~ JANUARY’S THEME—Rites of Passage ~

Featured Ethical Action: Save Lives!—Share Your Blood Now, Your Body Later

Thanks to everyone who participated in last month’s featured Ethical Action, fundraising for the Uganda Humanist Schools and scholarships for girls. The final total for 2019 will be shared in the January 26 Platform.

This month’s Featured Ethical Action is the annual Ethical Society Blood Drive, Friday, January 10, 9 a.m to 1 p.m. in the Becker Room. Start your New Year off with a good deed and save as many as three lives in as little as a half-hour. Reserve your spot now for a whole-blood donation and share the fortune of your good health. You can reserve a time through www.RedCross.org or 1-800-RedCross.

Also, this month, if you haven’t yet, register to be an organ donor. Registering online is the best way to ensure your organs can help others after your death. Go to www.organdonor.gov for links to sign up in your state. Take a few minutes and possibly save as many as eight lives.

Finally (hal!), consider adding to the progress of human knowledge and the training of medical professionals by donating your body to science. Local medical schools that accept body donation (sometimes there’s a fee) include Wash U http://bodydonorprogram.wustl.edu/ and SLU https://www.slu.edu/medicine/medical-education/case/gift-body-program.php. More information on passing on the gift of life is available at https://health.mo.gov/living/organdonor/pdf/DonorInformationSheet.pdf.

Sunday, January 5, 11 a.m. Platform

“So This is the New Year”; James Croft, Outreach Director

Music: Ryan Spearman and Kelly Wells, guitar and vocals

For millennia, people have celebrated the turning of the year as one of the most important rites of passage in the calendar. But why do we organize our years as we do, and what significance do different cultures place on the new year? How can we use the turning of the year as a time of renewal and regeneration?

Split Collection: Half of today’s *undesignated collection will be donated to Bilingual International Assistant Services, which works to ensure equal access to healthcare, mental health, and social services for all; www.bilingualstl.org. (*Note: If you pay your membership pledge through the collection, write “pledge” on your check, and it will not be divided.)

First Sunday Lunch—Start the year off right with a taco bar created by the Youth Group! $6/adults, $3/kids. Proceeds help our youth attend the Youth of Ethical Societies conference.

And don’t forget to bring a canned good for our ongoing food drive.

Sunday, January 12, 11 a.m. Platform

“Is Marriage a Dying Institution?”; Kate Lovelady, Leader

Music: Maurice Egeston, piano

Marriage has been one of the major Rites of Passage for people in every part of the world. Yet today more and more people, those with and without partners, are choosing not to marry. Why is this? What are the pros and cons of getting hitched? And what effects might a shrinking percentage of married people have on a country?
Sunday, January 19, 11 a.m. Platform
“Rites of Passage in the Modern Age”; Antigone Chambers Reed
Music: Alex Fu, piano

Historically, the Rite of Passage ceremony has served to initiate a person into a society or community. Typically, this pivotal point in a person’s life happens within a group. Sometimes the group is enacting upon one person, sometimes the whole group itself is involved in the process. In the end, there is usually growth, a heightened sense of development and awareness, and possibly a change in social status. But what do Rites of Passage look like now, in this modern age? We are so consumed by media and technology that even our minuscule social interactions have changed. How has this affected our development? How has this affected our ability to empathize?

Antigone Chambers Reed is a poet and writer, actor, and human rights activist. Based in Saint Louis, she has lived in both Memphis and New Orleans. In her downtime, she enjoys cooking, film, and traveling. She performs poetry with Saint Louis Story Stitchers, a group that addresses the roots of gun violence and seeks to uplift affected communities through media entertainment. She is also an actor with the Bread and Roses Workers Theater. As of right now, she is competing to become the next Saint Louis Youth Poet Laureate.

Split Collection
Half of today’s *undesignated collection will be donated to Interfaith Partnership of Greater St. Louis, www.interfaithstl.org. (*Note: If you pay your membership pledge through the collection, write “pledge” on your check, and it will not be divided.)

Sunday, January 26, 11 a.m. Platform
“Inspiring Each Other, Part 1”; Kate Lovelady, Leader
Performance: Jazzercise

It’s pledge time! Time to kick off the Ethical Society’s annual pledge campaign. This year’s campaign theme is “Inspiring Each Other.”

Come hear some refreshingly frank and empowering talk about the often difficult topic of money, and learn more about this past year’s accomplishments, plans for the future, and how we can continue to inspire each other. Plus, the announcement of the fundraising total for the Uganda Humanist Schools project!

Interested in Ushering?

There are open spots on our Second Sunday Ushering team. Ushering is a fun and easy way to get to know members of the Ethical Society. The Second Sunday team captain will train the new usher and the time commitment is low. Ushers need to be available from 10:40 a.m. to 12:05 p.m. on their assigned day and be ready to smile and welcome everyone to Platform, as well as helping with the Sunday collection. If you want to sign up or need more information, please contact one of the Ushering Co-Chairs: Stephanie Sigala (stephanie.sigala@sbcglobal.net) or Samantha White (snwhite2011@gmail.com).

Science Enthusiasts Club in January—Science News Items

The Science Enthusiasts Club is for anyone interested in scientific discoveries and their impact on society. You don’t have to be a scientist to be part of the discussion, just to love science! We meet 3rd Tuesdays at 7 p.m. in the Hanke Room. **January 21**, we’ll look at a variety of science-related items in the recent news. For more information, to join the email list for monthly readings, or to suggest topics, contact Rich Feldenberg, lrichard.feldenberg@health.slu.edu.

Bad Weather Policy

Decisions to close the Society building are based on MoDOT and weather warnings. Whenever possible, cancelation of Sunday meetings will be made the night before to get the word out to everyone. Sunday cancellations will be shared through the Ethical Society website and Facebook page; channels 2, 4, and 5 (and their websites); in an email to the membership; and on the “events” extension on the Society phone system (314-991-0955 x 224).
9:45 Forum on January 5—Disability Awareness: Experiencing Different Disabilities First-Hand to Build Empathy

Dignity, Respect, and Choice! How do we know what it is like for those with different abilities? This hands-on/body-on session gives you the opportunity to experience the challenges people with different disabilities have in navigating our society, culture, and world. There will be six different stations set up where participants in small groups will experience life’s everyday experiences through a different body in a supportive environment. Sensory issues, non-mobile, oral limitations for speech, inability to use one limb, vision limitations, hearing limitations, and cognitive/learning disability—these are the areas we will explore and experience. It is hoped that empathy gained from this session will be translated into action on how we approach, assist, and befriend those of different abilities.

You will also receive some handouts on “People First” communication and the most appropriate labels to use—usually “the one people’s parents have given them”: “So what do you prefer to be called? Handicapped? Disabled? Or Physically Challenged?” “Joe would be fine.”

9:45 Forum on January 12—The Earth Charter: Democracy, Nonviolence, and Peace

This month we continue our discussion of the Earth Charter (an international framework linking environmental issues and human rights concerns), but we’re changing up the format: for the section on democracy, nonviolence, and peace, we’ll watch a short film exploring the idea of nonviolence, and discuss it together.

9:45 Forum on January 19—Imagine That! Creativity Workshop

We are all creative! As a follow-up to her engaging Platform on December 29—“Imagine That!”—join Jan Kiefer and enjoy some hands-on fun in this mini-workshop that explores the skillset involved in the creative process. We’ll also note the characteristics of creative persons, barriers to creativity, and the kinds of environments that support creativity.

Upcoming Science Fiction Book Club Meetings, 4th Mondays

Our Science Fiction Book Club meets 4th Mondays, 7-8:30 p.m., in Kate Lovelady’s office. All are welcome to any meeting, even if you have not finished the book.

January 27. The Tea Master and the Detective by Allette de Bodard. This novella was nominated for both the Nebula and Hugo awards; “it is a delightful revisiting of the legendary Sherlock Holmes and Dr. Watson—if both were Asian women, and Watson was a genetically modified human that is the brains and heart of a transport warship.” Keep up with the club through the Ethical Society Science Fiction Book Club on Facebook.

Member News

Please welcome our newest members:

Anne Barenkamp is a high-school teacher whose passions are teaching high school history and English, the outdoors, and intellectual discussion groups. Jake Fisher is a marketing consultant whose passions are sports, the outdoors, and reading. They are joining because he wants the community, conversation, and opportunity to connect.

Francis Bretherton is a retired professor of atmosphere and oceanic sciences. Inge Bretherton is a retired professor of human development and family studies. Their passions are nature and the environment, music, and psychology. They are joining because they feel they are in harmony with the values of the Ethical Society.

Michael McClelland is a Registered Behavior Technician. His passions are emotional growth, kindness, kickball, learning, connecting with others, and bacon. He is joining because he wants the community, conversation, and opportunity to connect.

Don Beere just published a psychological thriller titled Blue Sky, Deadly Secrets. It’s available in paperback or ebook on Amazon. From the back cover: “Jason, a university professor, witnesses a terrorist murder a colleague who had sent him secret, sacred religious texts, which the terrorist is desperate to get back. Not only does Jason have to escape the murderer, but the police suspect he is the murderer. How can Jason survive? Can he conquer the demons from his past? Will the Blue Sky, the deadly poison that killed his colleague, kill him too?”

TWA member Uma Eachempati has published a memoir titled Whispers of the Heart. It tells about her family during World War II in India, when her father went to the front as a doctor and was taken prisoner by the Japanese in February 1942.

We are very sorry to share the news of the death of Janet Omurtag, member since 2011. Her family plans to hold a memorial in the spring, and we will share information as it becomes available.
TWA Talk and a Thank You to All

The Tuesday Women’s Association (TWA) meets in the Becker Room (except where noted) on Tuesdays from 10 a.m. until after noon, August through June. After the morning programs, all are invited to stay for a brown-bag lunch followed by news of members, roundtables, and/or mah jongg at 12:30 p.m.

January 7. Winter Party—Welcome the New Year! (Postponed from December.)

January 14. (Lecture begins at 10:45 a.m.) International Relations Lecture Series. “Organized Voter Suppression Tactics: An International Perspective”; Denise Lieberman, Director, Power and Democracy Program, Advancement Project. A seasoned constitutional and civil rights lawyer for more than 20 years, Lieberman has been at the forefront of voting rights actions in Missouri and across the nation. She is also an adjunct professor at Washington University in St. Louis, School of Law, lecturing on the international aspects of elections issues. Committee: Melodee DuBois and Ann Williams

January 21. “How to Be British”; James Craft. Brits and Americans share common heritage and many bonds of history and culture—but there are surprising differences! In this amusing presentation, find out more about the differences between British and American culture from our own resident Brit!

January 28. “Our Place In the Universe”; Dr. Claude Bernard, Professor of Physics, Emeritus, Washington University and Ethical Society member. Dr. Bernard (who has a gift for making his complex knowledge accessible) will describe some of what we know about the enormous universe and the tiny part of it that we occupy. He will zoom outward in perspective from the Earth, taking in our Solar System, our Galaxy (Milky Way), our local galactic neighborhood and cluster of galaxies, and then out towards the entire Observable Universe.

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Thanks to everyone who supported the Tuesday Women’s Association’s fall bake sales. We made a nice profit to contribute to local social causes.

Men’s Discussion Group, Tuesday Mornings

Each Tuesday from 10 a.m. until noon the Men’s Forum gathers in the Hanke Room: the first hour a formal program is presented, followed by a general meeting. Participants are invited to stay after noon for a brown-bag lunch. All are welcome, whether a member of the Ethical Society or not.

January 7. Kate Lovelady and James Croft, Rites of Passage.

January 14. TWA International Forum at 10:45 a.m. See above.


To All the Wonderful Good Cheer Elves

It was so sad after all our many talents and efforts that winter came our way and caused the Society to be closed for Good Cheer. Despite that, I am, as always, grateful for all of you who volunteer. Although I was very sad, when I think of all who volunteer their time and cheerfulness year after year, I am overwhelming grateful.

—Happy New Year,
Donna Kniest (CEO)

Virtual Travel Club—January 10, India

The next Virtual Travel Club gathering is Friday, January 10 at 7 p.m. in the Hanke Room. The presentation will be on India. Please join us and bring your friends. We encourage you to bring a snack to share and the beverage of your choice. We will provide plates, cups, and napkins, and we suggest an optional donation of $1 to cover the cost. Excess funds are donated to the Ethical Society. If you have questions, contact Carole Beere (beere1ca@cmich.edu).

Committee of Concern

When you or a family member is ill or experiencing tough times, a call from a concerned friend means so much. Whether the caller just asks, “How are you doing today?” or offers assistance, you know someone cares. That is what the Committee of Concern does. If you or someone you know is in need of such support, or if you would like to be a part of this caring team, please contact Jeanette Langton, ethicalstl-coc@yahooogroups.com; (314) 707-0658.
Make a New Year’s Resolution to Participate in Our Monthly Black Lives Matter Vigil

Every second Sunday, Society members and friends gather on Clayton Road to uphold the dignity and worth of every person and support the movement for black lives. Join us on Sunday, January 12, for fifteen minutes or stay for the full hour. We have signs and scarves to share, and please remember to dress for the weather.

Great Books Reading and Discussion Group

The Great Books Reading and Discussion Group will meet for its next session on Thursday, January 9, when the group will discuss Ralph Waldo Emerson’s essay “Self-reliance.” This year our meetings will be held on the second Thursday of every month (through May) in the Ethical Society Board Room at 7:30 p.m. The group reads selections from the anthology Great Conversations 1. Copies of the anthology can be ordered from the website of the Great Books Foundation, https://store.greatbooks.org/colleges-book-groups/discussion-group-favorites/great-conversations-1.html. If you are interested in joining this reading group, please contact Alan Easton at ameast89@yahoo.com.

Tai Chi for Arthritis and General Health Begins January 14

On January 14, we will begin learning Tai Chi for Arthritis, a short Sun Style Tai Chi form developed by Dr. Paul Lam, an Australian family physician and winner of several Tai Chi competitions. Though Dr. Lam originally developed it for arthritis, it is good for everyone. It is an enjoyable and rewarding form to do. This particular form has been the subject of research and demonstrated that it has significant health benefits. You can find information at https://taichiforhealthinstitute.org/. As well, we will learn numerous Tai Chi practices, Chi Kung), Tai Chi basics, and Taoist meditation.

Tai Chi will meet Tuesdays, 5:15-6:30 p.m. in the Hanke Room. Everyone is welcome; participants do not have to be Ethical Society members. We ask for at most a $5 donation to support the Ethical Society.

Divorce and Separation Support Group

On the Second Thursday of every month at 7 p.m. in Leader Kate Lovelady’s office, a self-led group of Ethical Society members and friends gathers to provide help, support, and encouragement to anyone going through the difficult and painful process of divorce and separation. The group is open to all. Contact Rich Feldenberg at richard.feldenberg@health.slu.edu for more information.

Board News

Ministry Goal Progress

Every January, the Board and Leaders hold a mid-year retreat to set the Ministry Goals for the following year. It’s also the perfect time for checking in on the overall progress with this year’s goals. Thank you to all of the folks who are working on these goals!

Ministry Goal #1: Leadership skills programs. Since June, Kate has worked in conjunction with others to develop several programs and classes for the Society and the AEU. The topics have been wide-ranging, including conflict management, understanding budgets, and self-care.

Ministry Goal #2: Increase membership retention. The Membership Team is actively recruiting members who are interested in acting as mentors for our upcoming new-member mentorship program. Please contact Travis Williams if you are interested.

Ministry Goal #3: Building and program accessibility. The Accessibility Team has created a plan to communicate their work throughout the Society. See page 6 for detailed information. An upcoming experiential Forum will be held January 5.

Ministry Goal #4: Emergency preparedness and child protection plans. Thanks to the Emergency Planning Team and chair Jane Schaefer for their work in updating our emergency preparedness plan. They are scheduling a meeting with Ladue first responders and creating an active-shooter training program for ushers, greeters, and SEEK.

Please note: Board meetings are the second Monday of every month, 6-8:30 p.m., and are open to any member. If you wish to be on the meeting agenda, please contact the Board President.
Save the Date for an Inspiring Lunch!

We are celebrating YOU, our inspiring friends, on Sunday, February 2! This year’s Pledge theme is “Inspiring Each Other.” So this year’s Pledge lunch is on US! Enjoy pizza, salad, and dessert provided by the Ethical Society to honor our Ethical supporters and mutual fan club after Platform.

We will have vegetarian and vegan pizza options with a giant salad for the gluten-averse.

Child-care will be available. Bring your completed Pledge commitment form or send it in ahead of time. If you can help with set up or clean up, please contact Stephanie Sigala, Pledge Chair, stephanie.sigala@sbcglobal.net.

See you there! Ethical would not be Ethical without YOU!

Ethical Society Action to Enhance Building Accessibility

In the context of the goal of creating a “welcoming home” for all, the Board charged the ministry team with increasing the focus on building accessibility.

Approximately a year ago, the leadership recruited Jim Jordan to lead a team to formally address accessibility of both the building and services provided at the Ethical Society. The team is comprised of Kate Lovelady, Jim Jordan, Arkay Adkisson, Dan Overmann, and Facility Coordinator Terri Arscott. The team was challenged not just to meet the requirements of the ADA (American with Disabilities Act) but to adopt a much more comprehensive approach, an approach that not only creates accessible accommodations but reflects the goal of creating a welcoming home for all people including those with disabilities.

The ADA is a civil rights law passed in 1990 providing rights and protections to individuals with disabilities on the basis of race, color, gender, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities using public accommodations, employment, transportation, state and local government services, and telecommunications. Additionally, it prohibits private places of public accommodation from discriminating against individuals with disabilities. It sets the minimum standards for accessibility for alterations and new construction of facilities and requires the removal of barriers in existing buildings where achievable with "reasonable modifications." This includes implementing steps necessary to communicate effectively with people with vision, hearing, and speech disabilities.

The Accessibility Team interpreted its challenge to include not just the physical environment, but the social as well. Accessibility is about accommodations that create opportunity and choice in a respectful dignified way. Being welcoming is about social engagement.

To achieve these objectives the team developed a 3-part strategy involving:

1. Physical-environment accessibility features
2. Service accessibility features
3. Education and awareness opportunities (to learn effective ways to socially engage people with disabilities)

After an on-site consultation with Paraquad (a local service organization recognized as disability experts), the Accessibility Team created an action plan categorized by priority and resource allocation.

Accommodations completed to date:

• Arranged for large-print programs for use at Platforms.
• Provided a large front-door sign announcing automatic door in back.
• Removed selected Auditorium seats to make three spaces for wheelchairs and wider chairs. One more space will be completed soon.
• Reduced height of selected coat racks both upstairs and downstairs.
• Installed handrails for steps serving the platform in the Auditorium at both the center-aisle steps and the steps at west end of the stage.
• Reversed the door swing to stall doors to the upstairs and downstairs women’s restrooms for easier access.

In-progress projects:

• Establish communication program for members and rental participants about accessibility features and choices.
• Implement training and awareness program for Ushers, Greeters, and others to assist those who want or need to use wider chairs or spaces for wheelchairs and their companions.
• Provide awareness and learning opportunities for both adults and youth on how to enhance social engagement with persons with disabilities.

Future projects in the planning stages:

Summer of 2020—(Main level) Create gender-neutral inclusive restroom that accommodates families, lactating mothers, and other individual needs not served by the existing restrooms. The current Dressing Room (located on the north side of the corridor serving the administrative offices) will be renovated to serve as both multipurpose large restroom and changing room.

Summer of 2020—Parking lot. Implement additional handicapped parking spaces, including van accessible spaces closer to the lower-level east entrance.

2021—Foyer vestibules. While repairing the water-damaged vestibules, replace damaged doors and add a set of 36” wide automatic doors at the east vestibule.

2022—Downstairs restrooms. Reconfigure toilet fixtures to create an accessible stall in each.

The Accessibility Team welcomes members to make suggestions or join the team to help achieve the goal of creating a welcoming home where every person is able to participate in Ethical Society activities with choice, dignity, and respect. If interested contact Jim Jordan, major-dan725@sbcglobal.net.

To learn more about disability awareness and effective social engagement, please join Jim Jordan at the 9:45 Forum on January 8 (see page 3 for more information).
Ethical Society of St. Louis January 2020 Calendar

Wednesday, January 1 ~ Society Is Closed. Happy New Year!

Saturday, January 4
We Thinks Good philosophy discussion resumes January 18.

Sunday, January 5
8 a.m. Ethical Mindfulness Practice. Foyer.
9:45 a.m. Colloquy. Board Room.
See page 3.
10 a.m. SEEK begins. Becker Room.
11 a.m. Platform: “So This is the New Year”; James Croft, Outreach Director. Music: Ryan Spearman and Kelly Wells, guitar and vocals. Auditorium.

Monday, January 6
5 p.m. Yoga. Hanke Room.
Photo Ops is no longer meeting.

Tuesday, January 7
9 a.m. Ethical Mindfulness Practice. Kate Lovelady’s office.
10 a.m. Tuesday Women’s Association. See page 4.
10 a.m. Men’s Forum. See page 4.
Tai Chi will resume January 14.
7 p.m. SOS Secular Sobriety. Coming of Age Room.

Wednesday, January 8
Chorus is on break until January 22.

Thursday, January 9
7 p.m. Divorce Support Group. Kate Lovelady’s office. See pg 5.
7:30 p.m. Great Books Discussion Group. Board Room. See page 5.

Friday, January 10
9 a.m. Blood Drive. Becker Room. See page 1.
6:30 p.m. Good Eatin’ meatless potluck. Becker Room. No RSVP necessary. All are welcome!
7 p.m. Virtual Travel Club. India. Hanke Room. See page 4.

Sunday, January 12
8 a.m. Ethical Mindfulness Practice. Foyer.
9:45 a.m. Colloquy. Board Room.
10 a.m. SEEK begins. Becker Room.
5:30 p.m. Second Sunday Dinner Theater. Becker Room.

Monday, January 13
5 p.m. Yoga. Hanke Room.
6:30 p.m. Current Events. Youth Group Room.

Tuesday, January 14
9 a.m. Ethical Mindfulness Practice. Kate Lovelady’s office.
10 a.m. Tuesday Women’s Association. See page 4.
10 a.m. Men’s Forum. See page 4.
5:15 p.m. Tai Chi. Hanke Room. See page 5.
7 p.m. SOS Secular Sobriety. Coming of Age Room.

Saturday, January 18
3 p.m. We Thinks Good philosophy discussion. Hanke Room.

Sunday, January 19
8 a.m. Ethical Mindfulness Practice. Foyer.
9:45 a.m. Colloquy. Board Room.
10 a.m. SEEK begins. Becker Room.
11 a.m. Platform: “Rites of Passage in the Modern Age”; Antigone Chambers Reed. Music: Alex Pu, piano. Auditorium.
12:30 p.m. Just Write writers group. Visitors Open House Room.

Monday, January 20 ~ Office Closed During the Day
5 p.m. Yoga. Hanke Room.

Tuesday, January 21
9 a.m. Ethical Mindfulness Practice. Kate Lovelady’s office.
10 a.m. Tuesday Women’s Association. See page 4.
10 a.m. Men’s Forum. See page 4.
5:15 p.m. Tai Chi. Hanke Room. See page 5.
7 p.m. Science Enthusiasts Club. Becker Room. See pg 2.
7 p.m. SOS Secular Sobriety. Coming of Age Room.

Wednesday, January 22
7:30 p.m. Ethical Chorus Rehearsal. Auditorium.

Sunday, January 26
8 a.m. Ethical Mindfulness Practice. Foyer.
9:45 Forum: “Exploring Ethical Humanism: Rites of Passage”; Kate Lovelady. Hanke Room.
9:45 a.m. Colloquy. Board Room.
10 a.m. SEEK begins. Becker Room.
12:30 p.m. Art Reception for new exhibit by artists Christine Ilewski, Jane Linders, and David Ottinger. Foyer.

Monday, January 27
5 p.m. Yoga. Hanke Room.
7 p.m. Sci-Fi Book Club. The Tea Master and the Detective by Allette de Bodard. Kate Lovelady’s office. See page 3.

Tuesday, January 28
9 a.m. Ethical Mindfulness Practice. Kate Lovelady’s office.
10 a.m. Tuesday Women’s Association. See page 4.
10 a.m. Men’s Forum. See page 4.
5:15 p.m. Tai Chi. Hanke Room. See page 5.
7 p.m. SOS Secular Sobriety. Coming of Age Room.

Wednesday, January 29
7:30 p.m. Ethical Chorus Rehearsal. Hanke Room.

Save the Date for the annual Pledge Luncheon on Sunday, February 2 after Platform for food, friends, fun, and pledging! See page 6 for more information.

November 2020 Calendar
The submission deadline for the Connection is always the 15th of the preceding month.

Email items to klovelady@ethicalstl.org.

or bring or mail them to Ethical Society of St. Louis; Attn: Connection

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