

Ferguson

NEIGHBORHOOD

2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021



April is a month that I personally love. It's my birthday month! Doesn't everyone feel that way about their birthday month? Also, as spring arrives, the earth comes alive again. The red-buds and dogwoods come into bloom, daffodils and tulips shoot up, beauty all around us. Easter falls on the first Sunday in April this year. Turkey season begins. The Augusta Plein Air Art Festival is held.

I was doing research on the web looking for what (besides my birthday) is celebrated in April. I was surprised by some of what we are supposed to celebrate these days. Naturally, April Fools Day begins the month. Followed immediately by National Peanut Butter and Jelly Day, then International Pillow Fight Day is observed on April 3rd. What?!

I did find this: [Keep America Beautiful Month.](#)

With spring in the air it makes one want to get out and see the beauty. We do have a problem though. It's called litter. It makes it difficult to enjoy the splendor of spring when you are staring at garbage along the road and blown against fences. I have seen mattresses, old televisions, appliances, and bags of trash piled at the curb. Also Styrofoam cups and fast-food bags tossed out of car windows making streets unsightly. My ex wife told me that her dog got a hold of chicken bones that someone tossed out. And everyone knows about dogs and chicken bones: not good.

Let's all make a conscience effort NOT to litter. It doesn't take much effort to hold on to your trash and dispose of it properly. Let's all have respect for the earth we live on. We only have this third rock from the sun that supports life as we know it. It is fragile - take care of it.

Ferguson is hosting a spring clean up week kicking off April 17. Let's all do our part. Grab a bag, gloves and rakes and clean up our neighborhood. Ferguson wants you to take photos of your clean team picking up trash and post it to social media using #Ferg- SpringCleanUp21 to be entered into a drawing for a prize! (See page 5)

Recycling events in Florissant will be held in May and June. Be aware some fees may apply to CRT (Cathode Ray Tube) televisions and appliances containing freon (freezers, refrigerators, air conditioning units). See the following link.
<https://mrcrecycling.net/electronics-recycling-events>

We all say we love our community. Let's show our love to it and spruce it up this month. We don't want our streets to look like an episode of hoarders.



FERGUSON EASTER SUNRISE SERVICE AT JANUARY-WABASH MEMORIAL PARK

The annual 2021 Ecumenical Easter Sunrise Service will be held Sunday, April 4 at 6:30 AM at January-Wabash Memorial Park, located at January Avenue and North Florissant Road. The service will be held outside on the west side of the lake. Bring your own chair if desired. Giving a brief meditation for the informal service will be Mr. Chuck Henson, long-time active resident of Ferguson. "Chuck" was involved in "All of Us", was a founding member of PROUD and now Vice President, a former member of the Ferguson-Florissant School Board, and is currently Diversity Manager of Design and Construction for BJC. Clergy from various churches and ministries in Ferguson will also participate. What a great way to begin the celebration of resurrection and new life!

This year, in order to continue to take precautions due to the lingering Pandemic, participants will need to wear masks and be socially distant.

This special service is sponsored by the Ferguson Ministries Alliance. A free-will offering will be received for PAKT which benefits the Ferguson Community. For more information, contact Rev. Ellie Stock (314) 521-8418 or elliestock@aol.com

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April News and Events at the Ferguson Public Library

For more information, please call the library at 521-4820 or visit us online at ferguson.lib.mo.us

GET THE LATEST INFORMATION ABOUT THE LIBRARY BY VISITING US ONLINE!

Find all the latest about our services, changes in hours, and any potential reopening information by heading to our website at ferguson.lib.mo.us or facebook.com/fergusonlibrary.

Bug Out Storytime - Saturday, Apr. 17 at 2 pm
Join us online on our Facebook page for stories and songs about all things creepy and crawly! Flutter on over to facebook.com/fergusonlibrary to join the fun.

April Take Home Craft Kits

Pick up a new craft kit each week in April!

- **April 5-10 - Cherry Blossom Painting:** Paint a lovely branch of cherry blossoms to brighten your walls!
- **April 12-17 - DIY Accordion Book:** Fold and decorate paper to make your own unique book!
- **April 19-24 - Beaded Wind Chimes:** String colorful beads to make a wind chime that not only looks pretty but sounds pretty too!
- **April 26-May 1 - Seed Bombs:** Mix seeds and clay to create small balls that you can toss outside to add a patch of color to your yard!

As always, our craft kits are free and are handed out on a first come, first served basis. Pick one up with our curbside service today!

Coming soon... Tails and Tales Summer Reading Challenge May 29-August 7, 2021

Look for more information in next month's Ferguson Neighborhood News!



CROSSWORD

Rise and Shine
By Robin Shively

ACROSS

1. Water source
4. Green and yellow one of song, plus others
11. Vigoda of Barney Miller
12. Big killer
13. Nigerian born Calgary Flame
15. Siren West
16. NIMH archive of "spectrum disorder" studies
17. Irish mythological god of the dead
18. Angel dust
19. Usual
21. Marble line
22. 1948 Astaire & Garland musical
25. 3.14...
26. King clown story
27. Actor Hammer
29. Industrial or Gilded
31. Calculator Co.
32. Early morning religious observance
38. It may be 3 times daily
39. Land of Enchantment st.
41. Like Water for ____, 1992 film
45. Female in a hutch
47. Wrinkle
48. Large tuna
50. Cowboy comp. in Little Rock
53. Spaghetti sauces
55. Repeated, it's a toy that returns again & again
56. In an old song, they may be one or two a penny
59. Fortune-teller
61. Electrically charged particle
62. Sch. In Longview, TX
63. Legume shaped sugar candies
64. To be, in Ancient Rome

DOWN

1. Interfere
2. Manilla hemp plant
3. "Let's do lunch. Have your __ call my __."
4. Headgear
5. Fervor
6. Head with visible old wounds?
7. Hindu cause and effect?
8. Inventor Nikola
9. Succulent plant
10. Infants of 45 across
13. Promote
14. Sweat lodge
20. Clarinetist Shaw
23. Layer
24. When repeated, an art movement
28. Shimmery mineral used in cosmetics
29. Element no. 79
30. Wildebeest
32. The Bangles' "fun day"
33. Fin ailment
34. Red gin
35. Suggested avg. nutrient requirements
36. Poll patrons
37. Activities on a certain spring day
40. Sullen
42. Vinegar in Warsaw
43. Foam foot fad
44. The black one had a creature
46. Hosp. area
48. Fever and chills
49. Sports Illustrated has a swimsuit one
51. Structure around a Jewish grave
52. Ellen gave her a voice
54. Having skill
57. Coastal inlet
58. Online forum facilitating connections among like-interested people, abbrev.
60. Superman's surname

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Solution on page 12

CLASS OF 2021

Do you have a student who is graduating this year? Would you like them recognized for their awesome achievement? You can send them a shout out through the paper for only \$10.

Graduates name: _____
 School: _____
 Parents: _____
 Photo Optional

Email to: savoystl@yahoo.com by the 15th of the month.

Sick Bay Update:

Our Computer Corner author Doug Neely is out of the hospital and is now in rehab. He appears to be in good spirits and was joking about needing a new brain. Please continue to keep him in your prayers. He says it will be a while before he will be returning to writing.

April Celebration Shout-outs

13th - Happy 70th Birthday to your editor, Gary
 27th - Happy 12th Birthday, Peter Nadeau

Email Shout-outs to savoystl@yahoo.com - deadline is the 15th of each month

The Ferguson News Group may be reached

text/voice: 314 249-6323
 email: asroc873@charter.net
 Like us on Facebook @fergusonneighborhoodnews

This paper is made possible through volunteers and advertisers

Advertise with the paper

Copy for ads for the paper must be received by the 15th of the month for inclusion in the following month's paper.
 Please send all ads to Tony: savoystl@yahoo.com

Volunteer with the paper

Info Gathering
 City Meetings - attend and summarize City Council Meetings
 Other Meetings - assure all city-wide events summaries gathered
 Neighborhood groups
 Diversity Meetings
 Business Spotlight

Donate to the paper

Give a congratulatory shout out for only \$5

Looking Forward	
April	1 - April Fools Day 4 - Easter 6 - Election Day 15 - TAXES Due 17 - Spring Cleanup Begins 30 - Arbor Day
May	1 - Summer Market 5 - Cinco de Mayo 9 - Mother's Day 15 - Ferguson Twilight Run 31 - Memorial Day
June	14 - Flag Day 20 - Fathers Day

FERGUSON FACTS
Did you know?

Parks developed as our growing population replaced woods and fields with homes and people. The need to set aside park land was first realized when Fred Jeske, mayor from 1939 to 1945, urged the McDowell Construction Company to dedicate a portion of their housing development. The City later named Jeske Park in his honor.

Corrections/Omissions

The editor apologizes for inadvertently omitting the second half of candidate Naquittia C. Noah's response to our questions. To put this in the proper context I am including her entire response. The question was "What is your vision for Ferguson and what makes you the best candidate for the job?"

My vision for Ferguson is rooted in the residents' voice's (input and feedback) that will guide the necessary change and progress for a new beginning for our community. I support and will continue to advocate for the implementation of Our Ferguson 2040 Plan, the framework to success.

I'm the best candidate because I practice " I CARE " in my daily life: Integrity, Compassion, Accountability, Respect, Excellence. My St. Louis County Government experience enhanced my communication and leadership skills. As your councilperson for Ward 3, I hear you and will always advocate in your best interest

ARTFUL CONSIDERATIONS

by Glynis Mary McManamon, RGS

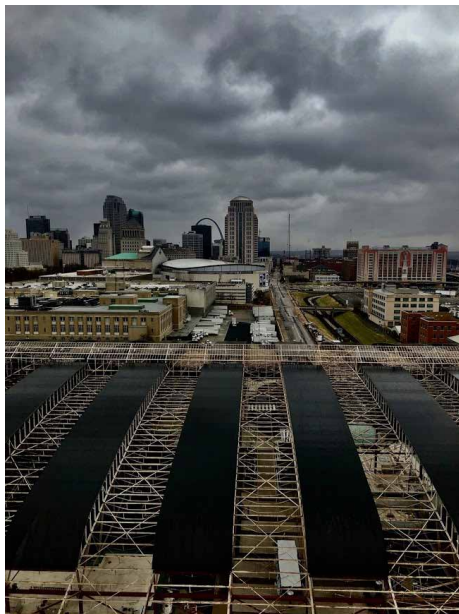


Ferguson Youth Initiative

FYI is planning a poetry slam for May 7th 5:30 p.m.. Check their Facebook posts for more info.

Online Exhibit

GSAC's April exhibit will feature photographer and Ferguson resident Sheila O'Keefe. Sheila is a local photographer who specializes in wedding, engagement, family and graduation photography. She also loves doing landscapes. Sheila got her Digital Certification from St. Louis Community College Meramec.



Ferguson Art Festival: A North County Celebration

At press time, we were still in limbo with St. Louis County Health. Any questions about the Ferguson Art Festival can be sent to info@goodshepherdarts.org. You can also call 314-769-9806 for details.

Ferguson Art Festival: Children's Events

GSAC will feature children's art for the May on-line exhibit and produce a booklet of artworks by local children. We are also working on a live exhibit of children's art at the Ferguson Farmers Market, May 8. The deadline for submitting children's art (digitally) is March 31 – but because you may be seeing this for the first time, we are extending the deadline it to April 6. To submit children's art email images and details (child's name, title of work, medium and your relationship to the child) to info@goodshepherdarts.org. If you want to submit children's work for the live exhibit, include that in the email and we will send you details for delivery and retrieval of work.

Thank you, all Citizens of Ferguson, Facebook Friends, STL artists and art supporters: we met and in fact exceeded our goal to raise \$5,000, so the Sisters of the Good Shepherd will turn that \$5,000 into \$10,000. Final update will be in the May Ferguson Neighborhood News.

Resources

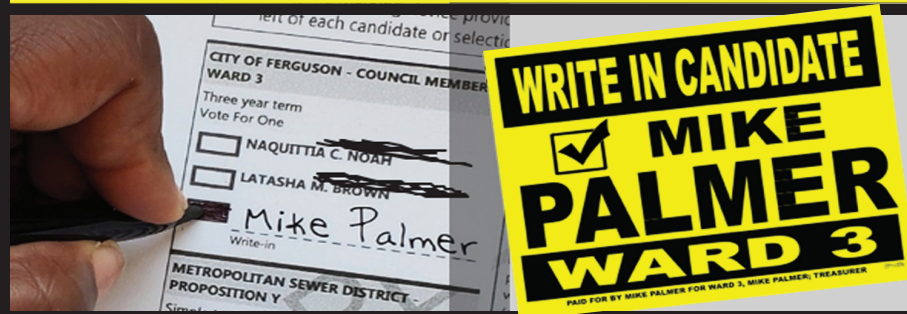
We continue to be blessed by the Ferguson Municipal Public Library's wonderful resources, and their support of local creativity. They are still offering weekly craft project kits, yours for the asking. Amy Randazzo, children's librarian, is on the committee for the Children's Events on May 8.

Arts as Healing

Arts as Healing Foundation STL is excited to provide free weekly zoom art lessons to the Ferguson Community. Arts as Healing seeks to address the problem of stress, loneliness, depression and emotional isolation by introducing the magic of art and creative expression. With each class you learn something new, find success in creating, and are inspired to do more. This program is for ages 18 and older, has 20 spots available, and all materials needed are provided. For more information please call (314) 370-3700 or email artsashealing@gmail.com and identify yourself as being from Ferguson. See more at artsashealing.org. Thank you, Ferguson Parks and Recreation for this information.

The St. Louis Public Library is offering a free class for adults who want to learn or practice art in a fun virtual setting. Art Studio Central is an hour-long, program recurring every 3 weeks, alternating Fridays and Saturdays. Instructors will demonstrate techniques using various mediums. Working along with the instructor, participants are encouraged to work expressively, ask questions, and share. All skill levels welcome! Materials will be suggested for each class; feel free to use any supplies you have on hand. A limited number of basic supply kits will be available at Central Library for pickup. Images and a relevant booklist for each class will be emailed before the event. There are limited spots. To register, go to <https://slpl.bibliocommons.com/events/> and search for the date you are interested in. After you register a Zoom link will be sent to you before the start of the event.

IT'S EASY TO WRITE IN MIKE PALMER AS COUNCILMAN WARD 3



VOTE APRIL 6, 2021

Mike is Committed to:

- ACCOUNTABILITY:** Working with council and city staff to develop a government that works for ALL citizens in a way that is efficient, transparent, and equitable while being fiscally responsible
- ADMINISTRATION:** Hire a capable and qualified city manager who knows how to lead city staff to do the work and provide the services that citizens deserve.
- BASIC NEEDS:** Evaluating how services are delivered to the residents and making improvements to serve the residents better.
- HOUSING:** Improve our neighborhoods by attracting investment, demolishing derelict homes, and cleaning up and remodeling vacant homes
- LAW ENFORCEMENT:** A fully staffed and diverse Police Department that responds to calls for service quickly and not only fights crime but works to prevent it while respecting people's civil rights.
- ROADS:** Develop a long-term plan for repairing, replacing, and maintaining roads in the community.
- BUSINESS DEVELOPMENT:** Reform our Planning and Development department and give it the tools to not only attract new businesses, but also retain the ones we have on both the West and South Florissant commercial corridors.
- COMMUNICATION:** Implement a process for staff to professionally, properly and quickly communicate with residents concerning their needs and all matters related to the city and its operation.

WORKING HARDER FOR WARD 3

Paid for by: Mike Palmer for Ward 3, Treasurer: Mike Palmer

Learn More About Mike:

Palmerforward3.org | Mike-Palmer-For-Ward 3
314-514-5431 | Palmerforward3@gmail.com

In this election everyone can do a write in vote.
Simply fill in the square and write in
MIKE PALMER



STEPHEN GARRETT

greater. together.

city council ward 1

VOTE APRIL 6



WWW.FLOURISHINGFERGUSON.COM

PAID FOR BY: GARRETT FOR A FLOURISHING FERGUSON, TREASURER BLAKE ASHBY

Stephen Garrett is a life-long Ferguson resident and current council member for Ward 1. He's a husband, father, and homeowner who is deeply committed to improving our community for all. He believes in creating an open dialogue between the residents of Ferguson and the city so we can grow a better community together.

STEPHENGARRETOFFICIAL

Drakesplacestl.com

Great food
Great service
Great atmosphere

Drake's Place

& BBQ SMOKEHOUSE

701 S. Florissant Rd.
Ferguson, MO

DINE INSIDE OR
ON OUR BEAUTIFUL PATIO
Carry out also available

Featured on
RESTAURANT IMPOSSIBLE



PROUD
People Reaching Out for
Unity and Diversity



FORWARD THROUGH FERGUSON

State of Education Reform

Monday, April 19th – 6:30 PM CDT

Join our discussion of FTF's recent survey of K-12 education in the St. Louis region, including progress within the Ferguson-Florissant School District.

For more info: www.proud-ferguson.org

Ferguson City Hall Information

Your Vote Matters

Voting is one of the most important and sacred rights citizens of the United States have, it defines our democracy. It is more than an honor and privilege it is our moral obligation. Many men and women have paid the ultimate sacrifice with their lives for all of us to have the freedom to vote. As I contemplate the upcoming municipal election, this piece of legislation found its way into my thoughts..... the Voting Rights Act of 1965. "The Voting Rights Act of 1965, signed into law by President Lyndon B. Johnson, aimed to overcome legal barriers, at the state and local levels, that prevented African Americans from exercising their right to vote as guaranteed under the 15th Amendment to the United States constitution. The Voting Rights Act is considered one the most far-reaching pieces of civil rights legislation in the U.S. history."



Your vote matters because each citizen has the right to cast their vote for a candidate and or ballot measure of their choice. Far too often some of us take voting for granted, even dismiss the opportunity to vote, and even think our vote doesn't matter. We noticed in the last presidential election that each and every vote mattered, so your vote does matter. It is so very important that each voter, young or old, educate themselves on the candidates and the issues on the ballot.

Historically, citizens believe that the most important election in this country is the presidential election. Yes, it is important, however, those elections closest to us, have an immediate impact on our everyday lives so we should not bypass the state and local elections. The local elections accept the quality of life of all the citizens in the community. The local elections determine several of our local taxes. For example, utility taxes, property taxes, economic development sales taxes and more. Also, the local elections determine which candidates will lead our local government. In the April 6th election in Ferguson, your vote matters because the candidates who are running in this election will set the tone and of course, the direction of our community. What matters most to you?

As many of you know, March was Women's History Month. Women have always stood as a cornerstone of our communities and have always championed the right to vote, access to better schools, safer streets and better education. When we take a bird's eye view of giants like Sojourner Truth, it becomes easy to recognize her passion for women's rights. She was a women's rights activist, an inspirational leader in black history. Truth delivered a now famous speech at the Ohio Women's Rights Convention in Akron, 1851, that has become to be known as "Ain't I a Woman?" Eleanor Roosevelt was a diplomat, humanitarian and first lady. She was appointed chair of the United Nation Commission on Human Rights and has been credited for the Universal Declaration of Human Rights. Recent history gave us Ruth Bader Ginsberg whose small stature cast a guiding light over the rights of women, minorities, and all Americans. It is also in the spirit those who tirelessly fought for voting and human rights that we must honor them by using our votes in both huge national elections but just as important, in those races that impact our day-to-day quality of life. That is how we honor them.

Finally, history has educated us on the purpose of the vote and how critical the vote is. On April 6th, please exercise your right to vote. Your Vote Matters!

Mayor Ella M. Jones

GENERAL MUNICIPAL ELECTION TUESDAY, APRIL 6, 2021

An election will be held in the City of Ferguson for City Council Member from each ward. The following list of candidates will appear in the order shown. For questions regarding municipal elections, contact the office of the City Clerk:

Councilmember Ward 1

Phedra Nelson
Stephen Garrett

Councilmember Ward 3

Naquittia C. Noah
LaTasha M. Brown
Mike Palmer (Write in)

Councilmember Ward 2

Erica M. Brooks
Arbie Peterson
J. Toni Burrow

HOW DO YOU GET YOUR FERGUSON CITY NEWS?

f LIKE OUR FACEBOOK PAGES: City of Ferguson, MO; Ferguson Police Department; Ferguson Fire Department; Ferguson Parks & Recreation; Ferguson Operation "EOC"



VIEW UPDATES ON CHARTER CHANNEL 993



For Council meeting videos subscribe to "Ferguson Mo GOVT TV"



You can sign up to receive notices of meetings, hearings and other postings by registering your email address using the Notify Me Icon.



You can also submit a request for records using the Records Request Icon.



VISIT OUR WEBSITE: www.fergusoncity.com

You can do all this and more on the city's website. For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

COUNCIL MEETINGS - TUESDAY, April 20th & April 27th

Council meetings are held in City Hall Council Chambers, however, due to the recent State of Emergency this meeting may be held virtually (RSMO 610.015); via Zoom Conference. Visit the website calendar or agenda center for instructions on how to access the Council meeting and/or how to address the City Council during the meeting. A copy of the recording will also be made accessible via the City's Website after the meeting. Feel free to contact the office of the City Clerk if you have any questions.

BIDS/REQUEST FOR PROPOSALS

The City of Ferguson often requests sealed bids or requests or proposals for a number of projects and services and we would like to use local vendors. These requests are listed on the city's website. Articles may also be placed in various publications; Countian, Post-Dispatch, St. Louis American. If you would like to be added to a mailing list to be made aware of a request related to your operations, please contact the City Clerk's Office or forward your contact information to opittman@fergusoncity.com.

EVER WONDERED HOW YOU CAN GET INVOLVED WITH YOUR CITY GOVERNMENT?

Consider volunteering on a Ferguson Board, Committee, or Commission. We have multiple vacancies available. The list includes committees like the Architectural Review Board, Plan Commission, Park Board, Personnel Board, Senior Commission and others. For more information regarding vacancies, requirements, roles and responsibilities and/or how to apply, visit <http://www.fergusoncity.com/57/Boards-Commissions> or contact your City Clerk at City Hall.

Parks and Recreation

Membership Rates	Resident		Non-Resident	
	Annual	Monthly	Annual	Monthly
Adult (Ages 16 - 59)	\$85	\$9/month (\$108 annual)	\$200	\$18/month (\$216 annual)
Senior (Ages 60+)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
Youth (Ages 15 and under)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
Family	\$165	\$16/month (\$192 annual)	\$300	\$28/month (\$336 annual)
Silver Sneakers and Renew Active				
The Ferguson Community Center participates in both Renew Active and Silver Sneakers to offer eligible individuals a facility membership free of charge. Visit silversneakers.com , myrenewactive.com , or call your health insurance provider to check eligibility. Bring proof of membership to either of these programs to the Ferguson Community Center to get your free membership				
Residents must bring 2 forms of proof of residency Monthly memberships must place Credit Card on file and are billed on the 1st day of the month				

Ferguson Community News Page is published monthly and is paid for by the City of Ferguson

City of Ferguson City Council: Ella Jones, Mayor; Linda Lipka, Ward 1; Stephan Garrett, Ward 1; Heather Robinett, Ward 2; Toni Burrow, Ward 2; Fran Griffin, Ward 3; Byron Fry, Interim Ward 3; Jeff Blume, City Mgr; Public Relations Intern, (314) 524-5229
City Hall: 110 Church Street, 63135, (314) 521-7721. Website: www.fergusoncity.com Contact Us by Email: Information@fergusoncity.com

Ferguson City Hall Information

May Luau Bingo

Aloha Kauwela! We are introducing May Luau bingo to welcome the coming of summer with a lunch and bingo featuring your choice of chicken or beef. Take your chance to win bingo prizes and attendance prizes.

Ages: 45 & Up
Dates: Thursday May 6th
Time: Doors Open 11am-3:00pm
Location: Ferguson Community Center (1050 Smith Ave.)
Fee: \$14 Members; \$16 Residents; \$20 Non-Resident

MLB Pitch, Hit, & Run

Pitch, Hit, & Run is a FREE, one-day event for boys and girls ages 7-14 to test their baseball and softball skills with the ability to advance to the Pitch, Hit, & Run World Series. Registration is required. For more information and to register visit www.fergrec.com.

Ages: 7 - 14 (ages as of July 17, 2021)
Date: Saturday, May 1, 2021
Time: 10:00am
Location: Forestwood Sports Complex (824 Ferguson Ave.)
Fee: FREE

Wayside Park Unleashed (Ferguson Dog Park)

Ferguson's Dog Park features a large and small dog area and is open daily from dusk to dawn. Membership required. Owners will need to bring up-to-date shot records: rabies, DHPP, and Bordetella to the Ferguson Community Center (1050 Smith Ave.) to obtain ID. Wayside Park is located at 1026 Chambers Rd.

2021 Annual Membership Fee: \$5 per dog (max three dogs per household)

Park Dedication Program

The City of Ferguson offers a great way to honor or remember a loved one, celebrate a milestone, or simply to have a lasting part in one of our parks. Our Tree Dedication program started in 1989 and has seen over 350 dedicated trees to our City. A Spring and Fall dedication ceremony are held.

Tree Dedication \$200
 Park Bench Dedication \$1,500

National Park Week

April 17 – April 25

Come out and celebrate National Park Week with Ferguson Parks and Recreation! Check out these exciting events we will have throughout the week that residents can participate in! If you have questions or your organization is interested in organizing a specific time to participate, please contact Recreation Specialist, Katelyn Haniford at khaniford@fergusoncity.com. Masks and social distancing will be required.

Spring Neighborhood Cleanup Kickoff Event

Ferguson Parks and Recreation along with Ferguson Public Works will be at January-Wabash Park handing out supplies to kick off our weeklong cleanup event. We will be driving around picking up your full trash bags during this time. After a morning of cleaning up the neighborhood, join us over at the Ferguson Police Department for a cookout on us to say thank you for your help!

Date: April 17th
Supplies Pick Up: 8:00am – 11:00am
Location: January-Wabash Park (501 N Florissant)
Thank You Cookout: 11:30am – 12:30pm
Location: Ferguson Police Department (222 S Florissant Rd)

Spring Neighborhood Cleanup Weeklong Event

Join us for a WEEK long... yes we said weeklong, Spring Neighborhood Cleanup Event! Throughout the week come to the Ferguson Community Center to pick up your supplies (gloves, trash bags, etc.) to cleanup your neighborhood on your own. We will have a dumpster each day at Forestwood Park (824 Ferguson Ave.) for you to drop off your trash bags when you are done cleaning. Snap a photo or selfie of you and your neighbors picking up trash and post it to social media using #FergSpringCleanUp21 to be entered into a drawing for a prize!

Date: April 19th – April 24th
Supplies Pick Up: Ferguson Community Center
 1050 Smith Ave.
Supply Pick Up Time: 8:00am – 7:00pm

"Show Me Your Roots" Tree Dedication

In honor of our beautiful state turning 200 years old, we have partnered with the Missouri Parks and Recreation Association to help meet their goal of planting 200 native species trees across the state in April 2021! Join us this Earth Day at Wayside Dog Park as we plant and dedicate a tree to the "Show Me Your Roots" campaign.

Date: April 22nd
Time: 10:00 am
Location: Wayside Dog Park (1026 Chambers Rd)



National Park Week Celebration
 with Ferguson Parks and Recreation

SPRING 2021

NEIGHBORHOOD CLEANUP

April 17 - April 24



WE'RE HIRING!

COME APPLY IN PERSON AND LEARN ABOUT THE SEASONAL POSITIONS AVAILABLE WITH FERGUSON PUBLIC WORKS AND FERGUSON PARKS & RECREATION!

April 13, 2021 • 4 PM - 7 PM
Ferguson Community Center
 1050 Smith Ave, Ferguson MO 63135

POSITIONS AVAILABLE

- Day Camp Director • Day Camp Counselor • Day Camp Group Leader
- Concession Manager • Concession Aide • Swim Team Coach
- Front Desk/Building Attendant • Part Time Grounds Maintenance

Not able to make it? Apply at <https://www.fergusoncity.com/jobs.aspx>

FERGUSON ADVENTURE CAMP

Join us all summer long for our action-packed traditional summer camp experience where kids will laugh, explore, and create memories and friendships that will last a lifetime! Campers will experience with weekly themes, crafts, games, swimming at Splash at Wabash, field trips and more!

Main Camp programming runs 8:30am – 4:30pm
 Open Door runs 7:00am – 8:30am and 4:30pm – 6:00pm

Ferguson Community Center
 1050 Smith Ave
 Ferguson, MO 63135

Weekly Fees: \$80/Camper Ages 5 to 12
 (\$10 Discount for Ferguson Community Center Annual Members)

Registration Opens March 31st

www.FergRec.com (314) 521 - 4661

June 7 - June 11: Summer Safari Field Trip - St. Louis Zoo
June 14 - June 18: SUPERHEROES Field Trip - Magic House
June 21 - June 25: Exploration Field Trip - Science Center
June 28 - July 2: Treasure Island Field Trip - Myseum
July 6 - July 9: Fear Factor Special Guest - Show Me Snakes
July 12 - July 16: Moovin' and Groovin' Field Trip - Roller Skating
July 19 - July 23: Hawaiian Hula Baloo Field Trip - North Pointe Aquatic Center
July 26 - July 30: Wacky Week Special Guest - Babaloo
Aug. 2 - Aug. 6: Summer Olympics Field Trip - Rockin Jump
Aug. 9 - Aug. 13: ENDLESS SUMMER Special Events - End of Camp Party

FERGUSON TEEN ADVENTURES

"Too old" for day camp? Ferguson Teen Adventures is designed for older kids with weekly themes, crafts, games, swimming at Splash at Wabash, field trips, and more.

Main Camp programming runs 8:30am – 4:30pm
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Weekly Fees: \$80/Camper Ages 11 to 15
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Registration Opens March 31st

www.FergRec.com (314) 521 - 4661

June 7 - June 11: Summer Safari Field Trip - St. Louis Zoo
June 14 - June 18: Luau on the Beach Field Trip - Raging Rivers
June 21 - June 25: Exploration Field Trip - Science Center
June 28 - July 2: Wacky Week Field Trip - City Museum
July 6 - July 9: Fear Factor Special Guest - Show Me Snakes
July 12 - July 16: Moovin' and Groovin' Field Trip - Roller Skating
July 19 - July 23: SPLASHING THROUGH SUMMER Field Trip - Aquaport Aquatic Center
July 26 - July 30: Treasure Hunters Field Trip - Escape Room Challenge St. Louis
Aug. 2 - Aug. 6: Survivor Teen Field Trip - Defy St. Louis
Aug. 9 - Aug. 13: ENDLESS SUMMER Special Events - End of Camp Party



SPELLING BEE CHAMPIONS

St. Louis, MO (March 15, 2021) - Congratulations goes out to the Ferguson-Florissant School District building-level spelling bee champions who competed in the recently held Greater St. Louis Spelling Bee.



The champions, who are shown with their district awards, are (l to r) Mya Porterfield (Halls Ferry), Hadi Mutan (Cross Keys Middle School), TJ Chatman (Berkeley), Precious Stokes (Ferguson Middle School), Anneleise Arman (STEAM Academy - District Champion), Kennedy Harris (Griffith), and Skyla Ervin (Lee-Hamilton). Not pictured is Ta'Shyra Henderson (Combs) who also qualified for the Greater St. Louis Area Spelling Bee.



Hello Ferguson!

by Marian Linck
April Edition

Staying with the “bird theme” from March.

When I was a small child, an only child, the big thing to do on Sunday afternoon was to go for a ride. Being a rather stubborn and often defiant only child, the words “let’s go for a ride” were not met with much excitement. The last thing I wanted to do was sit in the car with my parents for an hour or two on a Sunday and “go for a ride” when all I really wanted to do was roam the neighborhood looking for someone, anyone to play with. (Maybe I should address the issues of being an only child in a future article) My attitude would significantly improve if the drive would include a trip to Alton, Illinois, and the possibility of seeing my beloved Piasa Bird.

Now, I am old, so when I saw the Piasa Bird for the first time it was a painting directly on the river bluff, not the metal sign that currently exists on the bluffs and it piqued my imagination and stories of the American Indian Tribe that had painted that creature circled in my head. Did this creature REALLY exist? Did he REALLY eat men as a steady diet?

The term Piasa means a bird that devours men.

Father Jacques Marquette and Louis Joliet may have been the first “white men” to lay eyes on the terrifying painting high on the bluffs along the Mississippi. According to Marquette’s recording of the journey down the Mississippi, the Piasa “was as large as a calf with horns like a deer, red eyes, a beard like a tiger’s, a face like a man, the body covered with green, red, and black scales and a tail so long it passed around the body, over the head and between the legs.

The Piasa Bird was given its name by the Illini Indians. Legends say that the creature had huge talons that could easily carry off a full-grown deer. However, the Piasa preferred the taste of people and was known to destroy entire villages gripping the Illini tribe in fear. Ouatoga, a great chief prayed and fasted during the full moon and a “battle plan” came to him in a vision. He told the warriors of the tribe his dream and they gathered with a battle plan. He placed himself as bait and waited. The Piasa soon appeared high on the bluff above him thinking about his next delicious meal, the chief of the tribe. Just as the bird descended nearly capturing the chief the warriors shot all their arrows into the bird killing the monster within biting distance of their great courageous chief.

Next time you want to take the family “for a ride” consider taking the Great River Road” north from Alton and look for the Piasa bird on the bluff.

Piasa legend courtesy of <http://www.altonweb.com/history/piasabird/>
Be sure to send your ideas, criticism, or praise to manhahttanmarian@gmail.com

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“The Best of Ferguson”

By Teyuna T. Darris, M.A.

Joyce Ann ‘Lady J’ Huston--- A Hidden Gem in Ferguson

Some of my favorite people in the world are musicians. And musicians who can creatively use their talents to advocate for important causes should definitely have their stories shared. In this month’s edition of The Best of Ferguson, we will learn about a “hidden gem” in Ferguson known as Lady J Huston.

The Albert “Blues Boy” King Band with Joyce “Lady J” Huston on Trumpet



Joyce Ann ‘Lady J’ Huston is a Ferguson resident, vocalist, trumpeter and songwriter. She grew-up in St. Louis, MO, and was the Valedictorian of her graduating class at Central High School where she was voted “Most Talented” in 1979. It wasn’t long after graduating from high school that Joyce (who would soon adopt the stage name Lady J Huston) began touring the United States as a traveling musician, and eventually lived in Las Vegas, Nevada where she maintained a lively career as a Blues and jazz musician for 25 years. Along the way, Lady J Huston studied music at Howard University and business administration at the University of Redlands where she earned the Bachelor of Science in Business Administration.

During her decorated music career, Lady J Huston toured as the trumpeter and music director with Blues legend Albert King. I asked Lady J Huston what she thought about Albert King and his music. She replied, “If you hear stories about being with Mr. King, I guarantee you, they will be classics. While touring with him, I performed alongside many music greats such as B.B. King, Etta James, Muddy Waters, John Lee Hooker, Bobby Blue Bland, Millie Jackson, Robert Cray and more!”



And while she lived and performed in Las Vegas, Lady J Huston was known as the “Las Vegas Queen of the Blues” because she “won multiple awards for ‘Best Blues Band’ and ‘Best Blues Artist’, and headlining shows in showrooms, festivals and venues.” Her band, “Lady J Huston & The Fireballs”, was inducted into the Las Vegas Entertainment Consumers Exchange Hall of Fame--- this is just one of her many accolades.

In late 2013, Lady J Huston decided to return to Saint Louis--- this time settling in a beautiful house she saw in Ferguson, MO. In 2019, Lady J Huston directed and arranged a composition with the St. Louis Blues Society’s music project, entitled “18 in 18” which featured eighteen popular

St. Louis-based Blues acts. And musicians in the Jazz Edge Orchestra collaborated with Lady J Huston on the recording of “Hide-Away”.

During our conversation, Lady J Huston told me that she has been featured on ABC World News Tonight with Diane Sawyer in 2013 as the celebrity spokesperson for the Las Vegas Lupus Organization. She was also featured in a segment on the season finale of America’s Got Talent in 2008. A video of Lady J Huston can be viewed on the National Blues Museum’s social media featuring her in their “Artist Spotlight” series.



I asked Lady J Huston “What three things make you awesome?” She replied, “A dimple on my left cheek (because people really get a ‘kick’ out of that), my advocacy work for positive race relations and for people’s general health and wellbeing.” Lady J Huston and her work were featured in an episode of the Bernie Hayes TV Show during which she discussed her health advocacy work.

Lady J Huston also shared with me that she recently celebrated her first viral video on Facebook which was a mini-concert she recorded on Facebook Live in her music room in support of the December 2020 Georgia elections.

Lady J Huston also works as a virtual assistant, and in her free time, manages a Facebook group called “Black Corona Lives Matter” through which she does advocacy work to raise awareness among African-Americans about the dangers of COVID-19 and provides information to educate them about the importance of taking the steps needed to reduce the spread of COVID-19. Lady J Huston was featured on KMOV-St. Louis in March 2021 for encouraging African-Americans to get the COVID-19 vaccine.

Lady J Huston is also passionate about her family’s history and genealogy. She told me “This is dear to my heart...I became highly involved in researching and preserving my family’s history after hosting the 1991 O’Kelly Family Reunion in Las Vegas, Nevada. I did a family history presentation and was urged by many to continue that work.” Part of this work includes donating familial artifacts from the Black O’Kelly Family Association (a nonprofit organization chartered in Ferguson, MO) to the Washington University - St. Louis libraries and the Missouri History Museum.

Lady J Huston is a member of various genealogical societies and a charter member of Florissant’s Chapter of National Society Daughters of the American Revolution (NSDAR) where she serves as the chairwoman of the public relations committee. The O’Fallon Chapter of the NSDAR presented Lady J Huston the ‘Women in Arts’ award in 2018.

It’s great to know that there are “hidden gems” like Lady J Huston in the Ferguson Community. I look forward to seeing and hearing more of the great work she does, and I wish her much success in her endeavors.

Nominate someone you know, or yourself to be featured in The Best of Ferguson at teyuna@teyunadarris.com.

www.teyunadarris.com

Ph: 314.755.2949



About the Author

Teyuna Darris grew up in Ferguson, and works as a public school teacher and academic tutor. She is also a PhD student at Liberty University and enjoys reading, writing and narrating poetry and prose.



Financial Focus

By Joan Cleaveland (cleav73@sbcglobal.net)

Business Manager for St. Joseph Parish in Cottleville
Lindenwood University – BA Business Administration

Back in 2006, a documentary “Who Killed the Electric Car” came out. I remember seeing it and thinking about how many times in history we’ve seen something good held back or even destroyed in name of keeping other industries safe from competition. After the California Air Resources Board passed a zero emissions mandate requiring automobile providers to offer an alternative to gas powered vehicles sold in California, General Motors developed the EV1. It was the 1990’s, and people were just starting to recognize that saving the earth was our responsibility. Eventually, the mandate was reversed due to pressure from the oil industry, automobile industry and even the Federal government. When a new party comes into office they often begin to dismantle legislation put out by the previous administration.

So what’s different now? For one we are seeing the effects of climate change. And like I mentioned last month part of our recovery is going to come from transitioning to new technology as we’ve done in the past. In the mid-nineteenth century the United States underwent a big transformation during the Industrial Revolution. We basically changed the way things were done. Goods went from being hand made to being made by machines. And this moved more people out of the fields and into the factories as agriculture began to produce more with equipment. Life did seem to get better for all and the economy really took off.

So back to the electric car, it will have a pretty significant impact on our economy and the way we live. Yet the transition is more complex than we may want to think. First it’s easy to tout the positive aspects of owning an electric car. It has been shown that the cost of maintaining an electric vehicle is less than a gasoline powered engine. Within the internal combustion engine there are numerous parts that operate together to move the vehicle. So it needs more servicing and regular maintenance. Meanwhile, the electric motor is simple requires less maintenance and will likely last longer. Another nice feature is that it is quiet, with no exhaust to smell.

Consumer demand seems to be higher than ever. So what’s not like? Like any major change there are threats to the existing industries. Mechanics may need to switch gear and learn more technical skills to work on an electric car. We’re already seeing more of that even in newer and much cleaner running gas powered vehicles. They all seem to have electronic

devices built right in, part of the dash is basically an iPad. So we’re already seeing some change with a mechanics job. No more grease monkeys, we may miss them and find that the knowledge of the internal combustion engine is a lost art except for car museums and race tracks. Now that I’ve mentioned race tracks, I can’t imagine an electric race car. If they aren’t here yet, it could be on the horizon.

Another concern may be the automobile industry re-tooling for the production of electric vehicles. Just within the past couple of weeks, I heard that many automobile makers around the globe are planning ahead to spend over 90 million to shift to building electric cars over the next ten years. So what about the workers? The last thing anyone wants to hear is that their job has been eliminated. In the mid-twentieth century, working in an automobile plant was responsible for helping develop the middle class. We’ve been hearing for years about the need for manufacturing jobs to provide wages that can support a family. Yet, we shouldn’t stall progress. Perhaps the new efficiencies built into the cars of the future will provide new jobs.

While looking at other issues, we can’t forget about the source of our country’s transportation funding. With every gallon of gasoline sold in Missouri about 17.42 cents goes to taxes. The amount varies from state to state with California’s tax being the highest at about 62.47 cents per gallon. When gasoline sales drop we need to find a new source to pay for roads and other infrastructure within our transportation system. As you can see many of the effects may not positive and require a plan. That doesn’t mean we can’t look at it differently. Could those taxes be replaced by less maintenance required on roads with electric vehicles? It probably wouldn’t be enough to help. Perhaps our new Secretary of Transportation, Pete Buttigieg will have some ideas.

Next month, it may be interesting to look at other considerations as we move towards cleaner modes of transportation. Like our first Industrial Revolution, this period will give us some challenges, but it also offers many positives along the way. And the effects on our environment and even our health would certainly outweigh putting it off any longer. Protecting our earth is a global issue and how we do this doesn’t just affect us. And for the individual it means looking ahead and preparing for this change. Our elected leaders will be looking at the big picture and have many things to contemplate. Understanding all that we gain and lose will provide choices that will help us and future generations. If you have any questions or comments please contact me at cleav73@sbcglobal.net.

Family Food Corner

by Chef Robert B. Cleveland

Hello and welcome to another edition to family food corner with your favorite Chef Cleveland.

Welcome to April the national month of jazz and when I think about jazz, the first word comes to my mind is Kenny G.

Kenny G to me is one of the best saxophonists in the entire world. My first encounter with Kenny G music and notes began when I was a little boy around 6 or 7 years old on late Friday nights and early Saturday mornings. I don’t know if you had a parent like my mother but she would pregame on Friday night with getting the house together to clean on Saturday mornings and guess what music and person she would be playing Mr. Kenny G this what me and my brother would say. Oh, it was not soft either she would have them saxophone notes blaring late Friday and just a dancing and pre-cleaning around the house. Sometimes she would get so caught up she would have my brother and I standing on her feet and started to waltzing in the living room. Then it never fells on Saturday mornings we would wake up to the smell of bacon and Kenny g saxophone blaring just like it was the night before. But it would be another aroma in the air to that also signal we were going to be listening to this for awhile and that bleach and pine sol. See we did not have a problem with Mr. Kenny because to be honest we where fans as well with the softest at which he plays and the passion. Kenny G plays the saxophone and it takes you on a ride through the white sandy beaches, down the canal streets in Paris, sitting at a bistro in France, and on a nice boat with the wind blowing at your back. See for me music is a way to escape and relax the grind of day to day it puts my mind at ease. If you have not heard of Kenny G look him up you definitely will not be disappointed.

Recipe of The month reminds of Jazz notes Soft passion but graceful at the same time

Chicken Etouffee

4 Chicken Thighs Bone in, skin on	3 Tbsp Vegetable Oil
½ tsp Thyme leaves, dried	3 Tbsp AP Flour
½ tsp Cayenne pepper	2oz Celery small dice
½ tsp Garlic powder	2oz Yellow onion small dice
½ tsp onion powder	2oz Green Bell Pepper small dice
½ tsp smoked paprika	½ oz garlic
As needed salt	2c Chicken stock
As needed black pepper	1/2oz Worcestershire Sauce
¼ oz Hot sauce	4ea Serving of white rice
2ea Green onion thinly slice for garnish	

1. Combine thyme, cayenne, garlic powder, onion powder and smoke paprika in a small bowl
2. Season chicken on both sides with spice mixture, salt pepper
3. large pot heat oil medium high
4. brown chicken thighs on both sides, remove from pan and set aside
5. reduce heat to medium, whisk flour to make a roux(until deep brown color and should be consistency of wet sand)
6. Cook roux, stirring continually until deep brown color, add celery, onion, bell pepper and cook until tender
7. Add garlic, Worcestershire, hot sauce, and stock and stir to combine
8. Add chicken back to pan, skin side up turn heat to low, cover, and simmer until chicken is cook to 165 (20-25mins)
9. Remove chicken, increase heat to reduce liquid to sauce consistency stirring to avoid scorching
10. Taste, season, remove chicken from bone and return to pan serve over white rice

Ask Amanda

Thoughts and Advice on Sincere Communication

Dear Ferguson Neighbors,



Hello! I'm so excited to start this column after making Ferguson my home for the past year. In this column, there will be no question too big or too small. Let's talk about love, friendship, family, career, setting expectations, taking criticism, communication, ambition, gender, jealousy, bias, loss, joy, conflict, life transitions, and anything else that comes up in your questions to me.

As we get to the heart of your complicated life problems, I will make a few promises. I'll only talk about myself if I have a useful example from my own life to offer and I'll always tell my personal truth as I see it, from my own experience. I'll consult an expert to get it right when needed and I'll probably make a joke or three in my answer, but no promises the jokes will be funny.

I am dedicated to reading and answering your questions with the best advice I can give and offering you a new perspective. My aim will be to encourage self-analysis, creativity, confidence, and compassion; helping you to consider all the options, set boundaries, and challenge yourself for growth.

So, if you've got a question and you'd like some empathetic and (possibly) humorous advice, please send it over to me at FergusonAskAmanda@gmail.com.

Sincerely,
Amanda

About the Author: Amanda Hodgkins has spent the last decade facilitating weekly peer discussion groups on communication and relationships and co-leading weekend retreats on authentic relating practices. She currently uses her degree in psychology in the corporate world, applying her passion for communication to build harmony and cohesion for the teams she's managed. Amanda blends compassion, humor, and honesty into her own unique and creative perspective on the challenges she encounters. She moved to Ferguson from her hometown of Houston, Texas, with her wife to escape the hurricanes and humidity. She now spends her days working from home, gardening, raising ducks, playing board games, and walking three energetic dogs in local parks.

Disclaimer: By submitting a question to Ask Amanda, you grant the author of this column permission to publish it in the Ferguson Neighborhood News, their website/blog, or elsewhere including print publications, internet websites, or social media. The author reserves the right to edit questions for length and clarity; your full name and/or email address will never be included or distributed. The author of this column is expressing personal and professional opinions and views, the author is not a therapist, counselor, or clinician. The advice offered is intended for informational purposes only and not intended to replace or substitute for any professional, financial, business, medical, legal, and/or other professional advice. If you have specific concerns or a situation in which you require professional, psychological or medical help, you should consult with an appropriately trained and qualified specialist. The author and Ferguson Neighborhood News are not responsible for the outcome or results of following their advice in any given situation. You are completely responsible for your actions, the author and Ferguson Neighborhood News do not accept any liability for any situation in your life past, present, or future.

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**Under The
Hood With
Robinwood**
By Bob McGartland

**IT'S NOT YOUR FATHER'S
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The #1 job of the automatic transmission in your vehicle is to deliver the correct amount of power to your wheels so you drive at the speed selected as efficiently as possible.

Over the last two decades, transmissions have evolved tremendously... from a three-speed automatic transmission, which was the industry standard, to transmissions that commonly feature 6, 8, even 10 speeds. These additional speeds combine for a smoother & quieter ride, more power when necessary and have been a major contributor to more fuel-efficient vehicles. For these improved transmissions to deliver maximum benefit to your driving experience, making sure you have them properly maintained. Some manufactures recommend servicing the transmission around 50,000 miles, others at 100,000 miles. Some manufactures do not even list a service interval. Transmission fluid is like engine oil, it breaks down over time. We have even found transmissions with 35,000 miles on them where the fluid has started to turn black from a nice red color. Transmission fluid service is especially important. How important? The previous generation of transmissions could be rebuilt for \$500.00 to \$800.00.... today's multi-speed transmissions can commonly cost \$2500.00 to as much as \$7000.00 to rebuild. Many of today's transmissions do not have an external dipstick to check the level and condition of your transmission fluid. There are special procedures and tools required to check the fluid. Most of the procedures are performed with the vehicle raised up on a lift. You absolutely want to make sure to avoid these costly repairs with regular scheduled transmission service from your automotive service provider. As we enter boating and camping season it is a good time to discuss the importance of transmission service.

WHAT ARE THE RECOMMENDED TRANSMISSION SERVICES?

There are two primary automatic transmission services... a transmission fluid exchange service. Using proper equipment, a cleaner is added to the running engine for ten minutes, then 95% of the old transmission fluid is removed from the transmission and replaced with new fluid. A fluid conditioner is added to enhance the properties of the fluid. New fluid allows the transmission to operate at a lower temp, and improves lubrication to all the clutches, gears, seals and bearings. The other service is transmission drain and fill with a filter change. This involves removing the transmission pan, draining the old fluid in the pan and replacing or cleaning the transmission filter, cleaning the transmission pan, examining the pan for impurities & particles, replacing the pan gasket, and replacing the fluid with the factory recommended fluid. Preventative maintenance saves you time and money.

WARNING SIGNS FOR TRANSMISSION PROBLEMS

Depending on how you drive, where you drive, and whether you pull a boat, RV, or other type of trailer, your vehicle may require transmission service before the manufacturer's recommended service interval. Here are some warning signs that you should be aware of:

- * discolored or contaminated fluid
- * your vehicle is shifting seems rough or jerky
- * your vehicle's transmission seems to slip between gears
- * red fluid under your vehicle
- * check engine light comes on
- * your vehicle hesitates when you put it in gear

Any of these warning signs should be taken seriously, and a visit to your automotive service provider should be scheduled. Catching a potential transmission problem before it reaches the critical stage can translate to saving you thousands of dollars and the inconvenience of having your vehicle in the shop for repair.

Lastly, as mentioned above, with the vacation season upon us, your vehicle will experience additional pressure on the transmission if you're pulling a boat or RV. When you schedule your next service, it is a good idea to talk with the service provider about your vehicle's recommended transmission service interval.

If you have any concerns or problems with your transmission or any area of your vehicle, please give us a call or visit us at robinwoodauto.com. We are here to help.

Ferguson City Clerk Takes Oath as President of the MOCCFOA

Octavia Pittman joined the City of Ferguson in 2016. Having served as a City Clerk since 2001, she has been very active in state and international educational associations. She has earned the designation of Certified Municipal Clerk (CMC) from the International Institute of Municipal Clerks (IIMC) and the designation of Missouri Profession City Clerk (MPCC) from the Missouri City Clerks and Finance Officers Association (MOCCFOA).

the profession and to improve the methods and procedures which meet the needs of the public as efficiently and effectively as possible.

Octavia has been valuable to the City of Ferguson and we are all very proud of her. Please join us in congratulating Mrs. Pittman and extending our wishes for great success on her term as President.



Octavia Pittman took the oath of office as President of the Missouri City Clerks and Finance Officers Association (MOCCFOA) at a ceremony this March. The MOCCFOA provides its members on-going educational opportunities designed to assist members in the performance of their daily job responsibilities, sponsors certification programs and provide support to its members to impart standards of quality and integrity to



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Once you are registered, you must track your miles and log them at every 10 miles you walk. You can log your miles by visiting the Ferguson Community Center or submit your miles on our website, www.fergrec.com. For every 10 miles logged, you will receive a "toe token". When you hit a special milestone (25, 50, 75, 100 miles) you will get a special reward sponsored by **SSM Health**.

The Walk Ferguson Walking Challenge will begin October 7th, 2020 and end October 6th, 2021

Walking Groups

Want to Walk Ferguson but not alone? We will have 2 walking groups each week to help you accomplish your goals. Each walking group will walk approximately 1.5 miles for about 30-45 minutes.

Weekday Walking Group: Wednesday's @ 4:00pm
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Field Notes from Farm Girl

The agricultural timetable and the magic of chickens

Each night after the sun sets, I look forward to heading over to the farm to tuck our sweet little flock of hens to sleep for the night. If you have never spent time around chickens, which I would imagine most people have not, they are the true keepers of the agricultural timetable. The watchtowers of farm life; letting farmers around the world know when to wake up to start their day and with their quitting time at the setting of the sun, we too are reminded that after the light is gone, to quiet down, perch ourselves for the evenings and get some sleep before we start it all again with the rise of the sun tomorrow morning.



Following the lead of chickens has been an effort at times. I don't consider myself a morning person, but rather more of a night owl. I find I get more down when the world is quiet and the phone and e-mails trickle and disappear. I can focus and relax knowing that everyone and everything I care about is tucked away and is safe on my watch. I like the nighttime and find my creativity is at its highest in the late night hours. Although I have always loved this time, a group of about 156 hens have wooed me over to the value of hitting the hay at a reasonable hour to be rested and ready to enjoy the spectacle of the sun as she spreads her long red and apricot fingers to slowly crawl up over the horizon at the confluence. Being able to witness this is one of the more magical things one could expect to see in their lifetime...I have the chance every morning. As soon as the light creeps slowly up the bluffs and across the grass, I can hear the roosters crowing as herald of the new day. The hens begin their clucking and pecking, and the rest of the farm awakens.

One of my other favorite chicken rituals to witness is the roosting call again from the roosters. As the sun slowly fades and it is time to come inside, the boys stand watch at the door of the coop and take shifts summoning everyone back inside to safety. It reminds me of a movie of medieval times as the sentry on the tower, watching out over the fields, sounds the alarm for the approach of the unknown. Every night the rooster who calls the hens inside changes but each is equally focused on being the last inside after all the ladies are safely tucked in and on their appropriate perch for the evening.

Just after the sun has set, baskets in hand, we walk inside to see them all aloft, as if a chicken Omnimax movie is about to start, and in this quiet un-frantic time, we refill water and food, and most importantly, collect the days eggs. It's like my favorite Bill Murray movie, "Groundhog Day", where he relives the same day over and over again, but for me it is like being 6 and hunting for colored Easter eggs and trying to find the most. I never get sick of the satisfaction of filling my basket with all the colors, and then boxing them up beautifully to share. If Forrest Gump said 'Life is like a box of chocolates', then a carton of our beautiful eggs should be like opening up an exotic Valentine's Day box assortment, with all the pink, blue, olive, cream, apricot, brown and speckled eggs our girls lay.

Maybe I am too much of an artist or romantic or just sensitive "Farm Girl", and I know most people don't know the beauty these chickens witness in the course of a day, but I am convinced that I can taste it in their eggs. Just taking them back home for myself feels like I treated myself to something special. Whether they're destined to be baked or scrambled, when I crack them open and see that beautiful marigold sun spill out of the shell and into my mixing bowl and I need no other proof. Every bit of that perfect day made it into that egg. Absolutely it did!



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We have every intention of hosting the 12th Annual Ferguson Twilight Run in person on May 15, 2021. However, plans will be modified and changes made based on state, county, and city safety guidelines related to COVID-19 at the time of the event.

Self-Care and Its Impact on our Emotional Wellness

by: Belinda James, MOFDC, MSW, LMSW
 Founder and Chief Executive Officer of Project DEAMHI, Inc.
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In our current state of functioning, we have heard the word “pandemic” and “pivot for the last 11 to 12 months.” You may have heard the term, “self-care,” but how much has that resonated in your mind? Have you been just pushing through trying to survive without being cognizant of the impact that long-term stressors have had on you?

When you deal with stress, your body can experience stress responses that could present in any one of the following symptom categories: a) Cognitive Symptoms; b) Emotional Symptoms; c) Physical Symptoms; or d) Behavioral Symptoms. Cognitive symptoms could include memory problems, inability to concentrate, poor judgment, seeing life’s issues from a negative viewpoint (as if the “glass were half empty”), anxiousness or racing thoughts, or constant worrying. Emotional symptoms could include feeling overwhelmed, having a short temper, moodiness, depression or general unhappiness, or a sense of loneliness. Physical symptoms could include a compromised immune system, stomach issues, chest pains, rapid heartbeat or nausea. Behavioral symptoms could include changes in eating habits (increases or decreases), isolating yourself from others, procrastinating or neglecting responsibilities, nervous habits (such as nail biting or pacing), changes in sleep patterns (too much or too little) or using alcohol, cigarettes or drugs to relax.

If not before, certainly now is an extremely important time to practice some self-care techniques! The term self-care refers to a pattern of practice that could be developed to decrease stress and positively impact your physical and emotional health and well-being. Self-care is also necessary to effectively honor your professional and personal commitments.

A helpful and motivating first step to self-care is to remind yourself that you deserve to be healthy. If you are a visual learner, write a reminder about deserving to be healthy on paper and post it on your wall to read every morning. If you are an auditory learner, record a motivational message about being healthy and listen to it daily. Coping strategies that could be helpful include deep breathing, exercise, meditation, writing or joining a support community – faith based, parent group, civic engagement group, etc. (and probably some of those being virtual right now). Additional self-care activities for the whole family could include putting on some music and just dancing! Or an art project such as having each family member design a gratitude poster using picture form to represent things they are grateful for and then present it to each other to create a special family moment. Practicing gratitude can have a positive impact on your high stress levels.

As a wrap-up message, it is important for you to remind yourselves that as life is happening to you every day – joys and accomplishments as well as struggles and losses - you deserve to take care of yourself through all of those moments! Be well within you!



CAN CHIROPRACTIC CARE HELP YOU FIND RELIEF FROM ARTHRITIS PAIN

by Dr. Robyn L Lawrence DC
 Get Well Family Chiropractic

Is arthritis pain keeping you from enjoying an active lifestyle? More than 50 million Americans experience daily arthritis pain and many would say that medication alone doesn’t help. Stiffness, swelling, joint pain, and inflammation are some of the most common ailments caused by arthritis. Although there are different types of arthritis, such as osteoarthritis and rheumatoid arthritis, they share many of the same painful symptoms that affect millions of people, making it the leading cause of disability in the United States.

Many people tend to think chiropractic care can only benefit those who have been injured due to car accidents or athletics. But a number of people seek chiropractic treatment for a variety of medical conditions and disorders not related to a specific physical injury. In fact, an estimated 20 million Americans will seek treatment from a chiropractor this year. Specially, chiropractic treatment has been proven to help patients with osteoarthritis, one of the most common types of arthritis. Here are three ways that chiropractic treatment has been shown to help treat people with the symptoms of osteoarthritis.

Pain reduction and relief. Chiropractors use various techniques to properly align the spine. By receiving a spinal adjustment, the spinal cord nerves can send a signal to the brain to properly balance chemical production, which will decrease how the body relays pain.

Releases muscle tension. When the spine is misaligned, muscles tend to hold pressure causing inflammation. Chiropractic treatment helps to relieve the tension built up in the muscles by properly aligning the spine and reducing the pressure.

Increases range of motion. Proper spinal alignment increases the motion of the spine, hips, and shoulders. This increase in the range of motion helps the adjoining joints become loose and helps reduce stiffness throughout the body.

Like other forms of arthritis, osteoarthritis can be debilitating, painful and uncomfortable. Chiropractic treatment can help reduce those feelings for patients.

If you are experiencing pain due to arthritis then chiropractic treatment may be your next step in pain relief. Get Well Family Chiropractic located in Florissant, Missouri has a team of chiropractors and staff that is ready to help you find the relief you need to get back to enjoying your daily activities. To learn more about chiropractic treatment at Get Well Family Chiropractic, call our Chiropractic office to schedule an appointment at (314) 524-2580 today.



Line art provided by Sharon Nadeau

Crossword Solution from page 2

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5 Signs You Are an Aspirational



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Should I? Shouldn't I? If you're asking yourself these questions as you toss something in your recycling bin, you might be an aspirational recycler. This happens when you aren't quite sure if something is recyclable or not, yet you still place that item in your recycling container, hoping that somewhere down the line it will be recycled or reused.

Common items that wrongfully end up in recycling centers include food, yard waste, plastic bags, clothing and hoses.

Unfortunately "wish-cycling" is detrimental because it puts a lot of items in the recycling stream that don't belong there, can contaminate perfectly good recyclables, and can damage the equipment in recycling facilities. Aspirational recyclers generally have good intentions. Knowing the basic rules of recycling is vital so that those good intentions don't go to waste (pun intended).

Think you're an aspirational recycler? See if you're doing any of these things:

1. You don't know whether something is recyclable, but you hope it is. When in doubt, you should throw it out. Stick with the basics...
2. You recycle more than cardboard, paper, metal cans, plastic and glass. Keep it simple and focus on items like water bottles, milk jugs, aluminum cans, and clean and dry paper and cardboard.
3. You confuse "recycle" with "reuse." Your old clothing, tools and appliances can have new life, but not if you put them in your recycling container. Donate items for reuse to a local charity.
4. You toss items in the recycle bin with liquid and food still in them. Items must be empty, clean and dry to be recycled. When they're not, they contaminate the perfectly good recyclables around them, sending some to the landfill.
5. You bag your recyclables. It sounds like a nice, neat way to keep your bin clean and collect recyclables. But the truth is that bagged recyclables can't be unbundled and sorted at the recycling facility. They'll go to the landfill - nullifying your recycling efforts.

We know people want to recycle and have the best intentions; so, if any of this sounds familiar, don't despair. There are plenty of resources to help you know what and how to recycle at RecyclingSimplified.com. Once you've upped your recycling knowledge, don't forget to pass on the good recycling word! Make aspirational recycling a thing of the past.



Do's and Don't's of Trash Pick-Up Day

It's a part of our weekly routine - gathering trash and recycling from around the house, filling the trash and recycling bins, taking the containers to the curb and bringing them back in after they've been emptied. But are we sufficiently educated on the proper way to put your trash and recycling out on trash day? Keeping in mind the hard-working employees of Republic Services that are out there in all kinds of weather and keeping our community looking nice, here are some Do's and Don'ts:

DO's:

- Do put your containers out NO EARLIER than 4pm the day before your pick-up. Carts should face the street with wheels against the curb. Allow at least 2 feet between carts and 5 feet between carts and other objects.
- Do bring your containers in NO LATER than 8pm the evening of your pick-up.
- Do make sure the lids on both trash and recycling bins close COMPLETELY. If you have too much waste to close the lids completely, consider asking a neighbor if they have room in their container OR, if this happens frequently, you can lease an extra container from Republic Services.

DON'T's (These are big ones):

- Don't put items that cannot go in the regular trash such as TVs and other electronics on the curb. These must be taken to special recycling events. (Please read article on page one for more information.) You can schedule a TV pick-up with Republic but it's costly.
- Don't pile extra trash on top or around your container.

It didn't take long on a quick drive through one of our neighborhoods to find many, many trash bins with extra trash on or around it. This could be just a matter of education. All containers are picked up by trash trucks with a mechanical arm which pick up the containers and empty into the truck. Those mechanical arms cannot pick up anything that is not in the trash container. Let's look at what's involved in picking up any extra trash outside the container:

Workers have to: 1) Turn off their truck and get out. 2) Take the trash off the top and away from sides of containers. 3) Get back in and start their truck. 4) Use mechanical arm to pick up and empty cart. 5) Turn off truck and get back out. 6) Fill container with extra trash. 6) Get back in, start truck, use mechanical arm to empty container. 7) Repeat as many times as necessary to empty all extra trash.

This also happens with trash containers that are too full to close completely. Trash falls out before mechanical arm reaches the top causing the workers to repeat the process above.

If you put out extra trash more than one-two times, Republic will contact you to make sure you understand the policy and also make sure you are recycling. Many times recycling is thrown in with trash causing the extra bags of trash. (Please see recycling article on this page)

OTHER USEFUL INFORMATION:

Republic will pick up three large bulk items per month for free. This is done on your last pick-up day of each month and must be scheduled through Republic Services. Please don't put out bulk items before the end of the month.

Check their website for more information (FAQ's are very helpful) or download their mobile app.

Trash Day doesn't have to be trashy. Follow the simple do's and don't's. It's pretty easy and it helps to make our neighborhoods look a little nicer and makes the jobs of the Republic workers a little easier. And if you're out when the trash truck is going down your street, maybe give the Republic workers a friendly wave or thank you for the work they do.



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The Invention of the CAR RADIO

Seems like cars have always had radios, but they didn't.

Here's the story:

One evening, in 1929, two young men named William Lear and Elmer Wavering drove their girlfriends to a lookout point high above the Mississippi River town of Quincy, Illinois, to watch the sunset.

It was a romantic night to be sure, but one of the women observed that it would be even nicer if they could listen to music in the car. Lear and Wavering liked the idea. Both men had tinkered with radios (Lear served as a radio operator in the U.S. Navy during World War I) and it wasn't long before they were taking apart a home radio and trying to get it to work in a car.

But it wasn't easy: automobiles have ignition switches, generators, spark plugs, and other electrical equipment that generate noisy static interference, making it nearly impossible to listen to the radio when the engine was running.

One by one, Lear and Wavering identified and eliminated each source of electrical interference. When they finally got their radio to work, they took it to a radio convention in Chicago.

There they met Paul Galvin, owner of Galvin Manufacturing Corporation. He made a product called a "battery eliminator", a device that allowed battery-powered radios to run on household AC current.

But as more homes were wired for electricity, more radio manufacturers made AC-powered radios.

Galvin needed a new product to manufacture. When he met Lear and Wavering at the radio convention, he found it. He believed that mass-produced, affordable car radios had the potential to become a huge business.

Lear and Wavering set up shop in Galvin's factory, and when they perfected their first radio, they installed it in his Studebaker.

Then Galvin went to a local banker to apply for a loan. Thinking it might sweeten the deal, he had his men install a radio in the banker's Packard.

Good idea, but it didn't work – Half an hour after the installation, the banker's Packard caught on fire. (They didn't get the loan.)

Galvin didn't give up. He drove his Studebaker nearly 800 miles to Atlantic City to show off the radio at the 1930 Radio Manufacturers Association convention.

Too broke to afford a booth, he parked the car outside the convention hall and cranked up the radio so that passing conventioners could hear it. That idea worked -- He got enough orders to put the radio into production.

WHAT'S IN A NAME That first production model was called the 5T71.

Galvin decided he needed to come up with something a little catchier. In those days many companies in the phonograph and radio businesses used the suffix "ola" for their names - Radiola, Columbiola, and Victrola were three of the biggest.

Galvin decided to do the same thing, and since his radio was intended for use in a motor vehicle, he decided to call it the Motorola.

But even with the name change, the radio still had problems: When Motorola went on sale in 1930, it cost about \$110 uninstalled, at a time when you could buy a brand-new car for \$650, and the country was sliding into the Great Depression. (By that measure, a radio for a new car would cost about \$3,000 today.)

In 1930, it took two men several days to put in a car radio --The dashboard had to be taken apart so that the receiver and a single speaker could be installed, and the ceiling had to be cut open to install the antenna.

These early radios ran on their own batteries, not on the car battery, so holes had to be cut into the floorboard to accommodate them.

The installation manual had eight complete diagrams and 28 pages of instructions. Selling complicated car radios that cost 20 percent of the price of a brand-new car wouldn't have been easy in the best of times, let alone during the Great Depression –

Galvin lost money in 1930 and struggled for a couple of years after that. But things picked up in 1933 when Ford began offering Motorola's pre-installed at the factory.

In 1934 they got another boost when Galvin struck a deal with B.F. Goodrich tire company to sell and install them in its chain of tire stores.

By then the price of the radio, with installation included, had dropped to \$55. The Motorola car radio was off and running. (The name of the company would be officially changed from Galvin Manufacturing to "Motorola" in 1947.)

In the meantime, Galvin continued to develop new uses for car radios. In 1936, the same year that it introduced push-button tuning, it also introduced the Motorola Police Cruiser, a standard car radio that was factory preset to a single frequency to pick up police broadcasts.

In 1940 he developed the first handheld two-way radio - The Handy-Talkie –for the U. S. Army.

A lot of the communications technologies that we take for granted today were born in Motorola labs in the years that followed World War II.

In 1947 they came out with the first television for under \$200.

In 1956 the company introduced the world's first pager; in 1969 came the radio and television equipment that was used to televise Neil Armstrong's first steps on the Moon.

In 1973 it invented the world's first handheld cellular phone.

Today Motorola is one of the largest cell phone manufacturers in the world.

And it all started with the car radio.

WHATEVER HAPPENED TO the two men who installed the first radio in Paul Galvin's car?

Elmer Wavering and William Lear, ended up taking very different paths in life.

Wavering stayed with Motorola. In the 1950's he helped change the automobile experience again when he developed the first automotive alternator, replacing inefficient and unreliable generators. The invention lead to such luxuries as power windows, power seats, and, eventually, air-conditioning.

Lear also continued inventing. He holds more than 150 patents. Remember eight-track tape players? Lear invented that.

But what he's really famous for are his contributions to the field of aviation. He invented radio direction finders for planes, aided in the invention of the autopilot, designed the first fully automatic aircraft landing system, and in 1963 introduced his most famous invention of all, the Lear Jet, the world's first mass-produced, affordable business jet. (Not bad for a guy who dropped out of school after the eighth grade.)

Sometimes it is fun to find out how some of the many things that we take for granted actually came into being!



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Thought Food

Does anyone remember the phrase: “It’s 10:00 o’clock, do you know where your children are?”

That was an attempt to make sure parents were aware of what their children were up to.

Back in the day every mom on the block had not only permission but were encouraged to make sure each of us kids toed the line. They didn’t spare the rod. My grandmother made us cut our own switches. We had a willow tree and she could wield a mean willow switch. She was born in 1891 and she instilled in us that **“when you leave your house you are representing your family. How people perceive you is how they will perceive your family.”** That is why she would tell us every-time we left the house: “don’t be gettin’ in bad”. But that was back in the day.

These days we need to be more like my grandma Staples. Keeping an eye out for trouble. Reporting it. Stopping it.

We all need to be telling our kids “don’t be gettin’ in bad”. And instill in them what grandma instilled in us.

Real men AND women are peaceful, strong, trustworthy & kind. Honesty and integrity are key to ethical behavior.

Yeah, I was a boy scout. And I believe it laid the ground work for building my character as a man. My time in the service during Vietnam also helped shape my character. I still have a strong connection and reverence for my brothers in arms.

As a veteran I now pray for our new commander in chief: President Biden. Pray he does the right thing. Pray he can help bring this country together. Pray he doesn’t let it all go to hell in a hand basket.

What ever happened to “ask not what your country can do for you, but what you can do for your country”? Now it’s me first and the gimme gimmes (no disrespect to the great band by the same name).

Which leads right into something that really concerns our community. I see this stuff on nextdoor. Courtesy, and can we begin with courteous driving?

What is going on with people that have to be first? Weaving in and out of traffic. Oh you know who you are. Swerving from the far left lane over to the exit lane but first cutting off two maybe three cars. Are you that late? If so, leave earlier. If not, relax and enjoy the day.

How about when in a construction zone and the sign says right lane closed ahead, the ones that speed ahead of you in that right lane and then try to merge at the last minute tying up traffic. My grandsons call them morons.

The other is speeding. I know how it is on the interstate but at least pedestrians are not allowed there. I’m referring to around town rudeness. Speeding, passing in no passing zones, running stop signs, basically ignoring road etiquette. I often wonder where these drivers got their licenses (on-line)?

Life is too short to live it too fast. I’ve done that. Relax, take your time, enjoy the journey, make your resolution to be kind to your neighbor.

And “don’t be gettin’ in bad”.



Do Bee or a Don't Bee?

When I was a child we only had a couple of children’s shows on the very small screen in our living room. One was Captain Kangaroo and the other was Romper Room featuring Miss Lois.

When it comes to trash and littering in our communities it seems some have forgotten what Miss Lois taught us. Don’t be a don’t Bee.

Do Bees do not litter. They save their trash until they find a trash can to dispose of it in.

Don’t Bees have no respect for the community they live in and throw litter anywhere and everywhere they go.

Don’t Bees pile trash bags next to their trash cans allowing nocturnal animals raccoons & possums or foxes, coyotes, and even dogs to tear open trash bags and scatter them all over. That’s why it is important to put trash in the proper receptacle.

Most children have been taught what a good Do Bee should be.

As parents, we try to do the right thing but often slip until our children in their innocence show us the way. What we have to do is be great examples to our children.

I read on the inside wrapper of a Dove candy chocolate: “Be someone you can look up to.” Great advice. We need to be someone the children in our community can look up to.

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Registration is now open, so don’t delay!

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