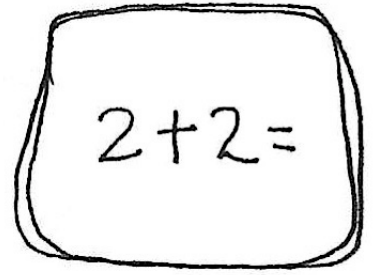




# Ferguson

## NEIGHBORHOOD

2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021

### What is Happening with my Tomatoes?

I started my tomatoes from seed in late March. It is now late August and although the plants have grown quite large, there are only green tomatoes. I picked the only three cherry tomatoes that ripened and they were delicious but what is happening with the slicers? Climate change?



Seedlings sprouting March 27

This summer has brought storms with high winds and heavy rain, falling trees, and power outages. We were fortunate last week when a tree came down across our road that the temperature and humidity were comfortable. The electric went out at 1:44 AM. Good thing I have my old Coleman stove. At least I could make coffee. When the electric goes out I try to act like I'm camping - just with my own bed and bath available. Two weeks before, we lost electric like most of north county and we were without power for a day and a half. I am lucky I have a large cooler that I could put ice in and keep milk cold.

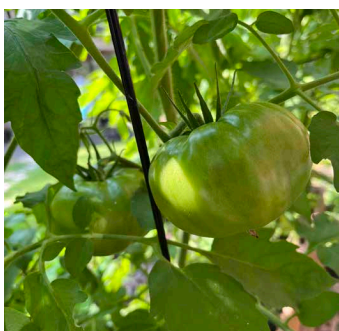
When this happens I think of when I was young and like most in St. Louis, we did not have air conditioning. (This was in the 1950's and most of the 60's) We did a lot of camping back then so we were used to sleeping in the heat. I suppose being a kid we were resilient enough to be able to roll with the punches. Of course, as I've mentioned before, we used to swim a lot to cool off.

Now that I'm a bit older, I have been thinking of getting a generator so I don't have to get the camping gear out just to make a cup of coffee. I've been doing a little research via google.

We are blessed to be living in an age where we have information at our fingertips. My favorite is YouTube university. So far I've learned to build my own backyard pizza oven, rebuild small engine carburetors, and repair my washing machine. As Red Green says: "If the women don't find you handsome, at least let em find you handy."



Homemade Pizza Oven



When will they ripen?

Schools in and summer is coming to a close. Another season will be upon us starting the 23rd of this month. I just hope my tomatoes will ripen before the fall harvest.

Stay safe, cool, and handy. - Papa Deau

ARE YOU A FERGUSON (or nearby) RESIDENT WHO WANTS TO MAKE A DIFFERENCE?

Join the EarthDance Community Outreach Committee! Help us connect with people and organizations in our community to:

- Advance food justice by training organic farmers & gardeners of all ages
  - Provide connection to healthy food & land
  - Cultivate vibrant community
- 

CONTACT: Alisha Harris  
 Outreach & Volunteer Coordinator  
 EarthDance Organic Farm School  
 ALISHA@EARTHDFARMSCOLS.ORG  
 (314) 521-1006

September 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](http://fergusonlibrary.net).

Early Childhood Events

Stories and Songs for Little Ones  
 Join us as we enjoy stories and songs, just for your littlest readers! We'll also have time to play and make friends afterwards. Ages 0-5.  
**TWO DATES**  
**Saturday, Sept. 2 and Wednesday, Sept. 13, both at 10 am**

Adult Events

<p><b>Not a Book Club Book Club</b>                  Come talk about what you're reading, watching, or listening to! Contact Taneesa for more info.  <b>Wednesday, Sept. 6 at 6 pm</b></p>	<p><b>Mom Self Care</b>                  Now that the kids are back to school, come enjoy some pampering! Registration required.  <b>Saturday, Sept. 9 at 1 pm</b></p>
<p><b>Readings on Race Book Club</b>                  This month, we will discuss <i>Poverty, by America</i> by Matthew Desmond. Contact Amy for more information.  <b>Monday, Sept. 11 at 6 pm</b></p>	<p><b>Small Business Workshop</b>                  Learn all about the services the library provides to help your small business! Registration required.  <b>Wednesday, Sept. 13 at 6 pm</b></p>

All Ages Events

<p><b>Cultural Cuisine</b>                  Enjoy Hungarian and Romanian dishes with us!  <b>Wednesday, Sept. 20 at 6 pm</b></p>	<p><b>Reptile Petting Zoo</b>                  Get up close and personal with all things scaly!  <b>Thursday, Sept. 28 at 6 pm</b></p>
<p><b>September Craft Kits</b>                  • <b>Sept. 5-9:</b> Sunflower Wreath                  • <b>Sept. 18-23:</b> Leaf Tessellation                  Pick up a kit while supplies last!</p>	<p>The library will be closed Monday, September 4 for Labor Day.</p>

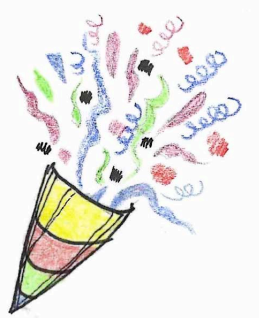
POSTAL CUSTOMER  
 ECRWSS

PRSR STD  
 U.S. POSTAGE  
 PAID  
 ASTORIA, IL  
 PERMIT NO. 9

312 Calverton Rd.  
 St. Louis, MO 63135

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

## September Celebration Shout-outs



Anonymous shout-out in honor of Mimi's!  
21 - Happy Birthday Heather House



Email Shout-outs to [asroc873@charter.net](mailto:asroc873@charter.net) - deadline is the 15th of each month

### September at a Glance

- 14 Jeske Park Neighborhood Association Meeting 7PM
- 16 Spanish Lake Awareness Walk - 10:30 AM
- 16 NorthHills Neighborhood Meeting 10AM (see ad page 4)
- 17 BTC Golf Tournament (see page 10)
- 21 West Ferguson Neighborhood Meeting 6PM
- 22 & 23 Ferguson Street Fest Plaza 501 5 - 10PM
- 24 Ferguson Historical Society Open House 1-4pm (See page 11)
- 25 South West Neighborhood Meeting 6PM (see ad page 4)
- 28 South Central Neighborhood Meeting 6PM (see ad page 4)

**Thank You! Thank You! Thank You!**  
To Jill, Joyce, and Elzora for your generous donations.  
We are blessed to have readers such as yourselves.

### St. Vincent dePaul Food Pantries— We're still here!

The Society of St. Vincent dePaul Conference continues to operate 2 food pantries in Ferguson. BOTH pantries remain open currently, and for the foreseeable future.

Our Tuesday USDA pantry is located at Blessed Teresa Church, 120 North Elizabeth Ave. We are open from 9:30-11:30 A.M. Our Friday pantry is located on Church Street in the old firehouse. We are also open from 9:30-11:30 A.M. **You may attend one of our pantries once a month.** Our pantries are operated to assist all of our neighbors in need of food. We rely on the US Department of Agriculture (USDA), Operation Food Search, St. Louis Area Foodbank, local grocery stores, and our generous parishioners and neighbors for the food we distribute. Thank you to everyone who donates!

“In accordance with Federal civil rights law and USDA civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.”

### H.E.A.L. Heroin Education & Awareness League

[WWW.FACEBOOK.COM/HEALSTOPHEROIN](http://WWW.FACEBOOK.COM/HEALSTOPHEROIN)

In memory of Michael Fitzwalter 1991-2014

501 (c) (3)



### Spanish Lake Awareness Walk

Join us Saturday September 16, 2023, at the Twillman House, 11840 Bellfontaine Rd, St. Louis, MO 63138. We will meet at 10:15am and to avoid the heat we will start the walk promptly at 10:30am.

Wear your bright colored clothing. Feel free to bring a picture or sign (No profanity, negative or violent messages please).

We will have Detera Bags (safe medication disposal bags), locking prescription bags, Narcan, bracelets, and window stickers. We will also have a limited number of T-shirts and hats for sale. You can also order swag on line and have personalized shirts made on [healstopheroin.org/shop](http://healstopheroin.org/shop). Please allow two weeks for online orders.

With fentanyl being found in all drugs and the counterfeit pills being pushed across the border in record numbers, we must continue to spread awareness.

We hope to see everyone there.

### Notice of Public Hearing on Tax Rate -- Ferguson Municipal Public Library District

A Public Hearing will be held at 7:00 p.m. on Monday, September 25, 2023, at the Ferguson Municipal Public Library District, 35 N. Florissant Road, at which citizens may be heard on the property tax rates proposed by the Ferguson Municipal Public Library District, a political subdivision. The tax rates shall be set to produce the revenue that was budgeted for the fiscal year beginning July 1, 2023. The rates allowed under the existing tax rate ceiling are at or below the rate authorized by Ferguson voters on April 3, 2018 . The Library District may make adjustments pursuant to Missouri Revised Statutes Section 137.073, and as required by Law, in accordance with Article X, Section 22 of the Missouri State Constitution.

### The Ferguson Newspaper Group may be reached

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



# FERGUSON Street Fest

## FESTIVAL OF FOOD MUSIC AND FUN

📍 **PLAZA AT 501**

📅 **22 & 23 SEPT FROM 5PM-10PM**



### Mississippi Nights: A History of The Music Club in St. Louis - Book Review

By K. Hacker

Never, would I ever think I'd be grateful to a Facebook group but many, many thanks to the Mississippi Nights Facebook fans page.

Garrett and Stacy Enloe, along with Facebook participants, have given us the story of this iconic spot. Mississippi Nights was a music club located on the St. Louis Riverfront. It was host to a variety of musical genres and featured local bands, as well as famous touring bands.

This very large book begins with a history of the location at 914 1st St and continues to chronicle the Club each year from its birth in 1976 to its 2007 closing. It is filled with stories, photos and memorabilia from the club's 30 year run which convey why it was so special.

Every band that played there is listed as well as anyone whoever was an employee. Most fans remember a sense of intimacy because the stage was so close to the audience. This allowed, at times, for conversations with band members, as well as maybe sharing a drink.

Thanks again to the authors for a fantastic job of showcasing why so many people loved the "Nights."



Garrett and Stacy Enloe 8-15-23



### ARTFUL CONSIDERATIONS

We are seeking anyone interested in the arts to replace Beth von Behren as author of Artful Considerations. If you would like to pick up this column, please contact us either by email or phone.



## BE PREPARED FOR A TORNADO

**Tornadoes can destroy buildings, flip cars, and create deadly flying debris.**

**FEMA**  
FEMA V-1010/ March 2018

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.



Can happen anytime



Bring intense winds



Can happen anywhere



Look like funnels

#### IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

Go to a safe room, basement, or storm cellar.



If you can safely get to a sturdy building, do so immediately.

If there is no basement, get to a small, interior room on the lowest level.



Do not get under an overpass or bridge. You're safer in a low, flat location.

Stay away from windows, doors, and outside walls.



Watch out for flying debris that can cause injury or death.



Use your arms to protect your head and neck.

# CROSSWORD

## Not Just in Brooklyn

By Robin Shively

### ACROSS

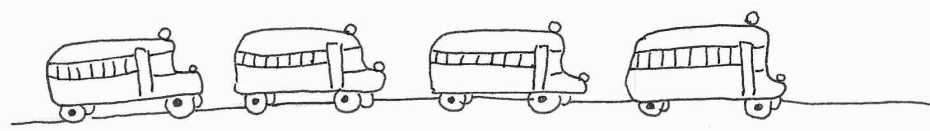
1. Points of an occurrences
7. Concorde initials
10. Bro or sis
12. Component of a certain suit
13. GQ competitor
16. Falstaff or Tosca
17. Sweet mate
18. Creepy-sounding lake
19. Equiangular quadrilateral
22. Under obligation
24. St. with the motto, "Hope"
25. Concerning chest sound
26. Advil competitor
27. Illustrious
29. "You \_\_ Me", Sam Cooke tune
30. Confidentiality doc.
32. Tolkien creature
33. Also
35. Sun god
37. Certain monarchs
40. GI's club
41. Something done with answers or wagons
44. Alf and Mork
45. Behold!
46. Transaction
48. Cosmos component
50. Brass building?
52. Soccer ball shape?
54. By one's self
55. What makes bar bare?
56. Racing form?
58. Walkers' cousins
59. Corp. name ender
60. Detective Wolfe
61. Russian peace
62. "Take five!"
63. Manchu, for one

### DOWN

1. Shooter
2. Spec. needs student's doc.
3. Korean martial art
4. Overthrow first
5. Heavenly light
6. Revoke
7. You're this if you're not there!
8. Family moniker
9. La follower, on a scale
10. Dry, withered
11. White meat
14. Lush
15. Backs down
20. Mrs. Brockovich
21. Flash
22. Portents
23. STL screen datum
28. Fjord country, briefly
29. Better call him
31. Parabola piece
34. Traffic-halting figure
36. Wrench type
38. Catherine's place in history
39. Vistas
42. Receives adoration
43. Long, indefinite period
44. See 23 down
46. Wage
47. Hermits
48. Pasta named for "quills"
49. V.P.s and C.E.O.s
51. Understood
52. "The American Tribal Love-Rock Musical"
53. Poetic "not a single"
57. First name in horror
61. Neither Miss nor Mrs.

1	2	3	4	5	6	7	8	9	10	11
12					13	14			15	
16					17				18	
				19	20				21	
	22		23		24		25			
	26						27			28
29					30		31		32	
33				34		35	36		37	38
40				41	42			43		
			44				45		46	47
	48	49					50		51	
52						53			54	
55				56			57		58	
59				60				61		
62					63					

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=UzJmVUJlMkRlbnZlUzZGOG1QSC90RGlqdz09>



**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

Every month I truly struggle for an article topic. This month is no different, an even bigger struggle than usual. My husband Rich has been helpful in the past but, alas, he is drawing a blank as well. Thanks a lot, Rich.

Wonder how far I can get this month with just some random thoughts, opinions, and observations. What was that Saturday Night Live segment? Oh, yes, Thank you Google. The short was “Deep Thoughts by Jack Handy”. I do not know how deep and reflective these musings will be, but it is worth a try. I can also include more “Things I Love” from a couple of previous articles. There are some things we all love but are not worthy of a 500-to-900-word article about them.

I love Summer! This summer has been odd, however. July was hot like August usually is and so far, August is wet and not so hot. I keep my pool clean and sparkling, and then it rains. What the heck?

I love Fireworks! We watched a display this year by Norwood Hills Country Club. We saw some innovative designs and colors that we had not ever seen before. I could do without the loud boomers, but I enjoy those as well, up to a point.

I love to drink Manhattans! However, as I struggle to lose a few pounds alcohol is a genuine roadblock. WHY? WHY? WHY? I gave up cheese and yogurt, most bread products, pizza, cookies, pies, cakes, ice cream and donuts. Please! Why can't I have a cocktail without sabotaging my weight loss? I am not a medication taker but if there was a pill, I could take to neutralize the cocktail, I would take it and enjoy that Manhattan or Martini, or two or three.

Garage sales and estate sales are so much fun, but I do not need any more stuff in my house. I especially do not need other people's “stuff”. To quote George Carlin once again, “my s\*\*t is stuff, and your stuff is s\*\*t”.

I have no patience for anyone who does not do their job, especially in the service or hospitality industry. It is not that difficult to plaster a smile on your face and be polite even when you do not feel that great. I learned that skill long ago when I was working for a chiropractor. Hmmm, seems I have authored a story about Dr. David Bakunas in the past. I am so grateful for the lessons he taught me and wish I had the ability and freedom to share my knowledge. I am not sure some of the people I have interacted with care to learn those skills. I might be a waste of my time and energy.

I thoroughly enjoy hearing the young people next door play basketball and take batting practice. The sound of an aluminum bat hitting a baseball is unique and beautiful. Do not stop just because some of your baseballs land in my pool.

I cannot resist the urge to include a couple quotes from “Jack Handy” at this point:

Some of his quotes were a bit macabre. I had to choose carefully.

I hope if dogs ever take over the world, and they choose a king, they don't just go by size, because I bet there are some Chihuahuas with some good ideas.

Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.”

If you're robbing a bank and your pants fall down, I think it's ok to laugh, and let your hostages laugh too, because come on – life is funny.

Speaking of laughing at life because it is funny, I would like to recommend a book by Kat Timpf, “You Can't Joke About That”. MS Timpf has a great attitude about life and getting through the toughest times life throws at you.

A Passport update seems appropriate. I continue to wait. I check the status of said passport three to four times per day. The status is now a bit more promising. There is a date stating when the application was received at the State Department Facility and the official status is “In Progress”. There is more to the story of just what went wrong but I will save that for another day when I have my passport in hand, and I can finally find the humor in the entire episode. I continue to hope for the best and plan my trip to the Greek Islands. I am prepared to drive to Chicago if I need to. I am also prepared to go with or without an appointment to apply in person for my passport.

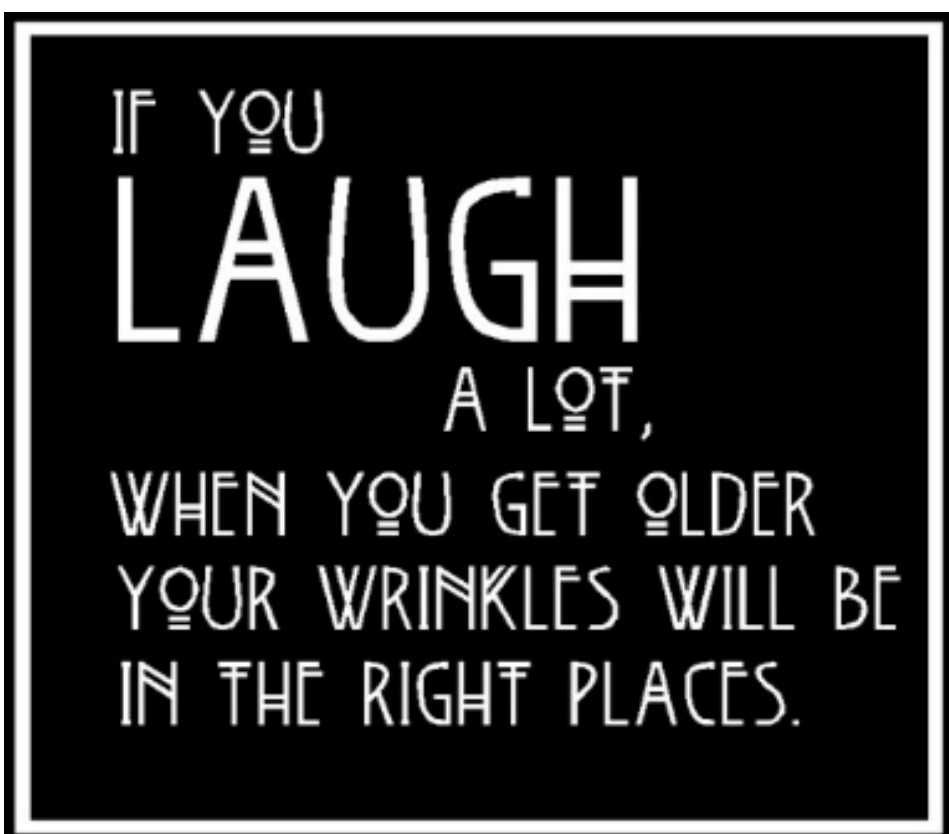
My next article is due the day I am scheduled to fly to Athens. I will do my best in the meantime to find something interesting to share with you.

Thank you for continuing to read these offerings to the Ferguson paper and please share with me your opinions, criticisms, and suggestions. You can reach me at [manhattanmarian@gmail.com](mailto:manhattanmarian@gmail.com).

- Marian Linck



The Parthenon is a former temple on the Athenian Acropolis, Greece, that was dedicated to the goddess Athena during the fifth century BC.



# The Ferguson Highlights

by Teyuna T. Darris, M.A.

## “Strength and Honor--- Connecting Youth with their Passion”

Albert Harrold is the founder and organizer of a budding and beloved local nonprofit called Strength and Honor Mentoring and Tutoring (SAH). This is an organization which began in Ferguson’s Hudson Park with nine boys in 2011, and since then, has served myriads of boys through the present time. Its focus is to meet the needs of the youth who live in the community.

I asked Albert, “How did Strength and Honor Mentoring and Tutoring begin?” He replied, “This was the result of a very uncomfortable summer school teaching session I experienced in 2010. In fact, it was so bad that I almost left the teaching profession. But, instead of leaving the teaching profession, the Lord told me to begin SAH. Based on my experience in the Boy Scouts, being a science teacher, a robotics coach, marching in the Drum and Bugle Corps and my experience in wrestling, I felt that I could organize and execute a great summer program for the young men in and around the City of Ferguson.”

Since its inception, Albert has directed the organization and has committed many years to developing the organization’s programming (which includes an annual summer camp, a male mentoring program, and a tutoring program) in addition to organizing meetings with staff and community stakeholders, fundraising through grant writing, and even driving the bus to and from SAH’s field trips and outings to ensure that the youth could participate despite a lack of transportation.

I, then, asked Albert, “What is SAH’s claim to fame?” He explained that it’s not necessarily a claim to fame, but just the fact that most of the youth who participate in the organization participate for many years, and throughout each year.

Moreover, Albert explained, “What attracts families to SAH are the authenticity of the leaders and counselors. We are all educators, parents, students and people of faith. We are honest with the parents and guardians and honest with the youth that we serve.”

Albert continued by sharing that “Our mission is to expose our youth to opportunities and experiences they likely would never experience given their economic or social status, or because of their parents’ inability to provide those opportunities and experiences. Our youth have flown in airplanes, gone overnight camping, spoken to dynamic leaders, and even visited great landmarks. Ultimately, SAH exists to serve the youth and their families.”

After Albert explained this, I had a side-note question for him, “Who, or what influenced you to use your gifts and talents to serve others?” He said, “The SAH organization is youth and family-oriented, and was founded in Ferguson by a son of Ferguson. My mission to positively impact my community stems from the same mission my Great-Grandfather had in pastoring 2nd Baptist church of Kinloch over 100 years ago and starting Memorial Tabernacle Baptist Church; my grandfather starting the

Memorial Lancers Drum and Bugle Corp, and finally my father pastoring Good Samaritan MB Church and serving as a Scout Master of Boy Scout Troop 184. I am only following in the footsteps of great men while standing on the shoulders of my ancestors.”

As Albert and I spoke about his organization and his commitment to service, I began to ponder “I wish the readers could hear the passion in his voice as he talks about his work and organization.” So, I followed-up with another question, “What is your most memorable moment with Strength and Honor?”

To this, Albert replied, “My most memorable moment with Strength and Honor... Well, there’s so many of them! There are so many moments like when my nephew was accepted into the Air Force Academy, and now he’s about to graduate. Or, when many of my former wrestlers from MSB became SAH counselors. One of these guys has a family of his own, and even joined the Army after a Navy officer spoke at a summer camp session. One former wrestler and SAH counselor was drafted into the NFL and now plays for the Hamilton Tigers in the Canadian Football League. SAH continues to help youth connect to their passion.”

One of my final questions in our interview was “What are three words or things that make SAH awesome?” To this, Albert replied, “Motivating. Humility. Excitement.” He continued by explaining that the motivation to meet youth’s needs in our community is critical, and the excitement that parents feel when their children’s needs are being met is like a breath of fresh air, and despite the organization’s success or challenges being able to fulfill its mission in good faith anchors SAH in humility.

At the time of this interview, the SAH is on the cusp of completing its annual summer camp program, and is preparing for its end of summer celebration. The organization will also enter the fall session with its male mentoring and academic tutoring program, in addition to its First Annual Trivia Fundraiser.

As we closed our interview, Albert shared that SAH is regularly in need of donations to assist families with summer camp tuition and other SAH needs. To learn more about Strength and Honor Mentoring and Tutoring, call 314.723.7582, visit [www.mysah.org](http://www.mysah.org), or email [sahmentoringandtutoring@gmail.com](mailto:sahmentoringandtutoring@gmail.com). You can also visit their Facebook page at SAHMentoringandTutoring.

The following photographs were provided by Mr. Albert Harrold for publication in the “The Ferguson Highlights” of the Ferguson Neighborhood News (for August 2023).



SAH youth learning about agriculture at a farm



SAH youth enjoying a riverboat ride



SAH youth traveling to a fun event

# THE SPINAL COLUMN

## Water Quality Month & Women's Equality Day

### 5 Signs You May Be Dehydrated

Any basic health advice, from a chiropractor or anyone else, will tell you to focus on drinking enough water. Our bodies are made of mostly water, and we lose water throughout the day by doing simple things like using the bathroom, sweating, crying, dieting, or drinking alcohol, which is why it is critical to replenish each day. Water has a host of health benefits, and when we don't have enough, we can become dehydrated.

Many people visit a chiropractor with pain and symptoms of dehydration without knowing that it is the underlying cause. Look out for these signs of dehydration to be sure you are staying healthy and safe.

### Muscle Cramping

The muscles rely on water to help them stay lubricated and able to move smoothly. Without enough water, they can become dry and tight, leading to cramps. Waking up with a Charlie horse or suddenly experiencing a cramp during the day is a sign that your body may need more water. Especially if you work out regularly, cramping can be a sure sign of dehydration.

### Fatigue

Extreme tiredness that makes it hard to move or get motivated can be a sign of dehydration. Because the heart relies on water to keep blood pumping, dehydration means the heart has to work harder to pump blood and organs have to work harder to function, which can tire the body out quickly.

### Toxin Build Up

Toxins can build up in the body over time because of the air, food, and medications we put into our bodies. Even healthy things like a spinal adjustment or massage can release toxins into the body, which is healthy so long as they are flushed out. Dehydration can make it difficult to flush out these toxins, which may cause general discomfort or trouble moving properly.

### Trouble Losing Weight

Drinking a lot of water can help you feel full faster and helps the body feel satisfied. Some people who struggle to lose weight may be drinking too many other liquids, like soda, instead of water. When the body is dehydrated, it can hold onto water, inflating your weight and jeopardizing your diet.

### Dry Mouth

Our mouths are typically wet with saliva, but when the body does not take in enough water, we produce less mucus overall. If your mouth feels dry, it can be the body's way of indicating that you need water, and you drinking more water regularly can help it feel less dry.

Drinking enough water is a key part of both mental and physical health. Chiropractic care from the team at Get Well is an important element of maintaining overall health and wellness. When paired with healthy habits like drinking enough water, this care can help you lead your healthiest possible life.



Dr. Robyn Lawrence and Dr. Sarah Paunicka  
580 N. Highway 67 St.,  
Florissant, MO 63031  
Call or Text: 314-524-2580  
getwellfc.com



500 S. Florissant Rd. [eliciousrestaurant](https://www.eliciousrestaurant.com)

**September is Childhood Cancer Awareness Month**  
September 9th is the **CHAIRity** Auction to benefit Cure Search For Children's Cancer. Come out for some fun, bid on beautified chairs, vote for you favorite chair, win prizes, play games and enjoy food and drink. The celebration is at 7pm at Unity Lutheran Church, 8454 Glen Echo Drive, 63121.  
RSVP: [reisejane@yahoo.com](mailto:reisejane@yahoo.com)  
**Georgia Denise Rossel**  
**Alexander Realty 314.323.7547**  
[georgiadsells4u@hotmail.com](mailto:georgiadsells4u@hotmail.com)

**ANDY WURM TIRE & WHEEL**  
*Specializing in Tire & Wheel Packages*  
201 S. Florissant Rd. • Ferguson, MO 63135  
**(314) 522-3040**  
Over 10,000 Tires in Stock! TPMS Experts!  
Over 400 Wheels on Display!  
[www.andywurm.com](http://www.andywurm.com)  
Mon. - Fri. 7:30 - 6:00 • Sat. 7:30 - 2:30

**ARBOR HILLS NURSING AND REHABILITATION CENTER** 800 Chambers Rd.

TOTAL NUMBER OF BEDS

- 150 Skilled Beds including Dementia unit with 48 beds
- All Skilled Beds are Medicare and Medicaid approved
- Facility accepts residents needing rehabilitation, respite and long-term care
- Facility has in house physical therapy including speech therapy
- Also, 28 Assisted Living Beds and those are private pay beds

For a tour or information please call Admissions on 314 524 1111 X 1603

**MICHELIN**  
Lose track of the miles with the longest-lasting tire from Michelin, and focus on what really matters – the memories made along the way. Stop in today.  
Copyright © 2019 Michelin North America, Inc. All rights reserved.  
The Michelin Man is a registered trademark owned by Michelin North America, Inc.

**FOR THE LONG HAUL AND THE LITTLE MOMENTS.**  
THE MICHELIN® DEFENDER® TIRE

# The Ferguson Computer Corner

by Doug Neely  
September, 2023

Let's check with wincalendar.com to see what we are in for in this month of September!

2nd...International Bacon Day---umm...this is not an official holiday, but I think it should be! :)

4th...Labor Day---this is the one you've been waiting for!

Let's all have a great Labor Day weekend!

11th...Patriot Day---we honor those who were injured or who lost their life on 9-11.

21st...We honor the life of the Apostle St. Matthew.

23rd...the autumnal equinox---the beginning of fall.

24th...the start of Yom Kippur---the day of atonement. In some ways, this is similar to Lent for Christians.

Once Upon A Time, In A Land Far Away, dept.

I once had a friend who got me started in puterology. I wanted to have my own puter so I could learn stuff. It didn't take long for me to discover those joys. It also didn't take long for me to discover how an infection could interrupt those happy times. I decided I should look into how to kill those infections, and even avoid them in the first place.

Before long, I learned that there were a lot of other people whose puters had become infected, and needed help to get them disinfected. My friend was a good resource person to that end...but only in the beginning. He had an idea to put anti-malware software onto a hard drive. He then put that drive into the customer's infected puter, and booted it up.

I pointed out that when he booted to the infected drive (the one with the operating system on it), that it would then spread the infection onto his drive. Then, the next puter he put it into would also spread the infection. Not only that, but then infections from both drives would share infections from the other. In this manner, his drive would share ever-increasing numbers of infections to other drives in customr's puters. This was not good.

After I explained this, he told me I was nuts, and had no idea whereof I spoke. I am sure that he continued "disinfecting" puters for quite a bit, until he must have finally figured out that I was right. It probably took an awful lot of pi\$\$ed-off customers to convince him, but I am sure he finally figured it all out. He could've saved himself and his customers a LOT of grief if he had only listened. Pride goeth before the fall!

And Another Thing, dept.

recently, I had a most unhappy problem with my email. For 2 whole days, I kept trying to access it online. I found out the problem was not so much the online email service, but it was, in fact, my very own browser.

You see, every now and then, every browser gets, shall we say, "plugged up" with garbage from all previous usage.

This is what prevented me from connecting to my email server. Once I figured it all out, a simple fix was initiated to fix the issue. With the non-connecting page being the active page on top of all others, I held the control button down, while pushing the f5 button. Results were near-instantaneous. I was happy again, and joyfully checked my email.

If you are wondering, this simple fix will work with all of the most popular browsers. If it does not work, you may have a more complicated issue, and should contact your puterman to get squared away. It could be a problem with your server puter after all.

ME GO NOW!

When life "plugs us up", we can always depend upon Jesus. When we get plugged up with garbage, He will come into our heart and clear it of our sins so it will run the way it was originally intended. I think I need to go get cleaned out now! See you at church! Blessings!

IF YOU would like to get some of Doug's WORLD FAMOUS AND FREE PUTER ADVICE, just email him at: fergusoncomputercorner@aol.com PLEASE be sure to put the phrase "I need puter advice" into the subject line so he will know that it is you. :) ALSO be sure to include your local phone number so he can call you back!

Blessings to all of you!

**HELP SAVE OUR SENIORS !!**

DONATE NOW on our website: [www.gracechapelministries.org](http://www.gracechapelministries.org) or mail to:

Grace Chapel Ministries,  
P.O.Box 952,  
Florissant, Mo. 63032

## Fall Festival

**Sunday**  
**October 1, 2023**  
**Noon - 5 pm**

***B.B.Q***

- Hamburgers
- Hot Dogs
- Brats
- Pork Steaks

***Raffles***

- Handmade Quilt
- Baskets
- 50/50s
- Barrel of Booze

**Blessed Teresa of Calcutta**  
CATHOLIC CHURCH

150 N Elizabeth  
Ferguson MO

***For the Kids***

- Balloon Twister
- Air Brush Tattoos
- Cotton Candy
- Circus Workshop

**COMPLETE**  
Auto Body & Repair

**A2B** 314-427-8697  
24 HOUR  
TOWING & RECOVERY SERVICE

All service work (oil changes, tires ect.) at our original location:  
10100 W. FLORISSANT RD., DELLWOOD, MO

Auto Body Repairs, visit us at our new location:  
3776 PERSHALL RD., ST. LOUIS, MO 63135

\$50 GIFT CERTIFICATE!

For New Customers - Our Welcome Gift To You!

Valid at any of our locations in St. Peters, Hazelwood, Dellwood, or Ferguson and/or our towing company, A2B Towing.

IF IT'S NOT PERFECT, IT'S NOT COMPLETE!

www.completeab.com for more details. 314-868-2000

**EarthDance Organic Farm School provides farm and garden-based education for people of all ages, especially youth.**

The Farm to School program at EarthDance welcomes the local school district, clubs, camps, home schooled families, church groups, educators, and students of life many opportunities to learn about growing fresh food, nutrition, and food justice.

EarthDance is committed to our local Ferguson-Florissant School District for farm to school activities. Over the past few years, we have worked together with dedicated teachers and staff to come up with a Farm to School Program including a variety of offerings that bring us all closer to healthy soil and food, in shared community.

One example of this is the AgriCulinary Program - a combination of agriculture and culinary learning in partnership with Innovation High School at Cool Valley. “It’s this wonderful mashup of growing fresh, organic produce, not only here at Innovation High School, but also assisting farmers with projects at EarthDance Organic Farm School,” EarthDance Farm to School Educator Joia Walker said. “In the warmer months, we spend time working in the soil. In the colder months, we cook fresh and healthy meals with produce from the farm or just things that are in season that we may get from the grocery store.” Interns also help provide cooking demonstrations and outreach education in schools using our mobile kitchen, the Freshmobile.

While we work closely with our home school district, we invite everyone from any educational setting to visit and learn more about building healthy school communities with farm and garden-based learning curriculum.

For the 2023-24 Farm to School Year, planned activities include:

- Educational tours and field trips at EarthDance
- School garden consultations and work days with our experienced growers
- AgriCulinary internships for students at Innovation High School at Cool Valley, designed to prepare them for careers in agriculture or the culinary field.
- “What’s Fresh” visits to local schools with Chef Joia and the Freshmobile, EarthDance’s mobile kitchen. During a “What’s Fresh” tasting day, The Freshmobile visits Ferguson-Florissant schools, and students are able to sample a creative dish using fresh produce grown in their own neighborhood. The Freshmobile also gives our AgriCulinary students the unique opportunity to cook outside on the farm and helps them to sharpen their presentation skills as we travel from school to school.
- Professional development for teachers and school staff, including Spring Training for Gardeners - our five week online and in-person class that is available for beginner gardeners. Offered free for a limited number of Ferg-Flor Educators and on a Pay What You Can basis for everyone
- Service learning opportunities on and off the farm.
- Much more!

To learn more about Farm to School at EarthDance, visit our website at [www.earthdancefarms.org](http://www.earthdancefarms.org) or email [joia@earthdancefarms.org](mailto:joia@earthdancefarms.org)



EarthDance Farm to School Educator Joia Walker and AgriCulinary Intern Tiana Acevedo cook at the Freshmobile during a regularly scheduled, early spring internship day at the EarthDance Organic Farm School Pay What You Can Farm Stand.



Students at Ferguson Middle School get a lesson on soil health from EarthDance Farm Manager & Educator Jena Hood. School garden work days are available through the EarthDance Farm to School Program.



EarthDance Outreach & Volunteer Coordinator Alisha Harris works with students at Ferguson Middle School.



Plant it Forward is the culmination of our annual Spring Training for Gardeners Program, where we work with school staff and program participants to do a spring work day in Ferg-Flor School Gardens.

## Digital Ferguson - The Problem of Grandpa

by David Pickens

Last month I wrote about how I got scammed through a fake email. And in case I haven't been clear, I've been in Information Technology so long there wasn't even such a thing as "hard drive" when I began. And yet even in those ancient days I was preaching about security and safe computing practices. In my last role I wrote a monthly brief article for staff to remind them of the importance of some security practice such as not clicking on email links. I have done this for decades and still I screwed up.

And the thing that has been bothering me and getting me thinking and pondering (and perhaps you also) is that if an old-school professional like me can get tricked – what can we do to help protect others in our care, or within our circle of love and protection, who are not technically experienced? Of course there are children and that might take an entirely different article. But in this case, I am concerned about helping to protect adults and specifically seniors from cyber crime scams.

One reason for focusing on this is that the incidence of cyber crime against seniors (defined as adults over age 60) is skyrocketing. According to the FBI monetary losses due to cyber investment fraud increased 300% from 2021 to 2022. Total losses for all types of cyber crime against seniors increased by 84% for the same one-year period. Here are some additional horrifying things the FBI reports about senior victims from 2022:

88,262 Victims reported  
\$3.1 Billion Total losses  
\$35,10 Average Dollar loss per victim  
5,456 Victims with losses over \$100,000

Cyber criminals are focusing more attention on the senior demographic because there is a higher chance they will be less tech-savvy, they are far more reluctant to report being scammed than younger adults, and they frequently have a larger pool of built-up savings and other wealth to steal. In light of all this, what strategies can we use to help shield seniors in our direct care or who are in our circle of love and protection?

1. Talk about cyber threats and specific ways to avoid them in a calm but informative way. Do this often enough to be effective but not so much as to be more than slightly annoying. Cyber crime is the most likely threat that seniors face besides a major health issue. Keep the discussion ongoing not in a nagging way but as a way to remind them. It's really important to

emphasize that these actors ALWAYS ask you to do something unusual, and often try to frame it as an emergency. For example they fake being from Microsoft, and are warning you about a dangerous virus! Click here (and give us your credit card) to fix it NOW!

2. Ask them to adopt a two person rule before doing anything unusual online. Since my incident I am seriously going to talk to my wife before doing anything odd or unusual on the internet – like completing that survey that gave away our credit card credentials. Ask them to call you before they do anything that is out of the ordinary, or when something strange or confusing confronts them. Give them permission and encouragement to call you first. One of the things the FBI noted is that seniors might be reluctant to report scams because they are afraid caregivers will take away their freedom. To the extent possible, reassure them that is not on the table.

3. Install a virus scanner software on their devices and help them keep it up to date. Perhaps I'll do an article just about virus scanners some time, but all in all almost any are going to catch some problems before you can even notice them. A scam that is popular (because it works so well in fooling people) is also more likely to be picked up by these scanners. So in this way you can really help reduce the threat to seniors.

If all else fails and you are seeing a pattern of your loved one frequently falling for cyber scams, you might need to consider more intrusive ways of protecting them. One example is Morgan Stanley's product EverSafe, that can monitor a senior's bank, investment, or retirement accounts, real estate, and other records for signs of irregularities and can alert a trusted person or caregiver that a potentially fraudulent transaction might be happening. Essentially this is a more automated version of #2 above.

So basically education, communication, and some software tools can go a long way towards helping seniors more safely navigate the shark-infested waters of the Internet. And kindness and patience goes a long way towards ensuring that they will not be afraid to let you know when something smells fishy or things have already gone astray.

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 TRS-80. He is currently running a computer consulting practice. You can contact him at david@bigpurr.com.

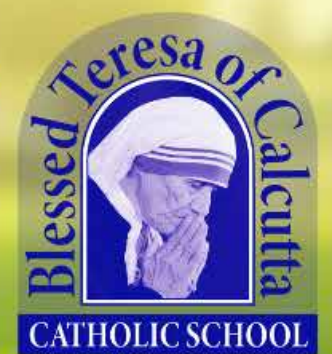
## 17th Annual BTC Golf Tournament

Sunday, September 17th | Eagle Springs Golf Course

12pm-Check-In | 1pm Shotgun Start

\$90 Golfer / \$360 Team

Lunch, Dinner, Beverages, Golf, Games,  
and Cash Prizes included



Register: [givebutter.com/BTCGolf2023](https://givebutter.com/BTCGolf2023) or call 314-650-5307

# What's Fresh: September

Joia Walker - EarthDance Farm to School Educator

EarthDance is letting you know What's Fresh in September! The summer has been great here on the farm. We've had visitors from far and wide, and we've survived the heat! We've said farewell to our summer apprentices and summer campers, and we welcome our high school AgriCulinary interns!

September here at EarthDance also means rolling out our mobile kitchen, The Freshmobile! The Freshmobile has been a great Farm to School addition, and it allows us to take this "What's Fresh" segment on the road. A visit from the Freshmobile means students are able to learn more about EarthDance, try fresh produce and learn the benefits of eating fresh produce. Look out Ferguson-Florissant Schools, here we come! Visit [earthdancefarms.org](http://earthdancefarms.org) to schedule your Freshmobile visit.

As the weather begins to cool down, we're preparing for sweet treats on the farm. We've waited all year for amazing fruits like pawpaws and apples but the fruit we'll feature this month is the Asian Pear. Asian pears have a sweet, light flavor and are great in both sweet and savory dishes. They are not only delicious but also increase digestive health by helping the digestive system maintain a healthy level of good bacteria. Asian pears are also a good source of potassium which can help regulate your heartbeat! This crisp fruit helps the body in so many ways and can be enjoyed in so many ways. Grab some Asian pears from the Pay What You Can Farm Stand at EarthDance or the EarthDance both at the Ferguson Farmers Market, and try it in a delicious recipe like the one we found at <https://www.bonappetit.com/>

## Ingredients

- 4 servings
- 3 ripe but firm pears (such as Bosc or small Asian)
- 2 medium radishes (such as watermelon) or purple daikon or a 4" piece regular daikon, trimmed
- Kosher salt
- ¼ cup extra-virgin olive oil
- 3 Tbsp. fresh lemon juice
- Flaky sea salt
- 4oz. Gorgonzola dolce or other soft blue cheese
- Freshly ground black pepper
- 1 toasted nori sheet

## Preparation

### Step 1

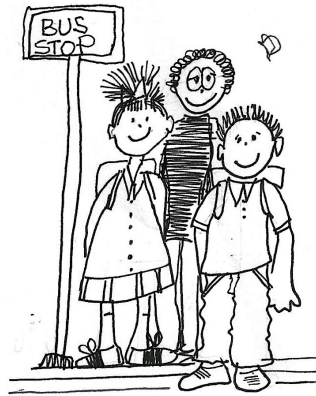
Thinly slice pears, starting from the outside edge and cutting until you hit seeds and working your way around the core. Thinly slice radishes (a mandoline is great, but a sharp knife will do it just fine). Combine pears and radishes in a large bowl; season with kosher salt. Add oil and lemon juice and toss to coat. Taste and season with more kosher salt if needed.

### Step 2

Arrange some salad on each plate, dividing evenly, and sprinkle lightly with sea salt. Crumble Gorgonzola on top and season with pepper. Crush nori and sprinkle some over each salad.



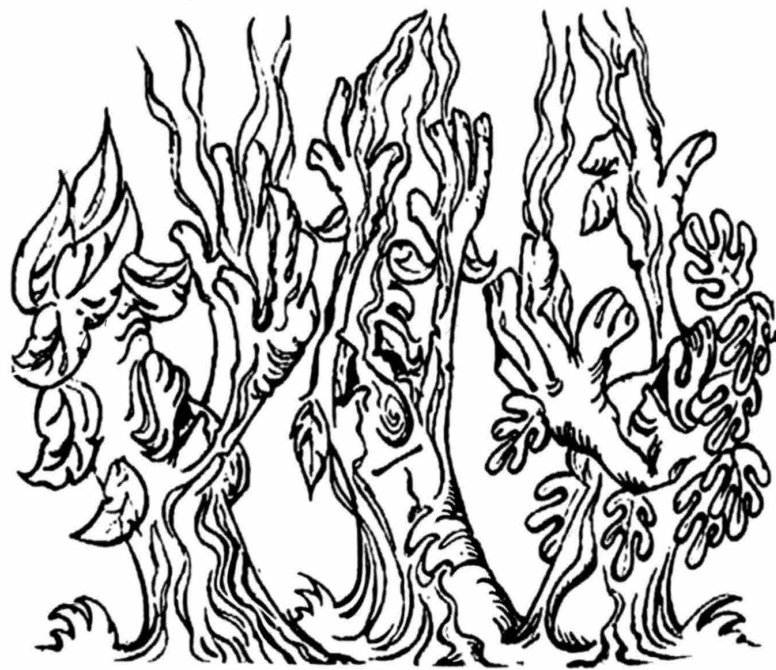
**YOU are INVITED**  
**AN OPEN HOUSE**  
**"The History House"**  
**Sunday Sept 24**  
**1 to 4 PM**  
 Behind the FergusonCommunity Center  
 on Smith Rd.



# MERFERD and the TREE TOONS

A graphic story coloring strip for all ages  
 By Wendell Phillips Berwick

## "Merferd Colors the World"



FOR MERFERD TO BE THE KEEPER OF THE TREES, HE WOULD BE **CHARGED**, FROM ABOVE.

A TREE WOULD NEED TO VOLUNTEER, WILLING TO TAKE THE FULL IMPACT OF THAT CHARGE, POSSIBLY TO THE TREE'S PERIL. THEY ALL VOLUNTEERED. ULMUS, THE RED ELM, WAS CHOSEN.

IN THE MIDDLE OF THE TREES, SAT A MOTIONLESS MERFERD, GETTING INFUSED WITH THE LIGHT OF LIFE.

Based on a true story of Merferd at war with the "Low Downs" graffiti gang.  
 The fifth issue continues with allegories of the Gospel.

Follow Merferd and the Treetoons on Facebook  
[freedomcryinfo@gmail.com](mailto:freedomcryinfo@gmail.com) / [www.freedomcry.life](http://www.freedomcry.life)

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



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

**The History and Evolution of Tires**

Tires, an essential component of modern vehicles, have undergone a remarkable evolution over the course of history. Transforming from simple solid bands of rubber to advanced, high-tech constructions that play a pivotal role in driving comfort, safety, and performance.

The history of tires can be traced back to ancient civilizations, where early humans used materials such as leather, wood, and even metal to cushion the wheels of carts and chariots. However, it wasn't until the late 19th century that the pneumatic tire, as we know it today, began to take shape. In 1888, John Boyd Dunlop, a Scottish inventor, revolutionized tire technology by creating the first practical pneumatic tire for bicycles. This innovation involved enclosing an inner tube filled with air within a rubber tire, providing a more comfortable and smoother ride.

The evolution of tires gained momentum as the automobile industry flourished in the early 20th century. With the increasing popularity of automobiles, there arose a need for more advanced tire designs to accommodate the vehicles' weight, speed, and performance requirements. The introduction of steel-reinforced radial tires in the 1940s marked a significant advancement. These tires featured layers of cords radiating from the center to the outer edges, providing improved stability, traction, and fuel efficiency.

As technology continued to advance, so did tire design. The 1970s saw the emergence of radial-ply tires with steel belts for greater durability and performance. This era also witnessed the introduction of all-season and low-profile tires, catering to various driving conditions and aesthetic preferences. The late 20th century brought the incorporation of computer-aided design and advanced materials, leading to improved tire tread patterns, better grip, and reduced rolling resistance.

In recent decades, the tire industry has witnessed a rapid transformation with the introduction of innovative concepts and technologies. Run-flat tires, capable of supporting a vehicle's weight even after a puncture, offer improved safety and convenience. Green tires, designed for reduced rolling resistance and increased fuel efficiency, have gained prominence in response to environmental concerns. Additionally, advancements in tire manufacturing techniques, such as the use of nanotechnology and specialized compounds, have contributed to extended tread life and enhanced grip.

The evolution of tires has also been influenced by changing consumer demands and trends. The rise of electric vehicles (EVs) has led to the development of specialized tires that offer low rolling resistance for extended battery life. Autonomous vehicles and smart tire technology are paving the way for tires equipped with sensors to monitor inflation, tread wear, and road conditions in real-time.

The history and evolution of tires showcase a remarkable journey of innovation and adaptation. From humble beginnings as wooden and leather constructs to the highly engineered and technologically advanced products of today, tires have played a vital role in shaping the automotive industry. As vehicles continue to evolve and new challenges arise, the tire industry will undoubtedly continue to push the boundaries of design, materials, and technology to meet the demands of modern driving.

As always, if you have any vehicle service and tire needs, and do not have a regular automotive service provider, Robinwood Automotive and Tire since 1983 would be honored to care for you and your vehicle. Visit us at robinwoodauto.com.

**WHY MURDER IS A NO NO!!!**

By Dr. Larry A. Brown

There is nothing, absolutely nothing, that can be looked at as a positive outcome of this action. Often, people can think that they might rid themselves of a problem that involves them and another individual or even a group of people.

A close examination of this type of thinking reveals that it is arrived at, when the perpetrator or the one that is contemplating such an action, is at a very, very low point of reasoning or is quite exasperated with a certain situation. The individual is only thinking in the moment and not in the longer term. What if the situation turns around, the opposition changes its position, something happens to the opposing party or parties or if something very positive occurs? What if the proposed perpetrator's situation changes? What if someone else is planning and executes the same strategy as is contemplated? What if conditions change the entire scenario? Ex: Opposition moves away.

Life has so many unexpected twists and turns that it is a real and most unfortunate shame when people allow present undesirable or unacceptable situations to cause them to take this course of action to alleviate an undesirable person, persons, or situation. It is said that "This too, shall pass".

Of course, a primary reason for not committing murder is that it is against the law and the likelihood of getting caught is very high. Even if one is never apprehended, the guilt associated with this action follows them for life. They have this "hanging over their head" forever, and a day

It affects what they do, where they go, who they associate with, their sleep or lack thereof and in short, their whole life.

It is also an admission of failure that plagues one forever. Often, a person regrets having taken such an action, but it is much too late. Often, one discovers that they got the wrong person. It is furthermore the case that sometimes it doesn't solve the problem.

Sometimes, additional murders must be committed to cover up the original crime.

Isn't this a horrible way to spend the time we have on earth? Wouldn't you say that it would be better to live a life that gave you the freedom of movement and ability to help others achieve something meaningful? Wouldn't it be better to be able to solve problems without committing a serious crime?

There are a few people whose chemistry will allow them to murder without it having any effect on them, but for most humans, it is impossible to avoid the recurring thoughts or the penalties that this society imposes.

Therefore, we must teach our young people how to solve problems amiably and live the best life that they can. The space, resources, and opportunities are here for the taking. It is not too late for any of us to benefit from positive solutions other than this ultimate and devastating one.

We are constantly working to make this a better place for everyone. If you wish to help others or get involved yourself contact us at [www.gracechapelministries.org](http://www.gracechapelministries.org) or email us at [gracechapeldevelopment@gmail.com](mailto:gracechapeldevelopment@gmail.com)



*Grace Chapel Ministries works to see that people thrive and survive within their communities and that folks do well while they are alive in this world. Grace Chapel Ministries may be reached at [www.gracechapelministries.org](http://www.gracechapelministries.org) or email: [gracechapeldevelopment@gmail.com](mailto:gracechapeldevelopment@gmail.com) or phone, 314-995-5013.*

**St. Louis Small Jobs Construction**

Carpentry	Doors	Windows
Decks	Floors	Roof Repair
Plaster	Drywall	Siding
Gutter Cleaned	Interior Painting	Kitchens
Vanities	Exterior Painting	Sinks
Bathrooms	Bathtubs	Faucets
	Garbage Disposals	

Over 40 years experience **Call Today for Free Estimate** *Licensed & Insured*  
**(314) 782-0148**

**I ♥ FERGUSON**  
**Call me to buy or sell!**

**ELAINE MARSDEN**  
c: 314 578 4010 o: 314 446 3670  
email: [emarsden@cbphomes.com](mailto:emarsden@cbphomes.com)  
web: [elainemarsden.cbphomes.com](http://elainemarsden.cbphomes.com)

**Crossword Solution from page 4**

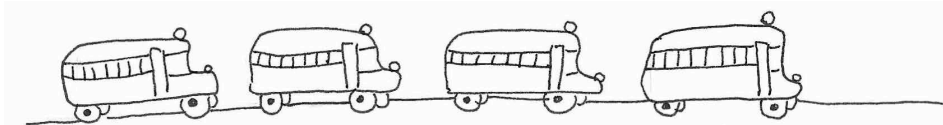
1	S	I	T	E	S		6	R		7	S	S	T		10	S	I	11	B	
12	H	E	A	R	T		13	E	14	S	Q	U	I	15	R	E			R	
16	O	P	E	R	A		17	S	O	U	R		18	E	R	I	E			
	T		K		19	R	20	E	C	T	A	N	21	G	L	E			A	
	22	O	W	23	E		24	R	I		25	R	A	L	E				S	
	26	M	O	T	R	I	N		27	E	M	I	N	E	N	T		28		
29	S	E	N	D		30	N	D	31	A		32	E	N	T				O	
33	A	N	D		34	O			35	R	A		37	T	S	38	A	R	39	S
40	U	S	O		41	C	42	I	R	C	L	43	E			R				C
L			44	E	T	S			45	L	O		46	S	A	L	47	E		
	48	P	E	T	A	L		50	P	E	N	51	T	A	G	O	N			
52	H	E	X	A	G	O	N	53		N		54	A	L	O	N	E			
55	A	N	E		56	O	V	A	L	57			58	C	A	N	E	S		
59	I	N	C		60	N	E	R	O		61	M	I	R						
62	R	E	S	T		63	D	Y	N	A	S	T	Y							



Seamless Gutters • Leaf Guards  
 Rotted Fascia - Soffit  
 House Pressure Washing

Ferguson Resident  
 314-327-3981

**LM CONTRACTING SERVICE**



**Financial Focus – Moving Money Faster!**

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

New payment systems have made their way into mainstream financial transactions relatively quickly over the past twenty years. We’ve also seen the move away from cash to using plastic or your cell phone to acquire goods or services. Reducing the need for cash is considered much safer and with technological advances it can be the fastest way to move funds. It used to be that the quickest way to get money moved to a merchant or another person was to use a wire transfer. By 1871, Western Union expanded their business of sending telegrams to include the movement of money electronically across the country. By the early 1900’s they had created a way to process international transfers. It wasn’t until 1915 that the Federal Reserve Bank began to move funds electronically, later connecting all twelve Reserve Banks to utilize the system.

For more than fifty years, this was the fastest way to move money. Either doing it thru a Western Union office or utilizing a bank where you were a member. With a bank you could only wire to another bank in the Federal Reserve System and you had to get specific wiring instructions from the person or company you wanted to pay. It was important to be accurate because once it was sent and received there was no turning back. If fraud was suspected and the funds hadn’t been withdrawn from the receiving account yet, a bank might be able to reclaim them. Sending a wire to a person by requesting “payable upon proper ID” gave the receiving bank the responsibility of inspecting identification before paying out the funds. Wiring through a Western Union Office would usually involve sending the funds to an individual to be identified where the funds were being received usually in cash at a Western Union Office. Many businesses like mortgage companies could use Western Union to receive mortgage payments from people who did not have bank accounts. Most domestic wires would arrive in just a few hours. A confirmation of receipt was usually requested to verify. In today’s terms a few hours seems like an eternity. And foreign wires could take a few days depending on the country they are going to.

Anyone who has ever done a wire transfer knows they can be expensive and not as convenient as newer forms of payment systems like Paypal and Venmo. Bank wires can only be sent during bank hours. Western Union on the other hand is usually available during a broader range of hours – they might have areas in another retail establishment like a grocery store. Yet there are still hours the service is not available. So here comes

FedNow to the rescue. It advertises Instant Payments 24/7. Now you can make a payment at 3:00 am and have it show up in the recipient’s bank account immediately. For those of us not necessarily in such a hurry to get money anywhere, may find the convenience of doing it on my time to be the clincher. Unlike Paypal and Venmo this service is only available to bank and credit union customers that have adopted FedNow. It has just become available this year from the Federal Reserve Bank and a few larger banks are starting to offer it to their customers.

While anything new is sure to get a lot of attention, I haven’t seen much about this in our area. So it will be interesting to watch it roll out. Right now there are many methods of paying for things electronically. Many people have never gone into a bank or written a check. They move money instantly to others using apps available and their phone. Some venues will no longer accept cash all monetary transactions must be done with the swipe or tap of a card, or using an app on your phone. So the Federal Reserve is getting in the game a little later, but nevertheless this will make moving money nationally and globally much easier. Just think of all the ways you handle your funds, using bill pay on your bank’s website may be the most popular. Most payments for repetitive bills like utilities can be scheduled to arrive as early as next day. If you go on the payee’s website you can pay the same day. With some bills it may take a few days to arrive, so there is still the need for some planning ahead. What bank bill pay can’t do is make an immediate payment like FedNow can. So if you just realized you forgot to make your car insurance payment and the due date is today - FedNow may be your savior.

With any payment system other than handing cash directly to someone there is the possibility of fraud. Since the roll out of this new system is run by the nation’s Central Bank it does have many safeguards built in. One important aspect is that only your bank will have your personal information just like they already do. The twelve Reserve Banks will operate like a clearing house for the transfers which will be bank to bank. The system they’ve built is specifically for Real Time Payments (RTP). It was built for lower-value payments and will provide these services to businesses and households all day every day with immediate access to the transferred funds. As this system grows it should reduce the costs and fees involved with many of our current payment systems. So watch for FedNow to be coming to a bank near you. If you have any questions or comments please contact me at cleav73@gmail.com.

# Ferguson Has A History Museum

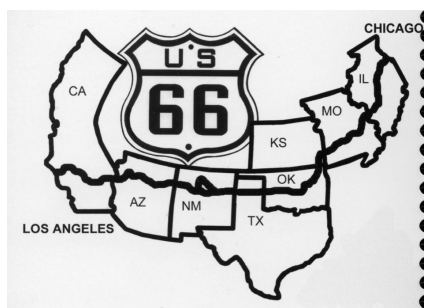
Ferguson has a Historical Society and a History Museum. We encourage any people reading this article to join in the conversation or become a member. Contact information is at the bottom of this article.



We take so many things for granted today – things, that less than a hundred years ago, were much less developed. Take roadways for example. While some of Ferguson’s streets may be a reminder of far earlier roads, our system of roadways – indeed the actual roadways are a relatively new creation. The earliest attempt at a national road occurred in 1811 when Congress established the “National Road”

which extended from Washington DC to Vandalia, Illinois. Since that time little was done to establish a good roadway system – after all, we had many rivers to speed transportation. The next major change in transportation was the beginning of rail traffic in the mid 1800’s. Horse and wagon traffic was still mired in mud and gravel roads. President Eisenhower realized the problem with roads when he was part of a military convoy which traveled across the country in 1919. The 3251-mile trip took 62 days. As a result, when Ike became President, he initiated the Interstate Highway System. The military needed efficient roadways.

There was no national system of roads prior to 1926 – each state had its own road system – and many were narrow two-lane. Outside of large cities, roads were mainly dirt or gravel. Sometimes cities would get together and string a series of roads together to make a highway which would bring business to these communities. The Lincoln Highway, begun in 1912, running from NYC to San Francisco, is an example of a series of state roads using signage to help you stay on the road. Other examples of these “private” road linkages include the Ozark Highway and the Spanish Trace. The Federal Government, in



1926, established the current system of roads we use today. East-west highways carry even numbers, north-south carry odd numbers. Lower numbers begin in the South and East. “0” and “5” being the most important roads (I-70 and I-55 being examples). Relating to Ferguson, there are several major highways including I-70, I-170, I-270 (3-digit interstates go around cities), US-67 – and -once-upon-a-time – US Route 66 – the “Mother Road”. In this article, we are going to explore Route 66.

Like many established highways, Route 66 in Missouri, began as much earlier roads. Initially, the road from St. Louis to Springfield was just a series of Native American/animal trails. By the time of the Civil War Route 66 became the telegraph road (Old Wire Road) between the cities. Route 66 travels east-to-west beginning in Chicago and ending in Los Angeles. While it does travel from north (Chicago) to south (Kansas/Oklahoma border) its general direction is east-west. The routing goes through Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California - 2400 miles. In 1926 Route 66 consisted of the linking of several state roads into one national highway with national signage to make travel easier. Driving cross-country prior to 1926 could be difficult. The text to the right, from a pre-1926 travel book, gives directions from Joplin to Springfield Missouri – a turn-by-turn, street-by-street route.

The post-1926 system gives you road signs instead of guesses. If you want to go from Chicago to Los Angeles. You just follow a series of road signs – stay on the same road.

Route 66 was the original idea of two Midwesterners – Cyrus Avery (OK) and John Woodruff (MO). The start of the route was in Springfield

Missouri. There are many versions of Route 66, changing over the years as bypasses and improved roadbeds were created. In the St. Louis Metro there have been several routings. Initial entry into Missouri from Illinois was over the McKinley bridge to Chouteau and west on Manchester Road. Other times it came over the Free Bridge (McArthur Bridge). Sometimes the route followed Manchester, Lindell or Watson Roads.

With the beginnings of the Interstate System (which began in St. Charles County), some of the old Federal routes began to be overtaken by interstates. In Missouri Route 66 was eventually overtaken by I-44. By the late 1970’s traffic on Route 66 was trailing off and the cities along it were being affected by I-44. In 1985 Route 66 was declared closed and the signs taken down. Route 66 was history – but was not forgotten. There was more to Route 66 than just road signs. In 1946, while traveling on Route 66, songwriter Bobby Troop was inspired to write “Route 66” – a song made famous by Nat King Cole. Prior to that, in 1939, John Steinbeck wrote “Grapes of Wrath”. The story of dust-bowl farmers migration to California via Route 66 went on to become film – both classics. Then in the 1960’s came the television show, Route 66, which told the story of two travelers in a Corvette seeking adventure across America. That is not the latest movie to treasure Route 66. In 2009, Pixar brought out, Cars, which tells the story of cars (not people) living along western Route 66.

Of all the old and discontinued highways, Route 66 has had the most publicity and, perhaps, that is why in 1989 a group of Missouri “roadies” got to together and in 1990 established “The Route 66 Association of Missouri” (Missouri66.org). The purpose was to keep the “Mother Road” alive and encourage travel down the existing old roadway. Because of this group, currently around 1000 people from all over the world, you can basically travel the old highway from Chicago to LA. However, remember its back to the good-old-days, pre 1926, when travel was more difficult.

If you wish to experience the past – if travel is your destination instead of a location, you can pick up a number of guide-books to help you follow the old road. This one, by Jerry McClanahan, is an excellent guide to not only the road but to attractions along the way. In addition, the Route 66 Associations of the 8 states on the old road provide signage to help along the way. In Missouri there are two signs to follow. In all of Missouri you follow the BLUE signs. In St. Louis City, you follow the Brown signs. You will see these signs at critical points along the journey. Now what does this all have to do with Ferguson? Well – the original routes for Route 66 came nowhere near Ferguson. However, in 1936, the Chain-of-Rocks Bridge was opened. “Bypass 66” came into being. From Illinois you would cross the mile-long bridge with a curve in the middle then go right on Riverview Drive then a left on Dunn Road. Follow Dunn Road to Lindbergh and head south to Watson Road. By the 1930’s bypasses were especially popular for travelers wishing to avoid slow “city routes”. Dunn Road almost touches the borders of Ferguson – and Ferguson residents of the time who wished to head east or west would use this road. Dunn Road and Lindbergh roads are marked with the blue signs (except in construction areas). Why not “Get Your Kicks on Route 66”?

Stories of historic Route 66 come from the Missouri Route 66 Association, Images of America-Route 66 in St. Louis by Joe Sonderman, and The Missouri US 66 Tour Book by Skip Curtis.

Membership in the Ferguson Historical Society is open to anyone – the price is \$20.00 a year. If you are interested in joining or 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 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.”*

### Route 413—Joplin to Springfield, Lebanon and Owensville, Mo.—245.6 m.

Gravel and dirt. A section of the Ozark Trail (white marker, green “OT”) from Stoutland. Thru a rolling and in some places hilly, wooded and farming country. Make inquiry at Joplin for best route to Springfield.

Joplin City Map, Route 450R.

Hiway No.	Mileage	Directions
38	0.0	JOPLIN, Main & 4th Sts. South with trolley on Main St.
38	0.3	7th St.; left.
38	5.8	DUENWEG.
38	22.1	4-cor.; left.
38	22.6	SARCOXIE, 4-cor. at far side of park. Left 2 blks., then right.
38	38.0	HOBERG. Left.
38	41.7	MT. VERNON, at courthouse. Right, and next left.
38	50.2	CHESAPEAKE.
38	61.6	REPUBLIC. Left.
14	71.0	End of street; right.
14	76.3	4-cor.; right, and next left.
14	77.7	Jog right and left on College Ave.
14	78.3	SPRINGFIELD, at square. Thru around square. Now on St. Louis St.
14	92.4	Right-hand road, at school; right.
14	92.6	STRAFFORD. Left.
14	98.2	HOLMAN.
14	100.5	NORTHVIEW, 4-c o r. Left across RR, then right.
14	107.8	4-cor., 1 blk. beyond church; left.
14	107.9	MARSHFIELD. Right.
14	114.2	NIANGUA.
14	118.8	SAMPSON.



## A CONVERSATION WITH FERGUSON POLICE CHIEF TROY DOYLE

By Michael Pierce

I met Chief Doyle on the morning of August 17. We talked for about thirty minutes, and we touched on a variety of subjects concerning policing in Ferguson, and across the country.

I asked what inspired him to become a police officer.

“I grew up North County, and, like most African American youths at the time, I got pulled over all the time. Some of it was warranted, some of it wasn’t. One time stands out more than others. I had purchased a radar detector, to use an early warning sign, so whenever police got around me, I would go the opposite way. On one occasion, I pulled over on a parking lot while my brother went to cash a check, and a police officer pulls up behind my vehicle, asking me for my driver’s license and insurance card. I complied. I asked why I got stopped. He walked back to his patrol car.

“So, obviously, I’m nervous. He walks back up, and he asks, ‘where did you get that radar detector?’ I said I purchased it recently at Service Merchandise. He asks for the detector, and I gave it to him. He runs the serial number, comes back and says, ‘This radar detector is stolen, so it’s mine now.’ I knew it wasn’t stolen. I didn’t have a receipt. I’m 17, 18, years old. I didn’t keep receipts. At that point I knew I need to be part of the solution.”

I asked him how things were going, complying with the Consent Decree.

“We have a new consent decree coordinator, Chris Crabel, who was the assistant city manager. Chris has a mindset of project management. I think Chris is able to fill that role.”

I asked him about de-escalation training, and how such training was being implemented in Ferguson, and how important is that type of training.

“It’s extremely important. I think if 2014 taught us anything, it taught us that some attitudes that police officers have can escalate things. Our officers are trained to consider ‘How do I deescalate this? How do I bring the temperature down versus trying to bring it up?’ I think in years past, police officers across the country were trained to think ‘You do what I say, do what I do.’

“De-escalation training makes the community safer. There’s going to be times when de-escalation doesn’t work. Officers still have to take someone into custody, and sometimes things happen, but it would mitigate some of the things happening as frequently as in the past.”

We discussed the shortage of ranking officers in the department, and what his vision was for filling those positions through promotions.

“I plan on making some promotions today and tomorrow to fill those positions. I didn’t want to come in here and start promoting people just for the sake of promoting people. I evaluated what I had in place, to see who best fit different roles to move the city forward. These officers went through a process where they had to do a written test, they had to sit down with a citizens panel, they had to sit down with supervisors from other agencies. Their final interview was with me. I plan on making those promotions today and tomorrow.”

I asked what challenges Ferguson officers face interacting with citizens, and if he feels he is making progress in addressing those challenges.

“I retired from St. Louis County after 31 years, and when I left, they were at least 100 officers down. People aren’t inspired to be police officers. As I met you in the lobby you saw two young men, Ferguson residents, twins, interested in becoming Ferguson police officers. They’re filling out applications.

“Recruiting officers has been tough since 2014. There’s reforming police departments, reimagining police departments, defunding police departments. It’s tough for departments everywhere to recruit. It’s important that the community and department work together to identify

officers that are bad or shouldn’t be on the force. We must be careful of casting a wide net on the profession. What may happen is you have good officers for a department, but if they feel they’ve been lumped in with a couple of bad officers, it’s a deterrence to them. It puts them in the mindset of, ‘Why should I even do this? I mean, they all think I’m bad too.’ We must be careful with that. I think police reform is good. We all need to work together on that.”

I asked if he knew of any instances where an officer simply took a kid home and discussed things with the parents.

“A lot of officers that have empathy for certain situations. Kids engage in mischievous things at times, and officers sit down with those kids and say, ‘hey, why are you doing this? Why are you hanging out with this group of kids?’ Sometimes it resonates with the kids, sometimes it doesn’t. We’ve had occasions where officers take the kid home and talked with the parents and said, ‘We know Johnny’s a good kid. He’s hanging out with the wrong people.’”

I brought up this graph I obtained from the Missouri Highway Patrol. Cleared means that a case has gone to the St. Louis County Prosecutor, and charges have been filed.

“A number of things contribute to the rise and fall of crime. The best thing we can do is go to each ward and work with council members to address the issues. Often, we find out it’s two or three houses in a neighborhood causing most of the problems. The police may not know about it, but people who live in those communities know which houses are problem houses. We must work with the community to identify these houses. If you have a community that’s solid, and works together, it’s difficult for criminals. “People don’t call because they’re afraid of retaliation. If you have a whole neighborhood calling, it’s difficult to retaliate. That’s important as we move forward, making sure that the community and police work hand in hand to identify these problem houses.

“I’ve been invited to several community groups (Jeske Park, Forestwood, and others), and the community is motivated. People are very passionate. They’re passionate about their community, but they’re frustrated with crime. People say they don’t want policing. That’s not the feeling I get here. People want good, effective policing. They want laws to be enforced, but they want it to be fair and equal across the board.”

We talked about how the clearance process works.

“Several things contribute to that. Witnesses cooperate or don’t cooperate. Victims cooperate or don’t cooperate. Our Detective Bureau is a captain and three detectives. I must make tough decisions. Do I put more officers in the Detective Bureau, taking officers off the street so there’s less patrolling, or do I do the opposite?”

“We have domestic disturbances where a spouse calls the police. Officers arrive, and the victim says ‘Everything’s fine. I fell.’ Things can be more complex than they seem. To have a successful prosecution, we need a cooperating victim or a cooperating witness.”

My final question: “If I say my family doesn’t feel safe in our house. We don’t feel safe outside because of speeders or bullets flying around. We don’t feel safe at any time, day or night. What would you tell me?”

“I would apologize and say it’s unfortunate you feel that way. No police chief can guarantee they can eliminate crime in a particular neighborhood. We’re going to do all we can in our power to mitigate crime happening in our neighborhoods. I ask people to be patient because when I came here, we were more than 13 officers short. We’re slowly starting to build back up. Once I get my staff back up, I assure you, you’re going to see effective policing here.

” My mom still lives in North County. I have a passion for North County. If I can play a role in making the Ferguson Police Department better, which makes our community better, that’s what I want to do.”



**ROBINWOOD**  
AUTOMOTIVE & TIRE

803 S. Florissant Rd.  
524-3440  
robinwoodauto.com

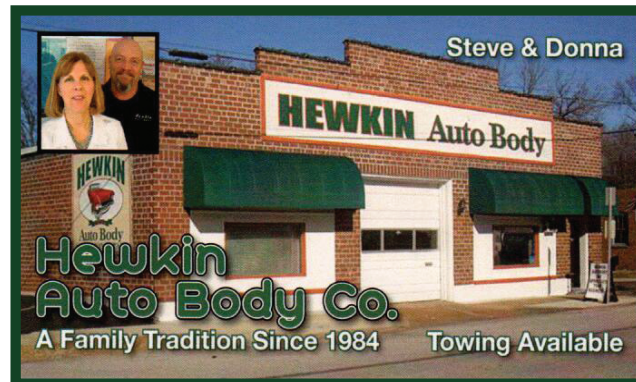


**SEPTEMBER SAVINGS**

- \$10.00 Off Service or Repairs of \$100
- \$30.00 Off Service or Repairs of \$200
- \$50.00 Off Service or Repairs of \$400



Not valid with other offers. Coupon expires 9-30-23.



**"Quality Guaranteed, By People Who Care"**

15 Darst Rd.  
Ferguson, MO 63135  
314-522-9468  
www.hewkinautobody.com

**Premier Plumbing Solutions**

P8563, D8563



Say "I Love Ferguson" When presented your bill and receive.....

**\$10 OFF**

Lawrence

Master Plumber / Drain Layer / Licensed / Bonded

- No Service Charge • Free Estimates
- 10% Senior Discount (Maximum of \$50)
- Compare our Price on Water Heaters

**524-0222**



Ask about rebates on a new furnace & air conditioning system. Call for free quote and analysis.



Ask about our ductless Mini splits for those unconditioned spaces.

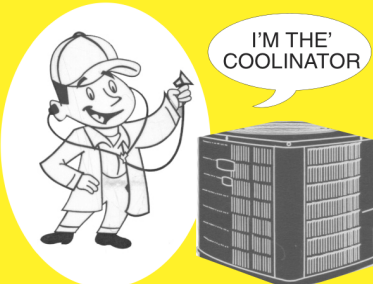
**KNOWLES Heating & Cooling**

We service all brands

Phone 521-0284

**JOHN BAKER HEATING & COOLING**

In business 33 years!  
Low Rates! No Waits!  
We Also Do Water Heaters!  
**Clean and Check Your A/C**  
**\$69.95**  
Plus 24 Hour Emergency Service



I'M THE COOLINATOR

**JOHN BAKER HEATING & COOLING \$10 OFF**

Your next service With this coupon Call 314.878.6228

jdbcooling.com

**Mathias Resume & Editing Services**

Website: mathiasresumes.org  
Phone: 636-362-6331

Unemployed? Underpaid?

Let us get you ready for your next job opportunity by developing a professional customized resume.

Call today for a free resume review!

Line art provided by Sharon Nadeau



**Limbs R Us**

- Tree Removal
- Tree Trimming
- Brush Clearing
- Stump Grind
- MBE/DBE Certified
- Fully Insured w/Workers Comp

314-323-7319

**Interior Plaster, Patch and Crack Repair Specialist**

Free Estimates  
20 years experience  
Call Larry

(314) 412-0048



**MARIE LODATO CRINNION**

ATTORNEY & COUNSELOR AT LAW

Wills • Estate Planning • Power of Attorney  
PROBATE • Real Estate • Business

11 Cardigan Dr.  
St. Louis, MO 63135

www.CrinnionLaw.com 314-524-4513

**SPORTSPRINT**

TEAM, CORPORATE, AND PROMOTIONAL APPAREL

**FERGUSON, MO**  
314-521-9000  
6197 BERMUDA DRIVE

**O'FALLON, MO**  
636-240-5000  
211 SOUTH MAIN

**SPORTSPRINT has you covered! Since 1973.**  
CUSTOM SCREEN PRINTING, EMBROIDERY, AND PROMOTIONAL PRODUCTS  
WWW.SPORTSPRINT.COM

**HOME IMPROVEMENT SERVICE**

Repairing & Remodeling Specialists

- Carpentry • Plumbing • Electrical • Painting • Roofing • Siding • Ceramic Tile
- Windows • Doors • Decks • Tuckpointing • Concrete • Gutters • Wood Flooring
- Kitchens • Bathrooms • Basements • Leafproof Gutter Protection

Serving all of North County – SENIOR DISCOUNTS

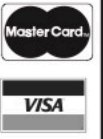
Established in 1977

Big or Small We do it All!

Licensed & Insured

**MARK & JOE RUFFINO**

**Phone 868-4122 Cell 740-2176**



**242 So. Florissant Rd  
FERGUSON 314-524-7888**

**FERGUSON LIONS HALL RENTAL**

49 North Clark • 314-226-4077

Picture your Baby Shower, Wedding Shower, Wedding Reception, Graduation Party, Family Gathering, or Other Special Occasions in this spacious hall and large parking area. Holds a maximum of 75 people.



All Proceeds Support Ferguson

Call 314-226-4077 for reservations and more details.

**ROBYN L. STRANQUIST**

101 Darst Road ATTORNEY AT LAW  
St. Louis, Missouri 63135  
314-808-5666

LICENSED IN MISSOURI & ILLINOIS

**KENNEDY FENCE**

8632 WABASH AVE. \* ST. LOUIS, MO 63134 \* 521-0936