

# Staying safe behind the wheel

*A group of Liberty High School students create an event to inform the community on the dangers of distracted driving*

By Brett Auten

A group of Liberty High School students quickly put together a community assembly where the focus was on the perils of distracted driving.

The evening, tabbed “Take Action Eliminate Distraction” was the result of an assignment handed out in Molly Kleiber’s driver’s education course at Liberty High, located in Lake St. Louis.

Marissa Pukala, a junior, was one of five members of the class to go above and beyond the class assignment of how you inform the community on the dangers of distracted driving. Pukala teamed with sophomore Nicole Krohn, senior Brianna Hill, junior Mallie Pattillo and sophomore Hallie Anderson to bring the event together.

“We said we would put on an assembly not knowing how to exactly put one on,” Pukala said. “So we put 110-percent of our effort into this.”

The team had a time crunch of two-and-a-half weeks and an appetite larger than their financial stomach.

“We wanted to have it outside, but that would have taken sponsors, and we had zero budget,” Pukala said. “We thought we could do something small scale.”

“At first, it was stressful,” Krohn said. “But we knew if we stayed calm and focused on keeping the project on the right track that we would be able to accomplish our goal.”

In all, 96 students, not counting teachers and parents, made their way through the gymnasium last Thursday evening. “Take Action Eliminate Distraction” featured a guest speaker talking about her experience



Liberty High School students participate in the Take Action Eliminate Distraction safe driving event.

Submitted photos

of being in an accident in that the culprit of her distraction came from an often not spoken about source.

“She was eating in her car, went off the road and hit a tree,” Pukala said. “She was lucky to walk away from it.”

Also at the event was an animated driving simulator, provided through the website [teendrive365inschool.org](http://teendrive365inschool.org), that gave those who participated a life-like version of what it’s like to drive while your attention is diverted. There were a handful of distraction-based games that gave all a reality check.

“You can’t do everything you think you

need to do,” Pukala said.

It was not all fun and games. A video presentation laid out an array of sobering statistics.

According to an AAA Motor poll, 94 percent of teen drivers acknowledge the dangers of texting and driving, but 35-percent admitted to doing it anyway. According to the National Safety Council 21-percent of teen drivers involved in fatal accidents were distracted by their cell phones. The numbers state that teen drivers are four times more likely than adults to get into car crashes or near-crashes when talking or texting on a cell phone. A teen driver with only one ad-

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## Weather

**FRIDAY**  
 Sunny; Isolated Storms  
 87/66

**SATURDAY**  
 Sunny; Hot!  
 89/68

**SUNDAY**  
 Chance of Storms  
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**FIRST WARN WEATHER**  
 prepared by meteorologist Nick Palisch. For the latest updates visit [www.facebook.com/nickswx](http://www.facebook.com/nickswx).

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Submitted photos

### 'Staying safe' from cover

ditional passenger doubles the risk of getting into a fatal car accident. With two or more passengers, they are five times as likely.

"It was breathtaking to see those numbers," Krohn said. "It is way more important to pay attention to the road. It is not worth the time to answer the phone or make that text. The results can be devastating."

The group believes it is only the beginning.

"We brought it up to the principal, and he said if it goes well we can do it again next year," Pukala said. "We are amazed at the turnout, and we accomplished our goal."

## COMMUNITY NEWS

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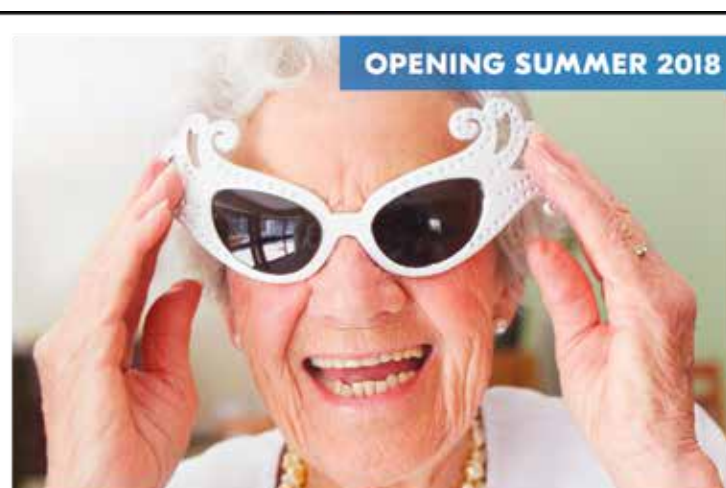
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### General Cell Phone Statistics

- The National Safety Council reports that cell phone use while driving leads to 1.6 million crashes each year.
- Nearly 390,000 injuries occur each year from accidents caused by texting while driving.
- One out of every four car accidents in the United States is caused by texting and driving.
- Texting while driving is six-times more likely to cause an accident than driving drunk.
- Answering a text takes away your attention for about five seconds. Traveling at 55 mph, that's enough time to travel the length of a football field.
- Texting while driving causes a 400 percent increase in time spent with eyes off the road.
- Of all cell phone related tasks, texting is by far the most dangerous activity.
- 94 percent of drivers support a ban on texting while driving.
- 74 percent of drivers support a ban on hand-held cell phone use.

## O'Fallon Fire Protection District Fire Station OPEN HOUSE



Fire Station #5 was built more than 20 years ago and was updated as part of the District's long-range plan. The station can now meet the needs of today's emergency responders and equipment, and house the nationally recommended minimum of four firefighters per crew, per shift.

**Saturday, May 19**  
**10 am - 2 pm**

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All donations will go to Saint Vincent DePaul Society



## St. Charles County Police Department receives high marks, prestigious accreditation

The St. Charles County Police Department spent three years assessing and evaluating its policies and procedures. It was an extremely time-consuming, yet rewarding task, because as a result, the department has been named the eighth law enforcement agency in the St. Louis area, and the 13th in the state, to currently hold Advanced Accreditation from the Commission on Accreditation for Law Enforcement Agencies, (CALEA). And that's great news for the entire county.

"There are 657 law enforcement agencies in Missouri," says St. Charles County Police Chief David Todd. "To be one of only a handful in our state to have earned advanced accreditation from an organization that sets the gold standard for law enforcement is a remarkable honor. Being accredited by CALEA standards means we are held accountable to the public, and to ourselves. We have to follow all of our policies and procedures to the letter and uphold the standards that make us one of the best."

A team of assessors from CALEA spent four days on site

evaluating every aspect of the department.

"We learned how good we already were at some things, and how we could, and can, improve upon others," Chief Todd says. "Overall, the CALEA assessors and commissioner were extremely impressed with our department's operations."

St. Charles County Executive Steve Ehlmann is proud of the work the Police Department completed to achieve the CALEA accreditation.

"The final report from CALEA recognizes the department for sound leadership and adherence to standards," Ehlmann said. "We had a perfect report. There were no issues that needed to be rectified, either while the assessors were on site, or afterward. I commend Chief Todd for making certain the St. Charles County Police Department is 'the best of the best' and thank every officer and staff member for giving their best to our county."

The process of maintaining accreditation is ongoing. Police departments are assessed annually with an electronic off-site review and every four

years on site to make certain they are meeting CALEA's high standards. Todd, however, feels there is always room for improvement, even if you do meet the highest standards. He says he will continue working on recruiting and diversity within the department, community relationships and building a new report management system.

"Thanks to all the men and women in the St. Charles County Police Department, we are providing exceptional policing in the community," said Todd. "Safety, security and quality service are our top priorities."

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## Celebrating five generations



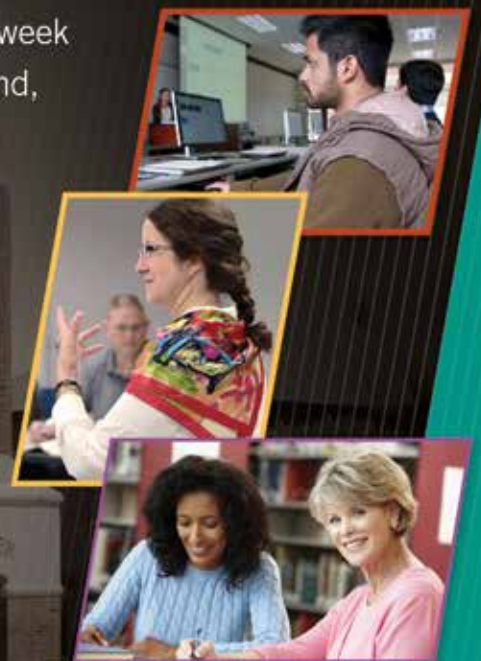
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Five generations pictured together are (from left) great-great grandmother Kay Bamvakais, great grandmother Mary Kay Donohue Scott, grandmother Susan Curtis, mother Kaitlyn La Rocca and baby Bennett Scott La Rocca. All five generations live in the St. Charles County Area.

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## Family Fun Day to feature fishing derby, kite festival and more at 370 Lakeside Park

There is fun to be had by the whole family with fishing, biking, hiking, flying kites and more at Family Fun Day on June 2 at 370 Lakeside Park.

Family Fun Day events and activities include the St. Peters Police Rangers Fishing Derby, Kite Festival, a bounce house provided by Kokomo Joe's, a boat display by Lewis Boats, and lots of giveaways from Academy Sports, including a chance to win a gift card if you register for the Fishing Derby by May 1. Free water, sports drinks and hot dogs will also be available.

The St. Peters Police Rangers Fishing Derby will take place from 8:30 a.m.-noon and costs \$5 per person, but the public is welcome to enjoy the kite festival and other events at 370 Lakeside Park for free between 9 a.m.-1 p.m.

With an entry fee of just \$5 per person, both kids and adults can enjoy fishing and some friendly competition along 370 Lakeside Park's 140-acre lake at the fishing derby. Register by May 1 to guarantee a free event T-shirt and an entry to win a gift card. After May 1, registration will remain open up until the day of the event. Register online at [www.stpetersmo.net/rec-connect](http://www.stpetersmo.net/rec-connect), by phone at 636-939-2386 ext. 1400, or in person at the St. Peters Rec-Plex, located at 5200 Mexico Road.

First and second place prizes will be awarded for the most fish and the biggest fish in two age divisions: ages 6-12, and 13 and up. Rangers will also have a number of attendance prizes/drawings for registered kids and adults. Check-in for the fishing derby takes place near the marina beginning at 7:30 a.m. Children under the age of six may attend the fishing derby and fish with a registered adult but will not be eligible for prizes.

Academy Sports, Kokomo Joe's and Lewis Boats are the sponsors for the fishing derby.

Bring your kite to be part of the Kite Festival or come early and be one of 200 participants to receive a free kite-building kit. Volunteers will help kids put their kites together, and 370 Lakeside Park should provide plenty of wind off the lake.

Families are invited to bring their bikes to ride the 4.5-mile trail around the 140-acre lake at 370 Lakeside Park. Don't have a bike? A limited number of adult-sized bikes are available for rent at the park, as well as kayaks, canoes, paddleboats and other watercraft.

370 Lakeside Park is located at 1000 Lakeside Park Drive just off Highway 370. Parking is available near the marina and corporate pavilion.

For more information about Family Fun Day, visit [www.stpetersmo.net/Calendar](http://www.stpetersmo.net/Calendar).

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## 'America through the Ages' is O'Fallon Heritage & Freedom Fest Parade theme

Don't let the parade pass your group by! Clubs, civic organizations, businesses, churches, school groups and scout troops are invited to create eye-catching entries for O'Fallon's popular Heritage & Freedom Fest Parade. The parade will start off at 9:30 a.m. on Wednesday, July 4, in downtown O'Fallon, with thousands of families lining the route to cheer as the entries go by.

All entries are required to be decorated and prizes will be awarded to the winners. Judges will consider how well each entry adheres to the 2018 theme, "America Through the Ages," awarding extra points for music and mechanical movement.

"Groups and organizations can have a lot of fun with this year's theme, taking inspiration from famous people, places and events from yesterday to the present day," said O'Fallon's Festival Manager, Jennifer Hoisington. "To help with brainstorming, check both Google and Pinterest for creative ideas."

Mayor Bill Hennessy will present the "Mayor's Choice Award," a plaque and a magnetic placard to display throughout the parade. First and second place plaques will be presented for the "Best Color Guard." Cash awards of \$200 for first place and \$100 for second place will be given for the "Best Musical Float" and the "Most Patriotic Float." In the "Best Overall" category, first, second and third-place winners will receive prizes of \$500, \$400 and \$300, respectively.

The deadline to apply to be in the parade is noon on May 18. Parade applications, FAQs, requirements, resources and tips for designing an entry are posted on O'Fallon's festival website at [www.heritageandfreedomfest.com/parade](http://www.heritageandfreedomfest.com/parade). Applications also can be picked up at City Hall (100 North Main Street), the Renaud Spirit Center (2650 Tri Sports Circle), and the Parks and Recreation Administrative Office (400 Civic Park Drive).

Volunteers are needed to assist with the parade. To volunteer, contact O'Fallon's Volunteer Services Department at 636-379-5417 or [volunteer@ofallon.mo.us](mailto:volunteer@ofallon.mo.us).



## One woman's vision and generosity of donors keeps Alleluia Baskets growing 14 years later

In 2004, Karen Mesler challenged students in her eighth-grade religion class to come up with an idea for a service project.

She wanted them to collect enough items to fill 12 baskets for less-fortunate children at Easter. By the time they were done, 25 baskets were ready to be delivered.

"They blew me away," Mesler recalled.

The idea for Alleluia Baskets was born that day. Now in its 14th year, the nonprofit organization is making sure needy children throughout the area have Easter baskets.

"Christmas is blown out of proportion in my personal opinion," Mesler said. "Kids get a lot of stuff at Christmas and that is

it. A lot of kids that live in shelters, in low-income homes, they don't get anything for Easter, birthdays or they don't get to go out and eat like we do."

Alleluia Baskets is filling that void. The baskets are filled with candy, books, crayons, coloring books, chalk, stuffed animals and small toys. Most importantly, the baskets show that someone cares.

In March, Alleluia Baskets received a \$500 Operation Round Up grant awarded by the Cuivre River Electric Community Trust Board. The contribution was enough to purchase items to fill 45 baskets, which were delivered in St. Charles and Lincoln counties, two of the four counties in the cooperative's service area.

A couple of weeks prior to

Easter this year, Mesler estimated that 2,500 to 2,700 baskets were going to be distributed to 39 organizations, including homeless shelters, food pantries and St. Vincent de Paul Society groups. Nearly 13,000 baskets have been distributed in the past 14 years.

Mesler is thankful for the help she has received from dozens of donors, people who chip in with a \$20 bill or shop for discounted baskets immediately after the Easter holiday. The donations come from all over, from local businesses who hold drives or from people out of state who hear about the program.

"It takes all year to collect everything we need. We have a great group of people who help out," said Mesler.



Submitted photo

A \$500 Operation Round Up grant was presented to Alleluia Baskets to help provide Easter baskets for less-fortunate children. Pictured (from left) are Doug Steinmeyer and Frank Klaas, Cuivre River Electric Community Trust Board members and Karen Mesler, founder of Alleluia Baskets.

Mesler is now looking for new space to house Alleluia Baskets next year.

For more information or to

donate, visit [www.alleluiabaskets.org](http://www.alleluiabaskets.org) or email [alleluiabaskets@charter.net](mailto:alleluiabaskets@charter.net).



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## Wentzville School District receives Gold Trefoil Award from Girl Scouts of Eastern Missouri

The Wentzville School District has received the 2018 Gold Trefoil Award from the Girl Scouts of Eastern Missouri (GSEM). The award was presented at a recognition ceremony held at the Donald Danforth Plant Science Center on April 14. The Gold Trefoil Award is given to an outside individual or group for "superior contributions that create a pronounced Council-wide impact."

The WSD was nominated for the award by Heather Hollis, GSEM District 14/Neighborhood 8 Troop Organizer (Boone Trail, Duello and Stone Creek) and #4819 Troop Leader, as well as Diane Turley, Neighborhood Manager for GSEM District 14/Neighborhood 8 and Troop Leader for #2515.

"Troops have been able to grow, offer outstanding programs and even give back to their schools," said Turley in the



Photo courtesy Wentzville School District

The Wentzville School District has received the 2018 Gold Trefoil Award from the Girl Scouts of Eastern Missouri (GSEM). The award was presented at a recognition ceremony held at the Donald Danforth Plant Science Center on April 14.

nomination letter. "The WSD offers many recruitment opportunities including fairs and lunch talks which have helped grow the program tremendously in our district."

The Girl Scouts of Eastern

Missouri is the sixth largest council out of 112 in the United States with over 58,000 members (42,967 girls and 15,143 adults) in eastern Missouri, which includes St. Louis City and 28 surrounding Missouri counties.

## Saeger Middle School principal named SASSP Middle School Principal of the Year

Behind every great school is a caring principal. A principal who not only supports the school's success, but also fosters good character, builds relationships, encourages collaboration, and instills a love of learning. Saeger Middle School Principal Dr. Kandy Worley exhibits all these traits and more. Recognizing the dedication and outstanding example Worley has set, the St. Louis Association of Secondary School Principals (SASSP) has named her the Middle School Principal of the Year.

Worley has made a positive impact at Saeger by building trusting relationships with students and really getting to know them.

"I invest a lot of time in my students and making students feel good about themselves and their school," said Worley. "My parents know that I care about their children and their learning."

Worley has established a positive and collaborative culture at Saeger, where teachers are truly

part of a professional learning community (PLC). At Saeger, PLC leadership is the norm and discussions about assessment data and student achievement occur regularly and influence next steps for instruction and student learning. This work has led to the continued improvement of Saeger's MAP scores over the past three years. Worley has worked to improve student success and improve the learning environment as well. She has created a culture where kids are loved, are comfortable, and feel safe.

It is evident that Worley is passionate about learning, her students, and her staff.

"If I were to name or think of the one thing that makes me happy about what I do, it would be the kids. It is their laughter, smiles, their innocence, and sometimes even their mischievous nature," said Worley. "We have some of the best students and staff I have ever had the privilege to work with, and I am lucky to be the principal at Saeger Middle School."



Photo courtesy Francis Howell School District  
Saeger Middle School Principal Dr. Kandy Worley was named the St. Louis Association of Secondary School Principals (SASSP) Middle School Principal of the Year.

Worley has been a member of the Francis Howell family for the past 23 years, working as a Spanish teacher, high school assistant principal, high school principal, and in her current role as Saeger's principal. Worley earned her doctorate in educational leadership from Maryville University in 2009.



## Live Well Chiropractic celebrates grand opening

Dr. Elizabeth Crumbaugh celebrated the grand opening of her new office, Live Well Chiropractic with a ribbon cutting on April 16.

Joining Dr. Crumbaugh was family, friends, Travis Wilson, representative with city of St. Charles Molly Dempsey with St. Charles County Government, State Representative Chrissy Sommer, Christa Montgomery with Congressman Blaine Luetkemeyer's office and ambassadors with the Greater St. Charles County Chamber of Commerce.

Live Well Chiropractic is located at 3737 Elm Street in St.



Submitted photo

Charles and provides her patients whole body wellness, as well as the traditional services of alleviating back pain. If you are experiencing migraines, allergies, numbness, insomnia or

other chronic pain, please call Live Well Chiropractic to see how Dr. Crumbaugh can help you. Her phone number is 636-329-4567 or visit her website at [www.LiveWellStCharles.com](http://www.LiveWellStCharles.com).

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## Donut King celebrates new ownership



Submitted photo

Owners, Paul and Alissa Thoenen celebrated the grand opening of their new business, Donut King with a ribbon cutting on April 24.

Joining Paul were employees, family and friends, Sally Faith, Mayor of the city of St. Charles, Molly Dempsey with St. Charles County Government, board members and ambassadors with the Greater St. Charles County Chamber of Commerce.

Still in the same location that it's been for almost 50 years (658 First Capitol Drive in St. Charles), Paul and Alissa purchased Donut King when the original owners decided to retire. For hours of operation, please contact them by phone at 636-493-6537.

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**EVENTS**

**May 11: Theater performance**  
Immanuel Lutheran School St Charles will be performing the musical "The Music Man Jr." at 1:30 p.m. and 7:30 p.m., in the school gym at 115 South Sixth Street in St Charles. There is no admission fee. For more information call 636-946-0051.

**May 12: Baby Kid Expo**  
Bring the family to the Baby Kid Expo at the St. Charles Convention Center from 9 a.m. - 3 p.m. Connect with the top businesses and services available in our area and have fun with your kids. Free admission. For more information visit [www.babykidexpo.com](http://www.babykidexpo.com).

**May 12: German spring festival**  
Midwest Maifest takes place at Legacy Park in Cottleville from 1 - 5 p.m. There will be craft breweries, wineries, spirit distilleries, food and live German entertainment. Limited pre-sale wrist tickets are \$20 and regular wrist tickets are \$30. The proceeds benefit St. Charles-Ludwigsburg German Sister Cities exchanges. For more information visit [midwestmaifest.org](http://midwestmaifest.org).

**May 12: Alzheimer's fundraiser**  
Alzheimer's fundraiser takes place from 7 a.m. to 12 p.m. at Home Instead Senior Care at 1236C Jungermann Road in St. Peters. This is a parking lot rummage

sale/Lularoe pop-up with lots of gently used clothing and home items.

**May 12: Fundraising race**  
The Karen Weidinger Foundation (KWF) was founded in 2004 after Karen, a resident of St. Charles lost her battle with breast cancer. Her family and co-workers formed the nonprofit foundation to raise money to go towards a grant for breast cancer patients in St. Charles County. Their primary fundraiser is the Karen for a Kause 5K Run that is held annually the day before Mother's Day in Frontier Park. This year, the 13th Annual Karen for a Kause will be held on May 12th and will feature the 5K, which take runners/walkers through Frontier Park and along the scenic Katy Trail. In addition, a one-mile walk and Children's Mad Dash will take place. Over 1,000 participants and volunteers are expected once again this year. There will be visits from Fredbird, Louie from the Blues, Ronald McDonald and others, as well as free face painting and children's activities. For sponsorship and participation information, or to find out more about the KWF, go to [www.karensfoundation.org](http://www.karensfoundation.org), or email Brian Wies at [karen4akure@yahoo.com](mailto:karen4akure@yahoo.com).

**May 12: Tailgate/swap meet**  
Spirits of St. Louis R/C Flying Club's Annual Tailgate/Swap Meet takes place from 9 a.m. to 2 p.m. at club field at 73 Amrein Road in St. Charles. All

things flying, planes, drones, helicopters and equipment will be on hand. Field will be open. For more information visit [www.spiritsofstl.com](http://www.spiritsofstl.com).

**May 15: Speaker series**  
St. Charles City-County Library District speaker series features St. Charles County elected officials and county staff, who address topics of interest to residents. "St. Charles County: Past, Present and Future" will feature County Executive Steve Ehlmann at Kisker Road Branch Library 1000 Kisker Rd. in St. Charles. All programs are free. Registration is requested. For more information call 636-949-7900, ext. 3724, email [mt-dempsey@sccmo.org](mailto:mt-dempsey@sccmo.org) or visit [sccmo.org/SpeakerSeries](http://sccmo.org/SpeakerSeries).

**June 4: Golf tournament**  
The St. Charles Optimist Club's 30th Annual Golf Tournament will take place at the Bear Creek Golf Club in Wentzville. Registration begins at 10:30 a.m., BBQ lunch is planned for 11 a.m. and the shotgun start occurs at noon. Following the tournament, a pork steak dinner will be provided. Individual play is \$100 per person. Four person scramble is \$400. Price includes green fee, cart, BBQ lunch, pork steak dinner and refreshments. For additional information, please contact Andrew Stewart at 314 324-4116 or [astewart@stcharlessd.org](mailto:astewart@stcharlessd.org).

Finding new things to do is easier than you think! AARP in St. Louis has tons of exciting, upcoming events from hikes to baseball games and even live music shows. So come connect with us, meet new people, and discover all the ways you can Take on Today and every day.

**TRAIL TREKKERS:**  
Creve Coeur Park  
Saturday, May 19, 2018

**BOOMERS AND BIKES:**  
New Town/St. Charles  
Saturday, May 19, 2018

**RIVER CITY RASCALS:**  
CarShield Field  
Tuesday, May 22, 2018

**ST. LOUIS SYMPHONY:**  
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Powell Hall  
Friday, June 15, 2018

RSVP and learn more at [aarp.org/stlouis](http://aarp.org/stlouis)





**June 8-9: Tractor pull**

American Legion Post 313 will be sponsoring an ITPA and MSTPA Sanctioned Truck and Tractor Pull on June 8 at Lone Wolf Park in Old Town St. Peters. 8500# and 4.1-9500# Limited Pro Stock, 6000# Super Stock, 7400# Mod Tractors, 6400# Light Limited Super Stock Tractors and 5900# Mod Tractors, plus 20 street stock trucks (gas or diesel) will be featured. Gates open at 3 p.m. and close at 1 a.m. Opening ceremony at 6:30 p.m. Tractor pull starts at 7 p.m. Tickets are \$17 per person/12 and under are free. Visit the food and beer garden tents. No outside containers or coolers will be allowed. There will also be a Hartland & GTPOMMA Garden Tractor Pull on June 9. Gates opens at 3 p.m. and pull starts 5 p.m. Admission is free for Saturday's event.

**Aug. 25: Fundraiser gala**

United Services for Children will host its 35th annual gala, "Magical Moments - An Evening Under the Stars," in the Discovery Ballroom of Ameristar Casino-St. Charles. United Services will present the Champions for Children award to Joel and Janet Brett. They will also bestow the Community Partnership Award to the Renaud Spirit Center - City of O'Fallon. More than 300 guests typically attend the gala. Please visit [www.unitedservicesforchildren.org](http://www.unitedservicesforchildren.org) for more information on the gala, including tickets and sponsorship opportunities.

**Sept. 15: Craft fair**

Tri County Advisory Board To Probation And Parole Probation and Parole District 17, Missouri Department of Correction invites you to their Sixth 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](mailto:marlofan@charter.net), home phone 636-441-0329 or cell 314-477-5096.

**ONGOING EVENTS**

**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 Street 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 Highway in O'Fallon. Meetings at 9:30 a.m. with weigh in beginning at 8:30 a.m. For more information please all Linda Wilcox at 636-447-9056.

**Mondays: Parent support group**

Because I love you, B.I.L.Y., Gateway parent support group meets every Monday at 7:30 p.m. at First United Methodist Church at 801 First Capitol Drive in St. Charles. For information and directions, please contact the helpline at 314 993 7550 or email [gateway\\_parent\\_help@yahoo.com](mailto:gateway_parent_help@yahoo.com). B.I.L.Y 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.

**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. This session will include performance at St. James Cathedral, Chicago on June 25. New singers are welcome. Auditions are not required. See [ww.concertarts.org](http://ww.concertarts.org).

**1st Monday: 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 (2nd floor of the Spencer Branch Library) from 6:30 - 9 p.m. For more information contact Beverly Kaskadden (President) at 636-561-6947.

**Mondays: St. Peters Rotary Club**

Noon at St. Peters City Hall, One St. Peters Centre Blvd. [www.stpetersrotary.org](http://www.stpetersrotary.org).

**Mondays: Seasoned Eye Carvers Meeting**

The Seasoned Eye Carvers meet every Monday from 9am to noon at the St. Charles Senior Citizens Center, 1455 Fairgrounds (near the Bass Pro Shop). Visitors are always welcome! For more information check the club web site: [www.stcharlesareawoodcarvers.com/](http://www.stcharlesareawoodcarvers.com/) or contact Charles Sapp.

**Mondays, Wednesday and Friday: Fitness First Exercise Classes**

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

**SUDOKU answers from page F-1**

5	8	4	1	7	3	6	9	2
3	1	6	2	5	9	7	8	4
2	9	7	8	4	6	1	5	3
4	5	8	7	9	1	3	2	6
9	3	1	6	8	2	5	4	7
6	7	2	5	3	4	8	1	9
7	4	3	9	1	8	2	6	5
8	6	9	3	2	5	4	7	1
1	2	5	4	6	7	9	3	8

**CROSSWORD answers from page F-4**

M	U	T	T	S	A	S	K	S	P	U	D		
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R	E	R	A	N	E	T	A	A	A	R	O	N	
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A	B	E	A	M	A	S	A	P	S	E	M	I	
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B	E	A	C	H	E	S	O	R	L	A	N	D	O
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T	R	E	N	D	A	I	L	E	R	O	S	E	
E	L	M	S	L	O	Y	R	I	N	K	S		

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Sports you see with Gary B...

**O'Fallon Christian High soccer player adds golf to his resume**

Senior Matthew Hahs is part of Christian's district champion boys soccer team from last fall and last week he added district team and individual championships at the Class 2 District 5 boys golf tournament award at Bear Creek Golf Club, in Wentzville.

Hahs shot a 6-over-par 78 to claim the title by one stroke after a pretty shaky start.

Only 15 of the 34 golfers made the cut last weekend to advance to next Monday's sectional tournament at Norwoods Golf Club in Hannibal, Missouri.

The district last year was one of the strongest in the state as was shown with only 16 players returning from last year

*\*Thanks Mike McMullen for the heads up on the great accomplishment*

**Baseball Rascals open their season**

The River City Rascals professional baseball team play in the West Division of the Frontier League with their home games at CarShield field in O'Fallon.

The squad opens the season on the road Thursday, May 10 with three games against the Windy City Thunderbolts.

Then, on Tuesday, May 15 they are at home against the Traverse City Beach Bums for a short three game series.

Of the 27 players on the roster, eight players are brand new to the team with 13 with three or more seasons in the Frontier League.

A few familiar names: Dan Dial-President; Steve Brook-Manager and Director of Baseball Operations; David Garcia-Assistant Coach; Josh Ludy-Hitting Coach; Alex Ferguson-Bench Coach

**NEXT HOME GAMES:**

May 22, 23, 24 vs. Schaumburg Boomers

May 25 26, 27 vs. Lake Erie Crushers

Go to [www.RiverCityRascals.com](http://www.RiverCityRascals.com) for more details.

*\*Finally here - PLAY BALL*

**Lady Lions continue to rule lacrosse**

The number one ranked women's lacrosse team is the Lindenwood Lady Lions. They defeated the number nine Regis Rangers by a final score of 19-14 recently at the RMAC (Rocky Mountain Athletic Conference) Championship game in Denver, Colorado. Lindenwood has now won three of the last four RMAC Championship Tournaments.

The Lions' Rachel Ortell was named as the RMAC Tournament MVP for her two performances in goal during Lindenwood's two games. Ortell picked up her 19th win of the season in goal for the Lions, stopping 11 shots, her second-highest total of the season.

Hannah Doughty and Allison Hurley each had five-point performances to lead the Lions with each having identical stat lines of two goals and three assists apiece.

Sophie Buelow, Carly Fedorowski, Cassie Stucklen along with Ortell, Hurley and Doughty were each named to the RMAC All-Tournament team.

With its win, Lindenwood extends its winning-streak to 19 games, and improves its record to 19-0 this season.

*\*On a roll*

Gary B. will be broadcasting the "STL Health and Wellness LIVE" show every Saturday from 9-11 am on 590 The Fan and 590TheFan.com




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, among many other activities.



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“Picnics should be a prescription for health,” said registered dietitian nutritionist and TV host Annessa Chumbley. “They accomplish three amazing things needed for healthy living: nourishing the body, focusing on relationships and soaking up the benefits of being surrounded by nature.”

Consider stepping up your picnic game with a refreshing option like seafood. Eating seafood two times per week, as recommended by

the Dietary Guidelines for Americans, can provide unique health benefits as a lean protein and source of omega-3s, healthy fats that are beneficial for your heart and your brain. To make it easier to create picture-perfect picnics, try these tips from Chumbley.

For seafood recipes and meal inspiration, visit [seafoodnutrition.org](http://seafoodnutrition.org) or follow #Seafood2xWk on social media.

### Crab Salad

Recipe courtesy of the Seafood Nutrition Partnership Eating Heart Healthy Program | Serves: 4

#### Ingredients:

1 ounce walnuts (about 14 halves)  
cayenne pepper, to taste  
1 bag (8 ounces) spinach  
1 can (6 ounces) crab meat or fresh lump crab  
1/2 cup lentils, cooked  
1 grapefruit, cut into sections

#### Dressing:

1/2 cup plain non-fat yogurt  
1 lemon, juiced  
2 tablespoons green onions  
2 tablespoons olive oil  
salt, to taste  
pepper, to taste

#### Directions:

Heat oven to 300 F.

**To make dressing:** Mix yogurt, lemon juice, green onions and olive oil. Add salt and pepper, to taste.

Toss walnuts with cayenne pepper, to taste, and bake 4-5 minutes. Make sure walnuts do not burn. Remove walnuts from oven and let cool.



Toss spinach with dressing. Toss with crab meat. Sprinkle lentils on top and add walnuts. Place grapefruit pieces around edge.

## – SUDOKU –

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all the digits 1 through 9.


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	5						2	
9		1				5		7
	7						1	
				1				
8		9			5	4		
	2	5	4			9	3	

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SEE ANSWERS ON PAGE 9

## “Avengers: Infinity War”

By Steve Bryan

### ‘Avengers: Infinity War’ too big, too ambitious

In 2007, after coming off an almost-perfect movie, the “Spider-Man” franchise stumbled badly with “Spider-Man 3.” In the second film, Alfred Molina did a superb job playing Doctor Octopus, a villain that tormented Peter Parker and his alter ego for decades in the comics. The film also examined Peter’s troubled and awkward relationships with Mary Jane and his best friend Harry.

“Spider-Man 3,” on the other hand, lost the solid footing the franchise once had. Director Sam Raimi included not one but two of Spider-Man’s most powerful and iconic villains: Sandman and Venom. Flint Marko, the Sandman’s alter ego, has such an intriguing backstory that he could have carried the film by himself. The same goes for Venom, a deadly character who is getting his own film this year.

Adding too many villains to the third film diluted Maguire’s last appearance as Spider-Man. The same problem crops up in “Avengers: Infinity War.” The culmination of 10 years of Marvel Cinematic Universe (MCU) productions, the epic film features just about every hero and character we’ve come to know. The very excitable Spider-Man, played skillfully by Tom Holland, even joins the big leagues opposite his mentor, Tony Stark (Robert Downey, Jr.).

Joe and Anthony Russo rounded up the whole gang to put on a show, but “Avengers: Infinity War” lacks real focus, even with every hero focusing on Thanos (Josh Brolin), who is trying to acquire ultimate cosmic power. The action shifts between different vignettes featuring the Marvel characters protecting the world and safeguarding the Infinity Stones that Thanos craves. With all these individual stories, I must admit at times it was hard to keep track of what was happening.



Photo courtesy Marvel Studios

The film has moments of pure comic brilliance, such as Star Lord, played by Chris Pratt, bumping egos with Tony Stark. With “Black Panther” still holding court in theaters, it was nice to see the technologically beautiful city of Wakanda, its citizens and protector appearing as part of this MCU epic. Some online reviewers would have preferred more scenes with the Black Panther and Wakanda, though.

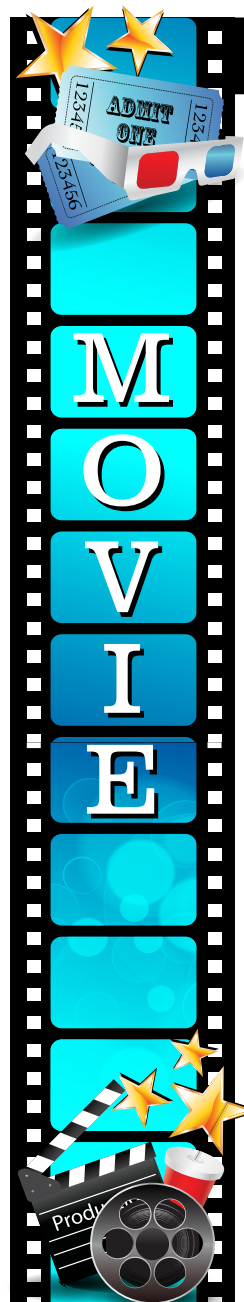
Despite these moments, this seems like a case of too many heroes spoil the broth—and the plot. The Russo brothers deserve high praise for taking on this challenge, but their efforts fell short of the mark. Just as the action

heats up with Dr. Strange, for instance, the scene shifts to another set of heroes. The relationship between the Vision (Paul Bettany) and the Scarlet Witch (Elizabeth Olsen) heats up here, but they sadly don’t get enough screen time.

Another “Avengers” movie is due out next year which should deal with the aftermath of “Infinity War.” In truth, though, it may be difficult for even the Russo brothers to tie all these stories together into one neat package.



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.







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P.S. Thank you St. Jude, R.H.

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Choral Arts Singers have practice on Mondays, from 7 - 9 p.m. at Transfiguration Episcopal Church, 1860 Lake St. Louis Blvd. in Lake St. Louis. This session will include performance at St. James Cathedral, Chicago on June 25. Singers from high school age and over are welcome. Auditions are not required. Our purpose is to provide high quality choral music for the people in St. Charles, Warren and Lincoln Counties.

See [www.concertarts.org](http://www.concertarts.org) or contact Paul Godt at [pwgdt@centurytel.net](mailto:pwgdt@centurytel.net).



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## NOTICE TO BID

### City of St. John NOTICE TO BID

The City of St. John is accepting bids to overlay Ridgeway Rd. (approx. 1,540 s.y. from the north side of the entrance to QuikTrip to Hume Ave.) with three (3") inches compacted HMA. General bidding instructions, technical specifications for this project and prevailing wage Order No. 24 may be picked up at St. John City Hall, 8944 St. Charles Rock Road, St. John, MO 63114. HVA will be paid in tons, which price will include preparation, tack coat, and other necessary incidentals. The City will employ its own manpower and resources to remove and replace concrete and asphalt curbing, Performance and payment bonds shall be required. Bids for this work will be accepted until 10:00 a.m., Friday, May 18, 2018, at which time they shall be publicly opened and read. Bids should be submitted in a form which allows the City of determine cost per ton of asphalt as well and projected total cost. Bids shall be submitted to the Public Works Director at the above address in a sealed envelope with "Ridgeway Street Project" written on the lower left of the envelope. Bidders are advised to pay close attention to the mix design and submittal requirements of this project. No work will be allowed until the mix design has been submitted and approved by the City.



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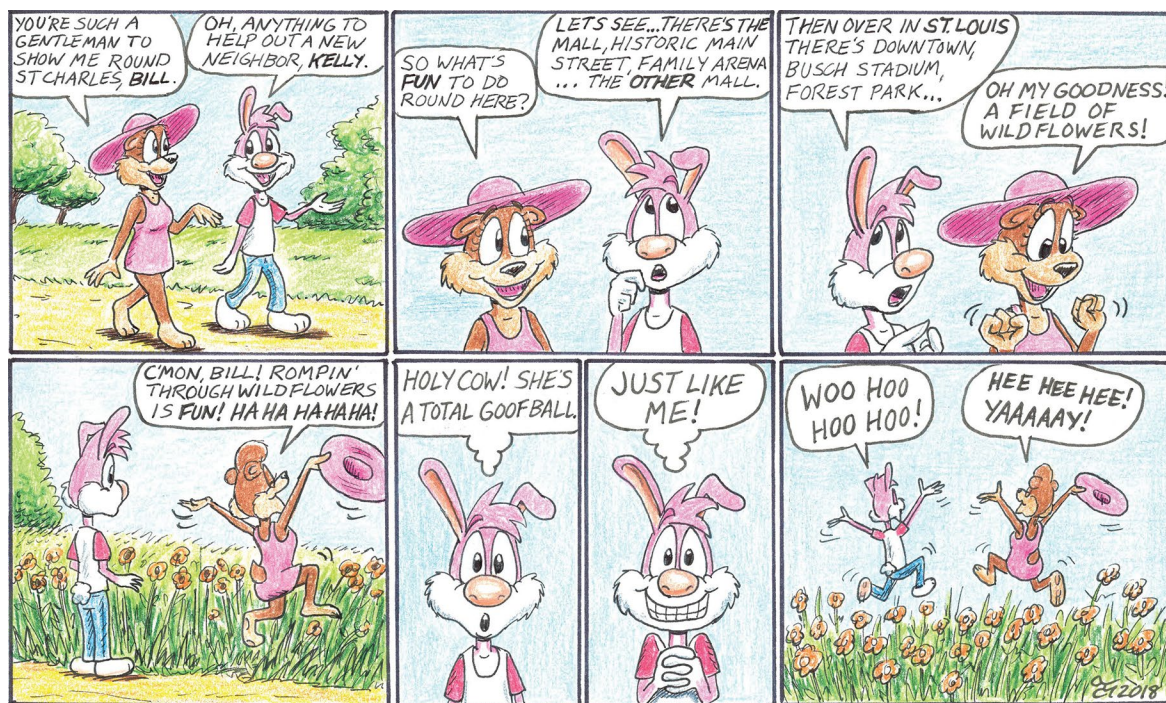
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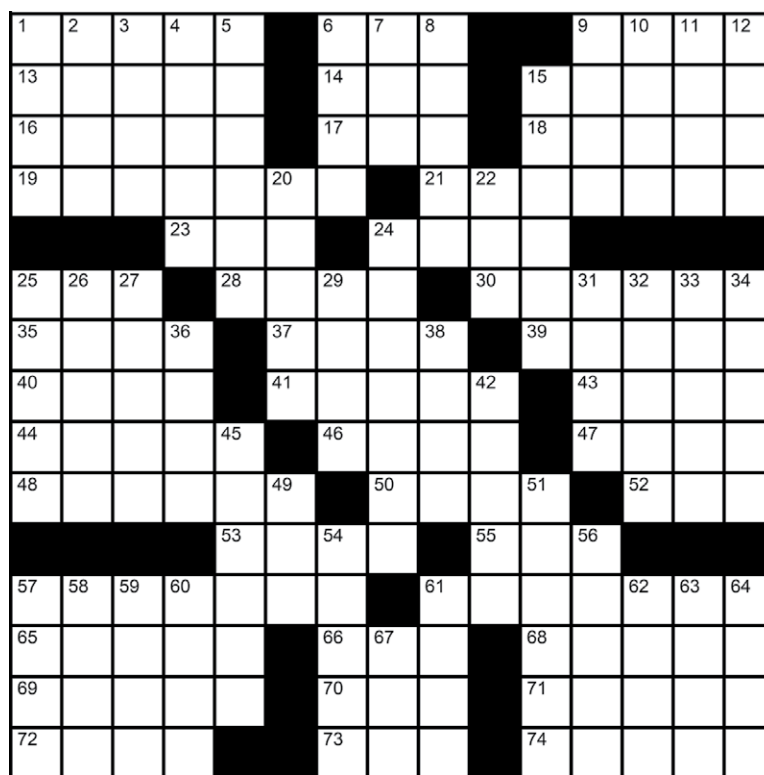
Yeggs

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.

Crossword: Tourist Destinations



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MOORE ON LIFE

By Cindy Moore



A gift to die-t for

Here's a little Mother's Day gift I think you might like – a new diet. Now before you let loose and get all whiny on my hiney, you know 99.9 percent of us moms are looking for the perfect diet. (That other .1 percent has accepted the fact that fat happens and she lives contently with her two cats and her muffin top named Thelma.) But, I'm back on track and while the cats will stay, Thelma and I must part ways! The new trend is the eat-all-day diet. Oh yes! You had me at "eat" and fully committed at "all-day". So let's talk metabolism. (That's fancy medical-speak. Here's the point at which I make something up and you shake your head in agreement and think I'm an anatomical genius). Picture the stomach as a wood burning stove. Every time a piece of wood/food (in my case that would be pie) drops down from the conveyor belt, the stomach mechanisms that break down that chunk of pie need to be awakened and fired up. First the stomach will grumble from being roused and cry out, "Do I have to get up? Let me sleep for just ten more minutes." But then it notices the lump of dessert that has landed on its pink rubbery surface and it comes alive by saying, "Oooh, me like creamy banana pie!" When the pie has finally been liquefied and no longer looks appetizing. The stomach gets bored and tosses it over to the small intestine, which snarkily replies, "How rude! Could you have saved me one small intact banana slice this time? Just one?!"

These two are always fighting which causes the intestine to become livid and retaliate in the only way it knows how – vengeful bouts of diarrhea. When the stomach goes back into rest mode the pie's fat cells that've been patiently waiting in the wings get together and plot, "Stomach's out. Roger that. Advance!" They then form into a gelatinous gang and run straight for the thighs. But the eat-all-day theory keeps that stomach engine burning non-stop. Anything you shove into your face hole is going to be incinerated and prevent those fat cells from scheming. So cheer up. Go to Chubby McButterPants all-you-can-eat Mother's Day buffet and continue adding food to that conveyor belt throughout the coming weeks. Keep the fires burning! You're very welcome.

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, the 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.

ACROSS

- 1. Dog show outcasts
- 6. Pose a question
- 9. Mr. Potato Head, e.g.
- 13. \_\_\_\_\_ tower
- 14. Holstein sound
- 15. Liable to cry
- 16. Was rebroadcasted
- 17. Pilot's deadline
- 18. Packers QB
- 19. \*Where ATMs have instructions in Latin
- 21. Army bathroom
- 23. Surf turf
- 24. "At \_\_\_\_\_, soldier!"
- 25. Pat
- 28. University head
- 30. Pre-wedding agreement
- 35. Caspian Sea river
- 37. Like the fairy tale duckling
- 39. Pore in a leaf
- 40. Hindu Mr.
- 41. Intrudes
- 43. Month before Nisan
- 44. Perpendicular to the keel
- 46. "Pronto!"
- 47. Highway hauler
- 48. Magazine collection
- 50. Bike maker
- 52. Bro's counterpart
- 53. Start of a conclusion
- 55. Look through a scope
- 57. \*Popular all-inclusive location, pl.
- 61. \*Where to visit "the happiest place on Earth"
- 65. Yokel's holler
- 66. Crematorium jar
- 68. Dip a \_\_\_\_\_ the water
- 69. General direction
- 70. Be indisposed
- 71. Jagged
- 72. Trees on Freddy Krueger's street
- 73. Spade for stony ground
- 74. Roller derby turf, pl.
- 72. Pharaoh's cobra
- 24. Joins the military
- 25. \*Location of world's tallest building
- 26. Omani and Yemeni
- 27. "\_\_\_\_\_ in Toyland"
- 29. \*Where to see Taj Mahal
- 31. #17 Across, pl.
- 32. Source of lymphocytes, pl.
- 33. Savory sensation
- 34. \*Chunnel ride from London
- 36. \*Party in Maui
- 38. \*Sydney Harbour is one of first to ring in the new one
- 42. Ancient fishing tool
- 45. Modus operandi
- 49. Female pronoun
- 51. In working order
- 54. Run-of-the-mill
- 56. Native New Zealander
- 57. Memory unit
- 58. Nobleman's title
- 59. Throat-clearing sound
- 60. Flipside of pros
- 61. Unrivaled
- 62. \*Vegas light
- 63. Floppy storage
- 64. Change for a five
- 67. \*Home to Christ the Redeemer
- 1. Type of nuclear missile
- 2. Eye layer
- 3. Legal wrong
- 4. \*Orient Express, e.g.
- 5. On the same page
- 6. Echoed by the flock
- 7. Chronic drinker
- 8. \*Down Under marsupial
- 9. Scorch
- 10. \_\_\_\_\_ wig or \_\_\_\_\_ winkle
- 11. \*Middle name of Shakespeare's hometown
- 12. Unit of force
- 15. \*Taking the \_\_\_\_\_, or going to Baden-Baden
- 20. Consumed

SEE ANSWERS ON PAGE 9