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RUSSELL'S CAFÉ AND BAKERY OPENS IN FENTON

Beverly Basler
Contributing Writer

Russell Ping's love of baking began at age five. At 12, he sold chocolate chip cookies to swimmers and sun goddesses at the neighborhood pool. Now 22, Russell sells the "famous" cookies to his customers at Russell's Café and Bakery, located at 958 Brookwood Center in Fenton.

A graduate of Rockwood Summit High School, Russell is quite familiar with Fenton. "I have a lot of local support from those who recognize my name from high school," he said. "Everyone comes out of the woodwork," Russell continued, smiling.

Not only does he have the support of high school friends with the new business, but Russell is truly appreciative of the support of his parents, Kate and Terry Ping. Kate works every day to assist Russell with the demands of running the café and bakery. Russell says that his father comes in on Saturday and Sunday to make delicious Belgian waffles for the breakfast customers. Russell also says he has a "great staff" of five employees working there.

During high school, Russell worked for Patty Long Catering in St. Louis. He then received his degree from the culinary school at Sullivan University in Louisville, Ky. Russell also worked at the Ritz Carlton in St. Louis and helped open a restaurant at a bed and breakfast in Hannibal, Mo. From there, he worked in various restaurants on the late night shifts. Russell found himself wanting to do something more.

"I decided that working late night shifts in the restaurants wasn't for me," he said.

His late nights shifted to early mornings when he returned to his love of baking – and those chocolate chip cookies – and when he opened his own place.

"I have a passion for baking and I wanted to open something small, with a neighborhood feel and with high quality foods, all made from scratch," Russell said.

Along with the "famous" chocolate chip cookies, Russell makes other cookie varieties [such as oatmeal raisin, peanut butter and snicker doodles]. He also makes carrot cakes [his grandmother's recipe], flourless chocolate tortes, lemon tarts, white cakes with fresh vanilla butter cream frosting and many other delectable desserts for those who desire something sweet. Russell says that customers can order specialty cakes that are made with real whipped butter cream, ganache and chocolate curls.

Russell's Café and Bakery is open for breakfast from 7-11 a.m. Tuesday through Friday [8 a.m. on Saturday and Sunday] and serves Belgian waffles, breakfast sandwiches and quiche. Bagels and muffins are baked fresh too. Also served is lunch from 10:30 a.m. to 5 p.m. [until 3 p.m. on Saturday and Sunday] with deli style sandwiches, house specialty sandwiches [such as roast beef, ham and smoked Gouda and pork tenderloin], along with salads and wraps. Or just stop in for a cup of espresso, an organic chai latte or soft drink.

For more information about purchasing a box of the "famous" chocolate chip cookies, ordering a specialty dessert, a box lunch or asking Russell's Café and Bakery to cater a luncheon or event, call 636.343.8900. Also, log on to the Web site at [russellscafe.homestead.com].



Come in for a slice of Russell's delicious made-from-scratch cake.



Russell Ping, owner of Russell's Café and Bakery



Big Fat Chocolate Chip cookies 1.00 ea

by Kara Kozlowski, DPM and Julia Partin, DPM
636-938-5006 or 636-825-6100

NOT-SO-FUN FOOT FACTS

As one of the body's most complex structures, accounting for 25% of all bones in the body, the foot is statistically more likely to have problems than other body parts. And it does. Three out of four Americans suffer serious foot problems during their lives. Foot problems tend to be acquired through poor biomechanics, stress, overuse, and improper footwear. Only a small percentage of the U.S. population is born with foot disorders. Primarily because of wearing high heels, women are four times more likely than men to experience foot troubles. Arthritis and diabetes account for a large percentage of the country's foot problems. Arthritis is the most common cause of disability in the United States, and diabetes rates are skyrocketing.

Whether you are suffering from pain, discomfort or an embarrassing condition affecting the feet, we can help you. At our office, we strive to maintain the highest quality level of personalized, comprehensive foot care. If you are seeking helpful, practical advice or would like to schedule an appointment, call METRO FOOT SPECIALISTS at 636-938-5006 or 636-825-6100. Most insurance plans are accepted and our offices are conveniently located at 62 E. North St., Ste. 101, Eureka and 1747 Smizer Station Road, #3A, Fenton. New patients are accepted. **FEET HURT? WE CAN HELP.**

P.S. Walking regularly, wearing appropriate footwear, and receiving preventive foot care are three of the best things you can do for your feet.

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