

An incredible journey



Mark Fingerhut stands with some fellow kayakers during his journey down the Missouri River.

Submitted Photo

A St. Louis native travels the length of the Missouri River from its headwaters to the Arch via kayak to raise money for Missouri River Relief

By Brett Auten

Your summer vacation photos look nothing like Mark Fingerhut's.

Fingerhut, a St. Louis native, and resident, just polished off a mind-bending trip, traveling the Missouri River via kayak. Fingerhut began his journey on May 14 on the Madison River near West Yellowstone in Montana. On Aug. 17, after a stop in St. Charles the day before, he completed his journey some 2,400 miles later at the St. Louis Arch where a gathering of friends was there to greet him.

Fingerhut, 39, raised \$4,000 for the Missouri River Relief, which is an organization that hosts many events around connecting

people with the river and to recognize it as an important resource.

Fingerhut said he was motivated by the opportunity to explore the entire river and bring attention to the cause of exposing people to the wonderful resource the river provides.

"It has been a dream for a long time," Fingerhut said. "I didn't know when it would happen until about a year ago. I wanted to do what I could do to help them and others who protect our waterways."

His journey included kayaking through the Missouri River Breaks National Monument, and on to two more large lakes in North Dakota and South Dakota. After the Dakotas, he traveled on to Nebraska, Kan-

sas, and back to Missouri, where he ended his trip in St. Louis.

Fingerhut consulted David Miller's book, "The Complete Paddler: A Guidebook for Paddling the Missouri River from the Headwaters to St. Louis, Missouri" daily, and also met several "River Angels."

"At various spots, these were people willing to help out," he said. "I got to stay in a few houses and get a shower. It was great to get a cold beer and a warm, or cool, place to sleep. It refreshed my body and spirit to encounter so many positive people."

But no book or River Angel could shelter him completely from Mother Nature.

"One night, in North Dakota, I was

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Spend Labor Day Weekend exploring with St. Charles County Parks

Spend this Labor Day weekend having fun with the family at The Historic Boone Home near Defiance. Explore historic Mis-souri through living history activities during Labor Day on the Frontier from 9 a.m. to 5 p.m., Saturday, Aug. 31, and noon to 5 p.m. on Sunday, Sept. 1. The program is free and open to the public.

During this two-day event, stroll through the historic village and discover different trades of the past through reenactments

performed by talented members of the Ox Bow Tavern Living History Group, park staff and volunteers.

Guided tours of The Historic Daniel Boone Home also will be available both days with paid admission – adults, \$8; seniors 60 and over, \$6; children ages 5–12, \$5; active/retired military and children 4 and under, free.

Registration is not required for Labor Day on the Frontier. For more information, call the park at 636-798-2005.

Community Voices

Community Strong looks to inspire a culture of health and wellbeing in St. Charles County

By Carissa Figgins

Heroin overdoses in St. Charles Coun-ty are rampant. Thousands of St. Charles County residents are struggling not only with the social shame of obesity but the physical ramifications of chronic disease such as diabetes and heart disease. Per-sistent stress in our county seems to seep into every aspect of our lives in St. Charles County impacting our neighborhoods, schools, churches and workplaces causing grave concerns around mental health is-sues such as suicide ideation.

Sounds absolutely depressing and de-spondent. Right?

But here is what you need to know.

Even though this is our present reality we are slowly changing the future of St. Charles County with a new health and wellness initiative that is tackling these very tough topics with a novel approach.

Through the funding support of BJC in St. Charles County, SSM St. Charles, Mercy, St. Luke's and the Economic Development Center of St. Charles County, Community Strong has emerged as an energizing light of hope as one of the strongest health coa-litions in the region. The collaboration of such strong community leaders from the

Wentzville School Districts, City of St. Pe-ters, St. Charles County Public Health De-partment, are leading the charge in chang-ing the health outcomes of St. Charles County through a stronger sense of com-munity, belonging, and purpose. Repre-sentatives from organizations such as the YMCA of St. Charles, O'Fallon Parks and Recreation, Compass Health, Commu-nity Council, the Children's Community and Children's Resource Board, St Charles County-City Library District, St Charles Ambulance District as well as involved, local, health minded businesses such as Curves St. Peters, Health Nosh Catering, Krilogy Financial, PNC Bank, Breezepark and Assistance Home Care have formed Action Teams to form real solutions and goals to combat Substance Abuse, Chron-ic Disease, and Workplace Wellness in our community.

Community Strong is hosting its first wide-scale event on Sept. 7th at O'Day Park from 10 a.m.- 2 p.m. Day of Play is a free event giving the entire county per-mission to play. As a coalition, we strongly believe that a healthy mindset is a playful mindset. Dozens of activities that promote

movement, connections, and mindset will be available for every age group including group exercise demonstration, healthy cooking demonstrations, Ask The Doc-tor tents, games, crafts, and healthy food trucks. Health assessments and wellbeing information will be available from a multi-tude of vendors at the Health and Wellness Expo. Registration is highly encouraged at www.communitystrongsc.org. Our mis-sion is to inspire a culture of health and wellbeing in St. Charles County. At Com-munity Strong, we support simple lifestyle changes and celebrate the collective impact small successes have on the wellbeing of St. Charles County. Are you ready to join the movement?

Carissa Figgins is Executive Di-rector at Commu-nity Strong Pro-gram-Economic and Development Center of St. Charles County.



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'JOURNEY' from cover



Submitted Photo

Mark Fingerhut's view as he completed his journey on Aug. 17 from the headwaters of the Missouri River to St. Louis.

camped underneath a tree when the most violent storm I have been in came through," he said. "For about an hour-and-a-half, it was constant lightning and thunder."

Fingerhut works as a software consultant at O'Fallon's Ungerboeck Software, a company he has been at for 13 years and graciously gave him some extended time off so he could pull off the adventure.

Before finishing the trip, Fingerhut stopped off at the Festival of The Little Hills. There, he met friends at Main Street's Cassandra Erin Studio and spent, "a cool, couple of hours," walking around and taking in the sites.

Fingerhut's 20-foot-long cedar kayak that carried him was created by Shane Camden, a friend of Fingerhut. Camden owns the Timber Longboard Company in St. Louis and recently opened a business in New Haven called Paddle Stop New Haven. Camden specializes in stand-up paddleboards and Fingerhut's was his first kayak. It more than passed the test with flying colors.

To read and see more about Fingerhut's journey, you can follow his blog paddletlouis.com.

"I wanted to share my experience and not only inspire people to get out on the river but also value it as a resource," he said.

Competitors wanted for Disc Golf Glow night tournaments

Get your drivers and putters ready for two upcoming Disc Golf Glow tournaments at St. Charles County parks: Sept. 14, at Quail Ridge Park in Wentzville, and Oct. 25, at The Park at New Melle Lakes in New Melle. All disc golfers are welcome – from skilled to beginners – to enter to compete for cash and prizes at these 18-hole evening tournaments.

The St. Charles County Parks and Recreation Department is teaming up with the St. Charles County Disc Golf Club to offer these challenging tournaments that provide a mix of short and long holes in and out of the woods. Baskets lined with glow sticks mark the course. Players need to bring their own discs; a limited amount of LED lights will be available for purchase at each tournament.

Both tournaments are limited to 72 players; cost is \$10 per person. Registration is day-of-the event only. The tournament at Quail Ridge Park at 560 Interstate Drive, begins with registration from 6:30 to 7:15 p.m., then a shotgun start at 7:30 p.m. Registration for the tournament at The Park at New Melle Lakes at 400 Foristell Road, is from 5:30 to 6:15 p.m. with a shotgun start at 6:30 p.m.

For more information about the tournament, call the St. Charles County Parks and Recreation Department at 636-949-7535.

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International Student Services department promises increased enrollment and multi-cultural experiences for students

As the newly-appointed director of St. Charles Community College's International Student Services (ISS) department, part of Virginia Guneyli's job is to recruit students from all over the world to attend SCC. The department will be under Dave Leenhouts, the new vice president of student services and promises to increase enrollment, add diversity to the student body and benefit the wider community.

Guneyli joins her associate, Laurie Bernardy, international student specialist, who has been at SCC for eighteen years. According to Guneyli, recent studies indicated that the presence of international students has a significant economic impact on a region. In the greater metropolitan St. Louis region it is estimated that foreign student enrollment can provide as much as \$232.2 million in economic benefits to the community.

Bucking a national trend which saw foreign student enrollment drop by seven percent in 2017 and another three percent in 2018, SCC has increased international student enrollment approximately 20 percent since last year. The greater St. Louis area also represents a desirable location for international students for other reasons, including a growing job market willing to sponsor educated employees for an H-1B visa.

The reason for the international program's success, according to Guneyli, is the "best fit" of the college for a wider audience of students, including those previously unable to attend and pay for the premium tuitions charged to international students at most four-year American universities.

"For international students," Guneyli said, "St. Charles Community College offers a transformative, quality educational experience that's affordable.

"The region is filled with great four-year colleges, and SCC has conditional admission agreements with many of these institutions, including Lindenwood, Missouri State, Mizzou, Fontbonne and Missouri Valley. Students are automatically granted conditional admission to these institutions by enrolling at SCC, and SCC credits transfer with ease," she said.

The ISS department's mission is focused on each individual student as they seek a degree or certificate that enables them to transfer or join the workforce, but its role spans beyond recruiting and aims to make the entire international student experience easier and more seamless.

"Imagine an incoming student from another country, thinking, 'What is the community like? Where will I live? I have no driver's license, no credit history, and no income. How will I arrange for even basic things before I even arrive on campus?' It's our job to guide students through the registration and academic advising process, as well as help them navigate through a different culture and in a different language, whether those students are coming to SCC or they are going abroad to study," Guneyli said.

Study abroad programs – where students live and study abroad for a full semester and receive course credits from St. Charles Community College – are also part of the ISS mission. Guneyli is busy managing two: a 14-week study abroad in Canterbury, England, at Canterbury Christ Church University (offered in partnership with the Missouri Consortium of Global Education) and a 17-week program at Institute of Technology Carlow near Dublin, Ireland. Prospective students and their families can meet Donal McCalistair – from Institute of Technology Carlow – and learn about the 17-week program at the open house at 2 - 4 p.m. Sept. 15, in the Daniel J. Conoyer Social Sciences Building.

"Taking a different path to higher education in the U.S. is attractive to many international families," Guneyli said. "Students can live in a desirable location near our beautiful and safe suburban campus and will now be able to take advantage of our new student housing – available beginning Dec. 1. For international students uncertain of their academic path or just beginning it, our International program at SCC opens a lot of doors. For our domestic students, the presence of international students offers diversity that fulfills the college mission and enriches their educational experience."

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'Sharing Success' grants benefit two area nonprofit organizations

Two local charitable organizations were each awarded a \$7,000 "Sharing Success" grant by Cuivre River Electric Cooperative (CREC) and CoBank. The recipients of the 2019 grants are Greater St. Louis Honor Flight and The Key Youth Center.

"We are proud to be able to serve our community by providing these local charities with the funds they need to make a positive impact on our neighbors" says Diane Saale, President, CREC Board of Directors.

Greater St. Louis Honor Flight serves St. Louis metro area veterans by granting them an all-inclusive trip to Washington DC to experience the memorials that were built to honor their service to our country. Since launching in 2008, the Greater St. Louis Honor Flight has traveled with over 1,500 local veterans. Their day of honor includes visits to the Korean War Memorial, Vietnam Memorial and the World War II Memorial. The veterans also visit several other landmarks such as the Tomb of the Unknown Soldier at Arlington National Cemetery and the Lincoln Memorial. The Honor Flight veterans are always honored and acknowledged by civilians everywhere they embark. Many of the esteemed veterans say the experience is one of the best of their lives. In order to provide this all-expense paid experience for our veterans, Greater St. Louis Honor Flight relies entirely on corporate and individual contributions. The Sharing Success grant will fund visits to our nation's capital for 10 veterans, according to Opera-



Submitted photo

(From left) CREC Board Director Troy Galloway stands with Greater St. Louis Honor Flight Operations Director Jim Pettit and CREC Board Director Denise O'Mara.

tions Director Jim Pettit, Greater St. Louis Honor Flight.

The Key Youth Center is a community-driven, funded and managed organization that is dedicated to serving homeless youth in Lincoln County. The Lincoln County Resource Board's 2017 Needs Assessment indicates that homeless youth percentages have risen 552 percent since 2010. The Key was created to help provide these youth with sustainable housing and support to achieve their personal goals. Support services include, but are not limited to, mental health care, life-skills coaching and case management. Once renovations to the building that houses The Key have been finished, the organization will have the capacity to provide 14 homeless youth with safe shelter. The Key relies on donations in order to support and protect homeless youth of Lincoln County. Contact Shiloh Werkmeister, The Key's president, at 636-295-1974 to learn more.

"Sharing Success" is a matching grant program created by CoBank in 2012. The cooperative bank partners with its customers, like CREC, to support the causes and organizations they care about. CoBank customers can apply for up to \$7,500 in matching grants each year. This year, CREC awarded \$3,500 to each recipient, and CoBank matched the funds, thus providing a total of \$7,000 to each organization.

Since the inception of the program in 2012 and counting this year's grants, CREC has awarded a total of \$40,000 to organizations including Operation Food Search, Volunteers in Medicine St. Charles, TREE House of Greater St. Louis, St. Charles Community College Foundation, Earth Angel Aviators, Sparrow's Nest and Our Lady's Inn. CREC's board of directors jointly makes the decision to which organizations the "Sharing Success" grants will be awarded.

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EVENTS

Aug. 31: Car show

Trinity Lutheran Car Show takes place at 1307 Boone St. in Troy. Entry fee is \$20 per class, first 50 registered get a free dash plaque. Registration is from 10 a.m. to noon, participant judging is from 12 - 2 p.m. and awards are at 3 p.m. There will also be a silent auction, music, food and desserts. For more information or an entry form contact Bryan Gooding at 636-297-1328 or Jim Lalumondiere at 636-290-2535. Rain date is Sept. 14.

Sept. 7: Patriot Day Run

Run in the Ninth Annual Patriot Day Run at CarShield Field (Rascals Stadium) in O'Fallon. This event supports Backstoppers Inc. and USO Missouri, Inc. The 5K and 10K races are \$35 and begin at 7 a.m. One-mile fun run is \$25, and will begin shortly after the run begins. If you are not a runner but would like to support the event, you can be a virtual runner for \$25. The prices increase to \$40 for the 5K and 10K run on Sept. 1. Register at kofcpatriotdayrun.com. Participants receive a shirt, a challenge coin, and a swag bag at the event.

Sept. 10: Historical program

The St. Charles County Historical Society will present a free program about "Identifying, Preserving and Archiving Portraits" at 7 p.m., at the Kathryn Linemann Library at 2323 Elm in St. Charles. Reservations can be made by calling 636-723-0232 or go to www.youranswerplace.org

Sept. 13: Charity Golf Tournament

Fairwinds River's Edge Retirement Community has teamed up with its sister property, The Landing of O'Fallon, and AW Health Care (their on-site home health care and therapy provider) to put on our second Charity Golf Tournament being held at Bear Creek Golf Course. Space is limited. The tournament will benefit the VFW National Home for Children, whose community is open to families of active-duty military personnel, veterans, and descendants of members of the VFW and its Auxiliary. \$500 per team of four includes lunch, 18-hole play, dinner, and loads of fun. For more information contact Stacy Welker at 636-754-2311 or swelker@leisurecare.com.

Sept. 14: Apple and pumpkin drying

The St. Charles County Heritage Museum in St. Peters is celebrating the season with "Hands-On Heritage: Apple and Pumpkin Drying" from 10 a.m. to 12 p.m. Participants will learn how to dehydrate apples and pumpkins, taste homemade pumpkin candy, and pick an apple from the museum's own orchard to carve an apple doll head to take home. This program is free and open to participants of all ages; recipe handouts and all materials are included. Participants should arrive at the museum at 1630 Heritage Landing by 10 a.m. to enjoy the program in its entirety. Pre-registration is encouraged. To register, call the museum at 636-255-6000 or visit <http://bit.ly/2019AppleAndPumpkinDrying>.

Sept. 14: Trivia night

Calling All Super Heroes Linc St. Charles County Superhero Costume Contest and Trivia Night takes place at Carpenter Union Hall at 755 Parr Road in Wentzville. Doors open 6 p.m., starts at 7 p.m. Cost is \$25 for an individual ticket, \$175 for a table of eight; sponsors, raffle donations needed. Call 636-332-5127 for more information or <https://www.eventbrite.com/e/superhero-trivia-to-benefit-linc-st-charles-county-tickets-58665191166>.

Sept. 21: Quilt show

The Cornerstone United Methodist Women and the Cover Girls Quilting Circle are sponsoring a quilt show at the Cornerstone United Methodist Church (1151 Tom Ginnever Ave. in O'Fallon) from 10 a.m. - 3 p.m. Come and enjoy a wide variety of quilts that will be on display at the church. Admission is free (donations accepted), and complimentary refreshments will be available. All donations will support the Cornerstone UMW and the Cover Girls Quilting Circle. Visit the church website (cornerstoneofallon.org) for more information.

Sept. 21: Women's business workshop

The American Association of University Women (AAUW) is offering a Work Smart Workshop with the St. Louis Alumnae Chapter of Delta Delta Sept. 21, 1 - 4 p.m. at Old Hickory Golf Club. This program is designed to help women negotiate for a new job, raise or promotion. This is a free event for Tri Delta members.

\$30 for nonmembers. For information contact Katie Fazio at katie.outman@yahoo.com.

Sept. 21: Craft fair

Tri County Advisory Board to Probation and Parole invites you to their seventh annual Christmas in September craft fair at Calvary Church at 3998 Mid Rivers Mall Drive in St. Peters from 9 a.m. to 3 p.m. Crafters are needed. Please contact Esther Angelos at marlofan@charter.net or 636-441-0329 or 314-477-5096.

Oct. 7: Golf tournament fundraiser

Operation Food Search, a nonprofit hunger relief organization, will host its 26th annual golf tournament with registration beginning at 11 a.m. and a shotgun start at noon. The tournament will be held at WingHaven Country Club, located at 7777 Winghaven Blvd. in O'Fallon. Tickets - which are \$300 per golfer or \$1,200 per team of four golfers - include 18 holes with golf cart, golf goodie bag, lunch and dinner. A live and silent auction will be held during the barbecue dinner starting at 5 p.m.

ONGOING EVENTS

Mondays: Optimist Club meetings

The Wentzville/Lake St. Louis Optimist Club meets on the second and fourth Monday of each month at 6:30 p.m. at the Wentzville Schnuck's meeting room located on Wentzville Parkway in Wentzville. For more information contact Ed Jurotich at 314-560-1868.

Mondays: Take off Pounds Sensibly

Take off Pounds Sensibly (TOPS) meets every Monday from 9:30 - 10:30 a.m. Weigh-ins begin at 8:30 a.m. We meet at Memorial Hall in Blanchette Park at 1900 Randolph St. in St. Charles. For more information contact Joyce at 636-206-5306.

Mondays: Take off Pounds Sensibly

TOPS meet every Monday at Holy Cross Lutheran Church at 8945 Veterans Memorial Hwy in O'Fallon. Meetings at 9:30 a.m. with weigh in beginning at 8:30 a.m. For more information please call Linda Wilcox at 636-447-9056.

Mondays: Parent support group

Because I Love You, (BILY), Gateway parent support group meets every Monday at 7:30 p.m. at First United Methodist Church at 801 First Capitol Dr. in St. Charles. For information and directions, please contact the helpline at 314-993-7550 or email gateway_parent_help@yahoo.com. BILY is a program of self-help for parents of troubled children (all ages). We are not professionals, but parents helping each other. The meetings are free to attend.

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Mondays: NAMI St. Louis Connection Recovery Support Group
If you have mental health concerns and need support, please come on Mondays at 6:30 p.m. at Friedens United Church of Christ at 1703 Old Highway 94 South in St. Charles.

Mondays: Alcoholics Anonymous

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous at 636-970-0013.

Mondays: Choral Arts Singers practice

Choral Arts Singers resume practice on Mondays, at 7 p.m. at Transfiguration Episcopal Church, 1860 Lake St. Louis Blvd. in Lake St. Louis. New singers are welcome. Auditions are not required. See www.concertarts.org.

Mondays: St. Charles County Council of the Blind meetings

Business meetings are held on the first Monday of each month (second Monday in September due to Labor Day) unless otherwise specified. No meetings are held in June, July, or December. Meetings are held in the Community Council Building (Second floor of the Spencer Branch Library) from 6:30 - 8:30 p.m. For more information contact Beverly Kaskadden (Treasurer) at 636-561-6947.

Mondays: St. Peters Rotary Club

Noon at St. Peters City Hall, One St. Peters Centre Blvd. www.stpetersrotary.org.

Mondays, Wednesdays and Fridays: Fitness First Exercise Class

9:30-10:30 a.m., American Legion Hall, 504 Luetkenhaus Blvd., Wentzville. 314-369-6521.

Mondays and Thursdays: Bridge

St. Peters Senior Center plays bridge from 9 a.m. to noon on Monday and Thursdays, and would love to have any

player, regardless of skill level, to join in. Call Mary Ann at 636-397-0866 if you are interested in playing on Monday or Thursday morning.

Mondays: American Legion Post 388 Meets

Meets the fourth Monday of the month at 6:30 p.m. at American Legion Hall, 607 Westridge Dr., O'Fallon, 636-219-0553.

Mondays: Measurement Mondays:

10 a.m. - 12 noon at the St. Charles Health Department in the Upper Level Conference room. Measurement Mondays is a family-friendly breastfeeding support group. We are open to all moms and moms-to-be who are breastfeeding or interested in breastfeeding. The group is supported by the St. Charles County WIC program so there will be information about the program available at each meeting. Each meeting will be a little different than the last. There will be baby weigh-ins, introductions, games, interactive education, group conversation, and even snacks.

Mondays and Wednesdays: Tai Chi for arthritis class

Every Monday and Wednesday a Tai Chi for arthritis class, sponsored by the city of St. Charles Parks and Recreation, takes place from 9:15 - 10 a.m. at Webster Park across from the Family Arena. This is a class that is taught nationally to manage arthritis and to prevent falls. For more information call 636-949-3372.

Tuesdays: Women's AA weekly meeting

Candlelighters Women in Recovery meets every Tuesday at 7 p.m. at Dardenne Prairie Presbyterian Church (enter at Adam Lamb pre-School, turn

left) at 7400 South Outer 364 at the corner with Bryan Road.

Tuesdays: Cribbage Club

Meets every Tuesday, 12:30 - 3:30 p.m. at The Falls Golf Course Clubhouse. Relaxed, friendly play and is open to all. Call 314-779-6892 for more information.

Tuesdays: Seniors group

Please join us on the third Tuesday of each month from 11 a.m. - 2 p.m. for a gathering for senior adults. There will be lunch (no charge), cards and bingo (no charge), community program referrals, occasional health and wellness presentations and clergy available upon request. The event takes place at Church of the Transfiguration at 1860 Lake St. Louis Blvd. in Lake St. Louis. For more information call 636-561-8951.

Tuesdays: Gateway Spotlight Chorus Rehearsal

Gateway Spotlight is a women's a cappella chorus that meets at First United Methodist Church at 801 First Capitol Dr. in St. Charles every Tuesday evening beginning at 7 p.m. Call 636-256-6823 for more details.

Tuesdays: Optimist Club meeting

The St. Charles Optimist Club meets Tuesdays at noon at Pio's Restaurant. For more information contact Jack Ross at 314-287-0569 or jack-ross@att.net.

Tuesdays: Cribbage

Looking for an evening out? Come and play cribbage Tuesdays at 6 p.m. at Rookies at 15358 Veterans Memorial Pkwy in Wentzville. Win prizes and awards with semiannual tournaments. ACC sanctioned. For more information contact Dee at 636-233-8032.

Get your event or good news published in Community News:

email your information in calendar and article formats to editor@mycnews.com.

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CROSSWORD answers from page F-4

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SUDOKU answers from page F-1

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Community News

Sports you see with Gary B...

Rascals' future in O'Fallon



Recently I had conversations with several people discussing the River City's existence.

Rascals' owner Steve Malliet, Frontier League Commissioner Bill Lee and Deputy Commissioner Steve Tahsler.

Malliet's comments included not being able to work out a long-term lease with the city of O'Fallon whom owns the baseball stadium. After 21 years of entertaining fans at the complex in O'Fallon, he has made many faithful fans with some even opening their homes for players to live. His staff has tried to make every experience every fan had a memorable one with always a return trip in mind.

Lee is aggressively on a mission to keep or replace a team to play in the Frontier League. If the Rascals leave it would drop the number of teams to nine. His tenure in the league has seen many of the players take the next step in baseball into the Major Leagues. He is proud of each of the 10 teams as they add their own flavor to each city.

There are several possible solutions that are on the table at this time.

Lee resides right across the Mississippi River and has O'Fallon close to his heart.

Tahsler's goal is to have a team in place within a few months. He commented it is vital to have a team in place to prepare all the details needed to play in 2020. This is another bump in the road that he is passionate on trying to make a solution and a win for all.

**Great crew to solve the problem*

Rascals flirting with playoff possibility as season comes to an end

The defending West Division champion River City Rascals baseball club plays in the Frontier League with home games at the friendly confines of the CarShield Field in O'Fallon.

With only a handful of games left the team in 1.5 games out of the top spot with two teams in front of them – Evansville and Florence. Two of the three teams will go to the playoffs.

Recently Braxton Martinez won Player of the Week in the Frontier League as Commissioner Bill Lee made the presentation along with Deputy Commissioner Steve Tahsler.

For more information go to www.River-CityRascals.com

**Time is ticking*

Ambush get large group for tryouts

The St. Louis Ambush play indoor in the Major Arena Soccer League (MASL) with home games at the Family Arena in St. Charles.

Recently there were nearly 40 players participating in Ambush Open Tryouts this weekend at Vetta Park Sports in Cottleville.

It is possible the introduction of the new professional soccer league brought on this large group.

Major League Soccer awarded St. Louis its newest expansion franchise last week, entering a market it long has coveted with what will be the first female majority-owned team in league history.

The new team will begin play in MLS in 2022 in a new outdoor stadium in downtown St. Louis.

**Kickin' good future*

Gary Baute, a St. Louis native, may be educated in business but he lives and breathes sports. As a fan or an athlete, Gary is all sports all the time. He hosted a radio sports program on KFNS, emceed the River City Rascals' inaugural season, and co-hosted SportsRadioSTL.com, and is currently hosting a Health show on 97.1 FM, 'Prime Time Health' www.PrimeTimeSTL.com It broadcasts Saturday nights at 8 and Sunday mornings at 9.



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Recipe courtesy of Emily Caruso of Jelly Toast on behalf of Milk. Love What's Real

Servings: 10, 2 bites per serving

Ingredients

- 1/2 cup milk
- 1 1/2 cups rolled oats, divided
- 2 tablespoons almond nut butter
- 2/3 cup dried apple rings, chopped (soft variety)
- 1/2 teaspoon apple pie spice
- 1 pinch salt
- 1/4 cup dried cranberries or dried tart cherries
- 2 tablespoons chopped pecans or almonds
- 1 glass milk (8 ounces each) per serving



Directions:

In bowl of food processor or high-speed blender, combine milk, 1 cup rolled oats, nut butter, dried apple rings, apple pie spice and salt. Pulse until mixture becomes fairly smooth and holds together when rolled. Transfer mixture to medium size bowl.

Stir in remaining oats, dried cranberries and chopped nuts. Roll mixture into tablespoon-sized balls and place on parchment paper-lined baking sheet. Chill 1 hour, or until firm. Keep bites

covered and refrigerated up to 3 days.

Pair each serving with 8-ounce glass milk.

Nutritional information per serving: 190 calories; 3.5 g fat; 0 g saturated fat; 5 mg cholesterol; 12 g protein; 28 g carbohydrates; 2 g fiber; 150 mg sodium; 334 mg calcium. Nutrition figures based on using fat-free milk and include 8-ounce glass fat-free milk.

For more tasty on-the-go recipe ideas to try this back-to-school season, and to shop for ingredients, visit milklife.com.

– SUDOKU –

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SEE ANSWERS ON PAGE 9

Movie:

By Steve Bryan



Born and raised in South St. Louis, Steve Bryan is now based in Anaheim, California, and has been allowed access to movie and television sets to see actors and directors at work. Though his writing has taken him far from St. Louis, Steve is, at heart, still the same wide-eyed kid who spent countless hours watching classic movies at neighborhood theaters.

'The Angry Birds Movie 2' is the latest video game adaptation

For years, arcade games and amusements have been turned into movies and vice-versa. In "Rocky III," for instance, Paulie, played by Burt Young, encounters a pinball machine honoring Rocky Balboa, his famous brother-in-law. Feeling neglected by his sister Adrian and her husband, Paulie takes his frustrations out on the mechanical version of Rocky. That pinball machine could be found in bowling alleys and arcades when the movie was in theaters.

More recently, "The Angry Birds Movie 2" and its predecessor were inspired by the adventure game from Finland's Rovio Entertainment in 2009. Swine flu had caused a panic at the time, so game developers created sickly green pigs for the birds to battle. The pigs steal eggs from their nests, so the birds, who have special skills, launch an attack to save their unborn children. For both movies, Jason Sudeikis voiced Red, the bird who becomes a leader and a hero.

In 1993, Bob Hoskins and John Leguizamo played two very famous plumbers in "Super Mario Bros.," Samantha Mathis also was on hand to play Daisy, a university student who turns out to be an actual princess. It was an ambitious attempt to recreate the world of the Mario Brothers, but it didn't light up the box office. Twenty-five years after its release, however, the film still has devoted fans. It even returned to the big screen briefly on its 20th Anniversary.

In the late 1980s and early 90s, "Street Fighter" was one of a breed of fighting games that popped up in arcades and convenience stores. A single player could face computer-generated opponents or go one-on-one with another player. Action hero Jean-Claude Von Damme starred as Colonel Guile in the 1994 cinematic ad-

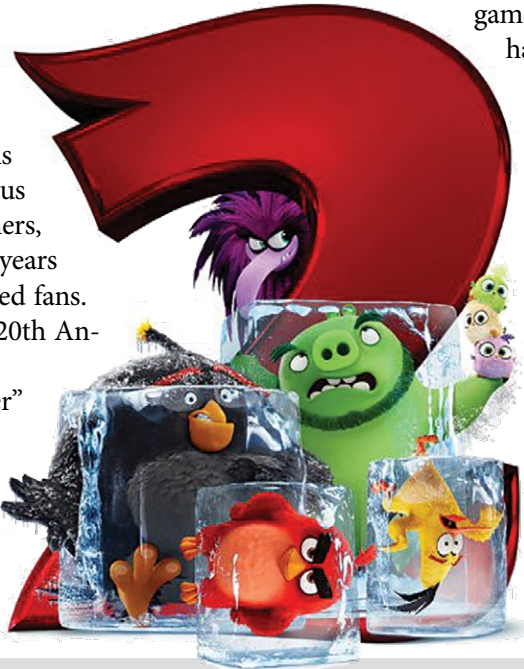
aptation of the game. In one of his final film appearances, Raul Julia played the evil General M. Bison, who tried to dominate the world with his super soldiers.

2015's "Pixels" took video game/movie crossovers to a whole new level, however. Adam Sandler starred as Sam Brenner, a video game champion whose life didn't turn out quite as he expected. After aliens view footage of a video game championship from decades earlier, they attack the Earth with characters straight out of the arcade. In this context, Brenner and his friends have "a particular set of skills" that enable them to take on the aliens.

Directed by Chris Columbus, "Pixels" has an interesting premise but one that was never fully realized. Classic game characters such as Pac-Man, Q-Bert and the Centipedes from their own self-titled games do look great on the big screen. On the other hand, the performances, especially those by Sandler, Kevin James and Josh Gad, are somewhat wooden.

Pokémon has enjoyed world-wide popularity and earlier this year, "Detective Pikachu" arrived in theaters. Ryan Reynolds lent his voice to the title character, a "pocket monster" who also happens to be a detective. Tim Goodman (Justice Smith) teams up with the Pokémon to find out what happened to Tim's missing father who also was Pikachu's partner.

These crossovers sometimes work and fail miserably at other times. In early 2020, for instance, "Sonic the Hedgehog" will race into theaters. This popular character was created by Sega and first appeared in the early 1990s. Here's hoping he still has the speed and charisma to attract audiences.





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CITY OF ST. JOHN PUBLIC HEARING NOTICE

The City of St. John will hold a public hearing on Sept. 16, 2019 at 7p.m. at the St. John Municipal Center, 8944 St. Charles Rock Road, 2nd Floor, St. John, MO. The purpose of the hearing will be to review the following:

- 1) Request from Mike Gabriel, owner of 8660 St. Charles Rock Road Rd to amend his current Conditional Land Use Permit by adding a catering service & storage of the current business' food trucks on the property. (Locator #14K240186). This property is zoned Planned Commercial.

At this time all interested parties in these matters will be heard.

Connie S. Poteet
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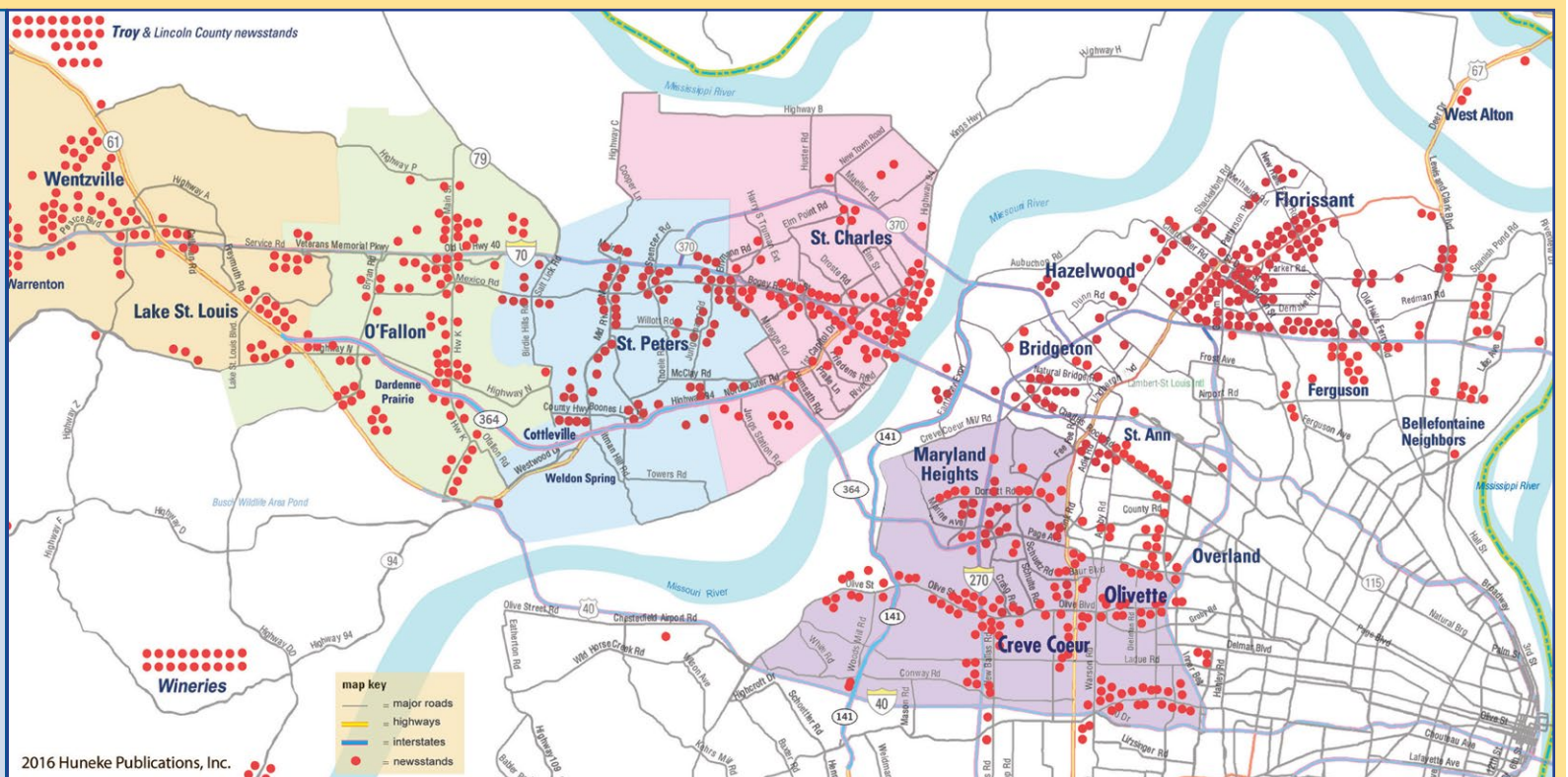
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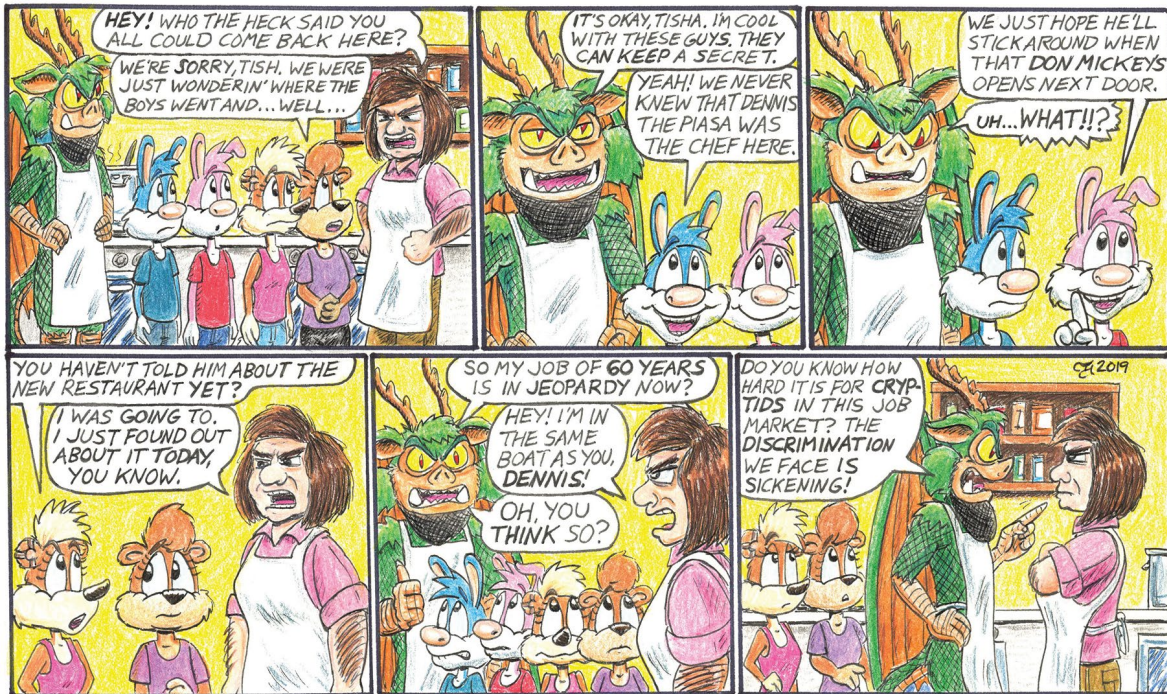
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Yeggs

John Hanna



'Yeggs' is a comic series about Robert and Bill, two rabbits who have opened their own egg franchise in the Midwest (St. Louis area). We follow their day to day lives, watching as they go about the hectic task of preparing for their one big day every year. Along the way they have adventures filled with fun, comic doings and pathos.

MOORE ON LIFE

By Cindy Moore

Kids these days (and by kids I mean anyone younger than 30) have such a different mindset today. For instance, just try and give them basic directions and see what happens. I'm convinced that it's because they've never been through the training of having to find their whereabouts. They've certainly never had to go through the torture of going on vacation and unfolding one of those paper accordion maps.

Back in the day, we'd have to try and maneuver through a logjam of semis and a string of speeding traffic while driving and trying to locate the tiny spot on the giant map which was the off-ramp to The Lazy Daisy motel. If we missed it we'd have to drive another twenty miles to find the next place to flip a legal U-turn. Finally after landing at our destination, it was my job to refold the map. My solution after multiple attempts was to wad it into a tight little ball and shove it into the glove compartment.

Here's how it goes nowadays:

Daughter: "Mom, how do we get to the new Steamy Beans coffee house? It's free lattes and Wi-Fi all night."

Mom: "Is that the one next to the hardware store?"

Daughter: "Mother, you are so lame. I think you mean software."

Mom: "Huh?"

Son: "You know, software, the stuff that goes



Misdirected

inside computers. And no, why would we know where it is?"

Mom: Eye roll. "Let me give you guys some simple directions. Get on the highway heading north then take the second off-ramp and turn right. Drive until you see the golden arches; it's four blocks east of that on Elm Street just

behind the big box store right next to the hardware depot that does not sell computer innards."

Daughter: "Which of my hands is north and which is south?"

Son: Glaze-eyed. "I've never seen any street lined with elms or know where the store is that sells big boxes. So just give me the address and I'll plug it into Google Maps, otherwise I'll call an Uber and they can drop us off."

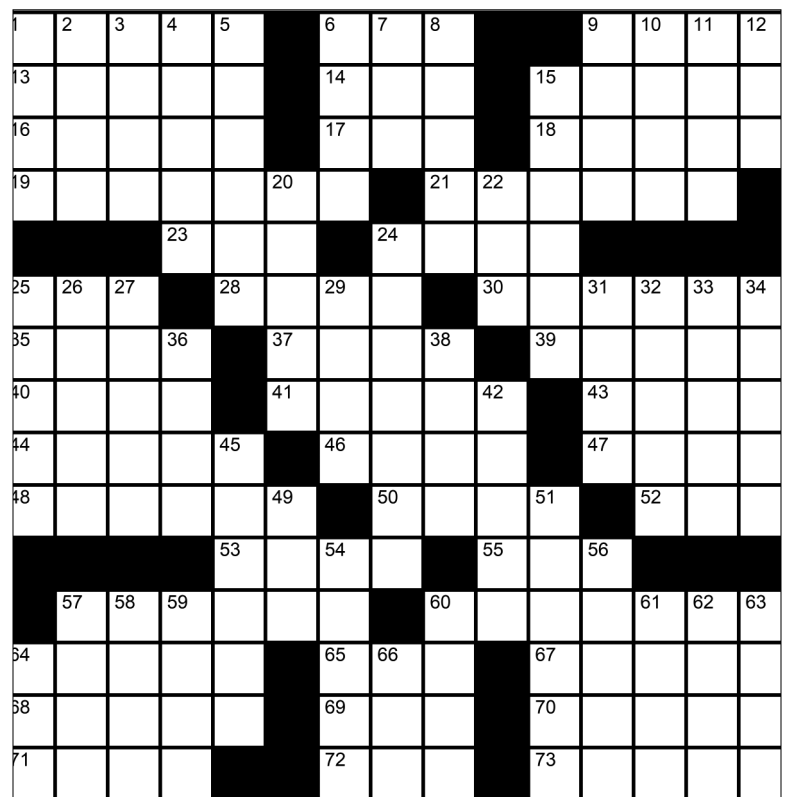
Pity cellphones can't be wadded up into tight little balls.

Cindy Moore is the mother of three superlative kids, servant of two self-indulgent felines and wife to one nifty husband. Her fictitious occupation? Archeological Humorist: someone who unearths absurdity and hilarity in strange and unusual places including public restrooms, he lint filter, and church meetings. Most recently, she excavated a find in her neighbor's bird feeder.



The opinions expressed in this column are Cindy Moore's alone and do not reflect the opinion of the owners or staff of Community News.

Crossword: The Beatles



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ACROSS

- Patsy, e.g.
- Olden-day aerosol can propellant, acr.
- Between generations
- Reduction/oxidation
- portmanteau
- _____Tsu
- Page or Grable
- Out in the open
- Legal org.
- Often-missed humor
- "Nowhere man, the world is at your _____"
- "...love was such an easy game _____"
- "_____time at all, all you gotta do is call..."
- *One more than The Beatles
- 2019, Year of the _____
- Shell and its contents
- Showing on TV
- Mars, to the Greeks
- "On a _____" or carefree
- Rock bottom
- Asian weight unit
- Gladiator venue
- Site of Leaning Tower
- Zero calorie sweetener
- Arab ruler
- Zac Brown Band's 2008 hit
- Tight-_____
- H or O in H2O, e.g.
- _____the season!

DOWN

- Gator's cousin
- To the left, prefix
- Footnote word
- Norman Bates' Mother
- Opposite of extinct
- Decked out
- *Like The Four American cousin
- Raccoon's South
- "...listen to my story all about the _____ who came to stay?"
- Dwarf buffalo
- Small and weak
- Stratego piece S
- Deliver via Keystone
- Spiral-horned African antelope
- Spermatozoa
- Word type
- Booking photograph
- *"...take a sad song and make it _____"
- *"..._____, it's been a long cold lonely winter"
- 2 halves of a diameter
- Sis' sibling
- Sign of a saint, pl.
- Financial backer
- Summer mo.
- *"...but you can _____ how to play the game"
- Pressure inducer
- Born, in society pages
- Synchronizes, for short
- counterpart
- Supervisor
- *"Yesterday" star
- Baghdad resident
- "Faster!" to a horse
- *"...and if she's beside me I know I need never _____"
- Wholly engrossed
- "The _____," Dostoyevsky's novel
- One born to Japanese immigrants
- *"Jojo left his home in Tucson, Arizona for some California _____"
- Dueler's blow
- Opposite of purrl
- Something in the air
- Dal seed
- Anonymous John
- Street artist's masterpiece
- City-like
- Sticky
- Misery cause
- U2 guitarist
- Wedding cake part
- Venetian magistrate
- A Flock of Seagulls' 1982 hit
- Narcotics agent
- Singular of gentes
- Drake's genre
- Parisian way

SEE ANSWERS ON PAGE 9