



Ferguson

NEIGHBORHOOD

2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021

14th Annual Ferguson Twilight Run is Saturday, May 20

Ferguson, MO - Ferguson Twilight Run is set for Saturday, May 20 for runners and walkers to enjoy one-mile, 5K (3.1 miles) and 10K (6.2 miles) distances for the 14th consecutive year.

Course routes are USATF-certified by Big River Running Company. In the spirit of community, routes take participants through different residential neighborhoods.

The annual race starts and finishes at Plaza at 501 in downtown Ferguson. Pre-race fun includes music and a warm up; cheer stations and water stops are along the route, and post-race fun includes a free concert with a live, local band and a finish area with health, wellness and food vendors.

All registered finishers will receive a commemorative medal.

Donnie White Sr. Memorial Beneficiary Award

Ferguson Twilight Run values community, and since its inception, proceeds are donated to support nonprofit organizations through the Donnie White Sr. Memorial Beneficiary Award. Over the last 13 years, more than \$100,000 has been donated.

Hoka Northern Arizona Elite

In 2021, Hoka One One Northern Arizona Elite, based in Flagstaff, Arizona, joined Ferguson Twilight Run as ambassadors. The partnership continues with the NAZ athletes promoting the local race to running fans around the globe, and they are actively involved in planning the event. Ben and Jen Rosario, founders of Hoka NAZ Elite, are both from Missouri - from St. Louis and Harrisonville, respectively. Ben is the executive director; Jen is director of operations.

Volunteers

Ferguson Twilight Run relies on countless community volunteers to plan and coordinate every aspect of the event - from the planning committee to cheer stations, water stations and road closures, start and finish area, packet pick up, informing neighborhood residents and more - to make it a success.

Sponsors

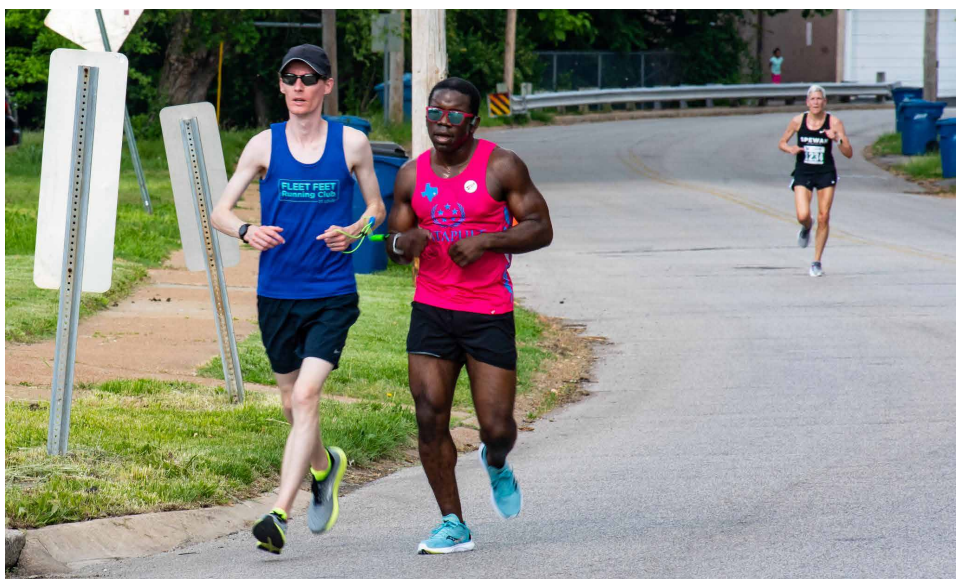
Sponsors and vendors are vital to Ferguson Twilight Run. 2023 sponsors include BJC HealthCare, Negwer Materials, Terrain magazine, Nerdy Diva, Tim Larson, Ferguson Brewing Co., Edward and Sharon James, Spewak Training, ArchWell Health and St. Louis Track Club. Learn more about becoming a Ferguson Twilight Run sponsor or volunteer.

History

Ferguson Twilight Run debuted in May 2010 as the first evening race in North St. Louis County. The run encourages a sense of community while supporting a common interest. Proceeds are donated to nonprofits in north St. Louis County that promote the healthy and sustainable benefits of fitness.

CONTACTS

Dwayne T. James, 314-325-2197 racedirector@fergtwilightrun.com
 Nez Savala, 816-678-9071 miss_tv@yahoo.com



May News and Events at the Ferguson Public Library

For more information, please contact the library at 314-521-4820 or visit us online at fergusonlibrary.net.

Kids' Mystery Craft - Saturday, May 6 at 2 pm
 Weave come up with another mystery craft! Join us as we make a mystery item. For kids and their adults ages 6-12.
Registration required. Register online at bit.ly/fmplmystery23.

Mother's Day Teatime - Saturday, May 13
 Join us to celebrate a very important date recognizing the most amazing women in our lives. Bring your Mother to tea with us!
Registration is required. Register online at bit.ly/fmplmother23.
 Two time slots available - 11-12 pm and 1-2 pm.

Life After High School - Wednesday, May 17 at 6 pm
 Trying to decide what to do after high school? Learn about your options with us and the Missouri College Advising Corps! For high-school aged teens and their adult caregivers.

The 2023 Summer Reading Challenge starts May 27!
 Get your crew together and READ this summer! Earn chances to win prizes just by reading. We'll also have fun events for all ages! For more information, please visit our website and click the Summer Reading banner.

<p>Ongoing Programs</p> <ul style="list-style-type: none"> • May 3 at 6 pm: Not a Book Club • May 8 at 6 pm: Readings on Race Book Club • May 13 at 10 am: Stories and Songs for Little Ones • Mondays, 9-12 pm: Sewing Club • Tuesdays, 1:15-4 pm: CAATSLC 	<p>May Craft Kits</p> <ul style="list-style-type: none"> • May 1-6: Plastic Lanyard • May 15-20: Quilled Picture Frame • May 30 - June 3: Dot Painting <p>As always, our craft kits are free while supplies last!</p>
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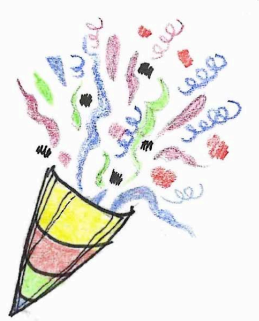
The library will be closed Monday, May 29 for Memorial Day.

POSTAL CUSTOMER
EGRWSS

312 Calverton Rd.
St. Louis, MO 63135

If You Have Items of Interest, Contact - asroc873@charter.net

May Celebration Shout-outs




- 1 - Happy Birthday Cathy Parker
- 12 - Happy 79th Birthday Leonard T. Douglas!
- 19 - Happy Birthday Aunt Renee'
- 31 - Happy Birthday Merrilee Nadeau



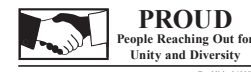
Email Shout-outs to asroc873@charter.net - deadline is the 15th of each month

May at a Glance

- 4 Star Wars Day (May the 4th be with you)
- 5 Cinco de Mayo 
- 6 Summer Market Kickoff Plaza 501
- 11 Jeske Park Neighborhood Association Meeting 7PM
- 14 Mothers Day
- 15 NorthHills Community Meeting 10AM (see ad page 4)
- 20 Twilight Run
- 24 South West Community Meeting 6PM (see ad page 4)
- 27 South Central Community Meeting 6PM (see ad page 4)
- 29 Memorial Day

A Free Concert by the

Community Gospel Choir of St. Louis



Sunday, May 7th, 6:00 PM
January-Wabash Park Bandshell

For more information see www.proud-ferguson.org
Facebook: People Reaching Out for Unity and Diversity

YARD SALE
Saturday, May 6th
9am-2pm

No early birds, no holds, cash only
123 North Clay Ave
Lifetime hoarder ready to lighten the load.
Cheap collectibles.

No music, books, clothing, or baby items



Come visit St. Stephen's in May!

Our Sunday service is at 10 am!!

Our food pantry is open every Tuesday and Saturday from 10 to 12.

Our Clay Café brunch will be May 16th from 10 to 12.

Our Clay Café Dinner will be May 21st from 4:30 to 6:30 pm.

Tai Chi is offered every Thursday morning from 10 to 11 am.

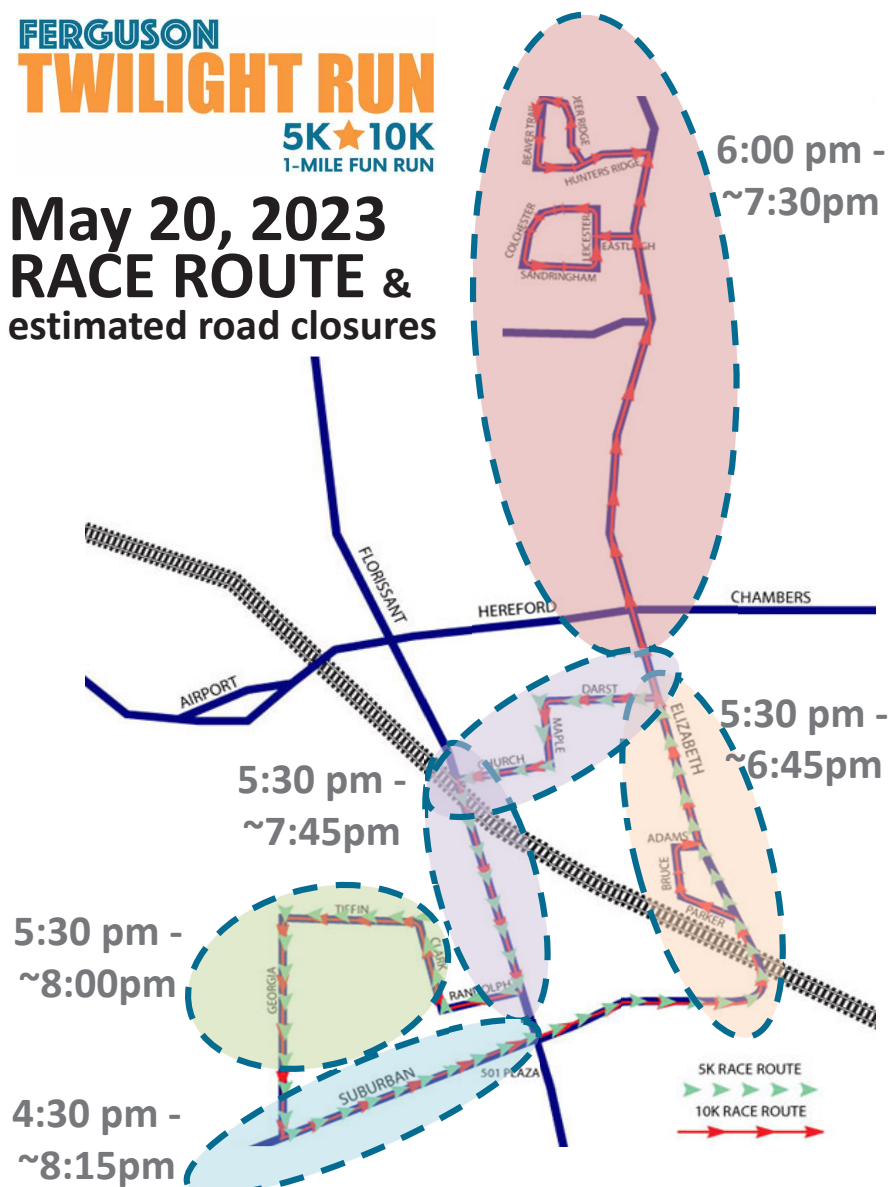
Our Yoqa class with Jennifer Ice is every Wednesday at 7 pm.

We are located at 33 N Clay Ave in Ferguson.

Our office phone number is 314-521-0138
if you have any questions!

FERGUSON TWILIGHT RUN
5K★10K
1-MILE FUN RUN

May 20, 2023
RACE ROUTE & estimated road closures



The Ferguson Newspaper Group may be reached

text/voice: 314 249-6323
email: asroc873@charter.net
Like us on Facebook @fergusonneighborhoodnews
On-line edition fergusonsmallbusinessdistrict.com/

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 Gary: asroc873@charter.net

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

Ferguson Newspaper Group
312 Calverton Road
St. Louis, Mo. 63135

Give a congratulatory shout out for only \$5

ARTFUL CONSIDERATIONS



By Beth von Behren

May 2023



It's April in Ferguson as I write this. Trees and tulips are blooming, registration is open for the May 20 Ferguson Twilight Run/Walk, and the last winter Farmers' Market just closed up shop. Look for the regular-season Ferguson Farmers' Market to open for business on Saturday, May 6, 8am to noon - through October.

Art in Storefronts

The Ferguson Special Business District (FSBD) is working with the MU Extension Community Arts Program and UMSL to host an inaugural "Art in Storefronts" exhibit over the coming months. Student artists will be selected at a private juried event during UMSL's Senior Capstone exhibit at Sculptureworks studio (830 S. Florissant Road), which will be on display April 24 through May 8. Jury members will include FSBD members and city leaders, This will be a juried art competition, with winners' art pieces going on display in storefronts along Florissant Road in mid-May through June. More details and photos to come in the June edition of this newspaper.

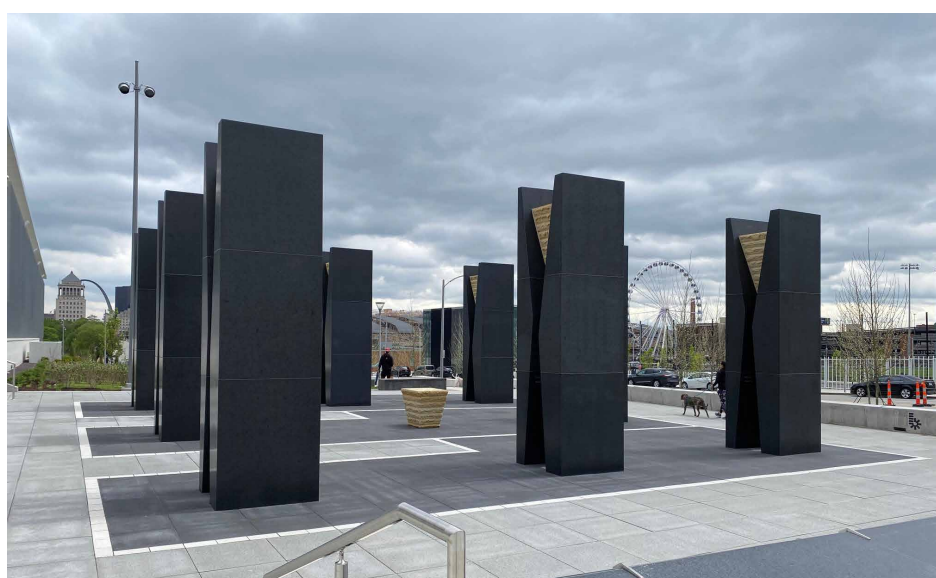
New Arts Website:

There's a new arts website in St. Louis: <https://stlouisarts.org/>

The new site, hosted by the Regional Arts Commission, will have listings for upcoming theater, dance, music concerts and festivals, gallery and museum exhibits, and specialty topics. Currently, you can find information from Murals of St. Louis about - and a map to find - local wall murals (public art), such as the one I photographed a few months ago in Wellston (see photo). They also have a directory listing of public art objects around the region and a fabulous list of "20 Must-See Sculptures."

Pillars of the Valley by Damon Davis (from East St. Louis)

"Mill Creek Valley — the predominantly Black neighborhood that was torn down in the late 1950s — was nearly forgotten by St. Louisans despite its rich history and relevant connection to notable Black leaders. St. Louis City SC has officially unveiled a new monument called "Pillars of the Valley" to encourage soccer fans to remember and recognize the history of the land on which the stadium stands — and the ills of the past that led to its demolition." – Miya Norfleet, writing for St. Louis Public Radio. The piece consists of eight 15-foot-tall black, granite, hourglass-shaped statues, located at CityPark, 2019 Market Street (63103), corner of 22nd and Market. (see photo below)



CounterPublic 2023: A Public Art Exhibition

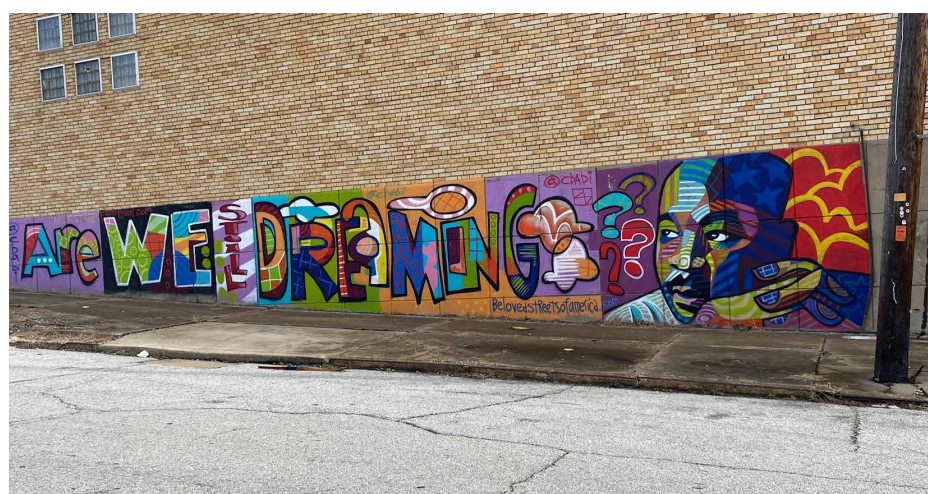
CounterPublic 2023 is an exhibition of public art throughout the region that weaves contemporary art into the life of St. Louis for three months every three years. The idea is to reimagine civic infrastructures towards generational change. This year is the second edition. It runs now through July 15 and involves more than 30 new artist commissions brought to life in public parks, gardens, historic houses, and museums around the city. Free art installations, performances, screenings, conversations, and parties will animate the six miles of Jefferson Avenue with art and stories. Learn more on their website: <https://www.counterpublic.org/>

May/June Calendar of Events and Exhibits:

- Cinco de Mayo on Cherokee Street: Saturday, May 6, 11am to 8pm., between S. Jefferson and Nebraska: Music, food, fun.
- Sawyer-Brown, City Winery, 3730 Foundry Way, May 2, 7:30 p.m. Tickets: www.citywinery.com
- Laumeier Art Fair, May 12 to 14, Laumeier Sculpture Park, 12580 Rott Road. Friday, 6-10pm. Saturday, 10am-8pm. Sunday, 10am-5pm. Adults \$10 per day. Rain or shine.
- Dance St. Louis: Spring to Dance Festival 2023, May 26 and 27, Touhill Performing Arts Center on the UMSL campus. Learn more/tickets: <https://www.dancestlouis.org/>
- St. Louis African Arts Festival, Forest Park, World's Fair Pavilion, May 27-29. Learn more: <https://stlafricanartsfest.com/>
- Circus Flora, 3401 Washington Ave., Grand Arts District, June 1 to 25. This year's theme: "Undercover." Enter the daring world of espionage with the world's top double agent. Featuring aerialists, acrobats, contortionists, and comedians. Learn more/tickets: <https://circusflora.org/>
- Mississippi Irish Festival, Frontier Park, Historic St. Charles, May 26, 5pm, May 27, 10am, May 28, 11am.
- Shakespeare in the Park: "Twelfth Night." Forest Park, Shakespeare Glen, May 31-June 25. Shows at 8pm, Tuesday thru Sunday. Free.
- Saint Louis Art Museum: Age of Armor through May 14. Monet and Mitchell through June 25.

Calls for Artists / Entries:

- Art St. Louis, various: <https://www.artstlouis.org/index.php/2011-10-08-03-21-13/calls-for-entries>
- St. Louis Artists' Guild, various: <https://www.stlouisartistsguild.org/calls-for-entry>
- Missouri Arts Council, artist opportunities: <https://www.missouriartscouncil.org/artist-opportunities/>
- Regional Arts Commission, calls to artists (various): <https://racstl.org/events/category/calls-to-artists/>





Wellston Sculpture



North County
WRITING & ARTS NETWORK

GSAC
SERVING COMMUNITIES THROUGH ART

Wishing You A Very Happy Mother's Day!

Call me for all your real estate needs.

Georgia Denise Rossel —Alexander Realty—314.323.7547
georgiadsells4u@hotmail.com

CROSSWORD

A SMALL TOKEN

By Robin Shively

ACROSS

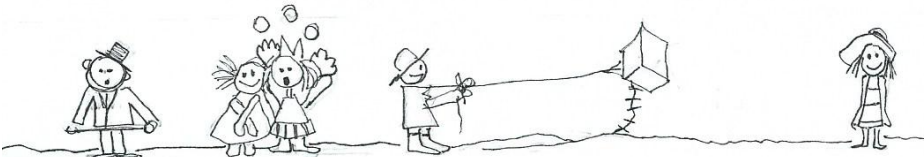
1. Lab gel
4. Play the guitar like a god
9. LAX info.
12. Pursue
13. Compost conveyance
15. ___ Schmidt Billiards Co.
17. Baseball's Banks
18. Jason's ship
19. Dimpled cap for a sewer
22. Prefix for tourism or terrorism
23. In the know
24. Salivates
28. Option connector
29. Lush
31. Acronym for proposed article to US Constitution, introduced in 1923, 1943, & 1972
33. Inflationary meas.
35. Headgear paired with tails
37. Original gardener
40. Seabird
41. Mens ___
42. Rant
44. First name in pumps
46. Ohio airport code
47. Monocled mascot, with 68 across
50. Uniform
51. Web addr.
52. Spielberg movie
54. Takes on
56. Fictional detective Wolfe
58. Ransacks
61. Tennessee Williams title reptile
65. Monaco money
66. Peep or Jackson
67. Boxing or racing prize
68. See 47 across
69. Coach's house after homecoming win?

DOWN

1. Morse E
2. Pass it & collect \$200
3. Once more
4. Grammy winner Silverstein
5. "___ Johnny!"
6. Solo son
7. Wallach or Manning
8. Minority-owned co. designation
9. Misplay
10. Fancy dud
11. Off-base, for short
14. Porsche 356 or Ferrari 250
16. CPR pros
20. Very small towns have only one
21. Brit trunk or cleat
22. Literary initials
25. Author Dennis
26. Bodily openings
27. "You sunk my ___!"
28. Selects
30. Velvet Frog
32. Scents
34. Press
36. An irritant for a certain princess
38. Bit of information
39. Venerate
43. Charged particles
45. Egg cells
47. Disjoin
48. Warship weapon
49. German song type
53. Aluminum scrap
55. Illegally seize
57. Concerning initials
58. High spirits, vitality
59. Vessel
60. Soak
62. An action or type of reaction
63. Enzyme suffix
64. Actor Beatty

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Solution on page 13



Ward 3 Southwest Neighborhood Association

**4th Monday of Every Month
6 PM on Zoom**

Supported by
Ward 3 Council Members
Naquittia Noah & Mike Palmer



Ward 3 South Central Neighborhood Association

Come join the new Ward 3 South Central Neighborhood Association!
Streets: Compton, Oliver, St. Louis Ave, Paul, Patricia, Lee, East, Wylin Ct, Haley, Willman Ct, Elkan, Beardsley, Anabel, Wabash, Fermo, Maurice, Woodstock, St. Louis Place, homes on S. Florissant, Redmond, Short and Adams.

**4th Thursday of Every Month
6PM on Zoom**

Supported by
Ward 3 Council Members
Naquittia Noah & Mike Palmer



Zoom Link
Meeting ID: 826 7908 5465
Passcode: 178001

NORTH HILLS NEIGHBORHOOD Community MEETING

COME JOIN US VIA ZOOM!
EVERY
3RD SATURDAY

10AM Call-In Number
+1 312 626 6799

MTG ID: 819 9311 4925
Passcode: NorthHills

<https://us06web.zoom.us/j/81993114925?pwd=UzJmVUJlMkRlSjUzG0ZG1QSC90RGlqdz09>

Zoom Link

<https://us06web.zoom.us/j/89141306663?pwd=S2lXWGNkdmlFOFdldlNVS0lrN0hTQT09>
Dial in: (312) 626 6799
Meeting ID: 891 4130 6663
Passcode: 678106
or visit: FergusonCity.com



Hello Ferguson!

by Marian Linck

One more edition of “Things I Love” or more correct, something I still love but can no longer participate in.

I love weightlifting, did you see that coming?

When I was employed at Saint Louis University I was in the Department of Nutrition and Dietetics. Within that department and the studies, a program was offered to students interested in nutrition and physical performance. These students were athletes or former athletes who were interested in what we consume and how that food or drink improves or diminishes the performance of our body.

I had the privilege of knowing many if not all the students in the department. There were always a few students that made an impression on me, and I hope somehow, I touched their souls as well. One such student was Justin. Justin was a soft spoken, opinionated young man. He was not a tall man but certainly an extraordinarily strong young man, while a student he had a side hustle as a trainer in weightlifting. He had discovered the sport as a young child growing up in Illinois. He told a story about himself that one year he insisted that he bring his barbell in the car on the family vacation. Mom and dad could not be convinced otherwise, and he trained while on a family vacation every chance he could. As I said he was an opinionated young man as well as persuasive. Justin’s brother grew tall and played football and soon Justin realized he was not football or basketball material. He may not be the fastest, but he could certainly be the strongest. His biggest competitor was himself, his own determination, and his own competitive soul.

After Justin completed the undergraduate program, his Dietetic Internship, and his masters he took his side hustle as a trainer to a new level. He opened a weight-lifting gym in a little garage on Laclede and Boyle. That is when Justin invited me to try my hand at weightlifting. I was hesitant and he was persistent. I could not resist his charms for long and tried weightlifting and learned to absolutely love it, once I got over the soreness that is. The former gym is now “Stella’s,” a popular bar in the Central West End.

My weight-lifting journey continued for 15 years. I got strong; I became confident. A few injuries over the years sidelined me a bit. When I was diagnosed with a badly torn rotator cuff it was Justin who helped me rehab the shoulder and avoid surgery. I am not as strong as I once was, but I am pain free. When I broke my foot, I still went to the gym and did what I could while wearing a boot. Justin instilled in me a sense of determination and confidence in possibilities. I did have other coaches over the years as

Justin became more involved with his clients who were competing locally as well as in national weight-lifting events. The alternative coaches, all vetted and approved by Justin himself, were equally supportive and were excellent instructors.

My weight-lifting career ended when the pandemic raised its ugly head. The gym was lucky to be able to reopen and was truly fortunate to have survived the long shutdown. When clients were welcomed back masks and gloves were required. I found lifting and squatting heavy barbells with a mask impossible. I tried numerous times and each time I left the gym hyperventilating and in tears. Lifting requires measured breathing and I found breathing as I should while lifting weights impossible at best.

While I have adopted a new health and workout routine, I miss my gym rat friends. I miss picking up heavy things. I especially miss Justin who left this world much too soon. He touched many, shared his passion for heavy weights and shared his determination with people young and old.

The gym lives on, in a much larger location under the careful guidance of that big, tall athletic big brother of his. I have moved on to a new workout group. I will never forget the lessons Justin taught me and cherish the years I lifted weights at “The Lab” gym.

I do not wish to end this article on a sad note. I would encourage all my readers to find an activity you enjoy. Walk your dog. Find a yoga group or a fitness class at the Ferguson Rec Center. Keep moving, sit less, stay healthy.

Thank you for reading this month. I have heard from a few readers in the past and enjoy their comments and their shared stories. I look forward to hearing from you.

My email is manhattanmarian@gmail.com.



The First Lab Gym on Laclede and Boyle



Justin

Reader Response

I started a letter to Marian Linck about her interesting column in March's Neighborhood News in which she asked for replies but it grew into something much bigger. I wonder if you might want this for your next issue?

John McDonald,

My wife and I bought our home in Ferguson 30 years ago because of its sense of community. For such a small town there was a lot going on because residents made it happen. A stand-out example of this was when, a couple of years after we moved here, the National grocery on Florissant Rd. closed and we were swept up in the successful community effort to replace it with another market. However, most of what I mean by “sense of community” is not nearly as dramatic- but just as important, and it became even more so to us when we started raising our children.

The activities which rely on volunteer labor have made Ferguson unique in North County. Just consider the incomplete list which comes to mind- 4th of July parade, festival and fireworks, a highly successful community swim team, youth sports teams at 2 churches, the Halloween Walk, Twilight Run, Northern Lights parade and tree lighting, several energetic Boy and Girl Scout troops, Ferguson library boosters, church festivals, World’s Biggest Yard Sale, Volunteer Flower Dept., Ferguson Parkways, bustling athletic leagues at Forestwood Park, The Ferguson Times (now Neighborhood News), homecoming parades at McCluer and St.s John and James (now Blessed Teresa), Ferguson Youth Initiative, Farmers’ Market, Earthdance Farm and Ferguson Historical Society.

Service organizations like Kiwanis, Lions, and Masons, churches which provide pantries and other charitable assistance, and the advisory boards at city hall also have tapped into the public spirit of Ferguson’s residents. Long before 2014 when Ferguson became a hashtag for all the wrong reasons it was a uniquely vibrant community in North County because of the engagement of its citizens.

This is why Ferguson’s old motto “The Community of Choice” seems so appropriate to me. Its residents have met the challenges of living in an inner ring suburb, particularly to raise a family, by contributing more sweat equity than do residents of surrounding cities or those of affluent, western communities. Though there is an attempt to rebrand the city in order to erase some of its tarnished image, Ferguson is still the community of choice for new residents. Renters looking for inexpensive housing know there are cheaper places to live in North County, buyers wanting the head-turning appeal of an historic home know Ferguson is not the only area with such houses, and people wanting to purchase a traditional home on a tree lined street are aware other suburbs have them as well.

So many of the factors which lead people- rich or poor- to choose Ferguson are due to the sense of community cultivated by established residents. Without it the city would become just another collection of apartments, houses, and nondescript shops like too many aging suburbs. The moral of this story is not to take Ferguson for granted because, if you do, the very things which attracted you here will be threatened. Its vitality depends on civic engagement which, especially now when the median family has even less disposable income, the city budget is even tighter and public services even more constrained, is more important than it ever was.

Unfortunately, that engagement is waning. Several of the activities I listed in the paragraphs above are long gone and most of the rest are fraying. Much of the volunteer labor which invigorated Ferguson has now worn out, moved or died and must be replaced by new energy. So, the next time you watch the 4th of July parade, read the Neighborhood News, question why city hall did what it did, shop at the Farmers Market, cheer a local sports team, use a computer at the library, or visit a church pantry take the plunge to get involved. Ferguson is as special as it is because of its engaged residents.

Ferguson City Hall Information

Unity in the Community

Hello Neighbor,

“We are only as strong as we are united, as weak as we are divided.” J.K. Rowling



We have arrived at the post-election time in our community. There may be those who are contemplating whether they would remain in their faction or unite for change. Only when we are united for the good of our community, will we be resilient and willing to work together to achieve such an outcome. Who lost or who won is in the past. What matters now is that we work together to move our community forward and make it the most pleasing experience for all who live, work in, or visit our community. Now is the time for collaboration, partnerships, and intergovernmental relations.

“Our ability to reach unity in diversity will be the beauty and the test of our civilization.”
-Mahatma Gandhi

Connecting,
Mayor Ella Jones

A WORD FROM YOUR POLICE CHIEF

Dear Ferguson Community,

I am thrilled to introduce myself as the new Police Chief of this wonderful city! I am eager to get to know all of you and work together to make Ferguson a safe and inviting place for everyone.

My top priority is to address the concerns about speeding in our city. I understand how important it is to keep our roads safe for everyone and I am committed to working with our officers to enforce traffic laws and ensure the safety of our streets.

In addition to addressing speedy violations, I am also focused on reducing crime and keeping our community safe. I believe that community policing is the key to success and I am committed to supporting our brave officers as they work to protect our residents.

I have spent 5 years as a precinct commander in North County, so I am familiar with the unique challenges and opportunities that this area presents. I am dedicated to serving this community with integrity and compassion.

I am also eager to lead the city out of the consent decree and work with the business community to create a safe and thriving city for all residents.

I would like to invite you to join me for a meet and greet event at the police station on May 13, 2023 from 10am to 2pm. I am looking forward to meeting each and every one of you in person and having the opportunity to get to know you. I believe that open communication and strong relationships between the police department and the community are essential for creating a safe and thriving city.

If your neighborhood is interested in starting a neighborhood watch program, please don't hesitate to reach out to me. I would be more than happy to attend a meeting and help get it established. A stronger Ferguson means a safer Ferguson and I am committed to working with the community to achieve this goal.

In conclusion, I believe that by working together in collaboration, we can create a brighter future for Ferguson. I am passionate about making this city an inviting place for everyone and I am looking forward to serving this community and making a positive impact in the lives of the residents.

Warm regards,
Chief Troy Doyle
Ferguson Police Department

City Meeting Calendar

Board/Committee/Commission Meetings typically have reoccurring schedules and may be held in various locations. Currently, to protect the health and safety of our citizens these meetings are primarily being held virtually (RSMO 610.015); via Zoom Conference unless otherwise needed. Visit the website calendar or agenda center for instructions on how to access public meetings and/or to view the complete listing of meetings, dates, times, etc.

City Council Meeting	Second & Fourth Tuesday	7:00 p.m.
Civilian Review Board	First Monday	6:30 p.m.
Farmers Market	Second Wednesday (Monthly "in season/bi-monthly "out of season")	6:30 p.m.
FNIP Meeting	First Tuesday	6:30 p.m.
FSBD	Third Tuesday	5:30 p.m.
Human Rights	Third Monday	6:00 p.m.
Jeske Park Neighborhood	Second Thursday	7:00 - 8:30 p.m.
Library Board	Fourth Monday	6:00 p.m.
North Hills Neighborhood	Third Saturday	10:00 a.m.
NPSC	Third Thursday	6:00 p.m.
Park Board	Third Wednesday	6:00 p.m.
Plan Commission	First & Third Wednesday	7:00 p.m.
Redistricting	Third Thursday	5:30 p.m.
Senior Commission	Third Thursday	9:30 a.m.
South Central Neighborhood	Fourth Thursday	6:00 p.m.
South West Neighborhood	Fourth Monday	6:00 p.m.

COUNCIL MEETINGS

Council Meetings will be held on Tuesday, May 9th and Tuesday, May 23rd at 7 pm. Budget meetings are scheduled to be held May 4th (5pm), May 6th (9am), May 11th (5pm), and May 25th (5pm) if needed. Meetings are held in City Hall Council Chambers located at 110 Church Street, and may also be accessed virtually; via Zoom Conference. Visit the website calendar or agenda center for instructions on how to access meetings held by the City Council. A copy of the recording will also be made accessible via the City's Website after the meeting and on YouTube. Feel free to contact the office of the City Clerk if you have any questions.

YOU'RE Officially INVITED TO THE FERGUSON POLICE DEPARTMENT'S COMMUNITY OPEN HOUSE
SATURDAY, May 27, 2023
10:00am - 2:00pm
 City of Ferguson Police Department
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 Phone: (314) 522-3100 /
<https://www.fergusoncity.com/>

Ferguson City Hall Information

Ferguson Parks and Recreation

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Program Guides, Online Registration,
and More: www.FergRec.com

Employment Opportunities:

FULL-TIME

Assistant Court Clerk

Posted April 3, 2023 5:00 AM | Closes April 17, 2023 5:00 PM

The Ferguson Municipal Court Department is seeking a highly-driven full-time Court Clerk Assistant. In this role, the Court Clerk Assistant provides administrative and... Full Description

Maintenance Worker

Posted April 3, 2023 5:00 AM | Closes April 17, 2023 5:00 PM

The Ferguson Public Works Department is seeking motivated candidates with the ability to work as part of a team for the position of Maintenance Worker. Work involves... Full Description

PUBLIC SAFETY

Police Officer

Posted April 3, 2023 5:00 AM | Closes April 17, 2023 5:00 PM

The Ferguson Police Department is seeking motivated candidates with the ability to exercise sound judgment and compassionate community assistance for the position of Police... Full Description

SEASONAL

Adult Volleyball Referee (Seasonal Summer 2023- Contractual)

Posted March 10, 2023 5:00 PM | Open Until Filled

The Ferguson Parks and Recreation Department is seeking multiple Adult Volleyball Referee's. This is a contracted position with varied evening hours starting as early as... Full Description

Assistant Swim Team Coach (Seasonal Summer 2023- Contractual)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for a seasonal Assistant Swim Team Coach to assist with operations and programs of the Ferguson Swim Team. Under the direct... Full Description

Concession Aide (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

The City of Ferguson's Parks and Recreation Department is looking for responsible candidates with good communication and customer service skills to fill full-time... Full Description

Front Desk Building Attendant - Splash at Wabash (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for a full-time Front Desk/Building Attendant to assist with the front-desk and building operations of the Splash at Wabash Aquatic... Full Description

Lifeguard (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for full-time seasonal Lifeguards to assist with the operations of the Ferguson Aquatic Complex Splash at Wabash. Work involves... Full Description

Pool Manager (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for a seasonal Pool Manager to assist with the operations of the Ferguson Aquatic Complex Splash at Wabash for the spring/summer of... Full Description

Summer Day Camp Counselor (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for part-time and full-time Summer Day Camp Group Counselors to supervise assigned campers. Work involves planning and overseeing... Full Description

Summer Day Camp Group Leader (Seasonal Summer 2023)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for part-time and full-time Summer Day Camp Group Leaders to monitor and oversee assigned camper groups. Work involves planning and... Full Description

Swim Team Head Coach (Seasonal Summer 2023 Contractual)

Posted February 1, 2023 5:00 AM | Open Until Filled

Ferguson Parks and Recreation is looking for a seasonal Swim Team Head Coach to assist with operations and programs of the Ferguson Swim Team. Under the direct supervision of... Full Description

5 SAFETY TIPS TO SPRING INTO THE NEW SEASON

As spring rapidly approaches, the weather gets warmer, the flowers start blooming and the birds start chirping. With these shifts, there will also be changes in daily schedules, maintenance required, clothing choices, and timing. It is important to be aware of how these shifts could affect you, your family, and your daily life. Even with all the niceties and the warmth of spring, it's more important than ever to be aware and conscious. You need to know how to stay safe this season and to help your loved ones stay safe as well. Here are our six spring safety tips into the new season!

1. Prepare an Emergency Plan

- The National Safety Council recommends that every family have an emergency plan in place in event of a natural disaster like a tornado or thunderstorm. The emergency plan should be reviewed by the whole family and include several items:
- Have a home and car emergency kit filled with items like flashlights in case of a blackout, a first aid kit in case of injury, water, non-perishable food, batteries, duct tape, and medications.
- A comprehensive communication plan to outline how your family members will contact one another or meet.
- A shelter-in-place plan if outside air is contaminated. FEMA recommends sealing windows, doors and air vents with plastic sheeting if air does become dangerous.
- A getaway plan including various routes and destinations in different directions

Don't Forget! Make sure that your first aid kit is updated!

2. Check and Replace Those Smoke Detectors if Necessary

According to the National Fire Protection Association, three out of every five home fire deaths result from fires in homes with no smoke alarms. Especially in the spring with the weather getting warmer, fire alarms should be tested every month. And the batteries should be replaced at least once a year. Make sure that you have a smoke alarm in every bedroom and common area of each floor of your home. That will ensure that everyone in your household can be notified of a fire emergency.

Don't Forget! Replace your carbon monoxide detectors as well to ensure maximum safety this spring!

3. Pay Close Attention to the Weather

As the weather warms and ice melts, you'll want to spend some time outside. Don't be fooled by the blooming flowers and the sunny skies, springtime weather can change extremely quickly and there can be some severe storms. It is important to be cognizant of the forecast for the entire day before you go out. And to continuously be aware of how the temperature could change dramatically. If skies look threatening, check to see if a storm watch or warning has been issued in your area before you head outdoors. If you are already outside and the weather conditions become threatening, like a thunderstorm. Head immediately to an enclosed building or vehicle and for a tornado warning, go to the nearest safe structure. Please follow this spring safety tips!

Don't Forget! The extra rain and thawing snow in spring can cause normally safe rivers, streams and creeks to turn dangerous, so be careful!

4. Dress in Layers

Although the sun is shining, and the bees might be buzzing, make sure to dress in layers and be prepared for any conditions that the springtime may throw at you. Because the weather can change so quickly and drastically, it is important to be prepared with a raincoat or an umbrella whenever possible. The sunshine you were so wonderfully enjoying might swiftly turn into rain or even snow!

Don't Forget! When your day is over, make sure to check yourself and your loved ones for ticks to prevent contracting Lyme disease!

5. Plan Your Day Accordingly

With the weather warm and the outdoors so enticing, it can be easy to lose track of time and stay out for the majority of the day. The sun is out longer during the spring and summer. So make sure to protect your skin with sunscreen. Even though the days feel longer, you don't want to be far away from your house or car when it gets dark. Make sure to allow yourself enough time to get safely back where you need to be.

Ferguson Highlights

by Teyuna T. Darris, M.A.

Local Teens Celebrate Music Video Premiere at the Ferguson Youth Initiative

Now, in its thirteenth year, the Ferguson Youth Initiative (FYI) is known for its dynamic youth-centric programming, and its work to empower teens from Ferguson and surrounding communities to realize their potential.

As a result of generous funding from the Arts & Education Council and Ameren, the Ferguson Youth Initiative was able to create a partnership with Mentors in Motion to create a Music Business Education Program for local youth. This program teaches teens about the business side of the music business including music marketing and merchandizing. And teens are also able and encouraged to create music just as teens Mina, Zaria and Nyia have been doing.

On Wednesday, March 29th, the Ferguson Youth Initiative debuted the trio's music video, entitled, "I'm Fly", which has an uplifting and inspiring message of persistence toward one's goals, despite obstacles and challenges.

I had the opportunity to talk with Mina, Zaria, and Nyia during which I asked them, "What inspired you to do this project?"

Nyia: I've always been into music, and writing my own songs, and singing. So, when Mr. Aaron told me about the Music Program, I thought it would be a great thing to do. I was all for it.

Mina: Music writing is something that's new to me, but since I've been in this program, I'm more and more interested in it and getting beats and making songs and picking the topic. This program has helped me to dive deeper into music and that's really cool.

Zaria: I'm not really into the music writing stuff because I'm a pianist, but I like instrumental piano music.

The trio, then, told me that they met each other during a previous event that was hosted by the Ferguson Youth Initiative. Then, I asked them, "What happens next?" They each said, "Marketing!" and "Merch"! (for those who don't know what "merch" is, it's "merchandizing"). They continued:

Nyia: Definitely marketing for everyone. And, I don't want to split from the group, but I do want to start my career in musical theater. So, I think this program is a great start to get me working musically with other people. Next year, I'll be auditioning for the Muny and hopefully to kick off some musical theatre in me. This was my little push that has me feeling like musical theater is something I can definitely achieve.

Mina: For me, just continuing the marketing and writing my own songs. I want to be able to push out my own songs. And I'm so thankful because I'll be able to market my own things, and these are things I want to do.

Zaria: I'm looking forward to keep playing piano, and try to get a scholarship. I play different genres like R&B, Hip-hop, classical and gospel.

FYI's Executive Director Aaron Harris was also excited about the trio's accomplishments and said, "I'm really happy with the way they came together, worked together and were able to bring their vision to life."

The Ferguson Youth Initiative (FYI) is a Ferguson-based 501 (c)3 not-for-profit organization that creates youth-centric programming to #SupportOurYouth along their journeys both personally and professionally. To learn more about the Ferguson Youth Initiative, visit www.fyiferyouth.org.



The Ferguson Youth Initiative's Executive Director Aaron Harris (left) smiles with three talented musicians Mina Irani (in red), Nyia Ross (in black) and Zaria Easterling (right) during the video premiere for their song, entitled, "I'm Fly". Teyuna Darris, 2023



A group photo after the Ferguson Youth Initiative's "I'm Fly" Music Video Premiere. Back row: from left to right: Teff, Alandron Pitts, Aaron Harris (FYI's executive director), Jessiree Jenkins, Ferguson Mayor Ella Jones and Ferguson (W-3) Councilwoman Naquitta. Front Row: Left to right: LaTonya Neely (FYI Board Member), Monique Moore (FYI Board Member), Mina Irani, Nyia Ross and Zara Easterling. Teyuna Darris, 2023



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THE IMPORTANCE OF HOLIDAYS

By Dr. Larry A. Brown

Some folks think that recognizing holidays is not only a waste of time but also a loss of productivity. I am here to tell you that you should consider the values associated with the holiday recognitions.

For one thing, it gives the entire community something that everyone can look forward to, whether or not everyone wishes to celebrate the occasion. This can have a unifying effect and provide some topic that anyone and everyone can discuss. The event being celebrated can be a topic of discussion or some of the ways and things that people do during this period of time!

It can also be a time when one can work on some special personal project because of the time off from regular events that may occupy one's time, such as jobs. It is also an experience that is shared among people in other parts of the country or world; thereby, giving one a feeling of belonging and self – importance.

Holidays are events that people look forward to and in many cases, they make special preparations and plans for their occurrences. Some people save to buy new clothes to wear that day. Others dye and hide eggs and have Easter Egg Hunts. I recently was stopped by a young man who recognized me from 5 -7 years ago when he was 16 and won a boy's Schwinn bike at an Easter Egg hunt that our ministry, Grace Chapel, co – sponsored with Joyce Meyer's at Fairgrounds Park. He went on to tell me that he still owned that bike and rode it to work for several years until he was able to buy a car. He went on to say that a turning point arrived in his life when he won that bike. He is happily married and a father, employed, and still resides in the community near Fairgrounds Park. He is involved in activities and with groups who are trying to improve that community which has been suffering from an increase in crime. He also said that he wished we still had the Easter Egg Hunt in that park because of the positive effect it had. I also recently had a conversation with a lady at a food pantry in her church

and she said that there were more people at church on Easter Sunday than she had seen in a long, long time. She went on to say that the next time she will witness such a crowd will be at Christmas, another holiday!

Holidays often provide stories, events, or occasions that are remembered throughout life and they are usually good remembrances. For that reason alone, it becomes important to continue to preserve, recognize, and amplify holidays because of the positive effect it has on individuals and the community at large. We should not allow the sensationalism associated with crime and bad happenings, occupy the news more than the positive events that occur around holidays and are associated with the holiday. These seem to bring a form of happiness to us, who are in need of more happy thoughts, times, and things in these difficult days.

To help us reduce crime and negativity before it starts contact Grace Chapel Ministries. Our website is www.gracechapelministries.org and our email address is gracechapeldevelopment@gmail.com. Our local phone number is 314-995-5013.

We must work together for community improvement.

Dr. Larry A. Brown is a retired Chairman of the Board and co-founder of Worknet, Inc., which has a national ten-year contract with the Social Security Administration to find jobs for people with disabilities who are interested and qualified to enter the traditional workforce. He is also co-founder and president of Grace Chapel Ministries, former president of National Cable Training Centers, and president of Woodstock Industrial Products Group.



The Ferguson Computer Corner

by Doug Neely

MAY, 2023

Well, at this point, we are almost halfway through the year! Let's see what Wincalendar.com has to tell us to look forward to, shall we?

14th...Mother's Day (if I have to explain this one to you, there is no hope for you at all!)

20th...Armed Forces Day—honor all in our Armed Forces

21st... Ascension Day--(actually, Ascension Day falls on the 18th, but it will be celebrated on Sunday the

21st) We celebrate Christ's ascension into heaven.

28th...Pentecost Sunday—we celebrate the gifts of the Holy Spirit. To learn what those are, go to church!

29th...Memorial Day—We reflect upon and honor those who served and have gone to their reward. We would not be here, save for them.

Before I go on, I would like to say a few words about last month. You may have noticed that this column was not published. I would have to assume too much to tell you what happened, there fore I will simply say that I wish I could've given you my column, as last month was all about Easter. I sincerely hope that you had a blessed Easter, and kept your family close.

I wish we could celebrate Easter every month, as it is one of the most important church holidays: Jesus suffered for our sins and rose from the dead to pay for them, so we don't have to. Be thankful!

As for Mother's Day, kiss her and tell her you love her. It doesn't get any better for her. And, OF COURSE you should take her out to eat, you ding-bat! A little candy and some flowers will seal the deal. (If the candies are chocolate, she may just give you a kiss!) Actually, take ALL the women in your family out to eat!

Armed Forces Day is also important. Give honor to those who gave their all reverently. They deserve it.

Memorial Day, I am sure, will be celebrated greatly.

But don't just think of the beer and BBQ. If you see anyone in uniform, tell them thank you for your service, and shake their hand warmly. Be sincere, and they will know it.

Upgrading Your Puter, dept.

When is the last time you did this? Not only for your puter, but for your phone, laptop, tablet, etc.? These can all be upgraded, to be sure, but even more so your puter.

Your phone, laptop and tablet can use some extra memory. Have you ever put any in? If not, you should look into it.

What about a new operating system for your laptop?

You might even be able to get a new one for your tablet. If not, you can probably have it re-installed, which will get rid of the junk. It should start working like it used to.

You can upgrade not only memory, but your hard drive, and use a solid-state drive. They have come down a lot in cost, and you could do it yourself after watching a D-I-Y video from the drive manufacturer's website.

You have a lot more options with a desktop puter.

Memory, drives, video card, operating system; lots of stuff. And I can get you a linux operating system for FREE! Free is always good! This will get you a brand new, fully up to date OS that will breath new life into that old puter. And it would be a fun project if you bone up on the how and do it yourself. If you have any questions about it, I can help with that. My contact info is below.

ME GO NOW!

I can see that I am going to be quite busy this month!

There is a lot to do, and a lot to plan for. Always remember family, because you never know when the last time you see them will be. Love your family, and keep them as close as you can. You will be thankful you did! I'll see you next month! Go with God!

IF YOU have something to ask Doug, or want to discuss anything about God, or anything else, just send him an email at: fergusoncomputercorner@aol.com

Be sure to include your local phone number, and put the phrase "I need puter advice" into the subject line. If you do that, you should be hearing from him just as soon as possible!

Digital Ferguson - Amazon Ring Doorbell & Indoor Camera Review

by David Pickens

I am planning several future articles on security cameras, because the topic is huge and we only have so much time and space here. In this column I will discuss first the most popular security camera system for home residences, Amazon's Ring Camera.

Before we go into the details of this product, let's kick around why you might consider getting a security camera in the first place. Because it is these considerations that might send you off into an entirely different product solution, or perhaps no solution at all.

So what are your security concerns? If you have children in school and you work during the day, you might want to know that they got home safely from school, and when. Or your house might be unattended during the day while you are at work, so there might be a concern about home security. Perhaps you have pets you need to monitor for their safety and comfort. You might be retired, and simply want to know who exactly is on your front porch before you answer the doorbell.

In most of these types of security needs the Ring Camera system might work well to meet yours. You could get a Ring doorbell camera for your front door, and possibly a Ring indoor camera for inside monitoring. This basic system is completely wireless interconnection so most find installation easy. Also it is fairly inexpensive to purchase and get started costing \$60 for a doorbell camera and \$40 for a single indoor camera. This is for the "basic" model cameras, as Amazon offers more expensive models. If you squint really hard at some of the fine print you will find they claim to do some things better, but I have noticed the ratings sag a little with the more expensive models so buyer beware there.

The main lovely functionality you gain with this Ring camera system is you will be able to get notifications on your mobile device when they detect motion. And if you open the Ring app installed on your mobile device you will be able to view and talk back and forth (if desired) with a person who is in view of the camera. You can also talk soothingly to your dog or cat if they need a calming word. And you can tell your children to stop fighting and get on with their homework. Also helpful is you'll get an alert if someone delivers a package to your front door. You might have seen commercials where someone frightens a would-be burglar away with a sharp word but I'm not sure how effective that might be. I guess it could happen! But the day-to-day security of being able to monitor things when you are away and also get notifications when something is moving around one of your cameras is the most valuable thing this system brings to the table.

Now Amazon, like a lot of companies, is trying hard to turn almost everything they sell into a subscription model. And if you bought a Ring system even a year ago it might be a little cheaper to operate than today as they recently have made some changes. One example is a feature called Home and Away modes where you can turn on and off alert notifications from your cameras based on your location. That feature used to be free, but going forward only available when you buy a basic subscription.

There are three optional Ring camera subscription levels available, Basic, Plus, and Pro. You can have the basic functions described above for free, but you'll be missing some things you might want. One of the most important might be simply storage of the video information these cameras collect. The free system described above does not save the video information, so if for example you need to look through the video to find out who swiped your newspaper off your driveway this morning, you'll need to purchase a Basic subscription for \$4 a month. They throw in another dozen smaller features (including Home and Away mode) at the Basic level, but video storage and review is the big feature that makes it worth while.

The Plus subscription (\$10 / month) simply adds device protection to the Basic plan. The Pro plan adds a boatload of features including 24/7 alarm monitoring and cellular backup of your data. This last plan begins to get into the whole idea of turning your basic camera system into a full-featured home alarm system very similar to other types of subscription services like ADT, so we'll probably have another article about that.

Finally since we are talking about a system to protect security I cannot emphasize this enough: use a complex, impossible-to-guess, never-used-on-any-other-system password when setting up this or any other similar system. For a password find two completely random words from a dictionary, throw in a three-digit number and special character. These video camera systems that communicate over the Internet have been hacked and the #1 reason is people use an easily-guessed password to secure a device that can see inside your home and listen in to your conversations! Yes there are horror stories around these devices but they mostly start right from the beginning when the customer sets up the system using an easy password, or one they have used somewhere else. Set it up right to ensure a system you purchase to increase your security does not instead make you and your loved ones less safe.

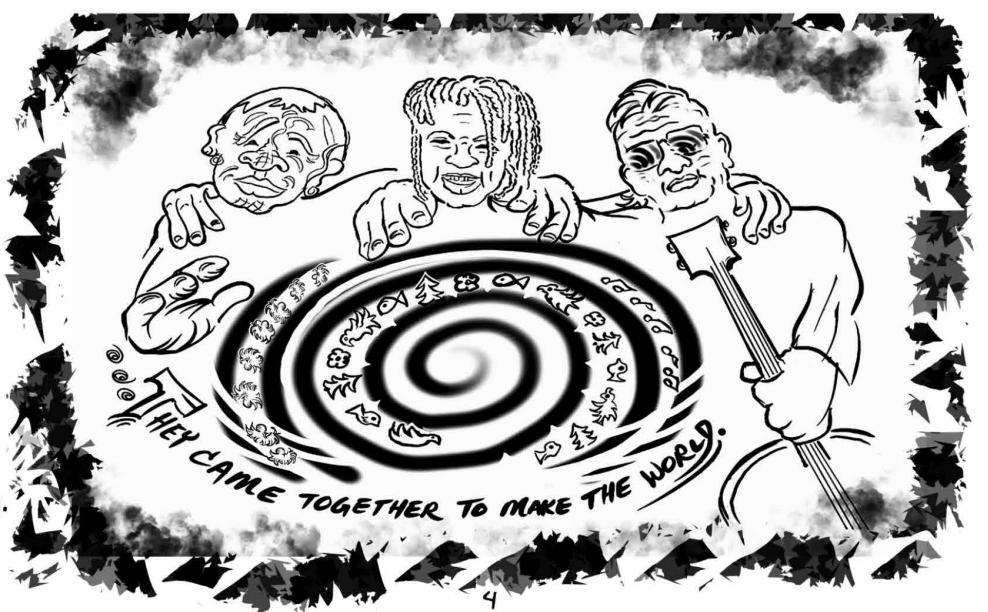
David has been in Information Technology in almost every role possible for such a long time it would take a supercomputer to calculate. The first computer someone let him play with was in an F4-E. His first PC was a Timex Sinclair because he could not afford a YRS-80. He is currently running a computer consulting practice. You can contact him at david@bigpurr.com.

MERFERD and the TREE TOONS

"Merferd Colors the World"

A graphic story coloring strip for all ages

By Wendell Phillips Berwick



Based on a true story, of Merferd at war with the "Low Downs" graffiti gang. The story begins with an allegory of the Genesis creation account. freedomeryinfo@gmail.com / www.freedomery.life

Get out your colored pencils. This is the beginning of a coloring book from Phil Berwick



The OT Lens

by Chelsia Bradley

Accessible, Usable, and Universally Designed

This past April, occupational therapists celebrated occupational therapy month! What better time to reflect on what led me to become an OT?

After hearing the stories of previous clients recovering from strokes who were unable to enter their own homes due to the number of stairs, friends who could not order their food due to the small font size on the menu, and spouses who were unable to experience the joys of date night due to the challenges of finding accessible spaces, I realized merging healthcare with real estate was one way to transform the practice.

While it is no secret that I am drumming down the off-beaten path, my mission as an OT REALTOR remains in line with that of the American Occupational Therapy Association, "to maximize the health, well-being, and quality of life for all people, populations, and communities through effective solutions that facilitate participation in everyday living."

I firmly believe that there would be a growing appreciation for the importance of accessibility if we started to embrace the idea that ability falls on a spectrum.

Even if you do not consider yourself disabled, there may be times when you are less able to do the things you want or need to do. Factors such as inadequate sleep, poor lighting, and extreme temperatures can impact how well someone completes an activity. Contextual factors such as hands filled with groceries or pushing a stroller can be barriers to doing something as well as you otherwise would have.

During my pregnancy, I managed several symptoms that impacted my occupational performance. These symptoms

included shortness of breath, edema (swelling), fatigue, and nausea.

Without proper environmental support, tasks I typically managed with ease became challenging at times. These challenges included crossing the barrier to get in and out of the shower, managing stairs without a handrail, crossing streets without pedestrian islands, and standing in long lines without seating options.

Looking at ability as a spectrum encourages us to embrace concepts such as Universal Design (UD).

UD is an inclusive approach that can be beautifully incorporated into spaces, allowing them to be usable by all people of all abilities. Examples include zero-step entries, automatic doors, and dual-height countertops. It enables people, whether temporarily or chronically disabled, to do what they want or need to do with little to no interference.

Recently I received a certification to administer the Community Health Environment Checklist (CHEC). The CHEC answers if someone with an impairment can get into a business, do what they want or need, and get out with minimal difficulty.

I plan to use this assessment to identify the most accessible and usable businesses in the Ferguson/Greater St. Louis area. If you are a Ferguson business owner interested in an evaluation, contact me using the information below!

I strongly believe in the power of accessible residential and commercial spaces and will continue making strides to be a resource in both.

Chelsia Bradley
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A fundraiser for Robbie McGartland / Samatha Lipka Memorial Scholarship Fund

THE TASTE IN FERGUSON SAYS FAREWELL!

It is with sad yet grateful hearts, the McGartland and Lipka families along with the Taste in Ferguson Committee, are announcing that we will no longer be doing the annual Taste in Ferguson fundraising event. This was not an easy decision for us. In the beginning it was God who led us into taking the tragedy of losing our two children at a young age and bringing out an event that was good for others. So, with much prayer, discernment and many discussions we feel our 10-year run of hosting the Taste in Ferguson event has come to an end.

From 2013 to 2022, we've lived out our two-fold mission: First, by raising over \$350,000 in scholarships for the youth of our community; and secondly, we provided an event that spotlighted the great community Ferguson truly is. The event drew people from all over the metropolitan area, who either attended, volunteered and/or supported the event. There was positive press about Ferguson through the print media, and major radio and TV outlets.

Most importantly, we want to thank the people and businesses of Ferguson and the surrounding communities, Blessed Teresa of Calcutta, many local organizations and the City of Ferguson for their support. They have all played a part in our mission for the past 10 years. From our generous food vendors, volunteers, committee staff, sponsors, Ferguson Farmers Market, and countless others who supported our event with their heart and souls...we thank you all so very much!

In closing, "The Taste in Ferguson" name is not copy righted. We'd like to extend the challenge to anyone or any organization who wants to host a food tasting event in Ferguson. We can provide you with a wealth of knowledge.

Most Grateful, Bob, Peggy, Maggie and Kelly McGartland, John, Linda and AJ Lipka, and our two Angels Robbie and Samantha.

What's Fresh - May 2023

EarthDance Organic Farm School is back, with "What's Fresh" in May! The What's Fresh initiative was started in efforts to encourage our community to eat and grow healthy vegetables. EarthDance is not only growing fresh and organic produce, but is also selling it at the Pay What You Can Farm Stand, and at the Ferguson Farmers Market!

The farm stand will open on Friday, May 5, 2023, at 3:00 pm. EarthDance is inviting the Ferguson-Florissant school district to come to the farm to celebrate with games, shopping and more!

So What's Fresh in May? This month we're featuring spinach! All leafy greens are a great source of vitamins and minerals that help the body function at its best but the spinach leaf is a small leaf that packs a mighty punch. It's no wonder why Popeye loved it so much! Spinach is full of antioxidants, reduces inflammation, improves eyesight and even contributes to bone health. While Popeye ate his spinach out of the can, we prefer to eat it fresh from the fields! No matter if you prefer spinach in a creamy spinach dip or fresh and raw in a salad, spinach is a great green to eat year round.

Want to know how to make a delicious and dairy-free spin dip? Check out the recipe below or find it on <https://www.karissavegankitchen.com/vegan-spinach-dip/>



Vegan Spinach Dip

Ingredients:

1. 2 teaspoons oil
2. 1 small white or yellow onion chopped
3. 5 cloves garlic minced
4. 8 ounces fresh baby spinach chopped roughly
5. 1½ cup vegan cream cheese (12 ounces)
6. ½ cup vegan mayo
7. ¼ teaspoon paprika
8. salt to taste
9. pepper to taste

Directions:

1. In a large pan, heat up the oil on medium heat 2 teaspoons oil
2. Add in the chopped onion and saute until translucent.
3. Stir in the garlic and saute for another minute.
4. Add the baby spinach to the pan, folding in a handful at a time so the pan isn't too overcrowded, and cook until wilted. Set aside and let cool.
5. Mix together the cream cheese, mayo, and paprika.
6. Fold the cooled spinach into the cream cheese mixture. If the mixture is too thick for your preference, add in a tablespoon of non-dairy milk at a time until it's reached your desired consistency.
7. Season with salt and pepper to taste. Serve cold in a dish or bread bowl.

Thanks for reading What's Fresh!

Be sure to visit us at the Pay What You Can Farm Stand, Fridays from 3:00 pm - 7:00 pm and Sundays from 11:00 - 3:00 pm, beginning May 5, 2023, and Saturdays at the Ferguson Farmers Market from 8am - 12pm, starting May 6th.



Under The Hood
With Robinwood
By Bob McGartland

Vehicle Inspection

Spring is the perfect time to get a comprehensive vehicle inspection to ensure your car is ready for spring and summer driving. A comprehensive inspection includes checking various parts of your car to ensure they're functioning correctly and addressing any issues before they become a more significant problem. Here's what a comprehensive vehicle inspection includes:

1. **Checking Fluid Levels** - A comprehensive inspection includes checking your car's fluid levels, including oil, transmission fluid, brake fluid, power steering fluid, drivetrain fluids, and coolant. These fluids are essential for your car's operation, and low levels can cause significant damage to your engine, transmission and other components.
2. **Inspecting Belts and Hoses** - Belts and hoses wear out over time and can cause significant problems if they fail. A comprehensive inspection includes checking your car's belts and hoses for signs of wear or damage and replacing them if necessary.
3. **Testing the Battery** - A dead battery can ruin your day, and a comprehensive inspection includes testing your battery's load capacity, to ensure it's holding a proper charge. If your battery is not holding a charge, it may need to be replaced.
4. **Checking Brakes** - Brakes are crucial for your safety, and a comprehensive inspection includes checking your car's brakes for wear and damage. The technician will inspect all the brake pads, rotors, calipers, brake lines, master cylinder and brake hoses. Noting the condition of each item.
5. **Inspecting Tires** - Tires are essential for your car's handling and safety, and a comprehensive inspection includes checking your car's tires for wear and damage. The technician will check the tire tread depth, pressure, and overall condition and recommend replacement if necessary.
6. **Inspecting Suspension** - A car's suspension system affects ride comfort, handling, and safety. A comprehensive inspection includes checking your car's suspension system for wear and damage, including control arms, ball joints, tie rod ends, sway bar links, suspension bushings, shocks, struts, and springs.
7. **Checking Lights and Electrical System** - A comprehensive inspection includes checking your car's lights, including headlights, taillights, and turn signals, to ensure they're working correctly. The technician will also check the operation of all the electrical controls and switches inside the vehicle, including the alternator and starter, to ensure everything is functioning correctly.

In conclusion, a comprehensive vehicle inspection is essential to ensure your car is ready for spring and summer driving. A qualified technician will check various parts of your car, including fluid levels, belts and hoses, battery, brakes, tires, suspension, lights, and electrical system. By addressing any issues before they become more significant problems, you'll have a safe and enjoyable driving experience this spring and summer. If you are considering purchasing a used vehicle, we offer a comprehensive prepurchase vehicle inspection. "Know what you are buying before you buy." If you do not have an established automotive service and repair facility, Robinwood Automotive would enjoy the opportunity to serve you, and all of your car care needs.

Happy Mother's Day to all our mothers out there!

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Crossword Solution from page 4

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Financial Focus – Are We There Yet?

By Joan Cleaveland (cleav73@gmail.com)

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

As you may recall from previous columns, a recession is often determined after we’ve been in it for a while or even as recovering begins. For the past year or so, we’ve been hearing the fear of an upcoming recession and we watched as the Federal Reserve has taken steps to avoid it. The main strategy has been to raise interest rates to keep inflation from increasing even more. After analyzing economic indicators like employment, real personal income, industrial production and retail sales, the National Bureau of Economic Research (NBER) will make the official announcement. Declines in these areas need to last longer than two months to expect confirmation of a true recession. So it does make one wonder if we are there yet.

Understanding the way a business cycle works, I have often wondered why we work so hard to avoid something that seems inevitable and part of the normal business cycle. Constant growth isn’t really possible without some down times. And consumer confidence could have led to some of the bubbles we’ve had prior to our past recessions. So how does someone actually cope with the uncertainty and constant promotion of ideas that a recession can really be avoided? It all comes back to basic personal finance concepts.

Like everyone else, I don’t want to continue to see gas prices go up, but I can’t control that. So I learn to cope. Perhaps I can avoid some trips. I try to make my list of errands, so they can all be completed at one time. It may be possible to share some trips with others to help reduce the costs. Earlier this week a gallon of gas at the station closest to my home costs \$3.29 a gallon and now it costs twenty cents more. I hear inflation is slowing, but that is the fastest rise I’ve seen in a while. So I control what I can which are the trips I need to take.

We always hear about how most people could not afford an emergency and are living on the edge. Been there, done that. What I have learned from those experiences, is to prepare for the worst and hope for the best. Tightening your belt when things look bleak may be a good idea, but preparing when things are good is an even better idea. We’ve had good economic news for many years prior to the pandemic and even during the pandemic, government programs handed out funds to help keep us afloat. Did anyone look for opportunities to save or build up an emergency fund? Or was it squandered trying to maintain the same level of spending as we were used to. For some this may seem almost cruel to suggest that anyone

is responsible for their own personal well-being. And during the past few years, like many I was grateful the government stepped in to help keep many families afloat. Should some have turned down that assistance and given it back? Maybe, although there certainly was no incentive to do that. So again what an individual can do to help themselves has many possibilities. Knowing the precarious economic state we are in, may help develop the best strategy. Rising interest rates should provide an incentive to avoid borrowing funds. This means not over extending yourself with purchases on credit that cannot be paid off monthly. Certainly parents of young adults may feel compelled to co-sign for a loan. Keep in mind that in doing so you are also taking on that obligation if the young adult is unable to make good on the loan. Just like a commercial lender, you should be looking at the financial situation your relative many be experiencing. If it looks doubtful they could pay off the loan in a reasonable period of time, turning down the request could be a blessing. I have a friend who was asked to do a substantial loan to allow his daughter and her boyfriend to buy a house. The request came at the last minute when the lender explained more of a down payment was necessary leaving them very disappointed because up until that moment everything seemed fine. As hard as it was he turned them down and suggested they find a way to do what was needed on their own. This kept peace in the family and money matters out of the mix. By the way, they did solve the problem, it just wasn’t the quick fix their lender had suggested which was to ask Dad.

We could all make better decisions to avoid some of the predicaments we find ourselves in. Waiting for the threat of a recession isn’t the best strategy. Basic personal finance should be taught to everyone and if it isn’t being taught, there are many resources out there to help yourself. It may not be the most fun or pleasant task, but its part of preparing for adulthood in the real world. Many have accomplished it and ridden out the past storms of recessions. If we stop trying so hard to avoid the pain, we may find that lessons learned can prepare us for a more positive financial future. Remind yourself of the lessons we’ve learned and may have forgotten. Live within your means, plan and track your spending, reduce your debts and keep them at a minimum. If it sounds too good to be true it is, don’t make a lousy investment with your hard earned money. I realize this sounds so easy, and for many it is not. Sadly, there are many really poor Americans and many poor immigrants that need help. Finding ways to help them become self-sufficient should be a goal. Meanwhile, take responsibility for your financial well-being and remember we could be in a recession right now. By the time we find out let’s hope it is coming to an end.

If you have any questions or comments please contact me at cleav73@gmail.com.

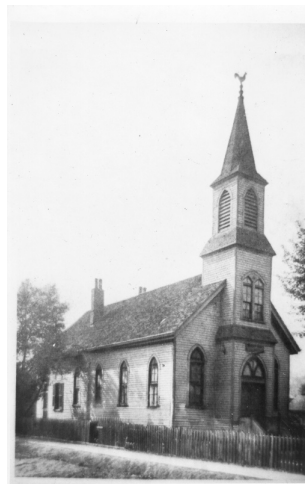
Ferguson Has A History Museum

Ferguson has a Historical Society and a History Museum. We encourage any people reading this article to join in the conversation. Contact information is at the bottom of this article.



In the last five issues, we have been presenting information about five of the earliest church buildings in Ferguson: First Presbyterian Church (1871), St. Stephens Episcopal Church (1872), Mt. Olive (1880), Sts John & James Catholic (Blessed Theresa) (1882) and Ferguson Methodist Church (1886). In this issue we will explore the sixth, Immanuel UCC Congregation (formally Immanuel E&R Congregation).

The history of Immanuel UCC begins before it's first building in 1888. UCC stands for United Church of Christ. When Immanuel first came to Ferguson it would have been an E&R congregation (Evangelical and Reformed). The present UCC church is a combination of the E&R Church and the Congregational Christian Churches. The CCC has its roots in the Pilgrim and Puritan Churches of the early 1600's. The E&R has its roots in the German Reformed and German Evangelical Churches. As you will find when the history is revealed, Immanuel is a church with a strong German background.



In the late 1800's Ferguson area German farmers and others had been attending St. Peters E&R in Normandy. With the poor roads and slow transportation, the trip was long and slow. These

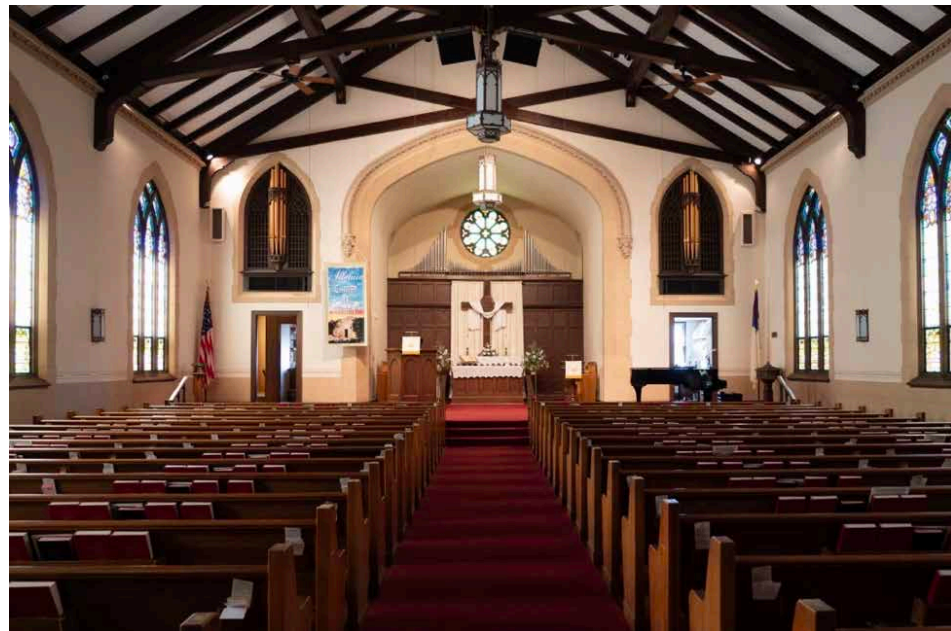
men (and this movement was guided by the heads of household) wanted a closer congregation and better Christian education for their children. After forming a congregation, in 1888, they purchased land at Church and Lewis Streets in Ferguson (Immanuel's current location) and began construction of a wooden church. As with many other denominations building a church, the congregation used the Presbyterian church for services until the building was completed.

That original church was referred to as "the Rooster Church". Rather than a cross, the church had a rooster weathervane on its top. There was a reason for this – quoting from The People of Immanuel UCC 1888-1983, "This bird was to be a reminder of the New Testament narrative when Jesus was awaiting trial before Pilate and he turned to St. Peter with these words: 'Ere the cock crow twice thou shalt deny me thrice'" At the completion of the church, services began – in German. For many years all services were in German, however, over the years English became more common and only certain services were in German. With the beginning of World War II, German was no longer used for religious purposes.



In 1889 the congregation built a schoolhouse. Grades 1-6 were taught in German. The school continued until 1918, when it closed. The original "Rooster Church" continued to be used, however it was becoming too small for the growing congregation. In 1929 a new church building was built – the current church building. The "Rooster Church" continued to be used until 1962 when it was taken down. The rooster weathervane, however, has been preserved.

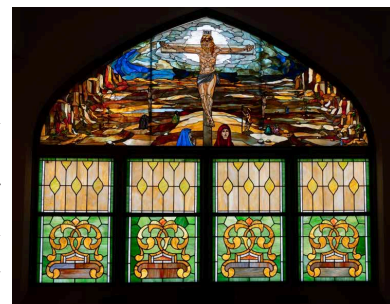
The second church has evolved over the years. The interior has a beautiful traditional worship area with a rosette-stained glass window over the altar. In addition to this, in the lobby is a large stained-glass window.



The congregation had a large growth spurt in the 1940's through the 1980's. This necessitated the congregation to have up to three Sunday services to accommodate the number of congregants. Sunday school had to rent nearby Vogt Junior High. In 1949 land was purchased on the other side of Church Street. In 1955 a new educational building was dedicated on this new land. In 1959 a Fellowship Hall was added to the new structure. The completed building had space for church offices, meeting areas and a gym.

What began as a German Evangelical & Reformed Congregation in 1880 changed its name to Immanuel United Church of Christ in 1963. While the UCC reorganization was in 1957, the name was not changed until 1963, the 75th anniversary of Immanuel.

The congregation is well known in the Ferguson area for at least two things. Since 1944 it has sponsored a Vacation Bible School. In recent years this has provided Vacation Bible School space for an ecumenical vacation bible school with several of the local churches. The second began with a Hasenphoeffter Dinner in 1941. Hasenphoeffter is a German dish, usually pickled rabbit. This evolved into a Sausage Supper and finally into, what we now know as, Wurstmarkt. Every year Immanuel Congregation prepares a German sausage meal – dine-in or carry-out, for the Ferguson Community. A very German thing to do.



In 1988 the congregation celebrated its 100th anniversary. Inside the Church Building hangs a beautiful quilt celebrating that anniversary. Immanuel UCC Congregation is now 135 years old, at its original location, in Ferguson.



Next month we will take a look at the final early church building in Ferguson – Zion Lutheran Church

Stories of churches in the Ferguson area come from documents in the Ferguson Historical Society archives. Much of this month's material came from "The People of Immanuel United Church of Christ 1888-1983" put together by members of the congregation.

If you have any suggestions, questions, or items to donate to the Ferguson Historical Society, please contact Jerry Benner at fjbenner@mindspring.com. You are also welcome to visit the History Museum at 1064 Smith (behind the Community Center) by e-mailing the above address. Note: we will need to schedule a date for you, so ask well in advance.

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

EarthDance Organic Farm School Celebrates the Completion of Spring Training for Gardeners by Planting it Forward!

By Alisha Harris, Outreach and Volunteer Coordinator at EarthDance Organic Farm School

Ferguson, MO— On April 15th, EarthDance Organic Farm School hosted their 3rd annual Plant It Forward, a community work day and celebration of 50+ community members completing the 5 week course in organic gardening. This was the culminating event of Spring Training for Gardeners 2023, a course of both online and hands-on classes designed for beginner and intermediate gardeners. This is the 3rd year that EarthDance has hosted this 5 week course, teaching community members how to plan and maintain a successful garden. This year, 35% of the course participants are North County residents! (Even the editor of FNN, Gary Nadeau, participated!) In 2023 all Spring Training course options were offered on a Pay What You Can basis. Participants could choose between taking the full 7 classes (online + hands-on), the 5 online classes only, or enrolling in individual classes on an a la carte basis, all with a sliding scale payment model.

During the last online class, Maximizing your Yield for Year-round Deliciousness, participants expressed their excitement for starting their new garden and their appreciation for all the knowledge gained.

“These have been the most amazing classes. Thank you so much!!!!”
(Mary J.)

“This has been a very informative 5 weeks, I’m looking forward to getting this garden finally growing.” (Donna A.)

“Thank you for all this wonderful information and your time!!”
(Jeanne F.)

To round out Spring Training, participants were able to put their newfound knowledge and skills into practice during a community work day called Plant It Forward! This community event brought together two key EarthDance programs: Spring Training for Gardeners and Farm-to-School! Several schools that are part of the Ferguson-Florissant School District have gardens on campus, and the teachers and garden leaders were delighted to receive the support of so many community members through this event. Spring Trainees were assigned schools within the Ferg-Flor School District to participate in helping with spring clean-up garden work at each school’s garden. EarthDance Board members and staff members joined as well! These activities included maintenance of garden beds, weeding, putting up protective fencing around gardens, pulling out honeysuckle, mulch spreading, building compost piles, planting seedlings, and planting trees and shrubs.

After a morning spent at the various school garden sites, participants returned to EarthDance to attend a celebratory lunch provided by Aramark, hosted under the pavilion to share memorable moments of the program, eat together, laugh and continue to connect with new friendships made along the way. Each Spring trainee received a certificate of completion of their 5 week course and made remarks about their experience.

EarthDance’s Founder Molly Rockamann shares, *“I’m excited to see the ripple effect this program is having in our community - of so many gardeners spending time outdoors together, growing nutritious food, building new friendships, and helping provide meaningful experiences to young people.”*

You are ALL invited to join us at the farm (EarthDance is located at the historic Mueller Organic Farm, 233 S. Dade Ave) on GIVE STL DAY for Healthy & Happy Hour - Wednesday, May 10th, 4:30 - 7:00pm! Please RSVP here: <https://e.givesmart.com/events/w0E/>

Join us at the farm this Give STL Day for Healthy & Happy Hour!

Give STL Day is an annual event sponsored by the St. Louis Community Foundation intended to uplift the amazing nonprofits that make St. Louis a better place to live. EarthDance likes to make the day extra-festive with our Healthy & Happy Hour! On this day, we raise funds for our Organic Farm School programs, and Healthy & Happy Hour is a chance for you to see your gifts in action. Stroll the farm, see fruit trees abuzz with pollinators, visit our happy hens, pick up fresh produce at our Pay What You Can Farm Stand and learn about the difference your support makes to advance food justice in St. Louis and beyond.

This year is extra special for EarthDance, as 2023 is our 15th Anniversary! Please join us to celebrate 15 years of farm-based community empowerment

Healthy & Happy Hour is free and open to all guests. Enjoy:
 Guided Farm Tours
 Children’s Activities
 Food provided by Drake’s Place and Southwest Food Service for a suggested donation
 Drinks available for purchase by STL Barkeep
 & Live family-friendly music with Celia’s Singalong Dance Party

Photos of Ferguson Middle School “Plant it Forward” Volunteers



Spring Training 2023 - Graduating Class

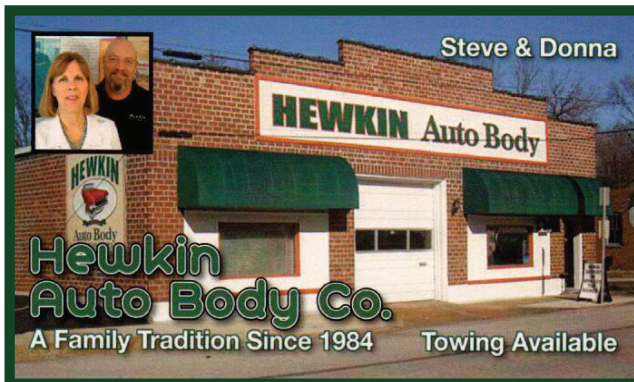


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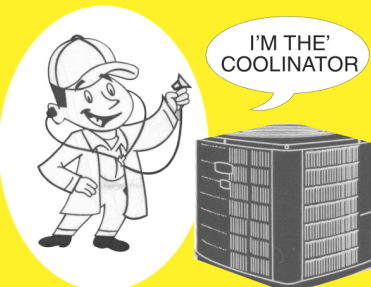
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