

Two events August 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 compete 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," Waggoner said.

Rolling on the River



Photos courtesy Greenway Network

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

"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

See **READY** page 3

MOVIE PEEK



Skylar Astin, Steve Coogan and Melonie Diaz in "Hamlet 2." © 2008 Cathy Kanavy / Focus Features.

See **MOVIE** page 9

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 mother. Normal litter size for a 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 father, was born



in the wilds of eastern Russia and northeast China. Loss of habitat due to logging activities, human encroachment, and poaching are the main threats to their survival in the wild.

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

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Program meets requirements for WIA-approved training

ST. LOUIS – Workplace and organizational educators, especially those who work with at-risk 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.umsu.edu/ce/toughskills>. For more information, contact Rosilee Trotta, 314-615-7637, or by e-mail, TrottaR@missouri.edu.

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READY from cover

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 at the festival.”

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,” Wag-

goner 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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Family Fun Workshop • Aug. 20

Family bonding fun with local firefighters and police.

3pm – 6pm

Prizes: Xbox 360, mousepads

Senior Appreciation Day • Aug. 21

Internet workshops, games and health screenings (bone density and more).

10am – 2pm

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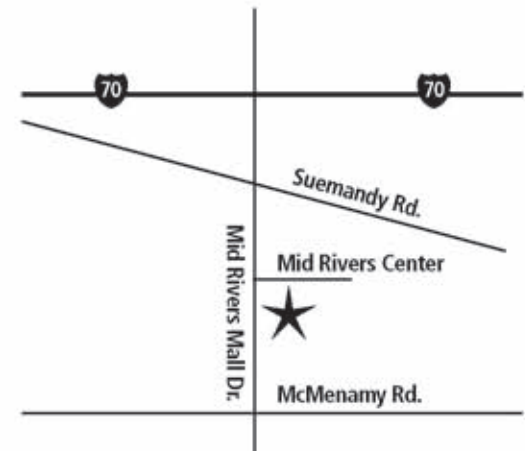
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CITY NEWS

Public Hearing at City Hall for O'Fallon's FY 2009 Community Development Block Grant (CDBG) Program

The City of O'Fallon, Missouri, will conduct a public hearing beginning at 9 a.m. on Monday, August 25, at O'Fallon Municipal Centre (City Hall), 100 North Main Street, O'Fallon, Missouri 63366, concerning the Fiscal Year 2009 Annual Action Plan for the O'Fallon Community Development Block Grant (CDBG) Program.

Those who need assistance or auxiliary aids for the meeting should contact CDBG Administrator Carol O'Mara in the Economic Development Department at least 24 hours in advance of the meeting. Ms. O'Mara can be reached at (636) 379-5411, or comara@ofallon.mo.us.

Directions: Take Exit 217 at highways K and M (Main Street) in O'Fallon. Drive north on Main Street for about one-half mile. After crossing the railroad tracks, make an immediate right into the O'Fallon Municipal Centre parking lot. Call 636-240-2000 for more information.



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Interested in Making "Exploring" a Career?

Young men and women, ages 15 - 20, who are interested in "Exploring" a career in law enforcement are invited to attend an informational meeting of the O'Fallon Explorer Post 2943, at 6:30 p.m. Monday, September 1, in the Multi Purpose Room at the O'Fallon Municipal Centre (City Hall), 100 N. Main St., O'Fallon. A video and a presentation about some aspects of the program will be shown.

Explorers assist City staff and the Police Department during community events, such as the O'Fallon Heritage & Freedom Fest, the Fall Festival & Craft Bazaar, and the O'Fallon Jammin' outdoor concerts. In 2007, Explorer Post 2943 earned the President's Volunteer Service Award, Gold, for over 1000 hours of community service.

Through their service, Explorers gain opportunities to interact and become involved in the daily operations of the police department. At meetings, Explorers learn various aspects of police work and participate in role-playing related to their training. Explorers also attend conferences and training academies where they compete against other posts for recognition.

All Explorer candidates are subject to background checks and approval by the O'Fallon Police Department and the O'Fallon Explorer Post.

For more information contact Officer Joseph Fomera, O'Fallon Police Department Community Services Division, at joefomera@ofallon.mo.us or 636-379-5685.

O'Fallon's 6th Annual Fall Fest 5K Fun Run

Registration is up and running for O'Fallon's 5th Annual Fall Fest 5K Fun Run at 7:30 a.m. on Saturday, October 11. The 3.1 mile run/walk for all ages begins at 7:30 a.m. in the parking lot at O'Fallon Municipal Centre (City Hall), 100 North Main Street.

Race participants will follow a clearly-marked circuit through the neighborhood and return to the start/finish line at City Hall. Race Day registration will be held from 6 - 7:15 a.m. An awards ceremony will begin at approximately 8:30 a.m. in City Hall. The O'Fallon Fall Festival & Craft Bazaar follows immediately in Civic Park from 9 a.m. to 4 p.m.

The 6th Annual Fall Fest 5K Fun Run divisions include: Age Divisions, Baby Stroller, Athena (females who weigh 150 lbs. or more) and Clydesdale (males who weigh 205 lbs. or more). Awards will be given to the top three male and female runners overall, the top three male/female runners in each division, and the three best fall costumes worn by a participant. To be eligible Fall Costume Contest prizes, costumes must be appropriate for a family-friendly event and remain intact throughout the race.

Fall Fest 5K race perks include a race packet

with giveaways, digital timing for accuracy, T-shirts for the first 300 entrants (sizes are only guaranteed to those who register by

September 5), discounts for family registration (except on race day), souvenir medallions for all participants who cross the finish line, and complimentary post-race snacks and beverages.

Registration fees vary from \$13 to \$20 per person, depending on the sign-up date and applicable discounts.

- Early registration (through September 5) is \$15 per person, or \$13 per family member (with three or more registering at the same time).

- Late registration (September 6 through October 10) is \$18 per person or \$15 per family member (with three or more registering at the same time).

- Race Day registration: \$20 per person; no discounts.

Register at www.active.com/event_detail.cfm?event_id=1519025 through October 5.

Or visit O'Fallon's Web site at www.ofallon.mo.us for comprehensive race information, maps, FAQs and registration.

O'Fallon's 6th Annual Fall Fest 5K Fun Run is held by the City of O'Fallon with the assistance of the Mayor's Youth Advisory Council and sponsorship by local businesses. For additional information, contact O'Fallon's Festival Coordinator, Megan Houlihan, at 636-379-5614 or Mhoulihan@ofallon.mo.us.



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PWP Presents Taylor McCoy with Youth of the Year award



Taylor McCoy with the Youth of the Year Award, and his mother, Cindy McCoy.

Taylor McCoy, age 15, of O'Fallon was presented the award of Youth of the Year by Parents Without Partners, Inc. (PWP), at their July 12 Banquet as part of the International Convention that was held near Minneapolis, MN.

Taylor's mother, Cindy McCoy, is a member of the St. Charles County PWP Chapter 1363. Taylor was first awarded that honor by his mother's Chapter early this year, and then was honored in March for the same Award at the Regional level by Gateway PWP Regional Council #58, comprised of Chapters in Cape Girardeau, St. Louis County, and St. Charles County, Mo., and one in Belleville, Ill. Taylor went on to be awarded the same honor at the Zone Level by PWP Zone F, comprised of several area states, at the Zone F Conference, in Columbia, Mo, in April before attaining the final International Award.

Cindy McCoy, Taylor's mother, is a member of PWP Chapter #1363, and has over the past year been serving as Chapter Vice President of Membership. She had initially nominated her son, Taylor, for this award. Taylor, an only child, lives with his mother and is a 10th grader at Francis Howell Central High School. He is a member of the Francis Howell Central Spartan Regiment (marching band), playing the trombone. He is also a member of the Boy Scouts, and was voted into the Order of the Arrow and hopes to attain the rank of Eagle Scout.

Taylor is the creator of the local PWP Chapter Web site, volunteers, and willingly donates 25 percent of his weekly allowance to Habitat For Humanity. Since the first grade Taylor has been enrolled in SPECTRA (gifted class) and has been in the Students with Exceptional Gifts (SEGA) program. He is taking honor's core classes in high school. He credits his mother with being the most responsible for his development and his 'true' friends for having a positive influence on him.

TEEN Club for Middle & High School Special Education Children

Family Support Services announced that TEEN Club services for this year began August 18. The TEEN Club program has been serving St. Charles County special education students for more than 25 years. The program services individuals ages 12 through 21 who are in special education programs.

The TEEN Club program is a specially designed therapeutic recreation service that is conducted after school at four different sites in St. Charles County. Participants enjoy a variety of activities, including arts & crafts, games, music and field trips. TEEN Club staff are trained to work with all levels of abilities and disabilities. TEEN Club staff are available to assist with homework. The TEEN Club runs every day after school is out until 6 p.m. A minimal fee is charged to families for the service on a sliding scale basis.

TEEN Club is conducted at the following sites:

- Family Support Center in O'Fallon
- Francis Howell North High School
- Francis Howell Central High School
- Wentzville Holt High School

Family Support Services has been serving children with developmental disabilities and their families for 50 years. Family Support Services is funded by the United Way, the Developmental Disabilities Resource Board, the Community and Children's Resource Board and the generous donations of many individuals, corporations and foundations.

For more information on TEEN Club, contact Kim Jeffries, TEEN Club Coordinator at 636-614-1306.

SCHOOL

SCC Young People's Theatre Holds Open Auditions for Two Plays

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. 20-21.

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 Division.

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.

Back to School!

Love art? Don't let the opportunity to see work from local artists pass you by.

An exhibit of artwork created by students in Continuing Education classes at SCC will take place Friday and Saturday, **Aug. 22-23**, in the College Center Rotunda on campus. Admission is free.

For exhibit hours, visit www.stchas.edu/calendars.

Debbie Lienhart, SCC Continuing Education art student

For more information about the show, contact Lori Porter at 636-922-8410.



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RELIGION

If I Only Had... "Living With Regrets"

By David W. Thompson - Men's Bible Study Minister

"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death." 2 Corinthians 7:10 NIV

How many times in a person's life do they think or say "if I only had? if I had only been there? if I had only said this or not said that? or if I only had made the right choice?

Life is full of ifs. A better word is regrets.

I have heard people say "I have no regrets about my life". How can this possibly be?

Have we become so hardened to our failures that they just do not matter?

Personally, I think that if we say we have no regrets we are lying to the world and ourselves. I regret that I have not been the Christian example that God wants me to be.

What if I had read my Bible more? What if I had been a better witness to the lost? What if I had been a better spouse or parent? My list can go on and on. How about yours?

This is just a thought but if a person has no regrets have they ever truly lived? And if I say "I have no regrets" have I come to a point of true repentance? Let's face it; we all have regrets. The real key for us is how well we live with them.

God does not want us to live a life of defeat. God wants us to overcome our regrets and failures. The truth is He wants us to learn from them so that they do not have to be repeated. Simply put, if you do not want to have regrets do not repeat past failures. Another good way to avoid regrets is to think before you say or do something. A little prayer and planning can go a long way.

Thank God there are some things that we do not regret: our salvation, family and friends.

A good way to live is to focus on the "I'm glad I did's" of our lives. I can truly live when I remember the good I did do rather than my failure to do what was good. People who dwell on their regrets will not find happiness or forgiveness.

David Thompson's articles are now published in book form, available online and in most major bookstores: "A Stranger's Journey" by David W. Thompson, published by XULON Press. www.strangersjourneybook.com

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For more information about PWP, please check us out on the Web at www.parentswithoutpartners.org or call us at 636-294-1217.

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Cardinal Ritter Senior Services to Break Ground for New Senior Adult Apartment Community in Dardenne Prairie

August 12, St. Louis, MO-Cardinal Ritter Senior Services will hold a ground breaking ceremony for their new St. William Apartments on Thursday, August 28, at 1 p.m. at the construction site. Bishop Robert J. Hermann will officiate.

St. William Apartments will have 40 beautiful one bedroom apartments that will also include a living room, full kitchen and bath. Rent will run 30% of adjusted income with utilities included. Some of the additional amenities will be on-site staff, a community services coordinator, health promotion and group transportation.

For those attending the ground breaking, parking with shuttle bus transportation will be provided from Immaculate Conception Parish located at 7701 Hwy N, Dardenne Prairie, MO 63368.

Cardinal Ritter Senior Services is an agency of Catholic Charities of the Archdiocese of St. Louis and has been providing high quality senior adult services since 1965.

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SHOP O'FALLON CHAMBER

What Members Are Saying...

"I moved to O'Fallon from West St. Louis County seven years ago. The company for which I had worked as a contractor moved its offices to Los Angeles about the same time and I had only one other client. A friend suggested I contact the local Chamber of Commerce as a source of new clients. This was some of the best advice I ever received.



Nick Ippolito
Managerial Accounting Service

Today 95 percent of my business is a result of contact I have made through the O'Fallon Chamber of Commerce. As a bonus, I have made many friends through Chamber activities which in turn has enriched the social life of both me and my wife, Ellen.

My thought is...If you are in business, it's smart to join the Chamber."

EVENTS CALENDAR



Membership Luncheon

August 26

11:30 a.m. - 1 p.m.

Quail Ridge Park
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FUN FACTS: Events that occurred 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.

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Japanese Festival Returns to the Missouri Botanical Garden

St. Louis - Visit the Missouri Botanical Garden on Labor Day weekend for the Midwest's largest celebration of the culture and traditions of Japan. The 2008 Japanese Festival, presented by Wachovia Securities, features sumo wrestling, taiko drumming, rakugo Japanese comedy and more, Aug. 30, 31 and Sept. 1.

Doors open at 9 a.m. each day, with activities beginning at 10 a.m. A ceremonial omikoshi shrine procession will culminate at the Japanese Garden entrance

Saturday at 11 a.m., when local and visiting dignitaries open the festivities by smashing a sake barrel as thunderous beats resonate from taiko drums. Enjoy more performances from the St. Louis Osuwa Taiko group at the Cohen Amphitheater from 7 to 8 p.m. on Saturday and Sunday, and from 2 to 3 p.m. on Sunday and Monday.

Retired professional sumo wrestlers Koryu and Sunahama are back to showcase Japan's national sport through demonstrations and audience participation. Watch the show from the Cohen Amphitheater lawn on Saturday at 1:30 and 4 p.m. and on Sunday and Monday at noon and 4 p.m.

New this year, enjoy a touring performance of rakugo, or Japanese sit-down comedy. English-speaking performer Kaishi Katsura acts out stories involving several characters while seated, using only a sensu (paper fan) and tenugui (hand towel) as props. Seating in the Shoenberg Theater is limited for one-hour performances on Saturday at 5 p.m., Sunday at 4 p.m. and Monday at 12 p.m.

Enjoy the Japanese cinema experience with a special viewing of the feature film "Linda Linda Linda," Saturday at 8 p.m. in the Shoenberg Theater. The 2006 tale of a high school, all-girl band seeking a new lead singer days before their school's festival was "one of [the] year's most unexpected pleasures," according to the New York Times. Seating is limited and early arrival is encouraged.

Attend a kimono fashion show on Sunday at 1 and 2:30 p.m. in the Shoenberg Theater. Watch martial arts including kendo, judo, aikido and karate demonstrated on the Lehmann Building lawn throughout the festival weekend. Don't miss the quick artistry of an ice sculptor from 1 to 1:30 p.m. each day in front of the Spink Pavilion.



St. Louis Osuwa Taiko drummers give a rhythmic performance. Photo by: JJ Lane, Courtesy Missouri Botanical Garden

ritual tea ceremonies six times daily on the sacred Teahouse Island in the Japanese Garden. Tickets go on sale twice daily from the Plum Viewing Arbor and are an additional \$15 each; limit 12 people per session.

Browse the merchandise marketplace for souvenirs or visit the food court for authentic Japanese fare from 10 a.m. to 8 p.m. Saturday and Sunday and 10 a.m. to

5 p.m. on Monday. Take a leisurely stroll by candlelight through the Japanese Garden Seiwa-en from 8 to 10 p.m. on Saturday and Sunday. Don't miss demos of ikebana flower arranging, bonsai pruning, bon odori festival dancing and more. Download the complete schedule of events at www.mobot.org.

The 2008 Japanese Festival is presented by Wachovia Securities, with support from Novus International, Inc.

Hours are Saturday and Sunday, Aug. 30 and 31 from 10 a.m. to 8 p.m. and Monday, Sept. 1 (Labor Day) from 10 a.m. to 5 p.m. (grounds open at 9 a.m. each day). Admission is \$10 adults; \$7 seniors age 65 and over; \$3 children age three to 12; and free to children age two and under. Missouri Botanical Garden members are \$3. Purchase tickets in advance online at www.mobot.org/tickets.asp.

The Missouri Botanical Garden is located at 4344 Shaw Blvd. in south St. Louis. For more information, visit www.mobot.org or call 314-577-9400.

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The American Diabetes Association Launches a Bold New Attack Against Diabetes

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 are supported by volunteers offering water, snacks, entertainment and encouragement. The event draws a large contingency of individuals and teams, comprised of families, friends and corporations, all walking and raising money in support of ADA.

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 U.S.. 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 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 Sat., Sept. 6 on the Southern Illinois University Edwardsville Campus; Sat., Sept. 27 at Russell Commons Park in Alton, IL and at Frontier Park in St. Charles; Sat., Oct. 11 at St. Charles Community College, and Sat., 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.

Call the American Diabetes Association at 1-800-DIABETES or visit www.diabetes.org.

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

By Steve Bryan

MOVIE

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.



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

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 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

"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.



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

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.

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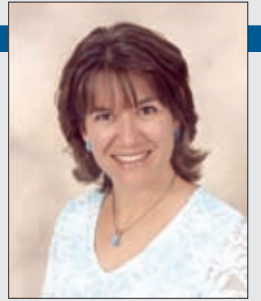
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The Popular Kids



Shelly A. 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 school. 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 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 locker as he was standing up. As Christopher 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 encounter.

"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 talk to me."

Michael was dumbfounded.

"You're NOT popular?"

The bubble popped, loud and uncer-

emoniously.

"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 oldest 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 him.

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 me.

"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.

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.

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2 GUYS TALKING

Challenge Yourself, Nature at Parks Department's 7th Annual Wild in the Woods Trail Run Series



St. Charles County Parks Department - For those individuals seeking something a bit more challenging than another walk in the park, the St. Charles County Parks Department hosts its Seventh Annual Wild in the Woods Trail Run Series. 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. Prizes will be awarded in each race to

top males and females in five-year age groups, as well as for the top overall finishers in each age group during the entire series.

The first race is scheduled on Sept. 6 at Matson Hill Park. Featuring steep and rolling hills, the course will travel 10 kilometers (6.2 miles) over paved roads, gravel roads, and winding single-track dirt trails. Entrants in this race will receive a water bottle. The race will begin at 9 a.m., at the Katy Trail Parking Lot on Highway 94 South in Matson and continue into the park.

The second race is scheduled on Sept. 27 at Klondike Park. Featuring flat terrain and multiple steep hills, the seven-mile course will travel over hard-surface trail, park roads, crushed stone trail, and single-track natural surface. Entrants in this race will receive a short-sleeve T-shirt. The race will begin at 9 a.m., at Shelter # 1 in the park, which is located at 4600 Highway 94 South near Augusta.

The third race is scheduled on Oct. 18 at Indian Camp Creek Park. Crossing a predominantly flat terrain with a few hills, the 10-mile course will travel over paved park roads, single-track dirt trails, and natural

A BETTER YOU

terrain. Entrants in this race will receive a hat. The race will begin at 9 a.m., at the Lakeside Gazebo in the park, which is located at 2679 Dietrich Road (approximately seven miles north of Interstate 70 along Highway 61) near Foristell.

The fourth race is scheduled on Nov. 1 at Quail Ridge Park. Winding along the park's undulating terrain, the five-mile course will travel over hard-surface and single-track dirt trails. Entrants in this race will receive a long-sleeve shirt. The race will begin at 9 a.m., at the Group Picnic Area in the park, which is located near the intersection of Interstate 70 and Highway 40/61, at 5501 Quail Ridge Parkway in Wentzville.

Registration fees are \$25 for each individual race or \$75 for the four-race series (series entrants must register before August 22 to receive the discount). Participants who register at least one week prior to each race are guaranteed to receive the above commemorative items, although race-day registrations will be accepted. To register, please visit www.stccparks.org or call 636-949-7535.

UMSL Scholar Seeking Volunteers for Aging Study

Have you ever had a "senior moment"? Do you ever wonder how memory skill changes as we get older? Have you ever wondered what factors promote optimal memory function as we age?

A psychologist at the University of Missouri-St. Louis is conducting a research study on normal aging.

Robert Paul, assistant professor of psychology at UMSL, is looking for healthy volunteers 51 years of age or older. Participants will be compensated for their time. The study is in special need of participants of Latino descent.

Paul, along with several UMSL graduate and

undergraduate students, will begin the study this fall. It's funded by a \$2.7 million grant from the National Institutes of Health and will track a group of healthy individuals for four years. Through annual physical exams researchers will determine if participants show signs of Alzheimer's disease or dementia.

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General dentistry practice. Provider is not a specialist in periodontics. Cosmetic dentistry and implantology are not recognized specialties of the American Dental Association and require no specific training to advertise these services.

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Steve Savard
"News 4 St. Louis" Sports Director

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Wyndham Park III

Senior Community

APARTMENT AMENITIES

- All electric
- Full kitchen including:
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St. Peters, Missouri 63376**

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BUSINESS SPOTLIGHT

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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636-441-0211
www.langinsurance.com

Senior Helpers



"We specialize in providing professional care to people who wish to remain independent at home instead of moving to a facility," said franchise owner, Steve McCollum. Senior Helpers was founded in Baltimore, Maryland in 2001 in response to a growing need for professional home care. "We address this need by providing dependable, consistent and affordable care."

"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

Northside Gymnastic Academy



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

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

Elegant Salon & Spa



Trisa, Chris, Kelly, Carol & Hanna

We are happy to introduce the newest member of our salon family. Kelly Borem is a full-service stylist and nail technician with four years' experience.

Elegant Salon has a friendly and knowledgeable team of stylists. We specialize in haircuts for the whole family, color, foils, perms and styles. We also offer ethnic hair straightening, styling and cutting.

We have nail technicians for pedicures, and manicures with daytime and evening appointments available. Don't forget our awesome massage therapist. She will melt your pain away!

Our professional team looks forward to taking care of all of your family's salon needs.

Call for an appointment. Walk-ins welcome.

"Elegant Services at Affordable Prices!"

Elegant Salon & Spa
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636-978-3700
www.elegantsalon.com

Switch Fitness For Women



Switch Fitness is the premier women's fitness center. When it comes to your body and your time, we offer unsurpassed excellence in strength, body shaping and fitness training, featuring the world's first and only interactive Body Shaping technology, education to escalate your results in a shorter, more efficient time frame, in the most exciting, sophisticated, and chic environment in the women only market.

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Switch Fitness for Women
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636-970-2444
www.switchfitness.com

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SYNERGY is staffed by outstanding healthcare professionals who strive to provide the very best care available anywhere. This includes a comfortable, well equipped facility, pleasant and well trained personnel, physicians dedicated to up-to-date orthopedic techniques, and old fashioned patient care. The goal for SYNERGY is for YOU to attain your Greatest Potential.

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O'Fallon, MO.
636-379-7506

First State Bank of St. Charles



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

PC Plan-It



Troy Frey opened PC Plan-It in 1998. He realized that many businesses needed modern technology, but were unable to afford it. Frey offers quality, reconditioned computer systems, meeting both the customer's needs and budget.

PC Plan-It has since expanded. The company offers computer sales, service and repair on all major brands. There are systems for the novice, and build-it-yourself computer systems for the more advanced users. Desktop and laptop systems are warranted for a reasonable price. Looking for a laptop for your child? There are more than 40 in the PC Plan-It showroom, starting at just \$150.

Check it all out on the web, or visit the newly expanded showroom!

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

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 Wentzville
636-379-0092 636-928-1928 636-332-5574
www.ymcastlouis.org

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 Haltarczyk's love of cooking led him and his sons to the desire to open an authentic neighborhood 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 restaurant.

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.

Stop in for a fun time and great eats!

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

BUSINESS SPOTLIGHT

Wyndham Park III Senior Community



Wyndham Park is anticipating the opening of the senior community'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 granddaughter. 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.

Wyndham Park III Senior Community
800 Wyndham Park Drive
St. Peters, MO 63376
636-279-2228

St. Charles Sports & Physical Therapy



Welcome to St. Charles Sports & Physical Therapy! Our Mission is to assist and direct patients to achieve the highest level of rehabilitation following an injury, illness or disease. Professionally specialized trained therapists provide one-on-one personalized treatments, to address each individual ailment in order to attain maximum potential for the patient.

We offer high-quality standards and a comfortable, caring atmosphere combined with up-to-date training to return our patients to their everyday activities as quickly and safely as possible. Treatment for the patient will be based on a team approach between the physician and our Physical Therapy staff.

www.scsportspt.com

St. Charles Sports & Physical Therapy
1840 Zumbuhl Rd., St. Charles 263 Centre Point Dr, St. Peters
636-947-7678 636-441-7500
1155 Wentzville Pkwy, Wentzville 939 Highway K, O'Fallon
636-332-1313 636-240-7000

JJ's Restaurant



Looking for a home town restaurant with great food and prices? Look no further than JJ's Restaurant!

This family owned business has been operating in O'Fallon for over 10 years and is a local favorite! Jerry and his brother, Mike Spies, own the business and have brought their knowledge and expertise from other restaurants and added to the recipes to create their own signature dishes.

JJ's menu has something for everyone. Baby back ribs, salmon, and great steaks are just a few of the favorites. Come in for a juicy Porterhouse for only \$15.99 anytime!

JJ's even has a banquet room for your special occasion!

JJ's Restaurant
200 Ft. Zumwalt Square
O'Fallon, MO 63366
636-978-1737

Dardenne Dental and Elm Dental Care



Nathan Hartman, D.D.S has joined the practices of Dardenne Dental and Elm Dental. Dr. Hartman is a graduate of UMKC School of Dentistry.

If you've been hiding your smile, putting up with pain, or putting off going to the dentist because you're too busy, your life is about to change! New and safe sedation dental techniques by Dr. Armen Tumanyan and Dr. Nathan Hartman mean you can have years of dental treatments done quickly, with little or no discomfort.

Contact *Dardenne Dental* and *Elm Dental Care* to discover how our dentist can help you get your dream smile.

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Dardenne Dental 1654 Bryan Rd. O'Fallon 636-978-4848 www.dardennedental.com	Elm Dental Care 3739 Elm St. St. Charles 636-916-4848 www.elmdentalcare.com
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Jim Trenary Chevrolet



Tom Augustin the Service Manager at Jim Trenary located in O'Fallon's newest Auto Mall. Tom has been in the automotive industry for over 23 years and has been employed by Jim Trenary since October 2007. He enjoys working with customers and helping them with their particular service needs.

Tom is pleased to work for Jim Trenary's new facility in O'Fallon. The facility is conveniently located in the Auto Mall off of Hwy K and Hwy 40. The Award Winning Facility is a benefit to Tom's clients. Customers will find such conveniences as free Wi-Fi and separate children's waiting room. The service department offers a free shuttle service with every service visit!

Call Tom today to schedule your service appointment at Jim Trenary Chevrolet in O'Fallon Missouri.

Jim Trenary Chevrolet
501 Auto Mall Drive, O'Fallon, MO
1-866-776-7822
www.jimtrenary.com

West Community Credit Union



As a Business Development Officer, Richard Dillard works with businesses to develop customized solutions. A native of St. Charles, Richard has owned and operated businesses in the area and understands the associated challenges.

West Community Credit Union is a locally owned and operated full-service financial cooperative committed to offering "More than you imagined." The Credit Union is not-for-profit and owned by its members, which translates to better rates and fewer fees. A range of business products is available, including:

- iMerchant remote deposit
- High-yield business checking and money market accounts
- Business debit and credit cards – with rewards

West Community Credit Union
4161 Highway K, O'Fallon, MO 63368
636-720-2400
www.westcommunitycu.org

Overland Shade



Since 1946 the Pursley family of the Overland Shade Company have been providing quality custom shades, blinds and shutters and incredible customer service to St. Louis and St. Charles area businesses and homeowners. Overland Shade offers a wide range of custom window coverings from Hunter Douglas, Skandia, Graber and more. They also manufacture the popular Sheer Shade, a custom made shade that allows you to enjoy the natural light and outside view while protecting you from uncomfortable heat and glare caused by the sun. These shades are excellent for interior or exterior use.

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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8231 Midland Blvd., St. Louis 63114 • 314-427-5191
www.overlandshade.com

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

F&M Bank and Trust



Ron Epps has joined F&M Bank and Trust Company as a bank officer in the O'Fallon, Missouri branch on Highway K. Ron brings with him more than 10 years of mortgage and banking experience in the St. Louis area, and we look forward to Ron increasing the presence of F&M Bank's mortgage operations in St. Charles County.

Ron was born and raised in St. Charles. He graduated from St. Charles West in 1992, and received a Financial Management degree from the University of Missouri in 1997. Outside of work, Ron enjoys spending time with his wife, Becky, and their children Jake, Sara, and Charlie. Ron is also very active at Calvary Church in St. Peters, and works as an assistant director with the Upward Basketball League.

"I like how F&M has that small town feel and personal touch with all of the amenities and technology available with the big national banks," he said.

F&M Bank and Trust Company
2435 Highway K, O'Fallon, MO
636-379-3426
www.bankfm.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

Liza Minnelli Kicks Off Opening Season At Lindenwood

The stars will be shining 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 pm, September 11 and 12. The \$32 million performing arts center, 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 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.

Lindenwood's 2008-09 season schedule also includes the first performance ever in St. Charles of Hal Holbrook in "Mark Twain Tonight" (Sept. 20); Guy & Ralna of "The Lawrence Welk Show" (Oct. 18); "Movin' Out" Broadway Tour (Nov. 1-2); "Drowsy Chaperone" Broadway Tour (Jan. 2-3, 2009); "Jesus Christ Superstar" starring Ted Neely, Broadway Tour (Jan. 25); and "Cirque Eloize Nebbia" (Mar. 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 (Mon.-Fri., 10 am - 7 pm).

Lindenwood – "The stars are much brighter here - come see for yourself!"

SPORTS

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Gary Baute

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



Luke Barganier

Courtesy www.rivercityrascals.com

Frontier West Division Standings as of 8-10:

| Team        | W  | L  | 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     |

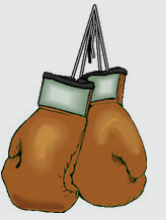
All home games played at T. R. Hughes in O'Fallon @ 7 p.m. (6 p.m. on Sundays)

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

~~~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

### BULLDOGS FOOTBALL

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 history.

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 | T | 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](http://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



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



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- | | | | | | | |
|-----------------|---------------------|-----------------------|-------------------|----------------|--------------|---------------------|
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| Chico's | Coldwater Creek | Victoria's Secret | Gymboree | Claire's | Bachrach | Clarkson Jewelers |
| Jos. A. Bank | New York & Company | Lenscrafters Optique | Puddle Ducks | C.J. Banks | Aéropostale | Eddie Bauer |
| Yankee Candle | The Walking Company | Bath & Body Works | Kay Jewelers | Salon Kashmir | Sunglass Hut | Talbots |

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Fall 2010 Von Maur Department Store

SCC Cougar Baseball Team Earns Sportsmanship Award, Academic Honors

For the second consecutive season, the St. Charles Community College men's baseball team was awarded the Midwest Community College Athletic Conference's Sportsmanship Award.

The SCC Cougars were selected by conference coaches for demonstrating good sportsmanship throughout the entire 2007-08 season. The team finished second in the conference for the season with a 22-18 overall record.

"The players all conducted themselves with class," said Chris Gober, Cougar head baseball coach. "They showed respect for each other and respect for the opposing teams. None of our players were ever thrown out of a game. Earning this honor is a streak for us now, and we are all very proud."

The Cougar baseball team also is proud of its two players named Academic All-Americans by the National Junior College Athletic Association. SCC catcher Josh Farley earned Distinguished Academic All-American honors, which requires a cumulative grade point average of 3.80-4.00. SCC pitcher D.J. Politte garnered Academic All-American honors, which requires a cumulative grade point average of 3.60-3.79. In addition to GPA,



2007-08 Baseball Team: The 2007-08 SCC Cougar baseball team was awarded the Midwest Community College Athletic Conference's Sportsmanship Award. Photos courtesy SCC.

sophomore players must earn 45 credit hours to be considered by NJCAA for the award.

This fall, Farley, of New Bloomfield, Mo., will transfer to play at Kansas State University. Politte, of Potosi, Mo., will play at Lindenwood University.

Eleven SCC baseball players will transfer to four-year college teams in the fall. In addition to Farley and Politte, the following team members will move on: Ryan Carbah, of Belton, Mo., Zach Kinkeade, of Lake St. Louis, Mo., and Dominic Marchesi, of Bridgeton, Mo., will attend Missouri Western State University; Jeff DeKalb, of Wentzville, Mo., will attend Murray State University in Kentucky; Matt Macke, of St. Peters, Mo., will attend University of

Missouri-St. Louis; Eric Mitchell, of St. Charles, Mo., will attend Northwest Missouri State University; Trenton Sanders, of Flossmore, Ill., will attend Texas Southern University; Trevor Zugmaier, of Barnhart, Mo., will attend the University of West Alabama; and Jeremy Clubb, of St. Charles, will attend Missouri University of Science and Technology.



Josh Farley: Josh Farley, catcher for the SCC Cougar baseball team, was named Distinguished Academic All-American by the NJCAA. This fall, he will transfer to play at Kansas State University.



D.J. Politte: D.J. Politte, pitcher for the SCC Cougar baseball team, was named Academic All-American by the NJCAA. This fall, he will transfer to play at Lindenwood University.

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www.langinsurance.com



Steven J. Lang, President

Anthem

Steve Lang with Lang Insurance Service is an independent authorized agent in Missouri for Anthem Blue Cross and Blue Shield. In Missouri (including 30 counties in the Kansas City area), Anthem Blue Cross and Blue Shield is the trade name for HighChoice® Managed Care, Inc. (HMC), Healthy Alliance® Life Insurance Company (HALIC) and HMO Missouri, Inc. (HMO) and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. HMC and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. Life and Disability products underwritten by Anthem Life Insurance Company, independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

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Civil War Scholar to Lecture at UMSL

Director of Center for Study of Slavery, Resistance and Abolition at Yale

David W. Blight, American history professor at Yale University, New Haven, Conn., author of numerous books including "A Slave No More: Two Men Who Escaped to Freedom, Including Their Narratives of Emancipation," and "Race and Reunion: The Civil War in American Memory," which received eight book awards, will present the 2008 James Neal Primm Lecture in History - "Has Civil War Memory Divided or United America." The lecture will take place on Sept. 8 at 7 p.m. in the Louis Mercantile Library, UMSL, One University Blvd., St. Louis, MO 63121. Sponsors are: Department of History at UMSL and St. Louis Mercantile Library at UMSL.

Free and open to public. Reservations requested: 314-516-7242.
For more information, call 314-516-7242. <http://www.umsl.edu/mercantile/>

One of the nation's foremost authorities on the U.S. Civil War and its legacy, David Blight joined the faculty at Yale University as professor of history in 2003. Previously, he was a professor of history at Amherst College, Amherst, Mass. for 13 years. Blight's 2007 book, "Slave No More," has been praised for bringing to light some of the most powerful records of our past in the form of very rare first-person narratives of two runaway slaves up to the time of their emancipation. In addition to his many books, Blight was a consultant to several documentary films including the PBS series, "Africans in America" and "The Reconstruction Era."



Community News is proud to offer our readers "Book Buzz." This column will feature great books for children in three categories: **Youngest 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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Oldest Pick

Chancey, an albino Appaloosa is born when a "fire star" shoots across the sky. His 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.

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.



O'Fallon Kiwanis Presents Check to Senior Center's Meal Program

O'Fallon Kiwanis Club members recently presented a \$250 donation to the O'Fallon Senior Center's Meal Program. Ozzie Maher and Bruce Shipley, Kiwanis Club members, have been delivering meals to area seniors for over 25 year.



L to R: Eileen Cushman - MEAAA Executive, Patty Duncan - Senior Center Director, Ozzie Maher - O'Fallon Kiwanis Club Director, Darlene Carroll - Meals Program Administrator, Bruce Shipley - Kiwanis Club Director, and Nancy Fischer - Kiwanis Club Treasurer.

Mighty Monarch Fiesta at the Butterfly House

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, as well as 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: \$150. Upgraded "Social Butterfly": \$250 includes four passes to the Butterfly House and individual name recognition in the event program. Additional sponsorship opportunities are also available. Casual fiesta attire is recommended. Valet parking available. Call 314-577-5120 or visit www.mobot.org/membership.

Cottleville Fire Chief Wylie Chosen for National Committee

The Cottleville Fire Protection District is proud to announce that Fire Chief Rob Wylie was chosen from a national pool of fire chiefs to be one of three new members appointed to the "IAFC (International Association of Fire Chiefs) Professional Development Committee." Chief Wylie will serve as the only representative from Missouri on the 12-member committee. Other states represented include: Colorado, Florida, Connecticut, California, Oregon, Washington, New Mexico, and Virginia. The committee meets in person twice a year.

Chief Wylie will have a part in developing and revising national standards and training that relate to both company officer, i.e. lieutenant/captain, and chief officer development. The committee's tasks include: development of a fire chief orientation program; development of an officer mentoring program; revision of the "Officer Development Handbook"; implementation of a company officer symposium; revision of the National Fire Protection Association (NFPA) 1021 Standard for Fire Officer Professional Qualifications.

Mike Reiter, Cottleville Fire District Board President, stated, "We are very proud of Chief Wylie's selection to this committee and feel that his contributions will greatly benefit the fire service both here at home and nationally. Additionally, we feel this shows the great strides the Cottleville Fire District has made..."

Fire Chief Rob Wylie stated, "I am honored to have been selected to represent the Cottleville Fire District, St. Charles Community, and the State of Missouri in this capacity. The fire service continues to adapt to our changing society which includes an emphasis on the professional development of our current and future leaders, and I look forward to being part of that process."

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WHAT'S HAPPENING

CHURCH

Every Sunday: Mercy Road Fellowship Meets at 4:10 p.m. 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. Visit www.mercy-road.org.

Every Other Tues. Night: 7:01 p.m., Single Young Adult/College Bible Study Fellowship Ages 18-29, all welcome! First Baptist Church O'Fallon Annex. Contemporary Worship Band. Great Fellowship! Bring a friend. Free. At The Loft (enter doors on west side of bldg., near Domino's Pizza). 636-272-4838. www.nextministries.com

Every Friday Night: 6 p.m. Christ-centered Recovery

Program

1st Baptist Church, O'Fallon Annex. 6 p.m.-Dinner; 7 p.m.-Large Group Worship/Teaching; 8 p.m.-Small Groups, Gender specific, issue related; 9 p.m.-Lighthouse Cafe. Based on 8 Recovery Principles, & Beatitudes of Scripture. Celebrate recovery! Info: 636-272-4838 or rlomax@fbcoministry.org

Aug. 16: Church-Wide Garage Sale, 7 a.m.-Noon

At Pastor Jack Lawrence Family Life Center, 1975 Old Hwy. 94 So, St. Charles. Benefit Kids Against Hunger, int'l food relief campaign. Hope Lutheran will be a satellite packaging center. Food packaged will be sent to Haiti to help relieve food crisis. Call 636-946-8922 or www.hopelutheranelca.org.

EVENTS

SUMMER IN ST. CHARLES MUSIC ON MAIN: 3rd Wed., 5 - 7:30 p.m.

Free concerts, Downtown Historic District, 100 & 200 blocks of N. Main, St. Charles. Bring lawn chairs.

Aug 20: *Serapis*

Sept. 17: *The Arbogast Band*

FRIDAY NIGHT FLICKS: 8 p.m.

Frenchtown District, 1800 N. Second St., St. Charles. Music, food, refreshments. Bring lawn chairs.

Aug. 22: *Best in Show* (bring lawn chair)

Aug. 22: New Melle Art Show

New Melle Chamber of Commerce Art Show & Reception held at New Melle Lakes Golf Course Banquet Center, 404 Forstell Rd. Art show, sale & oral auction of artwork from award winning artists, wine tasting, hors d'oeuvres, music, & a souvenir wine glass. Six artists all produce three-dimensional artwork: Jim Leifeld of O'Fallon - wood carving; Bob Allen of O'Fallon-pottery/ceramics; Brendan Bayless of Marthasville, Mo. - blown glass; Nancy McKinley of Lake Sherwood, Mo. - Indian gourd art; Jean Hollingsworth of Lake Sherwood, Mo. - pine needle baskets and Kathy Sickler of New Melle, Mo. - lampwork bead and copper jewelry. Oral auction, 8:30 p.m. featuring select works from each artist. Supports the participating artists & the New Melle Chamber of Commerce. Sugar Creek Winery will provide a variety of wines for tastin. Dave Ahlvin will entertain on the acoustical guitar. Event sponsorships are available to area businesses. Tickets: \$20/person, include limited wine tasting, hors d'oeuvres & entertainment. Cash bar. Doors open at 6:30 p.m. Seating limited. No one under 21 admitted. Advance tickets recommended. To order tickets, call 636-828-5600 or visit www.newmellechamber.com.

Aug. 23: 2-6 p.m. FLOOD AID '08

(gates open at 1:15) Held at El Shaddai Ranch; 3325 Deer Rn. Ln., Moscow Mills. www.stlchristianranch.com Worship bands, Blue Grass, Prayer Tent, activities for kids, concessions, & much more. Sponsored by the Troy Ministerial Alliance. More info: www.floodaid-08.org. Pastor Jane. www.myspace.com/crashkelley

Aug. 23 & 24: Annual Olden Days Festival

Tri-County Antique Club, 23946 State Hwy 3, Dow, IL 62022. Sat.: 7 a.m. to 7 p.m. Sun.: 7 a.m. to 5 p.m. Family-oriented event features threshing, sawmilling, steam/gas engines, antique tractors. Kid's activities on Sat. with a garden tractor pull & antique tractor pull at 6 p.m. On Sunday, car show & tractor rodeo. Live entertainment & food both days. Admission is \$3; ages 12 and under FREE. The club grounds are located in Southwestern Jer-

sey County on State Hwy 3; 2 miles west of Junction 109. Call 618-639-4192.

Sept. 5 thru Oct. 26: Great Godfrey Maze

Robert E. Glazebrook Community Park, 1401 Stamper Lane, Godfrey, IL 62035. Hours: TBD. Get lost in Corn and Godfrey at the Great Godfrey Maze! Take an a-mazing adventure through two separate mazes cut into a 7-acre cornfield. This year walk among the "Wild Things" through more than 2.4 miles of trails. The maze captivates thousands of visitors annually. Navigating by day is hard, but navigating through the maze after dark is an even greater adventure. Maze becomes haunted in October w/extended evening & weekday hours. Admission fees. Call 618-466-1483 or visit www.GreatGodfreyMaze.com.

Thru Sept. 6: Mad Magazine Exhibition

Original artwork for Mad Magazine. The sociological dynamo that is MAD has always been at the forefront of change and innovation and even more change. MAD has affected our culture and history in such an all-encompassing and fundamental way that it is sometimes easy to overlook its awesome influence. At the St. Louis Artists' Guild. Closed Mondays & holidays, 2 Oak Knoll Park. Call 314-727-6266. Free. Hours: Noon-4 p.m. www.stlouisartistsguild.org

Sept. 7: 3 p.m. McPike Mansion Daytime Tour

2038 Alby St., Alton, IL 62002. Learn the history of the McPike Mansion & take a look at the documented photos of the mansion & paranormal activity. Then, take a tour of the surrounding grounds & the crypt. Talk with the spirits with Dowsing rods and join us for a dark session in the cellar with our experienced medium. Tour lasts approx. 90 minutes. The cost is \$20/person. All proceeds go toward the restoration of the mansion. Contact Sharon, 618-462-3348.

Sept. 13: 10 a.m. - 4 p.m. Lewis & Clark Music Festival

Lewis & Clark State Historic Site, #1 Lewis & Clark Trail, Hartford, IL 62048. Join us for the annual Lewis & Clark Music Festival. Traditional music of the late 1700s & early 1800s will be performed by musicians playing fiddles, dulcimers & flutes. Watch, listen, & participate in this wonderful dance & music festival. FREE. Call 618-251-5811 or visit www.campdubois.com.

Sept. 13: 9-11 a.m. Community Prayer Breakfast

Our thank you to the Community from Our Lady's Inn. At the Columns. \$20/person. Open seating. Guest speaker Kim Manoogian, "How Prayer

Changed my Life." Reservation: www.ourladysin.org or call 314-351-4590. *Our Lady's Inn is an emergency shelter for pregnant women and their children.*

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

Between ages 18 & 100? PWP St. Charles County Chapter invites you to an Open House. Sunday's location, Old Town Pavilion B, 1st Park St., St. Peters. Tuesday's location, St. Peters City Hall, Mtg. Rm C, 1 St. Peters Centre Blvd. www.parentswithoutpartners.org. 636-294-11217.

Sept. 18: 6-8 p.m. Charity Fashion Show & Wine Tasting

Benefits Connections to Success and Our Lady's Inn. Held at New Town, 3420 Civic Circle, St. Charles. \$35/person includes wine tasting, appetizers, mini-silent auction. Call 636-916-4386 or visit streetscapemag.com.

Sept. 20: 1-5 p.m. Mineral Springs Haunted Extravaganza

Paranormal investigators, lectures, guest speakers, an aura photographer, vendors, tarot card readings, door prizes, drawings for free ghost tours, belly-dancers & more. Free. For more information, call 1-866-465-3505.

Sept. 29: 11 a.m. PARIC presents Heart Gallery Golf Classic @ WingHaven Country Club

Benefits Missouri Adoption Exchange (& MO Adoption Heart Gallery, 238 portraits of Missouri's waiting children on display). 11 a.m. registration, "hearty" luncheon buffet & specialty drinks. 12:30 p.m. Shotgun start (4-man scramble), 18 holes, beverages on course. 5:30-8:30 p.m. Cocktails & Executive sit-down dinner, silent & live auctions, Distinctive Team & Player Awards. **Hole sponsorships available.** Call 314-291-3313 or email: Cindi@adoptex.org.

Every Friday: 3 - 8 p.m. VFW Fish Fry

VFW Post 2866- weekly happening. Catfish, Walleye, Crappie, Cod, Fried Chicken & Shrimp. Price: \$5/Sandwich; \$7.50/plate. Club Room open to public 7 days a week. 66 VFW Lane (Hwy 94S to Pralle Lane, west to old Hwy 94, south to VFW Lane. Call Bill Sams, 636-724-9612.

HEALTH

Childbirth Prep Classes

SSM St. Joseph Hospital West, 100 Medical Plaza, Lake St. Louis. Recommended for women who are



HAVE AN EVENT?
If you would like your event published, please send to:
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WHAT'S HAPPENING

planning to breastfeed or have not decided. Includes info on how the breast makes milk, how to establish a good milk supply, avoiding sore nipples, nurturing the breastfeeding family. Two hours: \$20. 314-SSM-DOCS to register.

Diabetes Self-Management Training Classes: with doctor's orders only

SSM St. Joseph Hospital West, 100 Medical Plaza. Lake St. Louis. Learn the latest about diabetes, monitoring, food choices, complications, sick day management, foot care, coping with life stressors, holidays, vacations and other unusual life situations in 4 sessions over 6-month period. Call Doreen at 636-625-5447. www.ssmstjosephwest.com.

Family & Friends CPR Class

SSM St. Joseph Hospital West, 100 Medical Plaza. Lake St. Louis. Learn infant/child CPR, foreign body management & child safety. Receive PBLs participation card. Three hours: \$25. Call 314-SSM-DOCS to register.

HOPE (Alzheimer's Disease and Dementia Support Group)

Sponsored by SSM St. Joseph Health Center & SSM. Held at Harvester Christian Church, Room CH-104, 2950 Kings Crossing. 636-928-7651, x. 115.

Mammogram Screenings

SSM offers mammogram screenings to women who have no health insurance, by appointment only. Must meet requirements. Appointments Mon., Tues. & Thurs. at SSM St. Joseph Health Center, 300 First Capitol Dr., St. Charles. Wed. at SSM St. Joseph Hospital West, 100 Medical Plaza, Lake St. Louis. Mon. & Fri. at SSM St. Joseph Medical Park, 1475 Kisker Rd., St. Peters; Wed. at SSM St. Joseph Health Center-Wentzville, 500 Medical Dr. Call 636-947-5617.

First Wednesday of Month: 7 - 9 p.m. Stroke Support Group

For stroke survivors/family members/caregivers. St. Joseph Health Center, 300 First Capitol, St. Charles. Call Jackie or Pennie, 636-947-5385.

First Monday Every Month: Better Breathers Club

For those who are living with chronic lung disease. St. Joseph Health Center. Free lunch. SSM St. Joseph Health Center, 300 First Capitol Dr., St. Charles. 636-947-5684.

Third Tuesday of the Month: 6:30 - 7:30 p.m. Diabetes Support Group

Learn how to better manage

diabetes, enjoy a healthier life. FREE. At St. Joseph Hospital West cafeteria, 100 Medical Plaza, Lake Saint Louis. Upcoming dates: Call Doreen at 636-625-5447. www.ssmstjosephwest.com.

Third Thursday: 7 p.m. SSM St. Joseph "Talking Man-to-Man About Prostate Cancer" Support group provides education & support. Local Chapter of the American Cancer Society, meets at SSM St. Joseph Medical Park, 1475 Kisker Rd., St. Peters. Family members invited. Call Karen 636-498-7923.

Fourth Thursday of Month: 6:30 - 8 p.m., *NEW* Breast Cancer Support Group

Siteman Cancer Center at Barnes-Jewish St. Peters Hospital, 150 Entrance Way (on hospital campus). 636-928-WELL (9355) or 800-392-0936. Visit <http://siteman.bjsph.org>.

Problems with drug or alcohol addiction in a loved one?

Don't know whom to turn to for help? Contact Drug Rehab Resource for a free confidential consultation. Call 1-866-649-1594 or find out more at www.drugrehabresource.net.

KIDS



Every Friday, Saturday & Sunday: St.

Charles Model Railroad Club Display

FREE. 800 sq. ft. of operating train display. Fri. 7-9 p.m.; Sat. & Sun. 1-6 p.m. Ft. Zumwalt Park, O'Fallon.

Sept. 6: The O'Fallon Family YMCA 14th Annual Kids TRYathlon

Children ages 7-13 are invited to participate. Register at YMCA. Call 636-379-0092 to contact Kathleen Johnson.

MEETINGS

Every Monday: 6:45 - 8:15

p.m. Monday Cocaine Anonymous Meeting

Discovery Church, Mexico Rd & Belleau Creek Rd. E-Mail: jo7xl@att.net.

Fourth Tuesday: 6:30 p.m. Twin Chimneys Gatrden Club Meets at Sunrise United Meth-



odist Church, 7116 Twin Chimney Blvd. Please call Rose, Pres., 636-240-0844.

Every Thursday: 5:30 p.m. TOPS

Take Off Pounds Sensibly: Weigh-in 5:30, Meeting 6:30. Wentzville United Methodist Church, 725 N. Wall St., Wentzville. 636-332-6874. www.tops.org.

Every Friday Night Cocaine Anonymous Meeting

212 Club, 212 Sonderen Ave., O'Fallon.

Every Saturday: 8 - 9 a.m. Saturday Morning Cocaine Anonymous

Discovery Church, Mexico Rd. & Belleau Creek Rd. E-Mail: jo7xl@att.net.

Every Sunday: 7 - 8:15 p.m. Sunday Night Cocaine Anonymous

St. Patrick's Church, Wentzville, 405 S. Church St., just north of I-70. E-Mail: jo7xl@att.net.

SENIORS

Third Tuesdays: 11 a.m. - 2 p.m.

Age 55+ are invited to a FREE lunch/social event. Transfiguration Episcopal Church, 1860 Lake St. Louis Blvd., Lake St. Louis. 636-561-8951. www.transfigurationchurch.org

TEENS

Every Saturday: 10-11 p.m. DJ Skate

Price includes admission, skate rental; no re-entry unless ad-

mission re-paid. CenturyTel Ice Arena, Wentzville. www.wentzvilleicearena.com.

Every Thursday: 7:30 - 9 p.m. Building Bridges Alateen

Teens bothered by someone else's drinking. Trinity Episcopal Church, 318 S. Duchesne, St. Charles. No dues/donations accepted. 636-685-5214 or 636-947-9304.

ZOO

August: Register Now for Fall & Winter Programs at the Zoo

Education programs for all ages, scouts & more. Call 314-646-4544 to request brochure

or www.stlzoo.org/education.

Aug. 22, 29: 5-8 p.m. Jungle Boogie Friday Night Concerts

Free. Bring the family. Center of Zoo. 314-781-0900 or www.stlzoo.org.

WildSide Walkers

Tuesdays & Saturdays year 'round between 7-8:30 a.m.

Jammin' at the Zoo: 6-10 p.m. Wednesdays

General admission: \$10. Free for members and one guest. 314.781.0900. www.stlzoo.org.

NOT JUST ANOTHER WALK IN THE PARK



ST. CHARLES COUNTY PARKS



EVENT INFORMATION

| | |
|---|---|
| <p>Race #1 - Matson Hill Park
Sept. 6 at 9 a.m.
10 kilometers</p> | <p>Race #2 - Klondike Park
Sept. 27 at 9 a.m.
7 miles</p> |
| <p>Race #3 - Indian Camp Creek Park
Oct. 18 at 9 a.m.
10 miles</p> | <p>Race #4 - Quail Ridge Park
Nov. 1 at 9 a.m.
5 miles</p> |

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 short-sleeve t-shirt at Race 2, a hat at Race 3, and a long-sleeve shirt at Race 4.

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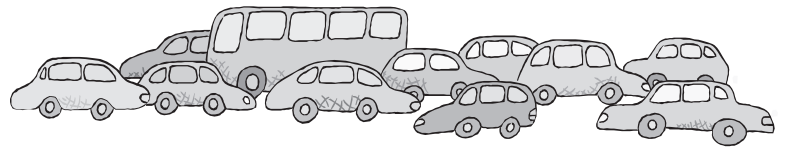
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Walking to School Safer, Healthier Than Driving

(NewsUSA) - Many American children do not get enough exercise, but families living close to their children's schools might find an easy solution -; a walking or biking commute to class.

Walking or biking are safe, fun and healthy activities that cost nothing. According to AAA, parents who drive just one mile each way to their children's school spend \$200.00 per school year in car expenses. As gas prices reach record highs, parents can cut their fuel consumption by reserving their vehicles for long drives.

Walking or biking to school also makes for a safer commute. According to the National Highway Traffic Administration, the majority of traffic-related deaths of school-age children happen to passengers in cars. In 2006, only 16 percent of children age 5 to 15 who died in traffic accidents were pedestrians.

Some organizations are working to make walking to school even safer. For example, more than a half million AAA School Safety Patrol members are posted at 30,000 schools throughout the country. AAA School

Safety Patrol members are trained by school sponsors to keep younger children safe as they encounter motorists while walking to school. AAA encourages parents to start a walking school bus or bike train to alternate the responsibility of accompanying children during their trip to school.

Walking to school creates an opportunity for communication and relaxation. Harried parents who are used to traffic congestion might enjoy a stress-free walk each morning and evening, where they can enjoy the outdoors.

Other commuters should be on the lookout for children walking to school. While driving through school zones, motorists should be especially careful to stop at intersections, reduce speed, drive with their headlights on for greater visibility, and scan between parked cars and other objects for children ready to dash into the road.



Walking to school can be a fun, healthy activity for students and a great money saver for parents.

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For more information on starting a AAA School Safety Patrol at your school and getting to school safely, contact your local AAA office or visit AAA.com.

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- Mitch Hedberg
 American comedian
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Joe Morice

“Over the Fence”

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 tale in shocked wide-eyed 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



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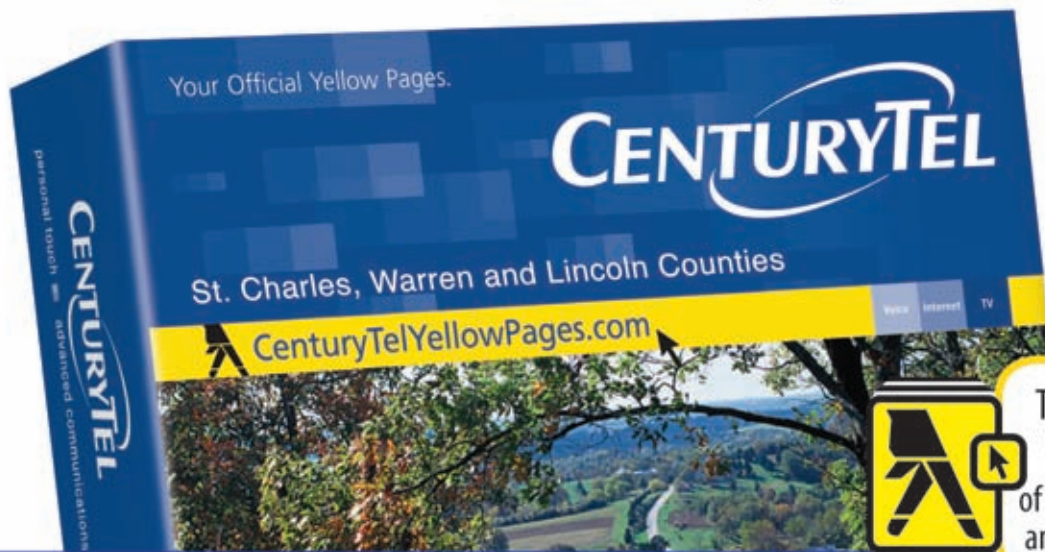
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