



# Ferguson

## NEIGHBORHOOD

### 2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021

### Volunteers Come Back Year After Year

I am amazed and surprised every year by the “volunteers” in my garden. When I first moved into this house three and a half years ago it was winter and there seemed to be a million things to do at this old house. I had trees removed, installed new gutters, had a new roof put on, and had to put in an entire new septic system. I didn’t even think about a garden

But one of the surprises and joys in my garden each year have been volunteer pumpkins and seeing how many pumpkins will appear. Last year I completely regraded the area and rented a stump grinder in order to build a garage so I thought those volunteers would not return this year. Thankfully, I was wrong and now I have a nice pumpkin patch.



Last month I was expounding about my unripened tomatoes and if I will get a harvest this fall.

Well that is all they needed to begin the ripening process because lo and behold I have been picking tomatoes almost daily. They might not be the prettiest or the largest, but they are tasty.

I have been blessed by my volunteers and I hope they volunteer again next year.

What volunteers have blessed your life?

-Papa Deau



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**October News and Events at the  
Ferguson Public Library**

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



Children and Teen Events		
<p><b>Stories and Songs for Little Ones</b> Join us for storytime! Ages 0-5. <b>Saturday, Oct. 7 at 10 am</b> <b>Wednesday, Oct. 11, at 10 am</b></p>	<p><b>Paint Pour Pumpkins</b> Make colorful and drippy pumpkins! For children and teens. Register at <a href="http://bit.ly/fmplpumpkin23">bit.ly/fmplpumpkin23</a>. <b>Thursday, Oct. 12 at 6 pm</b></p>	
Adult Events		
<p><b>Not a Book Club Book Club</b> <b>Wednesday, Oct. 4 at 6 pm</b></p>	<p><b>Readings on Race Book Club</b> <b>Monday, Oct. 9 at 6 pm</b></p>	<p><b>Coffee and Conversations</b> Discuss issues and news with others. <b>Tuesday, Oct. 10 at 6 pm</b></p>
<p><b>Stay Safe from Scams</b> Learn how to protect yourself from fraud. <b>Monday, Oct. 16 at 2 pm</b></p>	<p><b>The Grandfamily</b> Find ways to care for yourself, your kids, and your adult family. <b>Tuesday, Oct. 17 at 6 pm</b></p>	
All Ages Events		
<p><b>FLIERS Fall Book Sale</b> Great books at low prices! <b>Thursday, Oct. 19: 4-7 pm</b> <b>Friday, Oct. 20: 9-5:30 pm</b> <b>Saturday, Oct. 21: 9-3 pm</b></p>	<p><b>Farm Fresh Cooking</b> Learn how to use fresh ingredients in your cooking! Register at <a href="http://bit.ly/fmplfarm23">bit.ly/fmplfarm23</a>. <b>Tuesday, Oct. 24 at 6 pm</b></p>	<p><b>Cultural Cuisine</b> Join us for some tasty vegetarian dishes! Register at <a href="http://bit.ly/fmplcultural23">bit.ly/fmplcultural23</a>. <b>Wednesday, Oct. 25 at 6 pm</b></p>
<p><b>The Great Pumpkin Party</b> Come one, come all to our fantastic Halloween party! Enjoy crafts, games, tricks, and treats. <b>Tuesday, Oct. 31 from 4:30-6 pm</b></p>		
October Craft Kits		
<ul style="list-style-type: none"> <li>• <b>October 2-7:</b> Felt Bat Pin</li> <li>• <b>October 16-21:</b> Stitched Spider Painting</li> <li>• <b>October 30 - November 4:</b> Cardboard Tube Pumpkin</li> </ul>		

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## October Celebration Shout-outs



24 - Happy Birthday Katy Fujarski



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

### October at a Glance



- 12 Jeske Park Neighborhood Association Meeting 7PM
- 19 West Ferguson Neighborhood Meeting 6PM
- 19, 20, 21 Fliers Book Sale (see ad page 3)
- 21 NorthHills Neighborhood Meeting 10AM (see ad page 4)
- 23 South West Neighborhood Meeting 6PM (see ad page 4)
- 26 South Central Neighborhood Meeting 6PM (see ad page 4)
- 29 Trunk R Treat Ferguson Church of the Nazarene 4 - 6 PM
- 31 Halloween - Boo!

Ferguson Church of the Nazarene

### Trunk R Treat

Family Friendly Fun



### FREE HAYRIDE & FOOD

Sunday, October 29, 4-6 pm

1309 N. Elizabeth Ave. 63135

"NO HORROR COSTUMES PLEASE"

### 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.



### 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, audiotope, 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."

**Thank You! Thank You! Thank You!**  
To Kathleen for your kind words and generous donation.  
We are blessed to have readers such as yourself.

The Ferguson Newspaper Group may be reached

text/voice: 314 249-6323  
email: [asroc873@charter.net](mailto:asroc873@charter.net)  
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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

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312 Calverton Road  
St. Louis, Mo. 63135

Give a congratulatory shout out for only \$5

**Book Review**

THE UNSTOPPABLE ELIZA HAYCRAFT: A NOVEL by Diana Dempsey. Published July 2023 by Bramerton Press, a Diana Dempsey imprint. 512 pages.

*“I’m not one to pass much time thinking about things before I do them.”*

The first line of this book conjures up an image of Mattie Ross, the heroine of True Grit.

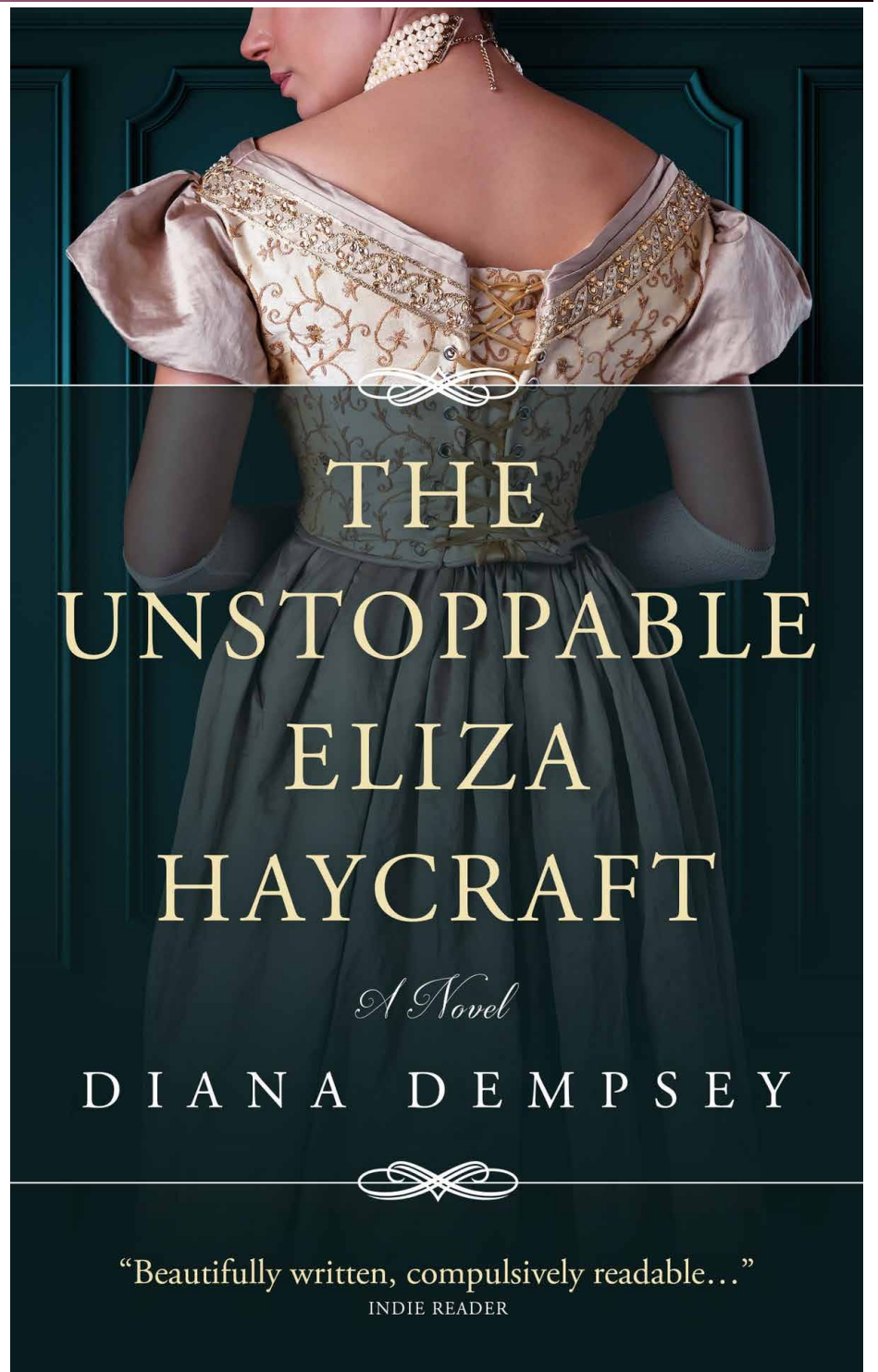
I must confess that Eliza Haycraft has been one of my historical crushes since I first learned her story about 40 years ago. Eliza came to St. Louis at a quite interesting time in St. Louis’ history.

Escaping an abusive husband, Eliza arrived in St. Louis in the late 1840s. She became a prostitute. After earning enough money to open her own bordello she had, by the time of her death in 1871, amassed a fortune of nearly \$30 million dollars in today’s dollars, owned five cathouses, and became one of St. Louis’ leading philanthropists. She was illiterate, but she had a good head for numbers.

Eliza Haycraft came to St. Louis at a time when the city was growing by leaps and bounds, only to experience massive destruction with the Great Fire of 1849. She came at a time when German and Irish immigrants were arriving at a frenetic rate, when slavery was becoming a divisive institution in Missouri. She fraternized with the elite of antebellum and post-bellum St. Louis, while at the same time becoming a major benefactor for the city’s poorer classes. Legend has it that, when she was on her deathbed, she was refused burial at Bellefontaine Cemetery, so she had an assistant retrieve some of her ledgers, show them to the directors of Bellefontaine and tell them, if necessary, she would divulge some of the names within. She was approved to be buried in a block in the cemetery, nearly smack dabbed in the middle of the block, with no other graves, and no grave marker. Her funeral was one of most well-attended in St. Louis history. She still rests there today.

*Diana Dempsey has written an excellent fictional story of Miss Haycraft, at the same time telling the story of St. Louis during the time Eliza lived here. Eliza Haycraft was not a woman to be trifled with. She could be tough as nails one minute, empathetic the next, when she encountered fellow soiled doves and children in distress. She never backed down from any human or challenge. Diana Dempsey gives us a story of a feminist who never heard that word, a woman who never forgot where she came from, a woman who helped others, regardless of race.*

So, I occasionally wander over to Bellefontaine Cemetery, McCurdy Section, Block 20, Lot 2076, leaving a bouquet and a silent prayer, for one of St. Louis’ true unsung heroines.



## HOW TO STAY SAFE WHEN A TORNADO THREATENS

**Prepare NOW**

**Know your area's tornado risk.** In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

**Know the signs of a tornado,** including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

**Sign up for your community's warning system.** The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

**Pay attention to weather reports.** Meteorologists can predict when conditions might be right for a tornado.

**Identify and practice going to a safe shelter** for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

**Consider constructing a safe room** that meets FEMA or ICC 500 standards.

**Survive DURING**

**Immediately go to a safe location** that you identified.

**Take additional cover** by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

**Listen to EAS, NOAA Weather Radio,** or local alerting systems for current emergency information and instructions.

**Do not try to outrun a tornado** in a vehicle.

**If you are in a car or outdoors** and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

**Be Safe AFTER**

**Keep listening to EAS, NOAA Weather Radio,** and local authorities for updated information.

**If you are trapped, cover your mouth** with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

**Stay clear of fallen power lines or broken utility lines.**

**Do not enter damaged buildings** until you are told that they are safe.

**Save your phone calls for emergencies.** Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

**Be careful during clean-up.** Wear thick-soled shoes, long pants, and work gloves.

**Take an Active Role in Your Safety**

Go to [ready.gov](https://www.ready.gov) and search for **tornado**. Download the **FEMA app** to get more information about preparing for a **tornado**. Find Emergency Safety Tips under Prepare.

**FLIERS (The Friends of the Ferguson Municipal Public Library)**  
October, 2023, Book Sale

Thursday, October 19: 4:00PM-7:30PM  
Friday, October 20: 9:00AM-5:30PM  
Saturday, October 21: 9:00AM-3:00PM

**Special Categories include: Art, Baseball, Civil War, Native Americans, Railroads, Drama, and Poetry**

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# CROSSWORD

## How Do You Like Yours?

By Robin Shively

### ACROSS

1. "Land" in a recent film
5. Weschler Scale or Stanford-Binet Scale
10. Hi-tech FX
13. Not a couple
14. Owed
15. Word before tomato or bomb
16. Grimace
17. Choir base
18. Word in a panel
19. Traitorous first name
21. 99 or 007
24. Grind
25. "Denver" dish
27. Reason for a 10th
29. Dangling jewelry
31. Abbr. after photo or black
32. Half a laugh
33. Tibetan ox
35. Parental unit
37. Hairstyle or music genre
39. poetic initials
40. Vessel
42. Descriptive term for Sam Spade or Phillip Marlowe
45. Midge
46. It may be pickled
47. "\_\_\_ Me", Miller song
48. Green or Jarreau
50. Slightly runny
56. Elixir
59. "Put Your Hand in the Hand..." band
60. Letters before Ruth or Phil
61. Florida's "Horse Capital of the World"
62. 1st sect. of a textbook
63. MADD focus
64. Renowned Russian jeweler
66. In addition to
68. Rhyming accolade
69. Like a batik
70. Pilfered

### DOWN

1. Mary's little companion
2. Lotion additive
3. Type of lizard?
4. What a tween grows into
5. DCI Luther portrayal, with 23 down
6. "Real Men Don't Eat \_\_\_"
7. Trial
8. Mixed up
9. Ordinal suffix
10. Hag
11. Cavern
12. Memo acronym, in reverse
20. Enterprise android
22. Rockhound's find
23. See 5 down
25. Iron in a vein?
26. Exhausted, weak
27. Words between "In" and "the Night", in a film title
28. "\_\_\_ Rock", song title
30. Genesis victim
34. Former Japanese capital
36. Like a cold sufferer's nose
38. Sphere
41. "Maple Leaf" is one
43. Tormented
44. The question is whether to do it or not to do it
45. It may be noble
47. It's nothing in Oaxaca
49. In the neighborhood
51. Exercised suffrage
52. Green prefix
53. Summarize
54. Per unit, abbr.
55. Mentally worn out
57. Collar or cuff
58. Grant for a filmmaker?
60. "\_\_\_ where's my car?"
63. Homer's exclamation
65. "We bring good things to life" co.
67. Bond's doctor foe



## #RunwithFerguson - 15th annual race is Saturday, May 18, 2024

Ferguson, MO - Circle the date on your 2024 calendar – the 15th annual Ferguson Twilight Run is Saturday, May 18. Runners, walkers, family and neighborhood cheer stations and more will enjoy one-mile, 5K (3.1 miles) and 10K (6.2 miles) distances. Course routes are USATF-certified by Big River Running Company.

"It's humbling to know our community has supported Ferguson Twilight Run since the first year, and now we're planning for the 15th year. It's exciting," said Dwayne T. James, race director.

"It's more than a run/walk, it's a community gathering. It's a time to have fun, enjoy live music, catch up with friends and neighbors, and cheer for people who are giving it their all to achieve physical and personal goals."

### Donnie White Sr. Memorial Beneficiary Award

Ferguson Twilight Run values community and donates proceeds through the Donnie White Sr. Memorial Beneficiary Award. Over the last 14 years, more than \$100,000 has been donated. In 2023, the beneficiaries included Girls on the Run St. Louis Ferguson-Florissant Schools, Strength and Honor Mentoring & Tutoring, EarthDance Farm and Emerson Family YMCA.

### Become a Sponsor, Vendor

There are many opportunities for area businesses, community organizations, family groups and individuals to support Ferguson Twilight Run as a sponsor or vendor.

Learn more about sponsorship levels at [fergtwilightrun.com](http://fergtwilightrun.com) under the Sponsor and Volunteer tab.

### 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](mailto:racedirector@fergtwilightrun.com)  
 Nez Savala, 816-678-9071 [miss\\_tv@yahoo.com](mailto:miss_tv@yahoo.com)

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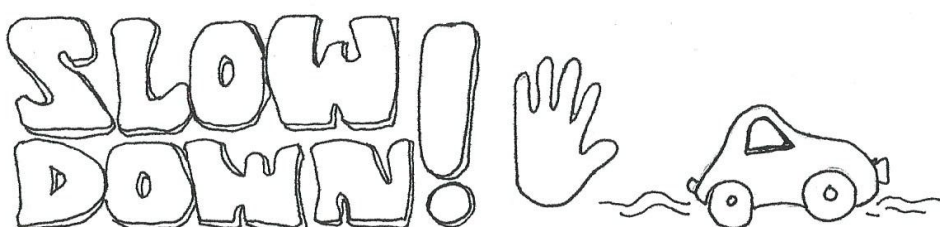
Solution on page 13



FTR 2023\_runners at the start



FTR 2023\_smiling ladies





# Hello Ferguson!

by Marian Linck

The date is only September 5th, and I am already working on this month's article because I got my passport and will be on my way to Greece on September 15 when this story is normally due.

First a passport update. I had contacted Senator Josh Hawley's office through his website. There was a form to complete. The form requested information about which federal agency you had an issue with. I completed the form in the morning and by that afternoon I had a phone call from Andrew, a staffer of Mr. Hawley. Andrew requested information about my trip including dates and destination. He asked for a copy of my flight itinerary. I sent everything he asked for as attachments to an email to him. Andrew made no promises, but he would see what they could do. I heard nothing for a few weeks and continued to worry. On August 23rd I got an email letting me know that my passport was being shipped UPS Next Day and he included the tracking number. He was clearly in communication with the State Department and was successful. "Expedited" time for a passport is seven to nine weeks. Mine arrived in less than five. I am a happy traveler.

Having said that I am a happy traveler, I want you to know that I am not a world traveler and probably never will be. I love this country and there are so many places to experience here.

My last travel abroad was in 2004. My son decided to take an extended trip to Europe. He planned to stay about 3 months. The trip started with a few friends going to Amsterdam for a week or so and then one friend remained to travel to Italy with him for another couple of weeks. Once his friend returned home my son quickly discovered that travelling abroad alone was no picnic. He learned things about himself that he never realized. He needed routine, structure, familiarity, and companionship. I must include he was still quite young at the time. He continued to travel to Switzerland. He loved Zurich. Things then began to deteriorate. He wanted to come home. My advice to him was to try to stick it out because this was the trip of a lifetime. It would be a shame to cut the trip short. I finally offered to meet him somewhere. He seemed thrilled with that idea and paid for me to fly to Frankfurt, Germany the day after Labor Day.

This is where I need to thank Millie for her understanding and encouragement. I was working at Saint Louis University at the time and Millie was very aware of the phone calls I was getting from my son. Millie was the chair of the department. On the Thursday before the Labor Day weekend I asked her if I could take a week off for a trip. I will never forget her immediate reaction and answer. "That young man needs you right now, family comes first, you GO!" I love you, Millie.

My trip began the day after Labor Day, the day after a big pool party at our house. I flew to Chicago, a bit hungover from the previous day's activities, changed planes, and prepared for the long flight to Frankfurt. There was a gentleman sitting next to me who had already travelled that day from Los Angeles. He was in his 70's and was on his way home to London, England. He was on top of the world because he was returning from an event in LA that featured American Astronauts. He had autographs from all the greats, but his prized possession was an autograph from John Glenn. After our brief conversation he fell asleep. He was in the aisle while I had a window seat. I spent that long flight NOT making a visit to the ladies' room because

no way was I going to wake up the sweetest old man I had ever met. As we were preparing to land, I asked him about how to exchange currency. This man reached in his pocket, pulled out his wallet and asked if I needed cash. I declined, I merely wanted to know how to exchange what money I had. This is getting long winded, but there is one more event worth writing about. I took a taxi to my son's hotel room. We walked around a little bit. We found a little bar that was willing to make us some dinner. The next day we travelled by train to Brussels. In Brussels we were going to change trains and travel to Brugge. My son set his luggage and a briefcase at my feet and said, stay here, watch my stuff and off he went to check the schedules. A person walked up to me asking for something. I turned briefly to reply I did not speak German when his partner ran up, grabbed the briefcase, and ran off. Yes, I got robbed in Europe. The briefcase held his laptop, camera, and passport. The rest of the day was spent in the consulate reporting the robbery and attempting to replace the passport. All went well and we did manage to get to Brugge.

I am grateful my son has forgiven me and still loves me.

He travelled home with me.

I am hopeful for a fun, no drama excursion to Greece nearly 20 years after my first trip abroad.

Thank you for reading my article this month. I will be home from my travels by the time this paper arrives in your mailbox, and I hope I will be able to share a fun story about my trip with you next time.

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



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# The Ferguson Highlights

by Teyuna T. Darris, M.A.

## “The Ferguson Youth Initiative - Supporting Our Youth”

Aaron Harris serves as the executive director of the Ferguson Youth Initiative (FYI) which is housed at the Backbay near the Ferguson City Hall in the City of Ferguson, Missouri. This nonprofit organization was founded in 2012 by Gail Babcock, and a group of Ferguson residents. This group of individuals collaborated in 2010 to create a unique and safe place where teens could meet and greet, and have a voice through which they could collaborate with others to create and carry out youth-centric projects and goals. Aaron joined the Ferguson Youth Initiative as its executive director in December 2016.

Aaron, and I, sat down to discuss the mission, vision, and impact of the Ferguson Youth Initiative, both in, and around the City of Ferguson. Given that the organization has existed for more than 10 years, I asked Aaron, “What is FYI’s claim to fame?” To this, he replied, “I don’t know if we have a claim to fame. We are very proud of our continued partnership with the Ferguson City Council, and the work we have done with the Ferguson Youth Advisory Board.”

Then, I asked Aaron, “What attracts teens to the Ferguson Youth Initiative?” To this, he replied, Teens come here because they are aware of the opportunities we will work to create for them as well as knowing that their opinions will be heard.”

During our interview, Aaron also told me that the Ferguson Youth Initiative’s Next Steps Job Readiness Program sessions will recommence on Wednesday, December 27th, 2023 as it successfully continues its work to teach teens, aged 15 to 19 how to obtain and maintain employment, in addition to helping them to prepare for post-secondary education.

Aaron also shared that the next Youth Advisory Board meeting will be on October 2nd, 2023, and all teens are invited to attend these meetings. The Ferguson Youth Advisory Board (FYAB) is a board of the City of Ferguson that was created in 2011. The purpose of the FYAB is to give Ferguson youth firsthand experience in the facilitation of youth involvement in Ferguson government processes. Through the FYAB, Ferguson teens collaborate to provide their feedback and insights on youth-related issues in the Ferguson community. The FYAB also serves as FYI’s official youth voice.

In September 2023, FYI offered its first ACT tutoring session which was led by a local educator Ms. Ada Stevenson Parker. This seems to be the start of a new way through which the Ferguson Youth Initiative will continue to #supportouryouth!

To learn more about these and other Ferguson Youth Initiative programs and upcoming events, you can reach Aaron at 314.479.8563, visit [www.fyiferyouth.org](http://www.fyiferyouth.org), or email [aaron@fyiferyouth.org](mailto:aaron@fyiferyouth.org). You can also visit their Facebook page at [FergusonYouthInitiative](https://www.facebook.com/FergusonYouthInitiative), or on Instagram at [fyiferyouth](https://www.instagram.com/fyiferyouth).



From top to bottom:

FYI’s first ACT tutoring session led by Ms. Ada Stephenson Parker in September 2023.

Aaron M. Harris - Executive Director

Aaron and some FYI youth at St. Louis Cardinals game in September 2023.



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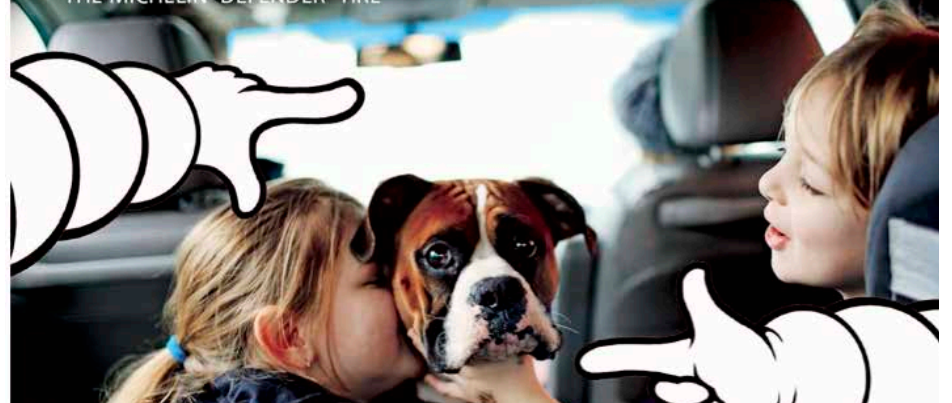


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## THE SPINAL COLUMN

### Chiropractic Advice for Autumn

The autumn season is perfect for pretty colors, pumpkin spice lattes, and fall carnivals. It isn't always good for is health. People start to experience a decline in health when the autumn air hits. The weather changes to cold, windy, and rainy, and the summer sunshine goes away. With slick terrain, more colds than usual, and other worries, chiropractors offer advice for a healthier autumn than usual.

#### Warm Up Before Yard Work

One of the biggest concerns for homeowners throughout the fall season is the buildup of leaves on the lawn. The leaves start falling and debris piles up quickly in the yard. Before raking, anyone responsible for the task should be sure to warm up their bodies so they are adequately prepared. Failing to do so can lead to injury and muscle overuse.

#### Wear Comfortable Shoes

Whether a person is outdoors tackling chores, walking through the park, or attending a fall event, a sturdy pair of shoes that feel comfortable on the feet are best to wear. Non-slip shoes are ideal because of the wet grass and leaves that are common during the fall months.

#### Keep Drinking Water

Many people tend to drink water in excess over the summer months because it's so hot outside. Once fall hits, some stop drinking as much. Everyone needs to keep drinking water into the autumn and throughout the rest of the year. It not only helps to keep the joints flexible, which can prevent injury, but it works to improve health and keep sickness at bay.

#### Visit the Chiropractor Regularly

The chiropractor is one of the best people to see during the autumn weather. The doctor can perform an assessment and offer an adjustment that will remove restrictions in the spine and improve the nervous system by freeing up the body's communication pathway. All of this tends to alleviate pain and tension and reduce symptoms of illness in other parts of the body -- not just the back. Regular visits during the fall and winter months should be on everyone's to-do list if they want to remain healthy.

Maintain health this autumn by following advice from a chiropractor. Taking these things into consideration will help to improve health conditions and keep sickness at bay as much as possible. Visit Get Well Family Health and Chiropractic for all your health care needs. Dr. Robyn Lawrence and Dr. Sarah Paunicka are ready to serve our community. Voted



Best Chiropractor in North County 2 years running, and just voted a NOCO Treasure by the Greater North County Chamber of Commerce you can count on our commitment to you and your health.



## The Ferguson Computer Corner

by Doug Neely

OCTOBER, 2023

I do believe there are some holidays in store for us this month. Let's see what's ahead as per Wincalendar!

1st... World Communion Sunday—this is something we can ALL do together, even if we are at separate churches. It is a wonderful, spiritual celebration, marking our salvation thru Jesus Christ!

4th...Saint Francis of Assisi—empathy, respect, service and love for all!

18th...Saint Luke, the evangelist, has a book in the bible which is named after him.

22nd...World Mission Sunday---Go ye therefore and teach all nations about God---then baptize them!

31st...Reformation Day—German Monk Martin Luther nails 95 topics for debate onto the church door. (the church door was the bulletin board of every community) Martin simply wanted to discuss 95 God thingies with any and all other learned men who were interested.

#### Puter Advice...How Does That Work?, dept.

Everyone has their own way of fixing things. I want to tell you how I do it.

You contact me. I say hello, and ask you what's going on. It is at this point that my ear is usually quite bent as I listen to you open up about your issues. I WANT you to tell me all about it. Once you have finished, I then want to ask you some SPECIFIC questions that I need to have clarified. This is when I am diagnosing the puter, so it is critical that I ask, and that you respond with accurate facts.

Some of the questions I will likely ask are these:

1. did you buy your puter new or used? (and when)
  2. what operating system are you using?
  3. what protective programs do you have installed? (anti-virus, anti-malware, virtual private networking, etc.)
  4. have you done any recent upgrades? (software or hardware)
  5. how much ram do you have? What cpu does your puter have? How big is your main drive?
  6. what do YOU think the problem is? (interestingly, I have found that most of the time, YOU are on the right track in your own diagnosis!)
- By this time, I usually have a pretty good idea of what is wrong. Armed with that, I can give you a quick overview of what is happening and what

it would take to fix it. That would be a good guesstimate of the labor, and the parts, if needed.

The ball is in your court now. You can ask me any questions at this time. (well, you can ask me anything at any time, but it is at this stage that the most questions are asked of me, which is just fine with me.)

At this point, I will ask to check your puter in person, in order to confirm my diagnosis. Once that is done, I tell you your options, if any. Then you tell me what you want done. I do NOT make that decision for you; it is YOUR puter and YOUR \$\$\$, not mine. On RARE occasion, some people have decided to replace it. Some have had me build them a new puter. Or a used one. (it can be done, and the cost is found to be very reasonable!) it all depends upon what YOU want. So, if I give you what you want, you will be pleased. If you are pleased, then I am pleased. What a wonderful feeling!

There is one more thing I want to say. I have always worked hard at making what I do as inexpensive and as well as I can. In other words, that what I do for you is what you would do for yourself.

As I wrote the above, I remembered something very important. I do not remember your name anymore, so I hope that you recognize yourself as being the one I owe \$\$\$ to. A computer that I was building for you was damaged beyond repair when it fell onto my concrete floor. You became understandably upset when I told you what happened. You had already paid me \$\$\$ . I asked you what you wanted me to do about it. I offered to replace it, or give you your \$\$\$ back. You never called me back. I would like to hear back from you, and to get this issue resolved. Please let me hear from you.

#### ME GO NOW!

This is an imperfect world, as I have often lamented.

I think we should all do all we can to ameliorate our problems that crop up between us, and set things right with each other. God can help us with that. Let's all share communion together on this Sunday, and let's all give each other our love! God bless us all richly!

IF YOU would like to avail yourself of some of Doug's puter advice (or talk about whatever floats your boat), please shoot him an email at: [fergusoncomputercorner@aol.com](mailto:fergusoncomputercorner@aol.com) please make sure that you put the phrase "I need puter advice" into the subject line, and include your local telephone number in your missive. Hearing from you will make his whole day!

## The EarthDance Organic Farm School Farming Apprenticeship is the teaching farm's flagship and longest running program.

Since 2010, teaching people to grow food in a hands-on, community-based way has been at the heart of the work of the non-profit, located on Dade Avenue in Ferguson and operating on the oldest organic farm west of the Mississippi. This historic property, now nestled in the path of St. Louis Lambert Airport, has been a seat of organic food production since 1883—before the Wright brothers invented human flight. The farm spanned over 120 acres at its founding and was farmed by three generations of the Mueller Family, who committed to growing without chemicals long before the word organic became trendy. In the 1950s, Al and Caroline Mueller became advocates for this natural way of farming which included using a team of mules to work the land, releasing ladybugs and praying mantises to eat the pests attacking their veggies, and growing food for taste, not shelf life. Sixty years of the Muellers' care for the land has built the farm's perfect crumbly, black topsoil.

After the last of the Muellers passed, EarthDance founder Molly Rockamann recognized the need to preserve the remaining 14-acres of this unique green space as a platform for education and community development. Today, EarthDance owns the farm and continues the Mueller's legacy through its certified organic vegetable, fruit, and livestock production, Pay What You Can produce offerings, and farming and gardening educational programs. From its origin on an acre of rented ground at the Mueller Farm in 2008, EarthDance has grown into a nationally recognized leader in farming education.

Rockamann had visited the land that would become the organic farm school with her father as a teenager. As she grew into her passions and interests, she studied environmental science and food justice, coming to know through education and experience that hunger is “not an issue of scarcity, it's a lack of democracy, and a matter of distribution.” She studied and worked abroad for several years and completed a tuition-based organic farming apprenticeship at the University of California, Santa-Cruz, which became the template for the EarthDance Farming Apprenticeship.

The EarthDance apprenticeship has evolved over the years, in the interest of ongoing justice, equity, diversity, and inclusion work. “We are striving to better meet the needs of people in our local community, while working on ways we can shift towards a culture that makes food sovereignty a reality,” Rockamann said. Originally a 6-month, part-time, tuition-based program, it has become a shorter, full-time, paid program in response to community feedback. It's ongoing work, and an ever-evolving program, as EarthDance works to equitably offer organic food, along with education & support to food-growers, educators, and community-builders.

There are many wonderful folks who have contributed to EarthDance over the years, including many who have completed the apprenticeship and gone on to spread the food, farming, education, justice, and community love, including farm managers, educators, food growers of all ages and scales, and even four people who are current EarthDance team members: Director of Impact Tiffany Brewer, Farm Manager + Educator Jena Hood, Farm to School Educator Joia Walker, and Production Assistant Jo Phillips! As part of an ongoing series, we'll be profiling alumni who have completed the apprenticeship.



Jake Smith during his apprenticeship at EarthDance

The first is Jake Smith, who completed the apprenticeship ten years ago, in 2013. Jake, who believes he was not born with green thumbs, has gone on to manage the farm at Seeds of Hope Farm in Spanish Lake, MO. This sliding-scale Community Supported Agriculture program aims to increase access to fresh food for families in the Spanish Lake area, considered a USDA food desert. Seeds of Hope also offers programming, including

a 6-month teen farming program, and monthly community dinners and cooking classes. Jake first visited Seeds of Hope as an apprentice at EarthDance. He says, “I'm very thankful for the EarthDance staff and program for giving me a rock solid foundation on which to start. I definitely wouldn't be where I am without them!”

He has since moved on from Seeds of Hope, and right now, is starting something new. Read on to learn more about Jake!

***What's your background with growing things, and can you tell me a little bit about your path to EarthDance?***

My grandpa was a farmer and my popsi (other grandpa) had a large garden and a basement full of mason jars. But I was a generation removed and had more fun playing wiffleball in the summers. So, I didn't have much background with growing things, save an impatiens that lived a suffered existence on an apartment patio I had in Jonesboro, Arkansas. While I was there I met a guy pretty fresh out of college like me who was building a gardening program at a school I just so happened to be working at. So I started helping him out there. I didn't quite get the growing bug there, but I did start to understand that I enjoyed working outside and that I didn't like the industrial food system; though escaping it seemed a little hopeless at the time. Eventually I moved to North St. Louis County, and happened to go to the Ferguson Farmers Market. Being a good boy I told my mom about it. Being a good mom she found EarthDance on the internet and told me they had an apprenticeship program. When I went to turn in my application I remember walking into the office which at that time was Molly's house. The rest I guess is history.

***What was your favorite part and what were your key takeaways for you from the apprenticeship?***

My favorite part was it just seemed so impossible that you could be at such a cool place even though you're constantly (and very rudely) being reminded that you're right by that dang airport. I grew up in a rural area, but it was corn and soybean land. To me, a farm was just endless fields and huge grain bins. But EarthDance was an actual place with actual people and dirt and things and you could even interact with the plants. You didn't need to drive a quarter million dollar tractor.

I don't mean this in any negative way but I think my key takeaway was that I didn't want to be a farmer. “Too hot. Too hard. I'll never learn all that.” I had immense respect for Josh and Stephanie (farm managers) and Matt and Rachel and everyone else seemed to already have a lifetime full of knowledge. I didn't figure I had time to catch up. I was thankful for my time there, of course, but I didn't have any idea that I'd be able to fully apply that to my life.

***Were there unexpected learnings/connections during or as a result of the apprenticeship?***

Just seeing that farming was a bunch of different systems was helpful. And understanding very simple things, like, plant, hoe, how harvest is done, whether you're smelling around the little herb garden, looking down a hundred foot bed, or taking a bird's eye view of the whole farm - you still have to do the same things. Also, seeing people from all walks of life, different ages and backgrounds and experience levels. It helped a lot to be around people who had had both a ton of experience and also zero experience.



The new farm he is starting at South Side in South Cape Girardeau

**How did these change or influence what has happened for you since then?**

It has definitely taught me that I can learn something about farming and gardening from anyone. Approaching both people and the land with the mindset that “there is much more to understand here” has helped me a lot through the years. And definitely learning to see actions as part of a series or part of a system has been hugely beneficial. Nothing is unconnected. It’s helped me particularly when designing post harvest setups and just general workflow, both of which can’t be understated.

**Will you tell me about your farming path since the apprenticeship, and tell me about your current endeavors?**

After EarthDance I apprenticed at Seeds of Hope Farm in Spanish Lake for two years under Gabriel Hahn. He left for Indiana pastures, and I was in the right place at the right time. I managed Seeds of Hope as a small CSA farm for six years before leaving this last winter for a new startup farm in Cape Girardeau, Missouri, called South Side Farms. This past fall I completed Midwest Permaculture’s design course which has also helped immensely as I set up the new farm.

**More on Jake’s current project at South Side Farms:**

South Side Farms is a working urban farm in south Cape Girardeau, Missouri. The purpose of South Side is to improve economic development, food access, and employment opportunities for the long-term community health by providing job training and educational opportunities for youth and families. As a designated “Federal Food Desert ” and “Opportunity Zone” through the state of Missouri, the vision for South Side is to bring long term sustainability and improved social determinants of health to the community members of south Cape. With the help of local community members, leaders and partners, South Side Farms plans to create food security, sustainable employment, opportunity and hope for a more prosperous future for the south Cape community.

For more information on South Side Farms, visit: <https://www.sfmc.net/foundation/south-side-farms/> (QR code?)



Ariel view of South Side Farms in South Cape Girardeau



## What’s Fresh: October

Joia Walker - EarthDance Farm to School Educator

EarthDance is letting you know What’s Fresh in October! The early fall weather here on the farm makes the continued hard work feel a little softer. We continue to welcome visitors from far and wide. Farm to School is really getting going, with our Agriculinary Interns from Innovation High School at Cool Valley having spent the month of September joining us for learning at the farm twice a week, and outreach visits to schools with our Freshmobile offering farm fresh cooking demonstrations to students, families and school staff. Visit [earthdancefarms.org](http://earthdancefarms.org) to schedule your school’s Freshmobile visit with Chef Joia

As the weather continues to cool down, we’re cooking up some tasty greens to give us the cozy, nutritious energy we need to get ready for winter. Greens, like collards for example, are high in fiber, aiding in digestion. They’re also packed with folate, which promotes healthy cell growth and function and carotenoids, which give your system a little immune boost. They also contain vitamins C & K and are high in iron and calcium. If you’re still not sold on greens, grab a bunch from our Pay What You Can Farm Stand, and try this tasty recipe from Bon Appetit! Cooking demo for Lincoln Ag Discovery Campers on the farm.  
Sautéed Collard Greens with Caramelized Miso Butter

### Ingredients

- 8 Servings
- 2 tablespoons white miso
- 2 tablespoons mirin (sweet Japanese rice wine)
- 2 tablespoons unseasoned rice vinegar
- 1/4 cup (1/2 stick) unsalted butter, cut into pieces
- 3 tablespoons vegetable oil
- 4 cloves garlic crushed
- Kosher salt (to taste)
- 2 large bunches collard greens, ribs and stems removed, leaves torn into large pieces (about 8 cups)
- Freshly ground black pepper
- lemon, quartered

### Preparation

#### Step 1

Heat miso in a large skillet over medium, stirring constantly, until it starts to caramelize and brown (it will be very dark), about 3 minutes. Add mirin and vinegar, scraping up any browned bits. Reduce heat to low and, stirring constantly, add butter one piece at a time; stir until emulsified. Transfer miso butter to a small bowl and set aside.

#### Step 2

Wipe out the skillet. Heat oil over medium and cook garlic, smashing with a spoon, until golden brown and broken into bits, about 4 minutes. Using a slotted spoon, transfer garlic to a small bowl; season with salt.

#### Step 3

Working in batches, add collard greens to the same skillet, tossing and letting them wilt slightly before adding more; season with salt and pepper. Cook, tossing occasionally, until all greens are wilted, bright green, and crisp-tender, about 5 minutes. Add half of the reserved miso butter and toss to coat.

#### Step 4

Transfer collard greens to a large serving bowl and drizzle with remaining miso butter. Top with reserved garlic and squeeze lemon over.

### Nutrition Per Serving

Calories (kcal) 126 Fat (g) 11 Saturated Fat (g) 4 Cholesterol (mg) 15 Carbohydrates (g) 7 Dietary Fiber (g) 2 Total Sugars (g) 1.5 Protein (g) 2 Sodium (mg) 166



# Digital Ferguson - I Know Some of You are Probably Doing This

by David Pickens

I suggest you to stop. It's true, if you are doing this you are in a lot of company, and excellent company at that. There are millions and perhaps billions of you. Good, decent people do this, for every reason under the sun, but mostly because it's easy, and the alternatives are not. No it's not a sin, but it might just get you into really big trouble some day. Yes I am talking about using the same password for every account on every Internet system account you use. Millions of people do this.

I'll go further, and suggest some guesses about that one password some of you use on every Internet account. The password might use words almost anyone who knows you can guess or discover about you. Your daughter's first name and birthday. Or maybe ilovejulie123. Or maybe like a boss I had use something very straightforward with perfect simplicity like abc123. When our system was upgraded and required eight character password minimum he changed his password to abc12345. For bonus points he loved to lecture me about the importance of security, while ignoring all my recommendations for actually improving it. No, I'm not still sore about that.

Now to my remaining three readers who are still with me, there is hope. Because amazing as this might sound, being security conscious right now is a lot like the Days Before We All Decided To Require Wearing Seat Belts When Driving. Back then, everybody hated seat belts, just like everybody hates passwords, and especially hard passwords, and even more especially having to remember them, and GOD FORBID changing them. But like using seat belts in cars, having good password habits is the most important safety feature you can use to keep you safe in the Internet age. And once you strap these on and get used to them, they'll not bother you as much as you might think.

## Habit One – Complex

Creating a complex password is not as hard as it sounds. I use a password generator at <https://untroubled.org/pwgen/ppgen.cgi> but you can do the same thing with a dictionary. First open your dictionary to a random page and pick out a word you like and can remember. Open up another page at random and find another word that you like and can remember. Capitalize one or both of the words. Make up a number and stick it in between your two words (or in front, or behind if you prefer.) Add a special character like !, \$, #, or other character somewhere. Then for fun go test your password on <https://www.security.org/how-secure-is-my-password> to see how long a robot hacker would take to guess your password. By this process I come up with: chef92Fling! And checking it with the password checker above it says:

It would take a computer about 46 million years to crack your password

There is one basic fundamental safety threat we are all facing as we drive on the information highway. There are millions of robots out there that do nothing but try day and night to crack into our accounts. We need to make that task impossible and complex passwords are the key to ensuring that they fail.

## Habit Two – Unguessable

Yes, unguessable is a word because I just used it as a word. If you follow the process above your password will be automatically unguessable. This is important because another basic fundamental threat we are all facing is that there are intelligent and even brilliant human beings who spend all their time night and day trying to figure out our passwords, using all the information about us they can gather. And this is only going to get worse as Artificial Intelligence is harnessed to systematically assist Bad Persons in this evil effort. And one huge reason this type of evil effort can be so rewarding is because we humans like to create passwords using our favorite child's name, or a special place, or pet. Spouse. Grandchild. Birthdate. Anniversary. All the stuff they can steal about us from Facebook. I know you are blushing with embarrassment. You know you need to stop.

## Habit Three – Unique

For each and every account there ought to be a unique, complex, unguessable password. If your bank, Amazon, Facebook, Walmart, and Yahoo accounts all have the same password, you are at the mercy of whoever has the weakest account protection security. It most likely isn't your bank. But your password sure could have been in the hands of hackers if you had a Yahoo.com account in 2013 when all three billion of their user accounts were compromised, which they didn't even fully admit to until 2017.

Here's where I admit, now that you fully hate me, that I have also always been suspicious of any software app or service that purports to save all your passwords. But I have a lot of them, and it's getting too much to handle. So I did a little research, and the most popular password manager – Lastpass – just recently got hacked in September of 2022, with affected users losing around \$35M so far. I hate being right so much of the time.

I've gone totally low-tech for this and use a dedicated address book, and write them all down. Amazon is under A, Brock's Candies under B, and Candyland is under C. I lock the book up at night, in case I'm attacked. I sleep like a baby.

*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@bigpurrr.com.*

**BEST HIGH SCHOOLS RANKINGS 2023-2024**  
**U.S. News & World Report Best High Schools**  
**STEAM Academy at McCluer South-Berkeley High School**

- Serving nearly 10,000 Pre-K-12 students
- Fully accredited
- 7 - PreK-2nd Grade Schools
- 6- Intermediate 3rd-5th Grade Schools
- 2 - 6th Grade Centers
- 2- Middle Schools 7-8th Grade
- 45 AP (Advanced Placement) courses
- Dual-college credit courses
- Cutting-edge STEAM middle school
- STEAM curriculum focused high school named on U.S. News & World Report Best High School list
- Little Creek 97-acre nature area
- Project Lead the Way Career Pathways at all four high schools
- 93% 4-Yr. Graduation Rate (Higher than state avg. of 89%)
- Student centered hands-on Learning through Internship (LTI) Innovation School
- 1:1 Technology
- Career and Technical Education programs
- Award-winning Early Childhood programs
- Red Tail Cadet Aviation Program exclusive for Ferguson-Florissant students



**FERGUSON-FLOISSANT SCHOOL DISTRICT**  
**Building Career and College-Ready Graduates**

[www.fergflor.org](http://www.fergflor.org)

### Federal agency awards Affinia Healthcare generous grant for COVID vaccines, treatment

ST. LOUIS, MO – COVID-19 is making an unwelcome return and cases are starting to increase. Affinia Healthcare has received funding to ramp up the battle against the virus.

The Health Resources and Services Administration (HRSA) has awarded Bridge funding to Affinia Healthcare to continue providing equitable access to COVID-19 testing, vaccination, and treatment to the uninsured.

Affinia Healthcare received \$172,152, the highest award amount for all community health centers in the state of Missouri.

“Our teams do tremendous work to ensure the community receives these services,” said Dr. Melissa Tepe, Affinia Healthcare Vice President & Chief Medical Officer. “I’m so pleased that our efforts are recognized and will allow us to help prevent COVID-19 infections and treat patients who need care.”

The Federal Drug Administration recently approved this season’s batch of COVID-19 vaccines and boosters, which will be available at Affinia Healthcare, tentatively in October. The funding will allow Affinia Healthcare to offer the vaccines and boosters at no charge to those without health insurance.

“As COVID numbers start to rise, awards like these will ensure our communities have access to these needed treatments,” said Dr. Kendra Holmes, Affinia Healthcare President & CEO. “We know how to minimize illness and deaths due to COVID; testing and vaccines save lives and keep people out of the hospital. This grant will help us put what we’ve learned into action.”



# Coming Soon to Ferguson!



## Affinia Healthcare

The new health center is scheduled to open October 2023!

The new Affinia Healthcare center will be located at 3396 Pershall Road, adjacent to the Emerson Family YMCA, and will offer:

- Pediatrics, adult/family medicine, behavioral health (mental & substance misuse), and dental care
- OB/GYN care
- WIC & lactation services
- Operating hours Monday thru Friday

For more information, visit [www.affiniahealthcare.org](http://www.affiniahealthcare.org), or call 314-814-8700.



## 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 fifth issue continues with an allegory of the Gospel  
[freedomcryinfo@gmail.com](mailto:freedomcryinfo@gmail.com) / [www.freedomcry.life](http://www.freedomcry.life)

[Treetoon.Com](http://Treetoon.Com) [Livingtreecare.Com](http://Livingtreecare.Com) [FreedomCry.Life](http://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

**Vehicle Preparation  
Changing from Summer  
to Winter Driving**

As the season transitions from summer to winter, it's essential to prepare your vehicle for the unique challenges that cold weather and adverse road conditions can bring. Proper preparation not only enhances your safety but also helps prevent potential breakdowns and inconveniences.

Here are some crucial steps to ensure your vehicle is ready for the change from summer to winter driving:

- 1. Check Your Tires:** Tires are your vehicle's main point of contact with the road, and their condition greatly influences your safety and traction. Switching to winter tires, designed with special rubber compounds and tread patterns to provide a better grip on cold and slippery surfaces, is a wise choice. If you're not using winter tires, ensure your all-season or summer tires have sufficient tread depth and are properly inflated. Underinflated tires can reduce traction and fuel efficiency. Additionally, consider carrying tire chains in your vehicle in case you encounter heavy snow or ice.
- 2. Inspect Your Brakes:** Winter driving often requires more frequent and precise use of brakes due to slippery conditions. Have your brakes inspected by a professional to ensure they are in optimal working condition. This includes checking brake pads, rotors, brake fluid levels, and brake lines. Addressing any brake issues before winter sets in can prevent dangerous situations on icy roads.
- 3. Top Up Fluids:** Cold temperatures can affect various fluids in your vehicle. Check and top up your engine oil, transmission fluid, coolant, and windshield washer fluid. In cold weather, using the correct viscosity of engine oil is essential for proper lubrication. Make sure your coolant mixture is appropriate for freezing temperatures, and use windshield washer fluid with antifreeze properties to prevent it from freezing on the windshield.
- 4. Test Your Battery:** Cold weather can put additional strain on your vehicle's battery, making it harder to start. Have your battery tested to ensure it's in good condition and holding a proper charge. Clean the battery terminals and connections to prevent any corrosion that could interfere with its performance.
- 5. Check Heating and Defrosting Systems:** A functional heating system is essential for your comfort and safety during winter driving. Test your heater, defroster, and climate control systems to make sure they are working correctly. Proper defrosting is crucial for maintaining visibility, especially on frosty mornings.
- 6. Pack an Emergency Kit:** In case you encounter unexpected challenges on the road, having an emergency kit in your vehicle can be a lifesaver. Include items like a flashlight, blankets, gloves, non-perishable snacks, water, jumper cables, a basic toolkit, and a first aid kit.
- 7. Review Your Insurance:** With the increased risks associated with winter driving, it's a good time to review your auto insurance policy. Ensure you have coverage that provides protection in case of accidents, vehicle damage, or breakdowns due to winter conditions.

Transitioning your vehicle from summer to winter driving requires proactive steps to ensure your safety and the reliability of your vehicle. Adequate tire preparation, brake inspection, fluid maintenance, battery testing, functional heating systems, emergency kits, and reviewing your insurance policy are all integral to a smooth and safe winter driving experience. By taking these precautions, you can navigate through winter's challenges with confidence and peace of mind.

As always, if you have any vehicle service needs, and do not have a regular automotive service provider, Robinwood Automotive would be honored to provide your automotive service needs. Happy Halloween!

**LIFE**

By Dr. Larry A. Brown

What is LIFE really all about? Has anyone ever accepted the model for living or have we decided that it is up to each of us to design how we will spend the time we have on Earth?

We believe that the definition for LIFE could be "Love Is For Everyone" You may notice that the first letter of each word, when put together, spells LIFE! It suggests that the unselfish desire of each of us to make sure that our neighbors have "Love", is the key ingredient that is necessary, in order for each of us to have an enjoyable time while we inhabit the Earth plane.. Doesn't that sound ideal, and doesn't that sound good? Doesn't that also make plenty of sense? Why is it then so hard for us to make every effort to structure the way we live so that this happens?

Could it be reasons that others have sought to instill in us or ways that others have taught us to live? Could it be ways to live that we have read about or conversations we have overheard? We need to start using our own senses of reason to analyze and arrive at answers to Life's questions, that are really necessary guides to our own ways of living.

As the world is brought closer to us because of new technologies, we are better able to actually see how we can help someone have a better experience in LIFE. We,, not only can see their situation, but we can witness and visualize how we can be a real blessing to their condition. Again, I will say that people feel better when they can help another one feel good!

I believe that we have been led to think that we must do all that we can to acquire things that show our neighbors that we are doing well, and we are to acquire material items in abundance as a sign of doing well. It doesn't matter if these " things " satisfy us or make us feel good. It is just the accomplishment that we have acquired and own these objects. ( What a false sense of comfort we have allowed ourselves to settle for!)

But we have learned that the real meaning of LIFE can be achieved only when we can use our life to benefit another. Then we both experience the Loveliness that LIFE has to offer and the co - experience becomes really meaningful. The sharing part is the real essence of LIFE itself.

If one misses this, then that person has not really gotten the full taste of LIFE. What have you done lately to make LIFE better for someone? Doesn't it feel especially good when one can see the smile on another's face or notice the relief another has received from our action?

If you have never done this, then you have not really had the benefit of experiencing LIFE's true potential. The joy released by such an action causes people to care about one another and allows progress to occur and society to expand.

If you understand this potential, but have no one to try this on, work through an organization like ours at [www.gracechapelministries.org](http://www.gracechapelministries.org) or send us an email at [gracechapeldevelopment@gmail.com](mailto:gracechapeldevelopment@gmail.com).

It is our responsibility to make LIFE a good experience for as many as possible, for as long as we can, while we can.

By improving the quality of LIFE for others, we actually improve the quality of LIFE for ourselves.



*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.*

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**Crossword Solution from page 4**

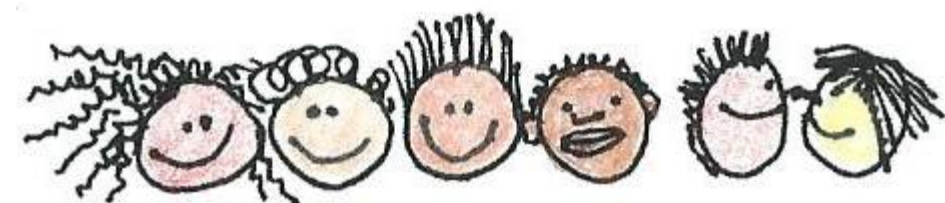
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**Financial Focus – Children and Money!**

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

Last month, I mentioned new innovations in moving money faster through our economy. Today using payment systems rather than actual cash seems to be making cash obsolete. And in some ways that makes me sad. Helping children learn about handling money and financial obligations should really begin while they are quite young. And teaching about money is much easier when you have the actual currency and coin. As children get older and have a job it may be a good time to start using money in a virtual form rather than cold hard currency. Having the foundation of understanding how money works can help young people going away to college for the first time managing their own finances with little or no parental supervision.

As a bank employee many years ago, I found myself working an information booth at a college campus during back to school week. Our primary goal was to coax students to apply for a credit card. I also felt a bit of a shyster knowing the trouble for college students racking up way too much credit card debt. Yet these potential customers would be likely to carry a balance and be more profitable for the bank than those who pay off balances every month. Learning to buy now and pay later is easy to do in the college environment. The belief that parents will bail them out often came true. However, it's hard to measure ruined credit in dollars and cents for those students who may get in deep and have no source to bail them out. If parents are co-signers or joint owners of a student credit card, they are likely to pay it off. When my daughter was in college she maxed out a couple of credit cards that I wasn't on and kept getting offers for more. She played the balance transfer game for a while before coming to mom with her sad story. I knew she was considered a good customer because she kept spending and paid the minimum balance. It also bothered me to think they were taking advantage of her youth to exploit her into spending more.

So is it a good idea to start those even younger off without the aid of money? My grandson told me he prefers larger bills like twenties because it is harder to spend the money and he does better at saving. He is twelve and has been working the past two summers doing yard work. It does make me proud to recognize that his parents seem to be doing things right. He is not using any of the new products to access his money. That may come later perhaps when he is old enough to drive. For right now he goes to the bank or drops off a deposit with his parents. He is able to see his account on-line with Mom's help and bragged that he has surpassed the four digit balance and now has over \$1000 in his savings account. He also keeps a little spending money at home. While we can't always agree with how he spends that money, it is his to choose. He has also admitted that sometimes his choices have become good lessons for what not to do.

Hopefully, he retains this attitude as he gets older and experiences more temptations on dealing with money.

Being older and possibly wiser, I do believe teaching money management the old fashioned way will provide the best tools for dealing with the modern methods in the future. Unfortunately, many young people have never learned the basics which are so important to understand. Ask anyone under the age of forty how often they balance their checkbook and they will laugh with some pity on those of us obsessed with being in balance. They seem to believe with strong conviction that banks don't make mistakes. And if an error is made some believe its finders keepers, losers weepers. Recently, I heard someone I regard as very smart. Yet when she explained how a mistake had caused her direct deposit to be doubled, she was very cavalier stating "tough luck" the bank can't take it back because they made the error. I asked about a situation where a banker had hit a few extra zeroes entering a transaction and it posted for \$10,000 instead of \$100 - would the extra funds belong to her? Certainly, she exclaimed it wasn't my error. When asked what if the extra \$9900 being deposited had been subtracted from her account instead, how should that error be handled? Well of course, that mistake should be corrected and the account refunded quickly along with any fees or issues like returned checks resolved to make her account whole again. Unfortunately, that isn't how it works in the real world the bank will make things right in either case, but if you spent the funds wrongfully deposited you would be required to pay them back.

That brief encounter, seemed to prove that financial literacy is lacking for many people? I've been involved with many organizations that have been trying to improve financial literacy for decades and yet we continue to hear how tough times are and how nearly 50% of Americans are ill-prepared to deal with a financial emergency of as little as \$400. And today most financial emergencies are likely to cost a lot more, so that may mean more people are having difficulty. Another piece of information we hear a lot regarding financial literacy is how little we save, it seems progress has made us more inclined to live for today and not worry about tomorrow. Instant gratification has led us into a buy now pay later attitude. Understanding the way to build wealth and provide for our retirement seems too boring or just hard. Learning about managing finances is one of the most important things you can do to help yourself. And anyone can do it there are a few simple rules that anyone can follow and one of the first is to start a regular savings plan. Having the knowledge about interest, loans and savings can be learned by anyone willing to take the time. The benefits are enormous, so don't let anyone convince you that you must see an expert. Taking the time to increase your knowledge will help you choose the best for your own circumstances. Next month, I'll share ideas for creating an emergency savings account and teaching your children to save too. 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.



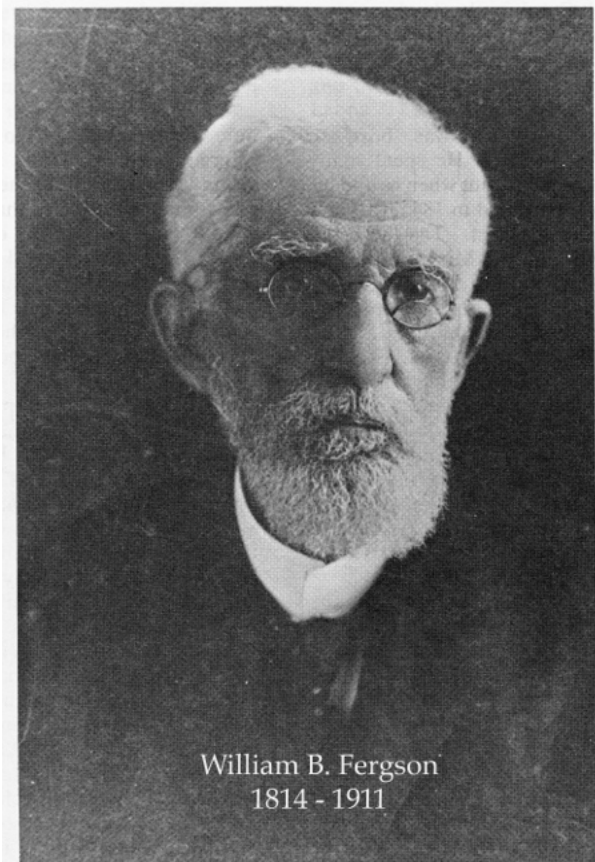
For the next several months our articles will steer away from places to people. The History House has a wonderful book, "History of Ferguson"-compiled by the Ferguson-Florissant School District. In it are many oral histories told by early residents of Ferguson. We are going to take a look at some of the stories told by these people. There is a note of caution, some language used may no longer be appropriate or is confusing. If needed, we will make corrections in italics. We will also be editing the stories for length – you can note this by a series of . . . So – enjoy these stories of Ferguson’s past.

Our featured story-teller for this month is Henry Behle – as told in 1972. "I want to talk about the history of Ferguson. It’s been my hometown all my life." Here Mr. Behle begins telling the story of one of Ferguson’s early doctors. "Dr. Hereford . . . there was a man from Florissant stranded in Ferguson one night. He went to Dr. Hereford and told him that his wife was seriously ill and if he would come out to Florissant to see her. . . He hooked up his horse and buggy, hopped in and took off for Florissant. . . he said a night call would be \$3.00. . . When they got to the man’s house in Florissant, the fellow got out of the buggy and handed the doctor \$3.00 and said ‘my wife is not sick’ I could not figure out any other way how to get to Florissant that night." Cab service was not available in early Ferguson.

In a second story - "Some of the older men told me this story. There was an elderly lady . . .by the name of Mrs. Drew. . . at that time Jesse James came through the neighborhood and he happened to stop at the lady’s house. The lady complained to Jesse James that she was going to lose her home. Jesse said, ‘Oh, I wouldn’t let anything like that happen to you’. ‘How much money do you need?’ And she said \$800.00. He put his hand in his pocket and drew out a roll of bills, counted out \$800.00 in cold cash and he said to the lady, ‘I’ll give you this money – all I want you to do is to let the man know to be here tomorrow before noon as you had his money for him and when he comes, be sure that he signs the note paid and gives you a receipt for the cash money.’ The lady did what Jesse said . . .the man showed up . . .He gave her a receipt . . . and started out for home. Jesse James waited for him and held him up and took the \$800.00 away from him. This is the only story I have heard of Jesse James being in the Ferguson area as Jesse was mainly a mid-Missouri to western Missouri person. Remember, these are stories. Jesse died in 1882 – so this encounter had to be early in Ferguson History. Jesse was often remembered as a "Robin Hood" – one who took from the rich and gave to the poor. This "Robin Hood" story was pure fiction – We now know how Jesse gave to the poor and took from the rich.



Jesse James



William B. Ferguson  
1814 - 1911

Mr. Behle next talks quite a bit about Mr. Ferguson, namesake of the city. "The road to drive south of Ferguson was known as the Old Florissant Road years ago. It went down through the farms . . .and winding around to avoid

the hills . . . and across the Moline Creek onto Elizabeth Avenue then to Washing Avenue known as the Old Florissant Road. That was the very same road Mr. Ferguson traveled in his covered wagon with his bride when he came from Ohio. He traveled the Old Florissant Road into Ferguson and landed about where J. C. Adam’s home is now." Next time you head north past the old Universal Match Factory and under the railroad bridge along Elizabeth – take a look to your right and you will see the area where Ferguson actually began.

Finally, Mr. Behle tells a little more about Ferguson’s beginnings and his family relationship. "When the Civil War as over and the men returned, Mr. Ferguson built a large house on Darst Road and made living quarters for my father – then there was three families living in Ferguson at that time . . .Mr. Ferguson got an engineer and laid out the streets in Ferguson and by that time the railroad was in operation and he was ready to start a city. He built small houses all along Florissant Road and along Adams Avenue – sold them, rented them – just to get a population in Ferguson. . . St. Louis wealthy. . .built 8-10 room two story home sites. . . and had to have a horse and buggy for transportation. Most of them had a cow as they could not buy milk in the stores and they had a yard man to take care of the vegetable garden, the lawn and the livestock. By 1894 it was incorporated as a city and showed that it made progress very fast." There



may have been more than three residents – we do not know the year Mr. Behle is referring to as he is obviously not yet born in this story.

Next month we will feature some additional memories by early residents of Ferguson.

These Stories come from documents in the Ferguson Historical Society archives.

Membership in the Ferguson Historical Society is open to anyone – the price is \$20.00 to \$50.00 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."



## From Abandoned to Vibrant: Refuge & Restoration Opens \$20 Million R&R Marketplace

*R&R realizes dream of turning an abandoned plaza into a unique model for community economic development and empowerment*



**Dellwood, MO** (September 14, 2023) – Refuge and Restoration nonprofit is today celebrating the opening of R&R Marketplace, a \$20 million community economic hub designed to meet the needs of the North St. Louis regional community for economic development and empowerment. Phase One opens today and includes a career development training center, a co-working innovation center, an addiction treatment center, an early childhood education center, a restaurant, and a bank. The Marketplace opens today in an area that was nationally known in 2014 as the center of the Ferguson uprising, and will add approximately 56 jobs to the area. Refuge and Restoration looked for tenants and partners that wanted to change the narrative of the St. Louis region drastically, and that would both fulfill needs within the community and also find synergy in working together to cultivate the brilliance already within the community. R&R rehabbed and restored the abandoned Springwood Plaza in Dellwood to create the R&R Marketplace.

“Our hope is that R&R Marketplace will help lead systematic change for St. Louis, bringing new economic strength in a space that needs and warrants attention,” said Pastor Ken Jenkins, Board Chair and one of the founders of the nonprofit Refuge and Restoration. “The success of our work and our collaborations with partners will result in increased capital investment, new companies attracted to the region, and accessible and equitable pathways for opportunities. Together these outputs will translate into new, quality jobs, greater wages, and upward economic mobility for individuals of all backgrounds and specifically the St. Louis County region.”

Partners were vital to the success of the project, including Midwest BankCentre, which both provided financing and is today opening their first-ever Innovation Centre – a branch focused on testing new ways to cater to all customers, but in particular to better serve traditionally underserved markets. “We call this branch our Innovation Centre because that is where we will be piloting new products, services, and technology,” said Orvin T. Kimbrough, Midwest BankCentre’s Chairman and CEO. “This branch will help us focus on more moderate-income working men and women who represent a growing segment of the consumer base.”

The R&R Marketplace is inclusive of multiple pillars that will provide access to opportunity, and all services are open to the public. The redevelopment, a mix of new construction and rehabilitation of existing buildings, will bring 88,000 square feet to life, bringing much-needed education, asset-building, and career-training opportunities that will be available throughout the R&R Marketplace.

“Opening the R&R Marketplace in St. Louis County with a host of collaborative partners including Midwest BankCentre, the Assisted Recovery Centers of America (ARCA), and Cathy’s Kitchen is an incredible accomplishment for a grassroots organization. We are proud of our city and proud to set roots in this amazing community of supportive residents and businesses,” said Beverly Jenkins, R&R President and CEO. “There are many things we could have hoped to accomplish, but to get here to open The Marketplace is a pure victory. You are looking at a miracle on display for our city of St. Louis, our community, for every minority- and woman-owned company that has worked on this, and the many grassroots nonprofits that have worked hard to make this dream a reality.”

“This is a groundbreaking community development project,” said Reggie Jones, mayor of Dellwood. “As mayor, I am thrilled to witness the launch of this exciting and innovative project that aims to enhance the city of Dellwood. The vision behind it is to create a vibrant, mixed-use community that fosters social interaction, promotes community, and increases the quality of life for our residents. The project will be in a prime area, offering convenient access to essential amenities. Along with the Board of Aldermen, I remain committed to commercial initiatives like this that encourage residents to connect, collaborate, and contribute to the overall well-being of this great city of ours.”

The R&R Marketplace focuses on five pillars: education, workforce, small business development, banking, and community resource center:

- **Brilliant Angels Academy**, R&R’s early childhood education center, will provide early childhood education that ensures high-quality programs staffed with well-educated, responsive teachers with strong backgrounds in child development and emotional responsive practices. The Center will serve 80 preschool-aged children, serving the needs of 80 families per year.
- **Employ St. Louis**, the career development center, will provide access and a pathway to underutilized labor pools, a bridge between future employees and local companies and corporations. Through soft skills training Employ St. Louis will open up career pathways with a continued focus on the trades, geospatial, medical, and technical careers. Employ St. Louis will train approximately 480 adults and 300 youth annually.
- **North County Innovation Center**, an entrepreneurial, co-working facility will offer a variety of dedicated offices, a commercial kitchen, phone booths, networking, training, and increased opportunities for established business entrepreneurs. The co-working spaces will be a model to launch and grow successful small businesses, increase jobs, and improve the community, by offering business training, coaching and shared services.
- **Midwest BankCentre**, St. Louis’ second-largest privately held community bank, will provide financial services through its first-ever Innovation Centre, a new concept branch that focuses on testing new products and ways of banking to better service customers to help more people access reasonably priced capital to buy homes, start or scale businesses, fund educations or secure small-dollar loans.
- **R&R Multiplex** will host a church, community partners, and structured opportunities, including but not limited to mental and physical health services, healthy food access, events and the arts. In addition, the facility will have space for community meetings, counseling, a computer lab, media production, a theater, and an event venue space.

Each of the above services work with one another as well as partners to build solutions and remedy social and economic disparities. Other inaugural tenants include Cathy’s Kitchen To-Go and ARCA. Construction on Phase Two of the R&R Marketplace is set to begin next year and will include construction of the R&R Multiplex facility, which will house offices for R&R Church and community partners, serve as a much-needed community and educational events venue, offer additional behavioral health connectors, arts and theater programming, video and media production, and a demonstration commercial kitchen offering health and nutrition classes and commercial kitchen use and storage for caterers and food trucks. This phase will also include a small library and computer lab and a café.

Refuge & Restoration has managed a career training program for two decades and has led more than 3,000 individuals to stable and meaningful careers. R&R has spent the last ten years developing a sustainable economic model in a multi-use facility to create access to equitable opportunity. To support R&R’s mission, visit [www.rrmarketplace.org](http://www.rrmarketplace.org).

### About Refuge and Restoration

Refuge and Restoration created the R&R Marketplace in the Dellwood/Ferguson community for the purpose of creating equitable access, reversing disinvestment, and cultivating innovation in the region. Through a multiple-pillar marketplace, R&R provides co-located opportunities for individuals, families, and businesses in our region. R&R is working to holistically build a transformative North St. Louis County through the North County Innovation Center (co-working facility), Employ St. Louis (career development training center), Brilliant Angels Academy (Early Childhood Education Center), Midwest BankCentre, Cathy’s Kitchen, Assisted Recovery Centers of America, and the R&R Multiplex (facility for physical and mental health, a church, arts and theater, video/media production, healthy food, nutrition, and fitness classes).





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