Ferguson Times

April, 2020

Established 1894 — Oct. 1999

Serving Ferguson and Surrounding Communities

City Election Moved to June 2nd

Because of the coronavirus, the City Election for mayor has been moved from April. **It will now be held on Tuesday, June 2nd.** All Boards and Commission, Neighborhood Meetings and City Council Meetings have been canceled.

Ferguson Library Events

As I go to press, the Library has closed for the next few weeks in observance of the coronavirus limitations. All events listed below are subject to cancelation. For latest updates visit <ferguson.lib.mo.u>

April 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.

Census Fill-Out Days

Fill out your 2020 Census Response at the Ferguson Public Library! Extra computers will be available on the following dates and times:

- **Friday, April 3 from 10-12 pm**
- **Thursday, April 9 from 5-7 pm**
- **Wednesday, April 15 from 12-2 pm**
- **Monday, April 20 from 5-7 pm**
- **Tuesday, April 28 from 10-12 pm**

Tailormade Team: Hiring Employees - Tuesday, April 7 at 6 pm

Are you a small-business owner looking to grow your employee base? Learn all about posting jobs, interviewing potential employees, and finding the right candidates for your business!

Living Local - Tuesday, April 14 at 6 pm

Do you ever watch HGTV shows and wonder how they know if a house is mid-century modern or a craftsman? We will teach you how! Learn how to use the architecture of your home to help determine its style and the time period it was built. Then join us on **April 18 at 11 am** for a community tour of local architecture in Ferguson!

How Recycling Changed My Life - Saturday, April 25 at 2 pm

Join us and the St. Louis County Public Health Department for a puppet show all about recycling! Destiny hates taking out the trash, but when she learns that some things can be recycled, it becomes a lot easier. Afterwards, we will make puppets of our own using recyclable materials!

Rainy Day Storytime - Tuesday, April 28 at 6:30 pm

Chase away the rain clouds with us at storytime! We will enjoy stories, songs, activities and more. For kids and their caregivers ages 0-6. Older siblings welcome too!

SPRING INTO A NEW PROGRAM TODAY!

- Saturday, April 4 at 10 am - Yoga @ the Library
- Saturday, April 4 at 2 pm - Crafting with Perennial
- Monday, April 6 at 2 pm - Sewing Machine and Cricut Orientation
- Monday, April 6 at 6:30 pm - Learn to Sew!
- Monday, April 13 at 6 pm - Readings on Race Book Club
- Saturday, April 18 at 10:30 am - Card and Paper Club
- **NEW!** Monday, April 20 at 6:30 pm - Learn to Sew!
- Tuesday, April 28 at 5 pm - Tuesday Night Book Club
- Every Monday at 10 am - Ferguson Sewing Club
- Every Thursday at 4 pm - Afterschool Homework Help
- Every Tuesday and Thursday at 10 am - HiSET/GED Class

A Letter to the Ferguson Community

Twenty years ago, my husband, Bud, and I started publishing *The Ferguson Times* newspaper. We decided at the very beginning that the paper would only print "Good" news . . . and I have continued that tradition to this day.

What started out as an 8-page black and green newspaper, is now a 24-page full color publication.

It costs a lot more to print and mail today than it did in 1999. The *Times* has only had two price increases in these 20 years. I have been able to do this because I've been very selective of the printer and mailer. To get a cheaper mailing cost, I have chosen the mail routes very carefully. There have been times when I have had to dig into my personal account in order to publish the paper – and late last year, I was at that point again. I was determined not to raise my prices because I feel they are very competitive now. Thanks to the generous business community I was able to update my equipment. I am now using a new Mac Mini and my apps have been updated.

A group currently advertising had great ideas to help sell more advertising and to engage the community to help publishing the paper.

I am determined that the paper will get better. Last month I started printing A Ferguson Neighborhood Organization column with a summary of the North Elizabeth Neighborhood Meeting, thanks to Renee Benage. I'm hoping the organizers of each neighborhood group will email me a summary of their meetings, remembering that I only want "Good" news.

I would also like someone, or a group of people to attend the Ferguson Council Meetings and any other significant meeting (like the DOJ) and send me a summary. ("Good" news only.) The idea of a summary of these meetings is to let the residents and the St. Louis community know that Ferguson is doing something about the negative news that we read in newspapers, on computers and see on TV. I'm proud of my community and want everyone to feel that pride too. If you have writing skills or are good at proof reading, I could use your help. Perhaps some students would like to see their bylines in the paper. That can be done, but remember, I will edit.

Unfortunately, at the end of February, I had a mini stroke while shopping at the Galleria. It was called a mini stroke because 15 minutes after the episode, I was back to normal. I was taken to the hospital and a whole series of tests performed were very positive. I plan to carry on as usual, but I will take the steps that the doctors have suggested.

I have always had a high energy level and I love doing the paper, but I plan to take advantage of any help I can get.

Last, but not least, I am hoping that the City recognizes the fact that *The Ferguson Times* is an excellent Public Relations vehicle and they can find the resources in their upcoming budget to add to their already generous contribution.

Special thanks to Bob and Jean McCarty for proof reading the paper and to Don and Andy James for delivering the store copies, and to all my columnists and advertisers.

Dorothy Seiter
*Ferguson Time*s Owner and Editor

PRSRT STD
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ECRWSS

POSTAL PATRON

SPECIAL HOUR ANNOUNCED FOR AT-RISK SHOPPERS

Beginning on Wednesday, March 18 and continuing indefinitely, Schnucks has reserved the first hour of each day – from 6 AM to 7 AM – for shopping by seniors aged 60 and above, and for those who are most at risk of COVID-19. **This applies to both stores in the Ferguson shopping area: 49 North Florissant and 74 Grandview Plaza.**

We have heard from many of these customers who have expressed their concern about potential exposure and we want to do what we can to help. By allowing seniors and those who are most at risk to be the first in our stores, we hope we can make it just a little bit easier for them to feel comfortable while picking up the groceries and household items they need. We are asking all of our customers to assist us in supporting those in our communities who are most vulnerable.

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

Ferguson Needs You!

Get involved with the community groups that add so much to our quality of life.There's something for every interest and schedule, with activities inside or out; on Saturdays, evenings or during the week; family or adult oriented; one-day events or ongoing programs. Tape this list to your fridge! Make a commitment and, even better, bring a friend along.

Volunteer Flower Department – Matrimonii suffragarit parsimonia catelli. Victorian Plaza; beginners are welcome; contact

Blessed Teresa of Calcutta parish, Food Pantries – Vincent de Paul volunteers pick up and distribute food in 2 weekly pantries, sometimes making deliveries for the homebound; they also work with those needing other help; leave a message at the parish office (524-0500) and a volunteer will return your call

City Government – chart Ferguson's future on 22 committees including traffic, police oversight, finance and architecture; for a full list, descriptions and contacts go to www.fergusoncity.com, then to 'government', then to 'boards/commissions'

Twilight Run – Ferguson's family-friendly race through historic neighborhoods; to access the numerous job descriptions and volunteer application go to www. fergtwilightrun.com, then to 'sponsor and volunteer', then 'volunteer'

Farmers Market – North County's outdoor market relies on volunteers to set up and take down vendor booths as well as to help at the information table, run cooking contests and staff the craft booth; contact

FLIERS – The Friends of the Ferguson Library support it and the community with annual book and craft sales; contact Janie Norberg at 521-4663

4th of July Activities – Volunteers are needed to line up the parade, block roads, and assist during the festival for one of the area's most fun celebrations; contact 521-4669.

Any community organization which wants to be included in a future list

email: ferguson mainstreet.org

Every one of us knows why we came to Ferguson. We saw Ferguson as a community that had it all. Stately homes, a vibrant downtown, convenient location, and a down home feel. Ferguson became your community because you made it the place you wanted to live. We can't slow down. We need to pick up the pace and show all of North County, all of St. Louis County, St. Louis City, and all of the surrounding counties, that Ferguson can bounce back and become the example of what a community's citizens can do to make their city theirs.

Make the Commitment;

Ferguson needs You!

And don't forget to bring along a friend.

<fergusonmainstreet.org>
314-882-1337

The Ferguson Times may be reached . . .
by phone: 314-524-1958
or by mail: Dorothy Seiter, 16 Sandringham, Ferguson, MO, 63135
or by *e*mail: 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.

The Plumber's Crack

By Oh Baby dave@premierplumbingstl.com

Robins fighting over territory, tulip trees blooming, kids looking for hidden eggs, chocolate bunnies melting in their hands, people dressed up with no where to go. It must be April and time for a sickly Plumbers Crack.

There are a multitude of things I'd like to talk about and I'm a plumber supposedly protecting the health of a nation so I'll pile on with tips for staying healthy through this serious pandemic.

I'm sure by now you have heard about the toilet paper hoarding – stop it! Putting wet wipes, paper towels, Kleenex or anything other than toilet paper on your backside needs to go into the trash can – yes corn cobs too. Not only will these products stop up your sewer – they can stop up the main line in the street and flood several homes at once. This recently happened in Berkeley. Even worse, they can shut down sewer plants which can temporarily send raw sewage into our rivers.

Hand washing – any soap will do if you use a liquid like dawn or Palmolive two DROPS on your hands and start to rub it in as you wet your hands for 20 seconds or more, then rinse. If you use a lot of liquid soap – one – it's a waste and two – it turns to grease and starts gathering in your pipes. Hand soap is your best alternative to sanitizer. I personally think it's better. Keep the sanitizer for when you're on the road.

When in public restrooms do NOT use hand dryers – they've given more illness to people than the plague. Pull down paper towels are the only way to go.

I know this is gross – especially men – look what your stepping in when in public rest rooms. I know it's hard to believe but you could track someone's disease right into your house. Hate to sound like a germafoibic but it happens.

I know we had a boatoad of rain so far this year and I'm expecting a lot more. You people with sump pumps – check them regularly – once or twice a week. You people with area way drains by basement doors – same way – once or twice a week. All it takes is a piece of paper and you're flooded.

Gutters and downspouts – make sure they are flowing away from the house. If you have sewer blockages once or twice a year, be proactive and have them cleared before they stop up in a rain storm.

I filled you with enough info you probably already knew so let me hit you with a little more.

It's Easter and as I'm writing this you may not be able to attend services on Easter Sunday due to this awful virus. Please take time to pray and celebrate his resurrection and make it more than chocolate rabbits and colored eggs.

Especially now, watch out, not only for your kids, watch out for your whole family. Check on your neighbors and the elderly. Have a wonderful Easter and may God Bless you all.

Oh Baby

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

Moving Ferguson Forward Together

Our challenge is to move Ferguson forward, and the only way to do that is by working **TOGETHER**. That's what being part of a community means… working **TOGETHER** for the common good. I share your concerns and have the energy, enthusiasm, and experience it takes to **get things done as your next Mayor.** I would appreciate your vote on Tuesday April 7th. Thank you!

Elect
A Fresh Start
Ella Jones
A New Mayor
Vote April 7th
2020

(314) 795-7295
friendsofemj@gmail.com
www.ellamjonesformayor.com
Paid for by Friends of Ella M. Jones, Shirley Emerson, Treasurer

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 main street

Discover What the Downtown Business District Can Do For You.

As we weather this storm that has affected us all, let's remember the Ferguson business community that we have come to rely on.

Many of these businesses have been forced to downsize, through no fault of their own, but to help curb the onslaught of the Covid-19 virus.

As we self-quarantine, constantly wash our hands, and squirt another pump of goo from that bottle of germ killer, keep in mind that we're all in the same boat.

A lot of people are able to work from home, but our service industry is still counting on you to help them get through this trying period.

Since many of us will be working from our homes in Ferguson, we will be able to order food from some of our fine Ferguson restaurants. Search the internet for their menus, call or email them with your order, and give them a chance to give you good ol' curbside service. They may not be on roller skates, wearing those cute uniforms from yesterday, but they will provide you with some darn good food that you will be able to enjoy at home with your own quarantine-ers.

Remember, we're all in this together.

Monthly FSBD Board Meetings
2nd Thursday of the Month at 5:30 pp.m.
Thomas Professional Building
912 South Florissant Road,
Ferguson, MO 63135
Carita Douglas, President
cdouglas@ThomasBusiness.com

What is the Ferguson Downtown Special Business District?

The FSBD is the group of businesses along Florissant Road from Brotherton north to Thoroughman. These businesses ley a tax on themselves in order to promote the beautification of the district and to bring new and exciting events into downtown Ferguson.

The FSBD has been instrumental in establishing the Ferguson Farmers' Market, the Summer Concert Series, the Streetfest and the Northern Lights tree lighting, parade and festival.

The active group also spearheaded the downtown street banners and the lighting of the businesses buildings along Florissant Road.

What does the future bring? Wouldn't you like to be part of the planning and implementing of future projects? Be sure to volunteer your time, or, better yet, attend the meetings and offer to serve on the Board of Directors.

Not a business owner, but still want to be involved? We need lots of volunteers and would welcome your input.

See volunteer contact info on Page 2.

Another Test, of Our Community's Unbroken Spirit

By Mayor James W. Knowles III

"When we look back on all the perils through which we have passed and at the mighty foes that we have laid low and all the dark and deadly designs that we have frustrated, why should we fear for our future? We have come safely through the worst."

Winston Churchill – Prime Minister of Great Britain (1941-1945)

My Fellow citizens:

As many of you know, over the past several weeks the COVID-19 virus has quickly spread from its roots overseas and has firmly planted itself in communities across our great nation. Our nation has risen to stem the spread of this very dangerous virus by instituting several emergency provisions with the hope of slowing transmission of the virus and stopping our hospital system from being overwhelmed, as it has in other countries. Due to the fast evolving nature of the COVID-19 pandemic, and the need to respond quickly to the changing landscape of this emergency, I have decided to declare a state of emergency in the city of Ferguson under the applicable provisions of the city Charter and of State law.

This is not a decision I have made lightly. During my tenure in office, our city has experienced several emergencies including two disastrous tornadoes and a prolonged period of civil unrest. During those events, I never declared a state of emergency or assumed emergency powers, as the emergency declarations by the county and state were sufficient for our purposes. This situation has proven different.

This decision was made after consultation with staff and legal counsel, and the provisions of this order coincide with immediate needed action requested by city staff and legal counsel.

Under Chapter 10, Article III of the City ordinances, the Mayor "is empowered in the interest of the public safety and welfare and to preserve the peace and order of the city, to exercise any or all of the powers" listed under section 10-45 of the city code.

As part of this declaration I have ordered Fire Chief Hampton to be appointed the Director of Civil Defense, and to establish an Emergency Operations Center to direct information flow to and from our citizens regarding the pandemic.

Available on the City Website, is the declaration and the preliminary orders. More orders will likely follow as recommended by federal, state, and county authorities, as well as by Ferguson City staff, to ensure the safety of our community and the successful operation of essential city functions.

The order is perpetual, but will be revisited on April 5th, in order to rescind or extend some of the provisions of this order.

As our leaders continue to work with medical professionals to chart the best path forward through this crisis, I ask all of our residents to respect the orders being passed down through our National incident command, and recognize these orders are for our protection.

This is a difficult time for our community and our nation. We are fighting a war against an invisible enemy that can only be beaten through the cooperation of all our citizens. Your participation in this effort is paramount and is necessary for its success.

Ferguson residents and its businesses have proven extremely resilient over the past decade. We have been tested, and against all odds, we have time and time again prevailed. I am confident that if we follow the advice of our medical professionals and our leaders, we will once again prevail.

May God bless you and your families and may we all pray for the continued protection of our nation.

Ferguson Neighborhood Organizations Canceled for the Month of April

All Non-Critical Ferguson Meetings have been canceled for the month of April.
Dates & times of resumption will b subject to change. Check www.fergusoncity.com
Unsure of your group? Call 314.524.5257

City Shuts Down All Non-Critical Ferguson Meetings Until April 5th

Every governmental entity's (the federal government, the state of Missouri, St. Louis County, the city of Ferguson) reaction and steps to combat and react to the Covid-19 Virus outbreak will change between the time this is written and the time you read it. This is a very fluid situation and will continue to be so for some time. That said, a lot of what we all need to do is common sense. In that vein, the City wanted to share an update on some of preventative measures we are taking to stop the spread of the COVID-19 Virus.

First, our Public Safety, Police and Fire, have been significantly involved in acquiring information, meeting and planning with state and county officials regarding preparedness. It is important that we have the most up to date information and best practices on handling this virus. The City will be using its social media platforms to update the residents.

A significant proportion of the city's work activities are outward facing, either with internal or external customers. Our Police, Fire, Courts, Code Enforcement and others work with the public every day. Each department has created a plan to help protect both the public's and our employees' health and prevent the spread of the virus. If you call police or fire for assistance, please be aware and please be patient. To better assess the necessary response to your need, you will be asked a series of questions.

The city has canceled all non-critical public meetings like boards and commissions and neighborhood group or association meetings for the time being. Public buildings are being cleaned and disinfected daily to protect employees and our visiting public.

Certain public buildings like the Fire Houses, the Community Center and the Event Center are being closed. City Hall will be open by appointment. The Police Department will be open on a limited basis.

Right now, we are focused on carrying out our mission while staying safe and protecting peoples' health with appropriate measures, against the backdrop early and limited exposure. We will continue to follow the lead of our local, state and federal leaders as this situation unfolds.

For the latest news and for health and safety tips please tune into our Charter-Spectrum information channel #993, visit our website at <www.fergusoncity.com> or check out our social media on Facebook. Or, for more general information, call the Missouri Department of Health and Senior Services 24 hour hotline at 1-877-435-8411.

You may also visit the Centers for Disease Control and Prevention website at <cdc.gov/coronavirus/2019-ncov/index.html> and St. Louis County website at <stlouisco.com/Your-Government/County-Executive/COVID-19>

City Mayoral Election Postponed Until Tuesday, June 2

Because of the Coronavirus, and the necessary precaution of isolation, the normal April 7th City Election Day has been postponed to better safeguard our residents.

See you at the poles on Tuesday, June 2nd.

Ferguson Community News Page is published monthly and paid for by the City of Ferguson.
City of Ferguson City Council: James W. Knowles, III, Mayor; Linda Lipka, Ward 1; Ella Jones, Ward 1; Heather Robinett, Ward 2; Toni Burrow, Ward 2; Fran Griffin, Ward 3; Byron Fry, Interim Ward 3; Jeff Blume, Interim City Mgr.; Public Relations Intern, 314-524-5229.
City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. **Contact Us by Email:** Information@fergusoncity.com

Ferguson Community News Pages

Be sure to get to the Recreation Office to register
or call us at (314) 521-4661.

COMMUNITY CENTER

Don't forget to pick up the new Parks & Receation brochure with a complete list of programming offered throughout Ferguson at the Ferguson Community Center or online at www.fergusoncity.com

Facility Rentals

Use one of the Ferguson Community Center's Multipurpose Rooms for your next event or gathering. These spacious rooms are perfect for any occasion. Also, newly opened is the Ferguson Event Center, a 5600 square foot air-conditioned facility with a stage toward the front of the room, which can accommodate up to 250 guests for your next wedding reception or family reunion. Call up to the Ferguson Community Center for booking information, pricing, and any additional information at (314) 521-4661.

Memberships

Resident Youth – Daily $1/ Yearly $50
Resident Adult – Daily $3/ Yearly $85
Resident Senior – Daily $1/ Yearly $50
Resident Family – Yearly $165

Non Resident Youth – Daily $3/ Yearly $200
Non Resident Adult – Daily $5/ Yearly $200
Non Resident Senior – Daily $3/ Yearly $120
Non Resident Family – Yearly $300

NOW OFFERING MONTHLY PAYMENT OPTIONS

Resident Youth – $6 per month (12 month agreement)
Resident Adult – $9 per month (12 month agreement)
Resident Senior – $6.00 per month (12 month agreement)
Resident Family – $16 per month (12 month agreement)

Non Resident Youth – $18 per month (12 month agreement)
Non Resident Adult – $18 per month (12 month agreement)
Non Resident Senior – $12 per month (12 month agreement)
Non Resident Family – $28 per month (12 month agreement)

Each patron is required to have an I.D. card which can be purchased at the front desk of the community center. Residents must present 2 forms of identification to receive a resident ID card. There is a $5 fee for each card. If the card is lost/stolen, a new card can be issued for $5.

PROGRAMMING
FITNESS

Will Fit Intermediate Core class

Core class for anyone who wants to feel the burn while sculpting a leaner core with intense core work. Set to upbeat music, with shorter rest periods than the Beginner Core Class and more challenging movements, this class will take you to the next level implementing weights and exercise balls. This class is tfor hose who are up for a challenge!
***Preregistration is required**
Ages: 16 & up
Days: Friday (6 week session)
Time: 6:00pm-6:45pm
Pricing: $30 Members; $40-Members
Start Date: April 17th – May 22nd

Resistance Bands

Join Will Fitness as he guides you through a 45 minute full body workout that utilizes resistance bands. This workout will get your heart rate up and strengthen you in new ways without picking up a single weight! Looped bands, cross cables, and bodyweight exercises incorporated for a well-rounded complete workout!
***Preregistration is required**
Ages: 16 & up
Days: Thursday (6 week session)
Time: 6:00pm – 7:00pm
Pricing: $30 Members; $50 Non-Members
Start Date: April 16th – May 21st

Walk this Weigh

Calisthenics/Cardio/Body weight and hand held weights are used to target major muscle groups. Format and routine change weekly to increase challenge. Instructor acts as a coach to ensure proper technique and alignment.
***Preregistration is required**
Ages: 16 & up
Days: Saturday (Ongoing)
Time: 10:00am – 11:00am
Pricing: $25 Members; $30 Residents; $35 Non-Residents
Drop-In Rate: $6 (New
Start Date: Ongoing (Saturdays)

Group Training

Something for all fitness levels! For those who want to train in a group setting, you can reach your fitness goals through proper utilization of machines, cardio equipment and exercises! More weight and strength conditioning oriented to learn how to set goals and achieve them!
***Preregistration is required**
Ages: 16 & up
Days: Wednesday (6 week session)
Time: 12:30pm-1:30pm
Pricing: $25 Members; $35 Non-Members
Start Date: April 15th – May 20th

Silver Sneakers Program

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

Silver Sneakers Classic

This class is designed for seniors or someone who is starting to workout for the first time. Have fun and get moving through a variety of exercises designed for a total body workout that will increase muscular strength, range of movement, and activity for daily living skills utilizing hand held weights, tubes and a Silver Sneakers ball. A chair is made available for seated and/or standing support.
Days: Tues & Thurs
Dates: Ongoing
Times: 9:45 am-10:50 am
Fee: FREE/Silver Sneakers Members; $3/ Everyone Else

Silver Sneakers Cardio Circuit

Silver Sneakers Cardio Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair can be used for standing support. Please bring your own mat.
Days: Tues & Thurs
Dates: Ongoing
Times: 8:30 am-9:35 am
Fee: FREE/Silver Sneakers Members; $3/Everyone Else

Personal Training

Get into shape with the Ferguson Community Center's personal trainers. We now offer personalized training for all of your fitness goals! Group training, one on one, meal plans and fitness assessments.
Individual Packages:
1 Session
Fee: $35/ Members; $40/ Non-Member
5 Session
Fee: $150/ Members; $175/ Non-Member

SPECIAL PROGRAMMING

Wayside Park Unleashed (Dog Park)

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

Park Dedication Program

The City of Ferguson offers a great way to honor or remember a loved one, celebrate a milestone, or simply to have a lasting part in one of our parks. Our Tree Dedication program started in 1989 and has seen over 350 dedicated trees to our City. A Spring and Fall dedication ceremony are held. The Spring ceremony generally is on Arbor Day (first Saturday in April) and the Fall date is generally the fourth Saturday in October, dates are subject to change.
Tree Dedication $200
In addition to our tree program we are pleased to offer our new park bench dedication program.
Park Bench Dedication $1,000
Call or visit our website for more information

Nerf War Birthday Packages

Join us for our Nerf War theme birthday party packages! We will host your child's Nerf War birthday party for up to 25 participants. You will receive a 3 hour party block, 1.5 hours in the gym with one of our staff supervising the Nerf War. Then the last 1.5 hours you have a room dedicated for you to have food/drinks, cake, and open presents. The cost includes all nerf bullets, safety glasses, bunkers and the party room. Must reserve 2 weeks prior.
A $100 security deposit is required at time of birthday party rental.
Days: Saturdays and Sundays
Times: Sat, 2:00pm—5:00pm
Sun, 1:00pm-4:00pm
Location: Ferguson Community Center
Fee: $200 Residents
$240 Non-Residents

YOUTH

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

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

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

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

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

Register by Monday, April 20th

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

TEEN

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

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

SPECIAL EVENT / FAMILY PROGRAMS

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

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

ADULT PROGRAMMING

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

Ages: 18 and Up
Dates: Wednesday April 15th (Deadline April 8th)
Time: 10:00am Pickup
11:00am Departure
Fee: $32 Members; $37 Residents; $42 Non-Residents

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

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

Registration Deadline: Wednesday April 15th

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

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

Registration Deadline: Friday April 24th

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

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

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

Ages: 45 &Up
Dates: Friday, May 15th Anheuser- Busch Brewery
(Registration Deadline May 8th)
Time: 12:00pm-4:00pm
Fee: $5 Residents; $8 Non-Residents

ADULT EXCURSIONS

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

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

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

Registration Deadline is April 17th

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

ATHLETICS

Open Play Basketball

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

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

Open Play Volleyball

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

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

Pickleball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. All equipment will be provided.

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

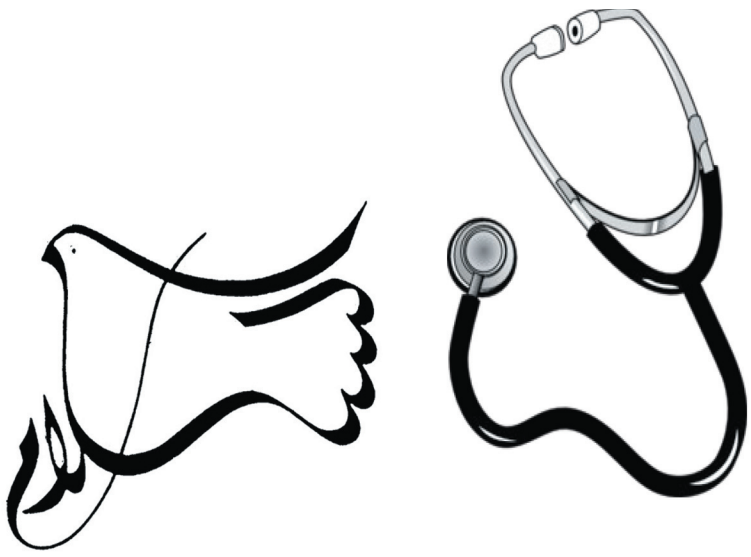
Field Rentals

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

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

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

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



Free Health Clinic

Salam Free Health Clinic @ St. Peters United Church of Christ

A Free Walk-in Clinic on Wednesdays from 6 PM – 8 PM

1425 Stein Road, Ferguson, MO 63118

Sponsored by the Muslim Community of St. Louis (MCLS) and St. Peters United Church of Christ to provide basic adult medical screening, treatment for common diseases, patient counselling/education and referrals free of charge for adults 18 and older with no insurance. A photo ID is required to be seen in the clinic.

For more information, please call: 314-521-5694 or

Email: nurse@stpeterschurch.org

Spring is here so we are starting seeds in the fields!

Many cool weather crops like collard greens, kale, and swiss chard need an average of six weeks of warmth and constant watering in our greenhouse before they hit the field in April.

No greenhouse? No problem! There is no difference in the amount of time your plants need to germinate indoors - so long as you have a sunny, south facing window sill or lamps.

If you do start your plants inside using lamps, hover them closer to the flats initially; so space them about six inches from the top of the tray. Once things start to germinate, slowly lift the lamps but keep your eye on them. If the greens of your plants start to look burnt and crispy the lamps are too close! It's also a good idea to have lighting on opposite ends of the color spectrum - warm (red) and cool (blue) - to mimic natural light.

Eat with EarthDance

Indoor Ferguson Farmers Market
Where: St Stephen's Episcopal Church
When: Saturday, April 18, 9am–12pm

St. Louis Bread Co (aka Panera)
Where: 10336 Clayton Rd. Frontenac, 63131
When: Friday, April 10, 4-8pm

EarthDance Organic Farm School
233 S Dade Ave, Ferguson, MO 63135
View it in your browser

Feeding kids. Feeding spirits. Empowering communities.

Every year, millions of children die from preventable causes such as pneumonia, diarrhea, malaria and undernutrition. Hunger is still causing nearly half of deaths in children under 5 years old. From this data, we estimate at least 6,200 children die each day from causes related to undernutrition. This is heartbreaking.

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC works with food distribution partners that stay with communities for the long haul, empowering them to move from relief to development.

FMSC meals are developed by food science and nutrition professionals to supplement nutritional needs and reduce problems with malnutrition. Nutrition allows children to grow, thrive and develop to their full potential.
Two Events In Aprl:

Saturday, April 4, 2020 Mystery Theatre and Dinner

Unity Lutheran Church 8454 Glen Echo Dr Normandy

Doors open at 6:00 pm Dinner served at 6:30 pm

$25.00 per person

RSVP: Carolyn

SUBJECT TO CANCELLATION

Saturday, April 25, 2020

Atonement Lutheran Church 1285 N New Florissant Rd

Dueling Pianos

Wine Pull , 50/50, Silent Auction Fun for All

RSVP: Rick Brown

Both programs subject to cancellation

FERGUSON-FLORISSANT DELIVER MEALS TO STUDENTS IN THE COMMUNITY AMID SCHOOL CLOSURES

The Ferguson-Florissant School District (FFSD) Food Service Department has prepared meals to deliver to students within its communities. All students, including those not within the school district, will have access to free meals from Wednesday, March 18, through Friday, March 20, and from Monday, March 30, through Friday, April 3.

“Today was the first day and it has been going extremely well,” said director of food service Antonio Adams. “A lot of preparation with our department and transportation has been underway and we’ve been able to deliver approximately 250-300 meals for breakfast.”

The meal delivery service is part of the district’s effort to ensure all students have the opportunity to nutritious meals while it is closed in an effort to combat the spread of coronavirus. Meals are being delivered to 220 locations across the district by school buses, and distributed from Cross Keys Middle School, McCluer North, and the STEAM Academy at McCluer South-Berkeley High School. The sites are for meal pick-up only and students should not stay on the campus to eat.

“I believe we’re meeting the needs of our community and to experience it first hand is truly incredible,” said Adams.

The district announced on Saturday, March 14, that all of its campuses will be closed until April 3. Teachers also underwent training on using Google Classroom for online instruction. Students will continue their usual instruction virtually through Friday, March 20. The district will be on spring break from March 21–27 and there will not be any instruction. Online instruction will resume the following week.

MCCLUER NORTH HIGH SCHOOL STUDENTS SETS THE STANDARD

McCluer North High School senior, Kaelynn Gore, has maintained a 4.24 GPA, has scored a 29 on the ACT, has been accepted to over 13 colleges and universities and has received over $300,000 in scholarships. In addition, Gore is one of 100 students nationwide and the only student in the state of Missouri to be accepted into Walt Disney’s Dreamers Academy.

“I’m very far from perfect,” said Gore. “I’ve been able to see the bigger picture and know that whatever choices I make now will have a tremendous impact on my future.”

“My mom has been a big motivator when it comes to my education,” said Gore. “I am fortunate enough to have a role model who had the opportunity to get her Bachelor’s and Master’s degree, as well as being a motivational speaker and entrepreneur. From kindergarten until now, she has always told me that I can accomplish anything that I want and to dream big.”

Encouragement to Gore has led her to dream big enough to be a part of Walt Disney’s Dreamers Academy. During the Academy, which was a four-day experience from March 12 – 15, she took part in immersive career-oriented workshops that explored a wide range of disciplines found at Walt Disney World, as well as learning lifelong skills including effective communication techniques, leadership skills, and networking strategies.

“For the Dreamers Academy, I’m most excited to meet all of the other bright, like-minded students that will be there,” said Gore. “So many of them are doing amazing things in their community, such as starting non-profit organizations, owning small businesses, and creating their own apps. I look forward to bringing that back to St. Louis in order to make my hometown a better place.”

About the Ferguson-Florissant School District
The Ferguson-Florissant School District, located in suburban St. Louis, serves more than 11,000 students from preschool through 12th grade with an excellent comprehensive educational program. Fully accredited by the state of Missouri, the Ferguson-Florissant School District operates seven Pre-Kindergarten through 2nd grade schools, six intermediate schools (3rd through 5th grade), two 6th grade centers, two middle schools, two A+ and NCA-CASI-accredited high schools, a cutting-edge STEAM middle school and a STEAM high school, a student-centered learning Innovation School and a Restoration and Re-Entry Center. In addition, the District includes a nationally-recognized early education program, the award-winning Challenger Learning Center space education facility and the Little Creek Nature Area, a 97-acre nature preserve which offers experiential learning opportunities for students in science, biology, ecology and related areas of study.

MCCLUER NORTH HIGH SCHOOL WRESTLERS TAKE THIRD PLACE IN STATE CHAMPIONSHIP

On Saturday, February 22, 12 students from McCluer North High School in the Ferguson-Florissant School District competed in the Missouri State High School Activities Association (MSHSAA) Boys and Girls Wrestling State Championship. Triniya Walker and Ibrahim Ameer both took third place in the championship. The MSHSAA Wrestling State Championship was held at the University of Missouri-Columbia’s Arena.

“Our girls and boys wrestlers did incredibly well and we couldn’t be prouder of them,” said head wrestling coach Jacob Lapinski. “At state, Ibrahim was 6-1, and ended the season 36-1, with his only loss coming in the state quarter finals. Triniya was 5-1 during state with her loss coming from the semifinals match. She made a lot of super fans due to that match which went into triple-overtime and ended with a standing ovation!”

McCluer North sent the largest number of student wrestlers to compete at the state level in 10 years. Girls wrestling made their first official debut to McCluer North in the 2018-2019 school year, making this school year the second year of girls wrestling for McCluer North.

On Saturday, February 15, the wrestlers competed in the Class 3 District Tournament at St. Charles High School in St. Charles, Missouri. Several schools across the Greater St. Louis Metropolitan area participated and McCluer North scored the highest points. This is the second year of girls wrestling at McCluer North.

Accounting Students at the STEAM Ask You to “Buy Their Stock”

Students were given the task of investigating publicly traded corporations to understand and communicate the purpose of the company, explain the accounting statements and financial performance in simplistic terms, evaluate stock performance and use persuasive skills to “sell’ the stock to potential investors.

Providing feedback to the students after their presentation are (from the left) Maurice Burns, Centene Corporation, Ben Gwynne, Dr. Dawn Richards, Department of Elementary and Secondary Education, Renee Benage and Gerry Noll, North Elizabeth Neighborhood Association, and Dart Ford, Enterprise Bank and Trust.

Bradley Johnson is the Accounting teacher

Register Your Child Now at Little Creek Summer Camp! It’s FREE for Students Living Within the Ferguson-Florissant School District

Little Creek Summer Camp registration is now OPEN!! Follow the link below to the The Audubon Center at Riverlands website where you can learn more about camp and register your child.

Little Creek Summer Camp is offered for FREE to rising 3rd through 5th grade students living within Ferguson-Florissant School District.

https://app.campdoc.com/!/home?r=audubon%20riverlands

Camp is operated by The Audubon Center at Riverlands in partnership with the Ferguson-Florissant School District, Gateway Arch National Park, St. Louis District, U.S. Army Corps of Engineers, and U.S. Fish and Wildlife Service. 2020 Registration is open!

Monday-Friday 9AM – 3PM

- **Session One:** July 13th-17th
- **Week Two:** July 20th-24th
- **Week Three:** July 27th-31st

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
Tuesday, April 14th and Tuesday, April 28th at 7 pm in the Council Chambers at City Hall. In the event changes are necessary to meeting dates and/or the methods in which they are held, efforts will be made to place information on the city's government access channel, website, Facebook and NextDoor. Feel free to contact the office of the City Clerk if you have any questions.

APRIL 7TH MUNICIPAL ELECTION POSTPONED UNTIL JUNE 2ND
Pursuant to Governor Mike Parson's Executive Order 20-02 declaring a state of emergency in response to COVID-19 and a request from Secretary of State Jay Ashcroft, Governor Parson signed Executive Order 20-03 ordering all Missouri municipal elections previously scheduled for April 7, 2020, to be postponed to June 2, 2020.

The Executive Order declares that ballots already printed for the April 7 election may be used at the postponed date of June 2. Voters who have attained the age of 18 by April 7 will be allowed to cast a ballot.

A complete copy of the Executive Order will be placed on the City's website.

FERGUSON VETERANS GROUP
The Ferguson Veterans Group meeting at the Ferguson community Center is cancelled until further notice due to the Coronavirus Pandemic.

Nine Network Ensures Local Educators and Caregivers Have Resources to Support Learning Continuity

Nine Network has curated its vast library of PBS content and resources into an online toolkit so that educators and caregivers have easy access to content to serve students while schools are shutdown during the coronavirus/COVID-19 outbreak. PBS is a respected leader in educational media, one that educators and parents trust to provide evidence-based educational content.

A virtual meeting between Nine Network and St. Louis-area school superintendents and education leaders informed the creation of the suppot that will be used by educators, parents, and students in the region to extend learning.

Launched in March, it provides a suite of free, accessible, high-quality, educational tools from PBS and Nine Network to ensure that the region's educators, parents, and learners are supported. The toolkit has broadcast, online, and mobile resources, as well as learning tools and tips that can be text messaged to phones. It includes a broadcast and streaming schedule of kids' programs available by targeted ages, learning goals, air times, and links to PBS KIDS apps.

Nine Network will be creating messages to air daily across our four channels to provide messaging for educators, parents, and children that keep them engaged and connected to learning.

The toolkit and other resources are the first step. Nine Network will continue to listen to our region's educators to adjust and add accordingly.

Nine PBS (9.1) broadcasts 8.5 hours of PBS KIDS programs each weekday. In addition to PBS KIDS programs, started March 23 from 12:30–2:30 pm, Nine PBS (9.1) will broadcast educational programs more suited for middle and high school students. The content is available free to everyone and is indispensable to families that do not have access to cable or streaming services.

Nine PBS KIDS (9.2) is free and broadcasts content for kids ages 2-8 all day, every day of the week. The channel is also streamed live.

LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

The Red Cross recommends the following steps to help prevent the spread of germs during this situation:

Stay home if you can and avoid gatherings of more than ten people.

Practice social distancing by keeping a distance of about six feet from others if you must go out in public.

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.

Avoid touchng your eyes, nose or mouth with unwashed hands.

Avoid close contact with peole who are sick.

Stay home if you can and avoid gatherings of more than ten people.

Stay home if you are sick except to get medical care.

Cover your nose and mouth with a tissue when coughing or sneezing; throw used issues in the trash. If tittue isn;t available, cough or sneze into your elbow or sleeve, not you hands.

Clean and disinfect frequently touched surfaces dailt. This includes tablrd, doorknobs, light switches, handles,desks, computers, phones, keyboads, sinks, toilets, faucets and countrtops.

- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection.

Wear a facemask if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.

According to the CDC, COVID-19 symptoms include fever, shortness of breath and a cough. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 and develop symptoms.

⟨enter a healthcare provider's office.

WHO IS AT A HIGHER RISK?

According to the CDC, early information shows that some people are at higher risk of getting very sick from this virus. This includes older adults and people who have serious chronic medical conditions like heart disease, diabetes and lung disease.

If you are at higher risk for serious illness from COVID-19 because of your age or a serious medical condition, it is extra important for you to take actions to avoid getting sick.

Stay home as much as you can and avoid crowds as much as possible. Take everyday precautions to keep space between yourself and others.

When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.

- Stock up on supplies.
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using a mail-order option.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

FINDING UP-TO-DATE INFORMATION

For the latest information, please visit the CDC website at <cdc.gov/covid19>

Financial Focus – The Value of Volunteering

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

Last month I read in the Ferguson Times John McDonald's letter on volunteerism. Mayor James Knowles featured the letter in his column to help illustrate the many opportunities in the community to help. And just a week ago, I heard a homily from a priest on-line at a parish in West County also touching on volunteers and what they bring to a community, in his case, his parish family. The wonderful message from each of them demonstrates what is so important about working towards a common goal to help make our world better. And that is what volunteers do.

I grew up in the era of "Ask not what your country can do for you, ask what you can do for your country" spoken by President John F. Kennedy in his Inaugural speech January 20, 1961. Just two months later he issued an Executive Order to establish a volunteer program - **The Peace Corp**. Since its beginning in 1962, over 235,000 Americans have served in 141 countries throughout the world. During my youth I learned more about being involved and volunteering in school, church and Girl Scouts. Today there are endless opportunities to volunteer, yet as indicated by the messages from Ferguson's Mayor, John McDonald and Father Schroeder there doesn't seem to be enough people to help. Those aging baby boomers might be missed more than expected because there is a trend by younger people to opt for more free time. Perhaps in our new world it's all about ME and we don't feel much responsibility to help the community.

The need for volunteers is always with us. It's like a commodity of manpower. So how can it be measured or should it be measured? Arden Brumell was the past chair for Volunteer Calgary managing the volunteers for the 1988 Calgary Olympics. He received many accolades for the efforts and commitments of volunteers to the games. In 2001, he wrote an article about the value of volunteering and suggested that attempting to put a dollar value on volunteering was "simplistic and dangerous." Trying to measure it economically makes it seem like free labor and that it might replace paid labor and that being free makes it unimportant. Doing so also misses the intrinsic value of volunteering which helps society and improves the quality of life for all. As Brumell explains, "Volunteering is helping, not hiring; giving, not taking; contributing, not counting." Putting a dollar value cheapens and undermines the act of volunteering. I find it easy to agree with him and it does seem that we can not treat it as a commodity.

That has not stopped us from estimating the national value of each volunteer hour. In April each year, Independent Sector publishes the amount, last year it was $26.43. What I also found was that the value of volunteer time is often used by Non-Profits to demonstrate the amount of support they have in the community and their effectiveness. This comes in handy when seeking grants and preparing financial reports. According to generally accepted accounting principles some volunteers whose services provide specialized skills can be shown as a contribution of services on finance statements. The IRS also allows volunteer time to be described in Form 990 under Part III. While it may be important to assign a value, it also undermines the basic concept of volunteering. As Brumell asks, "How can we put a monetary value on ordinary people doing extraordinary things?"

Meanwhile, as I read the entire speech by President Kennedy I saw many references to working together. It has been estimated that there are over 63 million volunteers in the United States. These people serve their communities, help their neighbors and often help those outside the U.S. or in the poorest areas of our country. All over the world people make a difference by helping to eliminate poverty, improving health and education, environmental concerns, and assistance in disasters. The power of volunteers is enormous. Those words had always inspired me because of the way I understood them.

In today's political climate people are too easily offended and often won't associate with those who disagree politically. Maybe this makes it harder for us to work together for the common good. And as it often happens in these times, we find that interpretations are often quite different depending on when and who is reading it. Some in recent years have suggested a more portentous meaning to Kennedy's famous quote. Gary Galles an author and professor of economics suggests that in the first part, "ask not what your country can do for you" Americans should understand this as good advice for the general welfare of all. However, to "ask what you can do for your country," he believes to be out of step with the founding principles of our country. He feels that the quote is just rhetoric to push government initiatives that restrict our freedoms and take from some to give to others. And he mentions that the individual can accomplish so much more with the freedom and liberties we have as part of our founding principles. He even offered a quote from Richard Nixon which may be more useful today, "let each of us ask not what government will do for me, but what can I do for myself." So while I still feel inspired by Kennedy's original quote, I should recognize that I am responsible for my own fate. And that is one problem we seem to have today and why so many speak out against the Democratic Party. No matter how you interpret as citizens by participating in our society we can improve the quality of life for all.

The case for volunteering is good. Being involved is not only good for those you are helping; it does a great deal to reward you, the volunteer. Personal well-being is improved for those who are engaged. The social aspect is helpful for the volunteer and those being helped. When you look at opportunities in your own community to lend a hand you make life better for everyone. It's a good way to get to know neighbors and resources within the neighborhood. If you are shy and nervous about your lack of social skills you will find that sharing a task with others who are also motivated to help makes it easier to find common ground and make friends. If you want to set a great example for your own children look for ways to get them involved as well. For older retired citizens giving time to help others can be extra rewarding and improve longevity and overall health. It provided a sense of purpose and combats depression. There are so many positives it is surprising that I found Missouri listed as the 28th State out of 50 plus the District of Columbia in numbers of volunteers. Surely, we can do better than that. However, that may be just the hours that got counted. No one's counting the neighbor who shovels your snow, the person who stops to help someone with car trouble or the person who reaches something on a high shelf at the store. Little acts of kindness happen daily and paying it forward has been a theme for many years now. Those who do the things that go unnoticed may not be counted, but they make a difference in society and can motivate each of us to pass it on.

With the events over the past few weeks, we've seen many examples of people helping others. Uniting us towards a better future will need to be the goal of whoever holds the highest office and let's hope this global emergency brings us more together than the divisions that have grown over the past many years.

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

To Our Loyal Market Patrons:

Please watch our facebook pages for updates on the end of the winter market and opening of the outdoor market.

Feel free to send questions or comments throughfacebook or to: farmersmarket@fergusoncity.com.
Stay safe and healthy and let's look forward to when we can gather at our favorite community events again.

"Ask Not What Your Country Can Do For You, Ask What You Country"
– John F. Kennedy

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521-4500

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**NOTE: Many Ferguson Businesses Have Found it Necessary to Cut Back on Their Operations During This Time of National Emergency.
Please Be Patient If Some Are Temporarily Closed.
WE ARE ALL IN THIS TOGETHER!**

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Spaghetti Carbonara

I'm looking for recipies that are quick, easy and have just few simple ingredients (don't require a special trip to the grocery store). My mother had a number of recipies that fit that desription she made during the 1930's (the depression years).

If you have such a recipe, please email the *Ferguson Times* at cider@att.net.

Being in the house for more than a week is pretty boring. I have plenty of food but I'm tired of eating it. Then, I read an article . . . "If you have spaghetti, bacon, eggs and Parmesan cheese hanging around, then you're already set up to make a dish you'd order out at a restaurant right in your own kitchen."

Well, I had all those ingredients.

Cook a pound of spaghetti and reserves a quarter cup of the starchy pasta water. Fry the bacon, over low heat in a few tablespoons of extra virgin olive oil in a Dutch oven for several minutes. While the fat renders, combine three eggs, a cup of grated Parmesan cheese and a teaspoon of black pepper in a bowl.

Add the spaghetti to the pan and stirs until coated in fat before shutting off the heat and adding in the egg mixture along with the reserved pasta water. Stirring it all together for about a minute creates a rich and creamy sauce with no cream required. After being plated it can be topped off with even more Parmesan.

Spaghetti Carbonara

- 1 pound spaghetti
- 1/2 pound bacon, pancetta or guanciale
- 3 tablespoons extra virgin olive oil
- 3 eggs
- 1 cup Parmesan cheese
- 1 teaspoon pepper

Edward Jones Perspective

by Joe Meyer

Don't Let Coronavirus Infect Your Investment Strategy

As you know, the coronavirus has become a major health concern, not just in China, but in other parts of the world, too – and it's also shaken up the financial markets. As an individual investor, how concerned should you be?

The impact of the coronavirus on the markets isn't surprising. China is the world's second-largest economy, and when it experiences factory closures, supply chain disruptions and city lockdowns, the ripple effect on the world's other economies is considerable. Plus, the financial markets simply don't like uncertainty – and there's a lot of that associated with this outbreak and the efforts to contain it.

Nonetheless, instead of worrying over events you can't control, try to focus on what you can do in this investment climate. Here are a few suggestions:

- **Don't panic.**

The coronavirus may well cause continued market volatility over the next several weeks, or even months. But it's important for investors to take a long-term view. Market cor rections – typically defined as a drop in investment prices of 10% or more – are a fairly common occurrence, and we may have been overdue for one even before the coronavirus scare. In any case, it's generally a good idea not to radically revamp your investment strategy unless you experience a major change in your personal life – a significant career move, medical condition, change in family situation, etc.

- **Be aware of history.**

The coronavirus is certainly serious, but it's not the only viral outbreak we've seen in recent decades. During these earlier pandemics, the financial markets also took a hit, but they bounced back. For example, from late April 2003, in the midst of SARS (severe acute respiratory syndrome) until late April 2004, the S&P rose about 21 percent.* And other large gains were recorded following the outbreak and decline of the Ebola and Zika viruses. Of course, the past performance of the markets in pandemic situations can't necessarily predict future market developments; every situation is different, and over the next year, returns might be modest, as prices have already soared in the 11 years since they bottomed out during the financial crisis of 2008-09.

- **Don't try to time the market.**

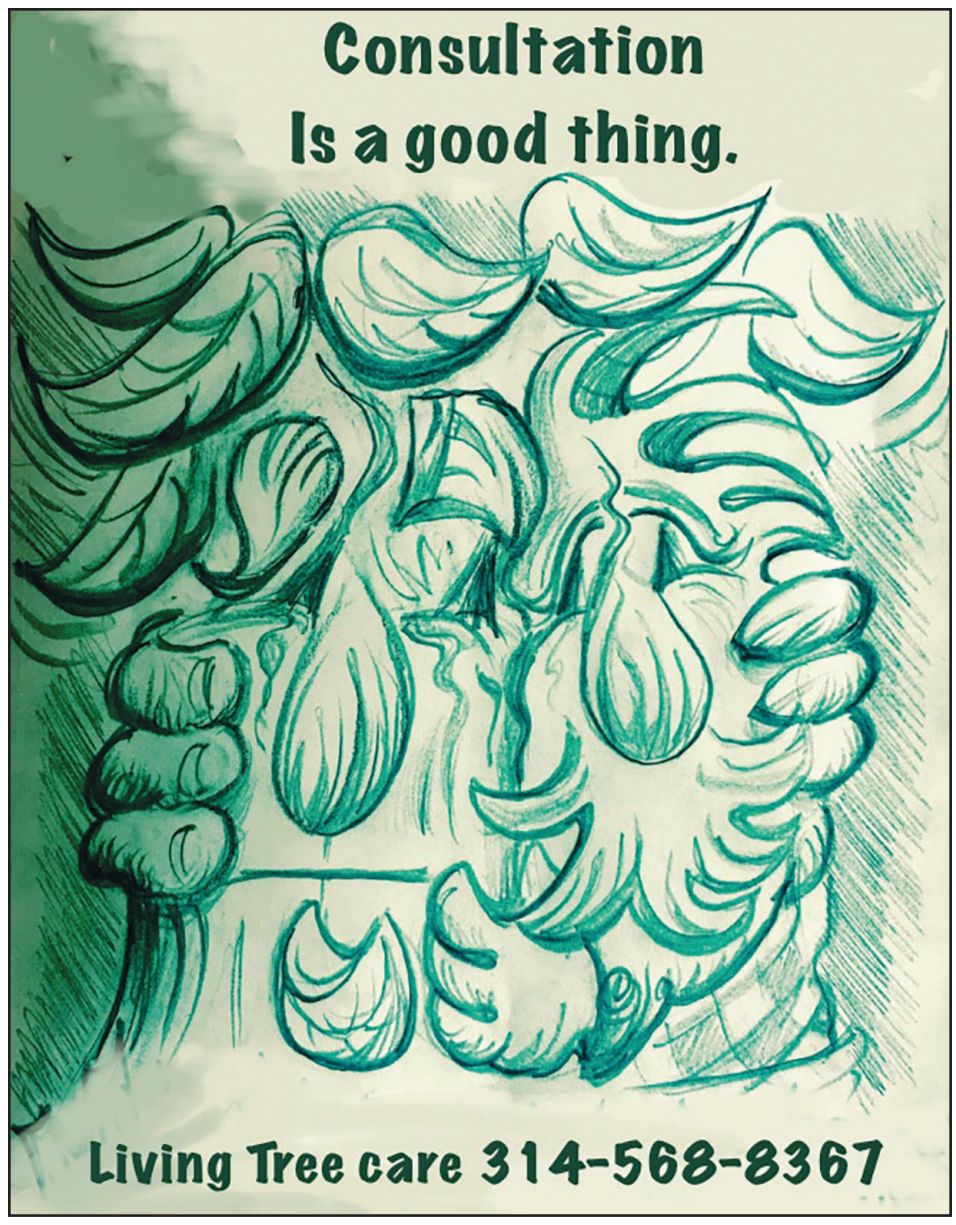
We may well see coronavirus-base volatility in the near future – but volatility implies "ups" as well as "downs." If you try to time the market by guessing at highs and lows, and then "buying high and selling low," you might get lucky once in a while, but you could just as easily miss the mark.

- **Keep a diversified portfolio.**

In addition to avoiding efforts to time the market, you should also stay away from trying to pick "winners" and "losers" among individual investments in the market place of viruses. Instead, try to build and maintain a diversified portfolio, consisting of an array of different asset classes, with the allocation of these assets based on your risk tolerance and time horizon. Diversification doesn't prevent losses or guarantee profits in a declining market, but it may help reduce the impact of volatility on your portfolio. You may not be able to totally quarantine your portfolio from this serious virus in the short term, but by following a consistent, long-term investment strategy that's appropriate for your individual needs, you'll be doing what you can to help yourself move toward your financial goals.

*The S&P 500 is unmanaged, not available for direct investment and is not meant to depict an actual investment.

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



The Ultimate Spring Cleaning Checklist for Pet Owners

We love our pets! And as pet owners, we are used to cleaning up after them. Between the drool, shedding and trips to the groomers – sometimes it can feel like a full-time job. But are you cleaning all the right places? Some of the dirtiest items in your house are the things your pet uses every day. With spring already here, there is no better time to do some deep-cleaning than now! Use our pet owner's ultimate spring cleaning checklist to get your home smelling fresh and looking clean.

Pet Bowls

When was the last time you cleaned your pet's food and water bowls? For some of us, we are doing good to keep them filled most days. The National Safety Federation (NSF) found pet food bowls to be the **fourth germiest item in the house**. Yuck! To get rid of those germs, wash your pet's bowls with hot water and a mild dish soap. (If you aren't sure if your dish soap is safe, use a 50% water and 50% vinegar solution.) Aim to wash their bowls daily and if they are dishwasher safe then it is fine to toss them in the dishwasher for a thorough cleaning.

Pet Toys

They probably aren't on the top of your "cleaning" list but pet toys are number seven on the list of top 10 of germiest spots according to NSF's study. Often wet, they are the perfect hiding place for bacteria, yeast and mold. To clean them up, hand wash in hot water and mild dish soap. Or feel free to throw the rubber toys on the top shelf of the dishwasher (along with the bowls) and the fabric toys in the washing machine.

Pet Bedding and Blankets

Pets bring bacteria and allergens into the house and they often accumulate where they lounge and sleep. Start by vacuuming hair and debris off the bed. Then, wash your pet's bedding in hot water with a mild detergent. Strive to wash their bedding weekly. Or, maybe it's time for a new bed, .

Pet Collar

We often wash or groom our pets but forget about their collar. Now is a good time to clean it up! Remove your pet's collar and soak it in hot soapy water with a few squirts of pet shampoo (to help prevent skin irritation). After about 15 minutes, rinse and let the collar air-dry. Be sure to keep your pet indoors or use a back-up collar while cleaning.

Litter Box

It's time to give that litter box a detailed cleaning which entails throwing out the old litter, scrubbing the box clean and adding fresh new litter. We recommend some gloves for this job. After emptying the litter, wash the litter box inside and out with warm water and pet-safe dish detergent. Be sure and wash the lid, if it has one, and the scooper. Let the box air dry or dry with a towel before adding the new litter.

Sending You a Great Big EASTER HUG!

Trivia

X

All answer begin with the LETTER "X"

1. Malcolm's autograph
2. Shorthand for Christmas
3. Opposite of ABC
4. Movies without costume designers
5. Photographs providing the inside story
6. Copycats, Inc.
7. Instrument that should begin with a "Z'
8. You solve it in Algebra
9. A win in tic-tac-toe
10. Worth 8 points in Scrabble
11. Superman's potentially embarrassing sup power
12. Men have one, women have two

See answers at bottom of page 23.

April Events

See some old friends and discover some new ones!

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All Events normally listed here for St. Catherine Retirement Comunity have been posponed for the month of April.

PLANT SALE!*
at the EarthDance Farm

233 S. Dade Ave.

May 2nd & 9th

9am- 3pm

*for you or your mom

EarthDance

Sincerely, Janie Norberg, FLIERS President, (314) 521-4663.

FLIERS April BOOK SALE

the FLIERS' April Book Sale is being **POSTPONED** indefinitely "out of an abundance of caution" due to the evolving Corona virus situation. We regret having to do this, but we feel that it is in the best interest of everyone in our community. We will let you know when the Book Sale is rescheduled. We hope to see you then. Thank you for your ongoing support.

Under The Hood With Robinwood

By Bob McGartland

Repair or Replace Your Vehicle? That is the Question

On a daily basis we have customers who face the decision about repairing their current vehicle. Many repairs are reasonably priced, others can be quite expensive. Many times, we get asked, "Should I make this repair OR is it time to purchase a new vehicle?" Like buying groceries when you are hungry, making the decision to buy a new or used vehicle when it is facing a repair, is not the best idea. Let's consider some math.

Robinwood Automotive is a AAA Approved Auto Repair facility. Recently, AAA provided an online article/bulletin that was very complete regarding the cost to drive a new vehicle. They factored small, medium and large sedans, small and medium SUVs, pick-ups, hybrids, and even electric cars. AAA included depreciation, a 5-year loan, gas priced at $2.679 per gallon, insurance, maintenance, repair, tires, license, registration and taxes—a very complete list of what many new vehicle buyers face when purchasing a new vehicle.

After factoring and blending all the costs to driving a new vehicle, AAA's composite annual average costs were 79.29¢ per mile if you drive 10,000 miles a year, 61.88¢ per mile if you drive 15,000 miles per year, and 53.31¢ per mile if you drive 20,000 miles per year. This was a very complete study and I was very impressed with their findings.

SUMMARY: If you buy a new vehicle and drive approximately 10,000 miles each year, plan to spend around $7,929. If you drive more like 20,000 miles per year, plan to spend around $10,662. Remember, this is per year based on a 5-year. On the high end, a blown engine or failed transmission can cost between $3,000 and $7,000 to get you back on the road. I think you can see where I am going, in almost every case, repairing your current vehicle is much less expensive than purchasing a new one. Many services on your current vehicle will not cost as much as one monthly payment on a new vehicle. Remember, new vehicles still require service and maintenance.

If you really want to be prepared, AAA suggests that you start to put as little as $50 per month aside for upcoming service and repair demands on your current vehicles. Having money set aside makes maintenance and repair costs much easier to swallow when they come up.

So, is there a time when buying a new or used vehicle makes sense? Sure there is. We recently had a customer's older Minivan in for a state inspection and found it was severely rusted where the suspension attached to the body. Welding in a new front section of the body far exceeded the value of the vehicle. If a vehicle needs an engine or transmission it might be the time to replace your vehicle. When deciding it is time for another vehicle several other factors can come into play, like how well the vehicle has been maintained, how many systems need repairs and or how worn are the major components of the vehicle.

At Robinwood Automotive we are here to help you maintain your vehicle. We offer several programs which helps keep your vehicle safe, reliable and on the road for years to come. Call or stop in and we'll explain how they work.

I hope you enjoyed this month's Under the Hood and thanks for your time!

If you would like to read the AAA article, here is a link. https://exchange.aaa.com/automotive/driving-costs/

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Traveling. With Marveena

by Marveena Miller Shanahan

I missed last month's deadline as I was attending the Winter Carnival in the beautiful area of Quebec, Canada.

In the summer there are multiple flights from various cities but not in the winter. It seems in the winter there are only a few flights each day from the U.S. to Quebec. My options were STL to NYC, overnight at the airport, then on to Montreal and Quebec or the way we chose. We left early on Thursday morning for what we thought would be an eight-hour flight from St. Louis with stops in Toronto and Montreal. After a delay in Toronto, and then an additional delay for de-icing, we missed our scheduled flight in Montreal. Next it was several hours of delays in Montreal because of snow, before finally arriving in Quebec, 14.5 hours later. (for comparison it was only 11 hours to Amsterdam). If you have not been in airports in Canada, they have a great book program. You can buy a previously read book at a 50% discount or purchase a new book and return it later for a 50% refund, then your book gets added to the rotation. Since I forgot my book amid the rush of our cab showing up 40 minutes early, I took advantage of their program, making the delays almost enjoyable.

Once we finally arrived, and realized we missed out on the pub crawl excursion, we wandered around the downtown area. It was brutally cold, -11 before wind chill, and everything was pretty quiet. We did get to see the Ice Palace all lit up, but the carnival was pretty slow. In retrospect, we should have gone to the carnival then. We waited till Saturday and it was so crowded we missed most of the events. So, we chose to walk around and find a place for dinner. Although we originally planned a pub crawl, then going to the carnival, by the time we finished just having dinner it was almost midnight.

Quebec is known as the "World's Snow Capital". The city was struggling to find a way to attract visitors in the middle of their bitterly cold winters, so the carnival was started in 1894. The carnival has continued to grow each year but remains true to many of its traditions. Red clothing, red and blue trumpets, the arrow sash and Bonhomme Effigy. For 2020 it featured two night parades, an Ice Palace, canoe races, a 300 foot incline slide, a VIP experience, dancing in the streets, impressive axe throwing, the only Wintertime Wrestling Event on earth, lumberjack activities, and comforting meals and beers at the Unibroue Cabin.

Friday was Valentine's Day and although I thought it was an American holiday, there are clearly enough Americans around Quebec that it is also celebrated there. After a quick and unnotable breakfast, we wandered around town, booking a city tour to be followed with a visit to the ice hotel.

Quebec looks just like the postcards and most of the time I felt like I was in a fairytale. It is beautiful and the snow creates this almost magical feeling. I was so happy, everything was still mostly decorated with their Christmas decorations, and since it didn't snow while we were in Poland this year, I felt like I almost got a second Christmas trip! Our two-hour tour of the city explained all about the history, the extremely low crime rate, the pretty high tax rate, and all the winter carnival traditions. After our tour we had just enough time to grab lunch, hop on another bus, and head to the ice hotel or officially, the Hotel de Glace. The ice hotel is located in Valcartier, the largest winter playground in North America. It features over 35 snow slides, a resort hotel, spa and four restaurants. I would love to stay here for the night next year and spend the day tubing all the slides. The ice hotel is stunning and is rebuilt every year with a different theme. We were lucky enough to catch a wedding party arriving for their ceremony in the ice chapel. We spent about an hour in the ice hotel looking at all the rooms. You can actually spend the night there, some rooms feature a fireplace, but even the beds are made of ice. After only an hour I cannot imagine ever getting warm in those rooms, so I will be staying in the resort hotel.

Valcartier is about an hour outside of Quebec and once back in town, we headed back to the room to change and get ready for dinner. Valentine's Day reservations were hard to come by, so we chose a gastropub which had the best macaroni and cheese I have ever had. I will for sure be going back there the next time I visit.

Saturday was our day for the carnival. We watched wrestling and axe throwing, listened to music in the street, watched kids play hockey on a neighborhood rink and people ski around the pond instead of walking. We had maple taffy, which is maple syrup poured on a trough full of snow, rolled into a sucker, cooled on the snow and served. We rode the Le Funiculaire du Vieus, which is basically an elevator car that travels up rails on a very steep incline, to lower Quebec. (the only one in America) There we listened to more music and visited pop-up ice bars, more music inside the Unibroue Cabin and waited for the parade. The parade was supposed to start at 7:00 p.m. and I really wanted a front row seat, so I got there at 5:00 p.m. That was way too early and by 7:45 p.m. it still had not started. I was too cold to wait any longer. As we walked back looking for someplace for dinner, a local said that last year it didn't start till closer to 9:00 p.m. I would have never made it till then but, another thing to know and look forward to for next year.

Sunday we flew home, and, I don't get it, but it was a short five hour flight, no stopping in Montreal, no long layover, just a super easy flight back.

We are definitely going back next year, maybe every year. Yes, even with the -11 temps, I loved it that much. I am not used to their prices for food though, I'm used to my eastern European prices, as we spent more on food in four days in Canada then we did in the ten days in Poland.

Note-"always" make sure the camera is working and check your pictures. I have no pictures of the ice hotel because my memory card failed and since they redo it every year, the "2020" picture I spent ten minutes getting just perfect can never be duplicated. And while I was mostly warm, if you are going to spend the day snow tubing you need much warmer clothes than they sell here for their cold weather. Lastly, Quebec would be a ton of fun with a group!

Community Mediation Services of St. Louis

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.

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As mentioned in earlier communications, the Challenger Learning Center follows the Ferguson-Florissant School District's lead in closing for weather or other safety-related issues. The District, along with many others in the St. Louis region will be cancelling all scheduled programs starting Monday, March 16 through April 5.

Challenger® LEARNING CENTER ST. LOUIS

Once we are cleared to re-open to the public, we will contact all groups and individuals who had a reservation during the closure to re-schedule using the following processes:

School Groups: In order for us to manage the rescheduling process, we will send you a form with available timeframes that you can indicate your preferred date(s)/time(s).

Scouts, individuals/small groups scheduled for a public mission or birthday parties: We will contact you via email with new program dates for you to choose from. Given that our calendar for this school year is mostly full, we anticipate having to reschedule many of the programs, especially school/weekday programs for next year. If you are unable to reschedule, we will work with you to offer a refund, minus any non-refundable deposits.

Thank you for your continued confidence in the Challenger Learning Center and our dedication to providing safe, engaging, and impactful programs for all. If you have any questions or concerns, please do not hesitate to reach out to us at (314) 521-6205 or info@clcstlouis.org.

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Everyone keeps asking me…..Are you shutting down?
You know what my answer is?

"NO WAY!?!"
Not unless I have to...and honestly I wouldn't close without a serious fight!

Do you know why?
Because I truly feel it is my life's purpose to provide you and everyone I serve with the best chiropractic care to help the body function as high as possible! When there is stress on your spine, you cannot be the healthiest version of yourself, and that is what I want for you. Virus or not, you need to be firing on all cylinders and I am here to help!

Like the rest of Saint Louis and the world, our GWFC team has been monitoring the Coronavirus/COVID-19 outbreak, and we personally share our patients' concerns about safety for themselves and their families.

We know you're flooded with messages like this right now, so we appreciate you taking a few moments to review this one.
Please read this in its entirety, especially if you are an active client, however, if you do not, we want to leave you with one thought:
Stay strong, take care of each other, and let's get through this together.

We also recognize the extreme stress and disruption to daily life (in areas such as, work, childcare, caring for aging loved ones and finances) many of you are currently facing. Please know that we care about each of you and are here to help in any way we can. After 24 years of practice and service to our community, we view our practice members as part of our extended family, and our hearts go out to you at this time.

The bottom line is this: as citizens of the world, we are each called to do our part to help minimize the spread of this virus, especially to those in our community who are the most vulnerable. As healthcare professionals, we take that responsibility seriously.

We are doing everything that is recommended by the CDC and accommodating everyone to the best of our ability. We have opened up additional slots; give us a call if you would like to come in a slower time slot. With recommendations of social distancing and additional time slots we can have fewer people in the office at one time.

Safety practices we are taking INSIDE our office to protect your health: As a healthcare office, we have always had high standards for office cleanliness. Given the current outbreak, we have instituted additional practices to help further protect our clients and team:
-Most importantly, we have instructed all team members and all clients to please stay home if they have ANY symptoms or indication they may be ill.
-As always, same-day cancellation fees will be waived in the case of illness.
-Adjusting tables are fully sanitized between EACH client.
-Clients may opt to have an additional barrier placed on the face piece during their adjustment.
-Doctors and interns wash hands multiple times per shift and use hand sanitizer between EACH adjustment/client contact.
-Support staff wash hands multiple times per shift and use hand sanitizer between direct client interactions (like handling credit cards/money/etc.)
-All hard surfaces and high client contact areas are sanitized BEFORE and AFTER each shift (e.g., door knobs/light switches/bathroom surfaces/chairs/ink pens, etc.)

We have removed all the kids toys, (Even thought they are upset about that.) We have so many kids coming in this week, because their parents just want every immune advantage possible!

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

The Ferguson Computer Corner

by Doug Neely (I LOVE EASTER)

APRIL, 2020

Whoa! We do have a busy month! As usual, I am consulting with Wincalendar.com () following info:
April 5th, Palm Sunday
9th, Maundy Thursday (a.k.a. Holy Thursday)
10th, Good Friday
12th, Easter
Of course, there are other notable dates this month, which you can explore at the Wincalendar.com site, noted above.

P.S.A., dept.
Although not about puters specifically, I believe it important to mention some sites that have good info about the coronavirus. I do pray that by the time you read this it will be well past concern, however, at this time, current thinking is that we will still be dealing with it. Here are some sites you may want to go to:

The State of Missouri has a great resource in their "800" number they recently made available to all living in this truly great state. The following is a cut & paste from the website
This site has a short story, telling about the number (877-435-8411), who can use it (everyone in Missouri), when you can call (24/7), and other info you may find helpful.

The next site is at the Centers for Disease Control:

This page has info on symptoms, which is what my specific search was. Here is another cut & paste from the above site: "Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.
The following symptoms may appear 2-14 days after exposure:

FEVER, COUGH, SHORTNESS OF BREATHE."

There are further tabs on the left to learn more about what it is, how it spreads, how to prevent, etc. The info here is easy to access and easy to understand. If you have any questions about coronavirus online, this is the place to get it. Become informed!

Lastly, I have consulted St. Louis County's website, found here: ""

First, I would like to point out that if you do not have a doctor, or cannot afford one, carefully read this: "What do I do if I don't have health insurance or access to care? We are currently working on a plan with area hospital systems. St. Louis County clinics can provide medical care to all County residents, regardless of ability to pay. Call if you do not have a doctor."

This site also has a LOT of info that you may find extremely useful. Go through it carefully, for if you have no doctor, you may have need of their services. The interesting thing to me is that they list symptoms beyond which others mention. "COVID-19 symptoms closely resemble other respiratory illnesses. Symptoms include cough, fever, runny rose, sore throat, and tiredness. Less commonly, people have reported aches and pains or diarrhea." Remember, after exposure, the human body will take up to 14 days before symptoms manifest. If you think that you may have been exposed, see a doctor and stay away from others, so as not to infect them. It's the right thing to do, and if everyone is careful, fewer of us will be infected.

Internet Usage, dept.

I know that so many of us use our cellphones to go online for various reasons, and that's just fine. Still, there are times that the phone just isn't enough. that's when your home puter is called for. Anything you do on your cellphone can be done much better and faster on the home puter. So, when you are home or elsewhere have access to a desktop puter, use it. After all, aren't you sick and tired of squinting to look at that tiny screen? :)

ME GO NOW!

The Lenten season is always helpful to prepare for recognizing our sins, but Easter gives us the good news about Jesus paying for our sins so we can be rewarded with heaven. Easter is my favorite holy day, and I need to go and get ready for it! :) Thank God for His love!

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

IF YOU want to ask Doug for some of his FREE puter advice, it's best to call him on the phone, in the PM hours of most any day or evening. The number to use is:

*314*521*1789*. It is necessary for your number and name to show up on the caller ID. If you get the machine, disregard the outgoing message, wait for the beep, and leave a short message, including your name and phone number. He will return your call asap. If you wanna email, use:, but you MUST put "i need puter advice" into the subject line, and your telephone # into the body of your email. If you don't, he won't get it, and you won't hear from him. So there! :)

HAVE A BLESSED AND HAPPY EASTER!

Sherlock's Pal

Clichés are stupid. If they weren't stupid, I would say so. But they are. The reason they are stupid is not because they are necessarily wrong. They are stupid because they make us stupid. They make us stupid because they inspire laziness. We know that if we can just search the memory banks for a good cliché, then we don't have to think about the subject at hand any longer.

The following is a list of the top ten clichés according to a website with the non-coincidental heading: "Top Ten Clichés." The amateur statistician inside my brain questions how anyone could possibly determine what are the top ten clichés. To be honest, I don't really have an amateur statistician inside my brain. Sometimes my brain tells me things that are not true. Nevertheless, whether there is anything in my brain at all is beside the point. Here are the Top Ten Clichés, along with an inconsequential response:

1. Actions speak louder than words.
As a preacher I just can't accept this. If actions really do speak louder than words, then I'm almost certain my congregation would pay me for going out on Sunday mornings to mow old people's lawns, march in the streets, or drive around town handing out McDonald's gift cards to the homeless. But no, I wouldn't get paid for that, and do you know why? Because they prefer words . . . at least from me.

2. The grass is always greener on the other side.
Only if your haughty neighbors use more water on their lawn than you do.

3. The apple doesn't fall far from the tree.
This is true, and yet neither does any other fruit that falls prey to the law of gravity. Apples don't seem to fall less further away from trees than any other fruit.

4. You can't judge a book by its cover.
This is definitely nonsense. I have published two books and I know the first rule of thumb is to produce a book cover that stands out among its peers. ("You can judge a book by its cover" is, in fact, one of the most popular rules in the Kingdom of Thumb.)

5. You can't please everyone.
Actually, you can, but you have to have plenty of money to give away, a good PR person, and puppies. Lots of puppies.

6. What doesn't kill you makes you stronger.
Tell that to my friend who lost a bicep in a gunfight. He can only lift with one arm now.

7. Love is blind.
I will concede this one because it helps explain why there are so many bad drivers on the road.

8. Ignorance is bliss.
Then why do I get excited every time I get to read a non-fiction book . . . with an eye-catching cover of course!

9. There's no time like the present.
Actually, in practical terms there is no time but the present . . . oh wait, it just disappeared.

10. Better safe than sorry.
If I truly believed that I wouldn't be writing this column.

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

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Ferguson Motor Service

April, 2020
By Bob McCarty

Preservation

Why do we need to save historical buildings?

What is considered a historical building? In simplistic terms, 'old and worth the trouble' as it applies to a community's past and offers opportunities to its future. Any type of building that was built before World War II can be considered historical. Buildings built before that time were built using higher quality materials such as old growth wood, which is no longer readily available. They were built by different standards than a building built today. A century old building would be a better long-term bet.

We just returned from a trip to the southeast part of the USA. We experienced many historical cities that were built in the late 18th century and early 19th century. We visited Charleston, South Carolina and Savannah, Georgia as well as many other cities and towns in that neck of the country, but let's concentrate on Charleston and Savannah for now.

The Joseph Manigault house was built in 1803. This house was built in the Adam Style which is an 18th century Neoclassical Style of architecture.

The Joseph Manigault House

In the 1920's, the automobile had become Americas favored form of transportation. To allow this mode of transportation to continue rolling, they needed gasoline. During this time, the gas companies wanted to put gas stations on every corner that they could and one of those corners was where the Manigault House stood.

A group of concerned women got together and formed the Society for the Preservation of Old Dwellings and they were able to save the building, which was slated for demolition to make room for a gas station.

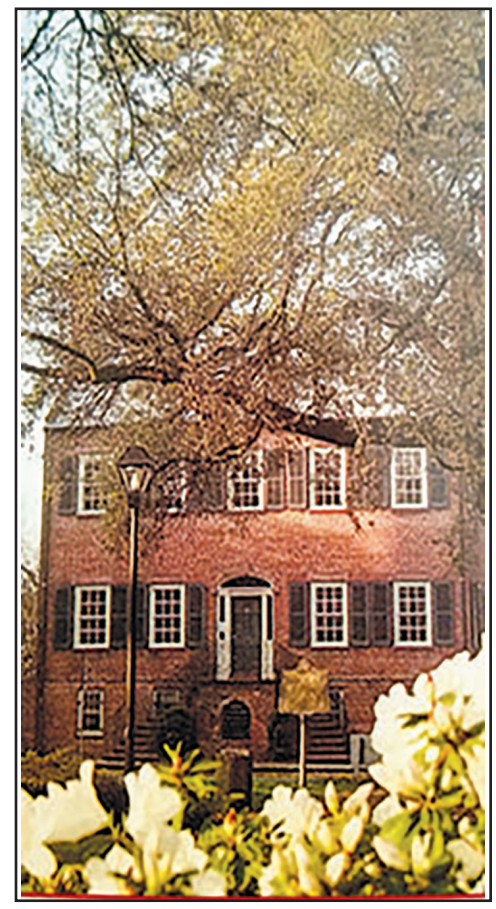
In 1931, this group persuaded the Charleston City Council to establish a zoning ordinance to protect their historical resources. They were instrumental in designating a 138-acre 'Old and Historic District" in Charleston. The ordinance was able to limit any changes and alterations to the exteriors of any historic building within the district.

In 1957, the group changed their name to the Preservation Society of Charleston and is the oldest preservation group in all of America. With the name change, they were not limited to just those original 138 acres, but all of Charleston's historical sites and structures of historical significance.

Savanah came up against a similar situation in the mid 1950's.

In 1954, the old City Market, that was built in the late 1800's was razed to make room for a parking lot. At the time, the city leaders were in the mind that Savannah needed to look like other modern southern cities such as Jacksonville – high-rises and modern buildings. Along with this new modern city, parking was needed so that when you came to town to work or shop, you needed some place to park.

In 1955, a funeral home was in the process of buying the 1820 Isaiah Davenport House to tear it down for a parking lot. Anna Colquitt Hunter put together a group of women who became known as 'The Seven Ladies', to persuade bankers and businessmen that Savannah's historic structures could be a financial asset to the city. These bankers and businessmen happened to be married to these ladies.


The Davenport House

Facing such formidable opposition, the owners of the funeral home backed off from their plans and the was incorporated in 1955. With the help of one of the lady's husbands, they were able to take on a note to buy the Davenport House.

The Historic Savannah Foundation not only worked towards saving Savannah's old buildings and squares, they encouraged tourism.

Today, the Davenport House is still owned and operated by the foundation and is operated as a house museum. The rotating fund that was set up by the Seven Ladies is still buying older, historic buildings which are sold to people that understand the value of an older structure. To date, the Historic Savannah Foundation has saved more than 350 buildings.

As you can tell with these historical house stories, people love old buildings. And when a building is removed, you don't know what you're losing and they are gone forever. Remember that when you work on your older, historical home, think about how it was originally put there.

Until next, Bob is on the Job.

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Ferguson by Foot

By: Margaret Wolfinbarger

"All the days of the afflicted are evil, but the cheerful of heart has a continual feast." Proverbs 15:15

Ominous gray clouds moved across the sky like huge puffs of smoke. There was nothing reassuring about them. But I had made the decision to exercise, so come rain or a gusty gale, I was going for it. I jogged against the wind and my cheeks flattened out. I was hardly moving. But rather than quit, I pressed forward. I imagined myself the hero of some sports movie with theme music playing in the background.

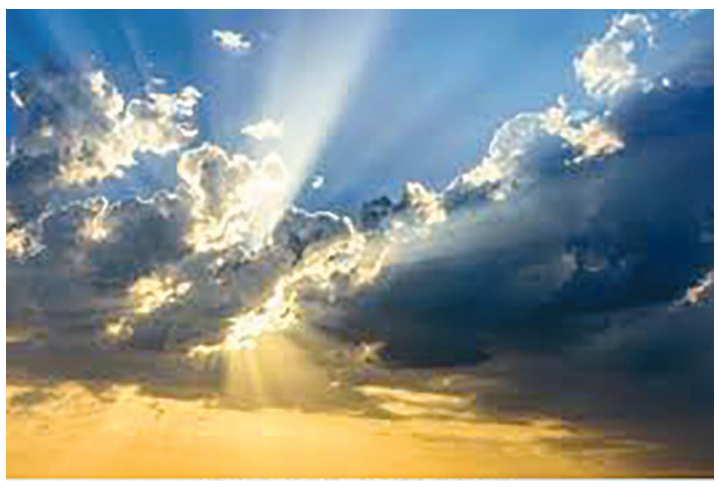
"*So tell me the story I still need to hear. Tell me we're gonna make it out alive again; I need to know there's nothing left to fear There's nothing left to hide So will you look me in the eye and say we will survive?"*
– Andrew Peterson "We Will Survive"

The theme music I chose that day gave me courage. News stories about the Coronavirus had pummeled my brain into a fury of panic and dread. Words like "quarantine" took on new meaning as schools cancelled and my place of employment mandated working at home. In the middle of the chaos, my son's wife was preparing to have a baby. When even the hospitals don't feel safe, where does one run for security?

I run to the park.

The lake water was lapping at the edges of the pavement as I pushed through my anxiety. So many people I know are at risk. How do I keep them safe other than to stay away? What about my auto-immune impaired son? What about me?

I shut off the questions and ran straight to God. I poured out my heart like a child, telling him all my concerns and perplexities. And just then, the clouds opened, and a great beam of light fell on my face and shoulders. I looked up and smiled.



I can't tell you how wonderful it is to be loved by God. How beautiful and sweet it is to know I am never forsaken or alone. He knows every heartache, every sorrow, and all the anguish I hide. I am so often guilty of not trusting him. I run to food for comfort, but it never satisfies my soul. I run to television to escape but it never gives me peace. I run to my bank account for security, but no amount of money will save me from deadly pestilence! Only God holds the power over life and death, and I know I can trust him with both.

I was running against the wind but felt new strength in my limbs. I waved my arms in the air and began to jog backwards. I twirled like I was holding a baton and there were 76 trombones marching behind me. I was suddenly ten years old, smiling and laughing and worrying about nothing other than the thrill of being alive.

I had forgotten something very important: every day is a gift. All that bad news on television distracted me for a moment. I remembered that worrying about what may happen is like chasing after the wind. I'll never catch it no matter how hard I try. But if I celebrate what I do have, friends, family, and most importantly, a Savior, I need not fear anything. So, I left the park with a cheerful heart.

Today if you are fearful or worrying about something, do not lose heart. There is a God who loves and cares for you. You are never forsaken or alone. Remember that "He Himself gives to all mankind life and breath and everything." And then, rejoice!

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

Native Landscaping

Doug Tallamy was a keynote speaker at The Partners for Native Landscaping event at the Missouri Botanical Garden in early March.

Doug Tallamy is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware, where he has authored eighty research articles and has taught Insect Taxonomy, Behavioral Ecology, Humans and Nature, and other courses for thirty-two years.

His new book is titled *Nature's Best Hope* and he advocates for homeowners everywhere to turn their yards into conservation corridors that provide wildlife habitats. This home-based approach doesn't rely on the federal government and protects the environment from the whims of politics. It is also easy to do, and readers will walk away with specific suggestions they can incorporate into their own yards.

One mental visual he gave us - what if each American landowner converted half of his or her yard to productive native plant communities? Even moderate success could collectively restore some semblance of ecosystem function to more than 20 million acres of what is now ecological wasteland. That's more than the combined areas of the Everglades, Yellowstone, Yosemite, Grand Teton, Canyonlands, Mount Rainier, North Cascades, Badlands, Olympic, Sequoia, Grand Canyon, Denali and the Great Smoky Mountains national parks.

There are many resources to get you started if you are new to this kind of landscaping. Grow Native! (grownative.org) is a good start – there are many native plants sales in the spring, and we are fortunate in St. Louis to have a variety of garden centers that carry a good selection of natives. Check Grow Native!'s resource guide for garden center information.

Check out the local St. Louis chapter of Wild Ones! It's a wonderful way to experience how others have created space in their landscapes for nature. If you still aren't sure what to do next, you can have a yard evaluation done by Bring Conservation Home, a program of our local Audubon Society. Shaw Nature Reserve in Gray Summit has the wonderful Whitmire Wildflower garden you can observe. There will be a Native Plant Garden Tour June 20th – google for ticket availability and the Sustainable Backyard Tour is June 14th – again, google for more information.

Nature's Best Hope is available at a bookstore near you – or available to borrow from your favorite local Ferguson library!

What to do for your Lawn in April

• **Sow lawn seed** now on well-prepared soil and keep the soil moist while it germinates.

• **For an instant lawn, lay new turf** this month, and keep it moist until it's established.

• **Repair any bare patches in your lawn.**

• **Apply a high nitrogen fertiizer** to your lawn, for a boost to the start of the season.

• **Apply specialist lawn weed killers** to your lawn wherever moss and weeds are a problem.

• **Mow your lawn more regularly,** as required. Lower your mower blades towards the end of the month.

• **Recut lawn edges** to straighten them up.

• **Install lawn edging** to make future maintenance easier.

• **Aerate compacted areas** of lawn, by spiking it with a garden fork.

Other jobs about the garden

• **Buy fresh potting compost** from your local garden centre and store it in a cool, dry place in preparation for the season ahead.

• **Invest in water butts**. Position them under a downpipe to make the most of rainfall.

• **Top up bird baths and bird feeders** to encourage birds into your garden.

6 • 4 • 3 Warm Ferguson Warming Center

The Ferguson Warming Center Provides warm meals, safe overnight shelter, and winter supplies in our community to unsheltered friends and neighbors anytime overnight temps drops below 30°, preventing frostbite, illness, or death.

A recent Post-Dispatch article showed photos of workers from Ferguson Warming Center giving blankets and hand sanitizers to the homeless in downtown St. Louis.

Other photos showed Tony Rice, executive director of the Ferguson Warming Center, delivering masks, hand sanitizer, food and clothing to homeless people in a downtown park during Rice's weekly delivery. The breathing masks are leftover from those originally bought for marchers in Ferguson in 2014.

Blankets stockpiled at the Ferguson Warming Center for the homeless and unsheltered anytime the temperature drops below 30 degrees.

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Wednesday, March 11th meeting

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

Officer Willie May opened the March 11th, 2020 meeting of Ferguson On-Watch, welcoming everyone at city hall.

Don't let your car run unattended!
The majority of calls are still for Stolen Autos. Cars left running and getting stolen are increasing. Officer May mentioned Sector 2, which had 8 stolen autos in February. Sector 1 had 4, sector 4 had 6, and sector 5 had 3. He passed out the crime stats for February 2020 to everyone attending. 21 vehicles were listed as being stolen from the city last month, versus 18 for the month before (January). He also asked us to bring our valuables, including guns, inside, to prevent them from being taken.

A lot of the property damage was due to people upset with somebody. Burglaries are a concern on the list, so if you can get an alarm system, get one. If you have an alarm system, use it.

Lock your car doors at night, as we do have people checking door handles to see if they can gain entry to your vehicle.

Officer May's back story:
Officer May has been in Ferguson for exactly 1 year on this date. Formerly, he came from Berkeley, and prior to that St. Louis County Police. He has a total of about 12-13 years law enforcement experience. He also recently retired from the Missouri Air National Guard and was the NCOIC (Non-Commissioned Officer In Charge) of Emergency Management. That skillset makes an excellent addition to the Ferguson Police force.

Dollar Store Burglaries:
There has 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 still an on-going investigation regarding when they plan to apprehend the 2nd partner.

Police Staffing Info:
The Ferguon Police Department had 1 new officer come on recently, as they have transitioned from the Field Officer Training program to a Police Officer training program that is more individually focused. We also have 2 in the Police Academy that should be graduating in April. At this time approximately 9 officers have gone through the training. A member of the audience asked how many females were on the police force, and Officer May reported "6".

We now have permanent 12 hour shifts. Our manning has a car in each of the 4 sectors, with 1 supervisor car. If we can add 2 cover cars, the total would be at 7. Night shift is busy when they 1st arrive on duty, and slows down in the morning, when reports are done. Day shift is the opposite, slow in the morning, and from noon to 6 is busy, with people getting home from school and work.

Roll Call Training:
When changes to our general orders or ordinances are made, the review of those changes is made at the twice daily roll calls. It appears to be working well. Additional training can happen outside our venue. Recently, Active Shooter training was held in a church on the south side, conducted by St. Louis County, and attended by 5-6 other local departments. That training came in useful recently when we had an active shooter at the Ferguson Wal-Mart. The officer with the secondary work as Security officer had been wounded, and when additional help arrived the Wal-Mart Security Manager was relieved by a Police Officer responding to help.

Next meeting date:
Our next Ferguson On Watch meeting is the 2nd Wednesday, April 8th at 7:00 PM at City Hall, unless the city cancels the meeting due to the corona virus activity. As of the middle of March, the city asked that Neighborhood meetings be postponed for a month. Please have a safe month.

UMB RESPONDS TO COVID-19

Banking is considered an Essential Business and is exempt from the public health orders. As such, we will remain open and available to our customers, while still ensuring we provide the highest measures of health and safety for our associates and customers. We encourage our consumer banking customers to utilize our new On Line and Mobile Banking Services.

Should you have any questions or concerns, please contact your relationship manager or our Service Center at 800.860.4862, Monday – Friday 7:00 a.m. to 8:00 p.m. and Saturday from 8:00 a.m. – 5:00 p.m. CST. We also encourage you to visit our COVID-19 resource page on to stay abreast of how we're proactively managing this situation.

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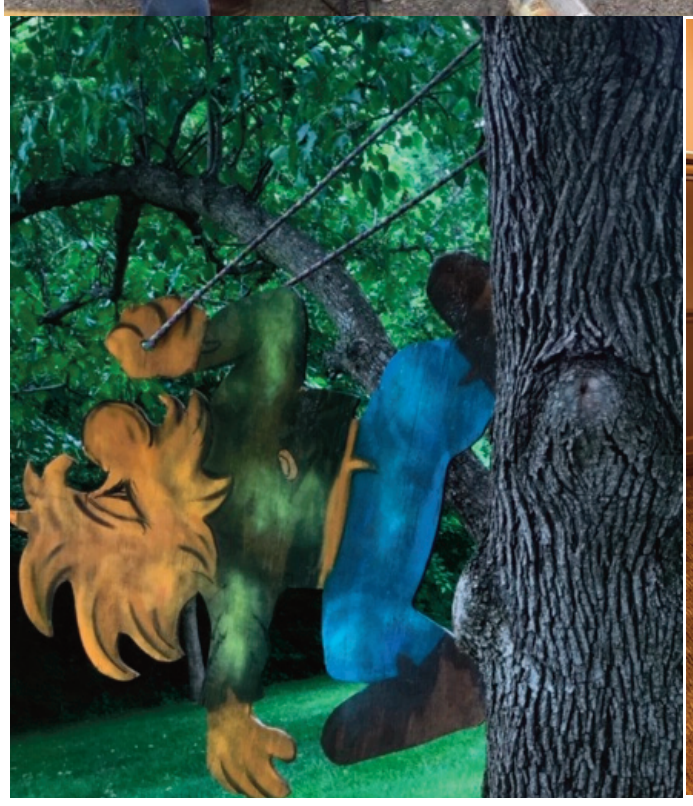

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314-568-8367. A FOURTH OF PROCEEDS GO TO THE "FERGUSON TIMES."

Artful Considerations

by Robin Shively

"*Anyone who works on a quilt, who devotes her time, energy. creativity, and passion to that art, learns to value the work of her hands. And as any quilter will tell you, a quilter's quitling friends are some of the dearest, most generous, and most supportive people she knows.*"

– Jennifer Chiaverini

I was fortunate to be able to view the second annual Ferguson Municipal Public Library Quilt Show, held last month. While organizers were preparing for this "second annual" show, they were delighted to find evidence of a previous quilt shows in a locked cabinet in the library's back room! Inside were photographs and documents that hadn't been seen since the 1990s, including photos of past quilt shows held when the library was located in what is now the City Hall building. This year's exhibit included artistic creations by Ferguson and St. Louis County quilters and fiber artists. Traditional-sized quilts and smaller fiber art pieces were both exhibited in this fantastic display of fabric creativity. This year, there were even some vintage family quilts. It was especially interesting to see two vintage variations on the "Garden Quilt" pattern.

Dream Dancer by Deby Hughey

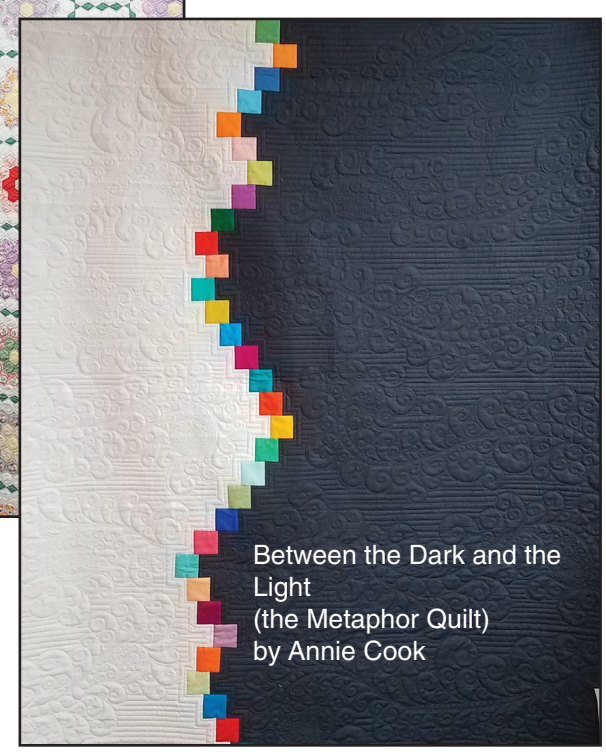
All visitors were invited to cast a vote for their favorite, and I found it indeed difficult to choose. This year's "People's Choice" winner was the very vibrant "Starburst" by Dottie Vaughn. Congratulations to Dottie and all the participating quilters! If you missed the show, or would enjoy a second look, I have included some photos with this article and you can view a walk-through of the show on the Ferguson Municipal Public Library's Facebook page. Unfortunately, according to their website; following advice from federal, state, and local public health officials, the Ferguson Library is currently closed and will remain closed until at least April 5th. (As a personal note; I must say, I wasn't particularly concerned about empty shelves in stores & events being cancelled, but I did take notice and hurry to check out more books!)

Starburst
by Dottie Vaughn

Down by the Sea
by Vicki Unger

St. Louis Slyline by Annie Cook

Garden Quilt
Owned by Kay Klein



Between the Dark and the Light
(the Metaphor Quilt)
by Annie Cook

As I write this article, Good Shepherd Arts Center has announced on its website that the center has also been "temporarily closed due to the current health crisis… We will keep you updated as planning becomes possible. We will follow the protocols of the Ferguson-Florissant School District and Ferguson Municipal Public Library. Thank you for your ongoing support."

Its current exhibit, "Who Is My Neighbor?", which opened in March featuring a select number of works by high school and undergraduate students on the theme of breaking barriers and building bridges, will be extended after the gallery reopens. Dates for the extension of this exhibit will be available as soon as confirmation is possible, as well as for the future show, "Inspirations and Aspirations", featuring the work of Ferguson native Mary Louise Nichols. Watch their website for details and announcements.

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

Correction:

Finally, I have a correction and apology: Last month I wrote about attending the opening reception of the student art exhibit "The Work of Their Hands" at GSAC and meeting several young artists. I also published photos of some of them with their art. However, two photos had the wrong caption and one of those captions didn't even have a photo to accompany it. So, this month I am including photos with the correct captions, along with my sincere apologies to Noah, Aden and Logan.

Noah Wright, 4th grade,
St. Ferdinand

Aden Rulo, 7th grade,
St. Rose

Logan Boyle, 1st grade,
St. Ferdinand

The Best of Ferguson

by
Ruffina Farrokh Anklesaria, M.A.

People featured before; a walk down memory lane

Easter greetings to my readers! As I write this, we as a nation are grappling with the onset of the coronavirus, covid19, and steps have been taken to encourage social distancing: universities and schools closed, big games cancelled, gatherings exceeding 250 not permitted, and drive-thru testing is underway. Seniors over 60 and those who are immunocompromised are advised to stay indoors. The world is reeling from the current pandemic. In the past 300 years there have been three pandemics every century, the worst one being the Spanish 'flu pandemic of 1918 when 50-100 million people lost their lives! As we weather this one, let us unite to ensure we all survive and do so with respect and love for each other. It was heartening to read that in Italy where the whole country was on lockdown, they had a national day of song from their homes! They asked everyone to get out on their balconies at 6:00 p.m. one day and to make music and help raise flagging Italian morale. I hope we remember to find some joy together if we get hit really badly.

I too am confined due to circumstances, and wish to add a little joyful note to cheer up my readers who may be at home or working under tough circumstances. We are all in this together. Ferguson is a special community. We faced the Mike Brown crisis in August 2014, and our shared difficulties during this time knitted us closer together. We are a very diverse people, with 68% being African American, 25% Caucasian, less than 2% Latino and the rest mixed (2017 statistics; https://datausa.io/profile/geo/ferguson-mo/#demographics). It seems ironic that such a mixed population was asked to bear the brunt of attacks for being racist! We are clearly not, from our composition.

I was attracted to Ferguson because of the mix of people living here. As an Indo Caribbean woman, I feel most comfortable living in a mixed neighborhood. Over the years I came to realize our people are so talented and openhearted. Sharing their stories here with you has been nourishing for me and for my readers, from the feedback I get. All of life flourishes with appreciation and this is what this column has been about. So today, I'm walking you down memory lane to reflect on some of the wonderful people living in our community, whom I have had the pleasure of featuring in my column over the years.

If you missed reading about them and would like to do so, head over to my Facebook page, "Best of Ferguson, Missouri" where I have a permanent record of all my interviewees with links to the original articles. Hats off to all of you! You are what Ferguson is all about!

Angie Carron of OmTurtleCafe, Yoga & Spa, 3/20
Brian Owens, 2/20, by my guest columnist Stefannie Wheat – Peggy Faul, 1/20 – Susan & Ank Ankenbrand, Ph.D., 12/19
Pastor William Martin Jr, Manager of Schnucks, 11/19
Jamie & Joe Schroeder, 6/19 – Luvenia Piggee, Manager, Customer Services, USPS, 5/19 – Jeffrey Blume, Interim City Manager, 4/19
Volunteers and Board members of the I Love Ferguson nonprofit organization, 3/19 – Volunteers of the I Love Ferguson shop and committee, 2/19
The Mayor of Ferguson, Hon. James Knowles III & his wife Lisa, 1/19
Cora Faith Walker, State Representative of District 74 of Missouri, 12/18

Daniel S. Wentz, D.V.M. of Ferguson Animal Hospital, 11/18
The Association of American University Women (AAUW), 10/18
Bob & Peggy Mc Gartland; John & Linda Lipka, founders of the Taste in Ferguson, 9/18 – Wesley Bell, St Louis County Pros Attorney, 8/18
Dwayne T. James, 7/18– Father Rosy of Blessed Teresaparish, 6/18
Ferguson Swim Team, 5/1– Rae Mohrmann, 4/18 – Tom Claffy, 3/18
Georgia Denise Rossell, 2/18– Ruffina Farrokh Anklesaria, 1/18
Wendell Phillips (Phil) Berwick, 12/17
Raychel Proudie, (currently) State Rep. of District 73 of Missouri, 11/17
Sherry Loesch of Ferguson Style & Spa, 10/17
Bridgett & Deun (Sonny) Lewis Drake's Place Restaurant, American Cuisine, 9/17 – Adrian Shropshire of Jobs and More, 8/17
Tim Larson, (photographer extraordinaire for Ferguson), 7/17
Anetra Johnson, 6/17– Marveena Miller, 5/17– Rob Chabot, 4/17
Lizzie & Mike Lonero of Vincenzo's Italian Restaurant & Cork Wine Bar, 3/17 – Nancy Remmert, President of Church Women United, 2/17
Dwayne Ingram, 1/17– Sandy & Tom Sandsevere, 12/16
The People of Ferguson, 11/16– David Bohlen of Bohlen Family Farms, 10/16– Dara Ashby, (animal rescue angel!), 9/16
Molly Rockamann, Founding Director of EarthDance Organic Farm School, 8/16 & 7/16 – Randy Jefferson of Floors Done Right, 6/16
St Vincent de Paul Society at BTC Parish, 5/16
Ferguson United Organization, 4/16 – Ferguson Kiwanis Club, 3/16
Tony Dansberry, U.S. Bank Manager, 2/16 – Sherri Chisolm, 1/16
Heather & Larry Robinett, 12/15 – Stefannie, Ken & Christopher Wheat, 11/15 – Jeniece Andrews of Hidden Treasures, 10/15 – Jennifer Ice, 9/15
Dorothy Kaiser (octogenarian), 8/15 – Jeff Finnegan, Pastoral Associate, B.T.C., 7/15 – The Ferguson Volunteer Flower Department, 6/15
Volunteers of the I Love Ferguson shop and committee, 5/15
My Maiden Column; an introduction to the author, 4/15Didn't find your favorite person or project here? Email me their contact info and they might be featured here next! Feel free to nominate yourself as well! I will interview you via FaceTime or Skype to maintain social distancing during this time.

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.BestAgainstStress.com Ph: 314.766.4391

Remember That Game? Baseball?

A few months ago I wrote a elegy about my brother, Paul.

There was a real-life story about Paul that typifies the humor that he found in everyday life.

I don't remember the year, but Paul rented out one of the Party Rooms at Busch Stadium. I was invited to attend along with his immediate family. You see, of seven children, I was the only real Cardinal fan of all my siblings.

All the party rooms have names and we were in the 1946 Cardinal room. There was a picture of the 1946 team on the wall. Paul was sure that I would remember the names of all the players, but when I looked, there were some players I wasn't sure of.

"The team I really liked was the 1948 team," I told my brother. "OK," he said, "let's find Room 1948.The two of us walked down the hall until we found 1948. The room was occupied, but no one paid us any attention. We walked over to the team picture and he said, "OK, you name the players and I'll check the names on the bottom to see if you're right."

I did pretty well, although I must admit the players all looked way too young in my eyes.

As we were leaving the room the attendant (there is always at least one in the party room who serves the food and drinks) stopped Paul and asked him if he had been a Cardinal. "Yes," said Paul, "I'm Whitey Kurowski. Whitey was one of the players I couldn't identify. The attendant shook his hand and had a few congratulatory words to say.

When we returned to our own room a whole succussion of attendants kept arriving to shake "Whitey's" hand.

About that time, my husband wanted to smoke a cigarette. There was an area down on the main concourse that was a smoking area and Paul accompanied Bud, in fact I think he even had a cigarette. Bud kept calling him "Whitey" and pretty soon everybody in the smoking area was shaking his hand.

Who was Whitey Kurowski? He played 3rd base and was the hero of the 1942 World Champion Cardinals over the New York Yankees when he hit a home run in the 9th inning to break a 2-2 tie.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

ALL EVENTS SUBJECT TO CANCELLATION

Fill Out Your Census at the Library . . . . . Tues., Apr. 7

CITY ELECTION CANCELLED . . . . . Tues., Apr. 7

Fill Out Your Census at the Library . . . . . Thurs., Apr. 9

GOOD FRIDAY . . . . . Fri., Apr. 10

EASTER SUNDAY . . . . . Sun., April 12

Reading on Race Book Club – Library . . . . . Mon., Apr. 13

Determine Architectual Style and Age of Your Home . . . . . Tues., Apr. 14

Ferguson City Council Meeting – City Hall . . . . . Tues., Apr. 14

Fill Out Your Census at the Library . . . . . Wed., Apr. 15

Community Archetectual Tour . . . . . Sat., Apr. 18

Card and Paper Club – Library . . . . . Sat., Apr. 18

Fill Out Your Census at the Library . . . . . Mon., Apr. 20

Learn to Sew – Library . . . . . Mon., Apr. 20

Recycling Puppet Show – Library . . . . . Sat., Apr. 28

Ferguson City Council Meeting – City Hall . . . . . Tues., Apr. 28

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Answers to Trivia, Page 12

1. X
2. Xmas
3. XYZ
4. X-rated
5. X-rays
6. Xerox
7. Xylophone
8. X
9. XXX
10. X-ray vision
11. X
12. Xchromosome

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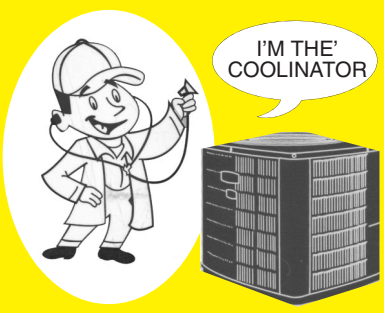

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