

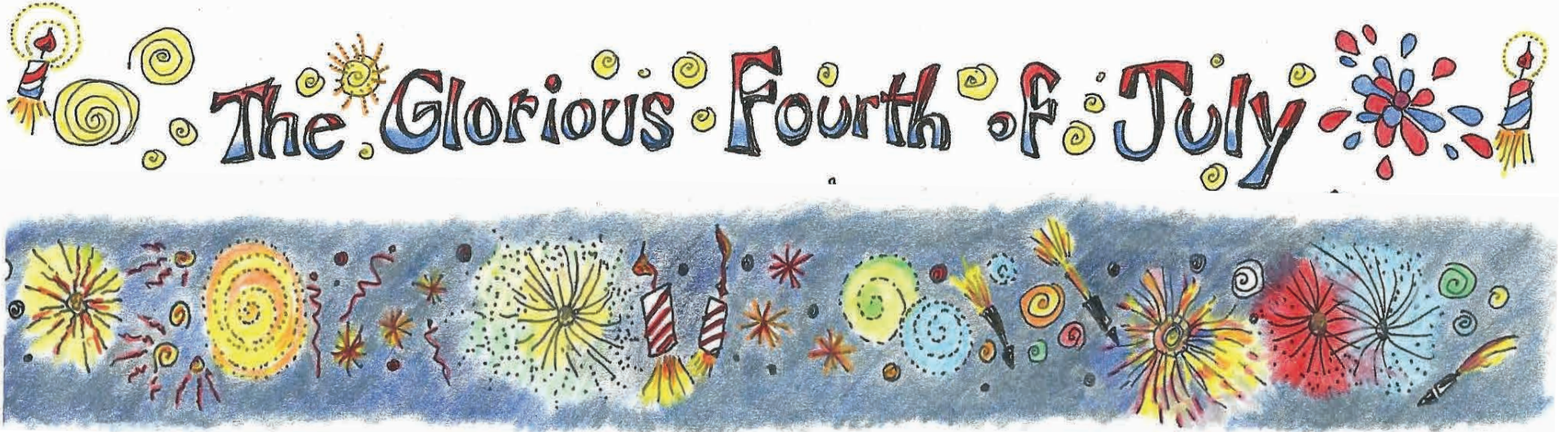
# Ferguson

## NEIGHBORHOOD

### 2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021



#### 4th of July. America's Birthday. Our Independence Day.

I don't know about you, but to me the 4th has always been the culmination of celebrations. Personally, I love the fireworks. I just don't enjoy them every night, all night.

So where are the best firework displays? Growing up in this area, I will say that January-Wabash was always awesome. Florissant also puts on a great display. When we were younger we would drive over to the Rock Road and watch the fireworks at Ritenour High School.

The 4th always invokes images of parades, swimming pools, bar-b-ques, pitching horse shoes, chasing fireflies, water balloon fights, running through sprinklers, smelling those bar-b-ques, making necklaces out of clover, brewing sun tea, getting sun-burned, over eating, and watching fireworks.

I was fortunate that my father had his office at the Mansion House Center. That was when the arch was being built. During that time St. Louis held the VP parade and fair with fireworks down on the riverfront. We could watch the fireworks from the top of the Mansion House. (Did I mention there was a swimming pool on the roof?) Leap forward 50 plus years: the veiled prophet parade and fair transitioned into fair St. Louis, the arch-grounds have changed, but the fireworks are still absolutely the best in the nation.

I pray that everyone stays safe this year. Please, do not shoot off guns. Those bullets go up and they have to come down somewhere. Think!



#### Juneteenth Becomes Federal Holiday

This year marks the adoption of "Juneteenth" (Emancipation Day) as a federal holiday. First celebrated in Texas, it is commemorated on the anniversary date of the June 19, 1865, announcement of General Order No. 3 by Union Army general Gordon Grange, proclaiming freedom for the last remaining slaves in Texas nearly two years after the signing of the emancipation proclamation by President Lincoln. Many Celebrations were held this year and we hope to see it become the next big annual festival at plaza 501 in Ferguson.

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#### Ferguson 4th of July Celebration

Parades are so much fun! I have always enjoyed the hometown atmosphere that the Ferguson parade has. The parade route lined with lawn chairs, everybody dressed in red, white, and blue, veterans standing and saluting as the color-guard leads the way up Florissant road to January-Wabash Park.

The parade will begin at Plaza at 501 and travel up Florissant Rd, ending at January-Wabash Park. This year's theme is "Parading Out of the Pandemic".



Parade 2:00 P.M.  
Fireworks 9:15 P.M.

Residents are encouraged to watch the fireworks from their homes and not congregate at the park.



#### July News and Events at the Ferguson Public Library

For more information, please call the library at 314-521-4820 or visit us online at [ferguson.lib.mo.us](http://ferguson.lib.mo.us)



**The 2021 Tails and Tales Summer Reading Challenge is still going strong! Sign up to win prizes for reading today!**

#### Dungeons and Dragons Tuesday, July 6 at 6 pm

Join us on Zoom as we adventure through a fantasy land full of magical creatures! Ages 12 and up are welcome. Contact Maggie at the library to register.

#### Jungle Tales Storytime Saturday, July 17 at 2 pm

Join us on Facebook as we swing through the trees with stories and songs about jungle life! Head to [facebook.com/fergusonlibrary](https://facebook.com/fergusonlibrary) to join the fun.

#### OUTDOOR IN-PERSON EVENTS!



#### Teach Your Dog Manners

Friday, July 9 at 5 pm

Learn how to teach your dog basic commands. Registration required.

#### YMCA Pop Up Event

Thursday, July 22 at 6 pm

Join us and the YMCA for an afterhours family event!

#### Backyard Birding

Friday, July 30 at 5 pm

Find out how to attract and identify birds in your backyard.

#### JULY CRAFT KITS

July 6-10

Tissue Paper Art

July 12-17

Popsicle Stick Catapult

July 19-24

Negative Grid Art

July 26-31

Painted Rock Photo Holder

**The Ferguson Library will be closed Monday, July 5.**

## July Celebration Shout-outs



**2nd - Happy 93rd Birthday Audrey Fink!**  
Audrey has been a Ferguson resident for over 70 years and faithfully reads the Ferguson paper at her home.

15th - Happy 85th Birthday Wanda Cook

16th - Happy 21st Birthday Sam Cook

28th - Happy Birthday DeAndre'a Fair Jr.

31st - Happy 70th Birthday Sharon Nadeau

(Sharon provides the wonderful line art throughout the paper)

Happy 40th Birthdays Stacey Lorenz and Shannon Brown



### CROSSWORD

High Flying  
By Robin Shively

#### ACROSS

1. "And away they all flew like the down of a \_\_\_\_\_"
7. Large transport of pairs
8. Dad \_\_\_\_\_
11. English vernacular contraction
12. Dug up earth
14. Terrier target
15. Start of a famous John's famous march
17. Solidly built
19. Ink distributors
20. 70's Volkswagon
21. No one talks about the one in the room
23. Frostmaiden
24. Peaty area
26. Nyet in arles
28. David Allan's kin
32. File
33. Cycle option
34. See 41 across
36. Hoskins on first
37. \_\_\_\_\_ Kelvins, it's absolute!
38. Brazilian percussion music genre
41. With 34 Across, 1906 Cohan musical number
44. Native Coloradan
45. Tex-\_\_\_\_\_
46. Redheads
47. Blood protein (abbr.)
49. Start of a phrase attributed to Julius Caesar
50. ARI league
51. Richthofen was one
54. Family or clan emblem
56. Paranormal novel by Amanda hocking
59. Org. for a friend of Bill
60. Hamlet
61. Teachers and employers frown upon this
63. Weed
64. Stun with a gun
65. Flourless cake

#### DOWN

1. Type of test
2. Strike
3. Absurd
4. End of a Famous John's famous march
5. Tibetan Forbidden City
6. A long, long time
7. Follows B.C.
8. Prerequisite for automatic citizenship
9. Nickname for a flag
10. Partridge portrayer
13. One who uses stet
14. "Father of the National Parks"
16. Sally Beauty Company on NYSE
17. With 40 down, song with lyrics from an 1814 poem
18. Two days before Sat.
22. St. whose official flower is the Yucca
25. 2016-17 Netflix show
27. Nordic Gnome
28. Warm and Comfy
29. Bogus butter
30. Techno percussion instrument
31. Travel agency to the stars?
35. Find them at Spencer's
39. Med. Test
40. See 17 down
42. Not included
43. Contraption for making condensation
47. Internet start-up?
48. \_\_\_\_\_-chic
52. Ensemble
53. Let up
55. Small fry
57. Norma or Charlotte
58. Start for Cat or Caps
62. Place for R.N.s and M.D.s

1	2	3	4	5	6	7	8	9	10
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63				64				65	

Solution on page 14

### Looking Forward

- |   |  |
|---|--|
| <b>July</b><br>4 - Independence Day<br>11 - Marine Corps Creation Day<br>18 - Ice Cream Day | <b>August</b><br>1 Girlfriend Day<br><b>September</b><br>6 Labor Day |
|---|--|

### 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**

### BEWARE OF SCAMMERS

I received a phone call and voice mail stating I won Publishers Clearing House Sweepstakes. They told me I won \$7 million, a new Mercedes (color of my choice), and \$7,500 a month for life. WOW! Does that sound great? Until he said I would need to pay \$4,000 in processing fees. I said he was a scammer and he said "no sir, I've been working for PCH for 15 years".

As soon as I hung up, I did a little research. Called Publishers Clearing House. They never charge a processing fee. Their website says if someone calls claiming to be them, hang up - it's a scam and report it to police. I called Ferguson Police and they confirmed they have had numerous calls. I only hope the scammer actually shows up at my house.

Do not give out information to these criminals.

#### Food for Thought

Over 99 percent of people in the community are good. Less than one percent are the bad seeds. Let's not dwell on the bad, but concentrate on the good.

# ARTFUL CONSIDERATIONS

by Glynis Mary McManamon, RGS

Byron Rogers and his wife Vickie have founded an organization called B.A.G.S., Inc. (Be Art Gallery and Studio).



This organization is planning two art-related events for the summer. The first event was held Sunday, June 27, 2021, noon to 4 p.m. at January Wabash Park in Ferguson, MO. The second event is scheduled Sunday, August 22, 2021 noon – 4 p.m. at North County Rec Center in Florissant, MO.

Titled “Art in the Park” the events will provide youth and their families with structured outdoor art and mindfulness activities. Participants will have the opportunity to explore art media, such as relief and mono printmaking with styrofoam, and plexiglass, acrylic painting on canvas board and hand building with air drying clay. This rare experience will allow families to unwind, have fun, and relax while learning skills that help uncover one’s inner being and the artist within.

The events are free to the participants. B.A.G.S., Inc. will accept donations to help supplement costs and we are open to any support from area businesses and organizations. You can contact this organization at the following email: [bagsincstl@gmail.com](mailto:bagsincstl@gmail.com).

## Art at the Market and Artists at the Market

July artists at the Ferguson Farmers Market will include Caitlin McCall who runs an art organization called “Fuhaha” and Michelle Krute, a painter. We will also feature Jane Reise who will share about her upcoming CHAIRity event, a silent auction of original repurposed chairs to raise funds for children’s cancer research.

Art at the Market (artmaking for kids of all ages) will be led by various volunteers. On July 3, Megan Linhares will do fireworks collages. Caitlin McCall will have activities on July 10. Sr. Barbara Volk will have kids draw “Alleycats” July 17. July 31 Megan Linhares will be back with tissue paper painting.

## July Artist online at [www.goodshepherdarts.org](http://www.goodshepherdarts.org)

Many are familiar with Laura Saunders Kaiser’s fiber art. Her work includes “fine feathered friends” and “hometown scenes.” The GSAC website will feature Laura’s work from July 1 – July 31. We’re calling her exhibit “Life in Stitches.”

Have an artist you want to see featured?

GSAC continues to seek artists to share their creativity at the Ferguson Farmers Market and also for online exhibits while we seek a place to reopen live. Have them contact us at [info@goodshepherdarts.org](mailto:info@goodshepherdarts.org). There is no fee for either opportunity.

Always remember the Ferguson Library...

A great resource, and a continuing source of free creative kits.



Friends of Taiwan, guests of GSAC, share creativity in origami, clay,



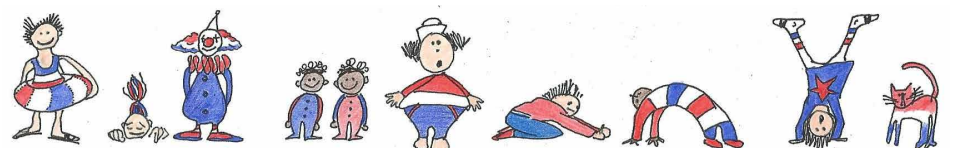
“From the Heart.” by Laura Saunders Kaiser.



Deborah Rice-Carter painting a chair at Art at the Market while chatting with an onlooker



Sr Barbara Volk, CSJ leading Art at the Market





# Hello Ferguson!

by Marian Linck

I knew I enjoyed cars when I was a kid. There were not many cars that we saw on the road that I could not name the make, whether it be a Ford, a Chevy, or a Dodge. Like many North County kids my dad worked for the Chevrolet plant on Union Blvd. It seemed like everyone's dad worked at McDonnell (pre Douglas), Ford, Carter Carburetor, Hussman Refrigeration.



But I digress, I was talking about cars. A few winters ago, when it was cold, and we were bored my husband and I came across Mecum Auctions and were instantly taken back to our youth when some of our friends had "muscle-cars" or even to my childhood when my dad was working for the Chevy Assembly plant building Corvettes.

Mecum Auctions has a parade of vintage restored automobiles parade in front of likely buyers for hours. These cars sell for hundreds of thousands and some for a million or two. We decided last year it would be fun to attend the auction and leave our checkbook at home! Well, that was 2020 and none of the live auctions were happening.

Mecum began live auctions again in 2021 and we decided the event in Indianapolis would be a great place to go.

We made the nearly 4-hour trip, had dinner in a brewery that had been a Catholic Church at one time and the next day we went to the auction at the Indiana State Fairgrounds. As we walked toward the main event, we heard roaring engines and squealing tires, the kind of noise that is usually followed by a large crash and the sound of breaking glass. As we got closer to the commotion, we could smell the burning rubber. Then we saw it! There was a road course laid out on a small parking lot. Dodge Challengers

and Chargers were literally flying through this course at breakneck speeds, doing donuts and squealing tires on the sharp curves. There was a line of people near the course and to my great excitement they were getting in the cars for a ride. I was sure this "Dodge Thrill Ride" was going to cost a fortune, but hey, you only live once, and I was going to experience this ride. We walked up to inquire about the cost and the length of time we would have to wait in line. I truly expected to pay and accept a line ticket for a ride later in the day. The ride was FREE AND we got a T-Shirt AND a water bottle! I could hardly contain myself and my husband was not doing much better. We waited in line for about 30 minutes all the while I was thinking I might throw up once I got in the car and it started going. My worries disappeared the minute the young man stepped on the gas, and we took off. I could not stop smiling and laughing. What an experience! Did I mention these Dodge autos were 797 HP?

The rest of the auction was fun as well. I enjoyed the old Chevys, especially a couple of two-tone paint 1957 Bel Airs, there were also plenty of vintage Corvettes, Mustangs, and "Super Bees". There were also some early models of cars that included "rumple seats". I still cannot figure out how anyone got into one of those seats. We were amazed by how beautifully some of the models had been restored and were even more amazed at cars that had been bought and then driven less than 50 miles and then stored in a climate-controlled garage and polished daily with a diaper for 60 years.

I genuinely want one of these vintage cars, but I am afraid I would want to drive it all the time! We came home with out a purchase, of course. I did come home with some great memories of the cars we saw and especially a memory of the "Dodge Thrill Ride". We are both ready to go back to a Mecum Auction for another turn in one of those 797HP Dodges.

Once again, you may contact me at manhattanmarian @gmail.com. See you next month.



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## AUTHOR SPOTLIGHT



Joseph Lockett is from St. Charles, Missouri and is the CEO of Zero to 100. Joseph's true passion lies in connecting people using his mastery of developing authentic relationships. He has created a unique twist to networking that transforms how and why professionals meet one another.

Joseph's new book "Zero to 100: The Gold Standard of Global Networking" was released in 2021 and became a No.1 International Best Seller within the first 42 hours. This book can be differentiated from other networking books with scientifically-proven statistical analysis, providing substantial evidence that Joseph's networking methods truly work.

Joseph has been recognized by his peers for several prestigious awards including:

- "Beyond the Best" Top 50 in Business Award (Streetscape Magazine)
- St. Louisans on the Move (St. Louis Business Journal)
- Succeeding in Business (NewsTime Newspaper)
- Top 100 St. Louisans You Need to Know to Succeed in Business (St. Louis Small Business Monthly)
- Who's Who in St. Charles County (Time-Off Magazine)
- On June 10, 2021 Joseph received the Key to the City of St Charles from the Mayor - Honorable Dan Borgmeyer

With education and exposure, we can resolve the lack of information and diversity about the networking process as well as networking organizations being readily available to all in every community," Lockett says. "Zero to 100 focuses on REAL-ationship-building through education with a focus on fostering a sense of belonging and gratitude."

# The Best of Ferguson

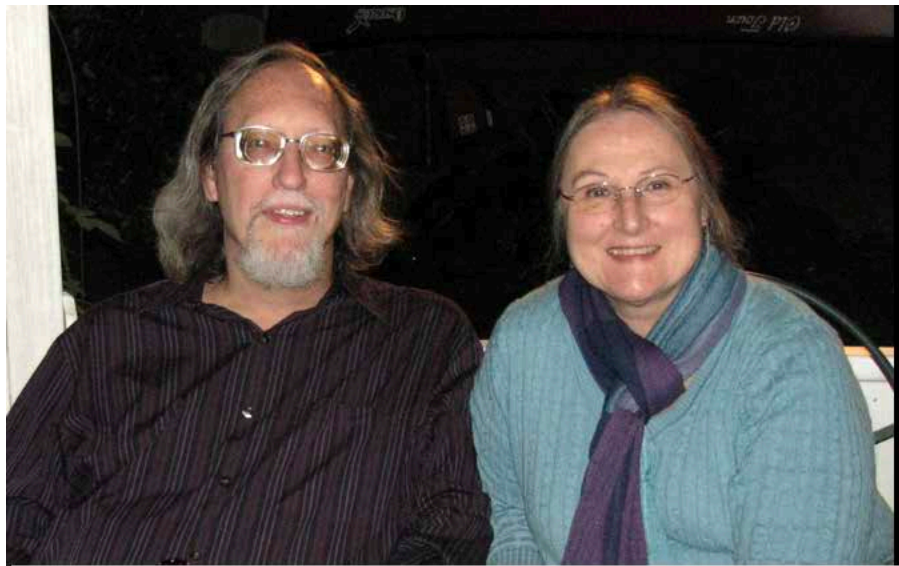
by Teyuna T. Darris, M.A.



“Alan and Becky Mueller--- Partners in Life and Community”

When I was a kid, I had decided that I would commit my life to advocating for the betterment of other people’s lives. And, along the way, I continue to meet people from all walks of life who inspire me to continue along this path, and to always seek to do this work as effectively as possible.

Alan and Becky Mueller are two of those people whose commitment to community service and advocacy for others I had only heard about for several years before I had the pleasure to actually meet them. And, this month, after hearing so many great things about them, they gave me the opportunity to ask them about their lives, passions and work which I will share with you in this month’s edition of The Best of Ferguson.



Alan and Becky Mueller  
2015

Becky Mueller is a native of Indiana, and is a retired high school teacher who taught English, reading and study skills for thirty years at Hazelwood Central High School. She moved to St. Louis in 1976 after receiving the job offer to teach in the Hazelwood School District, and chose to make her residence in Ferguson.

Mrs. Mueller’s pastimes include volunteer work through which she has worked as a swimming instructor, suicide hotline worker, a Stephen Ministry leader, and an OASIS reading tutor. Mrs. Mueller studied elementary education at DePauw University, and earned a master’s degree in education with a certification in remedial reading from Ball State University. She also earned her certification to teach English at the University of Missouri - St. Louis (UMSL)--- this makes Mrs. Mueller and myself fellow UMSL alumna.



Alan and Becky Mueller visiting Canyonlands National Park in 2016

Alan Mueller is a retired architect who specialized in K-12 school renovations and historic restoration. His office was in Historic Florissant, Inc.’s Gittemeier House. The tragic events of 2014, in Ferguson, played a major role in Mr. Mueller’s decision to retire early from the workforce so

that he could devote more time to volunteerism and community service. Mr. Mueller studied for one year at the Université Pédagogique in Versailles, France. He, then, earned the Bachelor of Science in Architectural Studies and the Master of Architecture from the University of Illinois - Urbana. He’s also a graduate of the Neighborhood Leadership Academy (NLA) and the Neighborhood Leadership Fellows (NLF). NLF and NLA are two of the University of Missouri Extension’s premier leadership training programs. I’m proud to say that Mr. Mueller and I are fellow alumni of these two excellent leadership training programs.

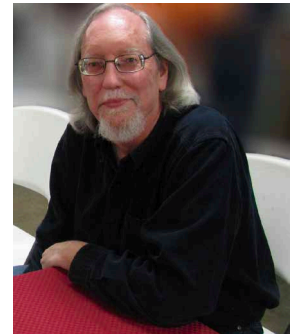
Since 2017, Alan has served as the director of the Ferguson-based group PROUD--- People Reaching Out for Unity and Diversity. Becky also serves as a member of PROUD and of the Philanthropic Educational Organization (PEO)--- a national women’s organization that provides financial support to women’s education initiatives.



Mrs. Becky Mueller  
2021

To better understand Mr. and Mrs. Mueller’s passion for community service and for Ferguson, I asked Mr. Mueller what are your pastimes?” In jest, he replied, “Becky and I have spent so much time attending racial equity workshops, attending other workshops, movies, book studies, etc., that these could be considered one of our major pastimes.”

I, then, asked Mrs. Mueller, “What are your dreams and aspirations?” To this, she replied, “My dream is to see Ferguson embrace its identity as a diverse community. I think our city will thrive when our priorities for community development include equity, inclusion, and justice for all our residents. The more we can listen to each other as friends and neighbors, the more we will appreciate, understand and care about each other.”



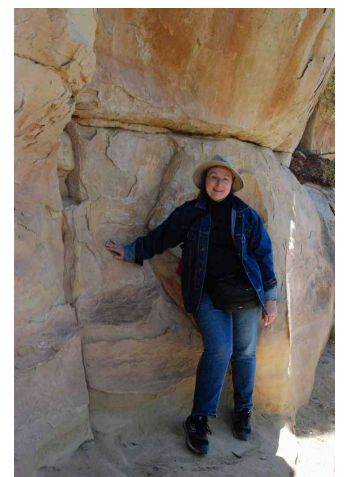
Mr. Alan Mueller  
2019



Alan Mueller visiting Grand Staircase-Escalante National Monument in 2016

I could list the dozens of other things that Mr. and Mrs. Mueller have done, and continue to do to contribute to the Ferguson Community and to the Greater Saint Louis Area, but I’d run out of copy space! One ongoing project that the Muellers have taken on has been gradually renovating their historic Ferguson home since they moved into it in 1999. Mrs. Mueller explained, “We wanted to help preserve a part of Ferguson’s history, and have worked to restore our house’s historic character. More importantly, we’ve tried to create a place where people feel welcome.”

It’s not every day that you meet a husband and wife who have not only committed themselves to each other, but also to the community in which they live with passion, energy, intensive study and resilience. When I think of this awesome duo, I think of progress, passion and compassion for others. I think it’s safe to say that it’s a beautiful thing when two people join together as partners in life and in the community where they live. Hence, they are partners in life and community.



Becky Mueller visiting Mesa Verde National Park in 2009

# Ferguson City Hall Information

## Traffic Calming Measures

As Mayor of Ferguson, I am committed to the safety and wellbeing of all our citizens, visitors, and businesses in our City with the overall goal of improving the quality of life for all. When presented with the idea of traffic calming for Florissant Road my thoughts immediately went to the residents who live on Church Ave, Wesley Ave, Tiffin Ave and the other surrounding areas where the traffic may shift. We support the improvement of safety through traffic flow (calming) and any other practical measures that will slow traffic, improve pedestrian safety, and make our businesses more accessible. A thorough, carefully thought-out approach must be engaged if Ferguson is going to spend significant and rare public dollars for any capital improvements/infrastructure project. This is true for Florissant Avenue or any other roadway.



I was recently approached and presented with the idea of an independent effort to raise money to fund the changing of the selected road way of Florissant Road to three lanes. As Mayor, the person who the voters of Ferguson vested their trust and faith in, I strongly feel that this concept should be brought before the Council and the citizens of Ferguson, which I have stated several times. But more importantly, public policy should not be driven by special interests but instead be based on firm evidence. Public policy must be fact based. This is a significant issue and must be supported by the council and the people of Ferguson. Public safety, including traffic calming, is at the forefront of everyone but we must be deliberate in our efforts and it must identify funding sources. Although this matter came before back in 2013 several years ago, I insist on due diligence and an aggressive public/community engagement program before we move forward.

It becomes very important that we have citizens to volunteer their time and service to the Traffic Commission. The purpose of the Traffic Commission to act in general advisory capacity to the City Council and Manager on traffic and parking issues. The advisory powers of the Traffic Commission are to advise on traffic and parking problems; to carry out educational activities; to receive complaints relating to traffic; and to initiate long-range master traffic improvement planning. We must start with the Traffic Commission first.

Our approach to governance and policy will not duplicate past administrations who ruled on whims. That is not good public policy, and we pay dearly for those indiscretions, financially and otherwise. For all too often this style of poor leadership takes us away from truly advancing our city. This city belongs to its people.... its stakeholders. I am and will always be, committed to maintaining those principles.

Thanks,  
Mayor Ella Jones

## FERGUSON EMERGENCY OPERATIONS CENTER / BUSINESS RELIEF

The City of Ferguson has created an Emergency Operations Center portal on its website. Here, you will find information related to the COVID-19, helpful resources and links to government agencies as well as the city's responses and adjustments to operations. Visit <http://fergusoncity.com/661/Emergency-Operations-Center> for more information.

## LOOKING FOR UP-TO-DATE INFORMATION OF HOW THE CORONAVIRUS IMPACTS YOU?

City of Ferguson..... <http://fergusoncity.com/661/Emergency-Operations-Center>  
 Center for Disease Control and Prevention..... [cdc.gov/covid19](http://cdc.gov/covid19)  
 Missouri Health and Human Services..... <https://health.mo.gov/>  
 St. Louis County..... [www.stlcorona.com](http://www.stlcorona.com)  
 Ferguson-Florissant School District..... [www.fergflor.org](http://www.fergflor.org)

## HOW DO YOU GET YOUR FERGUSON CITY NEWS?

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**VISIT OUR WEBSITE:** [www.fergusoncity.com](http://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](mailto:opittman@fergusoncity.com)

## SUMMER COUNCIL MEETINGS – TUESDAY, JULY 27TH & AUGUST 24TH

Beginning in July, Council meetings will begin being held in City Hall Council Chambers. Due to ongoing health concerns there will be limited capacity. We will continue to host meetings 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](mailto: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.

## Walk Ferguson - 3 Wards, 100 Miles, 365 Days

Come join us as we walk Ferguson over the next 365 days! Earn rewards as well by registering and tracking your miles at [www.fergrec.com](http://www.fergrec.com). Don't want to walk alone? We also 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. Be sure to follow us on Facebook at @FergRec for meeting locations each week. Sponsored by SSM Health DePaul Hospital.

Start: September 30, 2020  
 End: September 29, 2021  
 Weekday Walking Groups: Wednesday's (ongoing) @ 4:00pm  
 Saturday's (ongoing) @9:00am

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; Phedra Nelson, Ward 1; Heather Robinett, Ward 2;  
 Toni Burrow, Ward 2; Fran Griffin, Ward 3; Naquittia Noah 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](http://www.fergusoncity.com) Contact Us by Email: [Information@fergusoncity.com](mailto:Information@fergusoncity.com)

# Ferguson City Hall Information



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open to Everyone					Members & Residents Only	
Adult Swim	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm
Open Swim	1:15pm - 6pm	1:15pm - 7pm*	1:15pm - 8pm	1:15pm - 6pm	1:15pm - 8pm	1:15pm - 7pm	1:15pm - 6pm

\*Based on Swim Team schedule, pool will close at 5pm on occasionally Tuesdays.  
Members & Residents Only

Daily Pool Prices		
	Resident*	Non-Resident
Open Swim	\$3.50	\$6.50
After 4pm	\$2.50	\$5.00
Adult Swim	\$2.50	\$4.50
Tuesday Rates	\$2.00	\$3.00

\*Must Have Resident ID Card to receive Resident rates.  
Resident ID Cards can only be purchased at the Ferguson Community Center for \$5  
\*\*3 and Under are FREE



## Parks and Recreation

### Ferguson's Summer Concert Series

Join us on the 2nd Friday of every month (June-September) for our Summer Concert Series at Plaza at 501! Come out and listen to great bands while enjoying the company of family and friends. We will have food vendors available for you to be able to purchase food and drinks.

Time: 7:00pm – 9:00pm  
Location: Plaza at 501  
Fee: FREE

July 9th: MvLovin  
August 13th: That 80s Band  
September 10th: Bitter Pill

### Ferguson's Family Movie Series

Join us on the 4th Friday of every month (June-August) for our Family Movie Series! We will have free popcorn a few surprises. You won't want to miss this popular summer event! Please note that in event of bad weather, check our Facebook @FergRec for updates.

Time: 8:30pm  
Fee: FREE

July 23rd: Jeske Park, 211 Thoroughman Ave  
Disney's Raya the Last Dragon

August 27th: Fire and Police Station, 222 S Florissant Rd

### Shakespeare's Othello at January-Wabash Park

We have partnered with St. Louis Shakespeare Festival to host a FREE showing of Shakespeare's Othello at January-Wabash Park.

Date: Wednesday, August 11th  
Show Time: 6:30pm  
Location: January-Wabash Memorial Park  
Fee: FREE

### National Parks and Recreation Month

Every person has a story from a park. Every park has a history made up of stories. This July, let's tell Ferguson's park and recreation story.

### Playground Passport: July 1- 31

Are you just as obsessed with our playgrounds as we are?!? Stop by the Ferguson Community Center or print online throughout the month of July to pick up your "Playground Passport". The passport will have all of Ferguson's playgrounds listed for you to visit. Each playground will have a symbol that you will write on your passport. Once you have visited all 7 playgrounds, you will turn your passport into the Ferguson Community Center to be entered into a drawing for a prize!

### Ferguson Park's Photography Contest: July 1 -31

Throughout the month of July we will be hosting a "Park Photography Contest" to celebrate Parks and Recreation Month! We are encouraging residents to visit our parks and snap a photo or two. Once you have snapped your photos, pick your FAVORITE one and submit it to thecenter@fergusoncity.com. Our staff will select the top 4 photos that will then be voted on by our residents. Participants will be notified via email if their photo was selected to be voted on through our Facebook. Deadline to submit is July 30th.

### Popsicles on the Plaza

Come out to Plaza at 501 for FREE popsicles! Then stay for our Summer Concert Series beginning at 7:00pm.

Date: July 9th  
Time: 6:30pm  
Location: Plaza at 501  
Fee: FREE

### Picnic in the Park

Come celebrate with us by enjoying FREE hot dogs, chips, and refreshments! Enjoy outdoor games, chalk, bubbles and special guests.

Time: 11:00am – 2:00pm  
Location: January-Wabash Memorial Park  
Fee: FREE

### Movie Series Tailgate

Enjoy outdoor games, crafts, music, & more as we tailgate for the Ferguson Movie Series. After the tailgate, grab your chair and blanket and enjoy the showing of Raya: The Last Dragon.

Date: July 23rd  
Time: 7:30am  
Location: Jeske Park  
Fee: FREE

### Ferguson Plays Outside

Stop by the Ferguson Community Center to rent FREE balls, disc golf discs, fishing poles, & recreational equipment! Then go visit our parks and facilities to participate in Ferguson Plays Outside day! Be sure to return all equipment by 8:00pm.

Date: July 31st  
Time: 8:00am – 8:00pm  
Location: Ferguson's Parks  
Fee: FREE

### Field Rentals

Rentals are now available for our fields and courts at Forestwood Park and the Ferguson Community Center! For more information, visit <http://www.fergusoncity.com/597/Athletic-Fields-Courts>.



## Field Notes from Farm Girl - A little bird told me

I'm not a bird person, or bird watcher. I have friends that are. Their days are filled with running to the feed store to buy more of their special bird seed mix for their feeders, mixing up and cooling the sugary syrup for their hummingbird feeders, filling their bird feeders, putting clings on their windows so birds don't crash into them, and spending the remaining free time watching the birds come to eat everything the humans have put out for the aviary buffet. Their lives are like bird soap operas with bad guy snakes showing up to raid nests, mean raccoons who steal the seeds, pesky squirrels and the sly cat that loves to swipe hummingbirds out of midair. I have rolled my eyes at all of them and all the poorly shot flip phone photos that illustrate these tales. I never got it or paid much attention to the wild bird population around me, much in the same way that I think it would be of little interest to find out what insects are local and what they like to eat.

Snooze.

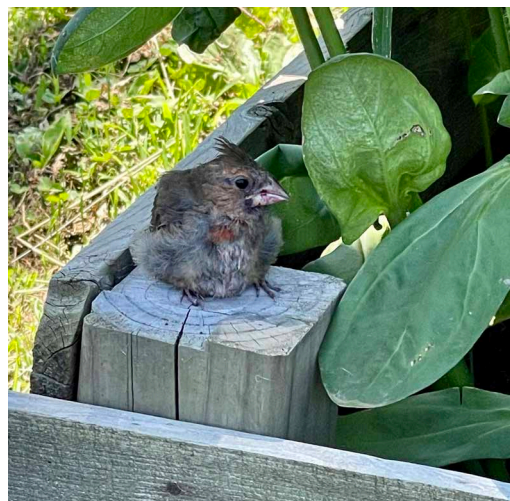
The Universe has a way of summing up one's smugness and serving you a fresh and steaming plate of 'crow'. I have eaten a lot of it lately.



Weeks ago, a farm helper was trimming back our ancient evergreen bushes that have gone all twiggy. That day I was entirely engrossed in getting everything planted in the ground before the heat of summer came and made the task sweaty and unpleasant. The day was warm but in the early afternoon, the temperature began to drop and as I got up to

go retrieve some supplies, I walked in front of the freshly shorn bushes and by chance happened to look down. I am not sure why I looked, but on the ground were two gelatinous little things that looked like Harry Potter gummy bears. On closer inspection, they were brand newly hatched baby birds. I picked both up and one was already cold to the touch and not moving. The other was warm and barely moving. Because I have been hatching our goose eggs (see last month's edition), we have incubators on inside my house. I scooped up the little living gummy baby and put it in the warm incubator, set to a comfortable 99 degrees. I quickly ran outside to go find some earthworms to dig up to feed it, and to my horror, I could

find nothing. Zilch and I have lots of dirt to choose from only to come up empty handed. It was my husband who brought the farm lightbulb moment when he suggested that I just add water to some baby chick food. "It works with everything we hatch so why not give it a try", and with that I was back to the lab and had a thimbleful of bird pablum ready for baby bird warming back up in the incubator.



Before I checked the incubator, I looked into the bush that had just been trimmed to find a bird nest with a matching living gummy bear in it and an egg that had fallen out of the nest just below it. Next, I checked with my smart friend Siri, and she said I should put the bird back in the nest for the mommy & dad to go back to and feed it. Siri also said that the bit about birds not touching babies if they have a human smell on them is false. She said birds don't care that much about smells and that their motherly instinct is strong. I also asked my friend Google and Alexa for a well-rounded panel of experts. I looked at photos of baby birds to try to figure out what kind it was, but it was Mother Nature who solved that one when momma & pappa Cardinal returned to flutter all around the bush as I watched. Well at least I was starting to get some answers.

When I opened the incubator, I was shocked by this formerly small and silent glob, now standing upright, eyes closed, yelling full throated with an open mouth turned vertical like my grandmother's pie timer. This little creature that was a breath away from leaving this world is not using every ounce of energy to let me know I need to get this baby bird gruel into it's mouth urgently, RIGHT NOW! With tweezers, I found dumpling-like chunks and lowered them towards the screaming void of a bird mouth. Everything went in. Hollow leg syndrome. There had to be nothing else inside this bird because it ate everything until it signaled that some tank sensor had been triggered. At this point the yelling stopped, mouth closed and head became horizontal, and the baby bird took a few steps backward

and up to the edge of the washcloth enclosure I had put together and pooped off an imagined nest edge to then go hunker down into zombie bird sleep. What the hell had just happened? Did that work? How will I know? If it worked, how often do you feed it? How long do I need to do this, and what is it? The answers came quick. 15 minutes later, the same cycle repeated. So, think about the last kid you raised. Think of the baby phase where they're sleeping, they're awake, they build to cranky because they're hungry, you feed them, they poop their diaper and then they pass out into food coma sleep and you have to make your sleep and life schedule to match.

As the sun set and the temperature began to drop in earnest, I had to make a decision as to whether to leave the baby in the incubator overnight or return it to the nest. I rationalized that if the bird is now accustomed to the warmth of 99 degrees, the shock of going outside right then would be too great. I woke as the sun rose to go check the nest only to find that the remaining baby bird froze in the night because the mom & dad never really went back. Well, if it's staying for a while (just until it gets on its feet), baby Cardinal shall be named for the famed Cardinal – Stan Musial. Well, we have that all figured out at least.

From that morning on, I was a bird girl. I was reading about Cardinals, how they raise their young, what they eat, how often, when they get their feathers, when they learn to fly and how long until they're ready to be independent. I also read that they turn their red color from the berries they eat, which made me then tweak the baby bird mix to start including blackberries, blueberries, strawberries and raspberries. I mixed in crushed safflower seed and dried meal worms. I became the home chef to a mouth that demanded new culinary delights every 15 minutes. It was a tough schedule, but days later, when the eyes opened, we started to talk to each other.

Since then, I have documented the growth at every little bird milestone. So as not to miss a feeding, we have a portable circa 1950's bird cage complete with jungle swing for Stan to go with me everywhere I go lest we are late with a meal and fall off schedule. For at home, we have a large ornamental aviary enhanced with fresh cut branches from neighboring bushes and trees, to make it more lifelike. We're going for authenticity here.....



When I go to the garden to work for the day, I have the equivalent of a diaper bag filled with all the supplies we'll need while out: dry food, water, mixer, bowl, clean tweezers, towel for Stan to wipe his beak on after he's done, fresh berries, jar of meal worm and jar of ground up seeds. All that's missing is a stroller. As time has flown, Stan now has 'big bird' feathers and can fly like a superstar. I know this because once we arrive at our destination, I get Stan out, we get the first meal out of the way, and then it's a quick flight off to the closest tree for a day of playing

and exploring. While hoping from branch to branch and tree to tree, like farm Tarzan, he calls back and I know his voice and it's a day long game of 'Marco Polo'. Each day after finishing up the berries and food, I prepare myself that today might be the day he's ready to go and might not return. I have to be ok with that. That's the way it should be. Each day as the sun starts to drop, Stan flies back for a final meal and to go back into the little portable birdcage to go home and to bed. Yesterday, after what seemed like the longest day of bird adventure, and the closest we've come to separation, the bird that flew back to me was clearly a little cardinal girl. She's not a bright red bird with an all-black face like the picture you think of when you think of the word 'Cardinal'. She's the dusty pink, brown and red of the female. She's a sweet little girl, and I'm sure that wherever her momma is, she would be proud. On the issue of name, I don't think we can change the name because when she calls out to me during the day to check in and hear back from me, I call her 'Stan' & 'Little Bird'. Frankly, I don't think it matters what I call her, I think what matters is that until she's ready to go, I just need to answer whatever my name or call is when she calls out to me. She'll let me know when she's ready. As a brand-new bird girl, I'm going to let her be the teacher.

# Office Ergonomics Part 1

By Robyn Lawrence DC  
Get Well Family Chiropractic

Do you ever feel “chained to your desk?” If so, you are not alone. For many office workers and now work from home workers, spending all day behind your desk, at your kitchen table or worse on the floor at your coffee table can have a detrimental effect on physical and mental health.

Simply put ergonomics is the science of equipment design as it applies to operator fatigue and discomfort.

What is any of this got to do with chiropractic? Improper ergonomics can spark what is known as vertebral subluxations. This common condition occurs when spinal movement is restricted, or spinal bones (vertebra) become misaligned. Conditions related to vertebral subluxations range from musculoskeletal problems like carpal tunnel syndrome, headaches, and backache to general health challenges, such as heightened emotional stress and weakened immune system. Vertebral subluxations are particularly devastating to employees and employers because they lead to conditions that increase absenteeism and lessen productivity.

### Sitting Down On The Job

How many hours did you spend sitting in your office chair today? Were you posture perfect or a serious slouch? Was your low back (lumbar area) properly supported at all times? And what about the rest of your spine?

It is difficult to assess these things by yourself, which is why more and more companies are enlisting the services of professionals who monitor employee posture and movement for ergonomic deficiencies.

Some companies are even turning to electronic sensors that detect back-recline angles lumbar engagements and armrest use. Several “position switches” are mounted to an employee’s chairs and linked to a microprocessor. The microprocessor, in turn, tracks the various positions and generates a report.

According to industry experts, electronic sensors “provide an automated, independent method for collection data on chair positions. Information can be collected, and studies conducted on seated durations, chair back motion while seated, chair lumbar usage and common armrest location while in visual display terminal workstation (Clin Biomech 2003:18:981-4.)

If your company does not provide visual or electronic ergonomic feedback, try these tips:

- 1) Choose an adjustable chair with adequate back support. You may also want to talk with the Dr. Lawrence about adding an additional lumbar support pillow.
- 2) Position your chair so that your knees face forward at 90-degree angles and your feet are flat on the floor. This may require you to lower the seat portion of our chair or add a footrest.

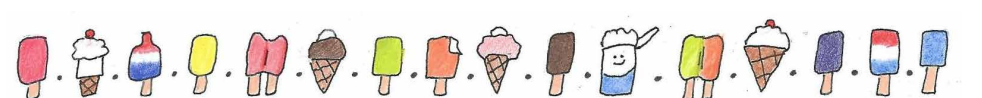
Ergonomic experts suggest sitting at least one arm’s length from ten computer screen (approximately 20-24 inches) and adjusting the terminal so that the top of the screen is at a 90-degree angle to eye level.

A computer monitor placed too high or too low can also trigger neck pain. If it’s too high, it can cause an exaggerated stretching of the neck. If it is too low, the neck retracts downwards into the shoulder. Both postures force the alignment of the spine of the neck off balance, leading to nerve irritation.

Another instigator of work-related neck pain is the telephone. None of the worst things you can do to your cervical vertebrae is wedge a telephone receiver between your shoulder and your jaw. Instead, opt for a lightweight headset or speaker phone.

In part 2 we will cover managing your mouse, keying in on keywords, easing eye pain and how and when to take a break.

As always, our chiropractic office is committed to keeping your spine, nervous system and overall health on the straight and narrow. If you have any questions or concerns about how the ergonomics of your workplace may be affecting your health, plan on discussing it with us on your next visit. If you are not currently a part of our family give us a call for a convenient first appointment with one of our doctors.



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## Financial Focus

by Joan Cleaveland (cleav73@sbcglobal.net)  
 Business Manager for St. Joseph Parish in Cottleville  
 Lindenwood University – BA Business Administration

The threat of inflation has been looming over us since last year’s stimulus with Donald Trump’s signature on the check. Back then, many asked where the funds for the stimulus were coming from and it was often described as printing money from thin air. And that is certainly one method of creating inflation. Yet we had to recognize the stakes were high and the need was everywhere, the stimulus was needed then and is still needed as we re-open our economy. It’s obvious some things have changed and that will cause some period of adjustment during our recovery.

If you survived the 1970’s, it’s no wonder you might be getting worried about inflation. Back then prices were increasing faster than wages, the dollar couldn’t buy as much and getting ahead seemed impossible. If you got a 10% raise, instead of celebrating you would challenge it because with inflation nearly 15%, you were now only 5% behind. That was a different time and that inflation had other causes. We’ve just come out of a year of forced shutdowns and as things begin to start up there will be growing pains and in some areas we may find that a little inflation doesn’t have to hurt.

Last month, I mentioned the lack of workers to fill many of the food service positions as restaurants re-open. Last year, they were the first to lose jobs, so it makes sense that these employees may have used the pandemic to learn new skills. Perhaps they have found a better opportunity in a less volatile field. And yet another issue may be that workers have found that they have more leverage to demand higher wages. So as a social concern, we may find it acceptable to have some inflation. In order to pay employees a living wage restaurant chains may find that prices must go up. Recently, I heard a radio show where some were calling in to give opinions on whether or not paying an extra dollar for a hamburger would upset them or change their habits about eating out. Perhaps this was just a more liberal crowd, but most callers while I listened seemed to be fine with paying higher prices to provide a living wage.

So maybe a little inflation could be part of the cure to get the economy moving again. Many economists believe healthy inflation would be around 2%. And that’s where we’ve been for the past ten years. It is now catch up time and we’ve got to look for opportunities as people who haven’t been working find their path in a new economy. We’ve heard about the shortage of microchips needed for new automobile production. This has driven prices up and as economies recover it would seem these temporary shortages would level off. Didn’t someone once say that “necessity is the mother of invention?” Perhaps someone can invent a better and less expensive microchip.

How we react to these growing pains will have a lot to do with how long the recovery takes and how painful it is. Changing habits may cause a

need for less eating out. Perhaps more consumers are finding it healthier or thrifty to eat at home. Grocers adjusted to the shut down by providing delivery services. Companies mailing easily prepared meals right to your door step seemed appear during the pandemic, giving consumers a new way to think about eating at home. Since we can’t seem to find enough unskilled workers who typically fill the food service positions, perhaps there will be less need for them.

While more government spending appears to be on the horizon in the form of infrastructure building, many economists are warning that this may signal an increase of inflation. With the experience of past recessions, and periods of inflation, we do have the Federal Reserve Bank. Their job is to respond to changes happening to prevent inflation from rising too high too quickly. Often this would mean raising interest rates. Keep in mind interest rates have been quite low in the past twenty years or more. Just in the past few years we’ve heard of negative interest rates, which is certainly no incentive to save. So if in response to increasing inflation, the Fed would raise interest rates gradually to something a little more normal perhaps we could keep the economy strong. So what if I need to pay 6% on a mortgage loan, I can probably earn 3% on savings. Maybe we can adjust to spending less and saving more.

Reviewing some causes of inflation is helpful in determining the best course of action. When our demand for goods goes up it inflation is pushed by the consumer. When increased costs of production cause prices to rise, it is being driven by the producers. Keeping the supplies and demand in balance is the goal and may occur naturally. However, when monetary policy is used to help control things it may cause inflation at a rate that wages can’t match and that is part of what happened in the seventies. This is also a concern for those who advocate the government spending more during this transition period. If we can keep things moving slowly and maintain the balance between supply and demand, maybe our economy will grow stronger. A rise in interest rates may help steer the economy in the right direction. One group of people who won’t be happy to see interest rates increase will be those who borrow or have large debts. But maybe that’s not such a bad thing, it’s been far too long for rates to have been so close to nothing. If you have any questions or comments please contact me at cleav73@sbcglobal.net.



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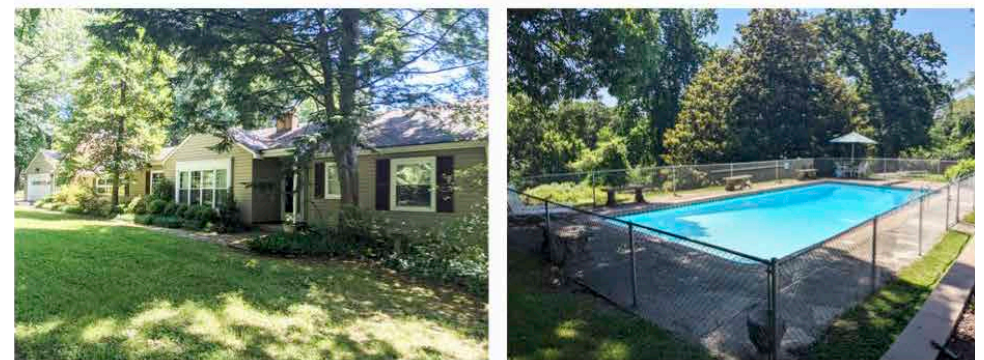
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The 1st African American Pastor of  
First Presbyterian Church in 150 years

**PRESS RELEASE**

**First Presbyterian Church of Ferguson, PCUSA, founded in 1871, selects its first African American Pastor.**

We welcome the Rev. Dr. Kerry Allison as co-pastor of the Ferguson Presbyterian Church on July 25, 2021.

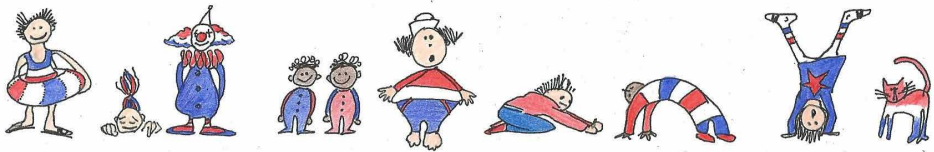
Dr. Allison will be sharing leadership with the Rev. Mike Trautman until he retires in February 2022 after serving the congregation for 21 years. At that time Dr. Allison will become the Pastor. Dr. Allison has been pastor of the Church of the Redeemer, PCUSA in Los Angeles for 12 years. His 30 years of ministry experience includes:

- Youth Ministry
- Social activism
- University Professor
- Economic development
- Urban Pastoral Ministry
- Catalyst for Community Ministry
- Children and youth empowerment/outreach
- Founding director of international ministries in Africa, Katmandu and Nepal

Dr Allison’s community advocacy was highlighted in a national documentary movie, “We the Parents”.

He is married to Oona Allison, an elementary school teacher. They are blessed with two adult children, one grandson and a Boston Terrier.

He will preach at the July 25th Sunday service held at 10:10 AM at First Presbyterian Church of Ferguson, 401 Darst Road, Ferguson. More information can be found at [faithinferguson.org](http://faithinferguson.org).



**Understanding the Effects of Secondary Trauma on You**

by: Belinda James, MOFDC, MSW, LMSW  
 Founder and Chief Executive Officer of Project DEAMHI, Inc.  
 314-495-0104 (www.projectdeamhi.org)

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We live in times of joys and accomplishments as well as struggles and trauma! It is imperative to be mindful of how we are impacted by life’s exposure to struggles and trauma! Hearing graphic details from a news report on crime or community violence could be traumatic. Maybe you have someone in your connection circle or a client you work with that has shared their personal story of a traumatic experience. Maybe you work in a high stress environment having to deal with graphic details such as crime scene evidence or child abuse and neglect issues. Regardless of how you are exposed to someone else’s trauma, it can have an emotional and physical affect on you in the form of what is called vicarious trauma.

Vicarious trauma occurs from repeated exposure to other people’s trauma and their stories of traumatic events. Over time, one may begin to mirror the effects shown by the person with the trauma. Maybe the mirroring effects are that you feel irritable or angry just like the person that has been sharing their trauma experiences with you. Paying attention to your responses to vicarious trauma is important in order to practice self-care, which could include grace and kindness with yourself and emotional support from others. Please reach out for support as soon as you notice these warning signs within yourself.

Affects of indirect exposure to trauma could present within you in the form of physical warning signs, behavioral warning signs and emotional warning signs. Physical warning signs could include exhaustion, insomnia, headaches, gastrointestinal problems, heart palpitations or increased susceptibility to illness. Behavioral warning signs could include avoidance of contact with others, increased use of alcohol or drugs, struggles with decision making, feelings of helplessness when hearing a difficult story, or changes in appetite. Emotional warning signs could include increased anxiety, anger, emotional exhaustion, negative self-image, reduced ability to feel empathy towards clients or family/friends, resentment of demands being put on you at work and/or at home, or a diminished sense of enjoyment/career.

If you are having thoughts of suicide or hopelessness, please get help. You matter and you deserve support as well as those that care about you! Behavioral Health Response – 314-469-6644 - is a 24-hour support line with trained staff that can help to address any thoughts of suicide or hopelessness. Project DEAMHI, Inc. is also a community resource that can provide professional development training on self-care and understanding the effects of vicarious trauma on you. For training interests, feel free to contact Belinda James via email at [bjames@projectdeamhi.org](mailto:bjames@projectdeamhi.org).

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

**Number Of Catalytic Converter Thefts in The US is rising!**

There's good news, and there's bad news. In the past year, the number of vehicles stolen in the US hasn't increased drastically as it did in the previous years. But the bad news is that now thieves are no longer interested in your car, but in the catalytic converter that is installed to process the harmful gases from the engine and clean them before they go out the exhaust pipe.

Catalytic converter thefts have been growing day by day, which has set many people back thousands of dollars. Here is everything you need to know about catalytic converter thefts in the US.

**How Many Catalytic Converters Are Being Stolen?**

If you start your car and hear an awfully loud sound coming from beneath the body of the car, you can be assured that your catalytic converter is no longer attached to the car, but it is now lying in a scrap metal dealer's yard. The number of catalytic converter thefts have increased by up to four times in the past six months, which is an incredibly alarming rate.

It is estimated that 1,200 catalytic converters were stolen each month in the US in 2020, which was drastically higher than 2019, where only 280 catalytic converters were removed from cars and sold to second-hand parts dealers. The trend continues to go upwards in 2021 as well.

**Why are Catalytic Converters Stolen?**

One of the major reasons for this theft is that catalytic converters contain precious metals such as palladium, rhodium, and platinum, which are responsible for cleaning up the harmful fumes that come from the engine. These precious metals are even more expensive than gold, so you can imagine why any thief would want to steal this device.

However, a catalytic converter is very easy to remove from the vehicle. Especially from trucks and vans. They sit higher off the ground making easy access to the catalytic converter. It is part of the exhaust system underneath the car, and it can be detached within minutes by using a battery-operated hacksaw. The thieves simply cut off the pipes to remove the converter. Another reason why they are stolen is because second-hand converters are high in demand, mainly due to the very high prices of new ones.

Catalytic converter thefts continue to grow at an alarming rate. Most car manufacturers are working to prevent this from happening by installing protective casings on the catalytic converters in new cars. You can also take some precautionary measures to prevent this from happening, such as installing cameras and alarms in your driveway, or tagging it with fluorescent paint so that thieves will not be able to sell it.

To learn about how to protect your vehicle, you can do a simple online search to read about most anti theft systems, or feel free to give us a call at Robinwood! Continue to enjoy the summer with your family. Happy 4th of July.



**Family Food Corner**

by Chef Robert B. Cleveland  
ServSafe Proctor & Examiner, Owner of Cleveland's Cuisine LLC,  
Chef Yo Share Kitchen

HAPPY FOURTH OF JULY! July is a special month to me and my family because it a time where we celebrate my mother. Where do you start when you talk about the foundation of your family! She has supported me through every business decision even when they have fell. I truly love her for the honesty in any situation and I can always count her for the truth good or bad. She truly is the pillar and corner stone for the man you see when you look at my brother's and I. So we like to take this time and honor not only my mother but the mother's whom have and continually to be the corner stone and pillars of their families. Happy Birthday Machael S. Cleveland!

**Shrimp Pasta with Lemon Butter Cream Sauce**

**Ingredients**

- 10 ounces linguine
- 1 lb. medium/large shrimp, peeled/deveined (tail can be left on or off)
- 1 tablespoon olive oil
- 3 teaspoons minced garlic, divided
- ¼ teaspoon red pepper flakes
- 1 tablespoon butter
- zest of 2 lemons (about 1 tablespoon)
- ⅓ cup lemon juice
- 1 cup chicken or vegetable broth
- ½ cup half and half (or heavy cream)

In a large pot of boiling salted water, cook the pasta according to package directions. Reserve 1 cup pasta water; drain pasta and return to pot.

In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add 1 teaspoon of the garlic along with the red pepper flakes and the shrimp and cook till the shrimp turn opaque, about 3 -5 minutes. Cooking time will vary based on the size of shrimp and the pan. Remove shrimp to a plate.

Add broth, remaining 2 teaspoons of garlic, along with the lemon juice into the skillet. Using a whisk, deglaze the pan until any brown bits are removed from the bottom. Let the sauce cook on a gentle simmer for 5 minutes on medium heat. Add in the butter, stirring until it melts.

Then, add the lemon zest and the half and half. Let the sauce come to a gentle simmer, then add the pasta and shrimp into the skillet. Toss to combine and coat.

Taste for seasonings, adjust salt and pepper as desired. Add pasta water if needed to help thin sauce to coat pasta.

Sprinkle with parmesan cheese and chopped basil. Serve immediately.



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## Ask Amanda

### Thoughts and Advice on Sincere Communication

Dear Amanda,

I've heard a lot about how good self-care is and how helpful it can be, but I don't really get it when I try it out. Do you have any ideas for self-care for exhausted people besides the typical take a hot bath or get a pedicure? I don't really like those things and don't feel much better when I make myself do them. My friends really like doing the spa day thing, but I don't think it's for me. Sometimes I don't know what to do for myself but am feeling burnt out. I'd like to know what you suggest for figuring out self-care for myself.

Sincerely, Exhausted without Self-Care

Dear Exhausted,

Thank you for your question, it can be hard to recognize when self-care is needed and how best to do it for oneself. I think self-care is essential and I'm really glad you and people in general are starting to discuss it and recognize how important it is for a balanced and healthy life. Baths and pedicures are great, for the people who like them, but they certainly aren't the only self-care options! Each person will have their own ideal self-care routines and activities. One exercise is to think about the hobbies you've done throughout your life, which have brought you the most joy? Which have left you feeling calm and grounded? Paying attention to that can help guide you to find other activities that might also bring you to that same feeling. You might be a person who likes to spend time reading under a tree in a park, maybe it is video games and movies, maybe it is exercise and maybe it's as simple as spending time alone or spending time with friends. If you can't think of anything, you may try out a bunch of hobbies and see what feels right. I also like to break up self-care into proactive and reactive categories. We tend to think of self-care as a reactive thing, life is hard and I'm stressed so I need to relax and that's always a good thing to do. Reactive self-care is something I'm doing for my current self to get my back to a happy and calm place. Proactive self-care for me tends to be things I'm doing for my future self. That can be anything that will make my life a little easier in the future. I like doing the dishes before I go to bed so that I have a clean kitchen in the morning to make a healthy breakfast, regularly exercising, or buying myself a gadget that will make my life easier long term (like a fancy water bottle that glows when I'm not drinking enough water!). I hope you find the self-care routines and activities that feel great for you.

Sincerely, Amanda

Dear Amanda,

I've been married to my husband for nearly a decade. We don't have kids, so it's just us and our dog. I'm not sure if the things I'm noticing have always been there or if something has changed without me realizing it until now. Recently I've been feeling neglected and ignored by him in our marriage. He's pleasant but not really engaged. He often goes straight to bed right after dinner or if he does stay up it is playing video games with friends online. I know his work has been stressful lately, and that the work from home situation started out rocky. He has been spending more and more time working, out in his garage, or with his buddies. How can I bring up that he seems checked out of our relationship? How can I stop feeling neglected and start feeling loved again?

Sincerely, This Lonely Wife

Dear Lonely,

Thank you for your question, I'm sorry you're feeling lonely. Life can bring on a lot of changes for people in 10 years and for those of us in long term relationships that means we need to navigate those changes together. I can also imagine that this past year may have disturbed your normal rhythms and routines. First, I would suggest is spending some time thinking about what the ideal connection with your partner would look like. How much time would you like to spend with them? What activities are important to you to share with your spouse? Figuring that out for yourself can help set up your conversation to focus on what you want rather than focusing on what he's doing "wrong" in the relationship. Are there specific activities or hobbies that you used to enjoy together that have dropped off in the last 10 years? Maybe you can pick those back up again. Next, when bringing this up to him, I'd start with why this is important to you. It sounds like these are changes that you're hoping will help keep your marriage strong and happy. Telling him that's your intent and having some options on how you can both make some small and large changes to get to that place is a good start. Also, asking for his feelings and feedback. Has something changed for him where his preferences or needs have changed? Remember, and express to him, that you're a team. This is you two together trying to solve a problem and get closer. Try to stay away from accusatory language and keep the conversation directed on what you can build together. I wish you and your spouse the very best navigating these changes in your connection.

Sincerely, Amanda

Remember, 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](mailto:FergusonAskAmanda@gmail.com)

#### Column Disclaimer:

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## July at the Ferguson Farmers' Market

Get your pie recipes out! The annual All-American Pie contest is back at the market on July 3rd! A favorite event at the market for many years, we'll have local "celebrity" judges and market bucks for prizes. 1st place prize is \$30 in market bucks, 2nd place is \$20, and 3rd place \$10. Market bucks can be used at ANY vendor at the market at any market through the end of the 2021 season on October 30. Bring your pies to the market by 9:30am on July 3. Judging starts at 10am. Pictured: former winner, Dorothy Cider, from 2012 contest.



Music at the market in July! We will be continuing our Young Jazz Musicians at the Market series at the market where we are featuring student jazz musicians. July 3 will feature McCluer grad, Israel Lovins and friends. July 24 will feature McCluer North grands BUTR. Other live music in July include market favorites Riff Raff Jazz Band on July 10 and Ribtip and Rogers on July 17. We also so excited to welcome newcomers, St. Boogie Brass Band on July 31. Check out our website and watch our social media for more information on upcoming events and music. And mark your calendars for our annual Germanfest on August 7!

8am-12pm. Plaza at 501. Every Saturday through October 30.




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**Update from the Park - Calverton Park**



Crews installing speed bumps along Calverton Road

As we reported last month, Calverton Park began installing speed bumps on Williams Boulevard, Reasor Drive, and Calverton Road.

There are no sidewalks, so children, pets, and walking groups are at risk.

The majority of the cars are slowing down. However, there are some who ignore laws. I have noticed some have scraped the speed bumps. Delivery vans (Fed-ex, Amazon, UPS) remain a problem.

**Crossword Solution from page 2**

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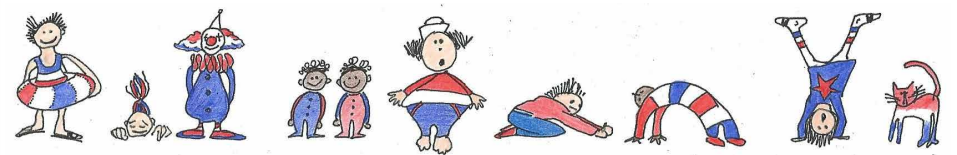


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Tina Garrison Distributes Box of Food

**SSM Health DePaul Hospital, St. Louis Area Foodbank and Operation Food Search Host Drive-Thru Food Distribution for Families in North County**

Food boxes distributed to more than 160 families in North County.

BRIDGETON, MO (June 17, 2021) – SSM Health DePaul Hospital, Operation Food Search and the St. Louis Area Foodbank teamed up to distribute boxes of food to more than 160 families from North County.

“We are a community hospital and we have a partnership with our community,” Tina Garrison, President of SSM Health DePaul Hospital, said. “People go into healthcare because it is a calling to help others and this is an opportunity to give direct help to our neighbors in our community.”

Vouchers were distributed to families in need by community organizations and local school districts. When families arrived at DePaul, their vehicles were loaded with boxes including fresh vegetables, canned goods and a few frozen meals.

“Food insecurity is a significant healthcare concern in our community,” Garrison said. “In DePaul’s North County service area, upwards of 20-30% of families are food insecure. By partnering with these organizations to try to meet even a portion of the food security needs is the first step in meeting the full healthcare needs in this area.”



Boxes Being Prepared



Jeremy Fotheringham Helps Stack Containers

## STLCC program aims to inspire Black men in spite of obstacles

For a variety of reasons, many Black men who want to earn a college degree decide “I can’t.”

Franklyn Taylor, campus vice president for student affairs at St. Louis Community College at Forest Park, wants to change those “I can’t” declarations to “I can.”

He is working to help St. Louis Community College meet its goal of attracting a total of 100-African American men to its Black Male Achievers Academy, a free, six-week program that will serve Black men who attend college for the first time in the fall.

The program’s focus is to engage students as they transition to their first semester of college. STLCC created the program to reverse the decline in the recruitment and retention of African American students at the College.

The BMAA will run June 21-July 30 and take place in-person on both the St. Louis Community College at Florissant Valley and STLCC-Forest Park campuses.

To participate, Black male high school graduates with a 1.5-3.0 grade point average who have not yet attended college need to email a recommendation letter from their high school counselor or teacher to Taylor at ftaylor65@stlcc.edu to express interest in the program. They can also call him at 314-644-9212 with questions.

An email with the required materials to Taylor generally ensures acceptance, because the College is still accepting students. So far there are 23 participants confirmed for the St. Louis Community College at Florissant Valley location of the program and 30 for its STLCC-Forest Park location. Taylor will continue to recruit students until a few days before the program begins.

Participants will take a course in social science and reading. They will receive academic support and information to prepare them for future English and math courses as well as be introduced to career options, financial fitness and social justice among other topics.

What’s more, students will receive support in the form of three credits and an academic scholarship to STLCC for up to \$3,000 for two-academic years.

Chester Henderson believes programs like the BMAA are sorely needed. He participated in a similar program called the African American Male initiative that the College facilitated from 2009-2017.

Henderson dropped out of school at Parkway West High School in order to work and support his child. He ultimately completed his GED diploma. Although financial obligations caused Henderson to delay college, he is grateful he persevered.

“I grew up in North St. Louis surrounded by the complexities of an urban environment. Survival

was always a challenge. I lost so many childhood friends at a young age to gun violence, and it was a hard pill to swallow. It’s hard to look to the future when you are seeing things like this daily in your community ...,” he said.

“I always wanted to do better for myself and my family and that’s when I made the decision to go back and further my education. I’m so happy I did, because so many doors have opened because of that.”

The AAMI shepherded Henderson through the educational process and helped him graduate with an associate degree in human services from STLCC in 2017.

“As a first-time student, I needed help understanding and navigating the process of being a student. I wanted to know how to be successful,” Henderson said.

He even remembers the names of tutors and mentors, Keith Ware, Sam Huddleston and George Robnett, who he said were very knowledgeable about the college experience. “They were always there when I needed someone to talk to during difficult times.”

Following graduation, Henderson was hired to work full-time for the College and held several positions over the years. He now serves as an information and enrollment assistant with the College’s continuing education program.

Unfortunately, when the U.S. Department of Education’s Predominantly Black Institutions Program grant funding ended, so did the AAMI program that paved the way to Henderson’s success. With the Black Male Achievers Academy in place, the College’s efforts to recruit and support Black male students will be strengthened.

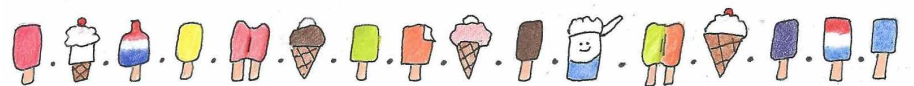
Franklyn Taylor has worked with students like Henderson for more than six years at the College and said programs like the BMAA mean a lot to him personally.

“Students get the support they need to persist and graduate. They have a sense of belonging and someone to turn to when they need it. The extra support creates an opportunity for students to succeed,” Taylor said.

“When students know staff and faculty are 100% committed to their success and believe in them, they will often persist, despite insurmountable obstacles. Which is why it is necessary to build a trusting relationship from the very beginning. Relationships are everything!”



Chester Henderson



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**Questions?** Contact Dr. Franklyn Taylor at ftaylor65@stlcc.edu or 314-644-9212.

The program is free and open to students with a grade point average of 1.5-3.0 and a recommendation letter from their high school counselor or teacher. The program runs June 21-July 30, Monday-Thursday from 8 a.m.-4 p.m.

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