.com

Phone: (314) 736-1140

Hours:

Tuesday thru Friday: 11:00 a.m. to 9:00 p.m.

Saturday: 4:00 p.m. to 9:00 p.m.

Sunday: 11:00 a.m. to 7:00 p.m.

Monday: Closed

Latino Fish Fry



Time: 4:00 to 8:00 p.m.
Feb. 28,
March 6, 13, 20, 27,
April 3

Dancing and Music:

Fiestas de: Mi Pueblo
Veracruz, Sinaloa
Mexico, Hidalgo
Chiapas, Oaxaca
Mariachi
salsa, merengue, jazz

- Nachos with cheese
- Shrimp (Fried)
- Catfish Fillets
- Cod Fish Fillets
- Baked Tilapia
- Ceviche
- Chile Relleno
- Fish Tacos
- Potato Tacos

- * French Fries
- * pico de gallo
- * mozzarella sticks
- * Cole Slaw
- * Spaghetti
- * beans
- * Cactus Salad
- * Hush Puppies

Our Lady of Guadalupe

1115 S. Florissant Road • 314-522-9264



242 So. Florissant Rd. 314-524-7888



Christine Stoverink, second from right, granddaughter of former Ferguson Police Chief, Tom Moonier, enjoying dinner at Vincenzo's with her husband, Joe, and children, Louis and Grace.

At the left are Jim and Carolyn Gibbs, Christine's parents, who say "There's nothing better than dinner at Vincenzo's with the kiddos."

OPEN FOR LUNCH & DINNER

• T-TH 11am to 9 pm

• FRI 11am to 10pm • SAT 4pm to 10 pm • SUN 4pm to 9pm

CLOSED ON MONDAYS www.vincenzosstl.com

**SPENCER'S
BAKERY**

100 Church Street
521-0259

Dine In or Carryouts

Breakfast Special \$4.95

(2 eggs, 2 bacon or 3 sausages,
hash browns, toast or biscuits)

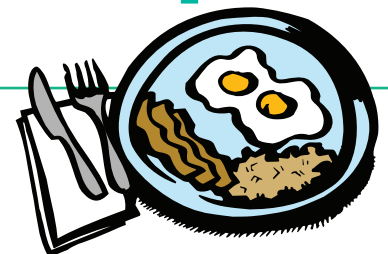
Also serving: French Toast,
Pancakes, Sandwich Combos

Hours:

Tues. thru Sun. 7am to noon

Closed Monday

**BREAKFAST
\$4.95**



Plus Danish, Cookies &
Other Goodies

**FISH
FRY
FRIDAYS**



You are invited to Blessed Teresa of Calcutta's fish fry!

150 N. Elizabeth Ave. 63135

February 28

March 6, 13, 20, 27

April 3



Time: 4-7 p.m.

Dine in /Take Out/Drive Thru

Edward Jones Perspective

by Joe Meyer

Can You Improve Your Relationship with Money?

In your life, you will have all sorts of relationships – with your family, your friends, your co-workers, and even with civic groups and charitable organizations you support. But have you ever considered another key relationship – the one you have with money?

Of course, this type of relationship has several aspects, such as saving, spending and investing. And your fellow Americans clearly face some challenges in these areas. For example, in a recent survey by financial services firm Edward Jones, only 21% of respondents reported that they feel happy when thinking about saving money, while 92% said they see room for improvement in their financial health. Yet only one in four plan to improve their spending habits. Furthermore, just 26% said retirement was a top savings priority.

If you share some of these concerns, what should you do? Here are a few suggestions:

• **Identify your money-related emotions.** Try to recognize the emotions you feel in connection with saving and investing. Do you get nervous about spending? Does putting away money for the future give you satisfaction or not? Do you worry that you don't know how much you should be investing, or whether you're investing in the right way? Clearly, these types of questions can cause some anxiety – and, even more importantly, they may lead you to make poor decisions. Emotions are obviously closely tied to money – but they really should not play a big role in your spending, saving and investing choices.

• **Develop a financial strategy.** By developing a sound financial strategy, you can reduce money-related stress and help yourself feel empowered as you look to the future. A comprehensive strategy can help you identify your goals – a down payment on a new home, college for your children, a comfortable retirement, and so on – and identify a

path toward reaching them. Your financial strategy should incorporate a variety of factors, including your age, risk tolerance, income level, family situation and more. Here's the key point: By creating a long-term strategy and sticking to it, you'll be far less likely to overreact to events such as market downturns and less inclined to give in to impulses such as "spur of the moment" costly purchases. And without such a strategy, you will almost certainly have less chance of achieving your important goals.

• **Get an "accountability partner."** Your relationship with money doesn't have to be monogamous – you can get help from an "accountability partner." Too many people keep their financial concerns and plans to themselves, not even sharing them with their partners or other family members. But by being open about your finances to your loved ones, you can not only avoid misplaced expectations but also enlist the help of someone who may be able to help keep you on track toward your short- and long-term goals. But you may also benefit from the help of a financial professional – someone with the perspective, experience and skills necessary to help you make the right moves.

Like all successful relationships, the one you have with money requires work. But you'll find it's worth the effort.

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

Connect with me on LinkedIn



Feed My Children Fundraiser

March 21 Trivia

Trivia at Zion Lutheran Church 123 Carson Rd

Doors Open 6:00 pm Game starts at 7:00 pm

Cost is \$25.00 per person (8 players per table) \$200.00 Per team

Silent Auction, 50/50

Soda and light snacks will be provided

Registration call: Rev. BJ Arnold at 314 518 1505

All money raised will support Feed My Starving Children

Trivia

All answer begin with the LETTER "W"

W

1. Architect who was never wrong
2. Snappy buggy accelerator
3. All around the mulberry bush the monkey chased the . . .
4. Surfers love to catch them
5. Unwanted lawn visitor
6. Prince Charles ties one on
7. Golden State basketball army
8. Worm hula dance
9. Mandela's former wife or Milne's Pooh
10. Little Red Riding Hood's enemy
11. Wall alternative to paint
12. Physician on a broom

See answers at bottom of page 23.

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 every

Tuesday & Thursday
10:00am - 2:00pm

Call 314-521-4820 for more information!



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

Celebrate Recovery

Thursday, March 5th and every Thursday after
Dinner at 6:15pm and meetings at 7pm

Celebrate Recovery is a faith based, Christ centered, 12-step recovery program that targets all hurts, habits, and hang-ups. This could range from addictions to depression and anxiety, survivors of abuse, veterans, and many others. Dinner at 6:15 p.m. A large group with a testimony or teaching meets at 7:00 p.m. Small groups that are gender and issue specific at 8:00 p.m. This is a safe place to come and seek victory over hurt around people who will support and love them.

Ferguson Church of the Nazarene.
1309 North Elizabeth Avenue



Friends of Ferguson Disc Golf "Turf the Tees"

Teepad Construction Fundraiser Event



ONE DISC CHALLENGE Hudson Park - Mar 29, 2020

\$10 Donation Entry gets:

Chance at Multiple CTPs
Multiple Raffles!

Format:

One Round of 18 with
Any 1 Disc of Your Choice
Register Opens 9:00a, Tee at 10:00a



March Events



**See some old friends
and discover some new ones!**

We Offer:

- Wellness & Exercise Programs
- An Excellent Array of Entertainers, Trips & Fun Activities
- 1 & 2 Bedroom Residences
- Dining Services
- Full Service Amenities
- Free Local Transportation
- Our Team Will Help You Move

*Visit us today and
start an exciting chapter of living!*



St. Catherine
Retirement Community

3350 St. Catherine St. ~ Florissant, MO 63033

314.838.3877



A Non-Profit Retirement Housing Foundation Community

Staying Fit!

Join us every Monday and Wednesday 1:00 pm Exercise with a certified aerobics instructor From ENVISION Home Health **Chair Yoga!**

Join us for a healthy mind and body Every Friday at 1:00 pm with a certified aerobics instructor

St. Patrick's Day Celebration!

With "Lamar Pilsing" Complimentary Lunch with Entertainment Tuesday, March 17th at 10:30 am

RSVP by March 13th 314-838-3877

Stay Well!

"Spring Into Fitness" With ENVISION Home Health Thursday March 19th at 9:30 am Complimentary Breakfast 9:00 am

RSVP by March 13th 314-838-3877



Under The Hood With Robinwood
By Bob McGartland

History of St Patrick's Day

Since there is a lot of Irish flowing through my blood with the name like McGartland, I want to share a little history surrounding the "Luck of the Irish" this month.

The Shamrock

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. Many Irish began to wear the shamrock as a symbol of their pride in their heritage. Now days, when the month of March rolls around, many people are sporting the green shamrock. It doesn't matter what your heritage may be, green is the color of the month.

The Leprechaun

The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.

Parades

More than 100 St. Patrick's Day parades are held across the United States each year in honor of St Patrick's Day. New York City and Boston are home to the largest celebrations.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. Interestingly, however, the first parade held to honor St. Patrick's Day took place not in Ireland but in the United States. On March 17, 1762, Irish soldiers serving in the English military marched through New York City. Along with

their music, the parade helped the soldiers reconnect with their Irish roots, as well as with fellow Irishmen serving in the English army.

In 1848, several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world 's oldest civilian parade and the largest in the United States, with over 150,000 participants. Each year, nearly 3 million people line the 1.5-mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia and Savannah also celebrate the day with parades involving between 10,000 and 20,000 participants each.

Of course, right here In St. Louis, you can enjoy watching one of the top parades in the country. The 51st annual St. Patrick's Day Parade. It will be comprised of over 120 units, including marching bands, floats, huge cartoon-character balloons, 5000+ marchers, and lots of clowns. Over 250,000 spectators, the largest of any event in downtown St. Louis, are expected to attend, packing the streets with smiling Irish eyes and festive green attire. If you haven't made it to a St. Patty's Day Parade, grab the family and head downtown on Saturday March 14 . It starts at noon, but there is always a large crowd, so head down early. For those of you who are in top shape, the 42nd annual St. Pats Day 5 mile run through downtown starts at 9am.

In closing an Irish Blessing to all of you. "Wherever you go, whatever you do, may the Luck of the Irish be there with you."

With some luck of the Irish, Spring weather is around the corner. Time to start thinking "spring maintenance" on your car. Give us call for an appointment.

Here at Robinwood Automotive we wish everyone a safe and wonderful St. Patrick's Day!



The Census & You

Do you have questions about the Census?
About how it will affect you?

The **League of Women Voters of Metro St. Louis** will explain the Census and why it's important for every person to be counted at the **Ferguson Public Library** on

Thursday, March 26
6:00pm - 7:30pm



Ferguson Public Library
35 N. Florissant Rd.
Ferguson, MO 63135
314-521-4820



FOR THE LONG HAUL AND THE LITTLE MOMENTS.

THE MICHELIN DEFENDER TIRE

ANDY WURM TIRE & WHEEL

Specializing in Tire & Wheel Packages

201 S. Florissant Rd. • Ferguson, MO 63135

(314) 522-3040

Over 10,000 Tires in Stock!
Over 400 Wheels on Display!

TPMS Experts!



www.andywurm.com

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



Lose track of the miles with the longest-lasting tire from Michelin, and focus on what really matters – the memories made along the way. **Stop in today.**

Copyright © 2018 Michelin North America, Inc. All rights reserved.
The Michelin Man is a registered trademark owned by Michelin North America, Inc.

NEIGHHOOD NEWS

Please send news of your neighborhood meeting to the Ferguson Times by the 15 of the month for inclusion in this special column. <cider@att.net>

From North Elizabeth Neighborhood Meeting on February 10:

STEAM ACADEMY

Brad Johnson is an educator at the STEAM academy (McCluer South-Berkeley). He invited community members to hear his accounting students do a sales pitch and provide some feedback on Tuesday, March 3. To the right is a further explanation of the process.

CENSUS

Bailey Mitchell, Ferguson's new Community Development Coordinator, spoke about the 2020 census. Each person not counted will cause a loss of about \$1300 of federal funds for the city -- so make sure you are counted.

- You can be an official volunteer - take one of the ambassador trainings coming up then help with volunteer activities in March.
- You can be an unofficial ambassador - tell everyone you know about the census and encourage them to fill it out. Everyone counts!!!
- Bailey's contact info: Mr. Bailey Mitchell, MPA, Community Development Coordinator (314) 521-7721 ext. 2149 <bmittchell@fergusoncity.com>

TWILIGHT RUN

May 15th – final routes not determined. Black shirts this year. Need volunteers. <fergusontwilightrun.org>

FERGUSON CIVILIAN REVIEW BOARD

Gene Franks and Gerry Noll came to discuss this board. It was established by city ordinance in Spring 2017. They meet the first Monday of the month, 6:30pm in city council chambers - open to public. Members hold 3-year terms. They provide oversight of investigations of complaints made against Ferguson Police Department, make recommendations regarding misconduct by FPD, promote public awareness of complaint process, review and assess FPD policies and procedures, serve on hiring and promotion panels, assist in building positive relations between FPD and community, review crime data, racial profiling data, and complaint statistics to id patterns and trends. There is an opening on this board - if you are interested, apply on city website.

Renee Benage,
North Elizabeth Neighborhood Coordinator

Would you Buy Their Stock?

The Accounting students at the STEAM Academy at McCluer South-Berkeley are amid a project that investigates publicly traded corporations. Their learning objectives are to:

- ✓ Understand and communicate the purposes of stock;
- ✓ Explain the corporation's accounting statements and financial performance in simplistic terms;
- ✓ Evaluate stock performance; and
- ✓ Use persuasive skills to "sell" the corporation's stock to potential investors.

The students asked for your help and feedback!

This project will occur on March 3, and the students are responsible for presenting their findings on corporations in persuasive ways that leads to fictitious investments - the community was asked to participate with and evaluate their presentations.

General Information:

- ✓ No advanced training with financial information is needed – that is the students' job.
- ✓ Each panel participant will be provided with \$500 fictitious dollars to "invest."
- ✓ Based on the students' presentations, the community will appraise their skills in a variety of components, including, but not limited to:
 - Appearance
 - Delivery Skills
 - Interpretation
 - Poise
 - Clarity
- ✓ Each student's presentation is limited to ten minutes, including the question-and-answer period.

By the time you read this notice, it will be too late to participate, but we hope to bring you the results at a future date.

In Partnership,
Bradley C. Johnson, M.Ed.
Instructor, Business & Marketing Education 314.506.9869 (o)
bjohnson@fergflor.org

Scald Prevention – Safety Tips

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

SCALD SAFETY

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of

a spill, pour the soup into a traditional bowl after heating.

NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

Burn Rx

Treat a burn right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

FACT!

Prepackaged microwavable soups are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.

ROOF OF MOUTH BURNS

Ever take a bite of that pizza and burn the roof of your mouth?

If you burn your tongue or roof of your mouth, sip something cool or frozen, such as ice, to help. Some drinks, such as milk, coat the inside of your mouth. They provide a layer of relief that water can't.

With a mouth burn, here are some foods that might help:

- smooth, creamy foods such as yogurt, ice cream, sour cream and cheeses.
- cold or frozen foods such as ice pops, pudding and applesauce.

While healing, avoid crunchy foods or foods that have sharp edges. Avoid hot or spicy food.

2020 CENSUS: FERGUSON COUNTS!

HOW TO RESPOND



As of **April 1, 2020**, count **every** person living in your household, even if they are staying temporarily.

Include relatives, nonrelatives, and children as young as one day old.

Online my2020census.gov

By Phone For this information, visit:

By Mail [2020 Census.gov](https://2020census.gov)

DON'T HAVE INTERNET ACCESS?

March 12–April 30 visit any of these locations to complete the Census Online:

Ferguson City Hall 110 Church St.
Community Center 1050 Smith Ave.
Police Department 222 S Florissant Rd.
Empowerment Ctr. 9420 W. Florissant Ave.

Don't Have Internet? Can't make it to our the locations above?
Every Saturday 11AM-2PM we will be out at the following Apartments:

March 14 Oakmont Townhomes & Versailles Apts.
March 21 Canfield Green Apartments
March 28 Park Ridge & Arbor Village
April 4 Nantucket Gardens & The Knolls Apts.
April 11 Northwinds Apartments
April 18 Canfield & Northwinds Apts.





Mediation is an informed process providing professionally trained mediators to listen to the parties and facilitate a conversation process that helps parties identify needs and find solutions.

Based on a common community mediation process, our services are applicable to a wide range of issues:

- Neighborhood Mediation
- Town Hall Meetings and Group Facilitation
- Family Mediation
- Eldercare Mediation
- Police Citizen Mediation Services

RESOLVE CONFLICTS through Mediation
(314) 884-8479

info@mediationstl.org www.mediationstl.org



For Pediatric Development & Adult Health

Dr. Robyn Lawrence
314-524-2580

dr.robyn@getwellfc.com



**580 No. Highway 67 (Lindbergh) Suite 5,
Florissant, MO 63031**

**Does Collagen Help With Joint Pain?
The Benefits of Using Collagen For Your Joints**

Painful joints complicate even the simplest activities. Walking up a flight of stairs, bending or even rising from a seated position is much more difficult when your joints become stiff and painful. Collagen supplements promise to ease your pain naturally, but do they work?

What is Collagen?

Collagen is a natural protein produced by your body. It's essential for: *Healthy Skin:* Collagen keeps your skin taut and supple. As collagen production decreases as you grow older, sagging and wrinkles occur, and the skin becomes dryer and thinner.

Joint Function: High amounts of collagen are found in the cartilage at the ends of bones. Cartilage is the flexible tissue that absorbs shock and helps the bones in a joint glide together easily. Joint pain often occurs when cartilage decreases due to wear and tear or injuries.

Muscle and Tendon Health: Reduced collagen production due to aging can also affect muscle strength and mass and loosen the tendons that connect muscles to bones in your joints. Your muscles help support your joints and are essential for normal joint function. Muscle weakness can be a contributing factor in joint pain.

Strong Bones and Teeth: Collagen is also found in bones and is responsible for keeping your bones strong. As collagen production declines, you may be more likely to break your bones, even if you only experience a minor fall. Declining collagen production can also cause your teeth to become brittle and break easily.

What Are Collagen Supplements?

Collagen supplements are intended to replenish your body's natural supply of the protein. Available in pill, powder, gummy or liquid form, the supplements are readily available in grocery stores, pharmacies, and from online stores. Type I and III collagen supplements are recommended if you want to improve the condition of your skin, while Type II collagen supplements are used for joint pain.

Can Collagen Supplements Ease Joint Pain?

Supplements can be helpful but not everyone notices a difference in joint pain after taking them. If your joint pain is due to osteoarthritis, the supplements are worth trying. They may help tighten the muscles and tendons that hold your joints together, improve muscle mass and rebuild cartilage.

In an article review published in the Journal of Arthritis, researchers evaluated clinical evidence and studies that explored the effectiveness of collagen supplements. They noted that collagen may be helpful in treating osteoarthritis joint pain, although more research is needed.

Other studies considered the effectiveness of bioactive collagen peptides (BCP) in treating joint pain in both athletes and non-athletes. After taking BCP daily for knee pain, athletes reported a 37.5 percent decrease in pain. The non-athletes experienced similar results after taking the peptides for 12 weeks for hip and knee pain. Activity-related pain improved by 38 percent, while at rest pain improved by 39 percent.

Bone strength may also be improved by collagen supplements. Taking collagen regularly can help you avoid painful fractures by increasing the density and strength of your bones.

Collagen supplementation, coupled with chiropractic treatment, offers a natural way to treat joint pain. Your chiropractor can correct misalignments and muscle imbalances that cause or worsen joint pain. Treatments also reduce stress on your joints, promote healing, ease stiffness, and improve range of motion.

Are your joints stiff and achy? Chiropractic care can help you reduce your painful symptoms. Contact our office to schedule an appointment.

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, March 12th
Syberg's Restaurant

Erin go Bragh!
Come dressed in Green or your Irish gear to be entered into a special drawing!

Sponsors

If we held a moment of silence for every victim of the Holocaust, we would be silent for 11-1/2 years.

Ashley's Ultimate Cleaning

- Cleaning • Decorating • Party Hosting • Organizing • MOVING?
- Ashley can clean your house so that it looks ready for sale, party, or just because



Gift Cards

Birthday? Graduation? Anniversary? Gift Cards are always the right size and color

Call Ashley
314-732-3477

Ashley is a Lifelong Ferguson resident

TAI CHI

Self Healing Movements

Thursdays
1:30 to 2:30 pm

\$10 per class suggested donation



St. Stephen's Church,
33 No. Clay,
Ferguson

Call 314.645.6112



TURN TO ME

Wednesdays
7:00 – 8:00 pm
in church

- | | |
|----------|---|
| March 4 | Taize Prayer
<i>Emily Banks</i> |
| March 11 | Contemporary Praise,
Worship and Adoration
<i>Luke Stalinski and Guests</i> |
| March 18 | Led by the Spirit into the Desert
<i>Rev Jason Schumer, SThD</i> |
| March 25 | Contemplative Prayer
<i>Don Schloss</i> |
| April 1 | Sent to Live Our Mission,
Corporal Works of Mercy
<i>Panel Presentation</i> |

Blessed Teresa of Calcutta
120 N Elizabeth Ave Ferguson MO

Sherlock's Pal



After thirty years as a pastor, you would think that my skin is as thick as . . . ? Actually, my skin is not as thick as it used to be. I'm knocking on the door of "velvety" skin. When I googled "as thick as . . ." the top response was "thieves." That's probably an inappropriate simile for couple reasons.

First, to say that my skin is as thick as thieves makes no sense because "thick as thieves" is referring to people who hang around one another (and presumably engage in nefarious activity) and therefore become quite close. This closeness is likely due to a criminal code that suggests criminals need to be able to trust one another or else there could be trouble down the road. This doesn't work because my skin might be flaky, but it's not criminal.

Second, for a clergy person to suggest his or her skin is as thick as thieves sends a wrong message to those who are already convinced that all pastors are the same ilk as greedy, cheating, scamming and scheming televangelists. Once upon a time I tried to join their ilk, but I could not find the right product to slick back my hair sufficiently. And I haven't used hair oil since elementary school days.

I continued to look for an appropriate simile. The anonymous person sitting behind the google curtain decided to list "as thick as pea soup" as my second choice, and yet, as innocent as pea soup and presumably pea soup consumers are, it does nothing for me. I'm not a pea person. Therefore, I have decided to invent another simile: My skin is (or should be) as thick as a mattress.

Sadly, it's not. And here's how I know (and why I'm even writing about this). I learned a few weeks ago that I apparently do not hold people's attention as well as most ministers. I confess that when I heard this it cut me to the core. It pierced my soul. I will likely recover just in time to retire and then have too much time to reflect on my lackluster career.

The evidence is clear that I am deficient as an attention holding pastor. An Associated Press report came out on December 16 claiming that the Pew Research Center analyzed nearly 50,000 sermons from about 6,500 congregations and determined that the median length of all sermons was 37 minutes. I rarely preach for half that amount of time! By the way, the Pew Research Center is more than capable of analyzing data that has nothing to do with pews, but in this case the name is apropos. They have measured how long people's fannies are sitting in the pews listening to sermons. Perhaps we could call this research topic "fanny time" rather than "sermon length."

Their research broke down the data, claiming that Catholic sermons were the shortest, with the median being 14 minutes (suggesting that maybe I should have accepted my late aunt Kathy's invitation to be a Catholic priest . . . although the fact that I was married at the time gave me an "out"). Mainline Protestants, the tribe to which I belong, average 25-minute sermons, while evangelical Protestant preachers can apparently hold their breath and preach for an average of 39 minutes. But even they shouldn't brag because the median length of black Protestant sermons is . . . drum roll, please . . . 54 minutes!

One homiletics professor noted that "Preachers preach for as long as they hold people's attention." That's the moment my supposedly mattress-thick skin looked up at me and said, "Obviously, it's a pretty thin mattress . . ."

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

Although I'm busy writing relatively short sermons, you can write to me at sherlockspal@yahoo.com

Note: the graphics in the magnifying glass are the editor's, not the authors.

Support Good Shepherd Arts Center -

Trivia Night, Sat., March 14
Ferguson Community Center

6-9 PM (doors open 5:30)

Traditional trivia - sports, music, St. Louis - with an artistic flourish. Silent auction, 50/50.

\$ 160 table of 8, \$20 individual tickets
Get tickets by email - info@goodshepherdarts.org
or call 314-522-1155



The Ferguson Community Recreation Center is located at 1050 Smith Drive in Ferguson.

No matter where you are on life's journey...



**IMMANUEL
UNITED CHURCH
OF CHRIST**

...you are welcome here,
God is still speaking.

Please join us for the following worship services:

February 26 (Ash Wednesday) – Service @ 1:30; Dinner @ 6:00 and Service @ 7:00 pm
Child programming will be held at 6:00 pm in the Chapel.

March 4 – service @ 6:00 pm followed by dinner @ a local restaurant

March 11 – service @ 6:00 pm followed by dinner @ a local restaurant

March 18 – service @ 6:00 pm followed by dinner @ a local restaurant

March 25 – service @ 6:00 pm followed by dinner @ a local restaurant

April 1 – service @ 6:00 pm followed by dinner @ a local restaurant

Maundy Thursday, April 9 – service at 7:00 pm

Good Friday, April 10 – service at 1:30 and 7:00 pm

Easter Sunday, April 12 – service at 8:30 and 10:00 am

An Easter Egg Hunt for the kids will be held after second service at 11:15 am

221 Church Street • Ferguson, MO 63135 • 314.521.7324

Dear Ferguson Neighbors:

My name is Teyuna Darris, and I am the new chairwoman of the Northwest Ferguson Neighborhood Association (NWFNA). This neighborhood association was formed to service the needs of Ferguson residents residing in Ferguson Fields, Ferguson Hills, Lakeview and Pauline Park.

On **Saturday, March 7th**, 2020 from 1:00pm until 3:00pm at the Ferguson Community Center, we will have our first quarterly neighborhood meeting of 2020. Because we anticipate the participation of City of Ferguson and St. Louis County officials, and other community organizations which also impact all of our neighborhoods, I thought that it might be expedient to invite you and your neighborhoods to also attend. Therefore, this "neighborhood meeting" will serve as a Community Meet 'n Greet.

This would also be a great opportunity for Ferguson neighborhood leaders and Ferguson business owners to raise awareness about their organizations and the work they do.

In addition, I'd like to know more about you, and the work you do for the people of Ferguson. If you'd like to meet-up for coffee, or tea, then please let me know. I am also interested in learning how our myriad organizations can collaborate on mutually beneficial issues and projects to better our hometown.

Teyuna Darris, NW Ferguson Neighborhood Association



March, 2020
By Bob McCarty

I was recently asked to teach a workshop on painting faux, (fake), wood grain in Hannibal, MO. Of course, I accepted the challenge, and completed the workshop over the soft holiday week-end. Preparing to teach a workshop is a lot like preparing for a project. The planning stage, what will I

teach, the preparation stage, gathering supplies and what we're going to paint on, and gathering my tools.



-The Plan. What I wanted to teach was not only the techniques of how to paint anything to look like wood, but I also wanted to share the different types of material we were going to use to create the samples. I chose to use four different types of glaze and they were oil base, water base, beer, and vinegar. Not only did we use these four types of glaze and I didn't want to use store bought glaze, I wanted to teach the attendees how to make a glaze using a few different materials.

-The Preparation. After determining what I wanted to do, I chose the colors of the bases that would act as our substrates. Upon gathering the paints mixed to the chosen color, poster boards were painted using the different colors, five total. All of these colors could be found in the different types of wood that would be taught.

-Gathering of the Tools. Next the tools of the trade were gathered as well as some tools that the attendee would be able to acquire at a local store. I also had my specialty tools that could be demonstrated to show them how much more could be done with the cost of these different tools.



I'm off to Bob Yapp's 'Belvedere School for Historic Preservation' in Hannibal, MO.

This was a two-day workshop and the plan was to spend day one using the oil and water base glazes. Instead of mixing colors using universal tinting colors, we used stain, an oil base for the oil and a water base for the water. After mixing the glazes, we manipulated them to create wood textures using a multitude of tools. Brushes, combs, (steel and rubber), and wood



graining rockers.

Now there are two schools to decorative/faux imitation of woods and marbles. (We spent this class imitating wood.) The Italian school is more of a fantasy style of wood, not a real wood but with the use of color and technique, a good imitation. The French school is more of a realistic style following the nuances of the grain in a specific type of wood.

The first day leaned more towards the Italian school. We manipulated the glaze this way and that way and

had a nice representation of wood with both types of material, oil and water.

The second day, we used the two other glazes, beer and vinegar. With these glazes, instead of using stain as our color, we used powdered pigments. A little bit of this wood tone color and a little bit of that wood tone color.

Using the beer glaze, which is my favorite, (and not for the reason you're thinking), we created two types of wood, Birds Eye Maple and Cuban Feather Mahogany. These woods were created using the French school. We took our time and created some really good imitations of these two woods.

The second half of the day was dedicated to the vinegar glaze. We still used brushes, combs, and graining rockers, but we also incorporated putty, plastic wrap, feathers, and crumpled paper to create different looks.



All in all, the workshop was a smashing success and I've been invited back to teach future workshops.

I have scattered a few samples of faux grained wood throughout this article. None of these are from the workshop because true to me, I forgot to take some photos and I gave any of my samples to the students so that they would be able to refer to them as they practiced.

The students did really well but as with anything, practice, practice, practice will help you be able to create a real good imitation of wood.

Until next month, Bob is On the Job.



314-769-1413

Maintaining Yesterday For Tomorrow



Let's "Litter-ally" Clean Up Ferguson

It is time for all residents - homeowners, renters, landlords, business owners and managers, students, waste pick-up workers, city officials - to clean up Ferguson properties. Many of us report areas of concern on See-Click-Fix, but the city can't do it alone. If each person residing or working in Ferguson would just simply pick up the litter that appears on and around one's own property, we could have this city looking clean as a whistle in no time. But we also have to commit to keeping it that way.

Some tips for everyone to follow:

1. Just take a walk around your own property once a week and pick up any trash that has found its way near your place.
2. Clean up the leaves, dirt, debris on the sidewalk and driveway of your residence/business - looks better and makes it nicer and safer for walkers.
3. Recycle whatever you can.
4. Close your garbage/recycle can lids.
5. If trash escapes the collection trucks when being emptied, pick it up and deposit it back in the container.
6. Don't throw trash out of the car window (especially glass) - wait until you arrive at your destination to pitch your trash into a proper container. (If properties have a neat appearance, other drive-through visitors may be less likely to toss items out as well.)
7. If you are a dog walker, pick up after

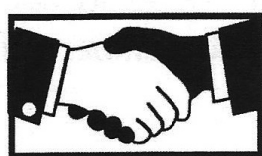
your dog. I've noticed a significant increase in 'doggy-doo' left on people's yards and sidewalks, especially in the colder weather. It is disrespectful to those homeowners and it makes all dog owners look bad.

Business owners/managers in Ferguson: many of you need to step up your game. If we want other businesses to locate in Ferguson, we need to present a better, more vital image. No one wants to locate a business in an area that looks as if it is going downhill. A clean, neat appearance of the streets, sidewalks, parking areas, etc., would seem to be the first priority when trying to attract new businesses. Pick up the trash, leaves, debris, etc. on the lot and walks around your establishment (front and back). Repair damaged curbs, occasionally power wash your walks/lot. The inside of your establishment (particularly restaurants) should be pristine. Investing just a little in landscaping to beautify your area will make your business more inviting to customers and to those scouting a new location for their business. The more commercial businesses, the more foot traffic for your business.

Minimal costs associated with a clean business may yield significant returns in increased return and new customers, as well as drawing new businesses.

Many here in Ferguson already do a great job - thank you. Just a little respect for our own properties and those of our neighbors will go a long way. If we work together, we can do this, Ferguson! As Mother Teresa said, "Not all of us can do great things. But we can do small things with great love."

- Marianne Petru



PROUD
People Reaching Out for
Unity and Diversity

The next PROUD meeting will be on:

Saturday, 07 March, 10:00 - 12:00
Washington Pro Security Conference Room
Professional Building, Upper Level
119 Church Street

Hope you can attend.

Ferguson by Foot

By: Margaret Wolfbarger



"Would you live with ease, Do what you ought, and not what you please." – Benjamin Franklin

So often we know what we ought to do and do not do it. The reasons for this are many but the main reason seems to be that it's easier in the short term to satisfy our passions than to abstain. It's easier to eat the chocolate cake than an apple. It's easier to watch a movie than read a book. It's easier to drive than it is to walk. But when we live a life of instant

gratification, we pay a long-term price.

I was recently talking to a loved one about the loss of her mother. Her mother was one of the dearest people on earth. She was kind, compassionate, and gentle. Her death left a gaping hole in the family that no other person on earth can fill. Every day is a reminder of that searing loss. Something as innocuous as a trip to the post office of their small town serves as a reminder of what was. The post woman told my friend, "I miss your mom. She was such a good person." My friend turned away from that encounter with a grief she can't cope with and ran to her car weeping.

She told me, "I stopped going to church after Mom died." When I asked her why, she was noncommittal. She said, "I know I ought to go, but I don't.

I need to get back to it." She said the same thing about living a healthy lifestyle. She has regained much of the 50 pounds she lost last year. She said, "I love sweets. If I could just stay away from them, I would be okay." These choices may be different in nature but both are indicative of a deeper issue; the loss of hope.

One of my favorite verses in the bible is Hebrews 11:1. "Now faith is the assurance of things hoped for, the conviction of things not seen." Somewhere along the way my friend has forgotten that God holds all life in His hands. This life is not the end—it is simply the training ground for the real life to come. If we repent of our sin and follow Jesus because we trust that He took the brunt of God's wrath, we know that when we die, we will be with him in Heaven. This is the hope that sustains us. The fear of death vanishes when we choose to walk this path. When we start to walk with God, we see that we are created for a purpose. He has a plan for our lives. He has work for us to do. This is invigorating! Even better, once we start to do that work, we experience great joy. God not only sets us free from the sins that once made us captives, He sets us free from the sins we want to commit in the future. I should know. He helped me to lose 140 pounds and keep it off. I make the choice to follow Him every day and I live in gladness of heart. You can too.

Most of us have the ability to change our circumstances. We live life one choice at a time, one hour at a time, one day at a time. We can choose to pick up the donut or throw it in the trash. We can choose to go on a walk instead of lounging on the couch. We can choose to forgive a friend who hurt us. We can choose not to steal what does not belong to us. When we are tempted, we can pray for deliverance. We can choose to focus our minds on gratitude rather than want. That is the truth.

Wise King Solomon once wrote, "The Lord does not let the righteous go hungry, but he thwarts the craving of the wicked." (Proverbs 10:3) By that he meant his children will never be in need but men who do bad things will never be satisfied. I can relate. In my pre-healthy days, I baked batch after batch of cookies. I ate with abandon. I was never satisfied. The more I ate, the more I craved. The more I craved, the more despondent I became because I didn't have any hope that I could break my food addiction. God knew differently. He told me I needed to learn discipline. I surrendered to Him and He walked with me all around Ferguson and beyond. He helped me. He will help you too.

Today, if you are dealing with any kind of addiction that you think is impossible to break, turn your eyes upon Jesus. Then, make a choice to hope. Change is possible. And remember, instant gratification will never bring long term satisfaction. For more inspiration, follow me on my blog: www.destinationdiscipline.com.



Bill Will Restore Voting Rights to Over 60,000

Unlock the Vote MO

Metropolitan Congregations United, EXPO and the ACLU are joining forces with Senator Jamilah Nasheed and Representative Rasheed Aldridge in restoring voting rights to over 60,000 persons currently on probation and parole. Companion bills recently filed with Unlock the Vote in Missouri. A press conference was held on Wednesday, February 12 in the state capital outlining the reasons for such legislation.

Bills sponsored by Nasheed and Aldridge will provide for the reinstatement of people's voting rights as they leave incarceration. Currently in the state of Missouri, formerly incarcerated people must wait until they are discharged from supervision before being reinstated. This has been targeted as a form of voter suppression by the ACLU and other voter's rights organization.



"Right now there's a 15 year back-up on probation and parole," said Senator Nasheed. "It could be five, ten, 15 years before someone would be able to vote."

Representative Aldridge noted that while people are expected to return to their communities and be good citizens, they are not allowed a voice in their community.

"People come back and work and pay taxes," said Aldridge. "However, their voices don't matter, on the decisions made on issues that impact them and their families. They are silenced locally, statewide and nationally." Senator Nasheed labeled such silencing as "taxation without representation."

"I want those disenfranchised 60,000 people to know one thing," said W. Taft Fields, an EXPO member. "You have the right to NOT be silent. Passing these bills will restore you." Fields noted that with so many roadblocks against people when they come out of prison, people become alienated, isolated. Voting is one way to more fully incorporate a person in the life of the community and lessen the chance they will reoffend and return to prison.

Rev. Dr. Dietra Wise Baker, Metropolitan Congregations United, claimed the state had a moral imperative to pass this legislation, to restore people to a full and complete life in their communities. "We cannot be a state that throws people away because they have served time. We cannot let this be our level of morality. Every legislator needs to respond to this." Rev. Dr. Baker serves as the director of MCU's Break the Pipeline campaign.

MCU and EXPO have included this issue, Unlock The Vote MO, as a part of their Break the Pipeline Campaign, addressing the issues of and relating to the school-to-prison pipeline. Senator Nasheed and Representative Aldridge represent districts in St. Louis.

Recycling with St. Louis County Public Health

Margaret Lilly, Supervisor of Waste Diversion at St. Louis County Public Health will provide information on the 6-week curbside audit happening **April 6th - May 31st**

Tuesday, March 24th
6:00pm - 8:00pm

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



FEATURED CATEGORY:

TOP 10 NATIVE PLANTS FOR HALF SUN/HALF SHADE

Ideal for the side yard • Tolerates part shade and direct sun
Tried and True • Showy Flowers and Fruit

	NATIVE PLANT NAME	HEIGHT	LIGHT	UNIQUE QUALITY
1	American spikenard (<i>Aralia racemosa</i>)	3-4'	Shade Pt. Shade	Ruby red fruits in summer. Many pollinators.
2	Beautyberry (<i>Callicarpa americana</i>)	4-6'	Sun Pt. Shade	Purple berries in fall. Feeds birds.
3	Goatsbeard (<i>Aruncus dioicus</i>)	3-4'	Pt. Shade	Plumes of creamy white flowers.
4	Indian physic (<i>Porteranthus stipulatus</i>)	2'	Pt. Shade Shade	Fine foliar texture. Orange fall color.
5	Littleflower alumroot (<i>Heuchera parviflora</i>)	10-14"	Pt. Shade	Compact. Fall-blooming.
6	Pennsylvania sedge (<i>Carex pennsylvanica</i>)	10-14"	Sun Pt. Shade	Slow suckering. Solid groundcover.
7	Pagoda dogwood (<i>Cornus alternifolia</i>)	10-15'	Sun Pt. Shade	Showy flowers, fruit, fall color & winter branches.
8	Purple daisy (<i>Aster patens</i>)	2'	Sun/ Pt. Shade	Lavender-purple flowers in fall.
9	Purple milkweed (<i>Asclepias purpurascens</i>)	2-3'	Sun Pt. Shade	Reddish-purple flowers late spring.
10	Rose turtlehead (<i>Chelone obliqua</i>)	3-4'	Sun Pt. Shade	Rain garden plant. Bumblebee pollinated.

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.

EarthDance grows food, farmers, and communities through hands-on education and delicious experiences.

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



Independent and Assisted Living Apartments

You are cordially invited to attend an important no-cost Lunch & Seminar on **DEPRESSION & ANXIETY IN SENIORS**

Presented by Shelia Hunt, MA, LPC
CenterPointe Hospital
Tuesday, March 10th

Registration 11:30, Lunch & Seminar
Noon to 1:00 p.m.

Please rsvp no later than March 6th – LISA 314-838-3811



1425 N. New Florissant Rd., Florissant, MO.
314-838-3811

Language Services Assistance 562-257-5255
TDD #(800) 545-1833 Ext. 359

www.DeSmetRetirement.org | Email: DeSmetRetirement.org

Feb. 12th, 2020 meeting

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



Officer Brad Keiser opened the February 12th, 2020 meeting of Ferguson OnWatch, welcoming everyone at city hall. Officer Keiser is one of our K9 officers, handling Kojak. The other 2 K9's are Champ & Merica. Officer Keiser told us about the emergency bailout button they have that can release the doors and allow the K9 to exit and assist.

Crime Stats for January

Cars left running, and as a consequence, stolen are increasing. The crime stats for January reported 18 vehicles stolen from Sector 1, 2, & 4. Another car left running and unattended was ransacked, and a firearm stolen.

We're also getting copper thefts from the apartments that were under TEH management. These apartments are now under new management.

A new crime hot spot is the Jennings Market on Airport Road. a recent shooting there appears to be drug related.

There is a murder listed in the January report. The crime was solved. It was a family issue (brother vs brother).

Dollar Store Burglaries

There had been a series of burglaries at the Dollar Store. The police caught one of the serial burglars in the act, as they break in and steal from the store in the early hours of the morning. It's only a matter of time before they get the 2nd partner.

Police Staffing Info

9 prospective police officers had been interviewed, and 7 were given offers. 1 or 2 may be coming on shortly.

Roll Call Training

Any time a new policy is instituted, officers get the updated information at a twice daily roll call. This gives the officers an opportunity to ask questions about the new policy, as they must take an on-line test on it. We also have several officers that have extensive knowledge on various subjects on which they train the other officers. Officer Keiser has been a "Use of Force" trainer for 20 years. He is experienced in several martial arts, and trains others in PPCT, or Pressure Point Control Tactics. The officers get training on this subject annually. 90% of the incidents with officers is "hands on", versus 90% of the training they get is on weapons.

Tinted Windows

A question about how dark tinted windows can be. The front driver door window and front passenger window can be 35% tinted. The remaining rear and back window can be "Limousine" tinted.

Body Cameras

A question about how the Body Cameras were working was asked. Officer Keiser reported that his was working very well. It has saved him more times than not. The cameras have a magnetic mount, which is different than the St Louis County officers, which are integrated into their uniforms. He also reported the integrated style sometimes sends reports back to County that indicates a distress issue. Sometimes the distress issue is not found to be valid.

Next meeting date

Our next Ferguson On Watch meeting is the 2nd Wednesday, March 11th at 7:00 p.m. at City Hall.

CultureFest 2020

Friday March 27 • 11 a.m. – 3 p.m.

Christian Hospital Atrium and Parking Lot
11133 Dunn Rd., St. Louis, MO 63136

CultureFest is a celebration of the many cultures of our hospital staff, our St. Louis communities and our patients! Community program booths, retail vendors, and health initiatives that promote diversity, inclusion and equity will be present. There will be a world map for all participants to indicate their ancestral origins as part of CultureFest's celebration of diversity and inclusion.

Free health screenings for blood pressure, cholesterol and glucose will be provided.

CultureFest T-shirts can be purchased for \$15 and the "Cooking with Culture" cookbook will be available for \$5.

FOOD TRUCKS: 11 a.m. – 2 p.m. Cash or Debit/Credit Cards only.

Food Trucks on site will include: Crooked Boot, Kbp, Wok and Roll, Destination Desserts, Andrew's Bayou Ribs, Twisted Taco, Wayno's International Cruise, Mannmeats, TasteBudz, HomeStyle Grill, BurgersSTL, Kamikazepoke and Flying Flavors.

The Ferguson Computer Corner

by Doug Neely GREEN is my fav color!



FILE CENSUS ON LINE

St. Louis Community College at Florissant Valley invites students, employees and community members to use campus computers to complete the census online in the veterans affairs office, located in the Student Center, during Preview Day.

Preview Day is a day when the College welcomes the community to tour campus and explore programs and career offerings, enjoy giveaways and breakout sessions, among other activities. Preview Day is **Saturday, April 4 from 10 a.m.-2 p.m.**

STLCC-Florissant Valley is committed to increasing awareness of and participation in the 2020 Census, and has agreed to serve on North County's Complete Count Committee in partnership with North County Incorporated — an economic and community development advocacy organization that serves North St. Louis County.

"We hope that by providing computers for people to use, we will remove barriers and empower our neighbors in North St. Louis County to participate and be counted in the 2020 Census," said Dr. Elizabeth Perkins, campus president and chief academic officer, St. Louis Community College at Florissant Valley.

According to the National Advisory Committee on Racial, Ethnic and Other Populations Administrative Records, Internet, and Hard to Count Populations Working Group, people who have typically been harder to reach and/or enumerate in the census include:

Racial and ethnic minorities, persons who do not speak English fluently, lower income persons, homeless persons, undocumented immigrants, young mobile persons, children, persons who are angry at and/or distrust the government and LGBTQ persons.

Schools, police departments and funding for other critical community resources are all determined by census data. The number of representatives a state has and how congressional and state legislative districts are drawn are also impacted by census data. Federal funding for the National School Lunch and Temporary Assistance for Needy Families programs are also impacted by the census count.

MARCH, 2020

Wincalendar says there are a LOT of "holidays" this month. And they do take care to name as many holidays as they can find, even though we have never heard of most of them. Like National Cereal Day, on the 7th.

National Cereal Day History

National Cereal Day's official website confirms that Cereal has been around since the Civil War. But it was not until 1939, that the cereal that we know today was first introduced. Sweeteners and sugar were added to the old version, and the texture became much easier to chew and swallow. 80 years later, almost 50% of the American population begin their day with a bowl of cereal. National Cereal Day is celebrated every year on March 7th.

Personally, I think we will go with these 2 this month:

March 8th: Daylight Savings begins at 2 am. We lose 1 hour. Move your clocks FORWARD one hour before you go to bed. You might also want to go to bed one hour earlier.....!

March 17th: St. Patrick's Day. This usually begins on the 17th, but many will begin the celebration earlier...like as soon as they can. And it will last until they have to go back to work. At least, that's how it's done around here.

YMMVHoliday Puter Advice, dept.

Make sure that you set the time on your puter to automatically engage DST for you, so you don't have to bother with it. Then, when you awaken in the morning, you can go about the house setting the time on your clocks by the time on your puter. See? No confusion! Just remember that you lost a whole hour, and we won't be able to get it back until early November, I believe. (Shouldn't we get it back with a little interest? I think a half hour would be reasonable, don't you?)

Now what about St. Patrick's Day? I don't know what the poor slob elsewhere do, but here in Ferguson, we have TWO very capable establishments who know how to celebrate properly. In no particular order, we have Mimi's and Marley's. I'm sure there are other establishments in our beloved town, but I have only ever been to these two, and I vouch for them both! And the food they serve with the green beer is both very tasty and satisfying!

PUTER TIP, dept.

Keep the beer, green or otherwise, away from the puter. They don't mix well. Of course, it's anyone's guess as to which is the greater loss; the puter or the beer that took out the puter. Perhaps you don't care; just don't get electrocuted while performing the ritual, or there won't be any more St. Patty's for you!

Speaking Of Puters, dept.

I have noticed a slight uptick in the occurrence of what I call "hijacked" puters. This is when you are blissfully surfing along and all of a sudden one or more windows pop up on the screen, and announce that some terrible fault has occurred, and call this number to speak to Micro\$oft, and they will help you. (...and we all know how much M\$ wants to help us!) So, you call the number, and the guy on the other end wants you to do a few things on your puter so he can verify your problem, and try to help you fix the thing. OH! And btw, here is how you will need to pay him... (The most recent situation involved payment with eBay gift cards. I mean, after all, you can still get Windows 7 on eBay, because the M\$ employee Store stopped selling 7 a few years ago!)

Look, we all fall for things, at least the 1st or even the 2nd time, don't we? Yes, we have all fallen for stuff, and the last time you fell for something won't be the last time, will it? Nope! Our puters have done an awesome job of brainwashing us to take things at face value. We all trust anything we see on our puter, don't we? We shouldn't, but we do. How many times did you see a window pop up, and immediately click on the big "X" in the top right corner to close the window without reading it or really looking at it to determine what on God's green earth it is doing there? That's how our puter gets infected. Then you have to spend lots of \$\$\$ to get it fixed. \$\$\$ that you could've used to buy some cold, green beer! Don't be in such an all-fired hurry! This brings to mind a cool bumper sticker I saw once. It said: "Drive Like HELL; you'll get there!" Yes, indeed!

ME GO NOW!

Why can't I find any Tom Collins Mix around here? SOME store SHOULD stock this! I need to go get some along with some green food dye. Remember: don't believe everything you see online. But you CAN believe everything you read in the Bible! If you need a bible, let me know, and i'll hook you up! God's blessings to us all!

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

IF YOU need some of Doug's FREE puter advice, call him at *314*521*1789* most days in the PM hours. GIVE HIM TIME TO ANSWER! If he can't answer, please leave a short message after the beep (totally disregard the outgoing message—it is only for machines!). If you just have to use email, be sure to put the phrase "i need puter advice" into the subject line and include your local phone number in the body of your missive so he can call you.

Doing these 2 things will insure he gets your message! HAPPY ST. PATRICK'S DAY!

Pearce Neikirk and Partners Realtors

314-495-2304



100-102 S Florissant Rd – \$115,500
BACK on the market...no fault of the sellers! This two unit commercial building has terrific income potential for the investor or the owner occupant. Both sides are in great condition and #100 formerly housed COSI DOLCE and Nalties' Bakeries. It has a code compliant baking/cooking area and the kitchen equipment is included in the sale. #102 was used as a salon/spa and is plumbed for multiple stations. The patio at the rear is part of the package and could have some outdoor food service possibilities. Call us for some pretty terrific financing opportunities!

Over 30 Years of helping buyers and sellers with their home needs in St. Louis City, St. Louis and St. Charles County
pearce4homes@yahoo.com
314-495-2304



EMISSIONS TEST
\$18

(Reg. \$24)
Only at Ferguson Motors
coupon expires 3-31-20

32 North Florissant Rd.
Ferguson MO 63135

314-522-0013

Ferguson Motors has been in business since 1935.

Locally owned and operated.

Call Kevin or Jesse

\$10 OFF

Any service over \$100
Only at Ferguson Motors
coupon expires 3-31-20

Ferguson Motor Service



Artful Considerations

by Robin Shively

"You can't use up creativity. The more you use, the more you have." - Maya Angelou
"Creativity is contagious. Pass it on." - Albert Einstein

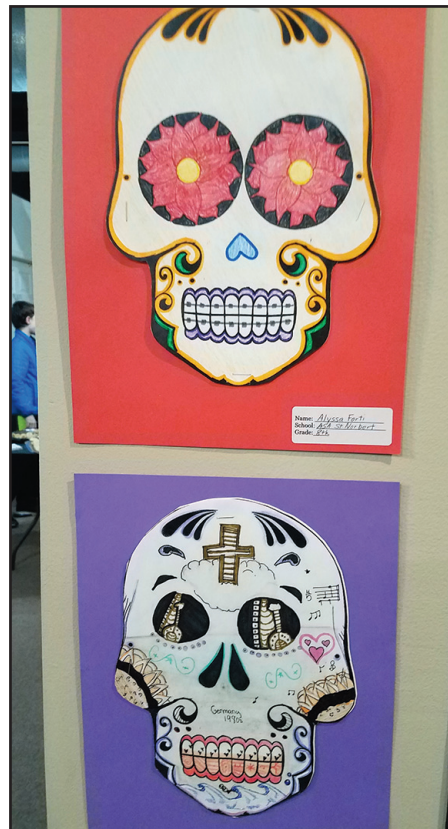


Good Shepherd Arts Center, hosted "The Work of Our Hands," an exhibition of artwork by students from the North County Catholic Schools, January 31 through February 22.

I attended the opening reception on Friday evening and was impressed by the creativity expressed by these young artists. I was charmed by several of the students as they took me to see their work. They were obviously proud and delighted to have their art shown in a real gallery. One young artist couldn't even answer my questions, she could only smile and giggle nervously as she led me and pointed to her painting. Others were quite eloquent about their art and how they chose their subjects. It was quite an exhibit, with eight local schools represented and a total of 188 pieces. I have plenty of praise for the teachers who have inspired their students by showing examples of famous artists' work, as well as exposing them to different media, techniques and cultural styles in art.



Mia Milnes, 8th grade, Sacred Heart.jpg



Corinne Cassell & Alyssa Forti, 7th grade, St. Norbert

Good Shepherd Art Center's next exhibit: "Who Is My Neighbor?"

Opens on Sunday, March 8 from 2:00-4:00 p.m. This will feature a select number of works by high school and undergraduate students on the theme of breaking barriers and building bridges. Prizes will be awarded for best high school, best undergraduate, best overall and two honorable mentions. This exhibit has been funded by a grant from Missouri Arts Council and additional contributions by ArtMart, Blick and Howard and Elna Nelson.

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.

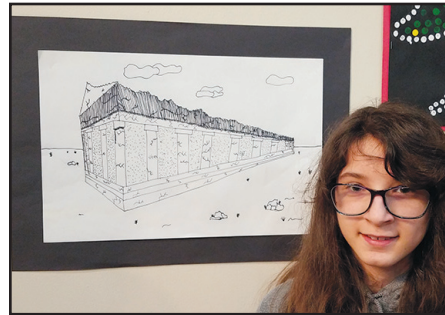
Also offered by the arts center is an introduction to art journaling by Amy Kiarie. The **Art Journaling Workshop** takes place on **Saturday, March 21**, from 10:00 a.m. – noon. The cost is \$15. All materials will be provided, including a 5 x 7 journal. You can register on-line on the events page at www.goodshepherdarts.org.

I encourage you to show support for Good Shepherd Arts Center by getting a table of friends together for "An Artful Trivia Night" to be held **Saturday, March 14**, 6:00-9:00 p.m. at the Ferguson Community Center, 1050 Smith Road. This will be a traditional trivia night (movies, sports, St. Louis) with a few artful flourishes.

The evening event will include a silent auction of original art, restaurant & services gift certificates, and gift baskets. Good Shepherd Arts Center relies on donations and fundraisers such as this, to make possible exhibits like the recent show, "The Work of Our Hands", by local school children, as well as other free and low-cost art activities for the community.

Ticket 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.



Shauna Ahne, 8th grade, St. Ferdinand



Grace Eckenrodt, 5th grade, St. Ferdinand.j



Lana Usery, 6th grade, Blessed Teresa



Gianna Prewitt, 3rd grade, Sacred Heart



Audrey Stokes, 3rd grade, Christ Light of the Nations



Valentina, 5th grade, Our Lady of Guadalupe



Greta Koen, 1st grade, St. Rose



Jayce Burse, Kindergarten, St. Rose



Meliya Hall, 6th grade, St. Ferdinand



Logan Boyle, 1st grade, St. Ferdinand



Noah Wright, 4th grade, St. Ferdinand.jpg

The Best of Ferguson

by
Ruffina Farrokh Anklesaria, M.A.

Angie Carron of OmTurtleYoga, Spa & Cafe



Angie, her husband, Ryan, and three sons.

I heard about Angie on Next Door, our neighborhood app that keeps us all together. I read that OmTurtleYoga, Spa & Cafe was the best kept secret in Ferguson! I had to go and see for myself! And they were so right!

I met Angie at her cafe on 415 S Florissant Road in Ferguson. I was pleasantly surprised to find a spacious and charming cafe, stocked with all healthful teas, soups, sandwiches, homemade soaps, wholesome beauty and medicinal products, and locally made crafts and jewelry. There was a small well appointed area for kids to play, a library, and of course a yoga classroom. It was Valentine's Day and the place was buzzing with people getting their favorite scones, smoothies or soups. I was amazed! I had never popped into this place before and was so sorry that I didn't. I missed our Corner Coffee House all these months and here was OmTurtleYoga, Spa & Cafe, with everything we needed, including vegan options! Paradise!

Angie was bursting with energy, vibrant and vivacious, a natural leader and articulate speaker; the passion behind this oasis in the middle of Ferguson. She was offering meditation, yoga, delicious wholesome foods, a healthful lifestyle, and all the good things we all want, under one roof, right here in the heart of Ferguson! We need to get the word out and support Angie's OmTurtleYoga, Cafe & Spa. Angie opened up this place 5 1/2 years ago during the unrest in Ferguson, to create a place of unity, a light in the community. She was already established in Florissant since 2013, and felt it was the right opportunity to expand.

Angie's passion comes from surviving a dark time in her life and her desire to pass on all the natural things that had helped her heal. She was a success story in the corporate world, with all the attendant perks. She made a good income at a large, established company, and was moving steadily up the corporate ladder. On the outside, everything looked great, but it was taking a toll on her health. She had been struggling to balance supermom and superwife with her myriad duties on the job. Stress and anxiety got the better of her and she started having various symptoms indicating her health was taking a hit. She was diagnosed with generalized anxiety, panic disorder and OCD. Once a strong woman, independence and her desire to accomplish all things became overwhelming. The doctors kept pushing meds but it only made her worse.

After deep inner searching and reflection, she did some research on the internet and decided to go the natural route: she started yoga and meditation. While she was always conscious of her diet, she now was really mindful to have completely healthful eating. She replaced unhealthy beauty and

cleaning products with natural alternatives. And she started to recover and to heal from within. She found inner peace and calm. She had come full circle and healed herself.

Curious friends encouraged her to teach them whatever it was that made her feel so good! She took a yoga teacher training course and invited her friends to join her on Saturday mornings at Sioux Passage park in Florissant. She got a sign with a turtle on it to indicate where her classes were. Her son had suggested the meditating turtle, inspired by an ornament she had at home. Interestingly, turtles represent patience, wisdom and longevity. As her group of friends and parishioners grew, the distractions in the park were too much. She started classes at her home on Monday nights. Here again, this was not a good fit with three boys!! Her husband Ryan gave her the push she needed just then and told her "if this is the path you are meant to follow, let's make it happen."

She started off in a tiny space in Florissant; she worked at the back and taught yoga in front. People started showing up and healers were drawn to her mission. In 2016, she added touch therapy to her services, and had a massage therapist and aesthetician join what had now become a successful wellness spa. She also opened up her apothecary in Florissant.

While watching the news at the time of crisis in Ferguson, Angie felt it was time to duplicate what she had so successfully done in Florissant. She wanted to connect with the people of Ferguson and show her support for



them. Now, between the two locations she offers a wide range of holistic services. She makes her own pain cream, lip balms, sugar scrubs, soaps and other products made from essential oils and natural ingredients. Her clients love them!

When Angie started her cafe here in Ferguson, she did everything herself! She built the beautiful tables, the shelves holding her products, and she upcycled, repurposing items and giving them new life. Her cafe opened in March 2019 in Ferguson. She says it has been a tough year. Keeping everything going will require an infusion of clients on a continuous basis. I'm so encouraged by Angie and the holistic lifestyle and products she offers, I want us to collectively show OmTurtleYoga Spa & Cafe some love! We want to have this business thrive and prosper here in Ferguson!

You are all invited for soup, pastries, sandwiches, and/or yoga and meditation, and all the good things offered by Angie and her team, Monday to Friday, 8.00 a.m. to 3.00 p.m. and on Saturdays from 9.00 a.m. to 3.00 p.m. Look for "happy hours" in spring!

Angie grew up on a little farm town in Streator, IL, surrounded by corn fields. From here she got her love for country cooking and wholesome food. She has lived in Florissant for 25 years. Her husband, Ryan, is from Florissant also. They have been together for 20 years and have three sons. The Carron family loves traveling, happy to experience different cultures and lifestyles. They have been to Mexico, cruised in the Bahamas, and spent Christmas in Colorado. And they enjoy our very own Lake of the Ozarks.

Om Turtle Cafe is offering a much needed service to the Ferguson community. Hats off to Angie for filling this need with so much commitment and passion. She represents the very Best of Ferguson!



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



Do You Need a Hearing Aid?

Those who know me and my family are aware that we are hearing impaired. If you've tried to talk to me on the phone, you'll understand why I prefer emails. I'm one of seven children and 4 of us inherited this disorder (which is prevalent in German families). It just so happens that two of my other siblings who can't hear also lived in Ferguson (both now deceased). Marie had 8 children, 6 hearing impaired, and Bob had 12 children, 7 hearing impaired. Couple that with my 6 children, 4 hearing impaired, you can imagine how loud the households were when we visited each other or mom and dad's (dad was the one who carried the defective gene that we all inherited).

The really interesting thing about all this genetic impairment is that all these children (18 total) attended Sts. John & James school at the same time. The nuns and teachers must have thought they should be teaching at the St. Joseph Institute of the Deaf.

My child who had the most severe impairment was Jean (who still lives in Ferguson). It so happened that one of my sister Marie's children, Elaine (they called her Poochie), was in the same class as Jean. They decided to learn sign language so they could talk to each other during class. I'm sure that went over well with the teachers since they were using the letters formed by their fingers rather than the Universal Sign Language. It must have taken one whole class time to sign a sentence.

So . . . do you need a hearing aid? Your friends and family have probably already made you aware of your hearing difficulty. I find it unrealistic for the latest hearing aid advertising to keep talking about "nearly invisible". What is the need for your hearing aid to be invisible? I always would rather people know that I didn't hear what they said, rather than think I was stupid when I answered the wrong thing. When I detect a salesperson getting annoyed that I didn't understand them, I turn my head so that they see my hearing aids and they are much more understanding. Most of the time, I don't need louder, just slower.

As more and more people are recognizing their need for help, maybe you should read the following:

A few months ago, I compiled a contact list of all my nieces and nephews. I put in their address, their occupation, telephone number and email address. Along with this list I included a short medical history of my parents and siblings. I thought the younger members of the extended family should be aware of their medical history, including the hearing impairment.

This list is invaluable. If you haven't done this for your family, you should do so right away. In fact, write down what you know of your parents and grandparents history, not just medical, but ancestry.

Getting back to hearing aids . . .

In this cover letter I asked all the family members who have the hearing defect to write back and tell me what kind of aid they wear, where they bought it, and what they liked and disliked about their experience. The answers were all over the board. Some wore all in the ear, some wore behind the ear, and some wore with ear molds. They all wore different brands, models, and went to different hearing aid companies. All really liked the aids they wore at the beginning, and then found fault the longer they wore them.

Conclusion: Once you purchase an aid, keep going back to the place of your choice until you are satisfied. All the aids are good; it is how they are programmed by the audiologist that can make a difference. Just remember – you are never going to be able to hear the same as most normal hearing people, but you can do better if you are patient and give it a chance.

I'll never forget the first time I took my father to a hearing aid specialist. Dad was in his late 60s or early 70s. The office was in downtown St. Louis. He was fitted with a hearing aid and then we walked out the door to find the car. It was quite windy that day and it's a good thing I was holding dad's arm when the wind entered his aid and must have sent a roar to his now sensitive ear. "No dad; no tornado; just normal wind." Then we got on Highway 70 and a semi truck passed us. Again, dad jumped. It's a wonder he ever put that aid on again. And that was just one aid. What if he started wearing two!

Note: It is difficult to become accustomed to wearing an aid. It hurts for a few days and it itches. Different venues represent new problems. Please be patient with the new user as he or she adjusts to the new experience.

One more thing. At the time of the family survey I was the only one who wore a rechargeable aid. No more batteries that would run out at the most inconvenient time. If you have a choice, I recommend the rechargeable.

Answers to Trivia, Page 12

- | | |
|-----------------------|------------------|
| 1. Frank Lloyd Wright | 7. Warriors |
| 2. Whip | 8. Wiggle |
| 3. Weasell | 9. Winnie |
| 4. Waves | 10. Wolf |
| 5. Weeds | 11. Wallpaper |
| 6. Windsor Knot | 12. Witch Doctor |

Stay In the Neighborhood



Oak Knoll
37 North Clark Ave.,
Ferguson, MO 63135
314-521-7419 www.oakknoll1948.com



Avalon Garden
4359 Taft Avenue,
St. Louis, MO 63115
314-752-2022
www.avalongarden1920.com



Ackert Park
894 Leland Avenue, University City, MO
314-726-4767 www.ackertparksc.com

Oak Knoll, Avalon Garden and Ackert Park

Skilled Nursing &
Rehabilitation
Centers

*"A caring family
with personality"
See for yourself!*



- 24-hour nursing care and services
- Reasonable rates
- Medicare / Medicaid Certified
- Religious Services
- Direct TV
- Internet Availability

Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Learn to Sew – Library Mon., Mar. 2
- Ferguson Century Home Investigation – Library Tues. Mar. 3
- Celebrate Recovery Dinner & Meeting – Church of Nazarene . . Thurs., Mar. 5
- Yoga at the Library Sat., Mar. 7
- Crafting wih Perennials – Library Sat., Mar. 7
- PROUD Meeting – Professional Bldg. Sat., Mar. 7
- Neighborhood Meet and Greet – Comm. Ctr. Sat., Mar. 7
- Mayor's Shamrock Ball – Garden Villa North Sat., Mar. 7
- Reading on Race Book Club – Library Mon., Mar. 9
- Profile Ferguson's Women Organizations – Library. Tues., Mar. 10
- Vote in Missouri Primary Tues., Mar. 10
- Ferguson City Council Meeting – City Hall. Tues., Mar. 10
- Environmental Film – St. Stevens Thurs., Mar. 12
- N/W Chamber of Commerce Membership Mtg. – Syburgs . . . Thurs., Mar. 12
- Good Shepherd Arts Center Trivia – Comm. Ctr. Sat., Mar. 14
- World Bird Sanctuary Visit – Library Tues., Mar. 17
- ST. PATRICK'S DAY Tues., Mar. 17
- Farmers Indoor Market – St. Stephens Sat., Mar. 21
- Card and Paper Club – Library. Sat., Mar. 21
- Feed My Children Dinner – Zion Lutheran Sat., Mar. 21
- Youth Summit – YMCA. Sat., Mar. 21
- Meet the Mayoral Candidates – Comm. Ctr. Mon., Mar. 23
- How Recycling Works – Library Tues., Mar. 24
- Ferguson City Council Meeting – City Hall. Tues., Mar. 24
- Tuesday Night Book Club – Library Tues., Mar. 24
- All About Census – Library Thurs., Mar. 26
- CultureFest 2020 – Christian Hospital. Fri., Mar. 27
- Spaghetti Supper – 1st Presbyterian Sat., Mar. 28
- One Disc Challenge – Hudson Park Sun., Mar. 29
- Historical Florissant Dinner – Hendel's. Mon., Mar. 30
- Go Green Storytime – Library Tues., Mar. 31



Ask about rebates on a new furnace & air conditioning system. Call for free quote and analysis.



Ask about our ductless Mini splits for those unconditioned spaces.

KNOWLES Heating & Cooling

We service all brands

Phone 521-0284



ROBINWOOD AUTOMOTIVE & TIRE

803 So. Florissant Rd.
524-3440
www.robinwoodauto.com



Robinson Automotive 37 Year ANNIVERSARY SPECIAL

\$37

Service Special (\$90 Value)
Synthetic Blend Oil and Filter Service,
40 Point Inspection, Tire Rotation and Balance
(up to 5 qts oil, full syn.oil more, expires 3-31-20 not valid with other offers)



MARIE LODATO CRINNION

ATTORNEY & COUNSELOR

11 Cardigan Drive
314.524.4513

www.CrinnionLaw.com

*Wills, trusts,
estate planning,
power of attorney,
real estate, contracts,
business,
family law, traffic*

A+ rating BBB

HOME IMPROVEMENT SERVICE

Repairing & Remodeling Specialists

- Carpentry • Plumbing • Electrical • Painting • Roofing • Siding • Ceramic Tile
- Windows • Doors • Decks • Tuckpointing • Concrete • Gutters • Wood Flooring
- Kitchens • Bathrooms • Basements • Leafproof Gutter Protection



Big or Small We do it All!

Licensed & Insured

MARK & JOE RUFFINO

**Phone 868-4122
Cell 740-2176**



Nu Way

Heating,
Air Conditioning,
& Generators

Jeff Westermann

314.521.1144

For all your Generator needs!



Licensed, Bonded
and Insured

ALL THINGS CONSTRUCTED

The local concrete & stone specialist

- Stamped and Colored Concrete
- Design & Building
- Innovative Walls
- Stone and Block Patios
- Heavy Hauling & Excavating

Licensed and Insured

314-438-9739



GUTTER GUARDS

What do you need to keep your home happy? Are your gutters loose, damaged or not able to carry away all the snow melt & rain? Do you hate cleaning out your gutters? How about gutter guards to keep you off the roof?

Let me give you a free professional quote.

Your home will be happier and you'll be safer as a result.

314-737-2306

LM CONTRACTING SERVICE



TEAM, CORPORATE, AND PROMOTIONAL APPAREL

COTTLEVILLE, MO
636-477-1412
5285 HIGHWAY N

FERGUSON, MO
314-521-9000
6197 BERMUDA DRIVE

O'FALLON, MO
636-240-5000
211 SOUTH MAIN

SPORTSPRINT has you covered! Since 1973.

CUSTOM SCREEN PRINTING, EMBROIDERY, AND PROMOTIONAL PRODUCTS
WWW.SPORTSPRINT.COM

RETAINING WALLS

- Keystone Blocks • Versalock Blocks
- Winsorstone Blocks • Diamond Blocks
- Landscaping • Yardwork • Bush and Tree Trimming

Reasonable Rates
Licensed and Bonded

Lifetime
Ferguson
Resident

Call **314-261-4781**
Dixon & Son **314-390-3162** (cell)

25 Years
In
Business

KENNEDY FENCE

8632 WABASH AVE. * ST. LOUIS, MO 63134 * 521-0936
JERRY KENNEDY, PRESIDENT

Proud Past Promising Future
Serving real estate needs since 1959



POPE INC REALTORS 314-521-6666

#2 South Florissant Road, Ferguson
Judy Pappert 314-518-0557
Dave Pope 314-276-7673

FOR LEASE
or SALE
3
bedroom
houses

Limbs R Us

- Tree Removal
- Tree Trimming
- Brush Clearing
- Stump Grind
- MBE/DBE Certified
- Fully Insured w/Workers Comp

314-323-7319



Ferguson Optical

ONE HOUR - ONE DAY EXPRESS LAB
SERVICE AND QUALITY FOR OVER 45 YEARS

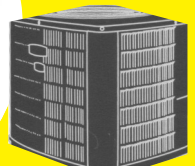
**\$10 OFF Regular Eye Exam
\$25 OFF Transition Lenses**

7025 Howdershell Hazelwood, MO

731-1117



I'M THE COOLINATOR



JOHN BAKER HEATING & COOLING
\$10 OFF

Your next service
With this coupon
Call 314.878.6228

jdbcooling.com

WANTED Old Records

45 33 78 rpm

Experienced collector
pays cash.

House calls made.

314.324.0521

JOHN BAKER HEATING & COOLING

In business 33 years!
Low Rates! No Waits!
We Also Do Water Heaters!
Clean and Check Your A/C
\$59.95
Plus 24 Hour
Emergency
Service