



# Ferguson

## NEIGHBORHOOD

### 2021 NEWS 2021



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# Happy New Year from The Morning Crew

by Trish Cook

I've been a proud resident of Ferguson since 1996 when I bought my house where I raised both my boys, Justin and Jesse. I worked outside my home sometimes seven days a week so there wasn't a whole lot of time to explore or meet people in my community other than when attending parades, playing in the parks, and things like that. Fast-forward to 2020. My kids are now grown, married, and on their own. I'm now self-employed, and my mom, Jean, is now sharing my home. Just like most everyone, 2020 had an adverse effect on my business and I was shut down and looking for ways to cope. In September of 2020 I began walking around our area parks to fill a new void in my life and mend my mind. As the weather began to turn cold, I started thinking about other options where I could

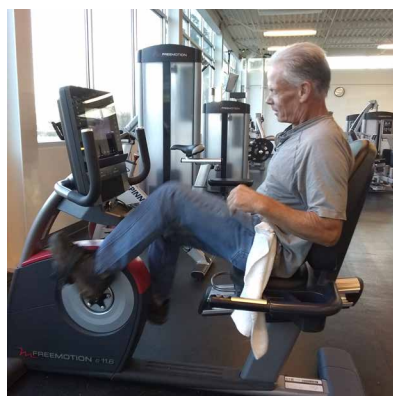


Trish

continue my new routine of walking, but not get frostbite. I decided to go check out the Ferguson Recreation Center and I've never looked back. I was given a tour and I registered on the spot for a one-year membership. Excited, I started going to the gym the very next morning and that's where I met so many wonderful, caring people. The first was Willie who I started calling "Gunsmoke" because he always walked on the treadmill, watching that show. We became workout buddies, and he taught me a lot about the machines and how to use them. He doesn't come here anymore, and I miss seeing him, but I've met lots of other great people along the way.

Shortly after I joined, I decided to get a membership for my mom, Jean Conner, as well to keep her active as she's in her seventies and doesn't go out much. Her favorite thing to do is walk on the treadmill, now that she knows not to accidentally hit the 12 mph hour button and take off like a rocket! Thankfully, she was able to get the machine slowed down and live to talk about how Joe and I tried to race to her rescue! Join the gym and she'll tell you all about that experience! Jean is the proud mom of three, grandma of five, and great-grandma of six. She didn't think she'd like going to exercise every morning with me, but once she started making friends and learning how to use the equipment, she too was hooked. Recent heart issues and being under a doctor's care has kept her away since November, but everyone asks me about her daily, and I exchange messages back and forth that keep my mom's spirits high. For people that only see each other for an hour or so each morning, we are kind of a tight-knit little group of friends.

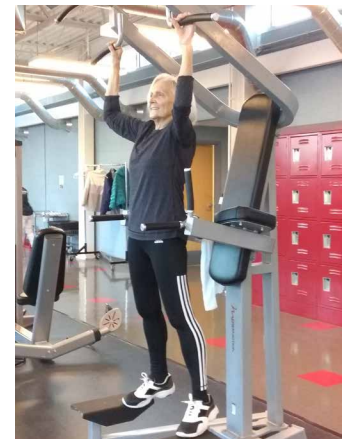
About two months after my mom and I joined, during one of our morning workouts I noticed an employee bringing someone into the fitness center for a tour. After they left, I said, "Hey mom, I think that was Joe Lonero!". I'd known and seen Joe off and on for many years, even before I'd ever moved to Ferguson. He used to stop for coffee every morning at a gas station where I worked a long, long time ago. Joe started going to the gym to



Joe

get stronger. He likes to start out on the elliptical and work his way through the labyrinth of machines. He brings encouragement to all of us, rooting everyone on as we sometimes struggle to reach our personal goals. He knows a lot about fitness and is quick to help anyone in need. Most days you can hear him saying "Alright, good, good!" And my personal favorite, "Piece of cake!" after he astounds me by his strength.

Bobbie, the woman I dubbed "Powerhouse", has made the gym her early morning destination for the past three years. Prior to that, she used to walk outside which she found solitary and didn't care for the inclement weather. She enjoys her time here not only for the exercise but for the friendly welcoming atmosphere. For her, it's a place where friendships evolve, and the dedicated early morning regulars always greet each other with upbeat talk and laughter before beginning their morning workouts. Bobbie is glad she discovered what she considers to be one of Ferguson's treasures.



Bobbie

Madelyn Jamerson started coming to the gym in July of 2015 after she had a stroke. This is where she met her friend Michael. Madelyn has made a lot of friends during the years she's been coming here, including Raymond Valley and Joanne Schneider. She has two children and two grandchildren. Madelyn keeps coming back to stay fit and healthy and she enjoys the company and sense of community while she works out. Madelyn likes to do a variety of activities here, but her favorite is the stationary spin bike.



Madelyn standing Lu sitting

Lu Mullen started coming to the gym in August of 2015 through the encouragement of her friend, Madelyn whom she's known since 2003. Lu moved here from The Philippines thirty-seven years ago and has two daughters and five grandchildren. She comes here because of the people and to exercise and stay fit. Lu enjoys walking on the treadmill, riding the stationary bike, and a variety of other activities. She says it's nice to have this community. It brings us together and promotes bonding and close friendships.

When I asked Michael how long he's been coming here, he laughed and said, "Too long not to be in shape"! He started coming to the gym seven years ago



Michael and Bobbie

when he decided he needed to get in shape and since he lives in Ferguson it was close and convenient. He enjoys walking on the treadmill and using the ab machine. I asked him what he gets out of coming to the gym every morning, he told me it's fun engaging in conversations with the people. He's proud to say he's lost some weight, "lose a pound and gain back three" he laughs again. Michael is the proud father of one son, grandfather of three, and great-grandfather of three.

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(Continued on page 12)



If You Have Items of Interest, Contact - [asroc873@charter.net](mailto:asroc873@charter.net)

## January Celebration Shout-outs



10 - Happy 75th Birthday Janet Campbell

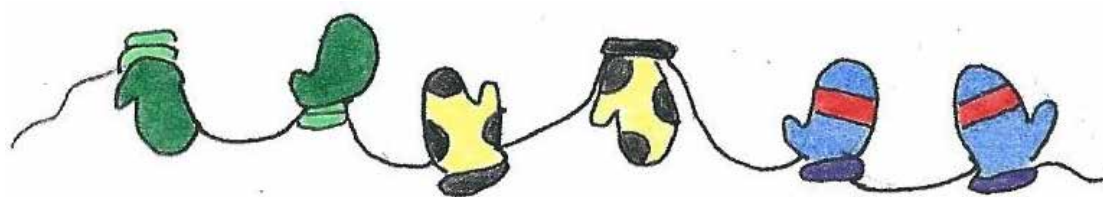
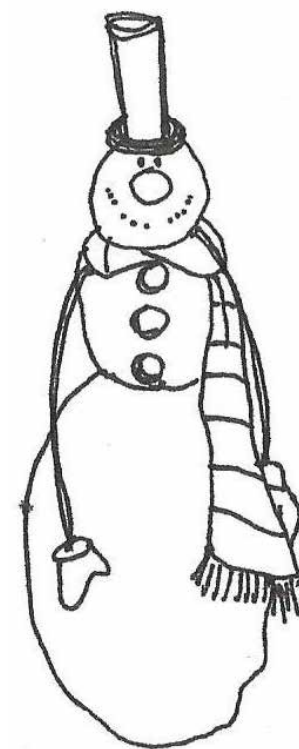


Email Shout-outs to [savoystl@yahoo.com](mailto:savoystl@yahoo.com) - deadline is the 15th of each month

### January at a Glance



- 1 Happy New Year
- 15 Farmers Market
- 17 Martin Luther King Jr. Day
- 18 6PM Jazz in the Civil Rights Movement via Zoom (see page 3 for details)
- 21 Soar with the Eagles (see page 7 for details)
- 30 BTC Open House 12 - 2PM




### January 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)

**Winter Reading Challenge ends Jan. 29!**  
 You still have plenty of time to join our Winter Reading Challenge! Pick up a reading log and turn it in for a chance to win a \$75 Visa gift card!

**Virtual: Kitty Cat Storytime - Jan. 15 at 2 pm**  
 We're smitten with kittens at storytime! We'll enjoy stories and songs about cats that will be sure to leave you purring. Join us on Facebook ([facebook.com/fergusonlibrary](https://facebook.com/fergusonlibrary))!

**Virtual: Jazz in the Civil Rights Movement - Jan. 18 at 6 pm**  
 Join us and jazz flutist Galen Abdur-Razzaq as he takes us through the memorable music of the Civil Rights Movement. **Registration is required.** Register online at [bit.ly/fmpljazz](https://bit.ly/fmpljazz) or call us at 314-521-4820.

- #### January Craft Kits
- Pick up a new free craft kit each week in January!
- **Jan. 3-8 - Squash Album:** Make a memory album that folds up for easy sharing with others!
  - **Jan. 10-15 - Beaded Safety Pin Snowflake:** Celebrate winter with a pretty beaded pin to wear!
  - **Jan. 18-22 - Paper Bobble Head:** Make a bobble head friend out of paper!
  - **Jan. 24-29 - String Art Star:** Wrap string around cardboard to make a colorful star!
  - **Jan. 31-Feb. 5 - Popsicle Stick Bird Feeder:** Make a bird feeder and fill it with birdseed to feed your feathered friends!

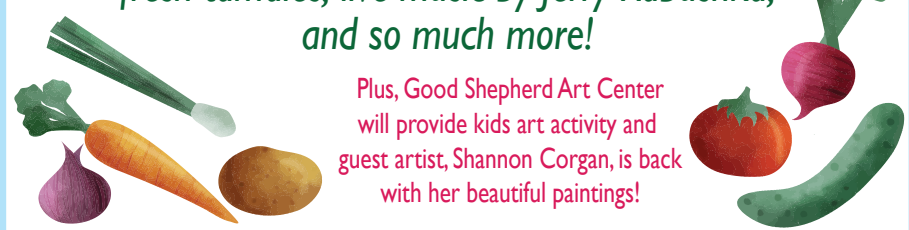
The library will be closed Monday, Jan. 17 for Martin Luther King, Jr. Day

Save the date! Electronic Recycling Drive February 12, 2022

## FERGUSON WINTER FARMERS' MARKET

Saturday, January 15, 9am-12pm  
 St. Stephen's - 33 N. Clay

Fresh produce, meat, eggs, honey, tea, coffee, made-to-order omelets, breakfast sandwiches, fresh tamales, live music by Jerry Rabushka, and so much more!



Plus, Good Shepherd Art Center will provide kids art activity and guest artist, Shannon Corgan, is back with her beautiful paintings!

### The Ferguson News Group may be reached

text/voice: 314 249-6323  
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 Check out the on-line edition [fergusoncitywalk.com](http://fergusoncitywalk.com)

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#### 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](mailto: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

### Writers wanted!

We are always looking for new perspectives from our community. If you enjoy writing or have a talent for talking to people and transfer that to the written word then we would love to hear from you.

# ARTFUL CONSIDERATIONS

by Glynis Mary McManamon, RGS

## Jazz in the Civil Rights Movement

The Ferguson Municipal Public Library will host a program called Jazz in the Civil Rights Movement on Tuesday, January 18, at 6 p.m. over Zoom. Jazz flutist Galen Abdur-Razzaq will highlight music and musicians from that pivotal period of history. Anyone interested in participating can register online at [bit.ly/fmpljazz](https://bit.ly/fmpljazz) or call the library at (314) 521-4820.



Galen Abdur-Razzaq

## ARTS Podcast Coming

Ferguson artist, Peggy Nealy Harris, is working on a podcast for those with a passion for the arts. This platform will serve those who want to develop and broaden their creative skills to make a difference in your career, communities, relationships and life in general. Details to follow in a future issue.



## Winter Market Arts

Shannon Corgan will be the featured artist on Saturday, January 15, at the Ferguson Winter Farmers Market, St. Stephen's Episcopal Church, 9 a.m.-noon. Shannon's colorful paintings will lift those winter blues. She is also the featured artist on the GSAC Website for January. GSAC continues to offer children's activities at the Winter Market. Megan Linhares will present the January offering (TBD).

## You Can Do This

Got a lot of wrapping paper left from Christmas? Well, maybe not. But if you do still have some of those bits, pieces, scraps in your recycle pile, consider reusing them. Here's an idea from Caitlin McCall:

### Wrapping paper Re-do

Reuse holiday cards and decorations to make gift tags for next year! Follow the creative process to make holiday gift tags for next year!

### Materials: Use What You Have

- Cardboard, wrapping paper, tissue paper, holiday cards, ribbon
- Scissors
- glue, tape
- Drawing tools

**Plan:** Gather materials: What do you have? Play with the materials. See what you might create. Work with a friend.

### Create:

- Start with a simple shape like a rectangle or circle to create a base for the tag. You can try different shapes and designs as you go.
- Cut and glue other materials to add decorations to your tag. Do you have a card with a snowflake? Or wrapping paper with a Santa? See what new designs you can create!

**Revise:** Make a variety of gift tags. Is there a certain style or color you like best? Do you want to find other materials to add to your tags?

**Reflect:** Store your gift tags with your holiday supplies- you will be surprised and happy to find a special and unique touch to add to your gifts next holiday season!

See how happy your friends and family are when they get something special from a loved one.



## GSAC Happenings

GSAC is gearing up to install a new exhibit at St. Peter's UCC Community Resource Center. The gallery space at the CRC has been dormant, with the same art for the past two years. Recently, emails went out to every art professor in every college and university modestly in range of Ferguson. The space at St. Peter's will be dedicated for undergraduate art students. Davion Henry will be the first exhibitor in February.



GSAC is also in conversation with a few small businesses to explore whether they would want to dedicate wall space for exhibits.

Virtual exhibits will continue, even after live events resume. The January artist is Shannon Corgan, her show, "A World of Color."

## January Crafts Kits

The library continues to hand out craft kits. Anticipated for January: beaded safety pin snowflakes, string art stars, and popsicle stick bird feeders. Great antidote for cabin fever, whether weather or pandemic caused.

## Holiday Musicals from Ferguson's Brian Owens and LIFE Creative Group Featured Homegrown Talent, Diverse Cast

If you missed the original, locally produced holiday musicals "A New Holiday" and "An Intimate Christmas" which aired on NINE PBS in December, you can catch them on Brian Owens' YouTube channel: [www.YouTube.com/BrianOwensSoul](http://www.YouTube.com/BrianOwensSoul) through most of January.

A New Holiday aired last year, featuring nine-time Grammy Award winner Wynton Marsalis, singer Kennedy Holmes (NBC's "The Voice"), actress Sophia Stephens (Broadway's The Lion King), jazz singer Anita Jackson, and newcomer Riley Adams.

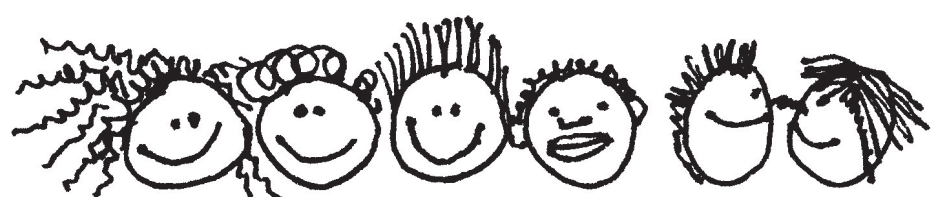
An Intimate Christmas follows rising star, Malena Smith, after she's thrown into the lead role of a holiday livestream at the last minute by her overenthusiastic director, Dottie. The production – written by actress Sophia Stephens and directed by Brian Owens – stars singer and songwriter Malena Smith, with appearances by The Mighty Pines, Joshua "Paco" Lee and Soul Sanctuary. It was filmed on location at the Touhill performing arts center on the campus of the University of Missouri St. Louis.

As a productions of LIFE Creative Group, A New Holiday and An Intimate Christmas utilized the talents of young St. Louis creatives and, in particular, creatives of color. Paid interns, in addition to AP for LIFE Artists in Residence, contributed to both projects' scripting, set design, filming and post-production.

For more information, visit [www.lifecreativestl.com](http://www.lifecreativestl.com)



Normal House by Shannon Corgan



# CROSSWORD

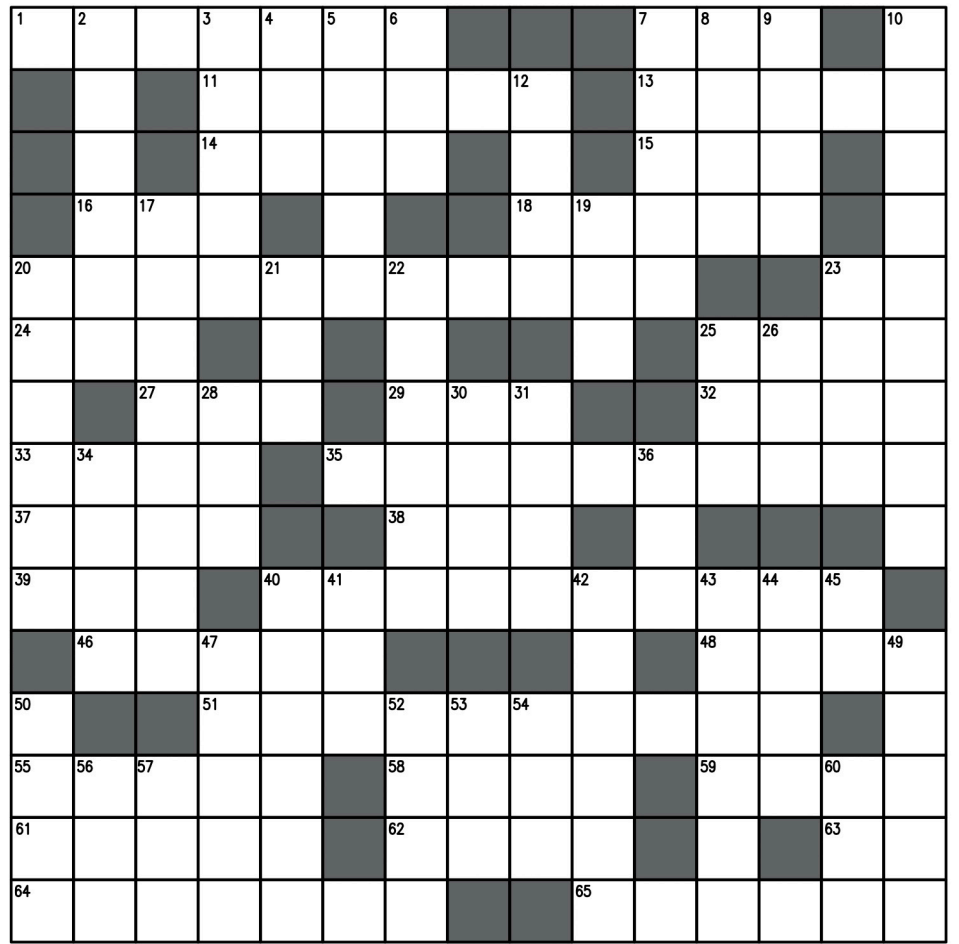
The Iceman Cometh  
By Robin Shively

## ACROSS

1. So easy!
7. Site admin's focus
11. Cool and unfriendly
13. Some kindling
14. Not well done
15. Slippery one
16. Tango need
18. Linger
20. General's smoker
23. 1% of m.
24. Commander at battle to be remembered
25. Snooty sort
27. Bolt partner
29. Lewis' charity
32. Canaanite god of fertility and weather
33. Riches forerunner?
35. Horrid, atrocious
37. Lecher's stare
38. Floral chain
39. Three, on Capri
40. Jo Nesbo novel
46. Passion
48. Enemy or rival precedent
51. Like a respected citizen
55. Soil
58. Wile E.'s contraption supplier
59. Hawaiian scorpionfish
61. Juarez girl
62. It's not up front
63. "- you wish"
64. Sneaker variety
65. Tranquil

## DOWN

2. Push it!
3. High School Musical actor
4. Time period
5. Masked marker
6. Wichita to Memphis dir.
7. Cubic meter
8. Pitcher
9. Like garage rags
10. One does it with Ikea purchases
12. Big name in insulated goods
17. Cowpuncher
19. Appropriate, suitable
20. Donkey incentive
21. Director's direction
22. Rudolph's antagonist
23. Unwanted stocking stuffer
25. Entrepreneurial loan agcy.
26. Collar
28. Employ
30. Female rabbits
31. Ugandan dictator
34. Taj Mahal city
36. At once
40. Monopoly token
41. 60 min. periods
42. Picks from a menu
43. Certain way
44. 2012 Affleck film
45. Largest producer of sweet potatoes in U.S.
47. It may come before oven or treat
49. The H in IHOP
50. The T in STEM
52. Waterproof sheet of material
53. One great fighter pilot
54. Org. representing U.S. African American health Professionals
56. Yellowfin Tuna
57. Tractor-trailer
60. Luke's buddy



Solution on page 14

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**JAX DOG TREATS**

Jax Dog Treats are 100% clean all meat dog treats. Jax Dog Treats launched in July 2020 from the reality that a trained dog is a happy dog. But not everyone could afford professional training guidance so we decided to help. Jax Gideon Jackson AKA Ferguson's Dog is a 2 year old German Rottweiler Service Dog to his mom a retired Air Force Veteran who spreads smiles whatever he's seen. Jax Dog Treats gave their first Training Scholarship to two golden Labrador mixes December 4th and is excited about future scholarships. They are attending school at Unique Canines in St. Charles, MO who by the way recently donated a canine to our Ferguson Police Canine Unit.

Jax Dog Treats products, specials and scholarships can be viewed on Instagram.

**Jax Dog Treats**  
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314-764-1790  
[Jaxdogtreat314@gmail.com](mailto:Jaxdogtreat314@gmail.com)



# Hello Ferguson!

by Marian Linck

One of the highlights of my husband and my Christmas season is getting an invitation to the St Louis BBQ Society Gala. My cousin is a judge for the local contests and her brother, duh, also my cousin competes in BBQ events in the Kansas City area.

Now, when I say "Gala" it is not all sequins and tuxedos. The dress code is Christmas sweaters, jeans, maybe some cowboy boots and certainly no sparkly high heels.

The stars of this event are PIGS, whole pigs smoked and dressed up in all their glory. This year there were eight pigs from various local barbeque establishments including Salt and Smoke, Sugarfire and SuperSmokers, just to name a few. Each piggy has been smoked whole and brought to the event as a whole pig. I wanted to pet some of their sweet heads but knew this was a "hands off" event. After a few introductions, the feast begins. We were encouraged to try a couple of ounces from each pig along with the special sauce that was available. Ok, I love pork, but this is way more meat than I can consume in one evening although I did give it my best college try. I forgot to mention there are some delicious sides available at the feast as well. Among the offerings are salad, roasted potatoes, and Fettuccine Alfredo. Honestly, who can eat the sides and still gorge on MEAT?



When the crowd is sufficiently stuffed and battling a food coma, the program begins. There are awards to be given. Best chicken, best brisket, best ribs, best pulled pork and best overall competitors from the competitions in the year. There is an award for the judges as well.

Now this is where I do a little public service announcement and sing the praises of the St Louis BBQ Society. It is not all about the MEAT!

Several years ago, St. Louis Home Fires, a fireplace store in Ballwin, held its first "Annual BBQ Contest. There were nine contestants and about 250 overall attendees. Thus, the St. Louis BBQ Society was born. The organization's purpose is to keep participants informed, involved, and continue the enthusiasm. It is now an official organization which includes monthly meetings, newsletters, BBQ seminars for competitors and judges as well. There are many events throughout the year to keep the love of BBQ alive and well. This past September the contest included over eighty competitors and 10,000 attendees.

"The Saint Louis BBQ Society was formed to bring together the Barbecue enthusiast families and friends that not only enjoy preparing great Barbecue, eating great Barbecue, sharing recipes along with learning from

one another." ("St. Louis BBQ Society") This is an exact quote from the website <https://stlouisbbqsociety.com>.

This year's gala included an opportunity to donate toys and gifts for an adopted family. Many toys and much cash were collected for foster children and their foster families in Jefferson County The left-over food was donated as well. No, sorry to say, we could not bring a container from home and load it up on the way out the door.



I spoke with Mr. Rick Seavey about the beginnings of the St Louis BBQ Society. Mr. Seavey is the Chairman and a member of the "Team of the Year." He said they formed the group to be a charitable organization from the very beginning as well as for the opportunity to share BBQ knowledge. Yes, they are a social organization, but also a family that seeks to share their passion for BBQ with others.

The leftovers from this year's Gala went to a group that offers support for soldiers who have returned from deployment with PTSD. They cook for "Focus Marines Foundation" at least four times per year.

The Brass Rail in O'Fallon, Missouri on Highway K has invited the BBQ Society to do a turkey and ham cook on Thanksgiving for the last 3 or 4 years. The Brass Rail adds a side of mashed potatoes, gravy, and vegetables for anyone that calls and expresses a need.

The St Louis BBQ Society members continue to look for ways to share their time and talents to help others. They "intentionally overcook" to distribute to a food bank or similar organization and host dedicated charity cooks.

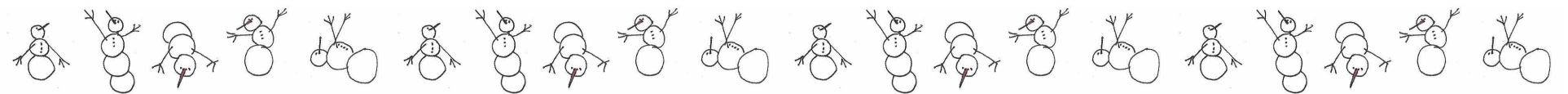
Scholarships are awarded every year to deserving high school seniors who plan to attend college,

Other organizations that have benefitted from the St. Louis BBQ Society include Back Stoppers, Camp Hope, Friends of Kids with Cancer and Shriners Hospital, just to name a few. Over \$30,000 has been donated to local charities.

Concluding this story my intention was to show that it is not all about the meat. how well the meat is seasoned or how properly the meat is cooked. The Louis BBQ Society is about family and community.

Thank you for allowing me to share my personal BBQ experience. It was obvious to me that Mr. Seavey and his group are passionate about their BBQ as well as the community.

You may contact me at [manhattanmarian@gmail.com](mailto:manhattanmarian@gmail.com)



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**LONDONLEE BOUTTIQUE**  
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Hello Neighbors!

I'm Tierra. LondonLee Boutique is a new small business located in the heart of Ferguson, Missouri. We carry children's clothes and accessories! I named the boutique after my two beautiful daughters, London and Leeona. We are proud Ferguson residents established over 7 years. Don't hesitate, stop in, bring a friend! See you soon!

Come in and see us today! Deals this good don't last forever.



# Ferguson City Hall Information

## MORE THAN A RESOLUTION

Resistance to change is universal. It invades all classes and culture, and it seizes every generation, attempting to stop forward progress. Many reasonable, wise, and educated people, even after being confronted with truth, are still unwilling to change their minds. It seems that we are too satisfied, too comfortable with the way that things are. Or maybe we are too afraid of change, and it is only when our situations, our decisions hurt or negatively impact us enough, that we even consider doing things differently.



Mayor Ella Jones

In a "Peanuts" cartoon, Charlie Brown says to Linus: "Perhaps you can give me an answer, Linus. What would you do if you felt that no one liked you?" Linus replies, "I'd try to look at myself objectively, and see what I could do to improve. That's my answer, Charlie Brown." To which Charlie replies, "I hate that answer!"

Though we may laugh at this exchange if the truth is told most of us feel this way. Change can be hard. It is difficult to leave familiar territory, and convince ourselves that a path that feels uncomfortable, unfamiliar, and even painful sometimes, is the correct path for us. We fight it. We deny it. We even run in the opposite direction sometimes...all to avoid what is unfamiliar.

Soon the season will change and each of us will use Facebook, Twitter, Instagram, text messages, emails and other communication means to share a friendly, "Happy New Year" greeting to friends, family, co-workers, and others. The "Happy" may be a little reserved or more powerful this year; especially since a new COVID variant, Omicron, threatens an increase in the current 50 million total COVID cases that have already occurred in the United States. But many of us, will make the requisite New Year's resolutions and take this opportunity to make changes and improvements in how we currently live our lives.

Weight loss is the number one resolution that people will make. Others may resolve to simply eat healthier, garden or find some other way to make better health choices. Some may resolve to spend less, save more, work harder to reach their dreams, get new jobs, new homes, or approach life with a healthier attitude.

While all of us can't do all those things, there is one thing that all of us can do – change the way that we treat each other. What if the most popular resolution this year was a change in attitude (disposition; attitude of hostility; state of mind toward another) toward our fellow human beings. What if this year we all resolved to be kinder to each other? To show more grace and understanding toward each other. To think about others sometimes; instead of constantly only thinking of ourselves.

What if we resolved to do what we really should always do; care about our fellow human beings and approach them in love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control?

Could we plant seeds that could end up being one of our most powerful antidotes against the anger, frustration, depression and hate that COVID has uncovered and been a vehicle to spread.

I don't know if it will work. Ultimately, some will choose not to participate and allow COVID to continue to not only take away lives but also our decency as a society. I think, though, it is worth a try.

Thank you, Mayor Ella Jones

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



**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)

### COUNCIL MEETINGS – HOLIDAY NOTICE

Tuesday, January 11th and Tuesday, January 25th at 7 pm. Council meetings are held in City Hall Council Chambers, however, to protect the health and safety of the public 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. 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.

### CITY HALL HOLIDAY CLOSINGS

The City of Ferguson business offices will be closed on the following days:

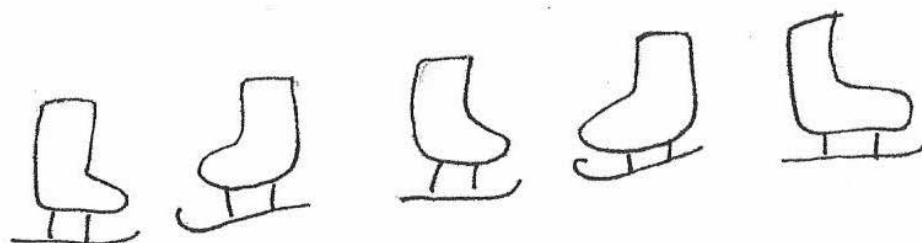
Monday, January 17th – in observance of Martin Luther King Holiday

### 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.

### 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) or sign up on our website for notifications.



# Ferguson City Hall Information

## Ferguson Parks and Recreation

Be sure to follow us on all of our social media for the most up-to date information!

Facebook: @FergRec | Twitter: @FergRec | Instagram: @FergParks  
www.FergRec.com

Ferguson Community Center				
Hours: Monday-Friday - 6:30am -8pm   Saturday 8am-8pm				
Membership Rates	Resident		Non-Resident	
	Annual	Monthly	Annual	Monthly
<b>Adult</b> (Ages 16 - 59)	\$85	\$9/month (\$108 annual)	\$200	\$18/month (\$216 annual)
<b>Senior</b> (Ages 60+)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
<b>Youth</b> (Ages 15 and under)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
<b>Family</b>	\$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

## Soar with the Eagles

Description: Bundle up and join us at the Audubon Center to spot our National Symbol as they inhabit their winter home on the Mighty Mississippi. Then over the river for a delicious lunch at Pierre Marquette Lodge. Reservations limited to 20!

**Date:** January 21, 2022

**Time:** Depart Ferguson Community Center 9:30a.m.

**Fee:** \$43

## Bingo! Laissez les bons temps rouler

Description: It's Mardi Gras! "Let the Good Times Roll" as we celebrate with evening Bingo and Beads! Livations, Music and Food! Wear your brightest colors and join the festivities

**Date:** Wednesday, February 23, 2022

**Time:** Doors open at 5:30, Dinner at 6:15

**Fee:** \$15 Residents \$20 Non-Residents

## 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)

## 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>.

## COLD WEATHER SAFETY

The Ferguson Fire Department took advantage of the recent cold snap to train on ice rescue techniques at January Wabash Lake. While we prepare to handle extreme cold weather emergencies, we'd also like to remind you that cold weather can be dangerous even if you're only exposed for a short time. Learning to recognize the signs and symptoms of hypothermia can help save someone's life.

### WHAT IS HYPOTHERMIA?

Hypothermia means the body is losing heat faster than it can produce it and body's core temperature drops below 95 degrees. Falling into cold water can certainly result in hypothermia but it can also occur with any exposure to cold temperatures.

### Signs and symptoms of hypothermia include:

- Shivering.
- Slurred speech.
- Abnormally slow breathing.
- Loss of coordination.
- Fatigue
- Cold, pale skin.
- Confusion or memory loss.
- Bright red, cold skin (infants).

### CARING FOR HYPOTHERMIA

Signs and symptoms usually develop slowly. People with hypothermia typically experience gradual loss of mental acuity and physical ability, so they may be unaware that they need emergency medical treatment.

Call 911 or emergency medical assistance. While waiting for help to arrive, monitor the person's breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately. Move the person out of the cold. If going indoors isn't possible, protect the person from the wind, cover the head, and insulate the individual from the cold ground.

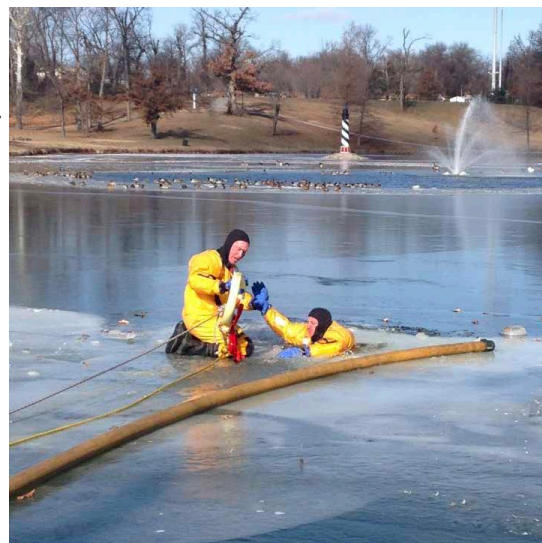
Carefully remove wet clothing. Replace wet things with a warm, dry covering.

Don't apply direct heat. Don't use hot water, a heating pad or a heating lamp to warm the person. Instead, apply warm compresses to the center of the body — head, neck, chest and groin. Don't attempt to warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.

Give the person warm beverages. Don't give the person alcohol. Handle people with hypothermia gently. Don't massage or rub the person because their skin may be frostbitten, and rubbing frostbitten tissue can cause severe damage.

Body to body rewarming. In remote areas where assistance is delayed, practice "body to body" rewarming. Surround the victim with body heat in a sleeping bag, tent or other sheltered spot

Be sure to keep an eye on your elderly neighbors during extreme cold weather as the young and elderly are more easily effected. By looking out for each other and being prepared we can all continue working together to keep this community safe!



## Greater North County Chamber celebrates awards at 2021 Nite of Stars

### “There’s no place like North County: The Emerald City!”

Florissant, MO, December 13, 2021 – Guests enjoyed Greater North County Chamber’s Nite of Stars 2021 “There’s no place like North County: The Emerald City” on Friday, December 3, 2021.

That evening, the Chamber awarded the prestigious 2022 Business Person of the Year award and the 2022 Zykan Family Legacy Award.

Bob McGartland was awarded the 2022 Business Person of the Year. The Chamber has annually given the award to an individual(s) that embody the best qualities of community leadership through the combination of business, civic, and community activities. McGartland has devoted almost 40 years serving the community at Robinwood Automotive & Tire Service.

*“I am humbled, blessed and honored to receive this award as the Greater North County Chamber of Commerce Businessperson of the year. Humbled*



Venus Martz & Bob McGartland

*because it is God who gets the glory for all my efforts and accomplishments. I am truly blessed with good health, lots of energy, abilities, and talents to get up every day and do all the things I am able to do. Honored to be selected and recognized by my peers and fellow chamber members,”* Bob McGartland stated.

By his leadership, Robinwood Automotive & Tire Service has been a AAA Approved repair shop for over 30 years. The shop is also a member of the Midwest Auto Care Alliance & Alliance of Automotive Service Producers of Missouri. Robinwood also participates in the St. Vincent DePaul Auto Repair Program. Bob has served as the AMI Automotive Management Institute Master Accredited Automotive manager, Ferguson Small Business District treasurer, Ferguson Main Street Association board member and mentor for Cool Valley Innovation School for the Ferguson Florissant School District. He was the co-founder of Rob & Sam Inc., in 2013 and has been the co-chair of The Taste in Ferguson for the past 9 years.

*“Bob is an exceptional human being. He has been committed to making a positive impact on our community and we are so thrilled to award him with this prestigious honor. He is the humblest guy around and deserves so much recognition for all he’s done as a business owner and a community leader,”* said Venus Martz, president of the Greater North County Chamber. McGartland is an active member of Blessed Teresa Catholic Church, where he serves as member on the Finance Committee. He is husband to his loving wife of 32 years, Peggy and is a loving father to his three children, Robbie, Maggie, & Kelly.

Dr. Rance Thomas was awarded the 2022 Zykan Family Legacy Award. The Zykan Family Legacy Award was established to preserve the legacy of the Zykan Family and their contributions to the Greater North County Chamber and the North County community since 1955. This award was given to Dr. Thomas as he has demonstrated commitment through his time, talent, and treasure towards the North County community.



Venus Martz & Dr. Rance Thomas

*“I have received many awards over the years, but the Zykan Family Legacy Award is truly one of the most important to me. This is the case for several reasons. I was truly honored and humble to be recognized by the Chamber for my contribution to the community... I felt so honored that I have known several Zykan family members for many years and have worked with them over the years in their making outstanding contributions to our community. These include Don and the late Grace Zykan. They were truly committed to our community and Don is still making a difference... I really appreciate all the Zykan family has done to improve conditions in our community. I am also grateful for all the Greater North Chamber of commerce for what it has done and is still making a significant difference within the community,”* stated Dr. Thomas.

Dr. Thomas served and serves on numerous boards, currently serving as president of three boards and vice president of one, and chair of many committees. He served on the SSM DePaul Hospital Community Advisory Board for 12 years and its Foundation Board 2013-18. He

serves on the Florissant Fine Arts Council (past president), North Star Scouting Nomination Committee Boy Scouts of Greater St. Louis, and the Area Scouts Religious Relations Committee. Member of the St. Louis County Outreach Group for C0vid-19 working to encourage members in the County to get vaccinated. Serves on Christian Hospital’s Patient and Family Advisory Council 2018 to present. Serves on the Mayor’s Steering Committee for the City of Florissant. Serves as President of the Rotary Club of Florissant 2021 to present.

*“Dr. Rance Thomas is an inspiration to us all, he has dedicated his life to serving the community and embodies the Zykan Family Legacy Award,”* said Venus Martz, president of the Greater North County Chamber of Commerce.

Dr. Thomas has received numerous awards for outstanding citizenship, community development, dedication, devotion, education, human relations, human and civil rights, leadership, living legend, peacemaking, service, and loyalty.

The Chamber awarded the **Cathy Behlmann Volunteer of the Year award to Brian Douglas**, with State Farm Matt Brown Agency. BRIAN has been a longstanding member of the Chamber. He has been heavily involved, serving as a past Board Member and is an active member of Leads 2. Brian has volunteered at different chamber events, including the 2021 Scavenger Hunt, the 2021 Scholarship Bowl and many other events that the Chamber hosted in 2021. Brian never fails to always be a supporter of the Chamber and Chamber members.

The Chamber awarded the **Rookie of the Year award to Brennen Sowa**, with Brennen Sowa State Farm Agency. The Greater North County Chamber of Commerce began this award in 2015 to highlight a member who has been in the Chamber 2 years or less and who became actively involved from the beginning. It is members like the Rookies who make a difference in our committees because once they become involved, they tend to stay involved. They understand the needs of the Chamber and are willing to go the extra mile. Brennan has made a positive presence throughout the Chamber, getting involved and sponsoring different Chamber events, including the Golf Tournament, Music Trivia, and many other events during the year.

The Chamber awarded the **Ambassador of the Year award to Barb Lytle**, with Sam’s Club. The Greater North County Chamber of Commerce’s Ambassador Committee is one of the most important Committees in the Chamber. Committee members attend ribbon cuttings, Business After Hours and Membership Luncheons. They reach out to new members, welcoming them to the Chamber and encouraging them to become involved in Chamber activities. Once Barb joined the Chamber, she became active wherever she could and joined the Ambassador committee. Barb has a deep belief in giving back to the community and shows it through her commitment in giving of her time.

The evening was a huge success, thanks in part to the businesses, organizations and individuals that donated items for the live and silent auctions and to the 2022 Nite of Stars sponsors.

Sponsors for the gala included Presenting Sponsor & Elite Partner: Christian Hospital; Premier Partner: SSM Health DePaul; Gold Sponsors: Club Car Wash, and Stifel Nicolas & Company; Emerald Sponsors: Amore Pizza, Gary’s Auto Service, Good Shepherd Arts Center, Handyman True Value Hardware, Hope Hospice Inc, Paramount Bank, Seniors Helping Seniors, and St. Louis Community College – Florissant Valley; Silver Partners: Central Bank, City of Florissant, Delmar Gardens North, Emerson Family YMCA, Life Development Support Center, Midland States Bank, and Valley Industries; Bronze Partners: A Skeets Production, Goldkamp Heating & Cooling, Resler-Kerber Optometry, St. Louis Metro Realtors, St. Luke’s Pediatric Center, and Vantage Credit Union.

A special thanks goes to Nite of Stars Committee – Chair Kitty Harrison with Johnny Londoff Chevrolet; Scott Palermo, A Skeets Production; and Mary Kierath, Seniors Helping Seniors.

The Greater North County Chamber of Commerce is a voluntary partnership of business professionals and community leaders united to promote the North County regions. The chamber office is located at 420 W. Washington, Florissant, MO., 63031. For more information please visit the chamber web site at [www.gncstl.com](http://www.gncstl.com)

**The Chamber celebrated long-standing members celebrating in 2022:**

- 55 Years –**  
Dooleys Florist & Gifts
- 50 Years –**  
City of Hazelwood  
Hazelwood School District  
US Bank
- 35 Years –**  
The UPS Store  
Topos Surveying Corporation  
JoAnn Donovan  
Emerson Family YMCA  
Florissant Glass Company  
Koch Park Dental  
Independent News  
Delmar Gardens North
- 30 Years –**  
SSM Health DePaul Hospital
- 25 Years –**  
Keeven Appliance  
Commercial Bank  
Catering to You  
State Farm – Jan Grafeman  
Sacred Heart Parish  
The Villa at Riverwood
- 20 Years –**  
Cross Keys Apartments  
Incarnate Word Academy
- 15 Years –**  
ITS Computers  
Friends of Old St. Ferdinand, Inc.  
Midwest Smiles Family Dentistry  
Anne Muhoro Steward DMP, PC  
Boain Dental Care
- 10 Years –**  
Big Papa G Entertainment  
QuikTrip  
Knights of Columbus Duchesne Council 2951  
AARP Foundation Workforce Programs SCSEP  
Oldani Remodeling  
Saint Louis Counseling  
A-List Realtors  
Paddock Forest LLC  
Florissant Valley Kiwanis  
Ameren Missouri  
Morrison Travel and Cruise  
Complete Auto Body & Repair  
Johnny Londoff Chevrolet  
Provident, Inc.
- 5 Years –**  
St. Sophia Health & Rehab  
Purgahn & Associates  
Don Zykan  
Deer Valley Home Health Services  
Get Well Family Chiropractic  
Daniel & Henry Company  
The Kwesi Prince Foundation  
Dalmatian Cleaning & Restoration  
Life Development Support Center  
Alltru Credit Union  
St. Ferdinand Catholic Church  
US Small Business Administration  
Denny & Associates, Inc.  
Shelter Insurance – Chris Hamilton  
Representative Gretchen Bangert  
St. Vincent Home for Children  
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Critical Race Theory**

**Wednesday, January 23rd, 6:00 PM**

*What it is, really, and ... What it really is NOT.*

*Join us for an enlightening presentation and discussion  
by Heather Fleming, founder of the Missouri Equity Education Partnership*

More info and the Zoom Passcode are available at:  
[www.proud-ferguson.org](http://www.proud-ferguson.org)  
Facebook: People Reaching Out for Unity and Diversity

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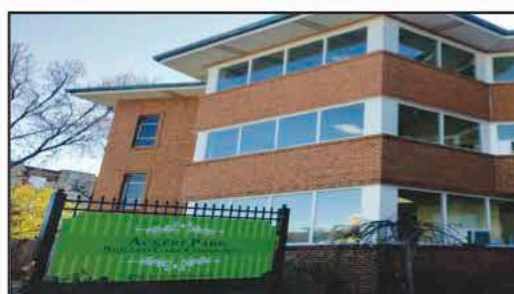
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# Financial Focus – A New Year!

by Joan Cleaveland (cleav73@sbcglobal.net)

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

With every New Year, we always try to look forward with anticipation of better times. More peace in the world, less people struggling, better education for children, improvements in our infrastructure, less disasters, less crime, more cooperation, an end to the pandemic, less illness more affordable medical care, etc. I could go on, however thinking about the problems in the world can be downright depressing and certainly not uplifting or filled with hope. Yet here I am in mid-December watching Christmas movies and feeling that perhaps there is hope amid all the despair.

With all the choices on television it isn't hard to find Christmas movies I've never seen or even heard of. There are an abundance of newer movies with unknown actors on some channels that are dedicated to Christmas movies. They all have a lesson and a person or persons with problems that need special attention. And it's not just the movies, during this season people seem to be a little more patient, a bit more tolerant and often more eager to help those in need. Although there are exceptions, watching these movies often brings tears to one's eyes and a renewed appreciation for our fellow man. We hear about the struggles of needy families and respond with kindness, yet when the season is over the help dries up. Wouldn't it be nice if we could keep this unity, civility and concern for the others alive the rest of the year.

Taking a break from these happy movies, I took time to watch a documentary that came out last summer about the Federal Reserve Bank and its role in maintaining the economy. It explained in detail how the strategies in use for the past fifteen years have set up a dangerous precedence for avoiding a melt-down of our economy. If this doesn't make you cry, it may make you worry. Ever since the Federal Reserve was created its key function has been to maintain our country's monetary policy. Since its inception in 1913, its purpose has been to supervise the money supply, increasing or decreasing as the economy's demand for money and credit changes. One method of doing so is by controlling interest rates.

It wasn't until 2008 that the Fed came up with a new solution for an ailing economy - Quantitative Easing. This program raised concerns about QEs long term effects and its increased usage over the past fifteen years. QE is a central bank's policy to purchase government bonds and other financial assets to help inject money into the economy. When interest rates get so low either zero or close to it, doing something different than the traditional raising and lowering of interest rates becomes necessary. That is what

happened in late 2007, the Fed was dealing with unemployment and expected low rates to encourage business to invest in new innovation and create jobs. By the end of 2008 rates couldn't go any lower and financial institutions were on the brink of collapse. Along with the largest bailout of banks, the Fed looked to more unconventional methods of dealing with the crisis.

At the time, it seemed necessary to stimulate the economy and instill confidence. The result brought about a stock rally increasing values and giving consumers more faith in the banking system. Yet instead of investing this money banks held on to it. Lending it out to stimulate the economy just didn't happen. This also exasperated inequality in wealth because the rich are more invested in Wall Street so when the markets did well they got richer. Meanwhile the Fed has kept unemployment low and inflation low, so most people were convinced these policies were successful. In retrospect, it appears that the long term effects are not really good for our economy. We seemed to have created incentives for businesses to do less building of their business and just buy back their stock. Rather than try to explain the many concerns I have on the future of our economy, you may want to learn more about these measures.

Since that time the Fed has kept rates low, inflation low and the markets have increased, the one problem is that growth has not kept up. So in times of trouble the Fed responds with QE like it did last year with the onset of the pandemic. While many economists believe this approach is necessary there are rising concerns about the results. Neel Kashkari the president of the Minneapolis Federal Reserve Bank defends the process of QE. While others point to the widening wealth gap, increases in risky behavior and our delicate financial system as the consequences of QE, Neel commented that you don't hear the poor complaining. One individual in the program commented "I'm gonna take that stimulus check and invest in the stock market." And that seems to be one of the problems with easy money everyone wants to get in on the action having seen the wealthiest benefit from the path we've been on.

Today we are starting to see inflation and rising rates are on the horizon. So looking at the contrast between those happy Christmas movies and the economic crisis that may be looming, suggest we may need a reckoning. So to leave you on a more positive note, I read Bob Dole's letter written in the early part of 2021 to be published after his death. As he explained so eloquently "when we prioritize principles over party we accomplish far more as a nation." Perhaps a bit of that hope and the good feelings from the Christmas Season can bring us together, so we can accomplish more and learn to accept some pain for the good of our country. If you have any questions or comments please contact me at cleav73@gmail.com.

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*Happy January Ferguson!*



It may be cold outside but the real estate market is already heating up for 2022! Will this be the year we finally have more inventory of houses for sale? I sure hope so! This crazy market has been great for sellers but very challenging for buyers!

If you're thinking of selling your home this spring, let's set up a time to talk NOW! I can help you create a game plan and answer questions like:

**What repairs do I definitely need to complete? • Which updates make sense for maximizing my sale price? • What can I do to help my house show the best that it can? • Are there any inspections I should do?**

Keith and I are never too busy to stop by and take a look. In fact, we love it when we're consulted EARLY in the potential sale process, because we can often save clients money and unnecessary headaches!

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*Shannon Howard*

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# The Best of Ferguson

by Teyuna T. Darris, M.A.



**“Diana Jackson--- A Voice in the Neighborhood”**

Diana Jackson has lived in Ferguson for twenty-three years, and during this time has shared her passion for supporting her neighbors and advocating for the welfare of her neighborhood through her involvement with the neighborhood association and her ongoing commitment to learning about how city government and neighborhoods work.

Two years ago, I met Mrs. Jackson at a neighborhood association meeting during which she expressed her concerns about neighborhood lighting and public safety. She further explained the efforts she undertook to improve these matters in her neighborhood and was seeking to learn more about how city government and neighborhoods worked. Moreover, in her quest to learn more about city government and neighborhoods, Mrs. Jackson completed the Neighborhood Leadership Academy (NLA) through the University of Missouri Extension Council of Saint Louis County in November 2021. Now that she is an NLA alumna, Mrs. Jackson has a greater arsenal of tools which will catapult her neighborhood improvement and advocacy initiatives.



Diana Jackson

Mrs. Jackson is proudly married to her husband Mr. Phillip Jackson, and this dynamic duo leads a combined blossoming family of six children, twenty-one grandchildren and two great-grandchildren. They also have four grand-Dogs: three Doberman dogs, named “Diamond”, “Bishop” and “Bella” and one Pug, named, “Baxter”. In her free time, Mrs. Jackson, enjoys “bowling, music, food, football and beer. And, yes, I’m still a Ram’s fan--- don’t hate!” She also shared that she loves to “...have fun, entertain others and listen to music. I also love the summertime so I can spend time on my patio.”

I asked Mrs. Jackson, “What made you decide to live in Ferguson 23 years ago?” She replied, “House-hunting in areas close to where my husband and I were raised led me to Ferguson.” During our interview, Mrs. Jackson also told me that she was an employee at the Bi-State Development Agency / Metro in the risk management department and is now retired.

Mrs. Jackson also shared that she briefly studied pre-law at the University of Missouri in Saint Louis (UMSL). And, of course, I asked her that famous Saint Louis question--- “Where did you go to high school?” Mrs. Jackson replied, “Berkely Senior High School”.

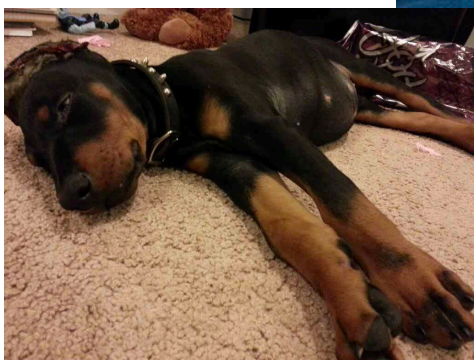
And, certainly I had to ask her my favorite question: “What makes you awesome?” To this, she replied, “My grand and great-grand kids think I’m awesome. And, once that count surpassed twenty kids, I believe that counts as an Awesome Granny!”

During our interview, Mrs. Jackson celebrated the fact that she is a go-getter and that she loves helping others. She explained, “I am always willing and seeking ways to help others. My motto is: “I’m all in, or I’m not.” She further explained, “So don’t present me with a task and halfway through, tell me that’s enough, because I want to finish the job!”

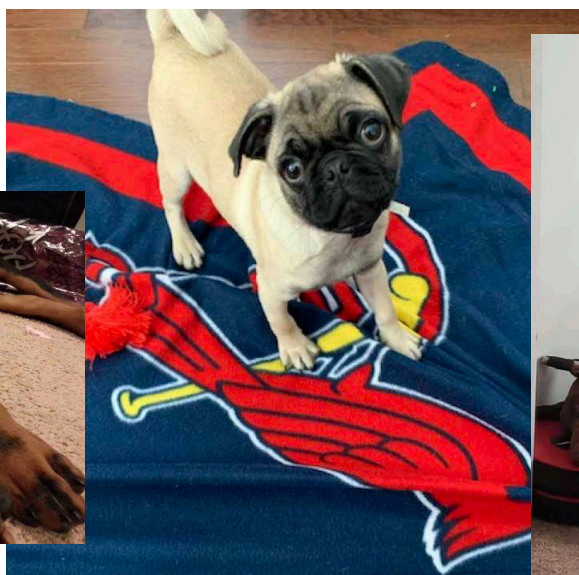
This go-getter is the person I met in our neighborhood meetings and whom I appreciate knowing because she is dedicated, passionate and sincere. Mrs. Jackson is an example of a person whose passion for life is shared through her passion for others and their wellbeing. I’ve had the honor to watch Mrs. Jackson’s go-getter personality and dedicated efforts to make her neighborhood a safer, and more beautiful place for all of her neighbors to live.

It’s people like Mrs. Jackson who help to make our neighborhoods the kind of places we want to live in. And, ultimately, it’s people like Mrs. Jackson whose sincere passion and dedication help to make the busyness (and sometimes) tiresome work of “neighboring” better.

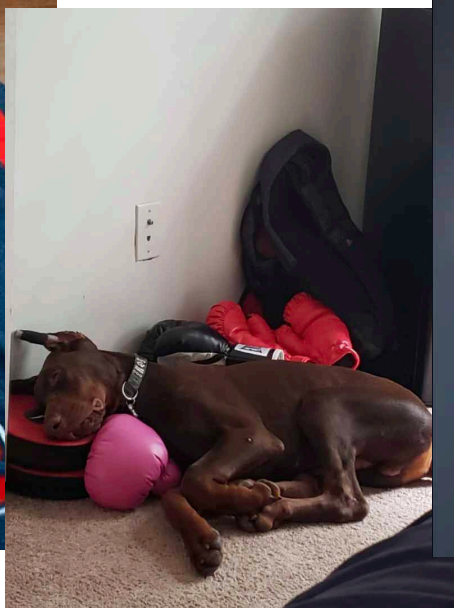
I’m not sure exactly when Mrs. Jackson began her neighborhood advocacy work, but I do know that on one cold morning in 2019, Mrs. Jackson used her voice at a neighborhood meeting, and since then has been helping to make our neighborhood better.



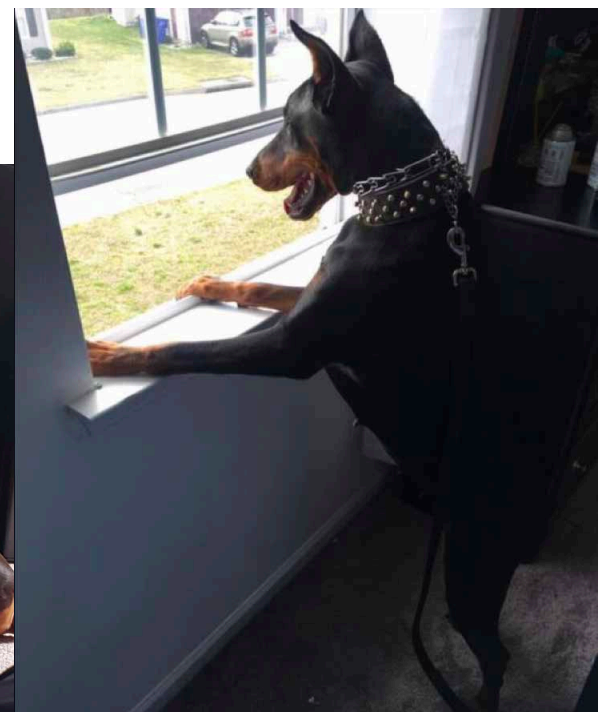
Bella



Baxter



Bishop



Diamond

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# Happy New Year from the Morning Crew

(Continued from page 1)

Ken Hogshead has been running seriously for forty plus years. My conversation with Ken is a story all its own. His accomplishments and experiences are awesome to say the least. He began running to be able to enter the first McDonnell-Douglas "Run For Fun" that was started by Sandy McDonnell in which participants had to run/and or walk a 10k in ninety minutes. He had such a great experience, he was hooked. He soon joined the St. Louis Track Club and Gateway Athletics to learn more about upcoming events and to improve his training. Ken tries to run every day and does most of his running on the fitness center's treadmills. He understands that aging has slowed his pace over the years. I am in awe when I watch him run so I can only imagine how fast he was in his prime. Ken said he must accept the facts, but he also accepts the reality that continuing to run and train will allow him to be more active and to enjoy a fuller, healthier life than being sedentary. He is also an avid hiker and I hope to be able to share more of his fascinating story with our readers in another edition.



The Morning Crew - Ken

Ken's wife Leslie started coming to the gym about a year ago. She used to walk outside, but once she came with her husband and walked on the treadmill for the first time, she decided she liked it better. When asked what keeps her coming back every day she said, "The Group." She likes that everyone here cares, wonders where you are, and how we tease each other when we show up late. Leslie was out for a while due illness, and she said during that time, she still felt motivated to get back to her gym family because daily Ken would relay to her all our well-wishes, prayers, and asking about her and when was she coming back. She just can't say enough about the power of community and encouragement we all give to each other. Leslie said some of her highlights about coming here are "Joe is our focal point and cheerleader. Michael always shares a good thought or scripture each morning. Jean is everyone's cheerleader and keeps us all going, and we miss seeing her every day." And Leslie surprised me with some fantastic news...she and Ken are expecting their first grandchild due December 25, 2021!



The Morning Crew - Leslie

Charles Bolden started coming to the gym in October 2020 because he wants to stay physically fit and improve his mobility and balance. He likes using the free weights and kettle bells. He comes to work out most every morning because he wants to stick to his routine. He has a target goal to lose twenty pounds and he's already lost eight although he laughed and said "the caveat to that is it went back up, but it's coming back down again. It's a battle at sixty-five!". Oh, we can all relate to that, can't we?! Charles is proud of his three kids (two girls and a boy) and his four grandchildren. He works hard while at the gym and tends to stay mostly to himself once he arrives and says his good mornings to everyone, but his smile and presence brightens everyone's day.



The Morning Crew - Charles

April of 2019 is when Theresa started coming to the gym right after she retired. She said she's always been pretty active and if the weather was bad, she could still use the treadmill and be safe. Theresa prefers the stationary bike because it's easier on her knees. In fact, she just had a total knee replacement in October and she's already back and working out like nothing ever happened! She said that going to the gym has helped her lose eighty pounds and keep it off. She also likes to use the free weights and ab machine. Her goals in life are pretty straight forward; to be happy with who she is and enjoy life. She finds the rec center a very expensive, fun way to meet people and live a healthy lifestyle.



The Morning Crew - Kate

Kate Church is our newest morning crew member. She loves comfort food but says "Let's face it, gaining weight is the other side of that double-edged sword." Kate recently rediscovered the fitness center and says it's been a great experience making new friends." She appreciates the encouragement she receives from the group, but quips "I'm not saying it's as great as comfort food, but it's better for me."

Many of the morning crew come to the gym daily, however we have one that only comes in once every two weeks because that's all his busy schedule will allow. Martin started coming here about three years ago but then life got in the way. He just started coming back again five months ago. Martin says the gym has great equipment and he also enjoys the great company. The elliptical is his favorite machine but he also likes to do other activities throughout. Martin says he keeps coming back to stay fit.

Sharing our story was Leslie's idea and I'm so glad she brought this to me. To some, the Ferguson Recreation Center is just another building in our city, but for us it's been so much more than that. It's a place where you are warmly greeted each morning with a smile by the friendly staff at the desk. The morning staff usually includes George Ulmer, Zaria Carson, Lean Harold, Kathy Schmermund, Maureen Pfeifer, and sometimes we even get to see Jordan Kuechenmeister, Dave Musgrave, and Cindy Eskew. And most every morning you will find Marvin maintaining the building, making the floors shine, keeping everything clean and safe.

So often, at the end of a year, we tend to reflect on our lives and habits and strive to make resolutions of self-improvement for the new year. If you are considering getting into shape, reaching a certain fitness or weight goal, or just looking for a fun place to meet new people, the morning crew would like to encourage you to give the Ferguson Recreation Center's Fitness Center a try!



The Morning Crew - treadmill group



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## Field Notes from Farm Girl - January 2022

What will you do?

What will you do with this gift?

The gift of another year, when for some, the shelves were bare of spare.  
What will you do different?

What can you afford to repeat endlessly without thought, and what screams  
and screams NOW?

When you can see so much in need of fresh eyes, patient hands, and a  
count to 10,

will you take this new calendar of you and commit it to a wall and intention?

A new year. A new start. You are still here. I'm still here. We are still here.

EVERYTHING real and true starts small. Ideas, purpose, and people don't  
arrive in this world full grown.

There is an infancy for everything, with room for learning, growth, and  
mistakes. In exchange, we must always keep moving forward.

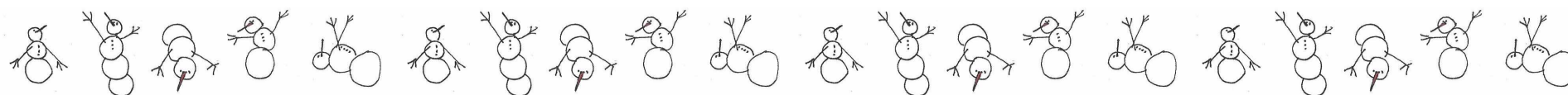
Make a plan. Your plan. A plan to do something different. Try something  
different. Be something different.

If you can see the distance between people, go stand between them.

If you can see anger and sadness, bring patience and hope.

Take the time to use your voice and not your fingers.

When it's your turn, give it to someone else.



When you have enough, give to others who do not.

Look around you. See people. Really see people.

Cultivate the lost art of empathy. Try on a lot of other people's shoes.

Slow down. Slow. Down. There's no ribbon to stream across your chest or  
trophy for your shelf.

The best prize is taking the longest in this race.

Feel the world again. Don't feel the weather but feel the smallness of being  
a dot on a mammoth whirling rock and this human frailty we mistake as  
strength.

Make small changes so that our children's children have a planet

Give the best gift on any day of the week. Time. Give it, spend it and  
know that there is nothing you can buy or invest in that is more precious.  
Diamonds and gold are meaningless. Give your time instead.

Be still. Look in and find the best version of yourself or the blueprints  
you once made. Dust them off. They may be crinkled. Lay them flat and  
smooth them with patient hands. Who were you going to be? Who were  
you supposed to be? Who did your mother see in your eyes when she  
rocked you gently to sleep? It's not too late. Realize that you can indeed  
figure this out. I believe in you. I know your heart. You're a good person.  
You can make a difference. People love you and believe in you. We are all  
looking over our own plans and wanting to be the change we wish to see in  
the world. It's a whole new year. Let's not waste another minute my friend.  
Let's dive right in. Happy New Year friend! 😊

# Remembering

## DR. MARTIN LUTHER KING JR

Martin Luther King, Jr., (born Jan. 15, 1929, Atlanta, Ga., U.S.—died April 4, 1968, Memphis, Tenn.), U.S. civil-rights leader. The son and grandson of Baptist preachers, King became an adherent of nonviolence while in college.

Ordained a Baptist minister himself in 1954, he became pastor of a church in Montgomery, Ala.; the following year he received a doctorate from Boston University. He was selected to head the Montgomery Improvement Association, whose boycott efforts eventually ended the city's policies of racial segregation on public transportation.

In 1957 he formed the Southern Christian Leadership Conference and began lecturing nationwide, urging active nonviolence to achieve civil rights for African Americans.

In 1960 he returned to Atlanta to become copastor with his father of Ebenezer Baptist Church. He was arrested and jailed for protesting segregation at a lunch counter; the case drew national attention, and presidential candidate John F. Kennedy interceded to obtain his release.

In 1963 King helped organize the March on Washington, an assembly of more than 200,000 protestors at which he made his famous "I have a dream" speech. The march influenced the passage of the Civil Rights Act of 1964, and King was awarded the 1964 Nobel Prize for Peace.

In 1965 he was criticized from within the civil-rights movement for yielding to state troopers at a march in Selma, Ala., and for failing in the effort to change Chicago's housing segregation policies. Thereafter he broadened his advocacy, addressing the plight of the poor of all races and opposing the Vietnam War.

In 1968 he went to Memphis, Tenn., to support a strike by sanitation workers; there on April 4, he was assassinated by James Earl Ray. A U.S. national holiday is celebrated in King's honor on the third Monday in January.



Submitted by Naquitia Noah on behalf of HRC Commission

Editors note: I was in high school when Dr. King was taken from us. He was a great human being whom I hope we can all follow his example.

**Crossword Solution from page 4**

1	A	2	B	3	R	4	E	5	E	6	Z	7	S	8	E	9	O	10	A
	U		11	F	R	O	S	T	Y			13	T	W	I	G	S		
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20	C	O	R	N	C	O	B	P	I	P	E						23	C	M
24	A	N	A		U		U			T		25	S	26	N	O	B		
	R		27	N	U	T		29	M	D	A			32	B	A	A	L	
33	R	A	G	S			35	A	B	O	M	I	N	A	B	L	E		
37	O	G	L	E			38	L	E	I	O								
39	T	R	E		40	T	H	E	S	N	O	W	M	A	N				
	46	A	R	D	O	R				R		48	A	R	C	H		49	
50	T			51	U	P	S	52	T	A	N	D	I	N	G				O
55	E	56	A	R	T	H		58	A	C	M	E		59	N	O	H	60	U
61	C	H	I	C	A		62	R	E	A	R	E					63	A	S
64	H	I	G	H	T	O	P			65	S	E	R	E	N	E			



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

**BUY A USED VEHICLE OR KEEP YOUR CURRENT VEHICLE? IT HAS NEVER BEEN CLEARER!**

Covid has impacted all our lives in numerous ways, but current used car prices may be one of the most notable. Thanks to the pandemic, and the impact it has had on the supply of new vehicles, the average cost of a used vehicle has exploded. How did this happen? Here is a quick history lesson.....

The 1st impact on vehicle prices was the shutdown of the manufacturing facilities producing new vehicles in the initial stages of the pandemic. Though this step was important for nearly a quarter million workers health and safety, the shutdown of 25 Ford, GM, and Chrysler facilities instantly created a shortage of new vehicles across America.

The 2nd issue, and the one that most did not see coming, was the computer chip shortage. Those little circuit boards are now part of almost everything electronic, and there are only a few manufacturers across the globe who build them. They are important to the operation of cars, smartphones, refrigerators, electric toothbrushes & thousands of other products...and let's not forget the chips now placed in most credit cards. It might be hard to believe, but the average computer chip takes between 12 and 20 week to manufacture. While many manufacturers in the supply chain have recovered, chips continue to be in short supply. Ford alone has 60,000 to 70,000 vehicles waiting for these computer chips.

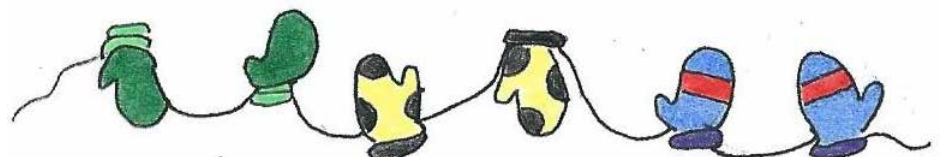
The domino effect is clear.....the lack of new vehicles at the local dealers has limited the number of people trading in their current vehicle for a new one. The net result is less used vehicles for sale, but consumer demand remains high. The most basic economic rule is "low supply with high demand = higher prices". Car industry publications report that the average price of a used vehicle is up 40% since January,2021.

If you have been reading my Under the Hood articles, you know I try to be informative about vehicle related issues. In this article I want to make a strong plea...**IF AT ALL POSSIBLE DON'T BUY A USED VEHICLE RIGHT NOW!** The market will correct itself as production of new vehicles get back to normal. Likewise, if you have an extra vehicle sitting around, NOW is a great time to sell it and receive Top Dollar!

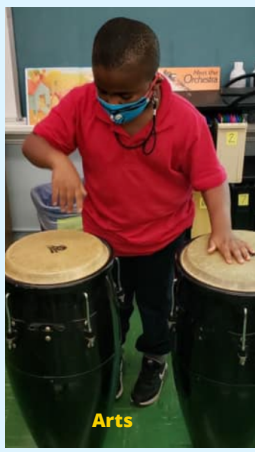
Some simple math will support my suggestions: If you own your current vehicle, drive 15,000 miles per year, and spend \$5,000 a year on gas & maintenance..... your cost per mile is approximately .33 cents. Throw in a monthly car payment of \$500 and you add \$6,000 to your annual driving investment. Now your cost per mile is nearly .75 cents. BUT wait, there's more...with used vehicle cost now 40% higher than prior to the pandemic, your purchase price and monthly payments will increase as well. That \$500 car payment may be \$700 month. That now makes your cost per mile almost .90 cents. Basically, **THREE TIMES** more than keeping and driving your current "paid for" vehicle!

Obviously, all of us have different driving habits, and some of you may drive more miles and some drive less. **ONE THING FOR SURE**, if you own your current vehicle and must spend some extra money on maintenance & repairs, driving "Old Bessy" it's going to be much more affordable than overpaying for a used vehicle. Remember, a new used vehicle is going to require maintenance & gas just like your current vehicle. That is a constant. If your current situation requires a new used vehicle, I strongly recommend having us or your trusted repair shop perform a used car evaluation **BEFORE YOU BUY THE VEHICLE**. We see people buy used cars all the time that look good but end up needing multiple and costly repairs.

As always, Robinwood Automotive is happy to provide advice and services for all your automotive needs. Happy New Year to everyone and we look forward to seeing each of you soon!



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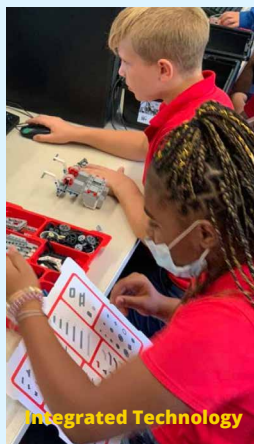
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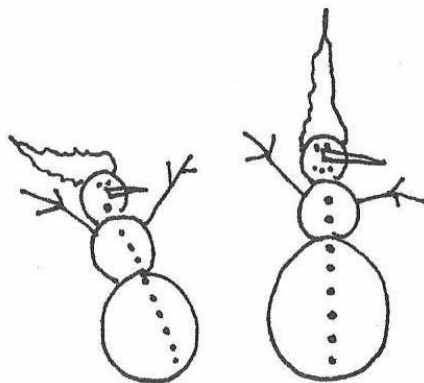
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## Ferguson Has A History Museum

Ferguson, indeed, does have a Historical Society and a History Museum and we are moving forward with the help of our readers of the past four weeks. We encourage any of you reading this article to join in the conversation. Contact information is at the bottom of this article.

Last month we highlighted the Ferguson Wall of Fame – an often-overlooked part of our city. This month we will deal with a much more obvious site: The twin cabooses. Along with being a fun word to say, cabooses are a large part of Ferguson’s history. Ferguson, like our sister cities of Kirkwood and Webster Groves, grew up as a railroad town. While railroads needed locomotives and cars to transfer the freight and passengers, the caboose was maybe the most necessary car – the office of the train. Ferguson has two examples of the typical caboose – one from the Great Northern Railway and the other from the L&N (Louisville & Nashville).



The Great Northern Railroad was established in the 1880’s to run from St. Paul Minnesota to Seattle Washington. It was the most northern transcontinental railroad. The caboose (model X211), built in 1941, was donated to Ferguson in 1985 by Grannemann Elementary School (Hazelwood Schools). The Great Northern mascot, the Rocky Mountain Goat painted on the side of the caboose, was based on a director’s childhood memory of his goat which pulled his newspaper cart. One of the railroads most famous trains was the “Empire Builder”, which ran from Chicago to Seattle. It ran along the southern borders of Glacier National Park with stops there. Today Amtrak operates that same scenic route across America with a train of the same name. Book early and stop off and visit Glacier.

You might be wondering why a caboose, on a railroad which never ran further south than Chicago, would wind up in Ferguson. The answer lies in mergers. The Great Northern and the Burlington Railroads merged – then they merged again with the Santa Fe Railroad – which did run through St. Louis. That railroad is now known as – you guessed it – the Burlington Northern Santa Fe (BNSF) Railroad.

Like most cabooses constructed in this period, it is made of wood and features a cupola – the little lookout that sits high up. This was the era of steam engines and steam engines burn coal that spew out hot cinders which can cause fires. The cupola has windows which can overlook the entire train and spot trouble. Inside you will find closets, a stove, kerosene

lamps, water drum, tables and seating areas – and yes – a bathroom. Trains are not the only things that have to go!



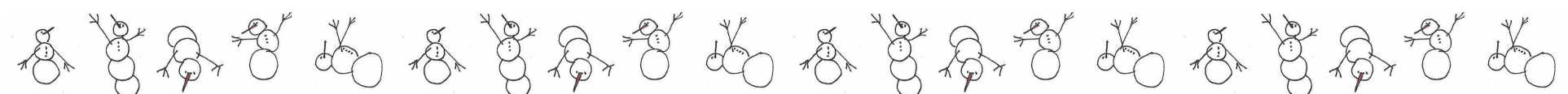
The second caboose comes from an even more historic railroad, the L&N (Louisville and Nashville) and it actually did run through St Louis. The L&N was established in 1850 and operated as the L&N for 132 years before becoming CSX Transportation in the 1980’s. The Civil War made the L&N historic. It was actually a northern train since Kentucky was not part of the Confederacy. Tennessee, a Confederate state, fell to the Union within a year. This made the L&N an important part of the Union’s efforts to move into the South. After the Civil War the line served mainly the Southeast. Its most famous train was the “Dixie Flyer” which ran from Chicago, through St. Louis to Florida. Amtrak runs passenger service on some of L&N’S old lines.

This caboose was built in 1921 in Louisville, Kentucky. It is also of wood construction with the cupola on top. It came to Ferguson in 1985, a gift of the Heiligtag family of Imperial, Missouri. The inside is slightly different from the Great Northern. Inside you will find a stove, Marsh cooler (to keep food cold), tables, seating, kerosene lamps, and bunk benches. The L&N Caboose is an excellent example of a 1920’s caboose.

You are always welcome to walk around and view the cabooses. They have been open for visiting on special occasions – often during parades or special days. Your Ferguson Historical Society normally hosts these visitations. At present, visitation is not possible

The cabooses are just one more example of the great things you can find in Ferguson. If you have any suggestions, questions, or items to donate to the Ferguson Historical Society, please contact Jerry Benner at [fjbenner@mindspring.com](mailto:fjbenner@mindspring.com). You are also welcome to visit the History Museum.

“The Ferguson Historical Society is dedicated to preserving and promoting the history of Ferguson Missouri. Membership is open to all sharing our interest.”






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