

City Hall (314) 921-5700

www.florissantmo.com

email: citymail@florissantmo.com

15th Annual “Old Town Fall Festival” Sunday, October 14th 11:00am to 5:00pm

The 15th Annual Florissant Old Town Fall Festival is set for Sunday October 14th, 2012. Once again the Florissant Old Town Partners has teamed up with the City of Florissant, the Missouri Arts Council and the Regional Arts Commission to co-sponsor the festival on rue St. Francois on Sunday October 14th. In the past few years over 35,000 visitors attended the weekend events and we expect this to be the biggest and best ever!

The Old Town Fall Festival kicks off at 11 am on Sunday October 14th and runs until 5pm on rue St. Francois Street in the heart of Old Town Florissant. This event covers eleven full blocks from Florissant Road down to the St. Ferdinand Shrine. All side streets will be blocked off to accommodate the festival. The street will be filled with activities for everyone with over 150 booths including games to play, sale items, food and beverages. We will have the old favorites like the Chili Cook-off, the wine garden, pumpkin decorating, silent auction, Kincaid Puppets, jewelry making and entertainment on almost every block.

Everyone's Favorite event the Fido Follies returns and for the past few years has been located at the Government Center at 1055 rue St. Francois at the very top of the street, as always water bowls will be provided on every block so you can bring your dogs (properly licensed and leashed of course) and enter them in to the dog show, we have categories such as smallest dog, best kisser, best costume, best trick and largest dog to name a few.

Once again, if you are looking for the Children's Art Festival sponsored by St. Louis Community College at Florissant Valley it will be up at the top of St.

Francois on the City Hall lawn. This event continues to grow with exhibits by artists, art activities and demonstrations throughout the day. This year the children's corner returns with free activities including chalking, painting and collage. The Northern Arts Council and the Women's Caucus for Art will also showcase work by local artists. KCFV from Florissant Valley will be broadcasting live from the festival throughout the day.

The Police Department in conjunction with MOCHIPS, will be offering child identification kits free of charge. They



will be set up in the Council Chambers at City Hall.

This year we have a very special addition to our Fall Festival. The Police Welfare Association will be hosting a Car Show on the Knights of Columbus Grounds on the day of the Festival. All proceeds from this event will be donated to Officer Mike Vernon, who was recently injured in the line of duty, to help with his care and recovery.

The Craft Fair continues to grow each year!!! More than 60 crafters show off their talents with their hand crafted works for you to browse... the holidays are right around the corner...why not start your shopping a little early!!

This year we have a special treat; on the Lawyers Building lot in the 100 block of St. Francois on the band shell the Florissant Fine Arts Council with support from the Missouri Arts Council and Regional Arts Commission will present "Bob Kuban Brass". Performances will be at 1:00 and 3:00 p.m.

We also have many entertainers throughout the 11 blocks of fun to include the Dixie Rhythm Kings, Cookie the Clown, Dan Sproat, Pat and Anna Auberry, Carol Brady our Story Teller, North County Big Band, Dennis Schilligo, Seven Weeks After, Spent, The Buckhannon Brothers, Bryson Gerard and more...

Since our Festival has grown so much over the past 14 years we will again be providing a shuttle on St. Catherine for those Festival patrons who have difficulty navigating the St. Francois hill. The Flert bus will be transporting festival patrons from block to block on St. Catherine which is one street over from St. Francois. There will be signs directing you to the stops.

The Fall Festival is hosted by Florissant Old Town Partners and the City of Florissant.

As of this publication our sponsors of the Festival are:

Corporate Sponsors

- Baronwood Kennels
- Nimmons Wealth Management
- Zykan Family Partnership
- SSM DePaul Healthcare
- Click Heating and Cooling
- Crystal Creek

Community Sponsors

- Boyle Law Firm
- Don Henefer Jewelers
- American Eagle Credit Union
- The Bridge At Florissant

Neighborhood Sponsors

- St. Clair Corporation
- Stems Florist
- St. Louis County Library
- Florissant Elks Lodge
- Sandie's Interiors/Blind Corner
- Hazelwood School District

Check out our updated sponsor lists on our website!!

Join us in the historic Old Town area of Florissant for a great day of entertainment for the whole family. For more information or to join the activities please call the Old Town Partners office at 837-0033 or visit the website at www.florissantoldtown.com click on the Fall Festival link.

Florissant In Top 100 Best Places To Live

Mayor Thomas P. Schneider is pleased to announce that CNN Money a service of CNN, Fortune and Money has ranked the City of Florissant in their top 100 best places to live.

The article can be found on www.cnn.com which touts Florissant as one of the best values in the nation for home buyers stating, "In addition to good elementary and high schools this diverse city is home to a Christian private school, two theological colleges and a branch of Lindenwood University (the fastest growing university in the Midwest).

Mayor Schneider would add that Florissant is fortunate to have the two excellent school districts of Hazelwood and Ferguson-Florissant and well established Catholic and Lutheran parochial schools.

Long known as one of the safest cities in the nation, Florissant has great shopping and restaurant venues and a beautiful parks and recreation system which includes a theatre, ice rink, three swimming pools, two recreation centers and an 18-hole championship golf course.

The people of Florissant are constantly looking for a reason to gather together at celebrations like the Valley of Flowers, Fall Festival, Veterans Day Parade, summer concerts in St. Ferdinand Park, Wednesday Night Out etc...etc...

Established in 1786 Florissant is the oldest and largest city in St. Louis County and now according to CNN Florissant is the best place to live in St. Louis County.

Chief William Karabas Announces Plans to Retire

Chief William Karabas has announced his retirement effective December 31, 2012. The Chief informed the Mayor of his decision in March but requested that the announcement be delayed until August 1. The Mayor would like to take this opportunity to congratulate the Chief for his outstanding career not only for his contributions to the safety of the City of Florissant but also to the success of law enforcement in the entire St. Louis Metropolitan community.

Chief Karabas has been in a police uniform for 52 years. Prior to his eleven years with Florissant he was the police chief of the City of Brentwood, Cool Valley and UMSL. He has served as Vice-Chairman of the Greater St. Louis Major Case Squad, committee member of LEPAC and a life member of the International

Association of Chiefs of Police, Missouri Police Chiefs Association and the Federal Bureau of Investigation National Academy.

Chief Karabas leaves us with two important career legacies. He is credited with bringing the first Drug Awareness and Resistance Education D.A.R.E. program to the State of Missouri which has created a great sense of cooperation between children and police officers to combat the scourge of illegal drugs, underage drinking and smoking as well as reduce the violence in youth conflict resolution. Chief Karabas was given the first ever St. Louis County Municipal League MUNI award for Public Safety last May for his vision and leadership to create the St. Louis County Emergency Management System.

Chief Karabas is Chairman of the St. Louis County Emergency Communications Management Commission which oversees the development of the system that was approved by the voters with the passage of a county wide bond issue two years ago. The need for systems like this became evident on September 11, 2001 after the terrorist attacks and William Karabas made sure that the dialogue resulted in a project. This system will become operational in 2014 and will enable coordinated radio communication between all first responders.

On behalf of the City Council and the Citizens of Florissant, Mayor Schneider would like to express our gratitude for a job well done and wish Chief Karabas continued good health and happiness in his well deserved retirement.

Ron Veach, Parks & Recreation Director Announces Retirement

Ron Veach, the Director of Parks and Recreation, has announced his retirement effective December 31, 2012. The Mayor would like to take this opportunity to congratulate Ron Veach for his dedication and his contributions to the City of Florissant in making our city parks what they are today.

Ron has over 50 years of parks and recreation experience which began when he was 12 years old in the Kansas City area. He knew then that this was a career he wanted to pursue. He graduated in 1969 from Central Missouri State with a B.S. in Recreation. He completed an internship with the St. Louis County Parks and Recreation department before being named Maryville's first Director of Parks and Recreation in 1970. In 1973 he left Maryville to become the Director of Parks and Recreation for the City of Florissant.

He has served on the MO Parks and Recreation Association, the Nominations and Bylaws Committee for the National Parks and Recreation Association, he was elected President of the Municipal Section twice and has served on the Nomination Committee for the MO Municipal League. In 1984 he was awarded the Outstanding Service Award from the MO Parks and Recreation Association. Ron has been the longest serving Director of a large park and recreation setting in the Metropolitan area.

He played a key role in the design and completion of the Nature Lodge at Sunset Park which all started from an idea he had in the early 70s. He was instrumental in the enlarging and improving both the JFK and JJE centers, enlarging and improving the swim facilities at Koch Park and Bangert Park, expanding the number of lighted ball fields and having the

wire installed underground for lightning protection. He helped to secure \$400,000 for playground upgrades in 2002, obtain the F101 Voodoo Jet from Victoria Falls, TX, install a roof over the ice rink for winter and summer activities, establish five miles of asphalt trails, create a premier lighted soccer facility at Florissant Valley Park, build seven new pavilions with electricity, acquire the bandwagon for department and city activities, renovate St. Ferdinand Lake and established the first dog park in north St. Louis County.

On behalf of the City Council and the Citizens of Florissant, Mayor Schneider would like to express our gratitude for a job well done and wish Ron Veach continued good health and happiness in his well deserved retirement.

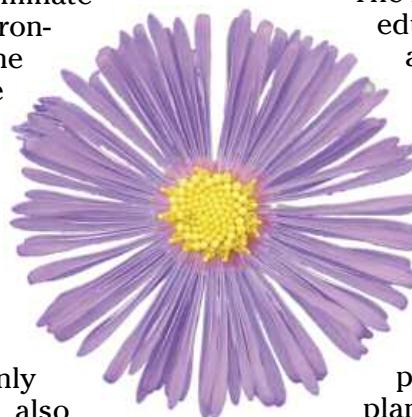


Bringing Back the Flowers to Florissant

In keeping with duties given to the Environmental Quality Commission by the City of Florissant to develop green areas within the city and disseminate educational information about the environment, the EQC is proud to announce the beginning of a new green Prairie Planting project. This project initiated and supported by Mayor Schneider, will begin soon in the back section of Koch Park near the archery range. We hope City residents will participate in the Fall Festival on Sunday, October 14, 2012, to learn more about how they can get involved.

The Prairie Planting project will not only provide a beautiful landscape, but will also attract butterflies and birds and reduce costs of park maintenance. Eventually, the EQC and the Parks & Recreation Advisory Board hope to work with City departments in developing other green areas around Florissant. Prairie planting is not an overnight phenomenon. It has a multi-year timeline with precise processes such as ground preparation, seed collection, seed sowing, and ground mowing for the first couple years. These processes will begin soon.

This project also entails some "hands on" volunteer work. This will be a collaboration with the Parks/Recreation Maintenance departments, the Parks & Recreation Advisory Board, with input from



Gardeners of Florissant, the EQC, Mayor Schneider, and, of course, the citizens of Florissant.

The EQC plans to develop an environmental education program around this project and others that help reduce our carbon footprint. Because timeline for the Prairie Planting project consists of years, not days, it will be a work in progress for two to three years. During that time it will allow our school students, scout troops, and citizens interested in developing green areas to monitor the progress of the project and learn more about native plants and prairie gardens. This type of planting may appeal especially to those homeowners who want to beautify their surroundings with a minimum of follow-up maintenance.

Anyone with questions or comments about this project should visit our EQC booth at the Fall Festival, attend one of our meetings that are open to the public (every third Wednesday at 7:00pm at the J.J. Eagan Center), or visit our EQC Facebook page at <http://www.facebook.com/pages/Florissant-Environmental-Quality-Commission/213188338746087>

Please patronize our Cool City businesses that are listed on our webpage, and if you are a business owner, become one also. Come to the Fall Festival!

Fall Festival Party!

There will be a Fall Festival Party Sunday, Oct. 14th 11A.M.-5P.M. at the St. Ferdinand Shrine in Old Town (#1 rue St. Francois). The exquisite old Shrine, which was erected in the 1800s, got a facelift this year ~ new paint, new bathrooms, new landscaping, and the list goes on and on. It looks incredible and has many equally incredible activities planned to welcome in Fall 2012.

Step way back in time with family pictures inside the Shrine. Period costumes will be provided for the photo shoot! So much fun! This is the modern day family meeting the French settlers, up close. While there, tour the Shrine, light a candle, say a prayer, and head on over to the schoolhouse. On your way, grab a pulled pork sandwich, hot dog, beer, lemonade or whatever. Just enjoy!!

In the old schoolhouse, the upper floor is dedicated to the book lover. The book sale is enormous! Books are being sold at \$4 a bag, yep an entire bag for \$4. Load your bag up and pat yourself on the back for such great finds.

Next, amble on downstairs to the flea market or outside to the art and craft fair, maybe find a little something old or new from the talented artists and crafters with a variety of wonderful creations.

If you happen by at Noon or 2 P.M. the kids (ages 7 to 17) can participate in a free drawing lesson complements of Old St. Ferdinand Shrine Children's Art Group. Do you think little Johnny is really a Michelangelo? Have him give the brushes a try. Current students will have their works

displayed. Come and see their fine work and accomplishments. Perhaps drawing on paper isn't your thing, not to worry sidewalk chalk is available for those who would rather create on concrete.

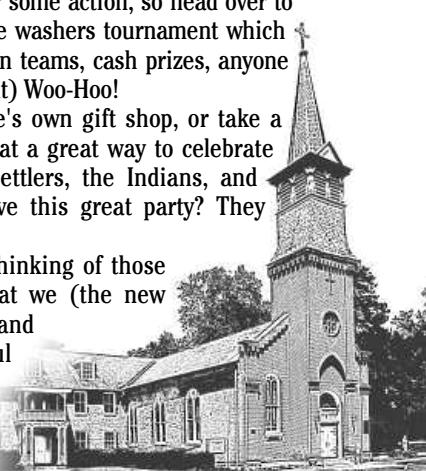
Miss Jennifer from the Florissant Valley library branch will entertain the kids with storytelling at 1 P.M. and again at 3 P.M. Your children will sit and listen to her enthralling fairytales and fables.

Back outside the beautiful grounds will be filled with fun, the living history re-enactors will be providing demonstrations, baking their delicious bread in the shrine bread oven and for the kiddies the candy cannon will be ready to go off at a moment's notice filled with a variety of sweets.

By now, you are ready for some action, so head over to the Knight's grounds to the washers tournament which begins at 1 P.M. Two-person teams, cash prizes, anyone can play (another new event) Woo-Hoo!

Last, stop by The Shrine's own gift shop, or take a chance with pull tabs. What a great way to celebrate fall! Wouldn't the early settlers, the Indians, and Mother Duchesne just love this great party? They deserved it and so do we!

Although we might be thinking of those long ago, the truth is that we (the new ones) want to preserve and cherish the beautiful Shrine for ourselves and the future.



For more information visit www.oldstferdinandshrine.com or call 314-837-2110.



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Florissant, Missouri 63031

Council Members



Ward 1 - **Tim Lee**
839-7669 ext 1009
314 / 837-8875
ward1@florissantmo.com



Ward 2 - **John Grib**
314 / 839-2669
jagrib@sbcglobal.net



Ward 3 - **Joseph Eagan**
314 / 395-6838
ward3@florissantmo.com



Ward 4 - **Keith English**
839-7669 ext 1013
314 / 837-2707
ward4@florissantmo.com



Ward 5 - **Keith Schildroth**
839-7669 ext 1014
314 / 839-2927
ward5@florissantmo.com



Ward 6 - **Pat Stinnett**
839-7669 ext 1015
314 / 578-4777
ward6@florissantmo.com



Ward 7 - **Jackie Bond Pagano**
839-7669 ext 1016
314 / 837-1315
ward7@florissantmo.com



Ward 8 - **Mark Schmidt**
839-7669 ext 1017
314 / 838-7410
ward8@florissantmo.com



Ward 9 - **Ben Hernandez**
839-7669 ext 1018
314 / 546-9590
ward9@florissantmo.com



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Dear Friends,

This is the last issue of the Focus newspaper this year and gives us an opportunity to review the fun we had despite a very hot summer and to let you know what is in store for the rest of the year for you to enjoy in the Beautiful City of Florissant. More up to date information is always available on our web site at www.florissantmo.com and on your Charter or ATT television local government access channel.

This past summer is on record for being one of the hottest and driest seasons our area has experienced in a very long time. We made arrangements for our two recreational centers to be available to be used as cooling centers during the long heat spell. Most of our scheduled events took place without interruption including all of the Concerts in St. Ferdinand Park. The one event that was cancelled was the July Wednesday Night out because of the heat and lack of shade at the Oscar School of Dance on St. Francois.

"Music Under the Stars" the 2012 free outdoor summer concert series which is proudly presented by the Florissant Fine Arts Council and the City of Florissant was once again a huge success. We had record crowds enjoy themselves as they heard bands like the Northwinds Concert Band, Fanfare featuring Kittie Moller, Groovethang, the Billy Peek Band, Jeff Sable and the Sable Band, SmashBand SuperHits, Butch Wax and the Hollywoods with Theo Peoples from the Four Tops, and the Boeing Employee Concert Band.

The Florissant Old Town Fall Festival will be held on Sunday October 14th as the biggest block party in the state blocking off St. Francois Street from Florissant Road to St. Ferdinand Shrine. The festival is sponsored by Florissant Old Town Partners, the City of Florissant and the Missouri and Regional Arts Council with the Bob Kuban Brass finishing the concert series as the headline entertainment performing two shows. This important cultural community family friendly togetherness event runs from 11:00am to 5 PM and will have a wide variety of other musical and performing arts entertainment and delicious food and beverages. There will be crafts and snacks of all kinds and the famous Chili tasting contest in front of Click's Heating and Cooling.

Wednesday Night Out which is held once a month in June, July, August and September is sponsored by The City of Florissant and Old Town Partners as another opportunity for residents to enjoy themselves at various designated locations in Old Town. I would like to thank Korte's Frame shop for hosting on June 27, J Oscar School of Dance for attempting to host on July 25 and Stems Florist and Bunkers for hosting on a beautiful evening August 29. As of this writing everyone was looking forward to the September Wednesday Night Out on the 26th hosted by Hendel's between the Famous Restaurant and Historic Sacred Heart Parish.

Old Town Partners and the City also hosted a Friday night movie on the lawn of City Hall on August 10 featuring the animated film "Cars". Next year we are talking about making this a D.A.R.E. sponsored event for our 5th thru 8th grade students and their families and friends to enjoy along with anyone else who wants to a popular animated movie together on the spacious lawn of City Hall as the schools let out for the summer.

VFW Post 4105 and Florissant hosted a 9-11 ceremony on Tuesday, September 11 at the VFW Post at 410 rue St. Francois. VFW Ladies Auxiliary President Wanda Dudley and Post Commander Dick Ellwanger invited me to speak at this solemn occasion. I would like to take this opportunity to thank all the local businesses and organizations for hosting fundraisers for Officer Michael Vernon who is a veteran of the Iraq war. The continuous support throughout the community has been tremendous. The Veteran Day Parade will be held on Sunday, November 11. It will start at 1:00 p.m. near the St. Ferdinand

Shrine and finished at the James J. Eagan Center. Congratulations to this year's veteran of the year Kenneth Hoffman. I encourage everyone to come out and show their patriotic support.

Old Town Partners and the City of Florissant will be hosting "Christmas in Old Town" on Saturday, December 8 from 2:00 p.m. to 6:00 p.m. in the Florissant City Council Chambers. There will be light refreshments and snacks to enjoy. Santa Claus will be there and fun activities are planned like face painting, a clown making balloon animals, music, storytelling, and children's crafts. A children's boutique will feature inexpensive Christmas gifts for under \$3. Many retail shops and restaurants will be open in Old Town so you can enjoy dining, shopping and the holiday festivities. At 6:30 p.m. I will greet the gathering from the City Hall balcony and all the Christmas lights will be switched on by 2012 Valley of Flowers Queen Monica Wilson accompanied by her beautiful court.

National Night Out was held Tuesday, August 7 and despite the heat many block parties were hosted so residents could enjoy and get to know their neighbors. To schedule a block party for your neighborhood for a future gathering please call Beth Goldstien at 314-839-7601. It is very important that we continue to be committed to being proactive in helping to prevent crimes in our neighborhoods. Our Neighborhood Watch organization is growing and we invite you to volunteer to be a watch captain on your block by calling Officer Andy Haarmann at 314-830-6042.

I would like to inform everyone that Chief William Karabas has announced his retirement effective the end of this year and Major Timothy Lowery has been appointed to be the next Chief. I would like to say thank you to Chief Karabas for his outstanding dedication and commitment for the past ten years he gave to the City of Florissant. We wish him the very best in his upcoming retirement.

Once again this year's Summer Playground ended with our Family Night. The James J. Eagan Center had approximately 250 children registered for the programs. The theme for this year's family night was "Road Trip". The Koch Day camp Program had over 320 enrolled in summer camp. We had great participation from the families that attended Family Night where refreshments were served and a slide show played with pictures of all the fun activities of the summer camps.

I would like to thank all the summer camp employees that had to endure 100 plus degree temperatures this summer and still made it a very enjoyable and rewarding experience for all the children that attended.

Congratulations to our very own Florissant Fish Swim Team who completed in their 10th season finishing undefeated for the second year in a row. I was able to attend several events and was amazed at the large number of parents, grandparents, brothers and sisters and friends that attended each competition despite the hot weather. This year's team comprised of 175 swimmers and 6 coaches. The swim program is designed to accommodate a wide range of physical talent and balances between competition, participation, family values and good old fashioned fun.

I would also like to add that Ron Veach has announced his retirement as Director of Parks and Recreation after over fifty years in the parks and recreation field. Todd Schmidt who is currently the Assistant Director of Parks and Recreation has been named as Ron's replacement. We thank Ron for all that he has done and we would like to wish him the very best in his retirement.

We thank all the seniors who attended the Senior Town Hall meeting on September 20 to be informed about progress in the beautiful city and to get answers to their questions. We thank St. Catherine Retirement Community for graciously providing a delicious breakfast to those that attended. For all other upcoming Senior Events please contact Peggy Hogan our Senior

Coordinator at 314-839-7604.

As per a related article in this focus CNN Money a service of CNN Fortune and Money has ranked the City of Florissant in their top 100 best places to live, something we in the beautiful city already knew!

On September 15 MERS Goodwill joined the City of Florissant to host our second electronic recycling and household goods drive for our residents to safely and greenly dispose of computer, TV, stereo and other electronic components as well as reusable household goods. Thanks to all who participated.

The Public Works has again had and continues to have a very busy year. Counting to-date we have bid out over 32 separate projects totaling over \$3,148,000. Several of these projects are street and bridge repair projects totaling over \$1,320,000. Other projects include the Sidewalk Repair/Replacement project, street lighting projects, HVAC projects for City Hall, JFK Community Center, the Government Building, Koch Aquatic Center, and Police Headquarters ... new filters and pumps for our Aquatic Center ... energy conservation lighting projects at JJE Center ... a fencing project at Park Maintenance ... a Soccer Irrigation System at JJE ... Tower Park Remodeling project ... annual HVAC and Sewer Lateral maintenance projects ... testing of electrical equipment in our major City buildings ... and repair of parking lots and driveways in 8 of our City parks. We are also coordinating over \$8,000,000 in MSD sewer projects in the City. The City Council has passed more stringent ordinances for rental properties which have also increased inspections and enforcement in this particular area.

The Health Department continues to monitor mosquito inquiries in the City and continues to do mosquito fogging as weather permits.

Economic development in the City of Florissant continues to flourish. The Value City building is a \$10 million project. There will be 5 new national tenants and 2 relocations. The stores are expected to open at the end of the year. The stores are Ashley Furniture, Ulta Spa & Cosmetics, Five Below, the two stores that are relocating are Michaels and Petco. Panda Express and Chipotle will open in the building on the front of the site.

The new Firestone Tire & Service Center has been open for a couple of months now on Lindbergh in a \$4 million a new prototype building which is one of the first of its kind.

Quik Trip has opened a \$4.5 million facility on the corner of Lindbergh and Thunderbird. The above mentioned projects created hundreds of construction jobs.

A complete remodeling was done to the interior of the former Brewskeez in preparation for the new Hot Shots Sports Bar



and Restaurant which opened last August. The Cornerstone Bakery is located in Surrey Plaza One owned and operated by 20 year old Pastry Chef Tisa Johnson.

A preferred developer has been named to demolish and redevelop the Plaza Madrid site at New Halls Ferry and Parker breaking ground next spring. 5th Third Bank will start construction next to Dierbergs next spring also after obtaining final banking regulatory approval. The former Lindbergh Sonic will be replaced by a new Eye Surgery Center. The old firehouse on St. Catherine will be the new home of an engineering company.

The City Council and Administration has placed a priority on commercial and residential property maintenance and have taken legislative and funding steps to enforce our housing codes. We have added personnel and equipment to bolster our property inspection capabilities in an effort to identify and eliminate problem property situations.

Most of our residents are responsible homeowners but like any community we do have some who need to be compelled to take action. Please call City Hall at 921-5700 if you have any questions or problem properties to report. Our Community Development Office has resources to help qualified low income homeowners maintain their residential property. For more information contact Carol O'Mara in the Community Development Office at 314-839-7680.

I hope to see many of you at one of the many events mentioned above that we have to enjoy together in the Beautiful City. Kindest Regards for an enjoyable fall, a peaceful holiday season and a great 2013.

Mayor Thomas P. Schneider



Mayor Schneider and Rachel traveled to San Diego to welcome home the USS Cape St. George CG 71 Guided Missile Cruiser and their son Chief Petty Officer Zachary Schneider LSC(SW). The "Cape" completed a nine month deployment circumnavigating the globe westerly passing through both canals. CG 71 was assigned to the task force of the USS Abraham Lincoln CVN 72 aircraft carrier which converted from a west coast to an east coast carrier after this deployment to the Middle East.

Last 2012 AARP "Driver Safety Program"

The Florissant Police Department will be hosting its' final AARP "Driver Safety Program" for the 2012 calendar year.
 DATE: Tuesday, November 14, 2012
 LOCATION: Florissant Police Department
 1700 N. Highway 67
 Florissant, MO 63033
 TIME: 9:00 AM - 1:00 PM
 FEE: \$12 for AARP Members, \$14 for Non-AARP Members



The A.A.R.P. "Driver Safety Program" is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust one's driving habits to remain safe on the road. This program is sponsored and presented by AARP and targets drivers 50 years of age and older. AARP provides a certified instructor to teach the program.

Many insurance companies offer reduced insurance rates for those who successfully complete the course. Check with your insurance company to see if you qualify.

To register contact Officer Andy Haarmann at the Florissant Police Department's Public Information Unit at (314) 830-6042. Seating is limited so drivers are encouraged to register early to reserve a spot in the class.
 REGISTRATION IS REQUIRED.

Officer Vernon Receives Purple Heart



Chief William Karabas presents Florissant Police Officer Michael Vernon the Purple Heart for injuries that he sustained in the line of duty following a shooting on May 28, 2012 when he was shot three times by a burglary suspect. Officer Vernon was presented the Purple Heart at the Florissant City Council Meeting on Monday, September 10th.

The Florissant Police Department Thanks the Florissant Lowe's Store

On Wednesday, August 29th, Officer Mike Vernon and his wife, Farrah, moved into their new wheelchair accessible home in Florissant. Officer Vernon had been in an inpatient rehab facility after the May 28th shooting that has rendered him paralyzed from the waist down. Officer Vernon and Farrah had to move out of their existing home because it was a multilevel townhome, and it would severely limit his movements within the house.

Within days of the shooting, the Florissant Lowes store called the police department to offer to make Officer Vernon's house wheelchair accessible. After Officer Vernon and

Farrah decided on a place to live, Lowes came in, along with a small team of Florissant Police Department employees, and they made Officer Vernon and Farrah's new house completely accessible to him.

The employees of the Florissant Police Department wishes to thank the Florissant Lowes store for donating the materials and the Lowes employees and their installers who donated their time to make the retrofitting happen in a little over two weeks. If you find yourself in the Florissant Lowes store, please thank the management for supporting Mike and Farrah Vernon!

RIGHT: Officer John Stanczak makes repairs to the drywall around the roll-in shower.

**THANK
YOU!**



BELOW: Detective Shawn Reiland working on a new all with a wider doorway.



Florissant Police Department Purchases Two Speed Shield Display Units

The Florissant Police Department recently purchased two Speed Shield Radar Display units in a continued effort to combat speeding within our neighborhoods. Like the two radar trailers that the police department has, these units have a built in radar unit which displays the speed of vehicles driving towards them.

The Speed Shield units also record the traffic data for the street, and the officers within the Traffic Unit can use the data to pinpoint when the violations are occurring. The Traffic Officers will then use this data to be in the neighborhoods at those times to catch the violators. The signs also have a built in feature that flashes a white strobe light at vehicles going over a predetermined speed. These display units can be attached to a preexisting street sign.

To request a traffic monitoring device (radar trailer/radar display

unit) on your street, please call the Florissant Police Department's Traffic Safety Unit at 314-830-6022, or email the officers at traffic@florissantmo.com.



One of the two Speed Display signs purchased by the Florissant Police Department

Safeguard Your Children Get them ID'd with MoCHIP! IT'S FREE!

The Florissant Police Department along with the Missouri Freemasons will be hosting a one day Missouri Child Identification Program (MoCHIP) during the Florissant Fall Festival on Sunday, October 14, 2012, 10:00 AM – 3:00 PM. The event will be held at the Florissant City Hall inside the Council Chambers.

This program, FREE OF CHARGE, provides parents with critical information on their children in the event their child turned up missing or abducted. This nationally recognized program provides parents with a digital photograph, digital fingerprints, DNA swab, child information and emergency contacts, a dental bite impression, and two (2) laminated ID cards. Most importantly, all informa-



tion is turned over to a parent or legal guardian on completion of the process. No child information is

stored or kept by the MoCHIP program or the Florissant Police.

If you've been through the MoCHIP program and have had your child ID'd, bring the mini CD back and we'll update it for you. The National Center for Missing and Exploited Children (NCMEC) strongly urges parents to have the most up-to-date information, including pictures – so if you've had your 0-4 year old ID'd in the last 6 months, it's time to do it again. It is recommended to have children ages 5-10 ID'd once a year, and when children 10 and over enter puberty you should consider having them ID'd every 6-12 months, as their features and bodies are changing drastically. Often overlooked are older teens and young adults who are actually most at

risk – please urge your 14 - 21 year olds to get ID'd. It typically takes only 10-15 minutes.

As a result of the efforts by the Missouri Freemason through the MoCHIP program, parents/legal guardians of over 125,000 have received this critical identification information free of charge. Make sure you mark your calendars for this event and keep your eyes open as the date approaches for more information.

For more information visit the MoCHIPs web site at; www.mochip.org, MoCHIP on Facebook, or contact the Florissant Police Department Public Information Office at (314) 830-6042.

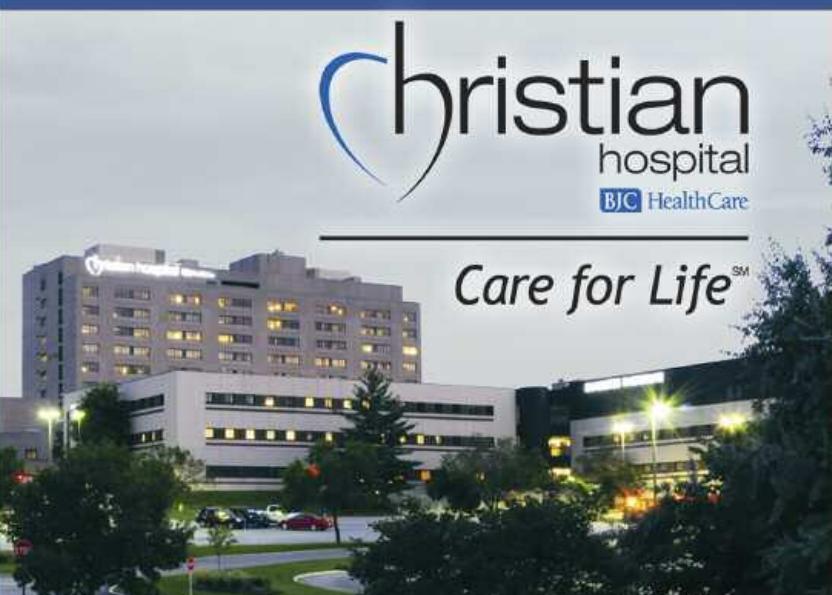


ARE YOU GOING OUT TONIGHT? SO ARE WE... don't drink & drive


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Lobby Box Office Hours: Mon. and Fri., 9 a.m. to 5 p.m.; Tues., Wed., Thur., 9 a.m. to 6 p.m. The Box Office will close each day from 12:30 to 1:30 p.m. for lunch. Arrangements to purchase tickets can be made by phone at (314) 921-5678, by e-mail at FCCT@FlorissantMO.com, online at www.FlorissantMO.com, or by mail addressed to: FCC Theatre, #1 James J. Eagan Dr., Florissant, MO 63033. Call 314-921-5678 for additional information 24 hours a day.

Visa, Mastercard and Discover are accepted. Individual tickets go on sale 45 days prior to the opening of any production.

OCTOBER

*Florissant Fine Arts Council Presents:

Letters Home from Chicago, IL

Oct. 13 – 8:00 p.m.

LETTERS HOME puts the current wars in Afghanistan and Iraq front and center by bringing to life actual letters written by soldiers serving in the Middle East. The play, without politicizing, gives audiences a powerful portrait of the soldiers' experience in the ongoing war, patriotism, and what it means to serve our country today. The play also includes a small number of correspondences from the soldiers' parents – their words being no less important. This production gives a voice to a generation and, more importantly, it reveals the humanity that lies within the war as seen through the eyes of the men and women fighting it.

ADMISSION: \$27.00 Adults; \$25.00 Seniors/Students

Information and reservations: 314-921-5678 or www.FlorissantMO.com



Gordon's Entertainment Presents:

A Jazz Heaven Series - Under the Rainbow

Oct. 14 – 5:30 p.m.

Come out and enjoy a one-of-a-kind musical experience with a wonderful cast of seasoned musicians and artists. They will mesmerize you with their jazzy and soulful vocal and instrumental interpretations of jazz standards, blues, and a dash of poetry with melodic beats.

ADMISSION: \$25.00 for all. Group rates available.

Information and reservations: 314-921-5678 or www.FlorissantMO.com

**St. Louis Family Theatre Series Presents:

Bunnicula

from Theatreworks USA in New York

Oct. 19 – 7:30 p.m. Oct. 20 – 2:00 p.m.

Oct. 21 – 2:00 p.m.

A floppy-eared bunny with mysterious habits is staking out its place in this spine-tingling new musical co-written by Tony-nominated playwright Charles Busch and based on the best-selling books by James & Deborah Howe. One dark and stormy night, the Monroe family comes home from the movies with an orphaned rabbit they found, a very strange baby rabbit with sharp fangs instead of buck teeth, which sleeps all day and prowls around his cage all night. Meanwhile, all the vegetables in the house are drained of their color and turn white. Could this possibly be a coincidence, or could Bunnicula be a vampire? Find out in TheatreworksUSA's BUNNICULA!

ADMISSION: \$7.00 to all. Group rates available.

Information and reservations: 314-921-5678 or www.FlorissantMO.com

BUNNICULA



Northwinds Concert Band Presents:

Tuesday Night at the Pops

Oct. 23 – 7:30 p.m.

The Northwinds Concert Band, under the direction of Larry Marsh, will present "Tuesday Night at the Pops." Don't miss this great concert by Northwinds with special guest vocalist Patricia Scanlon. The program will include spirited marches, light classics, music from film and Broadway, instrumental and vocal soloists, and a memorial tribute to the victims of Joplin's tornado. Also in the program is an exciting tribute to Amelia Earhart.

Northwinds is a program of Ferguson-Florissant's Community Education Department.

ADMISSION: \$8.00 Adults; \$6.00 Seniors/Students.

Group rates available.

Information and reservations: 314-921-5678 or www.FlorissantMO.com



Show Schedules and Information
are Always Available Online at
www.FlorissantMO.com

NOVEMBER

Hawthorne Players Present:

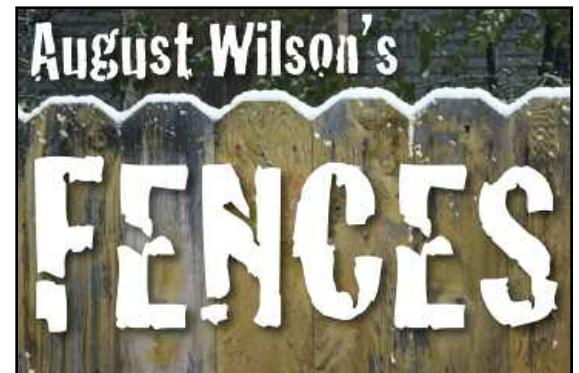
Fences

Nov. 2 – 8:00 p.m. Nov. 3 – 8:00 p.m.

Nov. 9 – 8:00 p.m. Nov. 10 – 8:00 p.m. Nov. 11 – 2:00 p.m.

A powerful Pulitzer Prize-winning drama by August Wilson, FENCES provides a riveting character study of Troy Maxson, an illiterate garbage collector with a touch of the heroic and poetic, overflowing with both contradictions and believability. Maxson had been a great baseball player in the Negro League, learning to play in prison. He now lives payday to payday along with Rose, his wife of 18 years, their high school son Cory (who is a good enough student and football player to have a college recruiter wanting to talk to him) and his younger brother Gabriel, a veteran whose head injury in WWII leaves him mentally challenged.

ADMISSION: \$16.00 Adults; \$14.00 Seniors/Students; Group rates available
Information and reservations: 314-921-5678 or www.FlorissantMO.com



Alpha Players Audition:

Blithe Spirit

Nov. 4 – 3:00 – 6:00 p.m. (Callbacks Nov. 5 – 7:00 – 10:00 p.m.)

For audition information: www.alphaplayers.org

*Florissant Fine Arts Council Presents:

The Water Coolers

from New York, NY

Nov. 17 – 8:00 p.m.

Conceived by one of the creators of the long-running New York hit "Tony n' Tina's Wedding," THE WATER COOLERS is "laugh-out-loud" music and comedy about the every day things we share around the water coolers of America – life, work, kids, husbands, wives, travel, technology – and trying to balance it all.

ADMISSION: \$27.00 Adults;

\$25.00 Seniors/Students

Information and reservations:

314-921-5678 or www.FlorissantMO.com



**City of Florissant's Thanksgiving Holiday Special:

A Christmas Carol

from Theatreworks USA in New York

Nov. 18 – 2:00 p.m. Nov. 23 – 2:00 p.m.

Nov. 24 – 2:00 p.m.

This musical interpretation of Charles Dickens' A CHRISTMAS CAROL captures both the humorous and touching moments of the classic story with witty dialogue and fresh new songs, conveying Dickens' original message that the holiday season should be a "kind, forgiving, charitable time," a sentiment which still rings true today.

ADMISSION: \$5.25 to all. Group rates available.

Information and reservations: 314-921-5678 or www.FlorissantMO.com



Historic Florissant announces plans for their annual *Christmas House Tour*

Historic Florissant, Inc. has announced plans for their annual house tour, traditionally held on the Sunday following Thanksgiving. This year that day falls on November 25, exactly one month before Christmas Day.

HFI invites everyone to begin the Christmas Season by visiting beautifully decorated historic homes in Florissant's Old Town. This year, all the homes on tour are clustered in the historic district and are just a short distance from each other. A beautiful autumn day could entice ticket holders to park their car and walk from house to house, taking in the beauty of the entire district.

Both of the Peters Houses will be featured on this year's tour. The home of Joseph Peters, Jr., at 990 St. Francois is celebrating its 100th birthday this year. This charming home is beautifully restored, inside and out and is always a favorite stop each time it is on the tour. Just around the corner at 520 Brown is the Peters Gardner's House which has recently been restored by a new owner.

The home at 960 St. Catherine has also had a major renovation and will be open for the first time on the tour. This house, built in 1935, was once the home and dental office of Dr. Leo Cougot. At one time, the Cougot family owned the entire block and filled it with beautiful gardens and fruit trees.

All the homes will be open from 2:00 pm until 6:00 pm. Light refreshments will be served at most of the stops along the way. Tickets will be \$12.00 each and will go on sale on Thursday, November 1. All proceeds will be used for the restoration and maintenance of the Franz Gittemeier House and the Historic Florissant Archives and Resource Room.

Tickets can be purchased at Historic Florissant, Inc. in the Gittemeier House at 1067 Dunn Road, Dooley's Florist and Gifts at 690 St. Francois, and Korte's at 610 St. Francois. For more information regarding the tour or Historic Florissant, Inc., call 921-7055 or e-mail historicflo@aol.com.

DECEMBER

St. Louis Brass Band Presents:

Holiday Spectacular

Dec. 2 – 2:30 p.m.

St. Louis Brass Band returns for a performance of holiday favorites. The program will include selections by Tchaikovsky, Anderson, Berlin and more to make this a joyful event for the whole family.

ADMISSION: \$7.00 Adults; \$5.00

Seniors/Students

Information and reservations: 314-921-5678



*Florissant Fine Arts Council Presents:

Christmastime In Ireland

from Dublin, Ireland

Dec. 8 – 8:00 p.m.

Visit the Emerald isle at the most wonderful time of the year – where there is a celebration of family in every home, a candle in every window and a song in every heart. This is a dynamic concert of the finest Irish song, dance, music and laughter, starring Tony Kenny and his troupe of unforgettable Irish performers including comedian George Casey, Ireland's King of Blarney.



ADMISSION: \$27.00 Adults; \$25.00 Seniors/Students

Information and reservations: 314-921-5678 or www.FlorissantMO.com

Florissant Barbershoppers Men of Harmony Present:

A Little Bit of Christmas

Dec. 15 – 7:30 p.m.

The "Men of Harmony" and two premier local high school groups will celebrate the Christmas season with a mix of traditional carols along with some more contemporary songs of the season. Come and enjoy the smooth sounds and enthusiasm of the singers as they celebrate the Christmas season. The Barbershoppers are inviting men to come and sing with them for this show - give Dave a call at 741-9316 for details.

ADMISSION: \$5.00 to all

Information and reservations: 314-921-5678

Northwinds Concert Band Presents:

Hometown Holiday Special

Dec. 16 – 3:00 p.m.

Northwinds Concert Band's annual Holiday concert is a cherished family tradition. Under the direction of Larry Marsh, this acclaimed community band will present a varied program of bright-spirited music, including traditional holiday favorites, with special guest soloists and a few surprises. Northwinds is a program of Ferguson-Florissant's Community Education Department.

ADMISSION: \$8.00 Adults; \$6.00 Seniors/Students; \$12.00 Immediate Family. Group rates available.

Information and reservations: 314-921-5678 or www.FlorissantMO.com

JANUARY

*Florissant Fine Arts Council Presents:

Luisa Marshall's "Simply the Best": A Tina Turner Tribute

from Vancouver, British Columbia

Jan. 6 – 7:00 p.m.

Superstar Tina Turner, born Anna Bullock and a graduate of Sumner High School, got her 1956 start in St. Louis' night clubs beginning a life-long career which landed her an award at the 2005 Kennedy Center Honors. Luisa Marshall captures Tina's life in this Tribute Show, developed over 16 years and now toured around the world.

ADMISSION: \$27.00 Adults; \$25.00 Seniors/Students

Information and reservations: 314-921-5678 or www.FlorissantMO.com

** St. Louis Family Theatre Series Presents:

Charlotte's Web

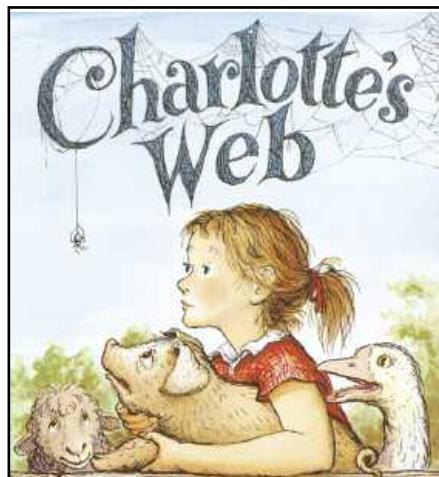
from Theatreworks USA in New York

Jan. 18 – 7:30 p.m. Jan. 19 – 2:00

p.m. Jan. 20 – 2:00 p.m.

Wilbur the pig has a problem: how to avoid winding up as pork chops! The little grey spider Charlotte, a fine writer and true friend, hits on a plan to fool Farmer Zuckerman -- she will create a 'miracle'. Based on E.B. White's classic story, this treasured tale, featuring fun and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

ADMISSION: \$7.00 to all. Group rates available.

Information & reservations: 314-921-5678 or www.FlorissantMO.com

FINANCIAL FOCUS

For **Edward Jones**[®]

Reported by
Gary Meyer - Investment Representative
1080 rue St. Francois
Florissant, Mo 63031
314-839-9385



Should You Prepare for 'Fiscal Cliff'?

As an investor, you can sometimes still feel you're at the mercy of forces beyond your control. This may be especially true today, when the Federal Reserve has warned of an approaching "fiscal cliff." What can you do in the face of such a dire prediction?

First of all, you need to understand what led to the Fed's remarks. Here's the story: Some \$1.2 trillion in spending cuts are scheduled to begin in 2013 while, simultaneously, the Bush-era tax cuts — including the reduction in capital gains and dividend taxes — are set to expire. This combination of spending cuts and higher taxes could take some \$600 billion out of the economy, leading to a possible recession — and maybe something much worse, at least in the eyes of the Fed.

Still, there's no need for panic. Despite its political infighting, Congress is likely to reduce the "cliff" to a smaller bump, though it probably won't happen until after the election. But as an investor, you may need to be prepared for two significant events: market volatility, at least in the short term, and higher taxes, probably for the foreseeable future.

To combat market volatility, you need to own a broadly diversified portfolio that can handle "bumps," "cliffs" and other rugged investment terrain. This means you'll need a mix of stocks, bonds and other securities that are suitable for your needs. (Keep in mind, though, that while diversification can reduce the impact of market volatility, it cannot guarantee profits or protect against losses.) You may also need to "rebalance" your portfolio to ensure that it's still

aligned with your goals, risk tolerance and time horizon, despite the impact of volatility.

Now, let's turn to taxes. Even if taxes on income, capital gains and dividends do rise, they will still, in all likelihood, be much lower than they've been at various points in the past. Nonetheless, you may want to consider a variety of steps, including the following:

- Take advantage of tax-deferred vehicles. Contribute as much as possible to your traditional IRA, your 401(k) or other employer-sponsored retirement plan, and any education savings accounts you may have, such as a 529 plan.
- Consider converting your traditional IRA to a Roth IRA. A Roth IRA provides tax-free earnings, provided you don't start taking withdrawals until you're 59½ and you've had your account for at least five years. (Be aware, though, that this conversion is taxable and may not be appropriate if you don't have money readily available to pay the taxes.)
- Consider municipal bonds. If you're in one of the upper tax brackets, you may benefit from investing in "munis," which pay interest that's free of federal taxes, and possibly state and local taxes as well.

Not all these choices will be suitable for your situation, of course. Before taking action on these items, you may want to consult with your tax and financial advisors. But give these options some thought because they may prove helpful in keeping your financial goals from going "over a cliff."

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*The Florissant Fine Arts Council presents the Applause/Applause 2012/2013 series with financial support from our members, the Regional Arts Commission, Missouri Arts Council, a state agency, Arts and Education Council, the Employees Community Fund of Boeing St. Louis and the City of Florissant.

**The St. Louis Family Theatre Series gratefully acknowledges financial support from the City of Florissant, Junior League of St. Louis, Missouri Arts Council, a state agency, and the Regional Arts Commission.



I'm a Senior Citizen...

I'm realizing that aging is not for sissies.
 I'm sure they are making adults much younger these days!
 I'm the life of the party...even when it lasts until 8pm.
 I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians.....
 I'm very good at telling stories...over and over and over and over!
 I'm aware that other people's grandchildren are not as bright as mine.
 I'm a Florissant Senior Citizen – and I'm having the time of my life!!

Are You Looking for Assisted Service at the Gas Pump?



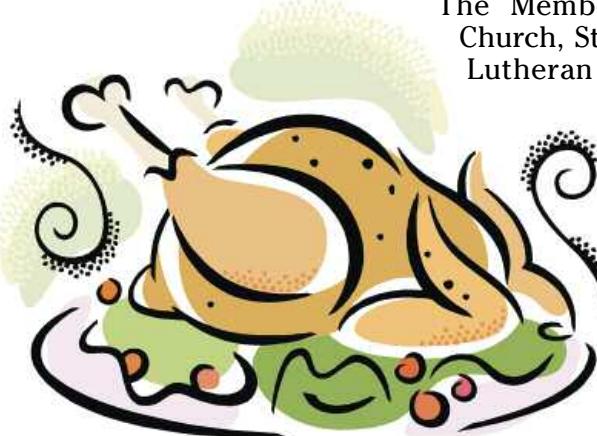
You may be a senior, someone dealing with a disability, or perhaps you simply find the pump equipment heavy and difficult to manage. Unfortunately gas stations providing full-service are becoming a thing of the past. The City of Florissant sent out a survey requesting Florissant Gas Stations to accommodate individuals who are looking for assisted service at the gas pump. Listed below are the updated results of that survey.

- CIRCLE K CONVENIENCE #1622, 1545 New Florissant S., 63031, 837-1464. Every day, all hours, all pumps. Call & provide pump number.
- ENERGY EXPRESS 1988, 8231 N. Lindbergh, 63031, 839-4401. Every day, all pumps, between 6pm & 10pm. Use HELP button or call & provide pump number.
- HALLS FERRY FUEL & FOOD MART, 12815 New Halls Ferry, 63033, 921-7113. Every day, all pumps, after 10am. Call & provide pump number.
- HALLS FERRY SERVICE, 3575 Parker Spur, 63033, 837-6257. Every day, before noon, pump #1, Sound horn or call.
- HOWDERSHELL MART & PACKAGE LIQUOR (answers "Phillips 66"), 420 Howdershell, 63031, 839-8169, Every day, all pumps, between 10am & 10pm. Call & provide pump number.
- HUCKS FOOD & FUEL #264, 3500 Patterson, 63031, 830-1404. Every day, all pumps, between 10am & 10pm. Use HELP button or call & provide pump number.
- MANNING SERVICES, INC., 1280 N. Hwy 67, 63031, 837-3523. Wednesdays only, pumps #1 through #6 10am to 2pm. Sound Horn or call and provide pump number.
- MC FOOD MART, 425 N. Hwy. 67, 63031, 837-1069. Every day, 24 hours, all pumps. Use HELP button or call and provide pump number.
- PARSONS OIL COMPANY, LLC., 3125 N. Hwy 67 at Halls Ferry, 63033, 839-9970, Every day, pumps #6 & #7, after 10am. Call & provide pump number.
- PETRO MART #09 (Western Oil Inc.), 1395 Dunn Rd (at Washington), 63031, 972-0670. Every day, all business hrs, pumps #1 through #4. Call & provide pump number.
- PETRO MART #11, 1200 Shackelford, 63031, 921-5082. Every day, all pumps, 9am-2pm. Use HELP button or call & provide pump number.
- SEVEN ELEVEN, 105 Dunn Rd., 63031, 837-8826. Every day, all business hours, all pumps. Call & provide pump number.
- QUIK TRIP #627, 150 Howdershell, 63031, 630-3531. Every day, 24-hours, pumps #1 & #2. Use HELP button or call & provide pump number.
- QUIK TRIP #670, 2105 N. Hwy 67, 63033, 636-916-5706. Every day, 24-hours, pumps #1 & #2. Use HELP button or call & provide pump number.

The 14th Annual Ecumenical Thanksgiving Dinner

The Members of St. Sabina Catholic Church, St. Ferdinand Catholic Church, Lutheran Church of the Good Shepherd, Halls Ferry Christian Church, St. Martin de Porres Catholic Church, and St. Angela Merici Catholic Church are busy planning a delicious Thanksgiving Dinner! The dinner will be served at St. Ferdinand Catholic Church, located at 1765 Charbonier Rd, Florissant, 63031. All are welcome to attend

to enjoy fun, food, and fellowship on Thanksgiving Day, November 22, 2012. Volunteers will be serving a FREE Thanksgiving Dinner with all the trimmings from 11:30am to 3:00pm. Attendance prizes will be raffled each hour. For more information, to get involved, or to make a donation – please contact MARK at 636-328-1116.



DRESS UP IN YOUR SPOOKIEST COSTUME and come to the Florissant Senior Citizen Halloween Party. Or you can come as you are & watch the fun! Thursday, October 25th, 2012 at the James J. Eagan Center from 10:15 – 2:00pm. Tickets are just \$7.00 which includes entertainment, attendance prizes, lunch & Bingo. Lunch is provided by Tornatores Catering – Baked Zitti with Cheese & Homemade Marinara Sauce with Seasoned Ground Beef, Country Green Beans, Garden Salad with Creamy Peppercorn Dressing, Rolls & Butter, and Pumpkin Pie with Whipped Cream. Tony Simmons, the acclaimed St. Louis Jazz singer, will entertain us! Costume Contest will begin at 10:30. Tickets go on sale on Monday, September 10th in the Florissant Senior Office in City Hall. For more information call the Senior Office at 839-7605.

Get Your Annual Flu Shot!

Florissant's Two Flu Shot Days are:

- **Tuesday, October 2nd at the James J. Eagan Center from 9:00am – 2:00pm. Sponsored by TIP Healthcare.** There is NO CHARGE if your primary insurance is Medicare Part B, Advantra, GHP/Coventry, Mercy Premier, or Health Alliance. All others are \$25.00 – cash or check. TIP Healthcare will provide a receipt for possible reimbursement if needed. Cost of Pneumonia Shot will be \$75.00.
- **Wednesday, October 17th at the JFK Center in Koch Park from 9:00am – 2:00pm** sponsored by MediNurse. There is NO CHARGE if your primary insurance is Medicare Part B or GHP or MERCY. All others are \$25.00 – cash, check, Mastercard, Visa, or Discover. MediNurse will provide a receipt for possible reimbursement. Cost of Pneumonia Shot will be \$65.00.



Let's Go Christmas Shopping!

The City of Florissant will take Senior Citizens Christmas Shopping to West County Mall on Tuesday, December 4, 2012. Catch the Florissant Bus at 10:00am at the Eagan Center and return to the Eagan Center at approximately 3:30pm. Cost of Trip is \$5.00. Registration will be Friday, November 9th at the Florissant Senior Dining Center from 9:00am – 11:00am for residents only. If there are tickets remaining, a second registration will be held on Friday, November 16th, from 9:00am – 11:00am for residents AND non-residents. Cost for non-residents is \$7.00. For more information call the trip line at 314-595-3636.



Heartland

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VOLUNTEER WITH YOUR HEART AND BRING COMFORT INTO SOMEONE'S LIFE

Everyday people say "I would like to be a part of helping someone". Hospice is a special kind of care designed to provide sensitivity and support for people in the final phase of a terminal illness. Heartland Hospice's goal is to provide palliative and supportive services to meet physical, psychological, social and spiritual needs of patients and their families in a health care facility or other residential settings. Volunteers can provide one-on-one attention to residents who are lonely or cut off from their families, thereby reducing feelings of isolation and contributing to their sense of belonging. The benefits are endless when one can make a "DIFFERENCE".

Volunteers are the heart of the Hospice Team.

We depend on our Hospice volunteers to help us provide the extra love and care our clients and their families need at this time in their life. Heartland volunteers offer support, companionship and practical, caring help to this special group of people. Staying with the patient so family members can take a break, reading scripture to patients, or holding their hand. The help and support our volunteers give is returned to them in countless ways. You can make a DIFFERENCE. All assignments are in close proximity to your home, work or school. You can donate as little or as much of your time as you desire. Please contact Virginia at 314-453-0990 if you would like to bring something special into someone's life. Be sure to inquire about our next Training Class.

Do You Think You Can Dance?

Florissant offers Senior Citizen Dances for residents AND non-residents. Come dance the night away or sit back & enjoy the music! Our Fall Dance is Friday Night, November 30th from 7:00pm – 10pm with the Alley Kats. Get your tickets in the Florissant Senior Office for \$6.00 or \$8.00 at the door. Tickets cover admission and light snacks. Beer, wine and soda are available for purchase. Call the Senior Office at 839-7605 for more information.

New Year's Eve in Historic Florissant!

Ring in the New Year and Celebrate the Heritage of Historic Florissant! Our Annual New Year's Eve Party is on Monday, December 31st, 2012 at 10:00am until 2:00pm. Florissant Residents can bring their resident card and purchase tickets for \$15.00 in the Senior Office in Florissant City Hall. Tickets go on sale Monday, November 12, 2012. Dance or listen to the music of The Michael Lacey Band. Enjoy non-alcoholic champagne, beer, wine, noisemakers and a delicious dinner catered by Tornatores Catering. Menu consists of Chicken Piccata (butter, white wine, lemon, seasonings, mushrooms and capers), cheesy au gratin potatoes, green beans almandine, salad with creamy peppercorn dressing, rolls with butter and decadent turtle cheesecake. Wonderful attendance prizes, a Pot of Gold and gift baskets will be raffled. Countdown to the New Year will be at 12:00noon! For more information, call the Senior Office at 839-7605.

City of Florissant Christmas Trip



This year's trip will include a LIVE CONCERT AT THE CATHEDRAL BASILICA OF ST LOUIS featuring world class musicians and the finest repertoire of sacred and classical music. Come enjoy the holidays with an afternoon filled with spectacular music and top it off with a special candlelight dinner at the Florissant Senior Dining Center.

Date: Sunday, December 16th. Time: 1:30 -7:30pm Cost: \$40.00. You will catch the bus at the Florissant Senior Dining Center at 621 St. Francois (corner of Jefferson & St. Francois behind Buchholz Mortuary) at 1:30 and return around 5:30pm for dinner and the day will end around 7:30pm. Tickets go on sale Tuesday, November 13th at the Florissant Senior Dining Center from 9am – 11am for Senior Residents with a current resident card. If there are tickets remaining, a second registration will be held on Tuesday, November 20th at the Senior Dining Center from 9am-11am for residents AND non-residents. Cost for a non-resident is \$42.00. Anyone may register members of their own household and members of one additional household. If registering a resident other than yourself, you must present their current resident card. For more information call 595-3636.

SENIORS EVENTS SCHEDULE

OCTOBER

- 2nd - FLU SHOTS, Eagan Center (TIP Healthcare) 9am – 2 pm
- 12th - Silver Words Club Trip to Grants Farm
- 17th - FLU SHOTS, JFK Center (MediNurse) 9am – 2 pm
- 25th - Halloween Party! Eagan Center 10:15am - 2:00pm
- 27th - Senior Trip to Kimmswick Apple Butter Festival

NOVEMBER

- 8th - Silver Words Club, JFK Center, Board Games 1:30 - 3:30pm
Sign-up for Silver Words Christmas Trip to Alton Symphony
- 9th - Tickets go on sale for Christmas Shopping Day (call 595-3636)
- 12th - Tickets go on sale for New Year's Eve Party!
- 13th - Sign-up for Christmas Trip to Cathedral Basilica
- 22nd & 23rd CLOSED – THANKSGIVING HOLIDAYS
- 30th - Senior Dance, Eagan Center, Friday, 7-10pm, The Alley Kats

DECEMBER

- 4th - Senior Trip - Christmas Shopping Day!
- 15th - Silver Words Christmas Trip – “A Little Bit of Nutcracker”
- 16th - Christmas Trip – Cathedral Basilica Concert
- 31st - NEW YEAR'S EVE PARTY, Eagan Center, 10:00am – 2pm
Michael Lacey Band, dinner, attendance prizes, Pot of Gold!

You can always visit the City of Florissant Website at www.florissantmo.com for more information

4 Easy Weight Loss Tips

By Mario Morales, MD, director of the SSM Weight-Loss Institute

Are you trying to shed some pounds this fall? There are four ways you can start adopting a healthier lifestyle with these simple steps.

1. Portion control. Throughout the years, portions have become supersized and so have our waist lines. Try pre-portioning your snacks into small individual baggies. Look at the label to understand the true recommended portion size. Also make sure half of your plate is filled with colorful fruits and veggies at every meal.

2. Think ahead. Plan your meals ahead of time so that you are less likely to make an unhealthy last-minute food choice. Also, don't skip meals, which can cause your body to go into fat-storing starvation mode.

3. Switch to whole grains. Skip the white pastas, breads and flour. Switch to whole grains instead. They are packed with fiber to help keep you full longer and stabilize blood sugar. Plus they're packed with vitamins, minerals and antioxidants. Next time you're at the supermarket, be sure to stock up on quinoa, oatmeal, whole wheat bread, brown rice and whole grain pasta.



4. Start moving. Exercise doesn't have to be dull. Find something active that you enjoy and you'll stick with it longer. Join a recreational sports league, check out a new exercise video from your local library, go for a brisk walk, or take your kids for a bike ride after dinner. Also, remember muscle burns at least four times as many calories as fat does, so try for 20 minutes of strength training two to three times a week. For information on both surgical and non-surgical weight loss solutions available at SSM DePaul Health Center, visit ssmweightloss.com.

Mario Morales, MD, is a board certified weight-loss surgeon and the medical director for the SSM Weight-Loss Institute at DePaul Health Center. His office is located at 12266 DePaul Drive, Suite 310, in the East Medical Office Building on the DePaul campus. He can be reached at 1-877-4SSMWLI (477-6954).

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If you're a Florissant resident and have visited St. Ferdinand Park, then you have probably driven by the City's Health Department.

Tucked back in the corner of St. Ferdinand Park near the recycling center is the Florissant Health Department and Animal Pound. For many years hundreds of area residents have experienced the joy of adopting a loving pet thanks to the city's Animal Control division.

Most of the animals housed at the city pound are stray animals that have been found running at large. These animals, when picked up by officers, are immediately scanned for ID microchips and checked for any other identifying marks or tags so the owners can be notified. On occasion animals are brought in that have no identifi-

cation. These dogs and cats are held for seven (7) days as required by law. This seven day period allows owners to claim their lost pets. If not claimed, suitable animals are made available for adoption.

Guidelines for adopting a pet are as follows:

- Animals are adopted on a first come, first served basis and no animals will be held for any one person unless that person found the animal and turned it over to animal control.
- Florissant residents will have first choice of adoption. If more than one resident is present at the same time then a drawing will be held.
- Individuals must be over the age of 18 to adopt.
- Valid State ID is required.
- An information form must be completed AND adopters must agree to and sign a spay/neuter contract.
- All animals must be vaccinated and city pet tags must be acquired within 30 days unless otherwise specified.

The City of Florissant Health Department and Animal Pound is located at #1 St. Ferdinand Park Drive and will be open Monday through Friday between the hours of 8am and 5pm. For further information regarding adoptions feel free to call our office at 314-839-7654.

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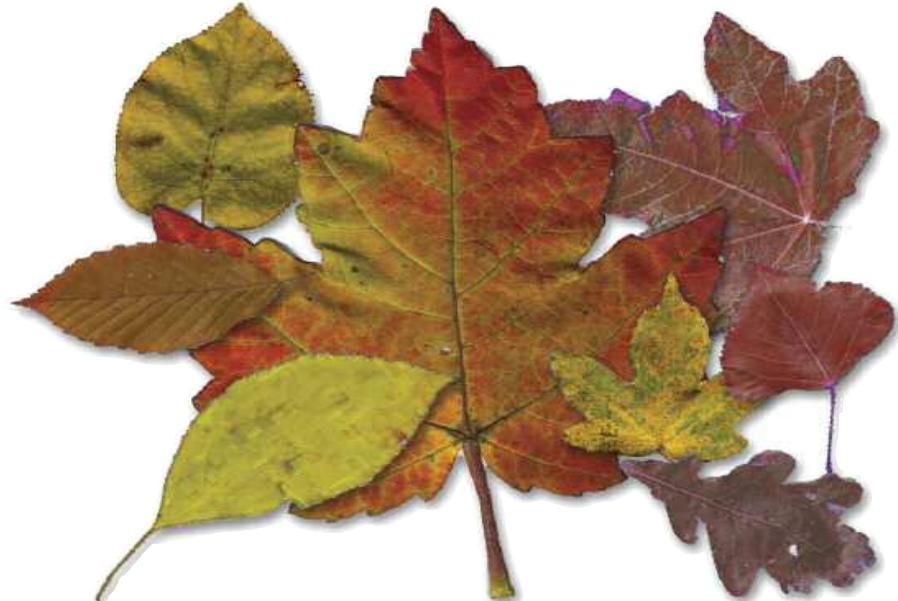


Since the City of Florissant began using a single waste hauler we have seen a steady increase of recycled material collected. These are materials that are not needlessly dumped in a landfill which would take thousands of years to decompose.

It is important to remember that there is only one landfill remaining in the St. Louis area. Anything we can keep out of the landfill is an investment in our future.

Remember, curbside recycling is included in your monthly trash bill. If you need a recycling tote call the Florissant Health Department at 839-7654. These containers are 65 gallon totes and are only used for recycling, no trash or yard waste allowed. The totes are FREE OF CHARGE and available to Florissant residents only.

Fall Clean Up



Autumn has arrived and the leaves have begun to fall. The City of Florissant would like to remind its residents that raking, sweeping, or blowing leaves or grass onto the sidewalk or street is illegal.

Yard debris tends to clog our sewer systems and makes our city streets unattractive to residents and visitors.

Now is also the time to clean-up that yard before putting out decorations. Cut back and trim up overgrown vegetation, cut and trim the grass and remove all clutter and debris that undesirable animals may find attractive during cold nights.

Be considerate of your neighbors, dispose of yard waste properly and help keep Florissant beautiful!

Work Is Taking Place Along Streets

Once again the Street Department will be decorating by putting lights and banners along rue St. Francois in Old Town and along Lindbergh Blvd. for you enjoyment throughout the holidays.

As a reminder, when we have any inclement weather, please try to refrain from parking your vehi-

cles in the street so the street crews can safely and thoroughly clean the streets.

For more information or to report any street related problems, you can contact the Florissant Street Department at 314-839-7652.

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Ice Rink Season

October 15, 2012-March 3, 2013



PUBLIC SKATING ADMISSION FEES

Youth (6-17 yrs. old): Res. \$1.50,
Non-Res. \$3.00
Adult(18 yrs. & older): Res. \$2.25,
Non-Res. \$4.00
Golden Age Pass: Res. \$1.75,
Non-Res. N/A
Family Special: Res. \$3.00,
Non-Res. N/A

**Children 8 years and younger
must be accompanied by an adult
Wednesday and Sunday.

SPECIAL SERVICES

Skate Rental Fee: \$1.50
Skate Sharpening: \$4.00
Locker Rental Fee: \$0.25
*Hockey and figure skates available



Halloween Stories & Art

Parents, this program is for you and
your child. We will read stories and
make art related to Halloween.

Ages: 2-5
Date: Oct. 24
Time: 11:00am to 12:00 noon
Fee: Resident - \$6, Non-Res. \$8
Registration: Res. 9/10, Non Res. 9-17
Location: Sunset Park Nature Lodge

Zumba Workshops

ZUMBATHON....this intense workout
takes your basic Zumba class to the
next level by expanding the workout
from 60 min to 90 min. Those who
enjoy Zumba will LOVE the additional
time to include more Merengue,
Salsa, Cha Cha, Reggaeton and many
other dance rhythms. This cardio-
based workout is designed to
include fitness components that
tone the entire body from top to bot-
tom, and from the inside out.

Location: James J. Eagan Center

Day: Saturday

Time: 9:00am-11:00am

Dates:

- October 13
- December 8

Fee: Res. \$5/day, Non-Res. \$10/day

It's Time to Enroll in FREE Preschool!



If you have a young child, birth
to age 5, and live in the Ferguson-
Florissant School District it is
time to enroll in the district's
early education programs.

For children ages' birth to 5
years, **Parents as Teachers**
offers a free program for all fami-
lies. PAT provides **free** personal
visits, parent-child activities,
developmental information,
screenings and **prenatal** visits.
This free program with degreed,
certified parent educators is
available to all families who
choose to participate.

A **free quality preschool** ex-
perience with degreed, certified
teachers is available to district
children. Three-year-olds
attend class two mornings per
week, 4-year-olds attend three
or four half-days. Families
receive **Parents as Teachers**
personal visits.

Head Start preschool classes
for 3- and 4- year-olds are avail-
able. Families receive **Parents as**
Teachers personal visits. Head
Start income- and employment
based eligibility is necessary.

Preschool-age children who
have special needs may receive
appropriate services in classes

or through itinerant program-
ming offered by the **Early
Childhood Special Education**
Program **free** of charge.
Families are offered **Parents as
Teachers** visits.

A **free developmental screen-
ing** is designed for all young
children, ages 3 months to 5
years. Hearing and vision are
also checked. If any type of con-
cern is indicated, in-depth test-
ing is offered.

**State-accredited Child Care
Centers** offer full day education
and care for children ages 2, 3, and
4. Families receive **Parents as
Teachers** personal visits and group
activities. These **tuition-based**
programs operate year-round

LINK Family Time offers **free**
weekly speakers and discussion
meetings on family related top-
ics. Activities for babies and
preschoolers are available
while parents are in meetings.
LINK co-op classes for 2s and 3s
are **fee-based** and are especially
for children who do not meet
the age cutoff for other classes.
Don't wait. **Enroll today!** Some
programs have a limited num-
ber of spaces available. Call
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October 2012

Florissant Focus

The Newsletter of the Beautiful City of Florissant, Missouri

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Fall Festival Edition

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