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Two events Aug. 23 and 24 promote clean water education, restoration and recreation.

Ready... Set... Paddle!

By Shelly A. Schneider

There is still time to register for the Second Annual Race for the Rivers or Clean Water Challenge. The Race for the Rivers is a staged canoe and kayak race that covers 65 miles of the scenic Missouri River. The race begins in Washington, Mo. and ends at the confluence of the Missouri and Mississippi Rivers. The event is sponsored by Greenway Network, Inc., a grassroots nonprofit organization that strives to conserve natural resources and the area's watersheds. Charlene Waggoner, president of Greenway Network, Inc., said canoers and kayakers could register up until the close of business on Friday, Aug. 22. The best way to register is online at www.racefortherivers.org.

"Race for the Rivers is a two-day race for the serious paddler with strong endurance and a desire to compete," Waggoner said. "The first day's race ends in St. Charles' Frontier Park at the Race for the Rivers Festival."

Day two of the race includes a sprint to Columbia Bottom Conservation Area. This race is sanctioned by the United States Canoe Association.

"We have participants coming from all across Missouri, and from Kansas, Illinois, Georgia and Alabama," Waggoner said.

The Clean Water Challenge is for the experienced canoe or kayak paddler who has a desire to learn more about the rivers and how to care for them. This one-day race takes place on Saturday, August 23. Paddlers will complete for speed and accuracy as they travel 20 miles of the Missouri River from Weldon Spring to Frontier Park. Throughout the journey there will be tasks for paddlers to perform, including water quality monitoring. This race will be run with the assistance of the Missouri Department of Conservation.

"Most of the racers have their own boats, but this year we have a very generous livery, Twin Rivers Canoe, that is supplying canoes to many of our racers,"



Photo courtesy of Greenway Network

Movie Talk



Steve Coogan and Elisabeth Shue in "Hamlet 2." © 2008 Focus Features

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St. Louis County Library Knitters Warm Up America



WarmUpAmerica.org

St. Louis County Library knitting groups have joined forces

Warm Up America! to create and donate handmade blankets to the needy. Eight branches will participate in the project through the end of 2008, with hopes of completing 10 full afghans.

Warm Up America!

(WUA!) is a national organization made up of volunteers who create handmade afghans for the less fortunate. Volunteers donate their time

to crochet and knit 7" X 9" rectangles. Sections are either joined by individuals or groups in a community and donated locally or sent to WUA! headquarters for joining and distribution. Completed afghans are donated to victims of natural disasters, battered women's shelters, the homeless, and others in need.

St. Louis County Library hosts a number of knitting groups for all ages and skill levels. The following branches will participate in the Warm Up America!: Bridgeton Trails 314-291-7570; Daniel Boone 636-227-9630; Grand Glaize 636-225-6454; Indian Trails 314-428-5424; Meramec Valley 636-349-4981; Sachs 636-728-0001; Thornhill 314-878-7730; and Weber Road 314-

If you are interested in joining one of the li-

brary's knitting groups or would like to contribute to the Warm Up America! project please contact one of the branches listed above.

More information about Warm Up America can be found at: http://www.warmupamerica. com

Program sites are accessible. Upon two weeks notice, accommodations will be made for persons with disabilities. Contact St. Louis County Library by phone (TDD\TTY) 314-994-3300, 314-994-9255 or visit www.slcl.



PADDLE from cover

Waggoner said.

To date there are about 50 boats and 70 people registered for the

"The goal is to attract people to the river, and show them how it's

affected our lives," Waggoner said. "The money raised will be used for clean water education, restoration and recreation projects. We are in critical need of money to restore the rivers and wetlands." Greenway Network is also sponsoring a festival at Frontier Park

on the St. Charles waterfront. The festival is the finish for the Clean Water Challenge race, and for day one of the Race for the Rivers participants. Festival hours are from noon to 6 p.m.

"The Clean Water Challenge folks will come in around noon or 12:30 p.m.," Waggoner said. "Most of the people coming in from Race for the Rivers will be out of the water by 4 or 5 p.m., but the festival continues to 6 p.m."

The community is invited to the festival to meet the racers, learn about competitive paddling and keep track of the race leaders on the leader board updated throughout the day in the park. Adventure and outdoor sports vendors, seven live bands, environmental educational displays and activities are all part of the festival.

"There's a lot of learning going on, and many hands-on activities," Waggoner said. "We had about 600 people at the festival last year, and we really didn't do much advertising. We just wanted to get the race going, take care of the racers and just see what happened

Sculptures made with metal pulled from the Missouri River will be on display at the festival. Community members are also invited to stop by the quilting frame and help stitch a quilt.

"We participate in many festivals around the area, and we help people do sun printing on fabric," Waggoner said. "Some of the fabric pieces that are left behind are done so deliberately, and some are done so unfortunately. We'll have some quilters at the festival this year and the community is invited to come and take as many stitches as they wish. We want to link that to the need to remove invasive species from our rivers and wetlands."

More information on the festival and race registration is available on-line at www.racefortherivers.org. For more information on Greenway Network visit www.greenwaynetwork.org.



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Saint Louis Zoo's Five Amur Tiger Cubs Make Public Debut

Five critically endangered Amur tigers, born at the Saint Louis Zoo on April 28, made their public debut on August 5. The five cubs - two males and three females have been with their mother "Kalista" in an indoor maternity den at Big Cat Country.

Now they will explore grass, trees and rocks in their outdoor habitat with their mother every day from 10 a.m. to 12 noon, weather permitting.

Although this is Kalista's first litter, she has proven to be an excellent

tigress is two or three cubs. Kalista has been busy nursing and caring for her five cubs. The cubs have grown from an average of two pounds to about 25 pounds.

Kalista is seven years old and came to the Saint Louis Zoo from the Philadelphia Zoo in 2003. Khuntami, the 16-year-old

mother. Normal litter size for a

and arrived in St. Louis from the Omaha Zoo in 2006. He is considered one of the most genetically valuable tigers in North America.

The Zoo's Amur tigers, formerly called Siberian tigers, are part of the

> Association of Zoos and Aquariums' Tiger Species Survival Plan (SSP). The Tiger SSP is responsible for maintaining a genetically healthy population of tigers in North American zoos - the Amur, Sumatran and

Malayan subspecies of tigers. There are approximately 300 tigers in the Tiger SSP and fewer than 500 living in small populations of far eastern Russia and northeast China. Loss of habitat due to logging activities, human encroachment, and poaching

father, was born in the wilds of eastern Russia are the main threats to their survival in the wild.



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New Life Skills Certificate Offered Oct. 14-15 in St. Louis for Trainers of At-Risk Adults and Youth

Program meets requirements for WIA-approved training

ST. LOUIS - Workplace and organizational educators, especially those who work with atrisk adults and teens, can learn a fun, fresh approach to teaching critical life skills through a new Dean's Certificate program offered by University of Missouri Extension and University of Missouri-St. Louis.

Participants will earn 1.2 Continuing Education Units (CEUs) for the 12-hour training, which will be offered October 14-15 at UM-St. Louis. The program will use the new, revised version of a proven life skills curriculum called Tackling the Tough Skills™: A Curriculum Building Skills for Work and Life.

This certificate program will equip participants to teach critical life skills related to attitude, responsibility, communication, problem solving, preparing for the workplace, anger management, conflict resolution, critical thinking, self-esteem, teamwork, and dealing with stress.

Rosilee Trotta, LCSW, MU Extension urban youth and family specialist, is the book's author and the course instructor. The program meets requirements for training funded by

the Workforce Investment Act (WIA). The fee of \$275 includes a copy of the revised curriculum (\$75 value). The registration deadline is October 10.

The curriculum is being used to teach life skills to adults and teens around the world, including all 50 states, Washington, DC, and 15 countries.

Online registration is available at http://www.umsl.edu/ ce/toughskills. For more information, contact Rosilee Trotta, 314-615-7637, or by e-mail, TrottaR@missouri.edu.



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Local Athletes Win Gold at 2008 National Championships

Hazelwood, MO - St. Louis Elite members from Hazelwood, Missouri won 19 Top Ten places at the 2008 USA Gymnastics Trampoline & Tumbling National Championships competition held July 1 – 6, at the Kansas City Convention Center.

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clubs in 37 states met in Kansas City, Missouri, at Bartle Hall from July 1 through 6 for the 2008 USA Gymnastics Trampoline & Tumbling National Championships. This competition names

> the national champions in trampoline - both individual and synchronized, power tumbling, and double mini trampoline.

> "High scores were made by all of our

athletes at the competition. It shows they can compete on a national level and place well," said Eric Miller, head coach of St. Louis Elite Trampoline & Tumbling. "Our team showed heart and character. Nationals is the ultimate competition of the season."

St. Louis Elite had ten athletes enter the National Championships. The team took 19 Top Ten places and seven medals: two gold and five bronze. Clayton Janvrin and Erin Dennis, both from Florissant, won gold medals at the competition, making them National Champions. Also from the North County area were Kevin Foster and Sulaiman Hinton, making their national



Kid's World Gymnasts Pictured left to right: Sulaiman Hinton, Andrew Shelton, Erin Dennis, Berklea Going, Clayton Janvrin, Coach Eric Miller

debut with very impressive results. The athletes cheered the Region IV participants to their fifth title at the Regional All-Star competition. St. Louis Elite is in the Region IV area.

St. Louis Elite's athletes who placed in the Top Ten are (in alphabetical order):

- Natalie Altis (Ballwin): Level 6 Trampoline-6th
- Henry Baer (Town & Country): Level 9 Trampoline & Level 6 Tumbling-3rd, Level 8 Double

Mini-4th

- Erin Dennis (Florissant): Level 7 Tumbling-1st
- Kevin Foster (Blackjack): Level 7 Double Mini-7th, Level 7 Tumbling-9th
- Berklea Going (St. Louis): Level 8 Trampoline & Tumbling-9th

Sulaiman Hinton (Florissant): Level 6 Trampoline & Level 7 Double Mini-5th

- Clayton Janvrin (Florissant): Level 7 Trampoline-1st, Level 8 Double Mini-3rd, Level 7 Tumbling-5th
- Ian Miller (Ballwin): Level 7 Tumbling-3rd, Level 9 Trampoline-8th
 - Josh Ryan (St. Ann): Level 5 Double Mini-10th
- Andrew Shelton (St. Louis): Level 10 Trampoline-3rd, Level 10 Double Mini-4th

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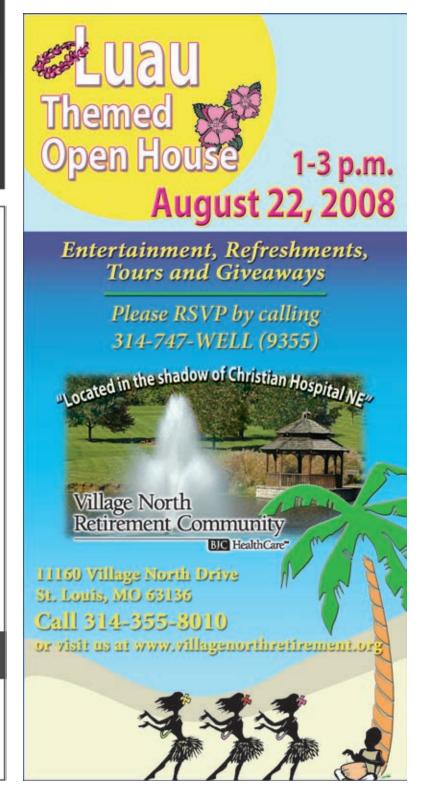
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St. Louis Elite is a not-for-profit organization dedicated to enhancing each athlete's life through competition and training, by developing strength, agility, courage, confidence, and discipline; thereby creating a safe, positive, winning environment. St. Louis Elite trains at Kids World Gymnastics, 8701 Dunn Road, Hazelwood, MO 63042. For more information about St. Louis Elite and our teams, visit our website at http://www.kidsworldgymnastics.com.

Trampoline was first recognized as a sport in its own right in the United States in 1967 and made its Debut as an Olympic sport at the 2000 Olympic Games in Sydney, Australia. Double-mini trampoline competition was added in 1978. Power tumbling, first performed on simple mats, has had US National Championships dating back to 1886. For more information, visit the official USA Gymnastics Trampoline and Tumbling web site at http://www.usa-gymnastics.org.





Old Town Florissant



in the Valley of the Flowers

Florissant Undertakes Project to Assist People Facing Foreclosure

The City of Florissant, according to Mayor Robert that may be in this situation or coming close to this in each area the help they need. We have helped almost G. Lowery, has been on top of situations preventing Florissant properties from being foreclosed, since this became a problem in the United States. We ask anyone

situation to please call the City at 314-839-7680 and we will assist you and hopefully prevent you from losing your home. It is our obligation to provide every citizen

100 different people save their homes. Please see the information below: "Tips for Avoiding Foreclosure" and let us know if we can be of assistance.

Tips for **Avoiding Foreclosure**

Are you having trouble keeping up with your mortgage payments? Have you received a notice from your lender asking you to contact them? If you are unable to make your mortgage payment:

- 1. Don't ignore the problem. The further behind you become, the harder it will be to reinstate your loan and the more likely that you will lose your house.
- 2. Contact your lender as soon as you realize that you have a problem. Lenders do not want your house. They have options to help borrowers through difficult financial times.
- 3. Open and respond to all mail from your lender. The first notices you receive will offer good information about foreclosure prevention options that can help you weather financial problems. Later mail may include important notice of pending legal action. Your failure to open the mail will not be an excuse in foreclosure court.
- 4. Know your mortgage rights. Find your loan documents and read them so you know what your lender may do if you can't make your payments. Learn about the foreclosure laws and timeframes in your state (as every state is different) by contacting the State Government Housing Office.
- 5. Understand foreclosure prevention options. Valuable

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information about foreclosure prevention (also called loss mitigation) options can be found on the internet at portal. hud.gov/portal/page?_pageid=33,717348&_dad=portal&_ schema=PORTAL

- 6. Contact a HUD-approved housing counselor. The U.S. Department of Housing and Urban Development (HUD) funds free or very low cost housing counseling nationwide. Housing counselors can help you understand the law and your options, organize your finances and represent you in negotiations with your lender if you need this assistance. Find a HUD-approved housing counselor near you or call (800) 569-4287 or TTY (800) 877-8339.
- 7. Prioritize your spending. After healthcare, keeping your house should be your first priority. Review your finances and see where you can cut spending in order to make your mortgage payment. Look for optional expenses-cable TV, memberships, entertainment-that you can eliminate. Delay payments on credit cards and other "unsecured" debt until you have paid your mortgage.
- 8. Use your assets. Do you have assets-a second car, jewelry, a whole life insurance policythat you can sell for cash to help reinstate your loan? Can anyone in your household get an extra job to bring in additional income? Even if these efforts don't significantly increase your available cash or your income, they demonstrate to your lend-

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- 9. Avoid foreclosure prevention companies. You don't need to pay fees for foreclosure prevention help-use that money to pay the mortgage instead. Many for-profit companies will contact you promising to negotiate with your lender. While these may be legitimate businesses, they will charge you a hefty fee (often two or three month's mortgage payment) for information and services your lender or a HUD approved housing counselor will provide free if you contact them.
- 10. Don't lose your house to foreclosure recovery scams! If any firm claims they can stop your foreclosure immediately if you sign a document appointing them to act on your behalf, you may well be signing over the title to your property and becoming a renter in your own home! Never sign a legal document without reading and understanding all the terms and getting professional advice from an attorney, a trusted real estate professional, or a HUD approved housing counselor.

Source: U.S. Department of Housing and Urban Development's Homes

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Editoria

Shelly Schneider

The Popular Kids

By Shelly Schneider

School's first day is fast approaching. Samantha begins her final year as a middle school student, and Michael moves from the top of the food chain to the bottom as he leaves middle school and moves up to the ninth grade. Christopher enters his second year of high schooldom. He's our guinea pig, don't you know. As the eldest Schneider child, Christopher experiences everything first. I'm also the oldest of three children, so I'm well aware that the parents are just as much guinea pigs.

High school, mercifully, is socially a lot easier than middle school. I knew that middle school wouldn't be easy. I attended the workshops and the parent orientations, and I quickly found out that these are ever-changing, ever-growing and ever-confusing years. Middle school kids are finding out who they are, and sometimes they run over one another as they climb the social ladder. I knew what could happen...I just didn't know where Christopher, Michael and Samantha would fall on that ladder (and I hope the words "fall" and "ladder" weren't lost on you).

The whole family found out Christopher's place in the middle

school universe one evening at dinner.

"I have a headache tonight," Chris said while talk to me." picking over his pork chop.

This is usually a ploy, because my darling son doesn't like meat. Don't go off on me...he does like hot dogs, bologna and chicken pieces that have been chopped and formed into 'nuggets.' He simply doesn't like real meat.

"Well, if it's so bad that you can't eat, then you'll need to go straight to bed," I replied.

"No, Mom, really," he said, rubbing the top of his noggin. "I was hit in the head by a locker this afternoon."

In the sixth grade Christopher's locker was on the bottom (a little piece of irony that wasn't lost on me). Just above him and to the left was the locker of one of the 'popular' girls. She didn't see him one day and opened her recounted the story, I looked at Michael. He loves pork chops, and often asks if there are enough for seconds. Michael was sitting in his chair, facing his brother. His fork was on his plate.

"Michael, don't you feel well today?" I asked.

"Huh? I was just listening to Christopher's story," he said.

"Well, buddy, did the young lady apologize?" I asked, turning my attention back to my oldest child.

"Are you kidding? That would mean she would have to talk to me, Mom," he said.

Now, to be fair, the young lady did offer a sympathetic glance, and Christopher was not psychologically harmed by the en-

"What do you mean?" Michael asked.

This was good stuff. He was learning something new about his older and wiser brother.

"She's one of the popular kids," Christopher said. "She wouldn't

To look at us,

you'd never be able

to tell | was this

child's mother. But

Michael inherited

the one thing | truly

wanted to pass on

to my children.

Michael was dumbfounded.

"You're NOT popular?"

The bubble popped, loud and unceremoniously.

"Let me show you how things work in middle school, Michael," Christopher said.

I started to giggle to myself. This was a whole new side of my son. He was passing on a bit of cherished wisdom to the next in line. Christopher grabbed the ketchup bottle (Michael loves meat, but cannot eat it without dousing it in ketchup), and set it in front of him.

"Let's say this is the middle school food chain," Chris began to explain.

He put his hand on the cap.

"These are the popular kids," he demonstrated.

He then put his hand about an inch from the bottom of the bottle.

"This is me."

Again, Michael was simply dumbfounded.

"You're not popular?" was all he could ask.

It was more a traumatic experience for Michael than it was for Chris. Our old-

est son was laughing at the whole situation. I was so happy that his place in the middle school fish bowl didn't seem to bother

Jim and I took the rest of the meal gently explaining to all of our children that popularity was something that did not come from within. We told them they needed to focus on the things that came from the inside...things like respect for others, kindness, and charity. Popularity, we said, might be the big thing for a few years, but it fades away.

When it was Michael's turn to enter the middle school fish bowl, he was ready. And he walked into the school with a good inkling of his place on the perceived food chain.

"I know I'm not going to be one of the popular kids," he told

"Why not, sweetie?" I asked.

"That's o.k., Mom, it doesn't bother me."

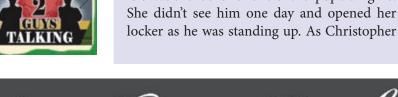
To look at us, you'd never be able to tell I was this child's mother. But Michael inherited the one thing I truly wanted to pass on to my children. He's comfortable in his own skin, and he honestly doesn't care what others think about him. It might be a rough few years, but I am confident all of my children will grow up to be popular...popular with their life-long friends, popular with their co-workers, popular with their spouses and children.

ATTENTION READERS

Shelly Schneider has actually caught up with the 21st century! You can now listen/download her columns on 2GuysTalking... a podcasting network. Simply visit www.2guystalking.com and look for "Life on the Half Shelly."

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Editorial

Over the Fence

By Joe Morice

Parental Paranoia vs. Children's Health

David Finkelhor, Director of the University of New Hampshire Crimes Against Children Research Center points out that between 1993 and 2004, crimes against kids in the U.S. plummeted, as much as 63 percent for teens 14 to 17. They also claimed sexual abuse of children overwhelmingly comes from somebody they already know, not a stranger. He was advocating that

children should play outside more. I agree with this, but my youngest daughter does not. I doubt my granddaughter has ever spent any significant time playing outdoors without supervision in her young life. I feel bad about that. I can also understand the paranoia of parents worried about child abductors and such. They're out there but apparently, not nearly as much as feared. The St. Louis County Family crime unit claims they are more concerned with the baseball coach than someone cruising around the neighborhood looking to abduct children. Again, I agree, in spite of my time as a girl's softball coach.

Kids sit indoors getting fat these days while playing video games or corresponding in computer chat rooms. Parents consider it unthinkable for them to meander around their neighborhood with other kids...if there are others that actually do. Personally, I consider this a form of child abuse. They aren't learning how to survive in the real world where other people are a physical presence instead of microdots on an electronic display.

I was lucky, I guess. We used to grouse about not seeing our classmates because we lived too far out in the country. But at the same time, we learned to amuse ourselves by taking advantage of the surrounding woods and fields, various turn-of-the-century outbuildings and a barn with a hayloft, a favorite of country kids the world over. Rectangular hay bales stored in haylofts were like giant sets of building blocks. By stacking the bales this way and that, we made tunnels or any other configuration our imaginations cooked up. Our parents didn't worry about us being abducted. They worried about us falling out of trees or getting chased by a dairy bull. We often played by ourselves or rode bicycles on dusty gravel roads for miles, all out of sight and sound of parents.

Once in a while, I visited with relatives in the big city. My cousin and I roamed the paved streets far and

wide on bicycles or on foot. The smooth paved streets held me spellbound. The parental requirement was to let them know we were going to do it and to stay off the main drag where all the traffic was; a danger often ignored these days by adult bicycle riders.

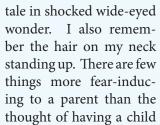
Kids are naturally a bit more gullible than grown-ups. They are more trusting but with proper training, they aren't likely to be gulled into climbing in cars with strangers. "Don't talk to strangers," is a parental statement that probably started after few generations of prehistoric Homo Erectus.

When my kids were young, they ranged the neighborhoods of Florissant. One afternoon, while walking home from school, they witnessed an attempted

abduction by two men in a large car. The men stopped and tried to lure two grade school children into the open door. The children were well trained. They ran screaming up the street. My kids and their friends also screamed and ran. People in nearby houses came out on their porches, yelling and pointing. The two failed abductors peeled away in panic. Police converged on the neighborhood like the Indians did on Custer's Cavalry and I'm sure the swat team was standing by doing Rambo imitations. Unfortunately the ensuing dragnet to apprehend those two bozos failed, probably because nobody got a license number.

I remember my daughter telling this

wonder. I also remember the hair on my neck standing up. There are few things more fear-inducing to a parent than the thought of having a child



abducted and the feeling of terrified helpless frustration it causes. I can't even begin to imagine how the parents of abducted children can go on afterwards.

Despite our fears, we continued letting our children play outside and visit neighbors within reasonable range. They still walked the two blocks to and from school. They knew what to do should the bad guys show up and people in residences along with way watched as well. It's one thing to understand there are low-life critters resembling humans out there who would abduct children, it's another to stop living life on account of it.

Is the risk worth it? I'm not sure, but I had fun as a kid being allowed to be a kid instead of a Twinkiegobbling computer chat room personality. For me, getting fat in front of a computer came with AARP membership applications. Life is weird.



Joe Morice

Economic Stimulus Payment

If you did not file a 2007 Federal Income Tax Return or did not receive the amount of a stimulus check you anticipated, contact Sederburg & Associates. Qualified retirement and veteran benefits will make you eligible for the Stimulus Payment. Your return must be filed by October 15, 2008.







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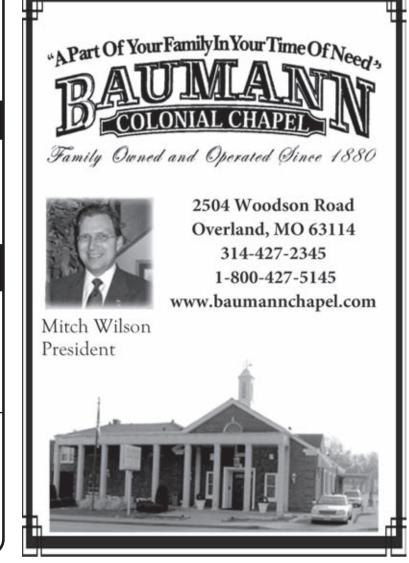
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Students at McCurdy Elementary Build Their Own Levees, Learn about Floods

Potting soil, water and sandwich bags full of sand combined to teach students at Mc-

The kindergarten and first grade students in summer muddpuppies school teacher Patience Edwards' class worked on a beach theme when students started Natural · Organic · Raw Diets asking questions about things they heard on the news recent-Puppy Pawdicures ly, such as levees and floods. They wanted to know how Includes floods happened and what they Nail Trim looked like. & File \$8.00

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First, Edwards reviewed some associated vocabulary words with her students.

Curdy Elementary School in

the Hazelwood School District

about floods and levees.

"Who can tell me what a levee is?" she asked. Hands went up.

"It's when you use sandbags to..." one student started to answer.

"You're close but that's not it," Edwards said.

They continued, reviewing

the definitions of levee, breach, flood watch, flood warning, flash flood watch and flash flood warning.

Next, Edwards showed her students how to make a levee. She scooted a large plastic basin to the center of the room and she emptied a bag of potting soil into it. With the students gathered around her, she compressed and kneaded the soil, dividing the tub in half with her levee. Using

some Monopoly game board pieces, she created a town on one side of the levee and then she poured pitchers of water on the other side.

"I didn't use any sandbags," she pointed out to the students. She asked them to stand on one side of the room if they thought her levee would hold or to move to the other side if they thought the levee would breach. More students thought it would hold back the water and they were right.

Using three clear plastic tubs at each table, the students then own levees.

"You and your team have to rier.



Clockwise, from left, Lauren Ruiz, Giselle Diaz, Mya Diaz and Kyle Patzke get into their levee-building project as members of the Red team. These McCurdy Elementary summer school students learned about flood vocabulary words and they watched teacher Patience Edwards build her own levee before trying their own.

decide if you want to have a flood or a flash flood," Edwards told them as she went from table to table and dumped more potting soil into the tubs. Each team also grabbed sandbags, which were actually sandwich bags packed with sand.

After she gave them their dirt and each team made a town on one side of the tub, Edwards used food coloring to turn the pitchers of water blue, red and green to designate teams.

The Blue team poured water first and its levee held. At the next table, the Red team poured

had the chance to make their in its water, which found its way through some holes in the bar-

> "Our town is floating! Save the dog!" Red team members cried.

> The Green team's levee also kept the water back.

> As they cleaned up and came back together as one group, Edwards asked the students what happened with their levees.

> "It didn't breach and we worked together as a team," said Blue team members.

> "We had holes in our levee so it breached," Red team reported.

"You made your levee very thin from top to bottom," Edwards told the

"We kept smooshing the sandbags into the levee and it held," the Green team said.

To reinforce what they learned, they had to write stories about what happened and why it happened with their levees. She also reminded the class that because Red team's levee did not hold, that didn't make them wrong.

"We should thank the Red team for showing us what a breached levee looks like," Edwards said.





Hazelwood Superintendent Earns Honor from NCCU

North County Churches Uniting for Racial Harmony and Justice (NCCU), has honored Dr. Chris L. Wright, superintendent of the Hazelwood School District, with an Outstanding Education Award.

The recognition by NCCU stems from Wright's dedication to education and her efforts at closing achievement gaps among diverse groups of stu-

"NCCU is impressed with Dr. Wright's commitment to racial harmony and the educational achievement of all students," said Dr. Rance Thomas, president of NCCU.

"She is committed to closing achievement gaps, Dr. Rance Thomas, president of NCCU, and Dr. Chris L. Wright, despite the difficulties involved. She has made significant progress and is still taking steps to make sure achievements will be reached in the future."

Wright has led the Hazelwood School District since July 2002. She has been a teacher and



honored by NCCU with an Outstanding Education Award.

superintendent of the Hazelwood School District. Wright was

administrator in Missouri public schools for 30 years. For the past 24 years, she has served the needs of the diverse student populations in districts in North St. Louis County. She is actively involved in community, professional and civic organizations, serving on committees and boards. Wright earned an A.B. from Indiana University, an M.A. from the University of Missouri-St. Louis and a doctoral degree from Saint Louis University.



Grannemann Elementary Learns about Girl Scouts

Girls from kindergarten to fifth grade at Grannemann Elementary in the Hazelwood School District spent a morning learning and experiencing the life of a Girl Scout at a Taste of Girl Scouting.

Through arts and crafts, songs and games, 94 girls at Grannemann gathered in the school's cafeteria for an introduction to the Girl Scouts by adult scouts from Girl Scouts of Eastern Missouri. The students

worked at various stations to decorate flower pots and plant marigold seeds, make trail signs and snacks, and play with a gooey, white substance called gak, mixed right before their eyes in a big bowl of white glue and liquid starch.

To start the meeting, the girls recited the Girl Scouts Promise and the Girl Scout Law, holding up three fingers in the tradition to being a Girl Scout." Maya Pierce has been with the Girl Scouts of Eastern Missouri for 10 years. She served as the main leader for Grannemann's program and spoke passionate-

may not otherwise be exposed

"All girls should be able to experience Girl Scouts, and it's always a good idea to bring it into

ly about the reason for the day's

the schools."

Michelle Prather, summer school site supervisor at Grannemann, said the students were excited about the program. Girls and teachers were asked to wear pink to school to celebrate the activity and nearly everyone wore an outfit with some shade of pink. As the morn-

ing progressed, it was obvious from the chatter and smiles that the girls were enjoying the activities.



This the first time

the Hazelwood School District has been involved with a Taste of Girl Scouting. Elementary schools throughout the District will host the program during summer school.



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Magic Wands, Trick Ropes Highlight Magician's Show at Jana Elementary

Brian Styles "disappeared" from Jana Elementary School in the Hazelwood School District many years ago - he went on to middle school, high school and then college. Invited by his former second grade teacher, Jane McCarthy, Styles, 19, recently returned to Jana as a practicing magician.

"The most important thing about practicing magic is to know your audience," Styles said. "You have to come up with something that relates to the crowd."

He put on a show for the second through fifth graders and followed that with a separate show for kindergarten and Sunny Start students.

Of the many props Styles used in his first show, the unicycle propped against the wall received the most attention. He said he rode it to school daily for four years, starting in second grade. The kids clamored for him to ride it for them but he de-

murred, saying he would pop the tire on it these days.

Toward the end of his first show, Styles asked for two volunteers to assist him with a trick. He called third graders Bryce Pettifort and Jada White to come up to the

Styles handed the students a pair of magic wands, reluc-



Magician Brian Styles, center, prepares to pull the cover from a squirming bundle with the help of Jana Elementary School third grade students Jada White, left, and Bryce Pettifort. The summer school audience believed a live rabbit hid under the sheet. White and Pettifort helped Styles perform several tricks. Styles once attended Jana Elementary as a student.

tantly, because he told the volunteers and the audience they were some of his earliest wands and he wanted to make sure the students took care of them. As soon as Styles turned his back, the wand he gave Pettifort wilted like a flower, causing the audience to roar with laughter.

"I liked the twists and turns in the magic tricks," Pettifort said. "And I liked the broken stick trick."

"It was fun because he turned a bowling ball into a balloon," White said, recalling the illusion where Styles dumped a bowling ball from a seemingly empty paper grocery sack then appeared to throw it into the crowd, who flinched and backed away on the floor from a black balloon instead.

"I also liked it when he thought he spilled ketchup on my shirt," White said, describing another sight gag Styles used.

"I liked the white knot on the red rope trick," Pettifort added.

Styles had two ropes, one white and one red. After doing several tricks with the two ropes, he made a white knot appear on the red cord and then he untied it so a section of white appeared amid the red.

"When I was 5, I was able to do a magic trick," Pettifort said. "I had two animal crackers and a box. I could make one disappear and the other one reappear."

Coming back to Jana brought back memories for Styles, he said.

"It's kind of interesting. I remember a lot of the staff but with the new construction, things are different too," Styles said as he prepared for the first of two magic shows. Jana is one of many Hazelwood schools undergoing structural improvements and additions as a result of a bond issue passed by voters in 2006.

"It's neat to be able to come back here and say, 'Magic is my job," he said.

of the organization as they repeated the words of the promise. The leaders then taught the girls songs with movements that required a fair amount of concentration. Giggles and laughter took the place of many words as the girls tried their best to keep up.

will attend kindergarten in the fall.

Isys Snider, left, and Skyla Billingsley, participate in a Taste of

Girl Scouting at Grannemann Elementary in the Hazelwood

School District. The girls are in the Sunny Start program and

Liesl Neil has worked for the Girl Scouts of Eastern Missouri for two years. She explained that one of the goals of the Taste of Girl Scouting program was to give girls a chance to experience different aspects of Girl

"The programs are like small Girl Scout meetings," she said. "They are an introduction to the organization for girls who



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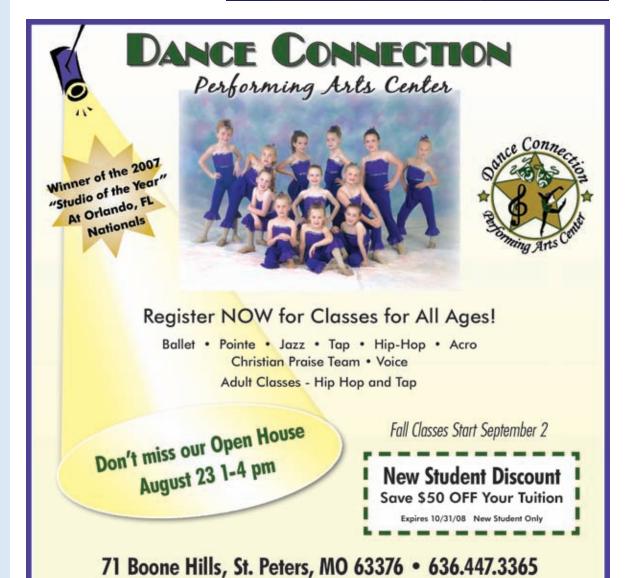
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Explore Saint Charles

Liza Minnelli Kicks Off Opening Season at Lindenwood with Tribute to St. Louis Native

St. Charles, MO - The stars will be shinning bright at the Lindenwood Center for the Fine & Performing Arts as Liza Minnelli kicks off the 2008-09 Opening Season with two solo performances at 8 p.m, September 11 and 12. The \$32 million performing arts center, located at 2300 West Clay Street, is owned and operated by the non-profit, private Lindenwood University. Tickets for Liza Minnelli in

Concert at Lindenwood are available through www.Telecharge.com or by calling 800-447-7400. Liza's "Grand Opening" performance at Lindenwood will feature some of her biggest hits, including "All That Jazz," "Cabaret," "New

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York, New York," and will also pay a special tribute to her godmother and St. Louis native Kay Thompson.

Liza Minnelli, daughter of the film and music legend Judy Garland and internationally-acclaimed director Vincent Minnelli, has garnered a stack of awards. In June 2008, she was inducted into the Hollywood Bowl Hall of Fame. She has recently returned from Europe where she performed to a sold-out Great Britain crowd and will be touring Italy in October and November with her Kay Thompson tribute show.

Lindenwood's 2008-09 season schedule also includes the first performance ever in St. Charles of Hal Holbrook in "Mark Twian Tonight" (September 20); Guy & Ralna of "The Lawrence Welk Show" (October 18); "Movin' Out" Broadway Tour (November 1-2); "Drowsy Chaperone" Broadway Tour (January 2-3, 2009); "Jesus Christ Superstar" starring Ted Neely, Broadway Tour (January 25); and "Cirque Eloize Nebbia" (March 7-8). For a complete Lindenwood Legacy, Broadway and Classical Series schedule and ticket pricing, please visit www.lindenwoodcenter.com or call the Lindenwood Box Office at 636-949-4433 Monday-Friday, 10 a.m.-7 p.m.

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COMMUNITY NEWS

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COMMUNITY NEWS

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The Young People's Theatre at St. Charles Community College will hold auditions at 8:30 a.m. Saturday, Sept. 6, in the theater of the Donald D. Shook Fine Arts Building on the SCC campus. Auditions will be for the fall production of "Wonderland!" and winter production of "Babes in Toyland."

A silly adaptation of the book "Through the Looking Glass" by Lewis Carroll, "Wonderland!" is an upbeat coming-of-age story. The show will be performed at 7 p.m. Oct. 24-25 and 2 p.m. Oct. 25-26. "Babes in Toyland" is a fresh holiday tale that transports audiences to the familiar Mother Goose Land and the magical, mysterious Toyland. The show will be performed at 7 p.m. Dec. 19-20 and 2 p.m. Dec.

Roles are available for actors ages 8-17. Youths must be accompanied by a parent at the audition.

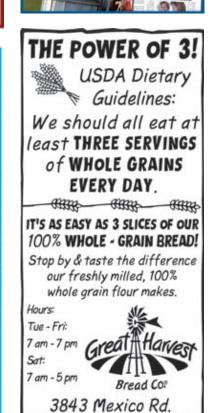
The Young People's Theatre is a performing arts program by kids and their families for kids and their families produced by the SCC Corporate and Community Development Divi-

For more information about the Young People's Theatre at SCC, visit www. stchas.edu/events/ypt. pdf. For more information about auditions and fees associated with YPT, call the SCC Department of Continuing Education at 636-922-8316.









St. Charles, 939-4799

Explore Saint Charles

Friends & Family Fun Rally Helps in Fight Against Diabetes

St. Charles, MO – The American Diabetes Association (ADA) is inviting the public to join in the fight against type 1 & type 2 diabetes, by kicking off the Step Out: Walk to Fight Diabetes season in style. The ADA is hosting a free ice cream party from 3 to 5 p.m. on Sunday, August 24, at St. Charles Community College. The event will be held near the College Center Building and participants can park in the yellow lot on campus.

The ice cream party is free and open to everyone. Activities at the event include children's games, prizes, ice cream treats, educational materials about type 1 and type 2 diabetes and registration for both of the Step Out: Walk to Fight Diabetes events being held in St. Charles County.

Participants have the choice of Stepping Out in two different locations in St. Charles: Saturday, Sept. 27 at Frontier Park

or Saturday, Oct. 11 at St. Charles Community College. Those who choose to Step Out, play a key role in the American Diabetes Association's mission to find a cure for diabetes. Whether people choose to Step Out with coworkers, friends, or family, every step contributes to the fight. More information about the event and on-line registration can be found at www.diabetes.org/stepout and by choosing Missouri, then St. Charles - Sept. 27 or Cottleville - Oct.

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To fulfill this mission the American Diabetes Association funds research to find a cure, programs like Family Resources Network and camp for children with diabetes. The ADA is the nation's leading nonprofit health or-



ganization providing diabetes research, in-

formation and advocacy. Today, diabetes affects 23.6 million people in the United States, an increase of more than 3 million over the last two years. In addition to the 23.6 million who have diabetes, 57 million people are estimated to have pre-diabetes. Diabetes is the fifth-deadliest disease in the United States, and since 1987 the death rate due to diabetes

The ADA is devoted to helping those affected by diabetes. Join the cause by coming to the ice cream party and registering for one of the Step Out: Walk to Fight Diabetes events. For more information about Step Out or the American Diabetes Association, please call Amy Stephan at 888-342-2383, ext 6835 or e-mail at astephan@diabetes.org.

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St. Charles County Parks Department – To take advantage of the natural landscape of St. Charles County's Broemmelsiek Park and to highlight the farming heritage of the region, the Parks Department offers its popular hayrides at this location each Friday, Saturday, and Sunday evening from Sept. 5 to Nov. 23. Open to groups of up to 20 riders, the 45-minute hayrides cost \$125 per wagon.

Beginning at 6, 7, and 8 p.m. on Fridays and 5, 6, 7, and 8 p.m. on Saturdays/Sundays, the group hayrides will travel along the park's wood-lined fields and conclude with a one-hour campfire – where groups are encouraged to bring along hot dogs, marshmallows, and other items for roasting. Groups are permitted to bring non-alcoholic beverages and snacks, but alcohol and glass containers are pro-

hibited on the wagons and at the campfire. Two wagons depart each hour, and large groups may reserve more than one time slot on a space-available basis.

And, those wishing to stay longer than one hour after the hayride may reserve a shelter at the park for a minimal charge.

"Hayrides at Quail Ridge Park were among the very first programs

offered by our department, and we're proud to be able to offer a more traditional experience for guests at Broemmelsiek

Park," Parks Director Bettie Yahn-Kramer said. "Through its natural trail system and thick oak/hickory forest, Broemmelsiek Park stands out as the perfect location for this fun, harvest-time activity."

The 494-acre Broemmelsiek Park is designed to focus upon the natural highlights of the land. Amenities available include picnic shelters, an Astronomy Viewing Area, several miles of multi-use trail (open to hikers, bicyclists, and horseback riders), and Off-Leash Dog Area, natural preserves, and a catch-and-release fishing lake. To get to the park from Highway 40/61, go southwest on Highway DD (Winghaven Blvd.) for approximately four miles to Schwede Road. Turn right on Schwede Road to the park entrance (1615 Schwede Road). Hayrides will operate at the north-side entrance to the park.

Advanced reservations, at least one-week in advance, are required for the hayrides. To reserve your space, please call 636-949-7535. Additional information is available at www.stccparks.org.



ST. CHARLES COUNTY PARKS SIGN-UP INFORMATION

Held at four County parks from September through early November, the off-road runs may be competed as single races or as part of the four-race series.

Pre-registered runners will receive: a water bottle at Race 1, a shortsleeve t-shirt at Race 2, a hat at Race 3, and a long-sleeve shirt at Race 4.

For registration information, please call (636) 949-7535 or visit www.stccparks.org. Registration forms may also be obtained at area Fleet Feet locations.

EVENT INFORMATION

Race #1 - Matson Hill Park Sept. 6 at 9 a.m. 10 kilometers

Race #2 - Klondike Park Sept. 27 at 9 a.m. 7 miles

Race #3 - Indian Camp Creek Park Oct. 18 at 9 a.m. 10 miles

> Race #4 - Quail Ridge Park Nov. 1 at 9 a.m.

Single Race - \$25 4-Race Series- \$75

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YMCA



The St. Charles County Family YMCAs present Matt Thompson as the District Sports Director. Matt has been with the YMCA for three years, two of which have been with the YMCA of Greater St. Louis. Growing up, he played sports at the downtown branch YMCA in Decatur, Illinois.

Matt feels blessed to have a career with the YMCA. "Our YMCA Sports Philosophy is 'Everyone Plays, Everyone Wins' which is why I love YMCA Youth Sports. The focus of our programs is to learn the fundamentals of the game, build good people through the teaching of our four character values and to have fun. Sports is a great venue to learn about life and I would encourage all parents to get their kids involved in a great program like the YMCA."

YMCA

O'Fallon St. Charles 636-379-0092 636-928-1928 636-332-5574 www.ymcastlouis.org

Wyndham Park III Senior Community



Wyndham Park is anticipating the opening of the senior ommunity's third residential building in November 2008. All apartments are two bedrooms, one bath, and include full kitchens, ceiling fans and a stackable washer/dryer. Community amenities will be a fitness center, billiards room, a home theatre and access to the barber and beauty shop and wellness center at Phases I and II.

Lois English moved to Wyndham Park I from Overland in March 2006 and lives in a villa. She absolutely loves it! She is active within the community and loves to play bingo and is learning pinochle! She lives close to her family and enjoys spoiling her 4-month-old granddaugh-ter. She loves to sew and makes things for her friends.

Moving to Wyndham Park I has been a blessing to her! Rent for the new apartment homes will be \$550/ month. For more information or to schedule a private tour at Wyndham Park III, please call 636.279.2228.

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Great Harvest Bread Company



If you arrive early at Great Harvest Bread Company you're in for a treat as you watch the loving care that goes into each loaf of bread. "We mill our own whole wheat flour and all our breads are made here from scratch," says owner Donna Thibodeau. "No mixes or preservatives are used and we hand knead each loaf. We have a big selection of whole grain products but we also have products that are not whole grain so we use white flour as well."

"Our signature bread is Honey Whole Wheat but selections are wide and varied from Cinnamon Chip, Raisin, or Pumpkin Breads to cookies, muffins, scones, and sweet things for weekends," said Thibodeau. "There are a lot of choices. Come in and check us out ... it's just really warm."

Great Harvest Bread Company 3843 Mexico Rd. St. Charles, MO 63303 636-939-4799

Northside Gymnastic



Northside Gymnastic Academy, located on Tom Ginnever in O'Fallon, is in its second year of business. Janet Besselman is the owner and has been coaching in St. Charles County since 1982. She was a gymnast herself, competing at the optional level. She has used her experience from competing and coaching to

provide top quality instruction.

Northside Gymnastic Academy services boys and girls from 18 months thru 18 years. NGA also has a competitive girls team that competes within the USA Gymnastics organization. In their first year of competition they captured several 1st place titles, sent a full team to the USAG State Championships and came home with 26 individual medals, 2 state champions and placed in the level 5 team category. They look forward to serving the community for those who chose competition or just recreation.

Northside Gymnastic Academy 1317 Tom Ginnever ~ O'Fallon 636-379-3599

1/2 Trak's



The minute you enter 1/2 Trak's Sports Bar & Grill you know this will become one of your favorite hang-outs.

Owner George Haltarczyh's love of cooking led him and his sons to the desire to open an authentic neigh-borhood restaurant. George, a retired University City Police Officer, was known as Half Trak by his fellow officers and thus, the name was a great choice for the

Surrounded by sports televisions in high definition, you and your friends will love the atmosphere as you bite into one of the house specialties, such as our Smoked French Dip Sandwich. "Our goal is great food and great service and the best selection of appetizers in town," says Half Trak.

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1/2 Trak's Sports Bar & Grill 3721 Mexico Rd., St. Charles, MO 63300 636-244-3900 www.Halftraks.com

Verlo Mattress



Happy Birthday, Mattress Man! You've seen him in parades, standing on the street corner, walking in races, dancing and waving. It's Verlo Mattress Factory Stores' very-own lovable, huggable Mattress Man. Please join us in celebrating Mattress Man's 50th birthday, a mascot who certainly has held his age well. It must be the permanent friendly smile on his face. As an icon of the Verlo Mattress Factory Stores brand, the Mattress Man has faithfully represented the company with consistent involvement in supporting community events. It was 50 years ago that Verlo Mattress Factory Stores began handcrafting mattresses one at a time for customers - a time-honored tradition that is upheld today. Stop in Verlo Mattress Factory Stores of St. Charles to extend your birthday wishes and come see what we're doing to celebrate!

Verlo Mattress Factory Stores 3025 Boscherstown Road, St. Charles, MO 636-949-9140 www.verlo.com



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Switch Fitness for Women 7110 Mexico Road, St. Peters, MO 63376 636-970-2444 www.switchfitness.com

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PC Plan-It

258 Ft. Zumwalt Square, O'Fallon, MO 63366 636-272-3373 www.pcplan-it.com

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Overland Shade really does have it all. No matter what you are looking for, skip the big box retailers and visit a real shade company. Stop by their showrooms or call for a free in-home consultation.

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"As the general population continues to age and live longer, there has been an increased need for reliable home-based services. We strive to maintain the highest quality of service to enable our clients to remain independent as long as possible," said McCollum. "Our vision is to enhance the lives of our clients and their families by providing excellent care.

Senior Helpers 1550 Wall St, Rm 232, St Charles, MO 63303 636-925-0008 www.seniorhelpers.com



BUSINESS SPOTLIGHT



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St. Charles Sports & Physical Therapy

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1155 Wentzville Pkwy, Wentzville 939 Highwoy K, O'Follon 636-332-1313 939 Highwoy K, O'Follon

Corral Performing Arts Center



Greg Faupel is a triple threat performer and theatre artist who is thrilled to educate upcoming performers and artists at The Corral. Greg provides expertise in acting, singing, dancing, phonetics and dialects, viewpoints methodology and composition, stage combat, and helping other actors prepare the perfect audition. Greg is a proud graduate of Missouri State University's musical theatre performance program. Greg has produced, created, and directed original works including Buried Alive, Exposed, and The Ladder. Greg has worked with Missouri State's Tent Theatre and the Arrow Rock Lyceum Theatre. He has been a part of many NYC audition workshops including Craig Carnelia, Dave Clemmons, Rachel Hoffman, and California based Lower Left Dance Company.

Corral Performing Arts Center 5055 Hwy. N, Cottleville, MO 63304 636-928-6300 www.inthecorral.com

Right At Home



Peggy Langdon & Kirsten Giordano, Owners

Peggy Langdon, resident of O'Fallon, and Kirsten Giordano, of Lake Saint Louis own and operate Right at Home of St. Charles, a senior home care company providing care since 1995. Peggy and Kirsten have been friends for over 17 years and both have always had love and respect in their hearts for seniors and the disabled community. Their goal is to help individuals maintain their independence and dignity by providing affordable, quality in home care to assist with a variety of everyday tasks ranging from hands-on personal care such as bathing and hygiene to companionship, light housework and meal preparation.

"Improving the quality of live for those we serve."

Right At Home 1120 Rock Creek Elem. School Dr., O'Fallon, MO 63366 636-379-9955 www.stcharles.rightathome.net

Lang Insurance Service



Looking for a local health insurance Agent? Steven J. Lang, President of Lang Insurance Service, has been serving the St. Charles Community for over 25 years! This local Agency is staffed with Personal Health Insurance Advisors that will save you time, money, and peace of mind as they help you select an affordable health insurance plan focused on your needs. When you add their undisputable reputation for providing first class customer service after the sale, you can't go wrong. They are your local source for Individual, Family, Group and Senior health insurance protection for your family and your business!

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Lang Insurance Service 636-441-0211 www.langinsurance.com

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, and musicians denoted?

-George Carlin US comedian and actor (1937 - 2008)

You made us laugh out loud, George.
Rest in peace.

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Meet Bob Sanders, O'Fallon Branch Manager at First State Bank of St. Charles. After 35 years of banking experience, Bob enjoys the personal relationships with customers and the friendly atmosphere at First State Bank. "To me, First State Bank personifies 'personal banking' - we make time to respond to customers' questions and yet still have all the same convenient and time-saving products as much larger banks. We are a community bank that truly makes the effort to meet every customer's needs."

First State Bank has served St. Charles County for more than 140 years through locations in St. Charles, O'Fallon and Lake Saint Louis. Member FDIC.

First State Bank of St. Charles 636-940-5555 www.fsbfinancial.com

StepOut

Lovely Lullabies Boutique



Every mother dreams of a custom nursery for her new baby. Lovely Lullabies, a new business on Main Street in St. Charles, will help you create your dream nursery with a full selection of beautiful, well-crafted furniture, bedding, décor, accessories and toys. All of their products are quality items chosen for safety, style and functionality. Most of the furniture is designed to grow with the child. Lovely Lullabies provides a warm and personal shopping experience and unique items not commonly found at the big box retailers. For shoppers in a pinch, they offer the "Rescue Me" service for quick gift selection and wrapping in as little as two hours. Other services include nursery bedding design software, delightful fabrics, embroidery work, mural artist referrals, toys and so much more. Come visit a custom nursery shop like no other in the area.

Lovely Lullabies Boutique 222 No. Main St., St. Charles, MO 636-946-6500 info@llbbaby.com

The American Diabetes Association Launches a Bold New Attack Against the Growing Threat of Diabetes

St. Louis, MO — In order to keep pace with the growing number of Americans with diabetes, the American Diabetes Association (ADA) invites communities nationwide to Step Out to Fight Diabetes in their brand new fund-raising walk. Registration is open at diabetes.org/stepout.

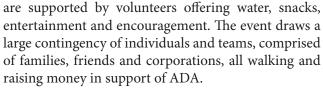
Formerly known as America's Walk for Diabetes, Step Out to Fight Diabetes is a one-day walk in more than 200 cities this fall. With nearly 24 million Americans living with diabetes, ADA created Step Out to Fight Diabetes as an aggressive attack against the disease—and a cry of hope for those affected by it.

In the St. Louis metro area we're dedicated to finding a cure for diabetes," said Amy Stephan, associate manager for the American Diabetes Association. "Our fund-raising efforts will help fund the ADA's research, education, and advocacy efforts, both in our community and across the country."

"Step Out to Fight Diabetes has a wide appeal and a fresh look," said Darlene Cain, Chair of the Board. "With so many Americans affected by diabetes, we want to reach out to them, educate them and bring a new generation of people into the ADA family. Working together is the only way we will find a cure for this disease."

At a Step Out to Fight Diabetes event, routes range

from half a mile to six miles and are accessible to people of all ages and levels of mobility. Along the walk, participants



Step Out to Fight Diabetes is being sponsored locally by Sanford Brown College, Missouri College, Harrah's Casino, Pfizer, Novo Nordisk, Walgreens, Save A Lot and many more local businesses. National sponsors of the event include Cary's Sugar Free Syrup, Diet Rite and Kmart Pharmacy. All funds raised from Step Out to Fight Diabetes are used in support of the Association's mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Diabetes is the fifth-deadliest disease in the United States. Since 1987 the death rate due to diabetes has increased by 45 percent, while the death rates due to heart disease, stroke, and cancer have declined. Due to

American Diabetes Association. the fact that diabetes manifests itself in two main types, type 1 and type 2, the disease is often misunderstood by the public.

Local Step Out events include Saturday, Sept. 6 on the Southern Illinois University Edwardsville Campus; Saturday, Sept. 27 at Russell Commons Park in Alton, IL and at Frontier Park in St. Charles; Saturday, Oct. 11 at St. Charles Community College and Saturday, Oct. 18 at Creve Coeur Lake.

To be a part of the cure, visit diabetes.org/stepout or call 888-DIABETES. Step Out to Fight Diabetes offers an exciting event experience for volunteers, participants and all those who enjoy the feeling of being part of a community.

For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org.

Missouri Botanical Garden's Café "Sassafras" Named States First Certified Green Restaurant

St. Louis - The Missouri Botanical Garden's cafe, Sassafras, has become the first Certified Green Restaurant[™] in the state of Missouri. The official designation was made by the Green Restaurant Association (GRA), a national non-profit organization whose mission is "to create an ecologically sustainable restaurant industry."

"The Garden takes pride in this certification, which is another way we stand behind our mission to preserve the planet," said Garden President Dr. Peter Raven. "As stewards of the Earth, it is of great importance that we continually seek out ways to become more environmentally friendly in all of our practices."

The GRA performed a thorough evaluation of existing practices in the café to begin the certification

process. After the assessment, the organization recommended

sassafras steps the Garden and Catering St. Louis, which operates Sassafras, could take to improve upon its sustainable practices.

The restaurant was remodeled in early 2005 to incorporate environmentally friendly materials. Tabletops and divider walls are made of recycled paper products and renewable ag-

ricultural resources. Areas around the service counter are made of natural cork oak bark, one of the best-rated sustainable materials available. Ceiling tiles contain over 70-percent recycled content. Ceiling lights use energy efficient fluorescent bulbs, and accent lighting uses compact fluorescent bulbs (CFLs). Natural light is maximized through skylights and windows.

Visitors will also find napkins and menus made from 90-percent post-consumer recycled paper, with no chlorine bleach. Food is served on colorful, washable dishware with real cutlery, so there is less disposable waste. Aerators installed on kitchen sink equipment help to conserve water.

Sassafras staff recycle all paper, glass, plastic, aluminum, steel, cardboard and more. Visitors are also encouraged to recycle waste in marked bins at the restaurant entrance. To-go orders are served in recyclable paper boxes, as opposed to polystyrene containers.

The Garden is required to make four recommended café improvements per membership year, to maintain

> its standing as a Certified Green Restaurant.

> "The café at the Missouri Botanical Garden joins over 260 restaurants nationwide in making a

commitment to sustainable practices," said GRA President Michael Oshman. "Sassafras already had in place many of the kinds of measures we recommend when the Garden joined the GRA. We are proud to showcase their example, and we look forward to working on more challenging environmental measures together."

"The Garden recognizes the need to continually learn about and incorporate sustainable practices," said Jean Ponzi, program manager at the EarthWays Center, a division of the Garden. "Going green is a process. We're striving for ways to grow more sustainable in all that we do, especially in our service to visitors."

The Missouri Botanical Garden is open daily from 9 a.m. to 5 p.m. Lunch is served in the Sassafras café from 11 a.m. to 3 p.m. Light snacks and beverages are available throughout the day. Brunches are offered yearly on Easter and Mother's Day.

Admission to the Garden is \$8; residents of St. Louis City and County are \$4 adults and \$2 seniors. Children age 12 and under and Garden members are free.

For more information on the Garden, visit www.mobot.org or call the recorded line at 314-577-9400. For more information on the Green Restaurant Association, visit www.dinegreen.com.



Come Enjoy a Weekend of Fun in Celebratina... The Wentzville Community Club 75th Anniversary Homecoming and support your favorite not-for-profit group at the same time! August 30 & 31 BOTH DAYS: Saturday Activities: Parade 10 am Food • Game Booth Inflatables Meet & Greet past Homecoming Queens Square Dance - demos & dancing unday Activities: Entertainment by Concert Arts Association Entertainment provided by: Car Show: Registration 1-4 pm Awards: 5 pm (public votes) St. Louis Harmonica Club Dance to Hudson & the Hoo Doo Cats: 7-10 pr (\$5 to dance)

500 West Main, Wentzville • 636-332-8296 www.wentzvillefleamarket.org

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Saturday, August 23, 2008 from 9:45AM-9:30PM





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Sports

Gary Baute

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RAMS PLAY HOME EXHIBITION GAME **SUNDAY THE 23RD**

The St. Louis Rams will show their talents to the hometown fans on the 23rd against the Baltimore Ravens at the Edwards Jones Dome at 7 p.m. in an exhibition contest.



Coach Scott Linehan has had two games so far to check out all the newcomers and the veterans. Many of the starters will start seeing more playing time as the exhibition winds down.

~~~Regular season almost here

#### TIME IS SHORT FOR RASCALS TO MAKE UP GROUND IN STANDINGS

The River City Rascals professional/minor league baseball team have been playing in the Frontier league in O'Fallon at T.R. Hughes ballpark for ten years.

As the month of August rolls on, the club has put together an impressive series against tough competition to gain some ground toward the playoffs.



Some of the squad has placed themselves high in the league statistic categories. ANDREW SWEET ranks 10th in batting average, hitting at a .317 clip.



LUKE BARGANIER (pictured at

right) has seven triples tying him for third in the league and with 23 doubles. BRAD HOUGH is second.

Frontier West Division Standings as of 8-10:

| Team        | W  | Ĺ  | Games Behind | Streak | Last 10 |
|-------------|----|----|--------------|--------|---------|
| Southern IL | 44 | 31 |              | W-1    | 5-5     |
| Windy City  | 42 | 32 | 1.5          | L-1    | 9-1     |
| Gateway     | 40 | 35 | 4.0          | L-1    | 6-4     |
| Rockford    | 39 | 36 | 5.0          | W-2    | 8-2     |
| RASCALS     | 37 | 38 | 7.0          | W-2    | 7-3     |
| Evansville  | 32 | 43 | 12.0         | L-2    | 3-7     |
|             |    |    |              |        |         |

All home games played at T. R. Hughes in O'Fallon @ 7 p.m. (6 p.m. on Sun-

8-26/27/28, Tues/Wed/Thurs, against Gateway Grizzlies (LAST HOME

~~~The clock is ticking

BOXING AND MIXED MARTIAL ARTS AT THE VIKING FRIDAY THE 22ND

On that Friday the main event will see KEVIN ENGLE boxing MIKE "MAD HANDS" WORD who is the only fighter to hand him a loss.

Martial Arts will also be present in the ring. Ryan Coyne, David Knobl, Rocky Venchen and Josh Flowers are a few on the card.

Rumble Time Promotions is sponsoring the Friday Night Fights held at the Viking Hotel.

Visit www.rumbletimepromotions.com for all the details.

~~~Show time



The St. Louis Bulldogs play in the North American Football League, a self-sustaining level of adult football that is an amateur league and a developmental league for colleges and the pros.

The St. Louis Bulldogs play in the 11-man outdoor tackle football league and have the most wins by an active football franchise in Missouri Minor League his-

They have accumulated 15 consecutive postseason appearances with two league, 3 conference and 7 division championships.

They are coached by minor-pro football Hall of Fame Coach Greg "Chief" Moore who was also a part of the Rage football group.

North American Football League 1 (NAFL1)-Heartland Division as of 8-10:

| Team                      | W | L | Τ | Points Scored | Points Allowed |
|---------------------------|---|---|---|---------------|----------------|
| Midwest (MO) Titans       | 6 | 0 | 0 | 177           | 64             |
| St. Louis (MO) Bulldogs   | 3 | 1 | 0 | 127           | 41             |
| Missouri Wildcats         | 3 | 2 | 0 | 115           | 82             |
| Kansas City (MO) Shockers | 0 | 4 | 0 | 58            | 76             |

Bulldogs (www.stlouisbulldogs.com) home games on Saturdays at Oakville High School @ 7 p.m.

Sept. 13 against KC Shockers, Sept. 27 against Indiana Warriors

~~~Outdoor hard hitting action



in the U.S. after "Happy Birthday" and "The Star Span-

• It has sold over 10 million copies in sheet music

• Over the past 100 years, more than 400 musicians

• The original lyrics are now part of the collection at

from every conceivable genre have recorded the song.

The National Baseball Hall of Fame Library in Cooper-

"Take Me Out to The Ball Game" Celebrates 100th Anniversary

(NewsUSA) - The crack of the bat. The intensity of the game. The roar of the crowd following the final out. The most competitive stretch of America's pastime is upon us. But there is more to cheer about than your favorite team's chance at the World Series. 2008 marks the 100th anniversary of the most iconic and beloved of all American sports anthems; "Take Me Out to the Ball Game."

The legacy of "Take Me Out to the Ball Game" extends beyond the joy it has brought to listeners for the last 100 years. The song is directly responsible for the formation of The ASCAP Foundation, a charitable organization dedicated to supporting American music creators and encouraging their development through music education and talent-de-

velopment programs.

The ASCAP Foundation was incorporated in 1975 when Amy Swor Norworth, widow of Jack Norworth, the lyricist who penned "Take Me Out to the Ball Game" with composer Albert Von Tilzer, left a generous bequest to ASCAP to establish the Jack and Amy Norworth Memorial Fund to assist deserving, young composers through the use of royalties from "Take Me Out to the Ball Game."

"The deep, emotional connection that the American public has with 'Take Me Out to the Ball Game' is a testament to the power of music to shape our experiences and to bring us together," said Karen Sherry, vice president and executive director of The ASCAP Foundation. "The place that this song holds in the history of American music is all the more special, given its role in helping many others to pursue the craft of songwriting that Jack Norworth himself so loved. All of us at The ASCAP Foundation are indebted to his generosity and celebrate this amazing milestone, as we continue our work of encouraging young songwriters to pursue their dreams."

"Take Me Out to the Ball Game," which is tradition-

ally sung during the seventh-inning stretch at baseball games, has become a mainstay in the American songbook. Here are just a few fun facts associated with the song:

• It is the third most frequently sung tune



gled Banner."

and/or recordings.

stown, New York.

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Northside Gymnastic Academy • 1317 Tom Ginnever • O'Fallon *Free Trial Class is for new students only.



Steve Coogan Talks About "Hamlet 2" at the San Diego Comic-Con By Steve Bryan

Even though he's well-versed in comedy, actor Steve Coogan did have some reservations when he first saw the title of his latest project, "Hamlet 2." "I must admit when I heard the title of it, I thought it sounds like a terrible title. It sounds kind of brainless, to call something 'Hamlet 2," Coogan said during a recent roundtable interview at the 2008 San Diego Comic-Con.

In the film, Coogan is Dana Marschz, a failed actor who makes a meager living teaching drama at West Mesa High School in Tucson, AZ. After staging a few disastrous adaptations of popular movies, Marschz decides to go for broke by writing and producing a sequel to Shakespeare's "Hamlet."

"When I started reading it, the first thing that made me laugh was that he was staging a production of 'Erin Brockovich.' I really, really laughed at that. There's something about the choice of that movie for somebody to be putting it on as a stage play that told me straight away who the character was," Coogan said.

Dana Marschz pens a sequel to "Hamlet," a play in which the major characters all die at the end. "I remember hoping that tonally, the rest of the script would stand up to that. And it did," Coogan said. "I've read a lot of comedy scripts and I've been involved in comedy for a long time in the U.K. and I'm kind of a jaded audience, not easily pleased when it comes to comedy."

Coogan also said the script by Andrew Fleming and Pam Brady just made him laugh an awful lot. "It avoided cliché. If anything, it satirized cliché because it satirizes inspirational teacher movies," he said. "But then, of course, it comes full-circle and becomes one itself at the end."

Coogan has a strong following in both the United Kingdom and the United States, especially from his appearances as fictional television host Alan Partridge. American audiences also may recognize Coogan from his starring roles in "24 Hour Party People" and "Around the World in 80 Days" as well as his recent supporting role in the action/comedy "Tropic Thunder."

Coogan said that smart and cynical often go hand-in-hand, but "Hamlet 2" also had real heart to it. "In Great Britain, I play a lot of characters who are pretty nasty people. They don't have that many redeeming qualities and this guy (Dana Marschz) is much more vulnerable, and therefore it was much more interesting and challenging for me to play it because it was slightly outside what I normally do," he said.

As part of Marschz's play, Coogan gets to dress up as a sexy, "Rock 'n Roll" version of Jesus. "Originally, I wasn't supposed to be in the school play, but Andy (director Andrew Fleming) said 'We've got to get you onstage.' He said 'How do you feel about dressing up as a kind of sexy Jesus?' and I was like 'Oh my God," Coogan said.

"A part of me was a little nervous because if you do something like that, you have to head straight at it; you can't flinch. You really have to commit yourself to do it, otherwise you're going to look like an idiot in a non-comedy way, which is what you really want to avoid," he said.

Because of its mature themes, edgy comedy and a few explicit songs, "Hamlet 2" is bound to raise a few eyebrows. Coogan said there's a kind of comedy where you try to be offensive for the

sake of being offensive.

"There's another kind of comedy where you can tell where it comes from, that it has a kind of heart and there's a good naturedness beneath it," he said. "This movie has a kind of generosity of spirit, even though there are these things that, in another context, could be very offensive."

"Hamlet 2," rated R for language including sexual references, brief nudity and some drug content, opens nationwide on Friday, August 22.





IT'S ABOUT

New 'e-Resident' **Service Online** at St. Peters Website

St. Peters residents have another reason to visit the City of St. Peters' website, and another reason to get a free Resident Privilege Card. The new "e-Resident" service at www.stpetersmo. net makes it possible for St. Peters residents to send comments to elected officials and lodge "concerns" at any time. Any St. Peters resident with a valid Resident Privilege Card may log in and use the service.

The service is available by clicking on the e-Resident button on the City's home page, and entering the last name and resident number as they appear on the Resident Privilege Card. Residents can then send comments to St. Peters elected officials or register concerns with the City's Citizen Action Cen-

"With this online technology, we're 'opening up the floor' to residents 24-7," said Mayor Len Pagano. "You don't have to mail a letter, or wait for the next Board of Aldermen meeting, or come to City Hall if you don't want to make the trip. If you have Internet access and a Resident Privilege Card, you can easily send your thoughts or concerns from the comfort of your home, day or night."

Resident Privilege Cards can be obtained at City Hall, One St. Peters Centre Blvd., and at the St. Peters Rec-Plex, 5200 Mexico Road, during normal business hours. To obtain the card, residents need two proofs of residency, such as a driver's license and utility bill displaying the current address. Learn more about how to obtain Resident Privilege Cards by clicking on the "e-Resident" button on the City's home page at www. stpetersmo.net.

Alderman Gus Elliott, the Board of Aldermen's representative on the City's E-Government Advisory Committee, said e-Resident helps open a discussion between St. Peters residents and their government. "With this new e-Resident service, we've taken our first big step toward a fully interactive Virtual City Hall," Elliott said. "Our residents can use the same great City of St. Peters website we all rely upon for City information to go the other direction. With a few keystrokes, you can share a thought with your alderman, enter a concern, or make a suggestion. Just watch. Folks are going to start wondering how we ever got by without e-Resident."

The City of St. Peters' concern system allows residents to lodge concerns related to City of St. Peters services, and for City staff to tackle the issue as soon as possible. As with all concerns received by

the City of St. Peters, the Citizen Action Center receives the e-Resident concern and forwards it on to the City department best able to handle the issue. City staff's goal is to respond to the concern within three business days.

Residents using e-Resident also can send a message to any

See E-RESIDENT page 17



... St. Peters Chamber

- * Business
- * Community
- * Growth



Community News...A Proud Media Sponsor of the St. Peters Chamber of Commerce

Technology Committee Schedule

August 21 - David Hall, Lindell Bank; "IT Challenges in Banking"

September 18 - Barbara Keim, SCCC, "Technology Challenges facing non-profit organizations"

October 16 - Matt Hiebert, MODoT, "How MoDOT uses 'widgets' technology to improve communication"

November 20 - New Frontier Bank - IT Challenges

All meetings are in the Lindell Bank Conference Room from 1-2 p.m.

As always, please RSVP in advance so pizza and drink accommodations (\$5) can be made. Pizza is ordered on the # of actual RSVPs. Reservations can be given to Lori at St. Peters Chamber 636-447-3336.

Motorcoach to Tunica for Golfing, Shopping, and Casino Fun

Take a little break this fall by joining the St. Peters Rec-Plex motorcoach trip to Tunica, Miss., for some fun and relaxation. This trip will include a three-night stay at the Resorts Casino, leaving Sunday, September 28, and returning on Wednesday, October 1.

The cost is \$160 per person based on double room occupancy, and includes 3 meal/buffet vouchers, a \$5 cash coupon, motorcoach transportation, driver service and gratuity.

The motorcoach trip will

leave from the west parking lot at St. Peters City Hall at 7:30

a.m. on Sept. 28, and make its first stop at a casino before check-in at the Resorts Casino.

A golf course is located across from Resorts Casino, plus a covered walkway leads

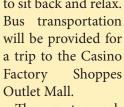
to Hollywood's Casino, filled with movie memorabilia. Shuttles will also be available for a small fee to go back and forth between other favorite casinos in Tunica or back to the resort

Shoppes

The motorcoach will be heading out of Tunica at 10 a.m. on Oct. 1.

To register, call the Rec-Plex at 636.939.2386, or go online to stpetersmo.net and sign up using Rec-Connect.

to sit back and relax.



St. Peters **Chamber** Calendar of **Events**

8/21/08 After Hours **Business Card Exchange** 5-7 p.m. Applebee's Restaurant 6170 Mid Rivers Mall Drive

8/21/08 Technology/Communications Meeting 12-1 p.m. Lindell Bank Conference Room 5500 Mexico Rd.

9/2/08 General Membership Meeting 11:30 a.m.-1 p.m. Ameristar Casino Conference Center

These events are some of the many benefits of a Chamber membership.

For membership information please contact Valerie Momeno at 636-447-3336 or email vmomeno@stpeterschamber. com

To RSVP for an event, call Lori at 636-447-3336 or email lhellrich@stpeterschamber.

E-RESIDENT from page 16

combination of the Board of Aldermen and Mayor all at once. The message can alert elected officials to an issue, make a suggestion, send appreciation, etc.

Resident Privilege Cards also provide St. Peters residents with many other privileges, such as free yard waste disposal at Earth Centre, free compost up to 2 cubic yards annually, park pavilion reservations, and lower rates on St. Peters pool passes, Rec-Plex passes and many other City of St. Peters-sponsored programs.

Other e-Services featured at www.stpetersmo.net include BillPay for online utility payments and

Rec-Connect, a service that allows people to view and sign up for recreation programs and park facilities. The website also has SPTV government programming available both live and on demand.

In June and July 2008, the City of St. Peters' website averaged almost 150,000 web page views.

"More and more business is done over the Internet all of the time. It only makes sense that we should take advantage of the technology available and make it easier than ever for our residents to carry out their City business," Mayor Pagano said.

"Great Southern Travel really appreciates how involved the Chamber is in the community. They are providing so many opportunities to showcase our business to the other members and to the general public - and at such reasonable prices too! We are very excited to be members of the St. Peters Chamber of Commerce!"

Jan Beal Great Southern Travel

Thoughts from our **Members**

636-447-3336

1236 Jungermann Rd., Suite C, St. Peters, MO 63376

Keep Up with the **Latest Technology**

Take advantage of the many Chamber benefits and services available to you and your company to help you stay current, informed and help your business run smoothly." - Randy Davies, **Ambassador Chairman**

We often talk and write about the many committees and benefits available to Chamber members. In response we too often hear, " I just do not have time for committee meetings ". But, what if a one hour meeting once a month could make a difference in the smooth flow of your systems and use of technology, help with down time cost containment, and educate you on the compliance of your business ??? WOW !! What great information.

TECHCOMM is a committee that is available to any member of the St. Peters Chamber. Some of the sharpest minds and businesses in the technology sector in St. Charles County meet each month to discuss emerging technologies, new laws affecting technology and communications, new products, software, new services, and problem solving. For example, the current agenda for the next few months will feature speakers discussing topics such as, Asset Recovery, proper and LEGAL data destruction, V.O.I.P, I.T. Challenges in banking, I.T. and non-profits, and many more timely and relevant topics.

Too many small businesses are flying by the seat of their pants when it comes to their computer systems and use of technology. They often do not know how to back up their data and sensitive files, stay compliant with new laws, dispose of old equipment, or even know what to do when their systems go down. You've got questions, we've got answers! Get educated.

If you are a technology or communications company, an employee of such a company, the department head of I.T for a company, or even just a curious person like myself about the technology topics, then you need to take advantage of TECHCOMM each month. Meetings are held at Lindell Bank on Mexico Road in St. Peters and the cost is only \$5 for pizza and soda. Reservations must be made by contacting Lori Hellrich at the St. Peters Chamber office (639-447-3666) or lhellrich@stpeterschamber. com.



Proud to Support The St. Peters Chamber of Commerce

Is your company stockpiling surplus hard drives and related media in need of a HIPAA, FACTA or GLB compliant disposal solution?



EPC's new Data Destruction & Recycling Vehicle (DDRV) is the nation's top solution for on-site destruction. Contact a representative of EPC's Asset Recovery Solutions department today to discuss how we can develop a program based on the following features and processes:

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- Entire process is recorded within the EPC database – a hard copy is presented to client upon completion
- -- EPC personnel and equipment need only the space to work – power, etc. is provided by EPC
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Project Process:

- -- Hard drives are counted, OEM and serial number recorded into database
- Drives are mechanically shredded within EPC truck bed shredder @ \$9.00 per drive
- -- Certificate of destruction with all serials recorded is provided client -- Tapes, software and related media are
- weighed and recorded into database
- -- Tapes, software and related media are shredded within EPC truck bed shredder @ \$.50 per lb.
- All nickel-sized, shredded residual is recycled by US down stream providers -- Certificate of destruction with total weight
- recorded is provided client -- In every case, witnessing of the destruction
- is welcomed and highly recor

3941 Harry S Truman Blvd. St. Charles, MO 63301 www.epcusa.com

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Community News

is proud to offer

our readers "Book

Buzz." This col-

umn will feature

great books for

children in three

categories: Young-

est Pick (early

childhood to the

first or second

grade), Middle

Pick (elementary

school children)

and Oldest Pick

(middle school

children).

Community News

will run one pick

each week. Enjoy!

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FUN FACTS: Events that occured during the month of August

- Cookies baked successfully on a vehicle's dashboard during heat wave, Bedford, N.H., 2006
- Pres. Carter signed bill to create U.S. Dept. of Energy, 1977.
- Hotline between White House & Kremlin installed, 1963.
- First Smokey Bear poster produced, 1944.
- First prisoner arrived at Alcatraz, 1934.
- U. S. dropped atomic bomb on Hiroshima, Japan, 1945.
- 232-day Baseball Strike, causing World Series to be canceled, 1994.
- Mona Lisa stolen, 1911.
- Nat Turner's slave rebellion began, 1831.
- 100 mile-per-hour winds, Lake County, Ind., 1965.
- Ranger lunar probe launched 1961



mother tells him that's a sign he's destined to be wise, gifted and beautiful. The colt grows up and tells his life story in "Chancey of Maury River," by Gigi Amateau.

star" shoots across the sky. His

CHANCEY

The prediction Chancey's mother makes seems correct. Chancey becomes a trusted school horse, a cooperative mount. When

the gelding is 20, the ranch owner falls on hard times and has to sell her land. No one will buy Chancey because of his age. The slaughter house looms ever present, as does concern that something is wrong with

Chancey's eyes.

The horse's star shines bright again when a young girl finds a special place in her heart for the gelding, and service becomes Chancey's gift to others. Young readers who enjoyed the classic, "Black Beauty," will fall in love with "Chancey of Maury River," another tale told straight from the horse's mouth.



BCI's 15th Annual Golf Tournament and Spa Adventure

Monday, September 15



WINGHAVEN COUNTRY CLUB

Presenting Sponsors

BCI is the largest employer of adults with disabilities in Missouri. Our employees work on light production, repackaging and community employment. In the first quarter of 2008 we packaged 2.7 million canisters of Lysol Wipes and nearly 1700 tons of product for one customer alone.

All proceeds from the Golf Tournament benefit BCI.

Contact Leslie at 636-978-4300, ext. 111





Well Being

Stopping the Skin Cancer Epidemic Starts with Children

New York, NY - Children should be taught from an early age to be aware of the problems associated with sun exposure and the need to use sun protection. Parents can teach their children early sun protection techniques that will help prevent skin cancer throughout their lives.

Skin cancer rates in the United States are increasing at epidemic levels. One in 55 people will now be diagnosed with melanoma, the deadliest form of skin cancer, during their lifetime. This is particularly important for children because one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life.

"We believe the rise in melanoma is due to sun exposure and sunburns in childhood, increased sun exposure over time and the use of tanning beds," said Perry Robins, MD, President of The Skin Cancer Foundation.

The vast majority of skin cancers are preventable with good sun protection habits.

The Foundation recommends the following methods of protection for different age groups.

Babies:

An infant's skin possesses little melanin, the pigment that gives color to skin, hair and eyes and provides some sun protection. Therefore, babies are especially susceptible to the sun's damaging effects. In fact, babies under 6 months of age should be kept out of the sun. Follow these tips for babies older than 6 months:

Take walks early in the morning or late afternoon and use a stroller with a sun-protective cover.

Teach Good Habits Early On



Make sure babies are covered up with clothes. (Long-sleeved un-bleached cotton clothing is cool and comfortable, while also highly protective). Clothing with an Ultraviolet Protection Factor (UPF) listing on the label offers extra security. UPF is similar to the SPF for sunscreen, and The Skin Cancer Foundation recommends UPFs of 30 or higher for superior protection.

Choose a wide-brimmed hat or bonnet that protects the baby's face, neck, and ears. A baby who wears a hat during the first few months will get used to having it on.

Sunglasses are not very practical for a young baby. To protect your baby's eyes, seek the shade between 10 a.m. and 4 p.m.

Apply a broad-spectrum, SPF 15+ sunscreen to areas left uncovered such as baby's hands.

Shield the baby from direct sunlight coming in through the windows of your car.

Toddlers and School-Age Children:

Protecting toddlers from the sun requires a little more thought and effort. It is important to educate not only your child, but caregivers as well.

Make sure your child seeks the shade between 10 a.m. and 4 p.m. Check the outdoor area where your child plays to make sure there is adequate shade.

A broad-spectrum, SPF 15+

sunscreen should be applied every morning, 30 minutes before leaving the house. Keep sunscreen in the bathroom where children brush their teeth, and eventually it will become routine.

Two tablespoons (one ounce) of sunscreen must be applied every two hours

and more often if your child is swimming or sweating.

Children should wear sunprotective clothing whenever possible - including shirts, hats and sunglasses - for protection against ultraviolet radiation. Make sure your child wears a wide-brimmed hat, longsleeved shirt and pants during prolonged periods in the sun.

Children should enjoy the outdoors safely. Teach them how to protect themselves and tell others about the importance of sun protection.

About The Skin Cancer Foundation:

The first organization in the U.S committed to educating the public and medical professionals about sun safety, The Skin Cancer Foundation is still the only global organization solely devoted to the prevention, detection and treatment of skin cancer.

The mission of the Foundation is For more to decrease the incidence of skin informatio cancer through public and professional education and research.

For more information, visit www.skincancer.org.



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What's Happening

Church

Aug. 28: 6:30 p.m. Christian Scouting for Girls Comes to St. Charles

A new American Heritage Girls (AHG) Troop, a faith-based organization will hold regstration for girls ages 5-18. Dynamic, Chrsit-centered scouting program. Girls are enrichedphysically, mentally and spiritually thorugh community service, camping, more. AHG has troops in 34 states. At New Beginnings Family Church, 3565 Franks Dr., St. Charles.

Sundays: 4:10 p.m. Mercy **Road Fellowship**

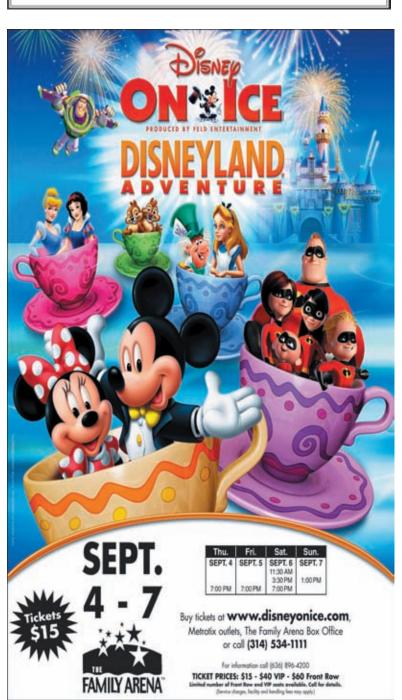
Go ahead - sleep in, enjoy your breakfast, read the paper, play a round of golf. You can take it easy on Sunday morning and still make it to worship at Mercy Road. www.mercy-road.org.

Faith Covenant Church, #1 E. Sutters Mill Rd., St. Peters

As a new church, we desire to know God through His Son Jesus Christ and the Holy Spirit. Come fellowship with us and grow in God together. Call 314-805-6060.







Every Sunday: 11 a.m. Newness of Life Services

Charlotte's Hall, 8709 Riverview Blvd. Phone: 314-524-1168 or visit www.newnessoflifechurch.

Events

Aug 23: 8-10 a.m. Pancake Breakfast at Applebee's

Organized by Dr. Teresa Hazelwood and Pam Makarewicz to benefit Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund will be hosted by Applebee's at 6170 Mid River's Mall Dr. in St. Peters. Tickets are \$7 for adults and \$5 for children 12 and under. Tickets may be purchased in advance from their office at HealthKare Solutions 3899 Mid Rivers Mall Dr. For more info call 636-936-1441 or visit HealthKareSolutions.com or www.the3day.org.

Aug. 23: 8 a.m.-1 p.m. Tailgate Sale & BBQ

Pallottine Renewal Center, 15270 Old Halls Ferry Rd., Florissant. Selling spaces available for \$15 (deadline Aug. 16). Call Sharon or Ken at 314-837-7100.

Aug. 23: 2-6 p.m. Flood Aid

El Shaddai Ranch, 3325 Deer Run Ln., Moscow Mills, MO. Worship bands, Blue Grass, prayer tent, activities for kids, concessions, and more. Sponsored by the Troy Ministerial Alliance. www.floodaid-08.org.

Aug. 23: 7 p.m. Trivia Night

Rebuilding Together hosts 3rd annual trivia night to benefit low-income homeowners. Doors open at 6 p.m., questions at 7 p.m. At Kirkwood Community Center, 111 South Geyer Rd., Kirkwood, MO. \$20 per person, includes beer, soda, snacks. Cash prizes for 1st, 2nd, 3rd place, 50/50s, silent auction. 8-10 per table. More than 200 low-income homeowners a year benefit from volunteers doing home repairs organized by Rebuilding Together - St. Louis, where all labor and materials are provided by St. Louis volunteers and businesses. For tickets contact Laura Hurt at 314-918-9918, x21, orlhurt@re buildingtogether-stl.org.

Aug. 23: Race for the Rivers & Clean Water Challenge

Day of music, food, hands-on activities & demonstrations in celebration of River Lore - Past & Present. Race for the River: Canoe & Kayak Race covering 60-mile adventure in learning and racing. Clean Water Challenge: 20-mile adventure in learning and racing. Frontier Park, St. Charles. www.racefortherivers.org.

Aug. 26: 3-7 p.m. Blood Drive

St. Charles Borromeo Catholic Church, 534 North 5th, Dyer Memorial Center. Chili and desserts for all giving donors. Bring photo ID, eat before donting, walk-ins welcome. To donate call Barb Bott at 636-947-3939.

Sept. 6: Breakfast/Basement **Tailgate Sale**

Northside Christian Church, 9635 Lewis & Clark Blvd. (Hwy. 367). Pancake breakfast: 8-10:30 a.m., Basement/Tailgate Sale: 8 a.m.-Noon. Check out all of our new items, even furniture. \$4 for sausage and all-you-can eat pancakes or, susage-gravy and biscuits plus a beverage. \$10 for a double parking spot to sell your own Treasures. Call Barb at 314-868-1483.

Sept. 8: 2nd Annual Golf Clas-

Sponsored by the Hispanic Chamber of Commerce of Metropolitan St. Louis at the Norman K. Probstein Community Golf Course in Forest Park. 4person scramble. 12 p.m. Registration, 1 p.m. Shotgun start, 6 p.m. Dinner, Prize & Flight Awards. \$85 per player includes greens fees, cart, reception & dinner. \$340 per foursome. Dinner guest only \$30. Also looking for sponsors. Contact Steve Martinez at 636-227-7888 or steve.martinez.lxnq@statefarm. com. Learn more about our work at www.hccstl.com & www.hispanicecsfund.org.

Sept. 9: 6-9:30 p.m. Dinner Meeting and Networking - Assoc. of Home-Based Women **Entrepreneurs**

At Orlando's in Maryland Heights. Mary Kutheis will present "Six Habits of Highly Ineffective People" - practical ideas for getting things done on time. \$25 members, \$35 guests. Advance reservations by Sept. 4, 314-805-9519. www.HBWE.

Sept. 14: 2:30-4:30 p.m. & Sept 16: 7-9 p.m. Parents Without Partners Open House/New Membership

Between ages of 18 - 100? PWP St. Charles County Chapter invites you to an Open House. Sunday's location is Old Town Pavilion B, 1st Park St., St. Peters. Tuesday's location is St. Peters City Hall, Meeting Room C, One St. Peters Centre Blvd. www.parentswithoutpartners. org or 636-294-1217.

Sept. 27: 10 a.m.-4 p.m. Frisella Nursery Fall Festival Fundraiser for Charity

Help us help others and have fun! Inflatable bouncer, facepainting, live music, handthrown pottery demo and more. Food and beverages available for purchase. Proceeds to Emmaus Home in Marthasville and Our Lady's Inn in St. Charles. 636-798-2555.

Vendors Wanted for Christmas Bazaar

Florissant Elks Ladies Auxiliary Christmas Bazaar on Nov. 15. Contact Darlene Evoy at 314-

Third Wed. of Month: 5-7:30 p.m. St. Charles Music on Main

Includes food, drink & live music. Downtown Historic District, 100 & 200 blocks of North Main St. in St. Charles. Bring lawn chairs. Free.

8/20 - *Serapis*

9/17 - The Arbogast Band

Fourth Fri. of Month: 8 p.m. Friday Night Flicks

In Frenchtown area of St. Charles. Sponsored by Arts & Culture Commission. Includes music, food, refreshments, and G, PG, and PG-13 rated movies. 1800 North Second St. in St. Charles. Bring lawn chairs.

8/22 - Best in Show - Bring Your *Dog* (PG-13)

Fourth Sat. of Month: 7-11 p.m. Hot Summer Nights Festivities on Main St. in St. Charles

Includes food, drink and live music. Sponsored by Krey Distributing. Browse Shops and enjoy restaurants and eateries on Main St.

8/23 - The Sliders

Wednesdays at Noon & Saturdays at 2 p.m.: Gallery Talks for Adults, Missouri History Museum

Forest Park at Lindell & De-Baliviere. 314-454-3101. Free event. www.mohistory.org.

Every Fri.: 11 a.m - 2 p.m. & 5-8 p.m. American Legion Creve Coeur Post 397 Fish Fry

Fish & grill items for sale. Also daily lunch specials Mon-Thurs from 11 a.m. - 2 p.m. Creve Coeur American Legion Post 397 at 934 rue de la Banque Dr. Call 314-872-3186.

CITY OF FLORISSANT

Florissant Parks & Recreation Department Programs. Call 314-921-4466 for informa-

2nd & 4th Tuesdays: 11 a.m.-12:30 p.m. Play Days

\$1 resident, \$2 non-resident, per day. Parents, come with your child for a morning of play. Lots of toys, balls, music, mats and many fun things to play with. This is not a structured activity, but a chance to get out and have fun with your child and other children.

CITY OF HAZELWOOD PARKS AND RECREATION

Aug. 23: 6-10 p.m. Bluau

Free summer celebration for all ages at Howdershell Park. Hawaiian dance troupe and music by the Baker-McCaren Band. BBQ, soda, beer and Blauaus will be available for purchase. No outside alcohol allowed. 314-839-5575 or TDD 1-711.

Thursdays, Aug. 28 - Dec. 4: 6:30-7:30 p.m. Karate Kids Instruction

14-week program for ages 7-12. \$26 residents, \$34 non-residents. Taught by USKA certified Black Belt instructors. Hazelwood Community Center, 1186 Teson Rd. 314-731-0980 or TDD 1-711.

Thursdays, Aug. 28 - Dec. 4: 7:30-9 p.m. Adult Karate Instruction

14-week program for adults. \$34 residents, \$44 non-residents. Taught by USKA certified Black Belt instructors. Hazelwood Community Center, 1186 Teson Rd. 314-731-0980 or TDD 1-711.

Harvestfest Plan Underway

Hazelwood Parks and Recreation is currently planning the 2008 Hazelwood Harvestfest, a one-day family festival held in Howdershell Park on Saturday, September 13. The event will feature free family entertainment, activities for all ages and the Miss Hazelwood Coronation. Applications are currently being accepted for parade participation, Miss Hazelwood contestants, information booths, craft vendors and not-for-profit food and game booths. For detailed info call 314-731-0980 or TDD 1-711.

Saturdays, Sept. 6 - Oct. 11: 10:30 a.m. - 12 p.m. Ramp

At Hazelwood Skate Park for all ages to learn BMX and skateboarding skills and tricks. Riders must have release waiver on file. \$20 residents, \$25 non-residents, includes daily pass for days of camp. 314-731-0980 or TDD 1-711.

Preschool **Programs** Hazelwood (For ages 2-5)

Playtime - ages 2-3½, Mondays, 9/8-10/20, 9-11 a.m. Concentrates on social skills.

Tiny Tots - Kinder readiness, Tuesdays/Thursdays, starts after Labor Day. Structured activities, field trips, music, crafts. Alphabet Adventures - ages 3 ½-5, Mondays, 9/8-10/20. Concentrates on learning alphabet through games, crafts, stories. Pint Sized Publishers - ages 31/2-5, Mondays, 11/3-12/15. Turn childrens' stories into books

Information for all programs: 314-731-0980 or TDD 1-711.

ST. CHARLES COUNTY **PARKS PROGRAMS**

they illustrate.

Aug. 20: 8:30 a.m. Trail Trekkers at Quail Ridge Park, Shel-

Make the trek to Quail Ridge Park on the third Wednesday of each month to join Park Rangers and fellow walkers for a safe, leisurely stroll along the park's paved or natural trails. Free!

Aug. 27: 6:30 p.m. Guided Mountain Bike Ride at Bangert Island - Meet on Katy Trail at **Fontier Park**

Seasoned riders and beginners alike will enjoy a relaxing ride along the park's natural trails. Participants provide own bicycle and helmet. Individuals from Gateway Off-Road Cyclists and Momentum Cycles will provide on-site safety checks and quick tune-ups during the rides. Free!

Aug. 27 - Oct. 15, Wednesdays: 6:30-7:30 p.m. "Basic" Dog Obedience at Quail Ridge Park, Off-Leash Dog Area

Our experienced dog handler will train your furry friend to be the best on the block. 8week session (will not meet Labor Day weekend) emphasizes basic problem-solving skills and positive motivation. Open to all dogs over 4 months of age. Advanced registration is required, and the class is limited to 12 dogs. \$110 per dog

Health and Meetings

Aug. 22: 1-3 p.m. Hawaiian **Open House**

Join us for a luau and enjoy entertainment, refreshments, door prizes and tours. Village North Retirement Community, off Dunn Road just west of Christian Hospital and the 1-270/Hwy. 367 interchange. Free. Call 314-747-WELL to get discussion topics and to register.

Every Monday: 7-8:30 p.m. North County Co-Dependents Anonymous

Meets at the Zion Lutheran Church, 123 Carson Rd., Ferguson, MO. Contact Roberta at 314-302-8914 for more information.

Every Tuesday: 9-10:30 a.m. **TOPS Meetings**

Take Off Pounds Sensibly by meeting at the Florissant Presbyterian Church, 660 Charbonier Rd., Florissant. Call 314-522-0959 for information.

First Thursday of Month: Parents Without Partners, North **County Chapter**

General Meeting, 2435 Creve Coeur Mill Rd., 7 p.m., Phone: 314-739-0880.

Every Sunday: 6:30 p.m. Survivors of Incest Anonymous Meetings

Women only. Holy Communion Episcopal Church, 7601 Delmar, University City. Call 314-993-5421 or 636-561-1407.

Christian Hospital Mental **Health Evaluations**

Psychiatric and chemical dependency evaluations are confidential and offered free by the Christian Hospital Center for Mental Health. Christian Hospital has a geriatric psychiatric unit dedicated to serving the mental health needs of geriatric patients. Call 314-839-3171.

Free Lung Function Screen-

Christian Hospital Breathing Center offers free lung function screenings. Northwest Health-Care, 1225 Graham Rd. Call 314-953-6040.

Outdoors

Katy Trail

For information about the Katy Trail, call the Department of Natural Resources toll free at 1-800-334-6946 (voice) or 1-800-379-2419 (TDD) or e-mail.

St. Louis Zoo WildSide Walkers

Tuesdays and Saturdays year round between 7 and 8:30 a.m.

Learning and **Volunteering**

Aug. 22: 6:30-8:30 p.m. Volunteer Training for Therapeutic **Horseback Riding Program**

Jamestown New Horizons is a not-for-profit agency for children with disabilities. Volunteers must be 16 or older, and will be taught how to serve as horse leaders and side-walkers to ensure the safety of riders, ages 2-teens with physical and intellectual disabilities. Free training, no experience necessary. 15350 Old Jamestown Rd., east of Florissant. Fall session begins Sep. 2. www.jnh-goneriding.org or 314-741-5816.

Mon. & Thurs. beginning Sept. 8: 7-9 p.m. Square Dance Lessons

First United Methodist Church, 801 First Capitol Dr., St. Charles. George Dunbar is instructor.

\$25 down & \$25

a month payments

for 24 months

pre-arrangement only)

(Section 15 only,

636-978-5222 sponsored by St. Peters Squares.

7:15-9 p.m. Square Dance Les-

Florissant Valley Christian Church, 1325 N. Hwy. 67 (Lindbergh), Florissant, MO. Stan Mangogna is instructor. Sponsored by Missouri Promenaders Square Dance Club. Register at 314-839-2134, Jerry and Joyce Chancey.

Thurs, beginning Sept. 25: 7-9 p.m. Square Dance Classes

Church of the Good Shepherd, 1601 Woodstone Dr., St. Peters, MO. Free fun dance starting at 6:30 p.m. Sponsored by Wheelers & Dealers Square Dance Club, Mike Dorns, instructor.

Call Joan Howard, 636-922-3669.

Thurs. beginning Sept. 11: First Sat. of the Month: 1-4 p.m. Newborns in Need, All the Babies of Eastern MO Volunteers

Meet at Autumn View Gardens, 11210 Schuetz Rd., St. Louis, MO. We knit, crochet, sew, and quilt essential items for premature babies and babies in need. Handicap accessible. Visit www. newbornsinneed.org and www. newbornsinneed.org/easternmo to learn more. Call Clementine Roeder at 314-395-7582 or Judy Giovanoni at 636-227-





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May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever Sacred Heart of Jesus, Pray for us. St. Jude, Worker of Miracles, Pray for us St. Jude, Helper of the Hopeless, Pray for us.

Say this prayer 9 times a day for 9 days, then publish. Your prayers will be answered. It has never been known to fail.

Thank you, St. Jude. S.F.

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Civil War Breaks Out in Jerseyville

Jerseyville, IL – History comes to life again at the annual Jersey County Victorian Festival to be held daily from 7



a.m. to 5 p.m. Labor Day weekend - August 30, 31 and September 1, 2008. Recognized as one of the "Top 100 Events for 2008" by the American Bus Association, this is a wonderful family event setting history in motion through Civil War reenactments, working artisans and period demonstrations. The festival takes place on the grounds of the Fulkerson Mansion at 25007 U.S. Highway 67 in Jerseyville, Illinois.

One of the many highlights of the festival is the Civil War reenactments, setting history into motion. At 12:30 p.m. daily, an educational narrative is given by President and Mrs. Lincoln of the events leading up to the Civil War and the Battle at Gettysburg followed by the President's "Gettysburg Address." Over 250 re-enactors participate in a very realistic battle held daily that includes cavalry, artillery and infantry.

Encampments on the grounds and agricultural demonstrations further take visitors back in time, allowing them to come closer to the past. Visitors can

visit with President and Mrs. Lincoln, tour Confederate and Union camps, talk with re-enactors and view how meals are prepared over an open fire. A Civil War era style show will be presented as visitors learn about detachable sleeves, daytime and evening dress and what is proper and what is not. Embalming demonstrations will be held in the morning and afternoon by Jon Austin, Executive Director, Museum of Funeral Customs, and are given to enhance an understanding of ritual practices during the Civil War, grief and mourning during and after the death process.

The Duel of Honor between two civilian gentlemen following the historically correct 1777 Code Duello Rules of Dueling will take place daily after insults are exchanged between the gentlemen. Stagecoach and surrey rides and picking up freshly plowed potatoes are favorites of the children, as well as the Stagecoach Robbery by the James Gang that takes place at noon each day of the Festival.

Other festival activities will include: arts, crafts and working artisans demonstrating woodcarving, gunsmithing, spinning of wool, pottery, musical and rhythm instruments of the period and blacksmithing. A Great Wheel will provide the power for a lathe in the blacksmith area where a variety of blacksmith items will be available to purchase. Many other antiques, crafts, collectibles and unique items will be available for visitors to view and purchase. Civil War Sutlers will have a variety of items for sale as well including Civil War era clothing, tin-

Enjoy a Mighty Monarch Fiesta at the Sophia M. **Sachs Butterfly House**

(ST. LOUIS): Mexican art, mariachi music, and migrating monarchs combine for a festive outdoor evening at the Sophia M. Sachs Butterfly House in Faust Park. Enjoy a Mighty Monarch Fiesta on Saturday, Sept. 13 from 6 to 10 p.m. Individual tickets start at \$150, with many ticket and sponsorship opportunities available. The evening will benefit educational programs, exhibits and partnerships of the Butterfly House, a division of the Missouri Botanical Garden.

The music of Mariachi Los Compadres will entertain as you sip cocktails, sample tastes of Mexico, and mingle in the Butterfly Garden. View original works and paintings from artists of the Belas Artes Multicultural Center. Savor dessert as dancers and storytellers from the Hispanic Heritage Dance Group perform. Bid farewell to monarch butterflies with the tale of their annual autumnal migration to Central Mexico.

Proceeds from the Mighty Monarch Fiesta will provide support for educational programs and future exhibits at the Butterfly House. They will also support the institution's ongoing partnership with El Bosque Nuevo, a butterfly farm in Costa Rica that helps preserve key areas of tropical rainforest.

Individual tickets are \$150. Upgraded "Social Butterfly" tickets for \$250 include four admission passes to the Butterfly House and individual name recognition in the event program. Additional sponsorship opportunities are also available.

Casual fiesta attire is recommended for the informal evening. Valet parking is available.

For more information or to purchase tickets, please call 314-577-5120 or e-mail liz.papagianis@mobot.org, or visit www. mobot.org/membership.

The Mighty Monarch Fiesta is sponsored in part by Novus International, Inc.

types, camp supplies and more. New this year will be an Antique Sidewalk Sale in Downtown Jerseyville all three days of the festival from 10 a.m. - 7

Fulkerson Mansion will be open for tours for the first time and will feature outstanding antique kitchen pieces. The Col. Wm. H. Fulkerson Farmstead is listed on the National Register

of Historic Places.

The Jersey County Victorian Festival is held one mile North of Jerseyville on Route 67 at the Historic Hazel Dell Farm. Adults: \$7; Children: \$2; under 6 Free. Grounds open at 7 a.m. - 5 p.m. daily. For more information, please call 618-498-5590, email hazeldell@gtec. com or visit www.greatriverroad.com.



