

January 2012

# First Capitol News

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## NTHS Holds Fundraiser for Domonic Zwilling



**Holly Ash, president of National Technical Honor Society of Earth City, Missouri pictured with many of the silent auction prizes at the fundraiser held recently for Domonic Zwilling who lost his family in a St. Charles house fire.**

**First Capitol News Photo by Tony Brockmeuyer**

The National Technical Honor Society of Earth City, Missouri recently held a fundraiser at the Moose Lodge for Domonic Zwilling, the young man who lost his family in a St. Charles house fire.

Several thousand dollars was raised at a Travia Night. Prizes were donated by Kurt Warner former All Star Football Quarter Back. Holly Ash, chairwoman for the event said that she contact-

ed the Kurt Warner Foundation and believes that it was Kurt Warner who returned her call and offered the prize.

Others who donated prizes were JJ's Emporium, RT Weilers, Wolten Dental, Golf Management Greiners Pub, Lollytops, WIL Radio, Fox 2, Avon, Plaza Lane, Tintyperly and Jakes on Main.

The money collected was sent to the Domonic Zwilling Trust Fund at U. S. Bank.

## Saint Louis Crisis Nursery's Razzle Dazzle Masquerade Ball will raise funds for families in crisis

The Saint Louis Crisis Nursery's annual Razzle Dazzle Masquerade Ball on Saturday, March 3, 2012, will raise funds to help families in crisis, and to prevent child abuse and neglect. Last year's 25th anniversary Razzle Dazzle Ball raised \$300,000.

The mask-optional Razzle Dazzle gala will be held at the Sheraton Westport Lakeside Chalet Hotel, 6:30 p.m., and will include cocktails and hors d'oeuvres, dinner, live and silent auctions, the HUGS & KISSES Awards, live music and dancing with Arvell and Company.

"We are honored that the St. Louis community has supported our mission to save babies' lives, keep kids safe and build strong families for more than 25 years," said Crisis Nursery CEO DiAnne Mueller. "This year, we're celebrating with a masquerade ball."

Robin Smith, Emmy Award Winning News Anchor at KMOV-TV, is Honorary Celebrity Chair of the annual event. The Master of Ceremonies, for the second year in a row, is the international comedian Buzz Sutherland, who has performed on HBO's "Comic Relief" and MTV's "Half Hour Comedy Hour."

Tickets to the Razzle Dazzle Ball are \$150. Table Sponsorships range from \$2,000 to \$50,000. For tickets and sponsorship opportunities, contact Ebonee Shaw at [ebonee@crisisnurserykids.com](mailto:ebonee@crisisnurserykids.com) or (314) 292-5770.

Crisis Nursery will present their H.U.G.S. & K.I.S.S.E.S. awards to several volunteers and organizations that have supported Crisis Nursery and

Continued on Page 8 Crisis Nursery

**MAKING A DIFFERENCE One week at a time!**

### A Haunted Tour of St. Louis

Do you ever wonder if St. Louis has its share of angels and demons?

Join us on March 20 as we take a tour through haunted St. Louis. Guide Linda Koenig will share stories of local haunting, unusual happenings, miracles, and even a real-life exorcism. This supernat-

ural tour will include stops at the Shrine of St. Joseph, St. John the Apostle, the College Church, the Pink Sisters, and Bellefontaine and Calvary Cemetery. Lunch will be served at the Bissell Mansion.

The cost of the tour is \$70 per person. The fee includes transportation, admissions, guide, and gratuities.

The tour departs at 8:30 a.m. from the west parking lot at St. Peters City Hall, located at Mexico Road and St. Peters Centre Blvd. in St. Peters, MO. The estimated time of return is 4:30 p.m.

For more information or to sign up for the tour, call ext. 1400 at 636.939.2386 or go online to [www.stpetersmo.net/rec-connect](http://www.stpetersmo.net/rec-connect).

### Watercolor Floral/Collage Workshop at the St. Peters Cultural Arts Centre

Artist Shirley Nachtrieb will host a workshop on Friday, Jan. 27 from 9:30 a.m. – 3:30 p.m. at the St. Peters Cultural Arts Centre. Artists of all skill levels welcome.

Let the winter season be your inspiration in this class as you review the colors of winter and focus on stark winter weeds. You'll use a limited palette of three colors to explore dimension through the use of collage. Bring your own reference materials or use the instructor's lesson.

For more information or to register for this workshop, contact Shirley at 636.947.1936 or email at [Shirley@nachtrieb.com](mailto:Shirley@nachtrieb.com).



*Merry Christmas*

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 By: Jennifer Ninh, owner of Skin Concepts  
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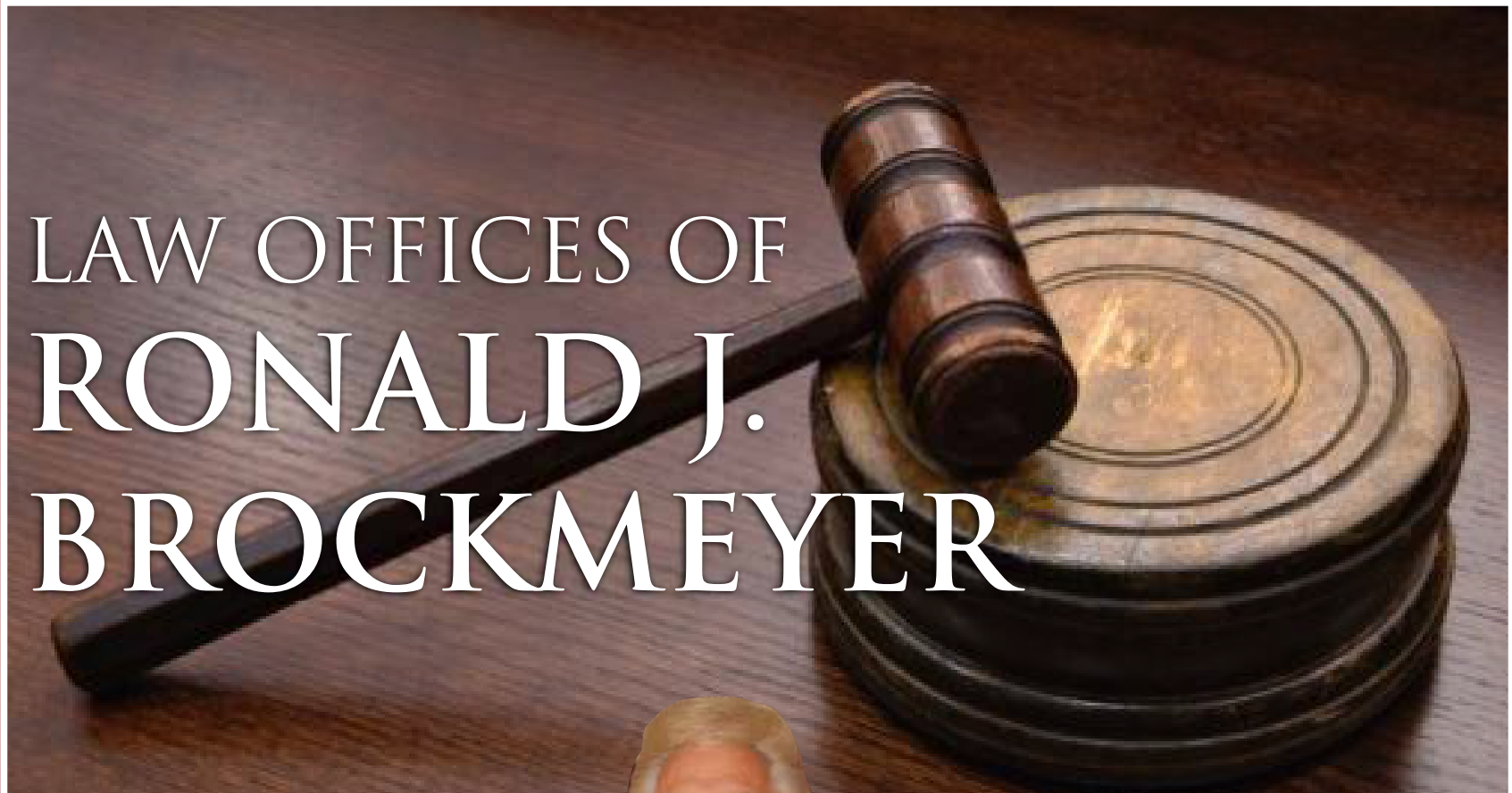
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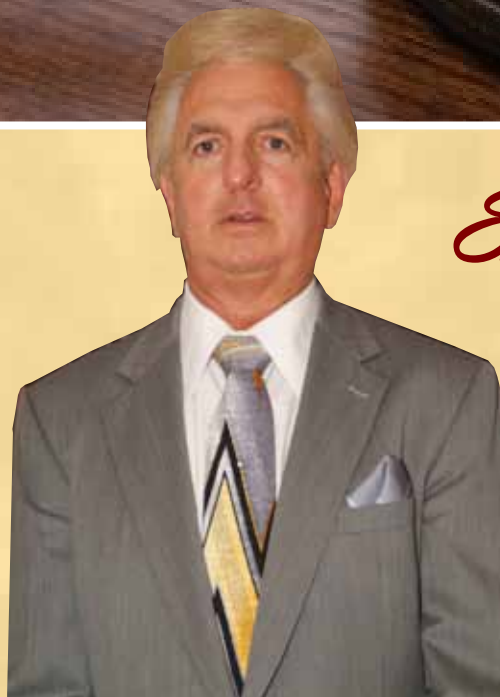
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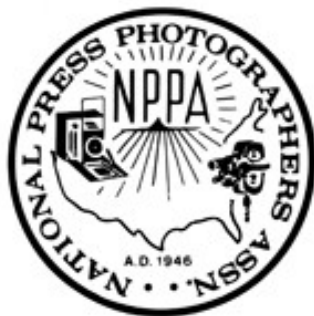
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**MAKING A DIFFERENCE**  
 One week at a time!

## Coupon Clipping Can Save Cash, But BBB Warns Consumers To Read Terms, Know Store Policies

Shopping with coupons has become almost a competitive sport, with cable television shows featuring people who get piles of groceries for little or no cash.

More than 330 billion coupons worth \$1.2 billion were issued in 2010 and nearly 3 billion were redeemed, making it the biggest year ever for coupon distribution according to Coupons.com, a firm that aggregates coupons online and monitors couponing trends. Further growth was expected for 2011 and 2012.

The Better Business Bureau (BBB) advises consumers to focus on meeting their own needs and understanding store policies for the best results from coupon shopping. To avoid disappointment in the checkout lane, make sure you check the expiration date before you try to redeem a coupon.

“There’s no reason to buy products simply because you can save money on them,” said Michelle L. Corey, BBB President and CEO. “If you or your family can’t use the item within a reasonable time, then the products could be a waste of money and use up precious storage space in your home.”

Coupons are available in newspapers, in the mail or online, and anyone who wants to use them should have no trouble finding coupons on items they

use regularly. With a little time and organization, most consumers can find ways to save money with coupons:

The BBB advises consumers to:


- Organize coupons in files or envelopes that you can carry with you to the store. Make a list of products you need that have coupons before you go shopping.
- Clip coupons only on products that you use or want to try.
- Be aware of stores’ coupon policies and read a coupon’s requirements before you try to use it. Some stores will double the face value of coupons or allow you to “stack” coupons on an item, which means you can use a manufacturer’s and a store coupon for the same item. There may be limits on the number or value of coupons that are doubled or how many may be stacked.
- Keep records of the prices of items you buy frequently so you can shop when they’re on sale. Remember to compare the cost of the item with the coupon to the cost of other items, such as store brands.
- Ask a store if it will match a competitor’s price on items that you have coupons for, saving you the trouble of visiting several stores.
- With online coupons, check to see if the coupon is being offered directly by the store or by a third party. If it’s from a third party, a store may ask for more information or require that the consumer sign up for additional services to redeem the coupon. If so, the BBB recommends using extreme caution before divulging any personal information.
- Don’t fall for phony coupons from email. Just because a coupon comes for a friend or family member, don’t assume the

coupon is legitimate. If a coupon site asks for sensitive financial information, it could be a scam.


- If you end up with more products than you can use, consider donating them to a food pantry or other charity.

Before you do business with a company or charity, check its BBB Business Review by going to [www.bbb.org](http://www.bbb.org) or by calling 314-645-3300.

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- Overnight accommodations in our Superior King or Double Queen room
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- Romantic Passion Kit

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Rates from \$179; valid February 1-29, 2012

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Robin Smith will host the Crisis Nursery Masquerade Ball and Buzz Southerland, a renowned comedian will entertain

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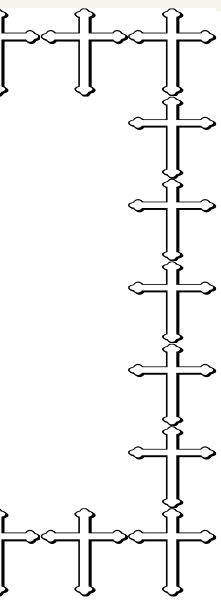
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29, 2012

# Catholic Education in Saint Charles

## How did we become a Blue Ribbon School Recipient?

No Child Left Behind—Blue Ribbon Schools Award by the U.S. Department of Education recognizes “schools that are academically superior or demonstrate dramatic gains in student achievement to high levels”.

Saint Peter School qualifies under the following criteria: Schools, regardless of their demographics, that are in the top 10 percent of schools in their states as measured by state tests in both reading (English language arts) and mathematics or that score in the top 10 percent of assessments referenced against national norms in at least the highest grade tested in the last year tested”.



### Catholic Schools express hope when they are Alive in Christ!

Catholic Schools Week will be celebrated in the Archdiocese of St. Louis from January 29, 2012 to February 4, 2012, but the mission carries on throughout the year, especially the Archdiocese's Alive in Christ 2018 Initiative.

**SCC NOW ENROLLING FOR 12-WEEK LATE-START CLASSES**

St. Charles Community College<<http://www.stchas.edu>> is now enrolling for 12-week late-start classes until Feb. 2. Those who are looking to pick up general education requirements can take advantage of these

shorter and alternative scheduling and delivery options. Classes begin Feb. 4.

Some classes are offered in a lecture format, while others are offered as distance learning. Distance learning options include online, telecourse (available as DVDs/videos) or as teleweb (some Internet activities

with the video).

Lecture classes include Introduction to Business (BUS-101-301), U.S. History Since 1877 (HIS-102-340) and American Government (POL-101-340 and POL-101-380).

Online classes include Intro to Cultural Anthropology (ANT-102-NR), Business Administration Capstone (BUS-298-N1), Online Info and Internet Research (COL-104-N1), Intro to Criminal Justice Systems (CRJ-140-N2) and Criminology (CRJ-175-N2).

Telecourse classes include Art Appreciation (ART-101-T2), Business Technology Tools (BAS-145-301) and Child Growth & Development II (CDC-113-380).

Teleweb classes include Concepts: Health (PHE-103-W1 and PHE-103-W2).

To register, visit [www.stchas.edu/connect](http://www.stchas.edu/connect)<<http://www.stchas.edu/connect>> or call 636-922-8000.

**SCC PHOTOGRAPHY INVITATIONAL WILL BE ON DISPLAY JAN. 30-MARCH 4**

The SCC Photography Invitational will be on display Jan. 30-March 4 at St. Charles Community College. The show will be in the gallery of the Donald D. Shook Fine Arts Building on the college campus in Cottleville.

The Photography Invitational will be shown in conjunction with the University of Missouri – St. Louis Student Photography Exhibition. The participating invitational artists include Robert Boettcher, Richard Glass, Beth Goyer, Hillary Hitchcock, Donald J. McKenna and Bob Rikert.

There will be an opening reception from 6-8 p.m. Wednesday, Feb. 1, in the gallery.

Gallery hours are 8 a.m.-8 p.m. Monday-Thursday, 8 a.m.-4 p.m. on Fridays, and 10 a.m.-3 p.m. on Saturdays. The exhibit is free and open to the public. For more information about this exhibit or upcoming exhibits, contact Christine Holtz at [choltz@stchas.edu](mailto:choltz@stchas.edu).

**Crisis Nursery**  
Continued from Page 1  
improved the quality of life for local children. Awardees include: Couple of the Year – Linda & Eric Gerhardt  
Distinguished Corporate Citizen – GKN Aerospace  
Young Professional Hero – David Malone  
Don and Gretchen Gerber will sponsor the popular “Champagne & Diamond Extravaganza” with a grand prize of a one-carat diamond. Chances are \$25 and the winner of the diamond will be

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**Genealogy Classes Make a Comeback at the St. Peters Cultural Arts Centre**

Bring life to your heritage and discover who you are at Genealogy classes offered at the St. Peters Cultural Arts Centre.

This popular class led by the City's Arts Leader and genealogist, Cindy DuBois will take place on Wednesday, Feb. 8. Genealogy 101-102 will provide you with information to help you on your journey of discovering your ancestral heritage. Cindy will teach you about Internet research options as well as other places to go to acquire information. You'll be able to use these resources to discover who you are and where you came from.

For the experienced genealogists, Genealogy 201 will take place on Tuesday, March 13, at the St. Peters Cultural Arts Centre. In this class, you'll be provided with information to help you overcome any obstacles that you might endure along the way. You'll learn about preserving photographs and sharing them with others, and be encouraged to write your family's story. Cindy will help you move beyond the research and help you create a legacy for your family.

Choose between afternoon classes from 1-3 p.m. and evening classes from 6-8 p.m. The cost is \$7 for each class and includes light dessert.

Pre-register at the St. Peters Rec-Plex, 5200 Mexico Road in St. Peters. Class will be held at the St. Peters Cultural Arts Centre, located at St. Peters City Hall, One St. Peters Centre Blvd. in St. Peters.

**Crisis Nursery**  
Continued from Page 8

announced during the event.

The Presenting Sponsor for the evening is Centene Corporation. Major sponsors include BJC Healthcare, Edward Jones, Emerson, KMOV-TV, Monsanto, Shop 'n Save, Drs. James & Nanci Bobrow, Don & Gretchen Gerber, GKN Aerospace, Hardee's, and Missouri Baptist Hospital.

Other notable sponsors include Coca-Cola, Shea O'Toole & Darrell Davis, Scottrade, SSM-Cardinal Glennon. St. Louis Children's Hospital, The Boeing Company, James & Kimberly Wagner, Bancorp South, Phil & Angie Brandt, Carrollton Bank, Essex Dental Benefits, Exotic Motors Midwest, Hogan Trucking, Isle of Capri Casinos, Willie & Annie May, Steve & Sally Mitchell, Qwest Specialty Prod-

ucts and Rhodey Construction, Inc.

The Crisis Nursery fund raising chair is Roberta Cohen. The auction chair is Charlotte McClure. Event co-chairs are Doctors Nanci and James Bobrow, Janet and Larry Connors, Chalana and Lathon Ferguson, Ruth and Tim Hogenkamp, Joyce and Jeff Jackson, Elizabeth and Mark Niemeyer, and Kim and Jim Wagner.

**MAPLE SUGAR FESTIVAL**

Winter may not be everybody's favorite time of year, but many might be surprised to learn that trees are actually pretty sweet on it.

For about six weeks, from mid-January to the end of February, Mother Nature cooks up her own sweet treat within sugar maple trees as the sap begins to flow, ready to be tapped for making sugar and syrup. The Maple Sugar Festival at the Missouri Department of Conservation's Rockwoods Reservation offers the chance to see this historical process first-hand.

The Maple Sugar Festival takes place Saturday, February 4 from 10 a.m. to 3 p.m., and is open to the whole family. Visitors will discover how Native Americans and early settlers harvested this sugary delight—and see how the process demonstrates good conservation at work.

"The Rockwoods Maple Sugar Festival is an excellent opportunity for people and families to experience nature at its finest," said Kevin McCarthy, Conservation Department Interpretive Center Manager. "They'll learn skills to collect, boil and create their own maple syrup or sugar."

Visitors will find out how to

identify and tap sugar maple trees. They can also take guided hikes to see sap collection in action and witness first-hand how the settlers made the sap into sugar.

-more-

Tasting the sugar and syrup is one of the most popular attractions. Kids will also delight in trying sugar on snow, a unique treat created when maple sap meets the winter white stuff.

The art of maple sugaring was discovered by Native Americans, who would set up "sugar camps" near a stand of sugar maples each year to make sugar. Sugar maple sap has the highest sugar content

— about 3-percent — and produces the most sugar per gallon of sap collected. Still, it takes 40 gallons of sugar maple sap to yield one gallon of syrup.

Native Americans taught the process to early colonists. The settlers eventually developed a system of drilling small holes in the trees and placing hollow taps to draw the sap into wooden buckets. Back at the "sugar shed", the sap was boiled down in large copper pots over an open fire. It's a slow process, requiring almost 40 hours of boiling to produce a gallon of syrup.

Depending on how long the sap is boiled, a variety of products can be made, from hard sugar to syrup. The most common product was maple sugar blocks, because the sugar could be shaved off and used all year — or even traded for other goods. By 1890, cane sugar became cheaper to import as a sweetener so maple sugar production shifted to syrup instead.

In Missouri, February is prime maple sugaring season because it produces the right weather conditions. According to McCarthy, "February has the perfect combination of below freezing temperatures at night and above freezing temperatures during the day that causes the sap to 'flow'." The greater the night-to-day temperature difference, the more the sap flows. But come March, chemical changes in the sap end the sugar production season.

There's no denying the taste of maple sugar is a delight, but it also represents sweet success when it comes to living in har-

CONTINUED PAGE 11

# DRAMA CLEAN



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CONTINUED FROM PAGE 10

mony with nature.  
-more-

“Conservation means smart use,” said McCarthy. “Maple sugaring is a prime example of this smart use because trees are not harmed, they can be tapped year after year, and only a small amount of sap is taken.”

The Rockwoods Reservation Maple Sugar Festival offers a fun and educational outing for the entire family. McCarthy sees it as an opportunity for people “. .

. to connect to the natural world around them and have fun at the same time.”

The Conservation Department’s Rockwoods Reservation is located at 2751 Glencoe Road, off Highway 109 in Wildwood. For additional information on the Maple Sugar Festival Saturday, February 4, call 636-458-2236.

To learn more about backyard maple sugaring, including step-by-step instructions, see the Department of Conservation’s maple sugaring webpage at <http://mdc.mo.gov/discover-nature/how/maple-sugaring>.




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### Lindenwood University Receives \$280,000 from J. E. and L. E. Mabee Foundation for NCAA Campaign

St. Charles, Mo. – Lindenwood University has received a \$280,000 gift from the J.E. and L.E. Mabee Foundation, Inc. The money will be used to help fund the completion of a new 43,000-square-foot Student-Athlete Center as part of the university's transition to NCAA Division II membership.

A total of \$2.4 million has been raised through donor support toward the \$6 million facility. The center is currently under

construction outside Harlen C. Hunter stadium on the school's campus in St. Charles, Mo. When completed in late 2012, it will feature an academic support center; new locker rooms; and office, athletic training, and clinical spaces.

"In order to accomplish and meet NCAA expectations, it is necessary to expand and upgrade facilities," said James D. Evans, Ph.D., president of Lindenwood University. "It is through the support of donors such as the Mabee Foundation that we will be able to enhance the total collegiate experience directly for hundreds of student-athletes and indirectly for thousands of our general students

who benefit from the energy and cohesiveness that intercollegiate athletics engenders on our campus."

The summer of 2011 marked the beginning of Lindenwood's second year of NCAA candidacy. The university will serve another provisional year before being granted full membership by the start of the 2013-2014 academic year, providing all necessary application requirements have been met at that time.

The J. E. and L. E. Mabee Foundation, Inc., a Delaware non-profit corporation, was formed in 1948 by Mr. John E. Mabee and his wife, Lottie E. Mabee. The

purpose of the foundation is to aid Christian religious organizations, charitable organizations, and institutions of higher learning, hospitals, and other organizations of a general charitable nature.

Lindenwood University, founded in 1827, is an independent liberal arts university offering 84 undergraduate degree programs and 37 graduate programs in diverse areas of study in traditional and accelerated formats.

Lindenwood operates campuses in historic St. Charles, Mo., and Belleville, Ill., as well as numerous vibrant extension centers throughout the St. Louis Metropolitan Area.

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