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St. Charles County Police Chief named to state homeland security council



Photo courtesy St. Charles County

St. Charles County Police Chief David Todd has been selected by the Missouri Police Chief's Association to represent its membership on Missouri's Homeland Security Advisory Council (HSAC). Todd will join leaders from other state agencies in ensuring that state and local homeland security plans on terrorism and disaster preparedness are executed and coordinated efficiently.

"Chief Todd is an excellent choice," says County Executive Steve Ehlmann. "There is no one more qualified to fill this role. The chief's extensive experience in all areas of law enforcement, including emergency management, homeland security, SWAT and special operations make him an invaluable addition to this council."

According to the state's Department of Public Safety website, the HSAC's mission is to ensure that state and local homeland security plans on terrorism and disaster preparedness are executed and coordinated efficiently.

Todd also serves on the Homeland Security Committee for the International Association of Chiefs of Police, an appointment he has held for the past three years. He has worked in law enforcement for St. Charles County for 40 years and became the County Police Department's first Chief of Police in 2015, the year the department was established.

Discovery Ridge Elementary named National School of Character



Photo courtesy Wentzville School District

Discovery Ridge Elementary in the Wentzville School District has been named a 2018 National School of Character by CharacterPlus, the egional affiliate for Character.org.

Discovery Ridge Elementary in the Wentzville School District has been named a 2018 National School of Character by Character-Plus, the regional affiliate for Character.org. Discovery Ridge Elementary is one of only 30 public elementary schools from around the country to receive the honor this year. A school holds the designation for five years and this marks the second time since Discovery Ridge opened in 2010 that it has received this distinction. National Schools of Character have demonstrated a focus on character development that has had a positive impact on academic achievement, student behavior, and school climate.

"Our recognition as a National School of Character is an affirmation and celebration of not only our school community's culture and climate, but also our growth in them over the last five years since receiving the recognition in 2013," said Discovery Ridge Principal Laura Bates. "Our practices honoring diversity, strong tiered processes and implementation of relationship-building structures such as cross-grade 'families' have led to student growth and added to the depth of our care for each other. We look forward to our continued journey as a caring school community!"

All of the National Schools of Character have created caring, supportive school communities that meet the needs of students. Each school is recognized for its commitment to character education and for fostering a positive environment for social and academic learning.

"Discovery Ridge instills in its students the importance of respect, responsibility and caring behaviors. As a parent, these are characteristics I know my children will need well into their adult lives," said Discovery Ridge parent Kara Roberson. "I am very thankful for the emphasis placed on these character-building attributes and I am excited to see the school honored once again with the 2018 National School of Character recognition. The character-development programs provided by DRE's staff and administration have given all of our students a strong foundation to excel academically and personally."

Discovery Ridge Elementary will be honored along with the other nationally designated schools and districts in October at Character.org's 25th National Forum on Character in Washington, D.C.

Immunization clinic provides back-to-school vaccinations

The state of Missouri requires students to be up-to-date on specific immunizations before attending school. To help parents and students meet these requirements and to minimize the spread of vaccine-preventable diseases, the St. Charles County Department of Public Health's Immunization Clinic provides these required vaccinations.

Located at 1650 Boones Lick Road in St. Charles, the immunization clinic offers vaccinations through conveniently scheduled appointments or walk-in hours. Appointments may be scheduled from 8:30 to 11 a.m. and 1:30 to 4 p.m. on Mondays, Wednesdays and Fridays by calling 636-949-1857. Along with these scheduled appointments, walkin clients are welcome from 8:30 to 11 a.m. and 1:30 to 4 p.m. on Tuesdays. Additionally, the clinic will provide back-to-school vaccinations at walk-in only clinics.

The Immunization Clinic offers free vaccinations to those participating in the Vaccines for Children program and provides near-cost vaccinations for those ineligible

Walk-In Only Clinic Dates

- July 26: 8:30 to 11 a.m. and 1:30 to 4 p.m.
- Aug. 2: 8:30 to 11 a.m. and 1:30 to 4 p.m.
- Aug. 9: 8:30 to 11 a.m. and 1:30 to 4 p.m.
- Aug. 16: 8:30 to 11 a.m. and 1:30 to 4 p.m.

for that program. While the Immunization Clinic is considered an out-of-network provider for most insurance companies, the clinic can bill providers for these services as well. For a complete list of vaccinations for children, adolescents and adults available through the Immunization Clinic, please http://www.sccmo.org/512/Vaccinations-Prices.

A parent or legal guardian must accompany all students during their visit to the immunization clinic. To ensure students receive all necessary vaccinations, please bring a current vaccination record.



MEN'S BARBERSHOP AND ALL-NATURAL, PERSONAL BEARD CARE PRODUCTS.



Fourth Annual Accommodation for Success to show employers how to reach untapped pool of skilled workers

According to the 2010 U.S. Census, one in five Americans have a disability. Too often this is a barrier to employment until businesses learn the easy steps that make accommodations for success.

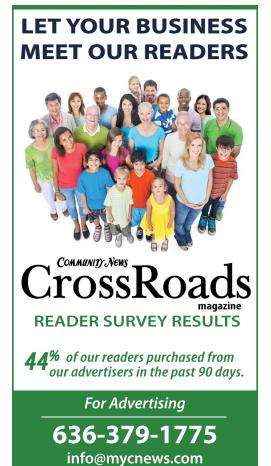
Regional organizations ready to discover an untapped pool of skilled workers are invited to attend the Fourth Annual Accommodation for Success event from 8 a.m. to 3 p.m., Aug. 9 at Calvary Church at 3998 Mid Rivers Mall Drive in St. Peters. This annual event is hosted by the Workforce Development boards of St. Charles County, St. Louis County, St. Louis, Jefferson-Franklin Counties and the Illinois counties of Madison and St. Clair in cooperation with numerous regional partners.

Attending employers learn how to build a diverse workforce that celebrates skilled professionals with disabilities; federal contractors and sub-contractors learn how to

meet the seven percent requirement for hiring workers with disabilities; and everyone finds out how to save time, money and energy in recruiting and retaining skilled employees from this untapped pool of workers. Accommodation for Success includes informative workshops, awards and a networking luncheon for businesses and organizations. From 1 to 3 p.m., a "Reverse Job Fair" features skilled workers ready to go to work for regional employers who will make an accommodation.

Admission is free, but early registration is suggested by visiting https://www.eventbrite.com/e/4th-annual-accommodationfor-success-tickets-46725365827.

For more information, contact event cochairs Lori Myers at 636-255-6060 ext. 5260, LMyers@sccmo.org, or Sandy Keyser at 636-926-1299, Sandy.Keyser@dmh.mo.gov.



Teamwork, simple precautions help residents, pets 'block the bite' of insects

The Centers for Disease Control and Prevention (CDC) reports that tick- and mosquito-borne illness cases tripled, and nine new insectspread diseases were discovered between 2004 and 2016. A team effort between residents and the St. Charles County Division of Environmental Health and Protection can help to "Block the Bite" and reduce the risk for exposure to insect bites and related illnesses.

Precautions to Protect St. Charles County Residents

Residents should take responsibility to protect themselves and their families by following these simple precautions to minimize exposure.

- Use insect repellent when outdoors. An insect repellent containing DEET, picaridin, IR355 or oil of lemon eucalyptus is proven to provide protection when used according to manufacturer's instructions. Remember to apply sunscreen first, let it dry, and then use insect repel-
- · Wear light-colored, loose-fitting clothing. When traveling in areas known for ticks and mosquitoes, including tall grass and wet or wooded settings, wear long sleeve shirts and long pants.
- Brush clothing and check for insects after being outside. Ticks pre-

fer to settle in dark, warm areas like hair, behind ears, or along the armpits, groin or back of the knees. Remove all ticks you find immediately, using tweezers to ensure you remove the entire insect. The longer a tick is attached, the greater the risk for infection.

· Eliminate potential breeding grounds around the home by draining areas where water settles, cleaning clogged gutters, removing trash and debris from yards, and disrupting fountains, ponds or bird baths. Keep lawns trimmed short to minimize habitat.

Signs and Symptoms of Insect-Borne Disease

Instances of serious illnesses related to bites are rare, but West Nile virus, Ehrlichiosis, Bourbon virus and other emerging illnesses are present in insects throughout Missouri and other parts of the United States. Symptoms of these and other insect-borne illnesses are similar to those of the flu — including fever, head and body aches, fatigue, nausea/vomiting and a rash. If residents or pets display flu-like symptoms during the summer months, and there is a possibility of an insect bite, please consult a medical provider or veterinarian for further attention.

Cuivre River Electric Youth Tour delegates travel to **Washington, D.C.**

One-hundred and six high school students participated in Missouri's 55th annual Missouri Electric Youth Tour to Washington, D.C., June 8-14.

Local delegates were Jessie Jarvis, Marthasville; Faith Van Horn, Warrenton; Nathan Nordwald, Warrenton; Rishi Kondapaneni, Dardenne Prairie; Isabella Linstruth; Warrenton and Madelyn Guss, Truxton. They were sponsored by Cuivre River Electric Cooperative.

The seven-day tour provides an action-filled week for high school students, offering them opportunities to learn firsthand what it is like to be involved in politics, leadership positions, community service and today's pressing issues.

"The Youth Tour is the highlight of the summer for many students and we're proud to send our best and brightest to Washington, D.C. this year to participate," said Chris Massman, Vice President of Member Services for the Association of Missouri Electric Cooperatives.

Highlights included the young people visiting with representatives from their congressional districts and touring famous

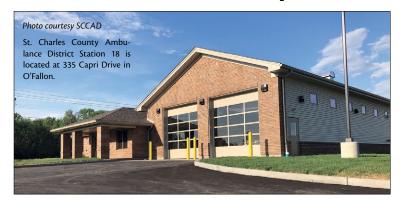


Cuivre River Electric Cooperative sponsored six students to attend the National Youth Tour Conference June 8-14 in Washington, D.C. Pictured (from left) standing in front of the U.S. Capitol Building in Washington, D.C., are Madelyn Guss, Truxton; Isabella Linstruth, Warrenton; Rishi Kondapaneni, Dardenne Prairie: Nathan Nordwald, Warrenton: Faith Van Horn, Warrenton and Jessie Jarvis, Marthasville,

monuments, the Smithsonian Institution's museums and Arlington National Cemetery. The group also took a sightseeing and dance cruise on the Potomac River one evening with delegates from other states.

Other events of the week included participation in the Electric Youth Day, during which a special program coordinated by the National Rural Electric Cooperative Association brought together more than 1,800 Youth Tour delegates from across the United States. The delegates enjoyed featured speeches by government leaders and motivational speakers, such as Mike Schlappi, an inspiring four-time Paralympic medalist and two-time world wheelchair basketball champion.

Paramedics aim to reduce response times with O'Fallon infrastructure improvements



With rapid development in O'Fallon has come increased demand for emergency medical services - a demand St. Charles County Ambulance District (SCCAD) will address with two new ambulance stations strategically positioned to help reduce response times to 911 calls.

The new stations opened last month and are located along Mexico Road just east of Sonderen Street, and along Highway P just west of Highway M. Each will be staffed around the clock with two paramedics ready to respond to medical emergencies. This infrastructure enhancement does not increase the number of ambulances on the street in the district, but rather repositions assets to provide better coverage for the community.

"Given the expanding residential footprint in northern parts of the city, we felt it was important to place a unit further up Highway M," said SCCAD Chief Taz Meyer. "Equally important to us was getting a unit positioned south of I-70, where the majority of calls in this zone occur."

Call volume in this core area of O'Fallon has grown considerably in recent years, essentially doubling between 2005 and 2017. Last year, SCCAD paramedics responded to more than 4,400 calls in this zone alone. In total, the district responded to nearly 40,000 requests for service in 2017.

The new stations, built at a cost of approximately \$1.25 million each, are capable of housing multiple ambulances or other district assets, such as utility terrain vehicles or disaster response trailers. The buildings incorporate a number of features that enable them to remain up and running in the event of a disaster: 600-gallon potable water supply tanks and generators capable of powering the facilities for up to two days without refueling.

Until now, the district has operated an ambulance station along East Terra Ln. – the north outer road of I-70. For more than a decade, the station has housed two ambulances due to the high volume of calls in this portion of the county. Congestion at and near the intersection of I-70 and Highway K has made the location of this station increasingly problematic, and planned one-way outer roads along the highway will further impact response times. By separating and repositioning the units, the district expects to avoid said issues. Following the emergency units' relocation, the East Terra facility will be repurposed as a hub for SCCAD's non-emergency transfer division.







2139 Bryan Valley Commercial Dr., O'Fallon MO 63366



MOVING DAY. The thought conjures up strong emotions - a bit of excitement for a new location and/or direction in life, and a great deal of anxiety and frustration regarding the task at hand.

Once the move is planned, the purging begins. "Do we really need to move all this stuff?" The answer is always "yes"; your possessions will either be moved into your new place, into a dumpster or perhaps the second-hand store. Frequent moves keep the clutter from accumulating too deeply. Staci and I moved something like 20 times in as many years. Most of those moves were on our terms; better/cheaper/closer places to live. Once we were able to buy our own place, the moves decreased in frequency, and the stuff began to accumulate. We've been in our current residence now for about 15 years; the stuff is stacked pretty deep. Though we're not looking to relocate anytime soon, today's mantra is "everyday throw something away." We've got a long way to go.

After the initial purge, the boxing up of possessions consumes much time. Purging continues, but at a slower pace, and frustrations mount as the things you need today are packed away in a box buried somewhere in a corner. The more urgent the need for the item, the more boxes you have to move to get to it.

Once moving day arrives, the real fun begins. It usually begins with a rented truck that is only marginally roadworthy, and has suffered the abuses of many frazzled, frustrated movers. Arguments with family and friends who reluctantly (and now regretfully) agreed to help begin in earnest. Things get broken, dropped and misplaced. Voices get raised. The overhead door on the moving van is finally forced down over a massive load. Stuff is still in the house to be vacated. A second (or third or fourth) trip will likely be necessary.

Once the overloaded, abused truck is in motion, Mr. Murphy usually comes along for the ride. Mechanical problems are common, as are minor collisions caused by a distracted driver unfamiliar with operating a vehicle of this size. Mountainous terrain contributes to the fun, with steep, narrow roads and driveways, frequently covered with snow and

Unloading all the stuff comes with its own drama, as that favorite couch simply won't fit through the front door. Taking the door off the hinges reveals a broken door frame,

caused by the last tenants going through the same process. The simplest of tasks takes twice as long as it should.

Once in the new place, unboxing all your worldly possessions continues throughout the coming weeks and sometimes months. When the time comes to move again, any remaining unpacked boxes are first in line to the dumpster.

My own misadventures in moving have come at the price of, among other things, a totaled pickup truck, and later, a demolished stereo system (remember turntables and cassette players?) that fell out of the replacement truck during a subsequent move. Things never go smoothly during these exercises.

I recently saw a rented moving van in the driveway of a nearby home that's been unoccupied for a while. Getting the truck into the overgrown driveway apparently dislodged some landscaping rocks and some branches overhanging the driveway were broken. I didn't linger in the area, for fear of being pressed into service.

Right now there are a couple of homes in the neighborhood that are under contract to sell. I'm going to try to be somewhere else when those deals close; no need for me to become involved in someone else's misery, as I've had plenty of my own moving days.



BY AVALANCHE

Avalanche is a functional illiterate who left the St. Louis area three decades ago in search of adventure. He enjoys motorcycling and all things outdoors. He lives with his wife and dogs.



Home bodies

YET ANOTHER BIG CHAIN STORE HAS CLOSED DOWN **IN OUR NEIGHBORHOOD.** It wasn't surprising. It so happens people aren't going to stores as much as they used to. Instead, they're sitting on their big patoots and shopping on their computers – especially at that ginormous online retailer. You know... the one that starts with an "A" and ends with lots of \$\$\$ signs.

My husband is one of those people who likes to sit in a chair while he shops. He's helping to make the brick and mortar stores a thing of the past, much like the mastodon; which just happens to be a word that rhymes with that online store. Coincidence? I think not!

I suppose it's not that big retailer's fault that everyone's choosing to stay hunkered down under their roofs. Pretty soon we'll all be self-incarcerated. Our only connection to the outside world will be to go collect the mail - junk mail, since hand-written letters have been replaced with texts and emails.

Bills don't even come in the mail anymore. We can pay them online, too. Of course, this prevents me from making an extra trip to my favorite department store to load up on more stuff I don't need. Thanks favorite department store! That sure was a dumb marketing idea!

Much seems to be causing us to stay indoors. Think about it. Groceries can now be ordered online and delivered to our doorstep. There certainly is no need to go to the library with every book imaginable jammed into our Kindle. The library is now just a place where little old men gather to read newspapers, whatever those are. And there's no need to go out to a show with Netflix available. But just in case you want to get out of the house for an adventurous date night; there's always Red Box rentals.

Stay put. Now someone will come and change your oil or fix your car right at your home. I don't think that service will last very long because soon we won't be chauffeuring ourselves around. Cars are already self-driving. Soon they'll be taking off for our vacation with a Go Pro attached to the roof. After a week or two, they'll return so we can view our trip without the annoyance of leaving our living room.

Ahh, how refreshed we'll feel.

Funny how we all used to stay hunkered down because of that crazy North Korean dictator, now technology is imprisoning us.



BY CINDY MOORE

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



The Wentzville Robotics Team has garnered success at the regional, national and international levels

By Brett Auten

't's been a trailblazing campaign for the Wentzville Robotics Team.

. The Ratchet Rockers, made up of students from all three of the Wentzville School District High Schools - Holt, Timberland, and Liberty - have garnered success at the regional, national and international levels.

Up next will be their toughest competition to date when the squad will compete at the Indiana Robotics Invitational, an invitational-only tournament that includes the most experienced and skilled teams in the nation, this month.

While the field of competitors will be lofty, the WSD team has been up to the task all year.

Darrell Wodrich, the team's head coach, said the IRI invitation came due to strong showings at both the Midwest Regional and the First Robotics Competition World Championship in Houston, TX this past April.

Wodrich, who has been with the team since 2007, said a new approach was taken to this year.

"It was always, 'what can we do to make it better?" Wodrich said. "They weren't going to settle. They knew what type of robot it would need to excel at the big tournaments, and that is what they went for."

The unit earned the 2018 Missouri State First Robotics Competition Champion as part of a three-team alliance in June. The top 25 teams from across the state competed in the one-day tournament held at Liberty High School. The three-team alliances all competed with 120-pound robots that were designed, built and operated by the students. Ranked second in Missouri, the Ratchet Rockers were chosen by the number one ranked team from Smithville to side with a rookie team from De Soto. The trio went undefeated in elimination rounds before winning in the finals.

For these competitions, teams of students, coaches and mentors work during a six-week period to build game-playing robots that weigh up to 120-pounds. Robots complete tasks such as scoring balls into goals, flying discs into goals, inner tubes onto racks, hanging on bars, and balancing robots on balance beams. The game, along with the required set of tasks, changes annually.

Each aspect of the game is combed over with the specialized features of a team's design. The WSD robot, Scorpion, has custom-made wheels that give the robot mobility and speed and its arm - which included some lastminute tinkering and adjusting - was particularly useful picking up the game cubes and placing them on the scale and switch. The control software (coding) was written for the robot to complete tasks like lifting and putting game cubes in targeted areas without a driver controlling it. Scorpion garnered Robot of the Year Award honors at the state competition.

"Receiving this peer-based award signifies that the robotics community of Missouri recognizes the hard work and dedication that was put into making 'Scorpion' into a world-class ro-

bot," Team Mentor Teresa Clark said.

The WSD club was established in 2005. According to Wodrich, this year's 50-member team is a solid good mix of students from all three high schools and if history holds true, who show a continued interest

"One of the most things that I am proud of is that we have a very high number of students who go on to pursue engineering of some sort in college," he said.



To thwart the notion that girls in high school lose interest in STEM activities, 30-percent of the Ratchet Rockers are female.

Suzie Altheimer is going to be a junior at Liberty High. She was part of the build crew, and this was her second year on the team.

"We're fortunate to have a team that is really in-

clusive," Altheimer said. "There are a lot of teams that are not like that. It was refreshing for freshman year to walk in and see

other girls. It could be intimidat-

Just like any extra circular activity at school that leads to success, it takes time and commitment away from school to succeed. During January through April, which is known for the build season, the Ratchet Rockers will spend time two days a week after school and all day on Saturday.

"It is a lot, but I really enjoy it," Altheimer said. "The hours we spend are productive, and I learn a lot. I think it's worth it."

For more information on Ratchet Rockers, vistit ratchetrockers1706.org.

Photos courtesy Wentzville School District





IT HAS BEEN A LONG TIME COMING, but Jake's Field of Dreams has opened! Many of you may remember that we here at Community News brought you a story about Jake's Field of Dreams and the vision the Wentzville community hoped to see come to fruition. Well, that vision has become a reality at Heartland Park! (100 William Dierberg Dr. in Wentzville) After a community build day and funding in place, the all-inclusive playground began to take shape and is now more than just a vast area of green space.

What many folks don't know about me is what I did for a living before I became involved with this amazing publication. Starting at the age of 17, I found a passion working with children who had special needs and began working at a summer camp designed for those amazing children. It was my calling at the time, and I loved every bit of it. We took our campers on field trips, to the pool, overnight camping and attempted to visit a few playgrounds in the area. Unfortunately, all the area playgrounds at the time were just "normal" playgrounds with tall structures, narrow play spaces and basic swings, all of which were barriers to our campers.

Fast forward to when local Natalie MacKay also noticed the limitations that children with special needs face when going to the neighborhood playground. When Natalie took her son Zachary to the playground, she began to see the lack of interactive play with other children that her son was missing out on as well as the physical barriers. Three-year-old Zachary Blakemore provided the original inspiration behind Unlimited Play.

Zachary suffers from a rare genetic central nervous system disease (Pelizaeus Merzbacher Disease) that confines him to a wheelchair or assistive walking device. But like all children, Zachary loves to play. Natalie went to work and in 2003 Unlimited Play was born. What is Unlimited Play, you ask? Unlimited Play is a 501(c)3 nonprofit organization that helps to plan, design and build fully accessible playgrounds that allow all children - regardless of their abilities - to play together. A valuable resource in our community, Unlimited Play has unique expertise in this area, and is available to assist in the development of inclusive playgrounds that promote dignity, understanding and respect among children.

Thank goodness Natalie saw a lack with inclusive play because to

date, over 11 Unlimited Play playgrounds, have been built. Here is a list of playgrounds and their locations. Please visit www.unlimitedplay.org for a more updated list of playgrounds as well as information regarding all-inclusive playgrounds, locations, etc.

Zachary's Playground - Lake St. Louis

Brendan's Playground - O'Fallon

Billy's Playground - Salem, Missouri

Tree Top Playground - Clayton, Missouri

Discovery Playground - St. Charles

McCoy Playground - Independence, Missouri

Cornerstone Playground - St. Louis

Gus' Playground & Theresa's Splash Pad - St. Louis

St. Joseph Playground - St. Joseph, Missouri

Braden & Friends Challenger Playground - Ste. Genevieve, Missouri

Brittany's Playground - Mustang, Oklahoma

McAuley Playground - Cottleville

Jake's Field of Dreams Playground - Wentzville

So, next time you are looking for a fun place to play you now have a whole list of amazing, all-inclusive playgrounds to choose from! It makes my heart happy to see the hundreds of kiddos I have worked with in the past that saw so many barriers and limitations, to now have a safe, fun, inclusive environment to play, socialize and interact with peers. Thank you, Unlimited Play, for creating an amazing organization that brings our community closer together, and closer to each other.



BY LAURIE SIMON

Laurie Simon lives in St. Peters with her husband and toddler son. When not rehabbing her home she enjoys weekends at the lake and spending time with family, friends and her two fur babies.

Inventory: never so high, prices: never so low

By Russ Patton, owner of Byerly RV

Summer is here! We have been waiting as anxiously as you have. 2017 was a record year for Byerly RV. 2018 marks our 70th year in business. Our general manager, Warren, and sales manager, Pat, spent the end of last year planning for a huge celebration. They ordered early and ordered big to avoid the coming price increases. Our inventory has never been so high and our prices so low. Rebates of \$1,000 to \$5,000 in addition to our regular discounts apply to all 2018 travel trailers, fifth-wheels and motorhomes in stock. Another reason for fireworks in July! This may be the season of high temperatures, but it's the season of low prices at Byerly RV.

70 years! It has been a slow and steady climb. Three generations of new and repeat buyers is a tribute to our quality-based foundation. We couldn't have become No. 1 in Missouri and a Top 50 RV Dealer in North America if we were a high-priced dealer, as some competitors try to claim. We shop as hard as our customers to find the highest value for the lowest price. If we look like we are a highpriced store it's because we reinvest so much in our business to offer better sales and service.

PRICE + ? = ?PRICE + QUALITY = VALUE

Shopping for value is one of the pillars of our model for success. We can offer the top brands and models, such as Allegro/Tiffin, Thor and Winnebago motorhomes and Passport (No. 1 lightweight travel trailer in the country) and its sister entry level brand the

Wentzülle Business Spotlight



Susie Q Quilting is located at 119 West Pearce Blvd., next to Ehll's Western Auto, in Historic Downtown Wentzville. The business opened in 2017 and offers cotton fabric sales, ma-

chine quilting services, and classes for beginner to experienced. The owner, Susan Meyer Herzberg, believes the business to be a place which serves as a creative outlet for women - blending traditional and modern quilting.

Susan lives in the area and her favorite thing about Wentzville is the niceness of its citizens and the convenience of amenities the community has to offer. The business can serve as a resource for those involved in a current quilting project. Stop by to visit. We'd love to see you in our shop.



Hideout. In all we offer over 20 brands of RVs including six brands of fifth-wheels including sport utility models.

Using price alone to compare is risky and usually influences firsttime buyers. That may explain why we usually have such a good selection of traded in, late model entry level models sold by mass merchandisers. If you really want to save money, check out our selection of "like-new" trade-ins. The true measure of satisfaction comes after the sale when the purchase either lives up to or fails to live up to your expectations. If you feel pressured and rushed during the buying process, take a break. Come see us. See why Byerly has become known as the "Center of the RV World."







If you want to attract new SUV buyers in this competitive global industry, you've got to basically keep reinventing this customary vehicle. That said, it's evident that Kia Motors got the message as they're now featuring their heavily refreshed Sorento for the 2019 model year.

Manufactured with a number of new exterior and interior upgrades to help raise the bar with refinement and sophistication, all trim levels for the '19 model year now include three row seating with passenger accommodations for up to seven individuals. The five trim grades include: L, LX, EX, SX and SXL.

This more refined, rugged and roomier sport utility vehicle remains capable; regardless if you're focused on using it as a city/ daily driver vehicle or to elevate your weekend outdoor adventures. With it having a reworked front and rear fascia assembly, Sorento makes a more premium presentation with its initial appearance.

The interior cabin environment was designed to be more upscale. To expand a bit more with respect to the vehicle's exterior, this newest version adds a hint of eye candy to its modern and refined appearance. As a foundation, it is inspired by the completely redone Sorento that was introduced back in 2016. With this tasteful facelift, it now gives this popular SUV a welcomed emergence.

The revised front-end is highlighted by a more artfully detailed radiator grille, flanked by a new headlamp configuration. Sorento's front fascia now includes a newly sculpted bumper design to achieve a more aggressive expression. The rear fascia has been enhanced with a new bumper design, sleeker taillamps (LED bulbs for EX trim and higher), revised liftgate and a sportier exhaust tail pipe outlet tip.

Built-in, front-wheel-drive powertrain configuration and an optional all-wheel-drive setup is offered, plus two different engines are available. Their standard 2.4-liter, four cylinder gasoline direct injection (GDI) engine is a proven and reliable power plant. For added acceleration, their 3.3-liter V-6 GDI is also in the product mix for '19. The V-6 produces 290 horsepower, while matched to a 8-speed automatic transmission. EPA numbers range from 19-MPG city/26-MPG highway, as it depends on the engine and the powertrain setup. To achieve a more personalized driving experience, the Smart Shift & Drive control feature automatically activates the optimum drive mode - Eco, Sport or Smart - based on your driving style, or can be selected with a center-mounted control switch.

Sorento's cabin certainly reflects a premium look and feel. Countless upgrades are in view as well as a revised instrument cluster with improved, easier-to-read graphics. Additional improvements were included with the gear shifter, air outlet vents and the center console housing. The seating system is designed to offer optimum comfort, coupled with the second and third row seats designed to fold forward. The end result is seating positions to fulfill the needs of every occupant and needed cargo.

Sorento's solid and strong construction reflects an incredibly quiet interior cabin along with outstanding ride quality. The suspension geometry and responsive steering system provide a car-like driving experience. Pricing ranges from \$25,990 - \$46,490, excluding destination and additional option packages. The 2019 Sorento is currently available at Kia retailers nationwide.





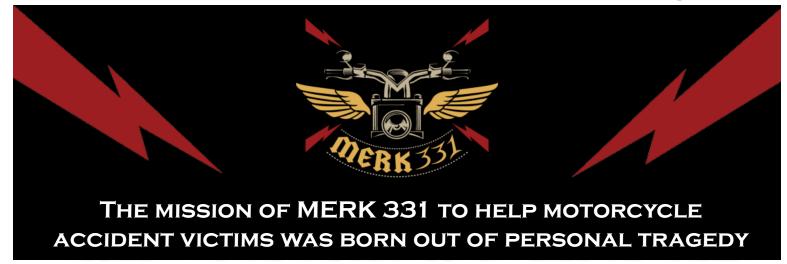




BY DAVID FINKELSTEIN

David Finkelstein is a Master/ Skill Automotive Service Technician, and a shop owner. He's also invented garage service tools for mechanics and has served on both National and local Automotive Trade Industry Boards. He pioneered "Car Talk

Radio" starting out with KMOX/CBS Radio and hosted "Auto Talk" on KFTK/FOX News Radio for 15-years. David tests and evaluates new vehicles weekly and does some consulting with various auto manufacturers.



By Gregg Merkel

n 2011, I had become a large man and went on the HCG diet. Settling at 700 calories a day and the HCG drops, this affected my blood sugar and blood pressure. On March 31, 2012, myself and a long-time friend Andy headed to the lake for the weekend. Due to these health issues, I blacked out in the middle of a turn on the southeast side of Lake of the Ozarks and hit a culvert head on.

Andy saw it all, I hit the culvert, flew eight feet in the air and landed on my back with my head hitting the road. When he got to me, my eyes were rolled back in my head and I was gurgling out of my mouth. Andy finally was able to wake me. A local farmer happened to drive by as Andy had no idea where to tell 911 where we were. Paramedics arrived and immediately called for Life Flight. Once loaded for Life Flight to University of Columbia trauma center, highway patrol shut the road down to do accident reconstruction as they were not sure I was going to survive.

Andy departed the site and had a horrible two-hour ride to the hospital not knowing if he would see me alive again or not. Trauma center assessment was a lacerated spleen, ruptured lung, four broken ribs, a pie shaped piece of my pelvis broke out, shattered hip socket, severe dislocation of all bones in the left foot, all ligaments/tendons in the right knee were significantly torn or severed. Later they determined I also had a full blown abdominal hernia.

The next two years included 11 surgeries, four months in a wheel-chair and I had to learn how to walk again with nearly two



OUR MISSION

To assist motorcycle victims and their families after a traumatic injury

years of physical therapy. The medical expenses were over \$1 million. Everyone even remotely close to me, all stepped in to help in any way they could. In addition to the medical expenses, I had a Life Flight charge of over \$40,000 that was "out of network" that I personally was responsible for. I had the honor of working for a great company at the time, I had good insurance and deductibles but due to the "out of network" thing, I was on the hook for over \$40,000. After seven months of dispute, my company paid that bill in full. I am very blessed for the support I had. This was my trigger for wanting to give back and is

how MERK 331 began.

MERK stands for Motorcycle, Emergency, Relief and Kinship and the mission is to assist motorcycle accident victims and their families after a traumatic injury.

The community can help by visiting merk331.org, liking our Facebook page and you also can make monetary donation on the website. We also would like introductions to local motorcycle clubs and dealers as well as any motorcycle clubs specifically related to first responders as they are a huge part of my survival. We would like to partner with the biker community to help our fellow bikers.

EATING habits

f the many challenges parents face daily, encouraging healthy eating habits for their children can be one of the most vexing. While the consumption of nutritious foods like vegetables is good for kids while they're young, it can also serve an important role in encouraging lifelong healthy habits.

One strategy for achieving that goal is to pair familiar foods with vegetables and prepare them in interesting ways. This tactic - pairing foods kids already enjoy with the foods you want them to start eating willingly - is called "associative conditioning," and can help encourage children to try the new food, according to research conducted by Elizabeth Capaldi-Phillips and Devina Wadhera and published in the "Journal of the Academy of Nutrition and Dietetics."

For example, prepared beef products like hot dogs, deli roast beef, salami and summer sausage provide sources of nutrients like protein, zinc and vitamin B12. In addition to the direct benefits, these meats can also be used in recipes like Green Bean Twists and Salami-Babs to help encourage the consumption of vegetables.

Easy-to-make recipes such as Jerky Trail Mix, Fried Bologna Cups and Beefy Lettuce Cups also provide simple snacking solutions for kids that include the nutritional benefits of both beef and veggies.

Find more family-friendly recipes and tips to encourage nutritious eating habits from the North American Meat Institute, a contractor of The Beef Checkoff, at meatpoultrynutrition.org.



Jerky Trail Mix

Recipe courtesy of The Beef Checkoff

Yield: 4 cups

Ingredients:

- 1 1/2 cups kettle corn with no added sugars
- 1 cup mini unsalted pretzels
- 1/2 cup unsalted, dry-roasted peanuts
- 1/2 cup beef jerky, broken or chopped into

1/4-inch bits 1/2 cup golden raisins

Directions:

In large bowl, stir kettle corn, pretzels, peanuts, beef jerky and raisins together. Seal in sandwich bags or serve in bowl.

Salami-Babs

Recipe courtesy of The Beef Checkoff

Yield: 8 kebabs

Ingredients:

6 ounces beef salami or summer sausage, cut into 3/4-inch chunks 8 bamboo skewers (8 inches long)

4 ounces cheese (cheddar or swiss), cut into 1/2-inch chunks 16 small broccoli florets

4 baby carrots, cut in half crosswise

Directions:

Thread pieces of meat onto skewers, alternating with cheese, broccoli and carrots. Arrange on plate and serve.

Note: To prevent choking, children should be seated while eating, especially when a recipe involves toothpicks; encouraged to take their time and thoroughly chew their food; and should be carefully supervised. When serving young children, cut any circularshaped foods like grapes, carrots or hot dogs into thin, coin-shaped slices or long, thin strips.



Green Bean Twists

Recipe courtesy of The Beef Checkoff

Yield: 16 twists

Ingredients:

8 ultra-thin slices roast beef, about 2 ounces, cut in half lengthwise

16 green beans, trimmed, blanched and chilled

Directions:

Wrap one slice roast beef around each bean, creating spiral, arrange on plate and serve.

Beefy Lettuce Cups

Recipe courtesy of The Beef Checkoff

Yield: 8 lettuce cups

Ingredients:

8 ounces corned beef, chopped 1/2 cup shredded carrots

1/2 cup chopped water chestnuts

- 2 tablespoons unsalted, dryroasted cashew pieces
- 2 tablespoons teriyaki sauce
- 8 butter lettuce leaves

Directions:

In medium bowl, stir together corned beef, carrots, water chestnuts, cashew pieces and teriyaki sauce. Spoon onto lettuce leaves and serve.



Fried Bologna Cups

Recipe courtesy of The Beef Checkoff

Yield: 8 bologna cups

Ingredients:

Vegetable oil spray 8 slices beef bologna

Potato-Vegetable Filling:

(enough for one bologna cup): 1/4 cup mixed vegetables 1/4 cup mashed potatoes 1tablespoon grated cheddar cheese

Apple Salad Filling:

(enough for one bologna cup): 3 tablespoons chopped apple 2 teaspoons minced celery 1teaspoon golden raisins 2 teaspoons light mayonnaise 1teaspoon plain, low-fat yogurt

Directions:

Spray large, nonstick skillet with vegetable oil spray. Set skillet over medium heat and lay bologna slices in pan, as many as will fit in one layer. Let bologna fry until it cups. Transfer cups to serving plate and fry remaining bologna in same fashion.

To make Potato-Vegetable Filling: In small, microwave-safe bowl, stir together vegetables and potatoes; microwave until hot.

To make Apple Salad Filling: In small bowl, stir apple, celery, raisins, mayonnaise and yogurt.

Spoon desired filling into each cup. For cups with Potato-Vegetable Filling, top with grated cheese.





With an abundance of prepared-inadvance snacks available that likely come along with unnecessary salts and sugars, it can be difficult to encourage kids to eat snacks with healthier ingredients.

Quick recipes that include beef and veggies may not be the first snack idea that comes to mind for kids (or parents), but it's not impossible to instill better decisionmaking in the kitchen. Skip the chips and improve your children's snack habits with these simple ideas for influencing healthier decisions:

- Enhance the visual appeal of foods by piercing them with decorative tooth-
- · Offer a variety of colorful foods on a plate.
- · Create color contrasts with foods on a plate or in a bowl.
- · Arrange foods in an orderly way using a bento box or divided plate that helps keep them separate.
- · Involve kids in preparing their meals.
- · Pair nutritious foods, like fruits and vegetables, with well-liked or familiar foods.



'JURASSIC WORLD: FALLEN KINGDOM'

does just enough to keep dino-fans happy

I'M NOT THE MOST OBJECTIVE CRITIC WHEN IT COMES TO THE "JURASSIC PARK" FRANCHISE. The original movie came out when I was 15 as my lifelong fascination with dinosaurs and Steven Spielberg coalesced into blowing my pubescent mind. I saw it seven times in the theater.

I freely admit that the bulk of the subsequent movies aren't exactly great works of western cinema, but as long as they check that basic box of dinosaurs eating people, I will happily and eagerly show up to watch.

The franchise got a shot in the arm with "Jurassic World," which surpassed everyone's expectations and became a massive hit thanks primarily to Chris Pratt's charm and Bryce Dallas Howard's high heels. And let's not forget a host of nameless extras running around the island waiting to become dino-kibble.

Naturally, success breeds sequels as Pratt and Howard return for "Jurassic World: Fallen Kingdom." This time the action is driven by the fact that the island where the dinosaurs roam is under

threat from a dormant volcano that has suddenly become active.

The gang returns on a mission to rescue the dinosaurs, but as you would expect, things don't go exactly to plan.

"Fallen Kingdom" was directed by J.A. Bayona, a Spanish director with a highlyaccomplished track record with films like "The Impossible" and "A Monster Calls." Here he keeps the action coming as the movie bounces from thrilling set-piece to thrilling set-piece.

Pratt and Howard have a good chemistry and do a fine job of keeping us emotionally invested in all of the computer-generated dino-carnage on

By all metrics, "Jurassic World: Fallen Kingdom" meets my very low bar of sitting and watching dinosaurs run around eat people in new and exciting

Beyond that, what's interesting about this movie is that it actually throws out some complicated themes surrounding technology and morality which takes it into much deeper waters than your

typical summer blockbuster dares to tread.

"Jurassic World: Fallen Kingdom" proves that in the right hands, even a 20-yearold franchise can find something new and interesting to day.

In the end this is some well-trod territory, as even the T-Rex has to be wondering how many times he can conveniently show up to save the day. But if we have to be sequeled to death as every drop of originality gets drained from every successful franchise, I choose to march down the path to creative extinction with my dino-buddies. They at least know the way.

"Jurassic World: Fallen Kingdom" is rated PG-13 for intense sequences of science-fiction violence and peril.



BY MATHEW DEKINDER Mathew DeKinder is a film critic and member of the St. Louis Film Critics Association, and also serves as the publisher of the Community News.



JULY

4 - Independence Day

8-13 - Vacation bible school

At STEAM camp kids will eat, play, sing, laugh, and learn; and also be doing tons of community projects to benefit others, July 8-13 from 5:30 – 8 p.m. at Wentzville UMC. Register at www.livelovegrow.org. Open to ages three through fifth grade. There is no charge. Visit www.livelovegrow.org or call 636-327-6377 for more information. Wentzville United Methodist is located at 725 Wall Street in Wentzville.

14 - Handmade soap making

Make your own beautifully handcrafted soap at The Historic Daniel Boone Home near Defiance. Experienced park staff will teach children and adults the step-by-step procedures of making soap from scratch at Hands-On Heritage: Soap Making workshop from 11 a.m. - 3 p.m. At the end of the day, each participant takes home their own batch of scented homemade soap; additional soaps may be purchased from the gift shop. This soap making workshop is intended for ages eight and up and is perfect for crafty individuals, scouts and other groups who want to learn more about the art of making soap. Cost of the program is \$5 and space is limited. To make a reservation for Hands-On Heritage: Soap Making, call the St. Charles County Parks and Recreation Department at 636-949-7535 or visit http://bit.ly/2sQbDOr.

14 - Bastille Day

22 - Parents' Day

25 - Free concert

Spend late summer though early fall on a high note with free Concerts in the Park presented by the St. Charles County Parks and Recreation Department. Bring the family, blankets and lawn chairs, then sit back and relax to the tunes of some very talented local musicians. The Johnny Henry Trio will perform from 6 – 8:30 p.m. at Youth Activity Park, 7801 Highway N in Dardenne Prairie.

27 - National Korean War Veterans Armistice Day





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