

My Hometown

JUNE-JULY 2016  
www.stpetersmo.net



PROP  **Progress**  
Story on Page 2



See Page 4 for details

*Inside:* Fishing Derby • Summer Camps • Healthiest County • Skating Champs • Day Trips

## Stormwater & Park Improvements

St. Peters' Proposition P, approved by more than 68% of voters in August 2012, increased the City of St. Peters' sales tax for parks and stormwater improvements by four-tenths of a cent to a half-cent total. The City began collecting the extra sales tax revenue in January 2013. The City promised as part of Prop P to maintain and improve our parks as well as tackle stormwater projects to help save our waterways from erosion and pollution, reduce the chances of neighborhood flooding and meet Clean Water Act regulations. The Prop P projects listed here are funded by the half-cent sales tax.

Streams in the Englewood subdivision were eroding with every rain. "Parts of the stream banks were crumbling, getting closer to fences," says resident Cindy Onder, a trustee for the subdivision.

Thanks to a Proposition P stormwater project, the stream has a whole new look and a healthy outlook for the future. Gone are the eroded, steep stream slopes and invasive plants like honeysuckle that crowd out beneficial plants. The stream is now alive with native plants that grow their roots deep to hold together reconstructed stream banks and filter pollutants like fertilizer, household chemicals and pet waste that wash from our neighborhoods during storms.

The project at Englewood also includes rock and wood structures that slow down the flow of stormwater to reduce

erosion along the stream. Some areas of the creek have been widened to provide more capacity to handle a heavy flow from strong storms. The project has built-in floodplain areas for excess stormwater.

These are all common features of Prop P stormwater projects in St. Peters. The goal is to slow down the water and filter out the pollutants to help fight flooding and meet federal law to maintain stormwater quality so that when the stormwater reaches area waterways it is both "fishable and swimmable."

Cindy says that the Englewood stream used to have logs and other debris that would block stormwater. Now, she says, the stream is flowing freely—and that's a great relief to residents. For one, Cindy says the stream no longer has stagnant areas that could breed mosquitos. And, its flood control benefit has already paid off along the stream. "When you'd get a big storm, it would back up into the yards," Cindy says. "Now, the water goes to those areas that are designed to hold the water. There are natural floodplains outside of the subdivision area. With that big storm back in December, in the past you'd expect to have water in your yard. This time, it didn't."

Like with all Prop P projects, the stream also looks much nicer—"300 percent nicer," Cindy says—and the project will improve in appearance as native plants establish themselves and grow to their potential.

So far, the City of St. Peters has substantially completed

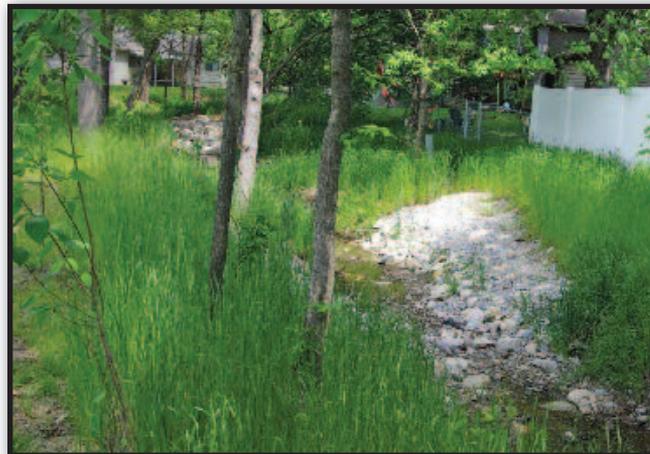
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**"With that big storm back in December, in the past you'd expect to have water in your yard. This time, it didn't."**

Englewood Trustee Cindy Onder



*Pictured: Prop P projects at Applewood (above), Englewood (below) and McClay (opposite page)*





15 Prop P stormwater projects that have improved 22 basins and 10 channels. And, another 17 projects are either underway or in the works. **Englewood, Homestead Estates and Covenant Park/Country Creek stream restoration** projects are slated for completion this year. Design is expected to be complete this year on a large list of projects:

- Highlands/Highlands Estates stream improvements
- Spencer Creek Park stream restoration
- Tanglewood/Huntleigh drainage improvements
- Country Hill South (Parkdale/Blackwood channels)
- Sun River/McClay Meadows basins
- Hi-Point Acres (West Drive detention)
- Boone Hills/Jungermann Road flooding improvements
- Country Hill Estates/Rachels Trail/Forest Grove/Shining Rock drainage improvements
- Richmond/Windwood/Country Crossing Manor/Parkridge Estates basins
- Hermitage/Millwood/Country Hill Farm drainage improvements
- Spencer Creek South/Carrington Place/Spencer Place channel
- Cedar Ridge channel
- Tanglewood channel
- Evaluation of Timberidge channel and watershed

When the projects are complete, they need to be maintained in order to thrive—Prop P funding makes that possible, as well.

The City of St. Peters also continues to invest in its parks system with the help of Prop P funding. Several parks, the Senior Center and the Rec-Plex have benefited in the past few years.

370 Lakeside Park has grown with several Prop P

**LEAGUES OPEN:  
Men's, Ladies & Juniors**

# Seniors: Golf + FREE Lunch!

- **\$30/player Senior Scramble on Thursday mornings = 18 holes, cart, prizes & lunch!**
- **\$28 Weekly Senior Greens & Cart = FREE lunch!**



[stpetersmo.net/golf](http://stpetersmo.net/golf)  
636-397-2227



projects. Last year, the St. Peters Rotary Club Dog Park opened, and this year water features will be added. With 370 Lakeside Park gaining in popularity as a camping destination, 25 more full hook-up sites will also open later this year.

Built more than 20 years ago, the St. Peters Rec-Plex is due for some improvements to its entrance. A project this summer will build a new parking lot closer to the front door and provide easier access to the facility. Rec-Plex visitors are asked for their patience during the construction. The project is expected to begin this June and be completed this fall.



# PROQ



## Q for Quality of Life

## Aug. 2 Bond Issue with NO Tax Increase

### OUTDOOR AQUATIC CENTER

- Features: Lazy river, deck slides, “zero entry” beach, shade structures, “spraygrounds,” 8-lane competition pool, lap swimming, party pavilion, changing structures.
- Activities for all ages—“a community center without walls.”
- New access road from Rec-Plex & Aquatic Center to Boone Hills Drive.

### ST. PETERS GOLF COURSE CLUBHOUSE AND NEW BANQUET/COMMUNITY CENTER

- Reconstructs and replaces high-maintenance, decades-old clubhouse, and upgrades/expands parking lot.
- New 350-seat banquet/meeting facilities on the shore of scenic lake, plus extra outdoor event space.
- Perfect setting for special events and group fundraisers—would host golf tournaments, wedding receptions, reunions, anniversary parties, trivia nights, etc.

**Prop Q: a \$12 million bond issue to be paid for without a tax increase.**

**Please remember to vote on Aug. 2!**

[www.stpetersmo.net/Prop-Q](http://www.stpetersmo.net/Prop-Q)

# Did You Know?

## You're Living in the State's Healthiest County

St. Charles County is the healthiest county in the state of Missouri. That's according to 2016 rankings presented by County Health Rankings & Roadmaps, a Robert Wood Johnson Foundation program found online at [www.countyhealthrankings.org](http://www.countyhealthrankings.org).



"Access to exercise opportunities" was considered in the county rankings. Above, kids play at St. Peters' Nob Hill Park.

According to this program, the county rankings "are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play."

St. Charles County ranked first in Missouri in both overall categories of "Health Outcomes," which looks at length of life and quality of life, and "Health Factors" that include health behaviors, clinical care, social and economic factors, and physical environment.

"Access to exercise opportunities" is one of the health behaviors considered in the program's social and economic factors. The County Health Rankings & Roadmaps website notes that "increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. The role of the built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, parks, and gyms are more likely to exercise."

In St. Charles County, 89% of the people live reasonably close to a location for physical activity, which included parks and recreational facilities. The study used files combined in the ArcGIS program to determine this number.

The City of St. Peters is proud to play a part in providing access to parks and recreational opportunities for physical activity. The City has 25 parks combining for nearly 1,300 acres, plus 20 miles of paved hiking/biking trails. Nine out of 10 of our residents live



Please help us welcome the following businesses to St. Peters. More information can be found about these businesses on our business directory at [www.stpetersmo.net](http://www.stpetersmo.net).

- |   |   |
|---|---|
| ALLIANCE TITLE GROUP • 314-458-7444             | ROBBIE G'S PLAY PLACE • 636-441-2838                  |
| ANTHONY'S LAWN MAINTENANCE, LLC<br>314-680-8599 | RARE BEAUTY • 314-479-2030                            |
| CLEANING PLUS • 636-733-5034                    | HARTING DENTAL LAB • 636-970-2320                     |
| CLOVERLEAF INSURANCE • 636-224-3480             | TURN LEFT SKATEPRO • 314-853-6241                     |
| IMA CONSULTING • 636-541-5538                   | KNOCKERBALL WEST STL • 314-690-3636                   |
| MC CLAY ADULT DAY CARE • 314-223-0390           | COURTYARD BY MARRIOTT • 636-477-6900                  |
| MISSION FINANCIAL • 484-832-9866                | BAHAMA BUCK'S • 636-922-9955                          |
| MOUND CITY AUCTIONS • 636-928-1373              | SELF INFLICTED STUDIOS, LLC • 636-685-0685            |
| SR22 INSURANCE SOLUTIONS<br>314-406-5304        | BOMMARITO DISTRIBUTION, LLC<br>636-866-6222           |
| TMLA LLC • 636-219-3114                         | MINI MANSIONS TINY HOME BUILDERS, LLC<br>314-898-7671 |

## BUSINESS RECOGNITION

The City of St. Peters has a Business Recognition Program to recognize those businesses serving St. Peters for more than 25 years. Learn more about these businesses online at [www.stpetersmo.net](http://www.stpetersmo.net) under the Businesses pull-down menu. Following is a list of businesses recognized during the past few months.

- DANIEL'S FARM AND GREENHOUSES • 1990**
- DATA2 CORPORATION • 1991**
- MY SONS CAKE & CANDY SUPPLY • 1991**
- MIDAS • 1991**
- CHILDREN'S EDU-CARE CENTER • 1991**
- HARVESTER BARBER SHOP • 1991**



within a mile of a trail or park, and three in four households live within a half-mile.

Plus, the St. Peters Rec-Plex has offered numerous recreation and fitness opportunities since opening its doors in 1994. The study says that St. Charles County residents have the longest length of life of all the state's counties. St. Peters' recreational programs offer activities for all age groups to help support a healthier, longer life. The St. Peters Rec-Plex is also a participating location for the Healthways SilverSneakers® Fitness program, which means that Medicare-eligible individuals whose health plan includes SilverSneakers can enjoy the benefits of a basic membership at the Rec-Plex at no cost to them. More than 1,000 older adults in our community have free Rec-Plex memberships through this program.

# STUDENT TO INSTRUCTOR

## Kari Horn Got Fit at the Rec-Plex and Now Helps Others Do the Same

Health, fitness and the human body—Kari Horn has a great bit of knowledge about those subjects. She has a degree in biochemistry from Purdue University, and a doctorate in chiropractic from Logan University. She's worked as a personal trainer. And, she was an athlete, playing volleyball and basketball in high school, lacrosse and equestrian sports in college.

"I was always active," she said.

Then, life happened: Marriage, work, kids—three of them, two boys and a girl. "I totally dropped off of fitness," Kari says. "I gained a lot of weight. I never dropped that baby weight ... it was hard."

To see Kari these days, you'd never know it. She's leading people through some challenging Bootcamp group aerobics workouts at the St. Peters Rec-Plex, and helping RPX Cycling students sweat off 400-600 calories at a time on Spinning® bikes. She also leads an Active Older Adult class that helps students build balance, coordination and stamina—something we all need for a happier, healthier life.

Whether the people in her classes are beginners or advanced, or somewhere in between, Kari knows exactly what they're going

through, because she went through it, too, in the same workout rooms at the Rec-Plex.

"Honestly, it was here that got me back to it. My husband had gotten us a membership to the Rec-Plex. The first year, I did not use it. I'd had my third kid, and it took it out of me. One day, I was trying to pick up all the Hot Wheels off the floor, and my back was killing me, and my knees were hurting. I said that I had to do something. I have to get this back," she said.



Kari started her road back to fitness with some Body Bar group aerobics classes at the Rec-Plex. She met friends and had fun working out. She ate better and counted her calories. In time, she got stronger. She felt fit again. Her body didn't hurt anymore.

"And, I kept going because the classes were fun. You're with people who are in the same boat as you. You're all trying to get stronger, you're all trying to get your life more fit, be there for your kids, be there for your family, for your friends," she said.

The more she came to the Rec-Plex, the more different types of activities Kari tried. Some friends talked her into going to RPX Cycling classes, too, and Kari found that she loved them. She'd take the classes five or six days a week.

Continued on page 18

# MAKE Memories THIS Summer



### Join the Rec-Plex!

Fitness & fun year-round—weights, cardio, swimming, skating, FREE group aerobics, gymnasium & more!  
[www.stpetersmo.net/rec-plex](http://www.stpetersmo.net/rec-plex)

### Try a Rec-Plex Class!

Swimming, Skating, Fitness, Aqua Aerobics, Adult Softball, Youth Baseball, SCUBA, Hockey Skills classes and more!  
[www.stpetersmo.net/classes](http://www.stpetersmo.net/classes)

**Active Older Adults:** Your Medicare supplemental may already cover your membership at the Rec-Plex!

# St. Peters Rec-Plex: Home of the Champions



L to R: Haley Clark, 18; Jessica Krieger, 17;Carolynn Gonzalez, 15; Madison Presson, 17; Gabriella Boone, 17; Paige Hercules, 14; Morgan Booher, 17; Shaneerah Woodruff, 17; Amber Wright, 14; Morgan Hopkins, 14; Alise Grogg, 15; Simona Koverman, 18; Sara Norsen, 18.

## Rec-Plex Synchro Team Wins 4th Straight National Title

The Ice Skating Institute (ISI) Synchronized Skating Championships came to the St. Peters Rec-Plex this year, and the ISI's most prestigious trophy stayed right here. The Synchro St. Louis Diamond Edges of the St. Peters Figure Skating Association won the ISI's 2016 Teen Premier national championship hosted in April at Rec-Plex South.

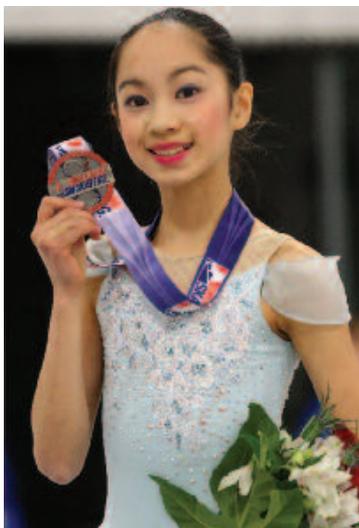
This was the fourth year in a row, fifth time in the last six years and ninth time overall that the Diamond Edges claimed the ISI's coveted Boyd Wietecter Trophy by winning the Teen Premier Round at the ISI Synchronized Skating Championships. This is considered the highest accomplishment for a

synchronized team in the ISI, and it was made even sweeter by the fact that the achievement came in front of a home crowd.

The Diamond Edges won both of their rounds— initial round and premier round—at the ISI Synchronized Skating Championships.

Five other Rec-Plex teams also earned medals during the event. The St. Peters Figure Skating Association's Synchro St. Louis teams are coached by Shannon Adams, Heather Dirksen, Kelly Fiala, Heather Hyatt, and Brittney Pfister.

Hyatt and Pfister coach the Diamond Edges.



## Rec-Plex Skater Medals at USFS Nationals!

In 2015, Angelina Huang became the first-ever solo figure skater from the St. Peters Rec-Plex to reach the U.S. Figure Skating Association nationals, taking 5th place overall in the juvenile level. Angelina did even better this year! At age 13, she took 4th overall at a higher level, the Intermediate Ladies competition, at the 2016 U.S. Figure Skating National Championships in St. Paul, Minn. Congratulations, Angelina, on another wonderful accomplishment!

## NEW: HIGHER RATES FOR PART-TIME JOBS!

The City of St. Peters just bumped up the pay for a number of part-time positions at the St. Peters Rec-Plex, St. Peters Golf Course and 370 Lakeside Park. Positions include Lifeguards, Ice Guards, Front Desk Attendants, Camp Counselors, Tot Drop, Gym Attendants, Food Service, Golf Marshals and Cart Attendants! Learn more about all of our open positions online at [www.stpetersmo.net/jobs](http://www.stpetersmo.net/jobs).

# GET AWAY FOR A DAY

## Special St. Louis Gardens and Galleries

Wednesday, June 22 • \$78

(includes transportation, admissions, lunch, gratuities and guide)

Enjoy a stroll through downtown St. Louis' City Garden. Visit the St. Louis University Art Museum, the beautiful gardens of Tower Grove Park, the amazing and lovely healing garden atop the 8th floor of St. Louis Childrens' Hospital, the new Maya Lin fountain at the Washington University Medical School and admire the St. Louis skyline from a different perspective at the new Gateway Geyser Park and Arch overlook.

## Arrow Rock & The Lyceum Theatre

Thursday, July 14 • \$112

(includes transportation, lunch, performance tickets, gratuities and guide)

Visit historic Blackwater, Missouri's main street shops, museum and gardens. Lunch is at the 1834 Huston Tavern in Arrow Rock. After lunch, explore Arrow Rock's museum, boardwalk shops and old courthouse. Enjoy a theatre performance of *1776* at Arrow Rock's Lyceum Theatre.

On the way home we will make a brief stop at the Russell Stover outlet and Hardee's for a snack and break.

## Remaining 2016 Tours

The Kosher Konection • Thursday, Aug. 11

Greenville/Highland Holiday • Friday, Sept. 16

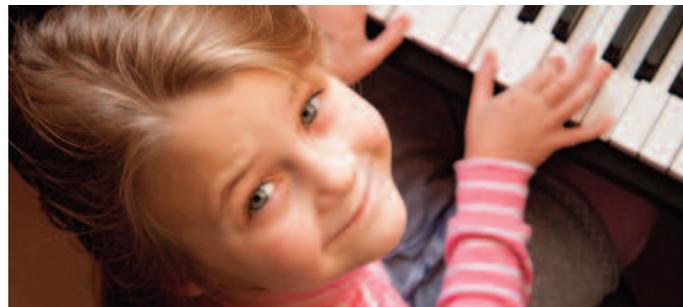
Hermann Oktoberfest • Wednesday, Oct. 19

Fulton, MO & Winston Churchill • Tuesday, Nov. 15

Springfield, IL • Thursday, Dec. 8

**To register for day trips,** please contact the registration desk at the St. Peters Rec-Plex at 636-939-2386, ext. 1400. For questions, please contact the St. Peters Cultural Arts Centre at 636-397-6903, ext. 1624.

To learn more or download a flyer of all 2016 tours, go to [www.stpetersmo.net/day-trips-and-tours.aspx](http://www.stpetersmo.net/day-trips-and-tours.aspx).



## Did you know that the St. Peters Cultural Arts Centre has a Performing Arts Studio



with lessons in  
piano, voice,  
violin and  
guitar?



Contact Ron Jones at 636-485-9171.

## Sign up for Art E-News

Go to [www.stpetersmo.net/subscribe](http://www.stpetersmo.net/subscribe), click on "Cultural Arts Centre e-news" and complete the online form.

## 2016 ACT Two Theatre Season

For tickets, visit [www.acttwotheatre.com](http://www.acttwotheatre.com) or call 1-800-838-3006. Tickets are not available at the Cultural Arts Centre.

*Moon Over Buffalo* • Aug. 3, 4, 5, 7, 10, 11, 12, 14

*Nun crackers: The Nunsense Christmas Musical* • Nov. 4, 5, 6, 11, 12, 13 • Auditions: Aug. 16 & 18

# UPCOMING ART SHOWS & COMPETITIONS

## What Blue or Blew In? All Media Art Show and Competition

Through June 19

Works contain an element of the color of blue and/or an aspect of wind.

COMING NEXT

## Science of Primary Colors All Media Art Show and Competition

June 23–Aug. 21

Receiving: Monday, June 20 • 9 a.m.-8:30 p.m.

Reception: Thursday, June 23 • 6-8 p.m.

Works must contain the colors red, yellow, and blue.

# ST. PETERS Cultural Arts Centre Updates

GALLERY SPACE IS  
AVAILABLE FOR RENT AT  
THE CULTURAL ARTS  
CENTRE

Call 636-397-6903, ext. 1624, for details.

## A Tribute to JOHNNY CASH

FEATURING

## BILL FORNESS

AND ONE MORE ROUND

Friday, Sept. 9 • 7 p.m.

St. Peters Cultural Arts Centre Performing Arts Theatre  
One St. Peters Centre Blvd. • St. Peters, MO

Tickets on sale 12 a.m. May 1 through 7 a.m. Sept. 9.

\$12.99 each (plus service fee of 3.5%)

at 1-800-838-3006 or online at [www.brownpapertickets.com](http://www.brownpapertickets.com) AT THE DOOR (if still available): \$18 each



Financial assistance for programs at St. Peters' Cultural Arts Centre has been provided by the Missouri Arts Council, a state agency.

# JUNE

- 1 Planning & Zoning Commission**  
6:30 p.m., Justice Center
- 3 Sunset Fridays Concert**  
Featuring *Oh Brother*  
6:30 p.m., 370 Lakeside Park
- 4 St. Peters Police Rangers 370 Lakeside Fishing Derby**  
8:30 a.m., 370 Lakeside Park
- 4 Kite Festival, Family Bike Ride and Health & Wellness Event**  
9 a.m.- 1 p.m., 370 Lakeside Park
- 10 Sunset Fridays Concert**  
Featuring *Sins of the Pioneers*  
6:30 p.m., 370 Lakeside Park
- 16 Senior Advisory Committee**  
12:30 p.m., Senior Center
- 17 Sunset Fridays featuring Joe Mancuso Trio**  
6:30 p.m., 370 Lakeside Park
- 23 Board of Aldermen**  
5 p.m. work session, 7 p.m. meeting, Justice Center
- 24 Sunset Fridays Concert**  
Featuring *Acoustic Music Jam*  
6:30 p.m., 370 Lakeside Park
- 27 Health & Wellness Advisory Comm.**  
7 p.m., Cultural Arts Centre

# JULY

- 6 Planning & Zoning Commission**  
6:30 p.m., Justice Center
- 8 Sunset Fridays Concert**  
Featuring *Marissa Harms & Wade Trent*  
6:30 p.m., 370 Lakeside Park
- 15 Sunset Fridays Concert**  
Featuring *The Catapults*  
6:30 p.m., 370 Lakeside Park
- 15 Cultural Arts Centre Dance**  
Beach Blast featuring *Fanfare*  
7-10 p.m., Cultural Arts Centre
- 21 Senior Advisory Committee**  
12:30 p.m., Senior Center
- 22 Sunset Fridays Concert**  
Featuring *Dawn Weber Jazz Trio*  
6:30 p.m., 370 Lakeside Park
- 25 Health & Wellness Advisory Comm.**  
7 p.m., Cultural Arts Centre
- 28 Board of Aldermen**  
5 p.m. work session, 7 p.m. meeting, Justice Center
- 29 Sunset Fridays Concert**  
Featuring *Blues Plus*  
6:30 p.m., 370 Lakeside Park



# Clean Streams Day Success



What a success! A total of 486 volunteers cleaned 6,244 pounds of waste from our community's streams during the City of St. Peters' spring Clean Streams Day event in April. We recycled 2,584 pounds of this total. This year's event had 100 more volunteers than 2015, and we collected 2,444 more pounds of material. Great job, volunteers! Plus, this was considered a "zero waste" event through recycling and composting. A total of 64 pounds of compostable food items from breakfast and lunch service went to Earth Centre.

## Independence Day Holiday Hours

### July 4

City Hall	CLOSED
Cultural Arts Centre	CLOSED
Municipal Court	CLOSED
Police Records	CLOSED
Rec-Plex	1-5 p.m. <sup>1</sup>
Earth Centre	CLOSED <sup>2</sup>
Recycle City	CLOSED <sup>3</sup>
Solid Waste Collection	MOVED <sup>4</sup>
Animal Control	CLOSED <sup>5</sup>

<sup>1</sup> The pool and ice rink will be open for public sessions from 1-5 p.m. The Finish Line cafe, Tot Drop, registration desk and administrative offices will be closed.

<sup>2</sup> Earth Centre will be closed for yard waste drop-off and product sales on July 4.

<sup>3</sup> Recycle City, including aluminum can buy-back and trash acceptance, will be closed July 4. The Recycle City Drop-Off area will remain open.

<sup>4</sup> Solid waste and yard waste collection will be moved forward one day for the week.

<sup>5</sup> St. Peters Animal Control Officers can be reached on July 4 for emergency calls only by calling St. Peters Police Dispatch at 636-278-2222.

## Health & Wellness COMMITTEE

### Eat Healthy While Growing Your Own Produce

We all know that fruits and vegetables are good for us and that we don't eat nearly enough of them. We also know that organic fruits and vegetables are some of the best food choices for our bodies. Unfortunately, organic produce is expensive. The St. Peters Health and Wellness Advisory Committee has part of the answer—grow a vegetable/fruit garden in your yard or in one of the St. Peters community gardens! See information on the community gardens at [www.stpetersmo.net/st-peters-community-garden.aspx](http://www.stpetersmo.net/st-peters-community-garden.aspx).

To encourage St. Peters residents to grow their own produce, the committee is having a drawing for 20 one-day family passes to the Rec-Plex each month (June through September), for those who grow their own vegetable or fruit gardens. To enter, take a picture of your garden and mail it to: Healthy Living Contest, St. Peters City Hall, PO Box 9, St. Peters, Missouri, 63376, or you can email it to: [healthylivingcontest@stpetersmo.net](mailto:healthylivingcontest@stpetersmo.net). You will need to include your name, address, and phone number. The drawings will be held on the fourth Monday each month, June through September, from all entries received.

If you've never grown a garden and don't know where to start, you may enjoy watching the online movie found here: [www.backtoedenfilm.com](http://www.backtoedenfilm.com). You may also be interested in reading the great gardening information at the University of Missouri Extension office website found here: [extension.missouri.edu/stcharles/mastergardeners.aspx](http://extension.missouri.edu/stcharles/mastergardeners.aspx). Don't forget to click on the links under Demonstration Gardens and Garden Classes. The classes are offered at the extension office located at 260 Brown Road just north of I-70.

While receiving a free one-day pass would be great, other more important reasons to grow your own produce this year include being able to control what is put in your soil and on your plants, saving money by growing your own food, and becoming more self-sufficient!

# Rec-Plex Summer camps



The St. Peters Rec-Plex offers both Activities Camps and Sports Camps. All campers enjoy Rec-Plex activities such as swimming, ice skating and gym time, fun outdoors in City Centre Park, a camp T-shirt and a weekly field trip. Sports campers also build skills playing their favorite sport: baseball, basketball, flag football, soccer, volleyball, pickleball, Rink Rats hockey, figure skating and NEW THIS YEAR Dance Camp (designed for both boys and girls)!

Activities Camps are open to ages 6-12. Most Sports Camps are for ages 7-12 (Figure Skating is available for ages 6-12).

Register in advance for St. Peters Summer Camps in person only at the Rec-Plex. Before and After Camps also available.

## Remaining Weeks

June 6-10

June 13-17

June 20-24

June 27-July 1

July 5-8

July 11-15

July 18-22

July 25-29

Aug. 1-5

## Available Rec-Plex Camps

Activities, Basketball, Rink Rats Hockey

Activities, Baseball, Volleyball, Figure Skating

Activities, Flag Football, Dance, Rink Rats Hockey

Activities, Soccer, Pickleball, Figure Skating

Activities, Basketball, Rink Rats Hockey

Activities, Baseball, Volleyball, Figure Skating

Activities, Flag Football, Dance, Rink Rats Hockey

Activities, Soccer, Pickleball

Activities, Basketball, Rink Rats Hockey



Learn more at [www.stpetersmo.net/camps](http://www.stpetersmo.net/camps).

# Art Experience Camps



## St. Peters Cultural Arts Centre • City Hall west wing, next door to Rec-Plex

Kids discover their ability to create their own masterpieces and express themselves artistically.

### Painting/Drawing Camps

- Half-Day Camps: \$65 St. Peters residents / \$75 non-residents
- Full-Day Camps: \$110 St. Peters residents / \$120 non-residents

Weekly Art Experience Camp topics are subject to change.

June 6-10, **Animal Drawing/Painting Camp** (Ages 6-9, Full- and Half-Day / Ages 10-12, Full-Day)

June 13-17, **Master's Drawing/Painting Camp** (Ages 6-9 and 10-12, Full-Day only)

June 20-24, **Just Imagination Drawing/Painting Camp** (Ages 6-9 and 10-12, Full-Day only)

June 27-July 1, **The World Below Drawing/Painting Camp** (Ages 6-9 and 10-12, Full-Day only)

July 5-8, **Symphony of the Senses Drawing/Painting Camp** (Ages 6-9, Full- and Half-Day / Ages 10-12, Full-Day)

July 11-15, **Wild West Drawing/Painting Camp** (Ages 6-9, Full- and Half-Day / Ages 10-12, Full-Day)

July 18-22, **Wizards, Dragons and Fairies Drawing/Painting Camp** (Ages 6-9, Full- and Half-Day / Ages 10-12, Full-Day)

July 25-29, **Collage/Abstract Drawing/Painting Camp** (Ages 6-9 and 10-12, Full-Day only)

Aug. 1-5, **Tropical Drawing/Painting Camp** (Ages 6-9 and 10-12, Full-Day only)



### Theatre Camps

\$110 St. Peters residents / \$120 non-residents

June 6-10 OR June 13-17 Theatre Camp (Ages 9-12, Full-Day only)

June 20-24, Stage Combat Camp (Ages 12-16, Full-Day only)

### It's All About Clay Camps

\$140 St. Peters residents / \$150 non-residents

June 20-24 OR June 27-July 1 (Ages 8-12, Full-Day only)

### Fencing 101 & 102 (this is a combined camp)

\$110 St. Peters residents / \$120 non-residents

July 11-15 OR July 25-29 (Ages 10-16, Full-Day only)

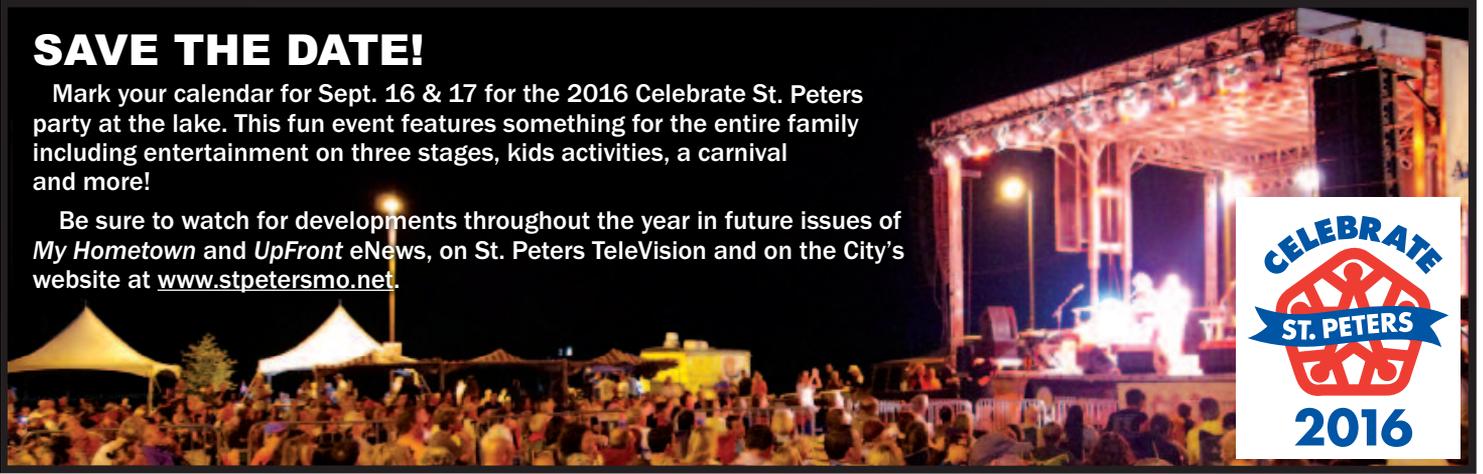
Learn more at [www.stpetersmo.net/camps](http://www.stpetersmo.net/camps).



## SAVE THE DATE!

Mark your calendar for Sept. 16 & 17 for the 2016 Celebrate St. Peters party at the lake. This fun event features something for the entire family including entertainment on three stages, kids activities, a carnival and more!

Be sure to watch for developments throughout the year in future issues of *My Hometown* and *UpFront* eNews, on St. Peters TeleVision and on the City's website at [www.stpetersmo.net](http://www.stpetersmo.net).



### Recycling Backboards

FREE To St. Peters Residents.  
Available at City Hall or Recycle City.

### Home Fire Prevention: Hot Ash Disposal *Fire up but don't get burned!*

The summer months are a time for barbecue grills and fire pits, but keep in mind that the ashes left behind are hot and can ignite a fire resulting in costly damage to your home or a trash truck.

Before you dispose of the ashes, remember to place them in a metal container and store them outside so they get a chance to cool. Fire officials recommend cooling the ashes for a week before placing them in your trash cart. After a week, it's recommended that you stir the ashes and make sure there are no glowing coals remaining before disposing of them.

Enjoy your summer, but please remember to dispose of ashes safely.



## SIP & SAVOR

### St. Charles County Taste Event

Thursday, Sept. 1, 5-8 p.m. • 370 Lakeside Park

Tickets: \$30 in advance, \$35 week of the event,  
\$25 per person for groups of 10 or more

Spend the evening sipping wine or a micro brew while sampling zesty barbecue, gourmet pizza, delicious pasta, decadent desserts and so much more. Try what you like or try it all.

Call 636-946-0633 for tickets or visit [www.gstccc.com/sipandsavor](http://www.gstccc.com/sipandsavor) for more information.

### Don't Throw Away Old Electronics ... Recycle Them

Recycle City accepts the following select electronics for recycling at no charge during normal business hours only. Please see the attendant at the Aluminum Buy-Back area when you drop off electronics.

- CD/DVD drives
- cell phones
- digital satellite receivers
- flat screen monitors (CRT monitors are not accepted)
- laptop computers
- modems
- PC/motherboards
- personal computers
- servers
- UPS-uninterruptable power supplies

# Messages From Our Elected Officials

The comments contained in this section reflect only the writers' opinions.



**Len Pagano**  
Mayor

## Mayor

Len Pagano

lpagano@stpetersmo.net  
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Fax 636-926-2047

## Aldermen, Ward 1

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Board President

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Michael Shea

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## Aldermen, Ward 4

Don Aytes

DonAytes@yahoo.com  
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Patrick Barclay

AldermanBarclay@aol.com  
636-795-8255

## Sunset Fridays Are Back-Don't Miss the Fun!

A wonderful part about being Mayor of the City of St. Peters is all the incredible events we host for our residents, including one of my favorites: Sunset Fridays. This summer concert series is such an exciting addition to our events calendar. Sunset Fridays concerts started in May and run to early August, so you have plenty of time to come out and enjoy these

outstanding events. Folks love the winery-style, date-night atmosphere making for a relaxing Friday evening along the lake.

Join me at 370 Lakeside Park under the Corporate Pavilion and enjoy FREE concerts starting at 6:30 p.m. on Fridays nights. The Corporate Pavilion seats more than 300 guests comfortably on outdoor furniture and provides a large courtyard and grassy area for extra seating if you'd like to bring your lawn chairs and blankets.

Come early and enjoy a delicious dinner, snacks and refreshments including ice cold beer, soft drinks and wine served by the Gator Island Grill starting at 6 p.m. This year, TheRoots.FM will broadcast live from 5:30-6:30 p.m. at Sunset Fridays playing your favorite rock, jazz and oldies hits; you won't want to miss it. I love seeing all the smiling faces, meeting new people and enjoying quality time with our residents, family and friends.

I would also like to thank our wonderful Sunset Fridays sponsors, *Mid Rivers Newsmagazine*, Commerce Bank, SSM St. Joseph Hospital and TheRoots.FM. This year's concert series is packed with a diverse schedule of music, including jazz, country, pop, blues, rock and more. For the entire concert schedule, see page 20 or go to [www.stpetersmo.net](http://www.stpetersmo.net) for all the details. See you at the lake!



**Rocky Reitmeyer**  
Board President

## Summertime is Here!

First of all, I want to say how great it is to honor our veterans on Memorial Day and remember those who gave the ultimate sacrifice in service to our nation. This event always brings to the forefront a little reminder that freedom is not free. To all our veterans, thank you for your service to our country.

I love the smell of fresh cut grass in the spring and summer, but please ... please ... please do not

shoot the grass, leaves or debris out in the street or in your curbs. When it goes down the sewer, that's when you see the backups and flooding after a rainstorm. If you see your neighbors doing this, please remind them this will cause their neighborhood to flood.

Don't forget to save all the aluminum cans for the "Pennies for Patriots" program. Drop them off in the brown can on the west side of City Hall, at the Mayor Tom Brown Senior Center in the blue containers inside and at Recycle City in the big blue dumpster. All the money

raised from these cans goes to the USO at Lambert Field. The guys and gals who serve to protect our freedoms stop and depart from there all hours of the day. We make this a "home away from home" and let them know that we care about each and every one of them. Please wish them well in your prayers.

Our 370 Lakeside Park has been open for six years. If you haven't been out to visit the park lately, I'd like to suggest you check it out. An archery/crossbow range is open and I understand that stargazing on the raised platforms has become a popular pastime at night. The dog park area is open. Also, come out and see our large pavilion which is being used for all types of events, like our Sunset Friday Concerts that begin at 6:30 p.m. on Friday evenings throughout the summer. Come out early and get a good spot to enjoy the music over the lake. Bring your own snacks and drinks to enjoy (no glass, please) or purchase tasty food and drinks at the concert.

You can take the family out to the park for a picnic or bring your fishing license and a pole and cast a line in the stocked lake. We have bass, catfish and bluegill for catch and release only. You can fish from the bank or put in your own boat at the boat launch (trolling motors only). Come early in the morning or late at night and see all of the wildlife coming out to take a cool drink from the lake. A sight to see! The park sits on 300 acres with a 140-acre recreational lake. Take a leisurely walk or bike ride on the 4-mile perimeter trail. Don't have a bike? Rent one at the Ranger Station.

Be sure to bring the family to 370 Lakeside Park on Sept. 16 and 17 to help us Celebrate St. Peters. The event promises to be a lot of fun again this year with a huge carnival, lots of games for the kids, dozens of vendors and top entertainment on three stages, as well as a big fireworks display on Saturday night.

The RV section of 370 Lakeside Park features both pull-through and back-in sites with 50-amp service and 25 new sites will be going in this year. There is also space set aside for primitive camping in tents. Take advantage of free Wi-Fi and the benefit of on-site security. To reserve a campsite, call 636-387-5253.

Please remember that as your alderman, my door is always open. Contact me with any concern you might have. I am proud to be your alderman and value your comments. My phone number is 636-485-5710. My e-mail address is [ald\\_reitmeyer@yahoo.com](mailto:ald_reitmeyer@yahoo.com).



**Patrick Barclay**  
Ward 4

## Thank You

I have always been very proud and honored to represent the residents of Ward 4 on the St. Peters Board of Aldermen. It is certainly a privilege I will never take for granted. I'd like to extend a heartfelt thank you to everyone who came out to the polls on April 5 and voted for me. I look forward to many great things that will be happening over the next four years. It takes a group of people to do,

and I would like to thank the staff as well as my fellow elected officials. Finally, I need to tell my wife and children that I couldn't do any of it without their love and support. Without them, I wouldn't be able to perform my Aldermanic duties. They know I enjoy what I am doing to

help the people of our community. May God bless everyone and again, thank you.



**Don Aytes**  
Ward 4

## Memories

We went to the country yesterday to put some flowers on a few graves. That always brings back a few memories.

We built a house on some ground outside of town back in 1940. It was a two bedroom, full basement with a cistern, a small back porch and a large back porch. We

never finished the upper floor. We paid \$1,800, but the minimum wage at that time was 50 cents per hour. The wage was not meant to be a living wage; it was for young people to get a job as they ate and slept at home.

I worked for a private company later on that made baby shoes. They paid married people and people who were on their own more. Nobody had much, but people seemed happy. But the 1953 gas prices were \$.189 per gallon.

I remember coming down to the St. Louis Highlands, but I was too young and my uncle had to carry me.

I remember having a bicycle that cost \$8. I rode it during most of World War II and sold it for \$20 when the war was almost over.

Would I like to go back to being about 10 years old? No, I don't think so. I wouldn't want to do all that work again.



**Terri Violet**  
Ward 3

## Boards and Commissions

Have you ever driven through a neighborhood past a home with a beautiful exterior and a lawn that looks like a perfectly manicured golf course? Within that very same neighborhood you may find an unkempt home with a yard filled with weeds. What is the

difference between the two? One home is able to invest the time, resources, drive and devotion into their home. Cities are just like these two different types of homeowners. Our Hometown St. Peters is much like that homeowner with the beautiful home and pristine lawn. St. Peters Boards and Commissions play a very important role in maintaining our status as one of the Top 100 Places to Live. If you are considering being a volunteer, this would be a great place to start!

The new 2016/2017 Aldermanic Representatives for the Boards and Commission are: Board President - Alderman Rocky Reitmeyer; Planning and Zoning Commission - Alderman Patrick Barclay; Parks, Recreation & Arts Advisory Board - Alderman Terri Violet; Veterans Memorial Commission -

Alderman Judy Bateman; Senior Advisory Committee and St. Peters Green Team - Alderman Michael Shea; Community Health & Wellness Advisory Committee - Alderman Dave Thomas; Outpatient Surgical Treatment Center Medical Review Board - Alderman Jerry Hollingsworth; substitute in the absence of aldermanic representation - Alderman Don Aytes.

Though saying "goodbye" to the members of the Veterans Memorial Commission that I served with is difficult, I am saying "hello" to another wonderful group of volunteers. I am looking forward to working alongside the hard-working residents that are a part of the Parks, Recreation & Arts Advisory Board as we face a year of exciting new possibilities in the City of St. Peters! For more information about serving in this capacity, please visit [www.stpetersmo.net](http://www.stpetersmo.net) and click on the Residents tab. As a community, we are continually maintaining our quality of life and each resident that gives their precious time and effort is greatly appreciated.

If I can ever do anything for you or your family, please don't hesitate to call or email because I am here to help. Remember, your concern is my concern!



**Michael Shea**  
Ward 3

## Signs, Signs, Everywhere a Sign ...

Yep, it was election time again and the signs were everywhere. We saw signs for the mayor's race, school taxes, school boards, sales taxes and on and on. But I wonder how people really feel about the signs "... blocking out the scenery and breakin' our minds."

I received a few calls about all the campaign signs in my neighborhood. Some didn't like them, said they looked "trashy." Granted, some really do make the landscape look bad, some may say "blighted."

That is why there are ordinances governing temporary signs used to promote a message or a person. (Section 405-750)

If you take the time to drive through our City, look at all the signs, you could very well ask yourself if the people putting up signs, did they even take the time to read the ordinances?

The first thing, know what you can and cannot do with your sign. Safety is the primary rule with all these temporary signs. How many times, while driving, did you come across a sign that blocked your view because it was placed too close to the curb? Public Right-of-Ways are protected so that signs don't interfere or block the vision of motorists. Placing a sign too close to intersections or the curbs of streets poses a dangerous environment for motorists.

I get the idea that some think if the property is vacant, they have the right to place a sign on that property. Well, don't you think it would be

nice to ask permission from the property owner? So many signs are done this very way. In fact, the City's ordinance actually says that temporary signs placed on others' property, one must receive the permission from the property owner. This rule also applies to "Garage Sale" signs. By the way, placing them on utility poles and street signs is not a good idea, either. Don't forget to be neighborly and ask.

The night before the election, I was out checking the polling places. I was driving west on Mexico Road approaching City Hall. I turned into City Hall to see a four foot by eight foot campaign sign next to our Veterans Memorial. It was so important to someone, where to place the sign for the vantage point, that they didn't notice the Memorial. We can never let it happen again.

My point to make is that we should all care about how **My Hometown** looks, and placing temporary signs anywhere we want just litters the countryside, and in our case, the City's landscape. People should respect not only others' property but our City's property. St. Peters is a proud city with some of the greatest and proudest residents and neighbors, and our City employees work hard to make it the **best** city in St. Charles County.



**Dave Thomas**  
Ward 1

## Worth the Fight

America has certainly changed since the first days of European settlers and the formation of our Nation. Even our own City has adapted, changed and grown since it was first settled just over 100 years ago. And in all this time, the government established has remained, for the most part, intact

because people believe in the basic concepts of Representative Democracy, and continue to support this basic form of rule.

A successful form of conceptual government includes a fundamental value and dignity of every individual. Dignity of treating and being treated fairly. And, if occurring otherwise, that a fair and honest discussion and dialogue should take place to rectify any wrong. Respect.

These basic concepts include right to equality before the law, without regard to the individual's social status. And that this position of status is to be earned, such that one can choose for themselves, by their own good works, to change that position in fair and honest dealings. Not that it is just given.

They include a belief in a majority rule and yet at the same time, minority rights. The majority rule will and should be law of the land based on representative selection ... however, this does NOT mean that those who stand in difference should be treated with disrespect. And vice versa. When a majority chooses, the minority should live with this position until said time

Continued on next page

## Continued from previous page

again that a rise of question and vote occurs to make change of that rule. Respect goes both ways.

There is a need for compromise. Not compromise of values but rather of position, such that each side can learn to live with and not apart. Differences give us strength, consistencies give us unity. Together, they give us surety as we continue to find value and principle for a common, understood and agreed good for all.

Together, these concepts include understanding that there are limitations to a governing body's power's and abilities. In the case of our government ... from national down to our subdivisions and even families ... with an earned authority to rule, the ruled have an actionable responsibility to exercise their belief towards a unified majority. It is OK to fight for the right of the governing over the governed if

the governing have stepped outside the majority. Do not be complacent, as those who wish to rule over you are not.

Remember, the power exists so long as citizens continue to value these concepts, and will only continue such that our government and way of life exist with a free will and exercised leadership. If citizens become complacent and take their rights and freedoms for granted, then ALL our rights will be endangered of an oppressive, self-serving leadership, with resulting corrupt and dominating government set in place. Tyranny.

How can we demonstrate loyalty and honor to our country even though we may disagree? How can we teach our children to be good citizens? What are our responsibilities as citizens? The simple answer is to be involved. With citizenship comes obligations. Some are required by law, including taxes and debts, and obeying the law. Other obligations, such as

valuing others' opinions, staying informed about candidates and issues, and respecting elected representatives, might not be written laws, but they may be considered instructions for good conduct, for good citizenship.

Learn and understand what is happening in your community and gather together your friends and family to share that learning. Use facts, use values, use respect ... and give even a little of yourself and your time to ensure that all are saved, quite frankly, from ourselves.

We have the single best government in the world ... proven time and time again. And yet, left unchallenged or unchecked, it will grow (has grown to some extent) beyond what our Founding Fathers laid in place for each of us to enjoy. And to achieve this, it takes one and all to stand and be willing to fight for what is right and fair, to respect choices and cooperative elections. This takes a fight ... and this is what the fight I will take on is all about.



# ECONOMIC Update

The City of St. Peters is a great place to live, work, play ... and do business. Economic development continues to hum along, with projects underway, recently completed or coming soon.

RB (Reckitt Benckiser) continues to build in two locations: a \$31.5 million, 715,000-square-foot facility in Premier 370 Business Park, and a \$25 million, 27,000-square-foot, six-story expansion at its existing location in Arrowhead Industrial Park. RB is a global leader in the manufacture of home, hygiene and health products. The company says the two projects will eventually create 450 new jobs.

Barnes-Jewish St. Peters Hospital is nearing completion on a 15,640-square-foot expansion to the Siteman Cancer Center. Didion Orf is expanding its recycling center by 40,000 square feet on Didion Drive. Lewis Boats is expanding on the I-70 North Service Road, Napleton Honda plans a small addition, and Baue Funeral Home and

Memorial Center is also expanding its operation to include a crematorium on Shady Springs Drive.

Courtyard by Marriott opened a new hotel on Veterans Memorial Parkway recently. Bahama Bucks is now serving island-inspired shaved ice and other menu items at its new location at 6010 Mid Rivers Mall Drive. Elemental Therapeutic Massage is open at 1365 Triad Center Drive. Walmart Markets opened at two locations: Mid Rivers Mall Drive/St. Peters-Howell Road and Jungermann Road/Sutters Mill Road. AT&T opened in a new building at the remodeled Village Mall in the 300 block of Mid Rivers Mall Drive.

Ham & Eggs Restaurant is remodeling a former Sonic on Harvester Road, south of Route 364. Gateway Credit Union will build on Jungermann Road, south of McClay Road. A Country Club Carwash/Mobil on the Run is under construction at Jungermann and Mexico

RB expansion at Arrowhead



Roads, across from a newly opened CVS drug store. QT is replacing its store at McClay and Jungermann. And, MERS Goodwill is building a new 15,300-square-foot store on Harvester Road south of Route 364.

Fort Zumwalt School District purchased the former Sanford Brown school building on Veterans Memorial Parkway, west of Salt Lick Road, with plans to remodel the building to house their early childhood education center.

Keep up to date on all of St. Peters' economic development news online at [www.stpetersmo.net](http://www.stpetersmo.net). Check the Economic Development web page from the Business pull-down menu. NEW on our website: an "Economic Update" publication keeps you informed monthly about growth in St. Peters.



# Check Out the Annual Police Report Online, and Help Keep Crime Rates Low

Each year, police departments across the nation report annual crime numbers to the FBI. Our St. Peters Police Department takes the extra step of presenting this information so that it's easy for the public to also view those numbers.

You can go online to [www.stpetersmo.net/police](http://www.stpetersmo.net/police) to see the past several annual reports with a variety of statistics showing crime trends.

As usual, the City of St. Peters enjoys a low crime rate. But, there's something we can all do to make those numbers go down even more. We saw an increase in "larceny" for the first time in St. Peters since 2008.

Larceny is the unlawful taking, carrying, leading or riding away of property from the possession of another. A lot of times larceny is a crime of opportunity—someone sees an open garage door or finds an unlocked car, and they steal something.



*Neighborhood Watch meeting*

secure, improve child safety and prevent abductions, prevent scams, safely surf the Internet, and more.

If you want to start a Neighborhood Watch Program, or maybe host a block party on National Night Out in October, please contact Officer Melissa Doss at 636-278-2244, ext. 3550, or email [mdoss@stpetersmo.net](mailto:mdoss@stpetersmo.net).



The St. Peters Police Department continues to encourage our residents to close garage doors and lock their cars any time they are not present. Even if you're at home, somebody can steal from your garage or car if you're not watching. Doing a project in the backyard? Close the garage. Is your car parked outdoors while you're inside? Lock it. Don't give a potential thief the opportunity to steal.

If you'd like to do more to stop crime in your neighborhood, consider taking an extra step and join with neighbors and police through the Neighborhood Watch Program. Police provide Neighborhood Watch groups with training on how to identify suspicious activity and report crime, make their homes more

## APPLY NOW FOR HELP WITH HOME IMPROVEMENT PROJECTS

The St. Peters Home Improvement Loan Program provides funding for low-income homeowners with home rehabilitation project needs such as new windows, furnace & air-conditioner, roof replacement, driveway replacement or repair and more.

**Receive up to \$5,000 through a no-interest, 5-year forgivable loan. This program is first-come, first-served—limited spots are available.**

To be eligible, you must:

- Have lived in the home in the City limits of St. Peters for at least one year at the time of application.
- Not previously participated in the Urban County or St. Peters Home Improvement Loan Programs.
- Not exceed household income limits (see below) established by the U.S. Department of Housing and Urban Development (HUD).

For more information or to see if you're eligible, call 636-279-8279 and select option 2.

### **Maximum Income Levels\***

1-person household: \$39,400 • 2-person household: \$45,000 • 3-person household: \$50,650 • 4-person household: \$56,250

\*As of presstime. Subject to change.



A friend asked her to run. Kari was reluctant. She hadn't run since she hurt her hip playing sports in college. "I couldn't run 50 feet," Kari said. "But, with all these classes I had been doing and the strength I had been building in my hips with the Body Bar classes, I thought I'll try, I'll try. So, I started on the treadmill, started walking, doing that couch to 5K type of thing. And, one day I ran a mile nonstop, and I was so excited. I called everyone I knew and told them, 'I ran a mile!'"

Then, she tried a 5K. Then, a 10K. Then, a half-marathon. "And, now I run, when I can. I train for different races to keep motivated," Kari says.

These days, about three years after she started working out again and 50 pounds lighter, Kari feels like she's in better shape than she was 20 years ago during her days playing sports.

Kari wants the students in her group aerobics classes to succeed, too. She remembers how it was for her starting out, and how she advanced over time with the help of her instructors. And, she knows from experience that people have different weaknesses or injuries to overcome. "Everyone in that class is at a different level," she says. "Some people, they've got a bad knee or a bad shoulder. Just take it down a notch. Everybody in that class knows the different modifications that we have. And, you can change things up, so that any level that you're at, you can still do something. Instead of jumping high, you can march along. You're still moving, and that's what matters."

Kari also draws on her knowledge of chiropractic to help her students. She teaches a number of moves in her Active Older Adult classes that come from her experience dealing with patients. "It's what I would do in rehab for people who had issues with legs or hips or knees or ankles to strengthen and get balance and coordination back for them," she says.

The key for anyone who wants to get back in shape is to find the activities that best suit you, Kari says. Don't like running? Maybe swimming is your thing. Can't swim? Try a fitness class. Do you like strength training? Hit the weights. Have knee problems? Perhaps an elliptical machine can get you started. All of those activities are available at the Rec-Plex. But, the first thing you have to do, Kari says, is make time for yourself and tend to your health for your own sake and so that you can be there for your family and friends.

"You do what you can do with your body. You're given what you're given, and you do the best with it," she said.



## SPTV St. Peters TeleVision St. Peters' Government-Access Channel

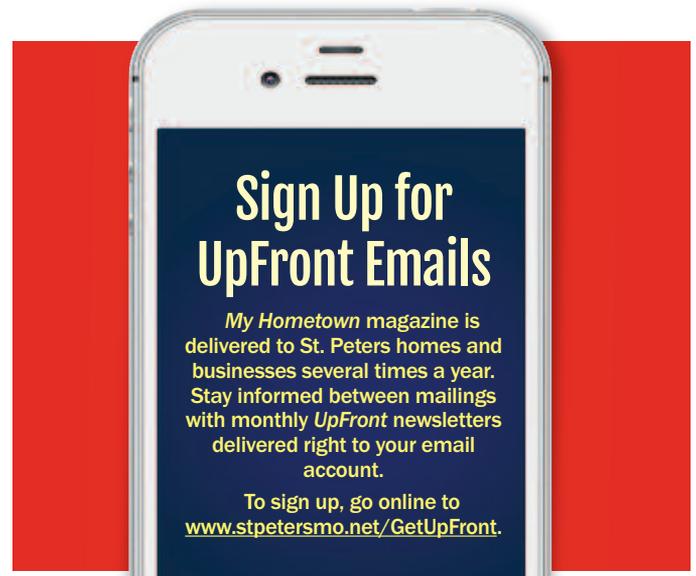
Find out what's going on in your hometown with SPTV, your local information channel. Watch for our LIVE weather and news updates featuring a view of westbound & eastbound I-70 traffic every day during a.m. and p.m. rush hour.

The Board of Aldermen work sessions air live on the second and fourth Thursday of most months at 5 p.m. with the business meeting beginning at 7 p.m. **In June and July, the Board of Aldermen will meet on the fourth week of the month only.** The Planning and Zoning Commission meetings will air live on the first Wednesday of each month at 6:30 p.m. Replays of both meetings air throughout the month.

With all the great events planned here in our City, keep watching SPTV for information about our free concerts, our beautiful parks and trails system, special announcements about Sunset Fridays and Celebrate St. Peters 2016 and much more. Our newsmagazine show called *UpFront St. Peters* is designed to keep you up-to-date on everything St. Peters.

*UpFront St. Peters* airs several times a week on SPTV, or you can check it out on-demand at [sptvnow.net](http://sptvnow.net). A new episode of *UpFront St. Peters* starts airing Tuesdays at 4:15 p.m.

Watch SPTV live or "on demand" at home or on your mobile device at [sptvnow.net](http://sptvnow.net), or live on AT&T U-verse Channel 99 and Charter Communications Cable channel 992. A complete program schedule and program descriptions can be found online at [sptvnow.net](http://sptvnow.net).

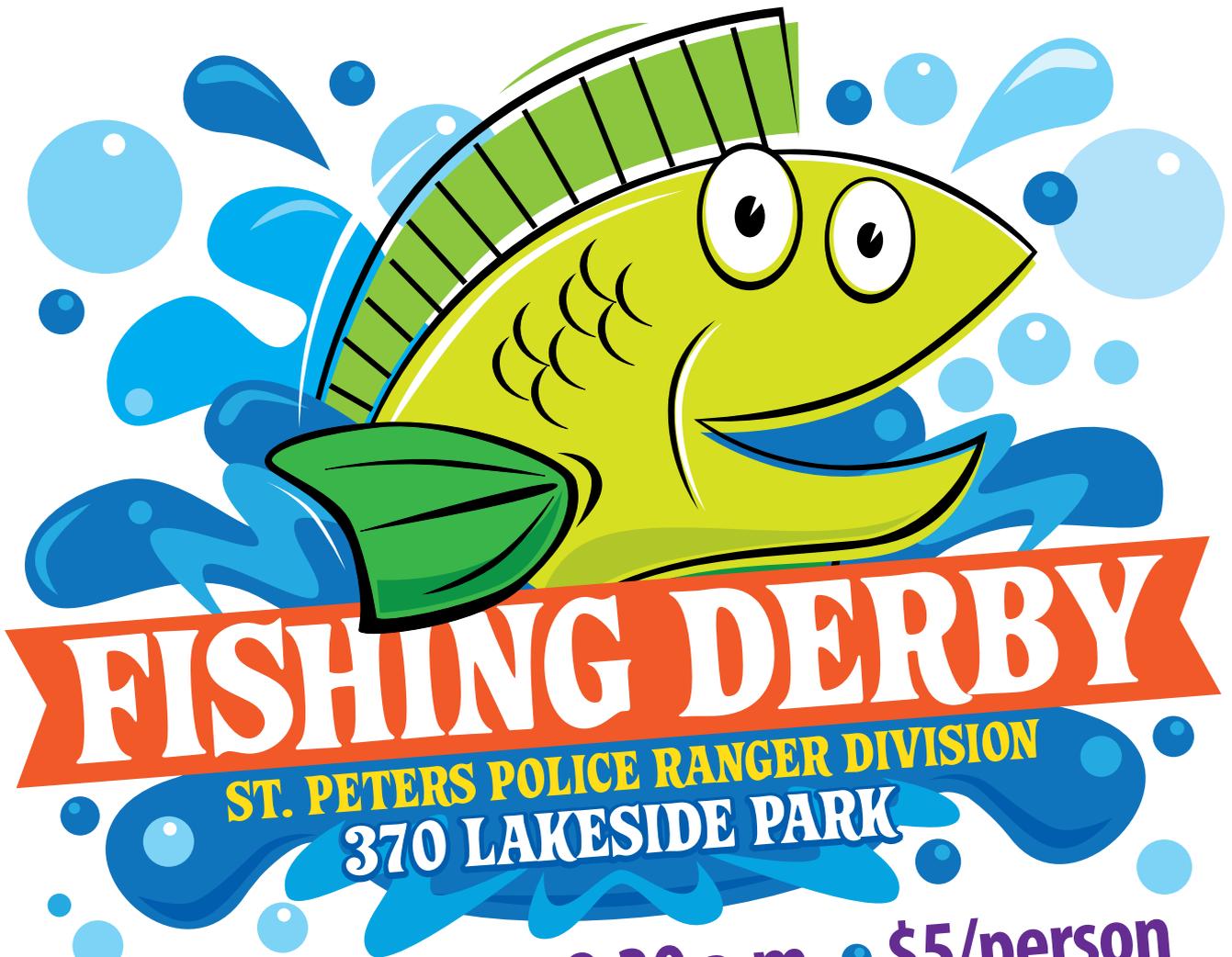


### MY HOMETOWN Magazine

Published periodically by the City of St. Peters, MO, and mailed to St. Peters homes and businesses.

636-477-6600 (AT&T) • 636-278-2244 (CenturyLink)  
[www.stpetersmo.net](http://www.stpetersmo.net)

The City of St. Peters does not discriminate in its employment practices or in admission to its programs and activities on the basis of race, color, sex, religion, age, national origin, disability or veteran status. AA/EOE



# FISHING DERBY

ST. PETERS POLICE RANGER DIVISION  
370 LAKESIDE PARK

**Saturday, June 4 • 8:30 a.m. • \$5/person**

- Divisions for ages 6-12 and ages 13 and up
- Prizes for catching the most fish and largest fish!
- First 100 children registered in advance receive a free T-shirt
- Advance registrants entered into a chance to win a gift card
- Same-day registration available
- Check-in begins at 7:30 a.m. near the marina

Thanks to our sponsors:  
**Dick's Sporting Goods  
& Lewis Boats**

Advance registration is available in person at the St. Peters Rec-Plex, by phone at 636-939-2386, ext. 1400, or online at [www.stpetersmo.net/rec-connect](http://www.stpetersmo.net/rec-connect).

**SAME DAY & LOCATION** Kite Festival, Family Bike Ride & Health and Wellness Event  
9 a.m. - 1 p.m. • **FREE EVENT**



[www.stpetersmo.net](http://www.stpetersmo.net)

Health & Wellness COMMITTEE

**200 FREE KITE BUILDING KITS • 100 FREE BICYCLE HELMETS\***

\*Courtesy of Kohl's 4 Kids & SSM Health Cardinal Glennon Children's Hospital



www.stpetersmo.net

## Mark your calendar! The dates have been announced for 2016 Sunset Fridays.

### Concerts begin at 6:30 p.m.

Join the hundreds of people who have found the free Sunset Fridays Concerts at 370 Lakeside Park to be a great way to relax after a long week. The Corporate Pavilion is the perfect venue to enjoy great music, a cool breeze and a beautiful sunset.



**370 Lakeside Park**  
**Gator Island Grill opens at 6 p.m.**

www.stpetersmo.net • 636-477-6600



- May 27** - **Acoustik Element**  
(Spanish and Latin Acoustics)
- June 3** - **Oh Brother** (Rock)
- June 10** - **Sins of the Pioneers** (Bluegrass)
- June 17** - **Joe Mancuso Trio** (Jazz)
- June 24** - **Acoustic Music Jam** (Acoustic Hits)
- July 8** - **Marissa Harms/Wade Trent** (Pop/Country)
- July 15** - **The Catapults** (Blues/Funk)
- July 22** - **Dawn Weber Jazz Trio** (Jazz)
- July 29** - **Blues Plus**  
(Blues/Rock/Country)
- Aug. 5** - **Oliver Nelson, Jr. Quartet**  
(Jazz)
- Aug. 12** - **Delta Sol Revival**  
(Blues Rock & Latin/Soul)



Sponsored by:

