

Battling the bite



Photo courtesy Bigstock

To minimize exposure to mosquito bites, the St. Charles County Division of Environmental Health and Protection's Mosquito Control team recommend, among other things: Use insect repellent when outdoors, limit time outdoors when mosquitoes are most active – during dusk and dawn hours, and drain areas around the home that may hold water for five days or longer.

St. Charles County Division of Environmental Health and Protection's Mosquito Control monitors mosquitos and the diseases they carry

By Brett Auten

For the St. Charles County Division of Environmental Health and Protection's Mosquito Control team, it's a bug's life.

The program has spent the summer months, routinely trapping and surveying mosquitoes around the county.

St. Charles County has utilized collection traps to analyze mosquito populations. Traps have been placed in various locations throughout the county since June in order to analyze mosquito populations. The traps will remain in place through September as

the staff checks traps and analyzes collected mosquitoes on a weekly basis to determine the presence of various insect species and incidences of the virus.

Among its findings this summer, the program has detected a positive test result for West Nile virus from mosquitoes within the county but there have been no positive cases of West Nile in humans reported this year. Program staff said there is no reason for alarm from these findings but wants to remind residents to remain vigilant with efforts to prevent mosquito bites by wearing repellent when outdoors.

Seth Otto V, Mosquito Control Program Coordinator, said he and his staff have been aware of the presence of West Nile virus around the metropolitan area and has been trapping and testing mosquitoes all summer.

"Following this positive indication in our community, our staff will increase treatment efforts aimed at reducing the risk for exposure to residents," Otto said. "Staff also reminds residents about the importance of taking steps to block the bite whenever out-

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Weather

FRIDAY
 Sunny
 95/75

SATURDAY
 Sunny
 94/74

SUNDAY
 Partly Cloudy
 92/73

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St. Charles County has utilized collection traps to analyze mosquito populations. Traps have been placed in various locations throughout the county since June in order to analyze mosquito populations.



Submitted photo

'BITE' from cover

doors this summer and fall.”

This is the fifth consecutive year the team has collected mosquito data.

“By using information from these collection sites, our staff can target areas with specific recommended treatment activity,” Otto said. “Different species of mosquito behave differently, so knowing the species at a location enables our staff to be more effective in controlling mosquito-borne disease.”

To minimize exposure to mosquito bites, the Mosquito Control staff recommends residents:

- Use insect repellent when outdoors. Repellents containing DEET, picaridin, IR3535 or oil of lemon eucalyptus are said to provide the best protection. When also using sunscreen, apply the sunscreen first, let it dry, and then apply repellent. Limit time outdoors when mosquitoes are most active – during dusk and dawn hours.
- Wear light-colored, long-sleeved shirts and long pants when in traditional mosquito habitat such as wooded areas or tall grass.
- Drain areas around the home that may hold water for five days or longer. Common sites include clogged gutters, pool covers, potted plant, bird baths and tire swings.

The Division of Environmental Health and Protection contracts with several St. Charles County municipalities to investigate and control mosquito populations. Mosquito Control staff

monitors for larval and adult insect activity, sets traps to test for the presence of different species and the diseases they may carry, and shares information on the most effective methods for protecting the public. The Mosquito Control staff also treats habitat areas to prevent larvae from developing into adult insects and performs targeted spraying in areas where a high population of disease-carrying or nuisance mosquitoes is observed.

Residents who live in unincorporated St. Charles County or within the city limits of Augusta, Cottleville, Flint Hill, Lake Saint Louis, Portage des Sioux, St. Paul, Weldon Spring, Weldon Spring Heights and Wentzville should use the CitizenServe online portal at sccmo.org/mosquito to request treatment by Mosquito Control staff. Those who wish to add their address to a no spray list can call 636-949-1800. Residents living within the city limits of Dardenne Prairie, O’Fallon, St. Charles and St. Peters should contact their respective city halls for treatment concerns.

The West Nile virus is spread by the bite from an infected mosquito and is the leading cause of mosquito-borne illness in the United States. According to the Centers for Disease Control and Prevention, more than one-half of the continental U.S. — including Missouri and Illinois — has reported West Nile virus activity in local insect populations or other animals this year. While most people infected with West Nile virus do not feel sick, approximately one-in-five display symptoms such as fever, headache, fatigue, body ache, vomiting and rash, and one-in-150 can develop serious illness, including death. Individuals over the age of 60 and those with certain medical conditions are at greater risk for developing severe illness.

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WSD names principal of new middle school

The Wentzville School District Board of Education approved the hiring of Dr. Kelly Mantz as the principal of the district’s new Middle School, effective July 1, 2022.

Mantz has been the principal of Wentzville Middle School for the past nine years. Prior to becoming the principal of WMS, she served as an assistant principal at Holt High School for seven years. During this time, Mantz has served on the iObservation Teacher Evaluation Committee, the district WNEA Negotiating team, and

the District Curriculum Committee.

Before joining the Wentzville School District, she was a teacher in both the Rockwood and Mehlville School Districts.

“I am excited and honored to be chosen as the principal of the New Middle School,” shared Mantz. “I look forward to working collaboratively with the district and the community on the finalization of the construction of the facility, the movement of sixth-grade staff and students back to the middle school level, and the privi-

lege of building a strong faculty and staff for this new building.”

Mantz received her master’s degree, her educational specialist degree, and her doctorate degree in educational administration from Lindenwood University in St. Charles.

The fourth middle school in the Wentzville School District is scheduled to open in August of

2022 and is located at West Meyer Road and North Point Prairie, near the district’s fourth and newest high school, North Point.



Photo courtesy Wentzville School District
The Wentzville School District Board of Education approved the hiring of Dr. Kelly Mantz as the principal of the district’s new Middle School, effective July 1, 2022.

MoDOT shortlists three teams for I-70 Cave Springs to Fairgrounds Design-Build project

The Missouri Department of Transportation has selected three teams to compete to design and construct the Interstate 70 Cave Springs to Fairgrounds Design-Build project.

This section of I-70 was built in the 1950s and 1960s, making it one of the oldest sections of interstate in the country and one of the busiest in Missouri. This corridor is in need of improvements to address connectivity, safety and congestion.

MoDOT received Statements of Qualifications (SOQs) from the potential Design-Build teams.

The following teams (in no particular order) were selected to further develop their proposals on the project:

- Gershenson Construction Co., Inc. teamed with Bartlett & West, Inc. and Lochmueller Group, Inc.
- KCI Construction Company teamed with Jacobs Engineering Group, Inc. and HR Green, Inc.
- Millstone Weber, LLC teamed with Parsons Transportation Group, Inc.

“We are very pleased with the interest we received from the teams who want to work on this project,” said Project Director Stacey Smith. “All of these teams have excellent design and construction experience. They will bring great solutions to improve the problems along I-70.”

Design-Build is a delivery method that includes hiring one contracting team to complete the design work and build the highway under one contract.

The teams’ proposals will be due in mid-December and the Best Value Proposal is expected to be approved in early 2022. At that time, the details of the design and construction schedule will be released to the public.

The \$62 million I-70 Cave Springs to Fairgrounds Design-Build project is funded by MoDOT (\$52 million) and St. Charles County (\$10 million).



\$0 Nest Thermostat can save customers an average of 15% on cooling costs

Families across the St. Louis region now have easier access to a cutting-edge, energy-saving device. The Nest Thermostat makes homes more energy efficient and saves customers an average of 15% on cooling costs, according to an independent study conducted by ENERGY STAR.

For a limited time, Ameren Missouri customers can get the Nest Thermostat at no cost other than the required sales tax. This offer is possible thanks to instant discounts and required enrollment in the Peak Time Savings program. To get a \$0 Nest, customers can visit AmerenMissouri.com/ZeroDollarNest. Normal retail price for the Nest Thermostat is \$129.

“Families will begin saving money almost immediately after installing the Nest Thermostat, and it’s important to us to make this advanced technology accessible to more of our customers,” said Shelly Harmon, manager of residential energy efficiency programs at Ameren Missouri. “The Nest Thermostat gives customers much more control while increasing energy efficiency.”

The Nest Thermostat features a thin, sleek design with a sharp display that lights up when it sees you coming. It learns the temperatures you like and programs itself in about a week. The Nest Ther-

mostat also works with Google Home and Amazon Alexa for voice control, giving you a hands-free way to adjust your thermostat. Users can easily program and control the thermostat with the Google Home app. Nest also sends helpful maintenance reminders to replace air filters and can help catch many system issues early.

Recipients of the Nest Thermostat must enroll in the Peak Time Savings program. During the summer, the program will occasionally run an event that manages the customer’s cooling schedule to reduce the runtime of HVAC systems when demand for energy is highest. To ensure comfort, Ameren Missouri will precool the customers’ homes when energy demand is low. Customers

are always in control of their thermostat and can adjust the temperature if the home feels too warm. The required enrollment in Peak Time Savings ensures customers can keep benefitting from a smart thermostat installation and receive a \$25 incentive annually.

The \$0 Nest Thermostat offer is just one component of Ameren Missouri’s residential energy efficiency program. Customers also have the power to save on LED lightbulbs, HVAC systems and other products that use less energy. Find more ways to save at AmerenMissouriSavings.com.

Visit AmerenMissouri.com/ZeroDollarNest for full details. This offer is available until Oct. 11, 2021, or while supplies last.

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New ramps at Heritage Crossing and Route 364 now open

There is exciting news for residents and businesses in the Heritage Crossing area of St. Charles County. Ahead of schedule, the St. Charles County Highway Department

opened new westbound and eastbound slip ramps at Heritage Crossing and Route 364 on Aug. 10. The westbound slip ramp allows access from Heritage Crossing and North

St. Peters Parkway onto Route 364, and the eastbound slip ramp allows motorists to access Heritage Crossing after exiting Route 364 onto South St. Peters Parkway. This much anticipated construction project was originally scheduled to be completed in the fall.

“The Highway Department worked diligently to complete this project as early as possible,” says St. Charles County Executive Steve Ehlmann. “I am pleased that we are ahead of schedule and will be able to relieve some of the traffic issues in the area, especially with school

starting in the next few weeks.”

The Heritage Crossing area is in County Councilman John White’s district and he knows residents are looking forward to using the ramps.

“The Route 364 Page Extension was such a welcome addition, and it will be even better now that this project is complete,” says White. “Travel will be easier, and these ramps will make Route 364 more accessible to the residents in my district.”

With Route 364 one of the most vital and used thoroughfares in St. Charles County, Ehl-

mann and White, both members of the East-West Gateway Council of Governments (EWGCG) Board of Directors, advocated for the improvements. The EWGCG Board of Directors approved \$2.8 million for the construction. St. Charles County sought and secured 50 percent of the funding from the Federal Highway Administration’s Congestion Mitigation and Air Quality (CMAQ) Improvement Program; the other 50 percent comes from the County’s voter-approved half-cent Transportation Sales Tax.

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Turn to pages F-2 and F-3

Missouri American Water announces 2021 Firefighter Grant Program

Missouri American Water is accepting applications for its 2021 Firefighter Grant Program through Aug. 30 to provide financial assistance to fire and emergency organizations serving communities within the water utility’s service areas.

Grants of up to \$1,200 will be considered to cover the costs of necessary firefighting tools, personal protective gear, training and more.

“Our partnership with Missouri American Water is paramount to provide fire protection to St. Louis County,” said Chief Keith Goldstein of North County Fire & Rescue Fire Protection District. “The Firefighter Grant Program allows us to get critical gear and offer training opportunities for our first responders.”

According to Debbie Dewey, president of Missouri American Water, the Firefighter Grant Program is an excellent opportunity for the company to support fire protection efforts across the state.

She said, “As the water provider for one in four Missourians, we understand the critical roles fire protection and emergency first response play to keep our communities safe. Providing critical equipment and training for firefighters is equally as important as keeping clean, safe and reliable water flowing to customers.”

Last year, Warrensburg’s fire department used grant funding to purchase nozzles while Branson’s fire department used the funding to provide ultraviolet HVAC systems to disinfect fire apparatuses.

“Thank you so much to (Missouri American Water’s) grants to the Warrensburg Fire Department,” said Deputy Fire Chief Doyle Oxley, of the Warrensburg Fire Department.

Only uniformed professional and volunteer fire departments serving Missouri American Water’s service territory are eligible to receive funding. Fire departments-districts are eligible for one grant per calendar year.

Grants will be considered to cover the costs associated with the following:

- Personal protective gear
- Communications equipment
- Firefighting tools
- Water handling equipment
- Training and related activities/materials used to support community fire protection
- Reimbursement for specific fire training classes, including training manuals and workbooks

Fire departments should send a letter of application postmarked by Aug. 30 with the following information:

- Description of the organization(s) seeking support
- Overview of specific project to be funded and grant amount requested
- Community problem/challenges that the project will address
- Timeframe for implementation of project
- Summary of other sources being approached for support of project
- Project budget

Applications can be emailed to Megan Watson, external affairs specialist, at megan.watson@am-water.com

O'Fallon's transition to a new plan, permit and licensing system postponed until October

The City of O’Fallon’s planned transition to a new plan, permit and licensing system, scheduled for Aug. 17-24, has been postponed. The city’s transition to this new system has been ten-

tatively rescheduled for October. The planned shutdown will be delayed and the city’s existing system will remain in place for the time being.

Saint Charles County Ambulance District CEO recognized as Emerging EMS Leader at Pinnacle 2021

Inspiring EMS leadership welcomes new achievements as Kelly Cope, a recent Ambulance Service Manager graduate from Fitch & Associates, was recognized with the Pinnacle Emerging EMS Leader Award, which honors rising executives in EMS who demonstrate excellence in the profession. Currently, Cope serves as Chief Executive Officer for Saint Charles County Ambulance District, which is the state's largest ambulance district, serving more than 400,000 citizens.

"I'm very proud to know Kelly and have had the privilege of teaching Pinnacle Power Seminars with him over the past few years, including one just this week," said Anthony Minge, Fitch & Associates Senior Partner and Pinnacle Co-chair. "Kelly is a well-read individ-

ual, and he enjoys sharing the wealth of leadership knowledge he has absorbed and retained over the years."

Cope began his career after taking an EMT course on a whim during college. He fell in love with EMS, and shortly thereafter began his paramedic training while working as an EMT in a super-rural Missouri community. Cope completed his paramedic training while working at a hospital-based program in urban St. Louis and continued working in the high-volume, fast-paced urban environment for several years before moving to Saint Charles Ambulance District.

There, he served as a front-line paramedic and started taking on additional responsibility with special projects, including the implementation of electronic charting.

A voracious reader, he takes every opportunity to listen to business and leadership books, whether in the car or at home. He applied those leadership principles in his career as he took on increasing responsibility. He was elected Executive Steward of the Union before transitioning to management and serving as the Battalion Chief overseeing non-emergency transport, where he relished the role of training and mentoring younger personnel. He was later promoted to Assistant Chief of Operations, where he oversaw planning and construction of a new \$32 million, 140,000 square foot operations and training facility, which opened shortly after he was promoted to Chief Executive Officer earlier this year.

He is passionate about his own leadership develop-

ment, and in developing leaders around him. He recently launched an endeavor at (Saint Charles County Ambulance District (SCCAD) to create a multi-part series of education for its leadership team designed to give a more well-rounded perspective of their operations and of the EMS industry.

Cope is a 2019 graduate of the Ambulance Service Manager program and a graduate of the Priority Ambulance Foundation's EMS Leadership of Tomorrow program. He has also been recognized as the Missouri EMS Association's Paramedic of the Year.

Cope was recognized on Aug. 10 during the 15th annual Pinnacle EMS Leadership Fo-



Submitted photo

Kelly Cope, a recent Ambulance Service Manager graduate from Fitch & Associates, was recognized with the Pinnacle Emerging EMS Leader Award.

rum at the JW Marriott Desert Ridge in Phoenix.

More than 1,000 people celebrate the St. Charles Jewish Festival



Photo courtesy Chabad Jewish Center / Bill Motchan

On Aug. 15, at the Foundry Art Centre, St. Charles County celebrated its diversity through a new music and cultural event, the St. Charles Jewish Festival.

On Aug. 15, at the Foundry Art Centre, St. Charles County celebrated its diversity through a new music and cultural event, the St. Charles Jewish Festival.

The festival offered a unique recognition of the music, traditions and foods that Jewish people celebrate and enjoy. Organized by the Chabad Jewish Center of St. Charles County and the St. Charles Jewish Family Network, the

festival attracted more than 1,000 participants.

Headlining the music portion of the festival was the folk-rock duo known as the "Rogers Park Band," which specializes in Jewish-Chasidic folk music. The gathering also included musical performances by St. Louis' Klezmer band, Will Soll & the Youngers of Zion, and Chicago's Ruby Harris. Participants enjoyed kosher deli and potato knishes and fun family activities.

Fort Zumwalt Park temporarily closing to vehicles for bike race

To accommodate a privately-sponsored bicycle race, Fort Zumwalt Park in O'Fallon will temporarily close to vehicles at dusk on Friday, Aug. 27, through 6:30 p.m. on Saturday, Aug. 28.

PTSD keeps you away from what matters most.

If you've experienced or witnessed a traumatic event and now have unwanted memories of the event, struggle with fear and anxiety, feel isolated from family and friends; or avoid situations that remind you of the trauma, you may have **post-traumatic stress disorder (PTSD)**. Learn more about the CYPRESS research study of an investigational drug for people with PTSD.

To pre-qualify for this study, you must:

- Be 18 to 65 years of age
- Have had PTSD symptoms for at least 6 months prior to this study

All study-related visits, tests, and study drugs will be provided at no cost. In addition, reimbursement for study-related travel may be provided.

To learn more about this study, please contact: Psychiatric Care and Research Center
4132 Keaton Crossing Blvd. STE. 201
O'Fallon, MO 63368
636-244-3593

The Builders Home & Remodeling Show returns to St. Charles Convention Center

The 41st Annual Builders Home & Remodeling Show, presented by LP Smartside Trim & Siding, returns to St. Charles Convention Center Sept. 24-26. The show, produced by the Home Builders Association of St. Louis, gives area residents the opportunity to see more than 150 companies in 300 booths on both levels of the Convention Center. Show visitors can shop the latest home products and services in one convenient location and meet hundreds of local home pros.

Spending more time at home recently has prompted many people to reevaluate their homes. From design to functionality, many homeowners

have found areas of their homes that would benefit from some updating. The Home Show is a great source for home products, services and local experts to help with those updates to create homes that fit the needs of today's families and give them their best home life. Show visitors are encouraged to bring photos of their homes as well as examples of items on their wish list to create ideal spaces in their homes. No question is too small and with hundreds of home improvement pros in attendance, the answers are easy to find. Save time by visiting a variety of companies in one convenient location and get started on your home improvement journey.

St. Louisans can find what

they need for their homes, inside and out, including kitchen and bath designs and fixtures, flooring, window treatments, decks, fencing, windows, siding, doors and so much more. And the show has free admission and free parking. Visiting the show is also a great opportunity to have a fun family day out, with a little something for everyone.

Internationally recognized and self-proclaimed "Grillologists," Mad Dog & Merrill, will entertain and educate backyard enthusiasts with the finer points of grilling. They want nothing more than to make everyone a better griller and have a ton of fun doing it. They travel the country performing in front of live audiences and hosting the TV series "Mad Dog & Merrill Midwest Grill'n" that shows viewers how easy it is to be creative and entertain in their own backyard.

Since 1983 these grilling gurus have delivered delicious recipes for a variety of food, all in keeping with their motto, "If you can cook it, you can grill it!" Their wacky blend of barbequing, satire and wittiness makes for an entertaining show. But stunts and quick-witted humor aside, Mad Dog and Merrill are expert cooks with exceptional culinary skills who offer valuable tips to the outdoor griller. Show times: Friday and Saturday at 11:30 a.m., 2:30

p.m. and 5:30 p.m. and Sunday at 11:30 a.m. and 2:30 p.m.

Visit the Party Flavors Sampling Event to try and buy a variety of local foods and beverages. Find smoked and cured meats and sausages (Davis Meat Processing); garlic seasonings, brines, dips and jerky (Ellbee's Garlic & Seasonings); all-purpose gourmet sauces (Freddie Lee's Gourmet Sauces and Pure Heat Gourmet Sauces); bundt cakes (Nothing Bundt Cakes) and wine (Small Batch Winery).

The Home Show is excited to feature the third annual Flower Show and Competition. The Greater St. Louis Council of Nationally Accredited Flower Show Judges presents "Take Me Out to the Ballgame" Flower Show. Area designers will create floral displays in themed classes, plus there will be a wide variety of horticulture specimens including annuals, perennials, herbs, ornamental grasses and more. There will also be Botanical Arts designs and Education exhibits about flower balls and topiaries, ground cover plants, and more. All designs and horticulture will be judged and awards will be given.

Show visitors can shop the Spa & Swim Spa Blowout Sale, sponsored by Spas and More. Visit the 2,700 sq. ft. tent in the south parking lot for great deals. Visitors can choose from a variety of models at 30-60%

off regular retail prices. The Home & Remodeling Show is always a family-friendly destination, so bring the kids for fall fun! There will be pumpkin painting, free for kids 12 and under.

The Home Show is once again hosting a Food Drive. Visitors can donate items to the St. Louis Area Foodbank and are encouraged to bring non-perishable food in non-breakable containers. Suggested items include: peanut butter, tuna, canned meats and beans; canned fruits and vegetables, fruit juice, jellies, jams and dried fruit; cereal, oatmeal, rice and crackers; pasta and sauce; boxed meals, soups and stews; and baby products like powdered formula, baby food, diapers and wipes.

The Home & Remodeling Show gives area residents the chance to discover the latest home products and services all under one roof! Visitors can bring their plans and ideas, have their questions answered by the experts, and find what they need to get those home projects done. Show visitors can also register to win a \$1,000 Show Shopping Spree good with any exhibitor at the show.

Show hours are 10 a.m. to 7 p.m. on Sept. 24 and Sept. 25 and 10 a.m. to

5 p.m. on Sept. 26. Admission and parking are free. Visit STL-HomeShow.com for details.

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StudyMetrix celebrates fifth anniversary with ribbon cutting

Dr. Timothy Smith, his staff, family and friends celebrated the fifth anniversary of StudyMetrix with a ribbon cutting on Aug. 5. StudyMetrix is located at 3862 Mexico Road in St. Peters.

Dignitaries attending to mark the occasion included city of St. Peters Mayor Len Pagano and Aldermen Joyce Townsend, Terri Violet and Rocky Reitmeyer. The Greater St. Charles County Chamber of Commerce staff and ambassadors were also on hand.

StudyMetrix is a privately-owned, independent research clinic qualified to conduct Phase II - IV clinical trials, in the Greater St. Charles area. Qualified participants will receive investigational medication and study-related medical care at no cost and may also receive compensation for time and travel.

Current clinical trials looking for volunteers include migraine, type 2 diabetes, flu vaccine,



Submitted photo

rheumatoid arthritis and low back pain. To view all the studies available and to see if you qualify to participate, visit their website at www.studymetrix.com or call their office at 636-387-5100.

SSM Health employees donate over 500 school supplies to Wentzville schools



Jennifer Jackson (left) and Melissa Finley from SSM Health St. Joseph Hospital - Lake Saint Louis present school supplies that were donated to the Wentzville School District.

This month, the Health Care Heroes at SSM Health St. Joseph Hospital - Lake Saint Louis donated over 500 high-need school supply items to the Wentzville School District.

These items were used to benefit the Wentzville School District's 2021 Back to School Fair that took place Aug. 14. The event was at Liber-

ty High School located at 2275 Sommers Road in Lake Saint Louis. This event was drive-thru only, and school supplies were free.

As an important part of our community, SSM Health is proud to help local kids thrive and give back in this important way.

Submitted photo

Walmart makes it easy to stay healthy with convenient flu shots now available in all Walmart Pharmacies

Walmart is helping Missouri residents stay healthy this flu season by making it easier than ever to get low-cost vaccinations in all Walmart pharmacies through walk-up and community flu shot clinics.

The Centers for Disease Control and Prevention (CDC) recommends everyone older than six months receive a flu shot each year. Further, the CDC recommends a COVID-19 vaccination for everyone over 12, especially as cases are on the rise. Walmart pharmacies across the country offer both vaccines, and customers can receive a low-cost flu and free COVID-19 vaccine at the same time, if they choose.

"It's important we don't let our guard down with our health this fall. Between COVID-19 vaccines and the annual flu shot, we know people may be experiencing 'vaccine fatigue,' but these preventative measures have never been more vital to keeping our communities healthy," Del Sloneker, senior vice president and chief operating officer, Health and Wellness said. "It's on all of us to do our part and is just another way we're making it simple to live better, healthier lives."

Walmart's flu shots are administered by certified pharmacists and healthcare professionals who understand local health needs. In addition to walk-in availability, Walmart offers a variety of initiatives,

making it easy to get vaccinated while following COVID-19 safety protocols. These events will make it quick and convenient for customers to get flu shots in stores throughout Missouri.

Walmart is a center of well-being in the communities it serves and has everything busy families need to live better, healthier, lives this flu season. This includes a team of pharmacists who can answer any medication related questions, COVID-19 tests, prescription and over-the-counter medication, as well as a variety of immunizations, including COVID-19, flu, measles, mumps, rubella (MMR), varicella (chicken pox), HPV, tetanus, whooping cough (TDAP) and more.

Stores also offer low-cost grocery items, ranging from immunity boosting foods, to soup and comfort foods. Walmart customers with a Walmart+ membership can also get free shipping on store purchases and reduced prices on select prescriptions. Finally, Walmart continues to offer everyday low prices on household essentials like cleaning supplies, tissues, thermometers and more, to help keep everyone safe and healthy.

To learn more about the flu shots and wellness resources available at your neighborhood Walmart, please visit www.walmart.com/wellnesshub.

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Take Notice . . .

The events listed in this section are the latest updates as of press time, please check with individual sites for the most up to date cancellations and reschedule info.

EVENTS

Aug. 27: German club meeting
Frühschoppen Stammtisch Verein (FSV) will meet at The Brass Rail at 4601 Highway K in O'Fallon at 11 a.m.. Attendees are predominantly German born/raised (or German wannabee) people who live in St. Charles County and get together monthly to speak German, eat a late breakfast or early lunch and sip a cool drink or two. Wir treffen uns auf ein Bier (und vielleicht Mittagessen), und genießen ein Gespräch auf deutsch. For more information send an email to: d.yarolimek@sbcglobal.net

Sept. 11: Social dance

Celebrate America Social Dance sponsored by Knights of Columbus Ladies Auxiliary #2273 takes place from 6:30 to 11 p.m. at Dardenne Prairie Hall (K.C. Hall) at 2199 Post Road in Dardenne Prairie. For tickets contact Shirley Boyer at 314-795-5577 or Lisa Newman at 314-566-0725.

Sept. 25: Craft fair

Tri County Citizens Advisory Board to Probation and Parole, Probation and Parole District 17, Missouri Department of Correction invites you to their eighth annual Christmas in September Craft Fair at Calvary Church at 3998 Mid Rivers Mall Drive from 9 a.m. to 3 p.m. Crafters are needed for more information please contact Esther Angelos at marlofan@charter.net or 636-441-0329 or 314-477-5096.

Sept. 25 Walk To End Alzheimer's St Charles County

Walk To End Alzheimer's St Charles County registration begins at 8 a.m. at St Charles Community College. Register earlier at alz.org/sccwalk.

ONGOING EVENTS**Mondays: Optimist Club meetings**

The Wentzville/Lake St. Louis Optimist Club meets on the second and fourth Monday of each month at 6:30 p.m. at the Wentzville IHOP, 10 Layla Lane, Wentzville, MO.. For more information contact Ed Jurotich at 314-560-1868.

Mondays: Take off Pounds Sensibly

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

Mondays: Take off Pounds Sensibly

TOPS meet every Monday at Holy Cross Lutheran Church at 8945 Vet-

erans Memorial Hwy in O'Fallon. Meetings at 9:30 a.m. with weigh in beginning at 8:30 a.m. For more information please call Linda Wilcox at 636-447-9056.

Mondays: Parent support group

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

Mondays: NAMI St. Louis Connection Recovery Support Group

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

Mondays: Alcoholics Anonymous

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

Mondays: Cottleville Weldon Spring Kiwanis Club

Cottleville Weldon Spring Kiwanis Club meets the first Monday of the month at noon at The Breakfast Club, 991 Waterbury Falls Dr., O'Fallon, MO 63368. New club looking for new members who want to better our community. Contact Christy at 314-583-0538.

Mondays: Seasoned eye carvers meeting

Meetings are held from 9 to 11 a.m. at the St. Charles Senior Citizens Center at 1455 Fairgrounds (near the Bass Pro Shop). Visitors are always welcome. For more information visit <http://www.stcharlesareawoodcarvers.com/> or contact Charles Sapp at cwsapp@charter.net.

Mondays: Choral Arts Singers practice

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

Mondays: St. Charles County Council of the Blind meetings

Business meetings are held on the first Monday of each month unless otherwise specified. Currently, during the

COVID pandemic, meetings are held via conference call, starting at 6:45 pm. For more information, contact Beverly Kaskadden at 636-561-6947.

Mondays: St. Peters Rotary Club

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

Mondays, Wednesdays and Fridays: Fitness First Exercise Class
9:30-10:30 a.m., American Legion Hall, 504 Luetkenhaus Blvd., Wentzville. 314-369-6521.

Mondays and Thursdays: Bridge

St. Peters Senior Center plays bridge from 9 a.m. to noon on Monday and Thursdays, and would love to have any player, regardless of skill level, to join in. Call Mary Ann at 636-397-0866 if you are interested in playing on Monday or Thursday morning.

Mondays: American Legion Post 388 Meets

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

Mondays: Measurement Mondays

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

Mondays and Wednesdays: Tai Chi for arthritis class

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

Tuesdays: Women's AA weekly meeting

Candlelighters Women in Recovery meets every Tuesday at 7 p.m. at Dardenne Prairie Presbyterian Church (enter at Adam Lamb preschool, turn left) at 7400 South Outer 364 at the corner with Bryan Road.

Tuesdays: Cribbage Club

Meets every Tuesday, 12:30 - 3:30 p.m. at The Falls Golf Course Clubhouse. Relaxed, friendly play and is open to all. Call 314-954-3364 for more information.

Tuesdays: Seniors group

Please join us on the third Tuesday of each month from 11 a.m. - 2 p.m. for

a gathering for senior adults. There will be lunch (no charge), cards and bingo (no charge), community program referrals, occasional health and wellness presentations and clergy available upon request. The event takes place at Church of the Transfiguration at 1860 Lake St. Louis Blvd. in Lake Saint Louis. For more information call 636-561-8951.

Tuesdays: Optimist Club meeting

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

Tuesdays: Cribbage

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

Tuesdays: Diabetes support group

A diabetes support group meets on the fourth Tuesday of each month except November and December from 6:30 - 7:30 p.m. at 400 Medical Plaza, Suite 102 in Lake St. Louis. A new speaker each month. Questions? Call Amanda Meyer at 636-625-5447.

Tuesdays: Kiwanis Club of St. Charles

12:05 p.m. at Gingham's Homestyle Restaurant, 1566 Country Club Plaza Drive, in St. Charles. Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. The group is looking for new members who want to better our community and help its youth. If you are interested in making a positive impact in St. Charles for generations to come, please come for lunch. For more information call 636-206-2483. You can also visit <http://stcharleskiwanis.com>.

Tuesdays: Quilting Guild at the O'Fallon Family YMCA

1-4 p.m. Free. Quilt for local charities. No sewing experience required.

Tuesdays: Toastmasters Meeting

7 p.m. at the Midwest Bank Centre Board Room at 2299 Technology Blvd., O'Fallon, MO 63368. Info: 636-379-2505.

Tuesdays: St. Louis Chapter of the Alzheimer's Association Male Caregiver Experience

The group meets on third Tuesday of every month from 10-11:30 a.m. at the Alzheimer's Chapter Office at 9370 Olive Blvd. For more information about Alzheimer's disease, support, or the Male Caregiver Experience, please call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 or visit www.alz.org/stl. Registration is requested before the first meeting.

Tuesdays: Social club for widows and widowers

On the first and third Tuesday of each month a social club for widows and widowers meets from 1:00 - 3:30 p.m. at St. John's United Church of Christ at Fifth and Jackson Streets in St. Charles. On the first Tuesday there are refreshments and on the third Tuesday there is either a speaker or entertainment. The group also goes to breakfast, lunch and dinner monthly, and has a pot luck dinner each month.

Tuesdays: Monthly veterans coffee

Veterans from all branches of service are invited to the Wentzville Green Lantern Senior Center at 506 S. Linn Ave. in Wentzville on the second Tuesday of each month from 9 - 10:30 a.m. for coffee, pastries and camaraderie. Come meet with fellow veterans who served our country and share your experience.

Tuesdays: NAMI St. Louis Connection Recovery Support Group

If you have mental health concerns and need support, please come on the third Tuesday of each month at 7 p.m. at Grace United Church of Christ at 8326 Mexico Rd. in St. Peters.

Tuesdays: NAMI St. Louis Family Support Group

If you have a family member or friend who is having mental health concerns there is a support group for you. It meets on the third Tuesday of each month at 7 p.m. at Grace United Church of Christ at 8326 Mexico Rd. in St. Peters.

Tuesdays: Dardenne Presbyterian Church Basketball

8-9:30 p.m., in the Christian Life Center, 7400 South Outer 364 in Dardenne Prairie. Open to high school and adult men.

Tuesdays: Central Missouri Railroad Association meeting

This unique organization is for railroad modelers, railfans, photographers and railroad retirees with layouts in O, HO, N hoping to add G scales. Meetings are on second Tuesdays of the month from 7 to 9 p.m. at the Warrenton Masonic Lodge. For more info call 636-279-5522 or 636-456-0776 or visit our Facebook page.

Tuesdays: Cancer support group

Cancer Companions Support Group is a support group for any cancer patient in treatment or post treatment, their caregiver and their loved ones that meets on the second Tuesday of each month at Dardenne Presbyterian Church at 7400 South Outer 364 in Dardenne Prairie at 7 p.m. in the parlor. Registration is not required.

Tuesdays: O'Fallon Garden Club

Meets at 6:30 p.m. on the fourth Tuesday of the month at Sunrise Methodist Church, 7116 Twin Chimney Blvd. Info: Barb at 636.978.5930. Club does not meet in August or November.

Tuesdays: St. Charles American Legion Post 312 spaghetti dinner.
5pm, St. Charles American Legion Post 312, 2500 Raymond Drive in St. Charles on the last Tuesday of the month. \$6 per person. For more information call Post 312 at 636-947-7666.

Tuesdays and Thursdays: Tai Chi at the St. Charles County Family YMCA
10:15-11:15 a.m. No experience necessary. 636-928-1928.

Tuesdays and Thursdays: Get Fit Exercise Classes
9-10 a.m. at Immaculate Heart of Mary

Church Hall, New Melle. 314-369-6521.

Wednesdays: Food pantry
Food pantry open Wednesdays to the public from 9:30 to 11:30 a.m. at Cornerstone UMC at 1151 Tom Ginnever Ave. in O'Fallon. Bread, canned goods other necessities.

Wednesdays: St. Charles Area Wood Carvers
Meetings are held from 6:30 - 8:30 p.m. at the Hollenbeck Middle School at 4555 Central School Road in St. Charles. Visitors are always welcome. For more information visit <http://www.stcharlesareawoodcarvers.com/> or con-

tact Charles Sapp at cwsapp@charter.net.

Wednesdays: Marine Corps League meeting
On the first Wednesday of each month the St. Charles County Marine Corps League meets at Pezold Banquet Center, 5701 Hwy N, in Cottleville at 7:00 p.m. All Marines and FMF Corpsmen are welcome. For more information visit www.stcharlesmarine.org.

Wednesdays: Women's fishing club
Gateway Bass 'n Gals all women's bass club has monthly meetings the

first Wednesday of every month at JJ's Restaurant at 1215 S. Duchesne Dr. in St. Charles at 7 p.m. Women of any

fishing level please come and check out our women-only fishing club.

SUDOKU answers from page F-1

9	6	7	3	4	1	2	8	5
3	1	4	8	2	5	7	9	6
8	5	2	9	6	7	4	1	3
2	8	6	1	3	4	5	7	9
7	3	5	6	9	2	1	4	8
4	9	1	5	7	8	3	6	2
6	4	8	2	1	3	9	5	7
1	2	9	7	5	6	8	3	4
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CROSSWORD answers from page F-4

ALMA	MBA	MONO
MOAT	REEL	SURER
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SEMESTERS	ATOP	
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NOTABLE	RIPEST	
DAL	GAUGE	
EWES	DETENTION	
STEMS	ONES	ACNE
AUDIO	ROUT	RACE
MISC	MAP	DOER



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Sports you see with Gary B . . .



Ambush sign local player for multi year deal

The St. Louis Ambush play in the MASL with their home games at the Family Arena in St. Charles starting in November.

The 2021 season is Richard Schmermund's eighth in professional arena soccer and he had signed with the Ambush in July to a three-year deal.

Schmermund is a St. Louis area native who grew up in Ferguson and played prep soccer at McCluer

High School and club soccer for Scott Gallagher and Lou Fusz.

His collegiate career was spent at St. Louis Community College, where he was awarded First Team All Conference.

Schmermund began his professional career with the Illinois Piasa (PASL) and then joined the Ambush for their 2013-14 inaugural season, his first of five seasons with the club, leaving as a free agent following the 2017-18 season.

He spent the 2018-19 season with the Orlando SeaWolves after starting the 2019-20 season with Orlando, Schmermund was traded to the Baltimore Blast, where he finished the season. In 125 career games prior to 2021, he has posted 48 goals and 24 assists while blocking 109 shots.

~~~Start a new chapter in soccer

ing to deal with the many stressors associated with COVID-19. To see once again that a record-breaking number of students are recipients of the D2 ADA Academic Achievement Award is simply astonishing," said Dr. Bren Stevens, Vice President for Athletics at the University of Charleston and current D2 ADA President. "I am extraordinarily impressed by the efforts of our member institutions to ensure that they provide special recognitions for their respective athletes, as they are certainly deserving."

In order for a student-athlete to receive an Academic Achievement Award, the athletics director of the Division II institution must be a current dues-paying member of the D2 ADA. Also, the student-athlete must have a cumulative grade point average of 3.5 or higher on a 4.0 scale, have attended a minimum of two years (four semesters) of college level work, and have been an active member of an intercollegiate team during his/her last academic year. However, given the vast experiences institutions have had this year when it comes to participation, all athletes who met the first two objectives are still eligible as long as they were still an active member of the roster during this academic year.

~~~Need to achieve the feat more often

~~~Wishing my baby girl Natasha Baute Bartecko a very happy Birthday on this day!!!



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**Lindenwood part of academic success in their sports program**



The Division II Athletics Directors Association (D2 ADA) announced the 2020-21 recipients of the D2 ADA

Academic Achievement Awards. The Academic Achievement Awards, in its 14th year, is a program that recognizes the academic accomplishments of student-athletes at the Division II level. Lindenwood collected 197 recipients, finishing fourth overall, and second among Great Lakes Valley Conference (GLVC) schools.

In total, there were a record breaking 16,262 student-athletes from 188 institutions recognized for the 2020-21 Academic Achievement Awards. This was the most student-athletes being recognized since the inception of the award's program.

"It is incredible to think that our athletes excelled in the classroom despite hav-

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, among many other activities. I am currently hosting a Health show on 97.1 FM, 'Prime Time Health' www.PrimeTimeSTL.com. It broadcasts Saturday nights at 8 and Sunday mornings at 9.



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## Recipe: Dairy Farmers Help Put Meals On The Moo-Ve This Fall



### ICED CARAMEL LATTE

**Ingredients:** Makes 1 serving

- ½ cup strong brewed coffee, chilled
- 1 cup low fat milk
- 2 Tablespoons Sugar Free Caramel Syrup
- Ice

**Directions:**

Combine coffee, milk and syrup in a tall glass filled with ice. Stir until blended well.



### MINI FRITTATAS

**Ingredients:** Makes 5 servings (8 pieces per serving)

- Nonstick vegetable oil cooking spray
- 8 large eggs
- ½ cup low-fat milk
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 4 ounces thinly sliced ham, chopped
- ½ cup grated Parmesan
- 2 tablespoons chopped parsley

**Directions:** Preheat the oven to 375 degrees F. Spray 2 mini muffin tins (each with 24 cups) with nonstick spray. Whisk the eggs, milk, pepper, and salt in a large bowl to blend well. Stir in the ham, cheese, and parsley. Fill prepared muffin cups almost to the top with the egg mixture. Bake until the egg mixture puffs and is just set in the center, about 8 to 10 minutes. Using a rubber spatula, loosen the frittatas from the muffin cups and slide the frittatas onto a platter. Serve immediately.



### RISE AND SUNSHINE SMOOTHIE

**Ingredients:** Makes 2 servings

- 5 ice cubes
- 1 cup orange juice
- ¾ cup milk (fat-free or low-fat)
- ½ cup vanilla low-fat yogurt
- 1 tsp honey

**Directions:**

Put ice cubes in blender and crush. Add orange juice, milk, vanilla yogurt and honey to blender. Puree until the mixture is smooth. Pour into tall, glasses, add straws and sip away!

For more information on the Dollars for Dairy initiative or dairy's health benefits, visit [www.stldairyCouncil.org](http://www.stldairyCouncil.org)

## – 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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| 2 |   | 6 | 1 |   |   |   |   | 9 |
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|   | 4 | 8 |   |   |   |   | 5 |   |
| 1 |   |   | 7 |   |   |   |   | 4 |
|   | 7 |   |   | 8 |   |   |   | 1 |

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SEE ANSWERS ON PAGE 9

## 'Free Guy' contains a message inside the mayhem

### Movie:

By Steve Bryan



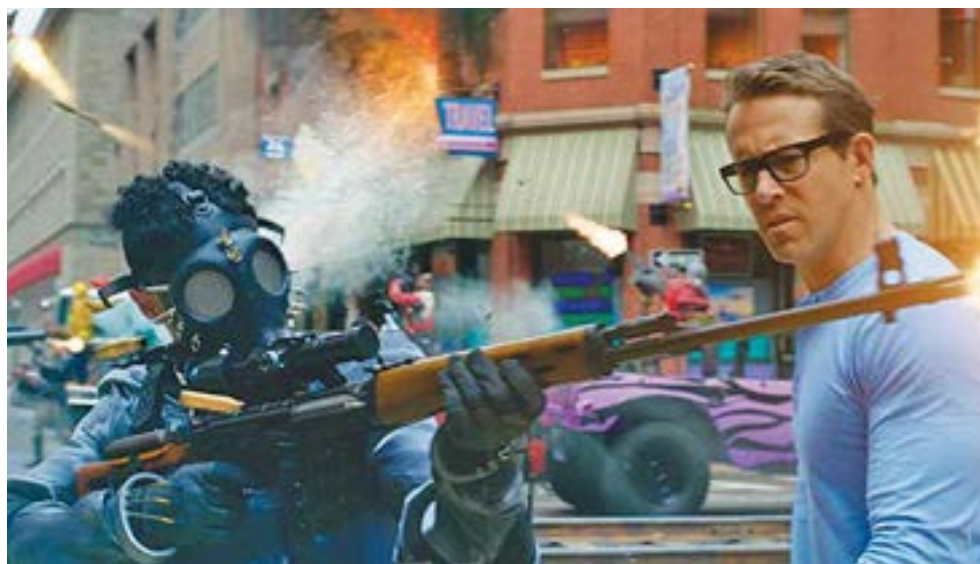
Born and raised in South St. Louis, Steve Bryan is now based in Anaheim, California, and has been allowed access to movie and television sets to see actors and directors at work. Though his writing has taken him far from St. Louis, Steve is, at heart, still the same wide-eyed kid who spent countless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

It's not surprising to see Ryan Reynolds playing heroic characters on the big screen. He portrayed Hal Jordan, the main character in DC's 2011 "Green Lantern" movie, as well as the inappropriate vigilante Deadpool in two Marvel movies. The pandemic delayed the release of his latest film, "Free Guy," but it finally arrived in theaters last week. It's a funny, intriguing movie that contains a powerful message for the audience.

Reynolds plays Guy, an NPC (Non-Player Character), in an online game called "Free City." Inside that virtual world, Guy wears the same clothes every day while working at a bank alongside his best friend Buddy (Lil Rel Howery). Since he is an NPC, every day is a routine: he orders the same coffee every morning and, at work, he and Buddy deal with at least one bank robbery. If he's killed or injured, the game simply recreates him again.

Guy discovers that his city resides inside a violent video game. His self-awareness grows and he forces himself to choose a different coffee drink. Instead of causing mayhem and destruction, Guy becomes a hero by helping people instead of hurting them. Real-life players take note of Guy and his distinctive blue shirt, which makes him an online sensation. He also meets Millie (Jodie Comer), a software developer who entered the game looking for evidence of corruption at her former company.

Ryan Reynolds' expressive face serves him well in "Free Guy." When the audience meets his character, he's a happy, smiling NPC with a goldfish, cool apartment and the "greatest job in his world." Thanks to his new



"Free Guy" photo courtesy 20th Century Studios.

awareness, he influences other NPC's to be more than just background characters, especially the coffee barista. He reminds Buddy and the others that they can be whatever they want to be.

Guy meets his match in Jodie Comer's Millie, who takes the identity of Molotov Girl inside the digital world. Millie doesn't fully understand what's happening with Guy at first and tells him he needs to "level up" before she'll talk to him. In truth, Millie and her former co-worker Keys (Joe Keery) are responsible for

the drastic changes in Guy. Keys also tries to help Millie on her quest to find the evidence she needs.

Director Shawn Levy plants plenty of "Easter Eggs" inside "Free City." At one point, Guy uses a lightsaber to battle an upgraded version of his character, a totally pumped-up creation called "Dude." Chris Evans, who played Captain America in the Marvel Cinematic Universe, has a hilarious five-second cameo that is as memorable as anything else in the film. Other celebrities such as Hugh Jackman, Tina Fey and Dwayne Johnson lend their voices to the soundtrack. The late, great Alex Trebek also gets a wonderful moment in the story.

Although "Free Guy" is a fun adventure, its true message, as delivered by Guy, becomes the heart and soul of the movie. Guy reminds the audience that we are all free to do whatever we want to do and don't have to fall into a boring routine. Those are words to live by.

"Free Guy," rated PG-13, is currently playing in theaters.



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## SINGERS WANTED

**LOVE TO SING?**

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

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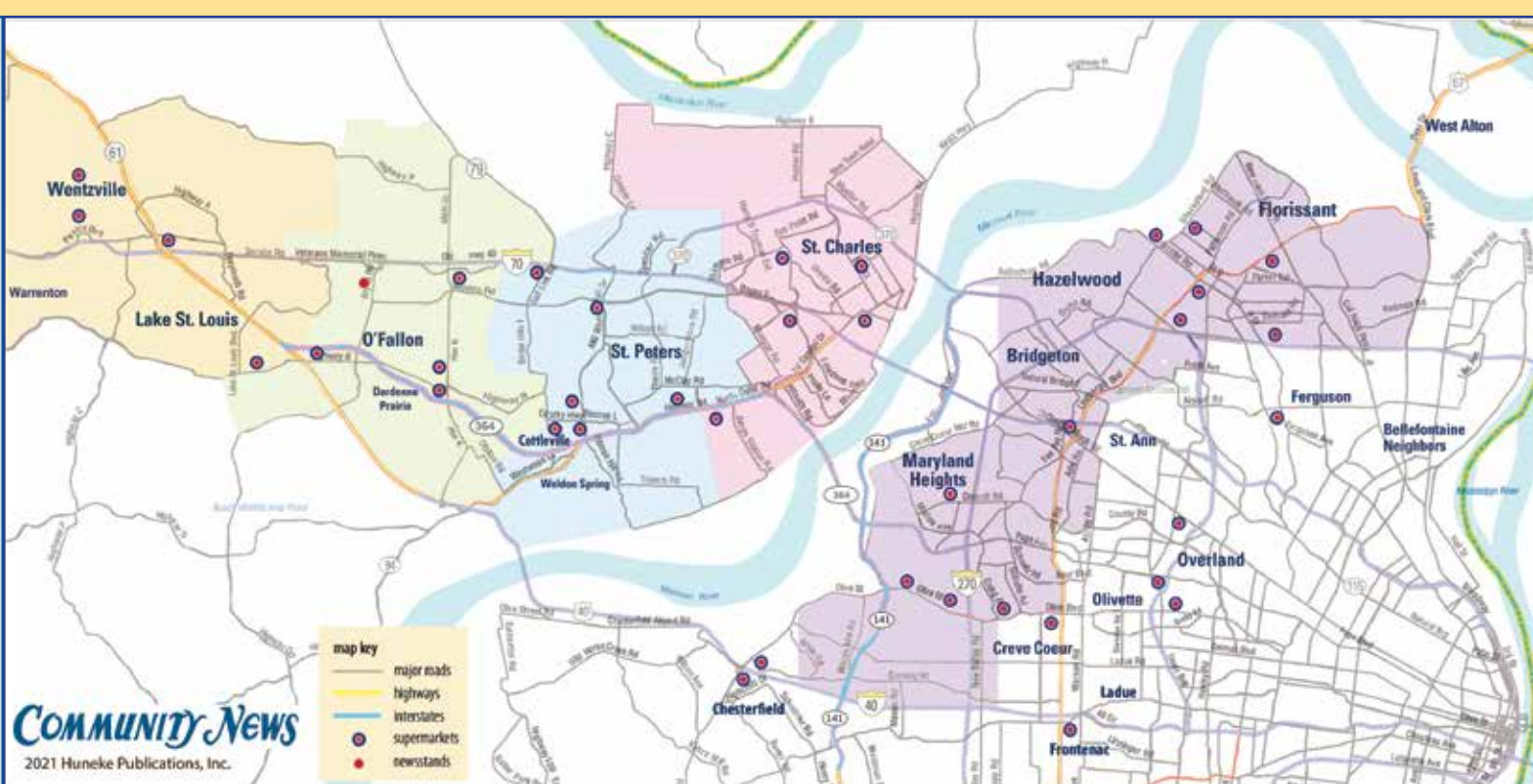
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Yeggs

John Hanna



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

MOORE ON LIFE

By Cindy Moore

MASK SHMASK

I don't usually disclose my private medical information except if it provides humor for a certain column. Then of course, I will go into great detail about my colonoscopy, other than that there's no need to share. But I will admit that I have taken the job.

Yes, I am fully immunized against the dreaded Rona virus and am feeling pretty confident about walking around maskless among my fellow germ-infested countrymen.

So much so that I felt secure enough to board a plane to see my cute little grand babies who live out of state. While there, I will also briefly check in on their parents (one of whom I'm related to). I typically give a cursory hello then brush them aside and spend the remainder of the time ruining their children with excessive sugar and non-sensical gifts. It's my right.

Getting there was a pain. On my flight I located my seat then thoroughly de-fungused my area with the complimentary hazmat tissue given out beforehand.

Soon we were off, but right away I began to feel claustrophobic from being wedged into too tiny of a space. That combined with being deprived of oxygen from wearing a stuffy mask I felt the room or rather, the cylinder, spin-

ning.

I dropped my face covering for a quick breath and to clear the spots circling my head. I was immediately reprimanded by the flight attendant. "Excuse me ma'am. You'll need to put your mask back on."

"But I need air."

"Sorry, air is for sissies. Wrap up that face or I'll get the air marshal to toss you into cargo."

"But I've been fully vaccinated."

"Vaccinated shmaccinated! Policy is policy."

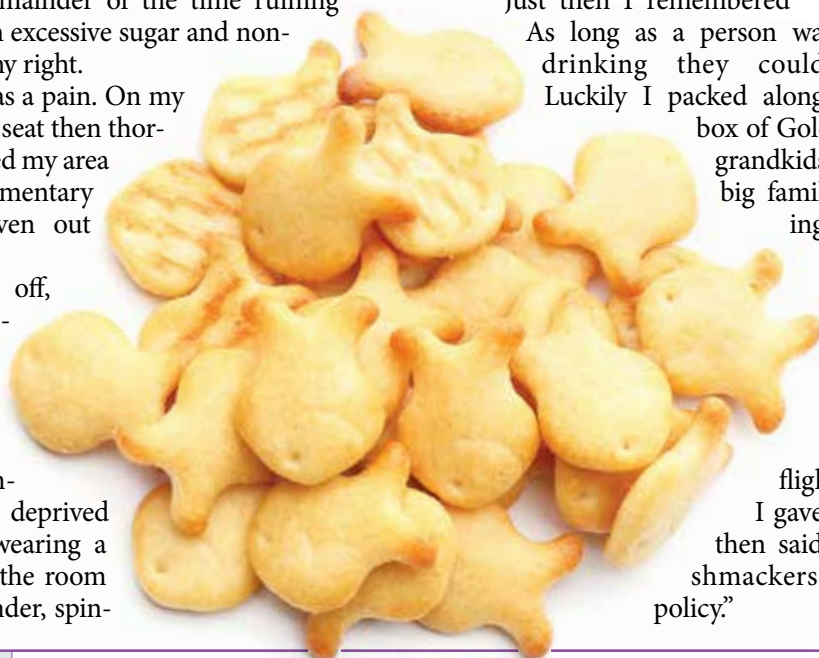
I needed air or they were going to have to deal with my lifeless, purple body stretched over three seats - which I'm sure they would charge me extra for.

Just then I remembered "The Policy":

As long as a person was eating or drinking they could unmask.

Luckily I packed along a gigantic box of Goldfish for the grandkids; the super big family 800-serving size. I slowly nibbled on them throughout the flight over the stony stare of the flight attendant.

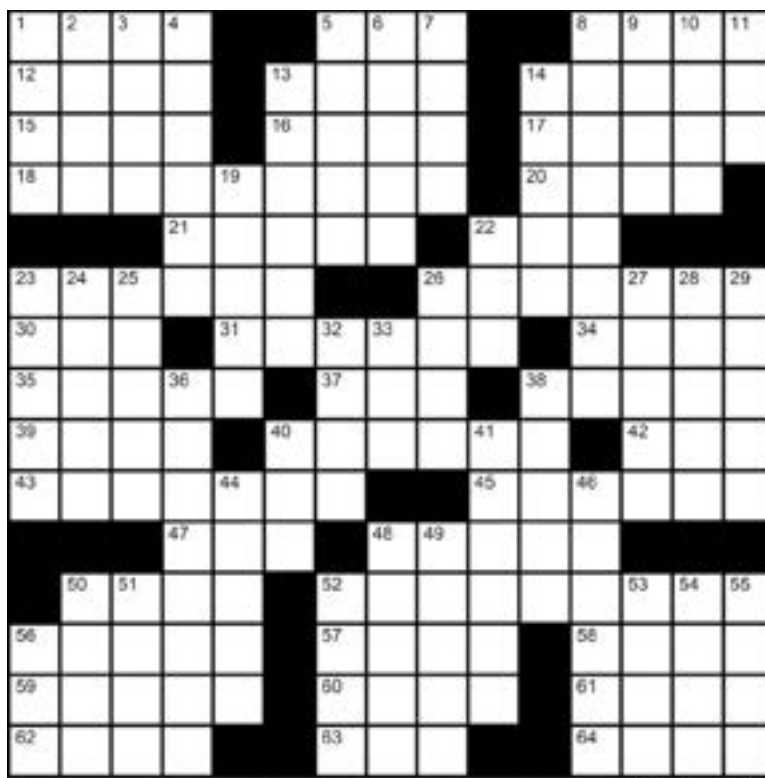
I gave her a wink then said, "Crackers, shmackers. Policy is policy."



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.

Crossword: BACK TO SCHOOL



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ACROSS

- 1. \* \_\_\_\_ mater
- 5. \*Graduate degree, acr.
- 8. Opposite of stereo
- 12. Defense ditch
- 13. Fishing rod attachment
- 14. More sure
- 15. One's final notice
- 16. Dutch cheese
- 17. Golfer's traction aid
- 18. \*Half-year terms
- 20. At the summit of
- 21. Water nymph
- 22. Actor \_\_\_\_ Mahershala
- 23. Be a busybody
- 26. Metrical foot in poetry
- 30. Earlier in time, archaic
- 31. Become bony
- 34. Shakespeare's tragic monarch
- 35. Labanotation founder
- 37. Theodor Geisel, \_\_\_\_ Dr. Seuss
- 38. Threshold
- 39. Relating to the ear
- 40. Weather advisories, e.g.
- 42. + or - atom
- 43. Widely esteemed
- 45. Most mature, as in fruit
- 47. Indian dish
- 48. Dashboard window
- 50. Female sheep, pl.

- 52. \*"The Breakfast Club" punishment
- 56. Flower holders
- 57. Singles
- 58. High school breakout
- 59. Acoustic output
- 60. Overwhelming defeat
- 61. \*Gym class test?
- 62. Catchall abbr.
- 63. \*Geography class staple
- 64. Not talker?

DOWN

- 1. \_\_\_\_ of cookie fame
- 2. Stud site
- 3. Cripple
- 4. \*Go to class
- 5. Mythological princess of Colchis
- 6. TV cooking show pioneer James \_\_\_\_
- 7. Contributions to the poor
- 8. \*Kind of choice
- 9. Black and white treat
- 10. Less than average tide
- 11. Table scrap
- 13. Laces again
- 14. Milan's La \_\_\_\_
- 19. Manicurist's office
- 22. Is it \_\_\_\_ wonder?
- 23. Hard on outside, juicy on inside
- 24. One of the Muses
- 25. Payment option
- 26. From a great distance
- 27. Chill-inducing
- 28. Type of palm tree, pl.
- 29. Council of \_\_\_\_, city in Italy
- 32. \*Back-to-School retail event
- 33. WWII general who became President
- 36. \*Faculty member
- 38. "Peace" with fingers
- 40. TV classic" \_\_\_\_ in the Family"
- 41. Superlative of true
- 44. Lowest male singing voice
- 46. Small bomb
- 48. Christopher Columbus' birthplace
- 49. Consumed (2 words)
- 50. Small ladies' handbag
- 51. What one does at the altar
- 52. \*College freshman's new digs
- 53. International Civil Aviation Organization
- 54. Half as much as twice
- 55. \_\_\_\_ -do-well
- 56. Every American's uncle?

SEE ANSWERS ON PAGE 9