



# Ferguson

## NEIGHBORHOOD

2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021

## Tis the Season!

It's hard for me to fathom this is the end of our third year producing the Ferguson Neighborhood News.

We could not get this to press if it wasn't for our wonderful advertisers. Month after month they continue to fund our efforts to bring news that is not depressing. While we lose some sponsors, others come on board and that is a true blessing to our community. As our readers know, the City pulled their sponsorship earlier this year and we thought that would be the end of the paper. However, we have been blessed with support so we could remain a positive force in a world that seems to have come unhinged.

First, I would like to thank all our advertisers who have been with us since day one. You are the best! To our advertisers who have left, we thank you for working with us and we pray your business will thrive.

To our new advertisers, a big thank you for considering advertising in our humble newspaper. We hope this will be a long lasting relationship.

For those businesses that have not advertised with us, we would really love to have your business on our pages.

Next, to all our contributors whom sometimes struggle with our deadlines, you are so appreciated. I too struggle getting this paper formatted and laid out either finding space or trying to fill space. It's always a new adventure.

To the new columnists that have joined us recently welcome and thanks.

And to those who donate, you are truly the angels of the community.

There is no way we could accomplish our mission of providing the Ferguson Neighborhood News to you our readers without the unsung heroes who are behind the scenes:

Danielle Henderson handles all the billing and she is such a sweet lady who told me the other day that she never thought she would be a bill collector. She is not only sweet but savvy also. It's great to have you on our side. Thanks Danielle.

Mary Haux for her consistent work with the ads that need to re-sized or created from scratch and her help pointing out my formatting errors. As always, thanks Mary!

Mike Noelker delivers the papers to all the newsstands. Again, without him, it would be a nightmare for me. Thanks Mike!

Bob McGartland keeps me grounded to the task and is invaluable. Bob is one of those who truly thinks of everyone else before himself. Thanks Bob I appreciate all you do.

As we approach the holidays, I pray we all take time to appreciate all of those who help and support us each and everyday.

Wishing you Peace, Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and a blessed, safe, and prosperous 2024.

Papa Deau

JOIN US FOR AN AFTERNOON OF

# CHRISTMAS CAROLS IN FERGUSON

SUNDAY, DECEMBER 3RD | 3:00PM-5:00PM  
BTC PARISH CENTER 150 N. ELIZABETH AVE.

CHRISTMAS CAROLING THROUGH THE STREETS OF FERGUSON!  
FAMILY, FREINDLY EVENT WILL GATHER IN THE PARISH CENTER TO BEGIN.

5:00 PM CAROLERS WILL RETURN TO BTC PARISH CENTER FOR HOT CHOCOLATE AND TREATS.



**DECEMBER 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, Dec. 2 at 10 am</b> <b>Wednesday, Dec. 13 at 10 am</b></p>	<p><b>PAINT POUR ORNAMENTS</b> Make a colorful swirly ornament! For children and teens. Register at <a href="http://bit.ly/fmplornament23">bit.ly/fmplornament23</a>. <b>Thursday, Dec. 14 at 6 pm</b></p>
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**ADULT EVENTS**

<p><b>DEALING WITH HOLIDAY STRESS</b> Learn tips on how to navigate the holidays stress-free. <b>Tuesday, Dec. 5 at 6 pm</b></p>	<p><b>READINGS ON RACE BOOK CLUB</b> We will discuss <i>Cherish Farrah</i> by Bethany C. Morrow. <b>Monday, Dec. 11 at 6 pm</b></p>	<p><b>CONVERSATIONS AND COFFEE</b> Come discuss the topics of the day over coffee! <b>Tuesday, Dec. 12 at 6 pm</b></p>
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**ALL AGES EVENTS**

<p><b>WINTER READING CHALLENGE</b> Snuggle up and read this winter! Pick up a reading log, track your reading, and return your log for a reward and a chance to win a \$50 gift card! <b>December 11 - January 27</b></p>	<p><b>FLIERS TRINKET SALE</b> Find unique gifts at great prices! <b>Friday, Dec. 1: 9-5:30 pm</b> <b>Saturday, Dec. 2: 9-3 pm</b></p>
<p><b>DECEMBER CRAFT KITS</b></p> <ul style="list-style-type: none"> <li><b>Dec. 11-16:</b> Paper Circle Ornament</li> <li><b>Dec. 26-29:</b> Paper Bag Star</li> </ul> <p>Pick up a free kit while supplies last!</p>	<p><b>CULTURAL CUISINE</b> Register at <a href="http://bit.ly/fmplcultural23">bit.ly/fmplcultural23</a>. <b>Hanukkah Treats: Dec. 6 at 6 pm</b> <b>Holiday Candies: Dec. 13 at 6 pm</b></p>

**THE LIBRARY WILL BE CLOSED DECEMBER 23-25 AND DECEMBER 30 - JANUARY 1 FOR THE HOLIDAYS.**

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



## December Celebration Shout-outs

- 1 - Happy Birthday Jeanne Long
- 6 - Happy Birthday Liz Helldoerfer
- 11 - Happy Birthday Henry Bowes
- 20 - Happy Birthday Betty Vogt
- 20 - Happy Birthday Pete Nadeau
- 22 - Happy Birthday Patty Thomeczek
- 23 - Happy Birthday Sr. Cathy Doherty



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

## December at a Glance



- 1,2 FLIERS Trinkets and Treasures Sale (see ad page 3)
- 2 Ferguson Historical Society Open House
- 8 Hanukkah (1st day)
- 14 Jeske Park Neighborhood Association Meeting 7PM
- 14 Holiday Lights Tour in Ferguson
- 16 Ferguson Indoor Winter Farmers Market 9AM-12PM
- 16 NorthHills Neighborhood Meeting 10AM
- 18 BTC Bingo Night 7 - 9PM
- 21 West Neighborhood Association Meeting 6PM
- 25 Christmas Day
- 26 Kwansaa
- 25 South West Neighborhood Meeting 6PM
- 28 South Central Neighborhood Meeting 6PM

**PLEASE HELP BY SUPPORTING OUR ANNUAL TOY AND BIKE DRIVE!**  
 Hosted by Haywood Hoosman Realty and the  
 Hubert H. Hoosman Circle Of Excellence Scholarship Foundation

**PLEASE DONATE WRAPPED TOYS, BIKES OR TRIKES  
 AND DELIVER TO:**

**Haywood Hoosman Realty**  
 313 S Florissant Rd  
 throughout December up to Dec 23.

*We also will accept winter coats, hats, and socks.  
 All donations will go to the 100 Most Needy Families  
 in the Metropolitan Area.*

### FERGUSON HISTORICAL SOCIETY DECEMBER EVENTS!

**Dec 2nd - Holiday Open House**  
 10am-4pm at the History House, behind the Community Center. Join us for history, cookies made from Victorian and Mid Century recipes, enter a drawing, and other holiday surprises! FREE

**Dec 14th - Holiday Lights Tour in Ferguson**  
 6:00pm - Meet at the History House for light refreshments. Jolley Trolley will pick us up at 6:30pm for a tour of Ferguson holiday lights and interesting holiday stories. \$15. For tickets, email [marebake@sbcglobal.net](mailto:marebake@sbcglobal.net) or call 314-332-5546.

Coming up Feb 5-9, 2024 - "The History of Slavery in St. Louis"  
 FHS will host this special exhibit borrowed from Grant Historic Site. Watch for more info.

**Thank You! Thank You! Thank You!**  
 To Dorothy for your generous donation.  
 We are blessed to have readers such as yourself.

**PRAY FOR PEACE**

### CITY OF FERGUSON CANDIDATE PETITIONS AVAILABLE - NOVEMBER 1, 2023 ELECTION NOTICE - APRIL 4, 2023

The City of Ferguson, Missouri, will hold an election on Tuesday, April 2, 2024, for the office of Council Member Wards 1,2,3 for a 3-year term. Any person wanting to file a declaration of candidacy for this office must submit a petition signed by at least 50 and not more than 75 registered voters. The petition forms will be available in the City Clerk's Office beginning November 1, 2023, and may be picked up at any time during regular office hours.

The petitions shall be submitted upon the filing of a declaration of candidacy but must be submitted no later than 5:00 p.m. CST on December 26, 2023, and must be accompanied by a \$10.00 filing fee, which can be returned if the candidate receives at least 5% of the votes in the election.

The petitions and declarations of candidacy must be filed with the City Clerk at Ferguson City Hall, 110 Church Street. Under State Law, declarations of candidacy will be accepted starting on the opening date for filing and will not be accepted after the last date for filing. Candidate filing for the Ferguson City Council will open at 8:00 a.m. on Tuesday, December 5, 2023, which date is the seventeenth Tuesday before the election. Candidate filing will close at 5:00 p.m. on Tuesday, December 26, 2023, which date is the fourteenth Tuesday before the election. For further information, please call the City Clerk at 524-5152.

CITY OF FERGUSON  
 Octavia Pittman, City Clerk

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**

## Uncle Tink and the Greatest Christmas Gift Ever

By Michael Pierce

The first Christmas I can actually remember was in 1966. I was five years old, and I got the Greatest Christmas Gift Ever from Santa.

It was a battery-operated jet plane. Turn it on and it rolls around the floor making jet noises. Flashing lights inside and outside blinked brightly. Red lights on the rear of the engines had sparks flying out of them.

Uncle Tink and his family were at our house for Christmas. He liked to tinker with things, hence the 'Uncle Tink' moniker. He liked to take things apart, to see how they worked, and put them back together. Sometimes the thing would work after reassembly, sometimes it didn't.

Uncle Tink was eyeing the Greatest Christmas Gift Ever.

"I wonder how that thing works?"

I looked at my dad with pleading, puppy dog eyes. Dad looked at me with regular eyes.

"Don't mess with it Tink. It's brand new," dad said.

Uncle Tink picked up my jet plane, and he proceeded to disassemble it with his Swiss Army knife. I watched, helplessly, as he performed a mechanical autopsy on my plane, laying the parts on the kitchen table. He would occasionally look at a part, mumble something like 'hmpf,' then put the part on the table.

About four hours later my Greatest Christmas Gift Ever was, somewhat, reassembled. There were parts still laying on the table. Uncle Tink put the four D cells back in and handed it to me. I put it on the floor, flipped the on/off switch to on.

My favorite new toy made a grinding noise, then it proceeded to spin in a circle. None of the lights worked. No sparks were flying from the engines. I looked at my dad. I looked at Uncle Tink. Dad and Uncle Tink eyeballed each other.

"How much?" asked Uncle Tink.

Dad told him the cost. I wondered how he knew the cost since it came from Santa.

Uncle Tink pulled out his wallet and handed over the cash. Dad came home from work the next day with a new jet plane, and I was, once again, happy.

My mom and dad are both gone now. Uncle Tink recently became a great-grandpa. He's nearing his mid-eighties now, so he doesn't remember a lot of things, short term, or long term. Uncle Tink, one of my other uncles, and their sister, are all that's left of my grandparents' kids on that side of the family. There were originally eight of them.

I saw Uncle Tink last Christmas. I had to remind him who I am, then I started talking about the Greatest Christmas Gift Ever. His eyes finally lit up as we talked about that toy, and we both had a good laugh.

That's when I realized what the best Christmas gift really is. It's being able to sit with my aunts and uncles and re-tell these stories and listen to their stories. They're all approaching their final sunsets, and I cherish the time I can still spend with them.

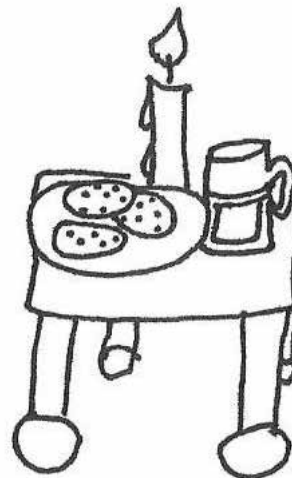


**FERGUSON INDOOR  
WINTER FARMERS MARKET**

**Dec 16, 9am-12pm**

*Produce, baked goods, gifts, live music, and SANTA!*

*Every third Saturday through April at St. Stephen's Church, 33 N. Clay*



**FLIERS (The Friends of the Ferguson  
Municipal Public Library)  
Trinkets & Treasures Sale**

Featuring vintage goods, gift-quality items, books, jigsaw puzzles, and more!

Friday, December 1: 9:00AM-5:30PM  
Saturday, December 2: 9:00AM-3:00PM

Ferguson Municipal Public Library  
35 N. Florissant Road, Ferguson, MO 63135

For info, call (314) 521-4663

### 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."

### Paper Available at the following Locations:

We have paper stands at:

Ferguson Community Center  
Robinwood Automotive  
Schnucks in Ferguson  
Dellwood Rec Center  
Ferguson Library  
Ferguson City Hall  
Reds BBQ  
Ferguson Brewing  
Ferguson Style & Spa  
Florissant Valley Community College  
Drakes Place Restaurant  
Ferguson Farmers Market  
Paul's Market

### ADVERTISEMENT DISCLAIMER

The Ferguson Neighborhood News supports our local businesses by following fair and equitable advertising guidelines.

The paper does not endorse or recommend any business that advertises with the paper.

Please do your due diligence before engaging to do business with any company.

# CROSSWORD

## Branching Out

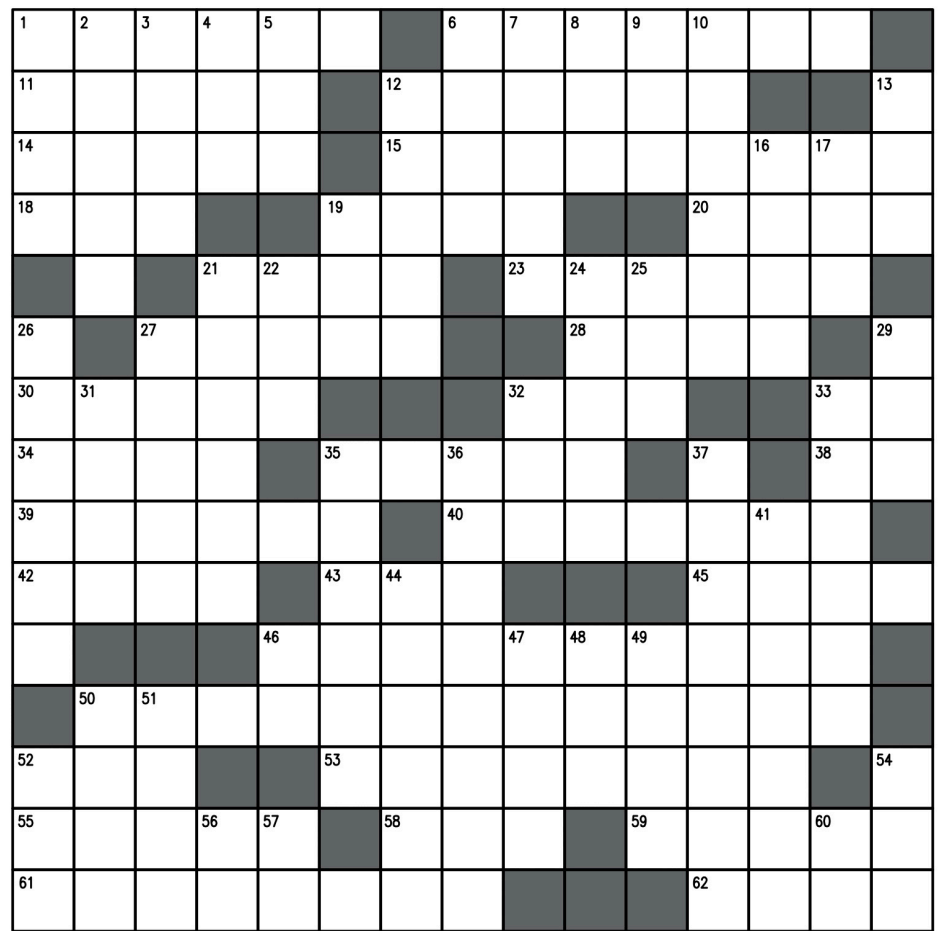
By Robin Shively

### ACROSS

1. Word before city or Act
6. Luft's mother\*
11. Salute
12. 'Flashdance' song
14. Clarence in 'It's a Wonderful Life'\*
15. Aubergines
18. Inlet
19. Type of exam
20. Hen pen
21. Non-clerical
23. Die
27. Frivolous
28. Meander
30. Likeness
32. Quaker bit
33. Sun god
34. Harmonic quartet name
35. Makeup of 36 out of 88
38. May be a PSA
39. Religious title
40. It's spelled out in a song
42. Blue Bell alternative
43. Noted diarist
45. Vassar, but not Eton
46. Black's band
50. Something adorned with answers to the 6 \*clues
52. Gothic writer who attended West Point
53. Vacation souvenir
55. "Skyfall" singer
58. I.C.U specialists
59. Brief, vigorous fight
61. Pertinent
62. Trademarked repellent

### DOWN

1. Antares or Sirius\*
2. Classic architectural order
3. Heroic epic
4. Half of a fly
5. Type of certification noted on cord labels;  
in lieu of or in addition to UL
6. Musical Lady
7. Anagram of 14 across
8. Tear
9. Data's offspring
10. Wattle tree
12. Benevolent compassion
13. Sixth sense
16. A standard
17. Hallux
19. 'Lorenzo's \_\_', 1992 film
21. Ignites\*
22. It may be imperial or pale
24. They can see right through you
25. Weed
26. \_\_ town; nickname for Los Angeles\*
27. Cheeky
29. Abe's son
31. \_\_ of Orleans
32. The loneliest number
33. \_\_ for everyone; label on Mario Kart or Pokemon
35. Hemmingway or Borgnine
36. Garnish\*
37. Happened again
41. 'Les Miserables' girl
44. Apprentice
46. 7th on a scale
47. Musical Mama
48. Devil follower?
49. Name seen in many elevators
50. Cipher
51. Bread end
52. An accepted standard
54. This is worth 10 points in Scrabble
56. \_\_ Mans
57. A Tesla, for ex.
60. Variant for 46 down



Solution on page 13

## Communication is Key

There are some key phrases that may either put someone on the defense or lead to an argument. I call them the phrases I really hate:

- You're/That's wrong
- I can't believe you think that
- You never/always
- That's stupid
- My way is the only way
- You need to
- I don't care/it doesn't matter
- You're just overreacting/too sensitive
- That's a waste of time

With the holidays on us I pray we all try a little patience with our friends, colleagues, and mostly family.

Instead of the above phrases, try using something not quite as abrasive:

- I see where you're coming from
- Help me understand
- I don't agree, can we find some common ground
- Tell me about your ideas
- How do we work together to find a solution

Maybe this should be one of my New Years resolutions because I'm guilty. It's something I know I have to work on. As I get older I get more and more like a bad doctor: I keep losing my patience.

Papa Deau

## A Random Act of Kindness

Tis the season for us to test our smoke detectors, so we contacted the Ferguson Fire Station #2 next to our complex.

They came only to find our alarms were more than 10 years old. The fireman told my husband they usually have detectors, but were currently out. The captain assured us, if we purchase our own, they would come back and install them.

True to their word, three (3) of "Ferguson's Finest" came.

When they were finished, being raised be polite and grateful when someone renders any kind of service, mind your manners and offer a thank you. So, we asked if we could buy them lunch. In unison, they said: "Oh no ma'am it's our pleasure, you just keep smiling".

The three firemen were Captain Steve, Andre, and Mike. Well, we are still smiling. Perhaps. If you do the same, who knows, you too will the V.I.P. results.

Happy Holidays to you from the Snider family. (Residing in Ferguson for 30 plus years).

*Editors Note: Again I was blessed when Miss Dorothy stopped by with her son to drop off her note of thanks. I always love meeting readers. Merry Christmas to the Snider family.*

**EarthDance**  
ORGANIC FARM SCHOOL

**Fund a Future Farmer  
this giving season!**

Celebrate 15 years of Ferguson-grown good food with a gift to EarthDance.

**Scan to give!**

Make a gift of \$50 or more and receive a limited edition Firecracker Press postcard print of an EarthDance farm scene!

Or mention this ad (for your free gift) and mail your donation to:  
EarthDance Organic Farm School  
233 S. Dade Ave  
Ferguson, MO 63135



# Hello Ferguson!

by Marian Linck

While preparing to think about what I was going to write this month I shared my dilemma with a gentleman that works in the Pro Shop at Norwood Hills Country Club. He started talking about how Missouri has 12 Seasons. I was already considering writing about how much I enjoy Autumn but could not resist sharing this first. I have no doubt that most of you have heard about the 12 Seasons, but I think it deserves repeating.

“Winter, Fool’s Spring, Second Winter, Spring of Deception, Third Winter, The Pollening, Actual Spring, Summer, Hell’s Front Porch, False Fall, Second Summer, Actual Fall”



I absolutely love summer. I enjoy sunshine. I enjoy my pool in spite of the extra work and time it requires. By mid-September I am tired of being hot and sweaty. I am tired of scraping algae off the sides of my pool. I begin to look longingly at my sweatshirts and jeans.

When I went to Greece this past September for 10 days, I was sure I would return to the beautiful fall weather we enjoy in Missouri. I was sadly wrong and disappointed. It was still HOT. I should have kept my pool up and running. What the heck?

Fall in Ferguson brings us beautiful trees of gold, red, and orange. Fall brings acorns and squirrels sitting on the deck having a snack. School buses go roaring down the street regularly in the fall.

Fall brings Halloween and the hundreds of children and their parents who know that North Clay in Ferguson is friendly, welcoming, and generous with their candy. One Halloween my cousin invited her dear friend to enjoy Halloween at our house. This man held Halloween very dear to his heart because October 31st was the day his physicians declared him “cancer free” after a lengthy battle. His firm request from every “Trick or Treat” was a joke or a song. No performance equaled no treat. If a child did not have a joke, he would give them one with instructions to share that joke at the next stop. He sat at the bottom of our front steps and had children lined up to the corner and beyond. It was a memorable Halloween.

The Sausage Supper at Immanuel UCC on Church Street is proof that fall has finally arrived. We attended this year as we have nearly every November since moving here in 1999. I am happy to see all the families that continue to attend the supper even after having moved away many years ago. I watch friendships rekindle. I see many reminiscing about the good old days in Ferguson. The sausage never disappoints. It is always delicious. I rarely eat mashed potatoes and gravy, but I make an exception at the sausage supper. We usually bring a group. Some years we had as many as twenty people meet at my house or at my cousin’s house on Maple. This year we were eight. The afternoon begins with a beer or a cocktail, a little chit chat then we walk down to Immanuel UCC hoping we will be able to walk back after gorging ourselves on sausage, mashed potatoes, green beans, and applesauce. Oh, and we cannot forget the desserts. This year we “sweet talked” the driver of the shuttle golf cart for a ride home. Once home we patted our full tummies in front of the fire pit on our deck and shared stories of the old friends, fellow parishioners, and teachers we had seen that afternoon. It was an enjoyable time, as it always is.



Fall is rediscovering favorite sweaters and sweatshirts. Fall is wearing long jeans, and it is with pure joy that I slip my foot in a pair of UGGs on a cold Autumn morning. I have cleaned the closets and replaced the sleeveless dresses and t-shirts with long sleeves, jeans, leggings, and tights. I have yet to sink my foot into the wooly pair of UGGs. It just has not been that cold yet. I may have to wait for winter.

As winter approaches, we prepare for Thanksgiving and Christmas. Autumn is that short quiet simple time between all the busy summer activities and the madness of the “holidays.” I enjoy that brief time although sometimes it feels like only a moment.

How do you enjoy the cooler shorter days of Autumn?

Thank you for reading my article. I welcome your comments and criticism. You may reach me at [manhattanmarian@gmail.com](mailto:manhattanmarian@gmail.com). Until next month!

# What's Fresh: December

Joia Walker - EarthDance Farm to School Educator

As a part of the collaborative Farm to School Program with the Ferguson-Florissant School District, the team at EarthDance Organic Farm School has started the "What's Fresh" initiative! What's Fresh highlights farm fresh organic produce in its season, in hopes of educating families, neighbors, staff, and students on the benefits of growing and eating fresh produce. Each produce item featured can be found right here at EarthDance growing on our organic farm!

What a year! We have covered a variety of veggies, and we're not stopping now. December may make you think of comfort foods like stuffing and warm soups, but there's always room for a salad in our book here at EarthDance! Our featured veggie this month is the beautiful Watermelon Radish but we're throwing in a few heavy hitters like kale, beets and carrots for this recipe.

## Watermelon Radish

Winter is a time when our immune systems can take the hardest hit. We're often eating less fresh foods, and germs are everywhere. Fortunately, here on the farm, vegetables like the watermelon radish are available in abundance. Watermelon radish are a type of daikon radish with a white exterior and a pink interior. They are a great source of antioxidants, which are great for protecting your cells, and phosphorus, which help to repair damaged cells. They are also high in potassium, a mineral that helps transport nutrients through your cells and magnesium, another mineral that helps convert food into energy. What a great way to combat feeling sluggish in the winter!

"I've never had a watermelon radish" you say. "How do I prepare a watermelon radish?" you ask. We've got you covered! Visit the EarthDance table at the Ferguson Winter Market to find great produce like watermelon radish, kale, beets and carrots and check out this tasty, nutrient packed recipe from Love & Lemons. It'll give your immune system the power it needs to fight this winter! Kale Salad Recipe - Love and Lemons

## Ingredients

### Carrot Ginger Dressing (See instructions)

- ½ cup chopped roasted carrots, from ¾ cup raw carrots
- 1/3 to ½ cup water
- ¼ cup extra-virgin olive oil
- 2 tablespoons rice vinegar
- 2 teaspoons minced ginger
- ¼ teaspoon sea salt

### Salad

- 1 batch Roasted Chickpeas
- 1 bunch curly kale, stems removed, leaves torn into bite-sized pieces
- 1 teaspoon lemon juice
- ½ teaspoon extra-virgin olive oil
- 1 small carrot, grated
- 1 small red beet, grated
- ½ watermelon radish, very thinly sliced
- 1 avocado, cubed
- 2 tablespoons dried cranberries
- ¼ cup pepitas, toasted
- 1 teaspoon sesame seeds
- Sea salt & Freshly ground black pepper

## Instructions

1. Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with pinches of salt and pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to 30 minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use.
2. Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.
3. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.



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## THE SPINAL COLUMN

### Chiropractic and Gut Health

#### Can Chiropractic Treatment Improve Your Digestive Health?

Chiropractic treatment doesn't just ease aches and pains in your joints and muscles. The therapy may also offer an effective treatment option if you have frequent stomachaches, reflux, constipation, and other gastrointestinal conditions.

#### How Chiropractic Treats the Source of Your Gut Problems

Your nervous system controls every part of your body, including your gastrointestinal system. A collection of nerves branches out from the lower part of your spinal cord and travels to your stomach and intestines. Nerves carry messages from one part of the body to another and play an essential role in digestion, movement of food through the gastrointestinal system, absorption of nutrients and minerals, and removal of waste products via the intestines.

Misalignments of your vertebrae, known as "subluxations," interfere with the way nerves function. When the vertebrae aren't properly aligned, bones or spinal discs can press against nerves, pinching or compressing them. This can cause the organs to malfunction, resulting in heartburn, gas, cramping, diarrhea, constipation or other symptoms. Muscle tension in your abdomen can also contribute to digestive problems, whether it occurs due to stress or as a result of sitting for hours every day.

Chiropractic treatment is aimed at relieving pressure on your nerves, joints, and muscles by realigning the vertebrae in your spine. Spinal manipulation or mobilization are two techniques that are commonly used to improve the alignment of your spinal column. Quick thrusts realign vertebrae during spinal manipulation, while slower, gentler movements are used during mobilization. Massage and other therapeutic techniques may also be part of your treatment plan.

#### Chiropractic Care Is a Good Option for GERD, Irritable Bowel Syndrome, and Other Digestive Conditions

Digestive problems are particularly common in the U.S. and affect 60 to 70 million people, according to the National Institute of Diabetes and Digestive and Kidney Diseases' Digestive Disease Statistics for the United States report.

Twenty million people experience reflux, a common symptom of gastroesophageal reflux disorder (GERD), at least once a week, the report notes. GERD affects both children and adults and can cause heartburn,

chest pain, sore throat, nausea, belching, and difficulty swallowing. Reflux occurs when stomach acids travel out of the stomach and into the esophagus.

Proton pump inhibitors (PPIs) are a type of medication often used to treat GERD symptoms. The medication works by reducing acid production in the stomach. Unfortunately, PPIs can cause unpleasant side effects including diarrhea, constipation, headaches, abdominal pain, fever, nausea, and vomiting. You may also be more likely to fracture a bone if you fall because PPIs may interfere with your body's absorption of calcium.

Even more concerning is the potential long-term effects on your stomach, heart, and kidneys. A recent study conducted by researchers at Washington University School of Medicine and Veterans Affairs St. Louis Health Care System uncovered a link between PPI use and chronic kidney disease, stomach cancer, and fatal cases of cardiovascular disease.

Reflux and other GERD symptoms can occur if nerves that serve the stomach and esophagus malfunction and irritate these organs. Chiropractic treatment relieves irritation and restores normal functioning.

Chiropractic care can also help you manage the symptoms of irritable bowel syndrome (IBS). In a Chinese study, IBS patients who received spinal manipulation treatment five times experienced a significant reduction in the severity and frequency of their symptoms.

Chiropractic treatment is an excellent choice no matter what type of gastrointestinal issue you have. It may reduce flare-ups of Crohn's disease, help relieve chronic constipation, decrease abdominal pain and bloating, and even ease colic in infants.

Don't let digestive issues affect your quality of life. Chiropractic treatment can help you control your symptoms and may even allow you to reduce your dependence on medications. Contact us to schedule an appointment.



# The Ferguson Computer Corner

by Doug Neely

**MERRY CHRISTMAS AND GOD'S BLESSINGS TO ALL!!!**

December, 2023

Where did the year go? Are we ready for 2024? I don't know if I am, but I'll try to make the best of it. The following is from Wincalendar.com, and it will give us an idea of what we are in for next month.

3rd...Advent Begins---prepare for Christmas!

And it is starting late this year; get going!

The last day of Advent this year is on the 24th, as Christmas arrives the following day.

21st...the beginning of winter is called the

Winter Solstice. I predict it will be COLD!!!

25th...**CHRISTMAS DAY! JESUS IS BORN!**

Our **Salvation is at hand!**

31st...New Year's Eve, and the last day of 2023. Don't drink too much booze; and if you drink at all, stay out of the car, except as a passenger. (i'm just trying to keep you safe, here!)

Will There Be SNOW on Christmas Day?, dept.

You can send me an email to tell me a YES or a NO on this, if you like. Let me know if you want me to print your name along with your guess. To be fair, it will be ok if you go with the weatherman's guess. To be fair, I will only print those of you who get your email to me by Sunday the 17th, as of the time your email is dated. Are we having fun yet? :)

How Do You Celebrate Christmas?, dept.

Let me know. Make it no more than 3 sentences so that it fits into my column. If I get some kinda LOOOONG response from you, I will have to edit it for you, and you don't want that to happen, do you? :)

An Interesting Little Tidbit, dept.

I could be wrong, but I am pretty sure that I have NEVER been in receipt of a call for help about anyone's puter on Christmas Day (or on any major holiday, for that matter). Hey, if you need some help, let me know. I will be happy to take your call for help. Nobody should have puter issues on a holiday, least of all if it is on Christmas Day!

Have You Ever Prayed For Something?, dept.

Well, I think it likely that everyone has done so, some more than others. I know I have. Sometimes I got exactly what I asked for. (not ALWAYS, tho.) Sometimes I got something close, or not at all. There was this one time that I asked for a particular item. It was no longer available. I thought I would never get it. Then, about 3 months later, I saw the upgraded version available. Not only that, but it was on sale for less \$\$\$ than the original. Well, I went right out and got it. As soon as I got home, I thanked God for what He had done for me.

The moral of the story is this: God always has YOUR best interests in mind. Therefore, you do not always get what you want; nobody knows what you need (or do not need) better than Him.

Once upon a time, I was hired to build a puter for a customer. All went well until I delivered it. I had to open it to show what was in it. I was told to put it onto this table. Well, the table collapsed. We prayed over the puter. After the Amen, I hooked it up and switched it on. It has been running ever since. Praise and thanks be to God!

So, to continue, here are some rules, that in my experience, we should all follow:

1. ALWAYS PRAY for what you want. Leave it to Him to take care of the rest.
2. If you don't get what you want, consider that you don't need it, or that it would not have been good for you. Or perhaps the timing is not right just yet. (There are too many reasons to list here that would be reason enough for you not to have it.)
3. You DID get it! (Again, lots of reasons.)
4. When you pray for things, you hopefully will notice a trend as to the kinds of things you pray for and get, as opposed to things you pray for and do not get. This is probably God trying to tell you what you SHOULD and SHOULD NOT be praying for.
5. ALWAYS THANK HIM whenever you pray, whether or not you get what you ask for.
6. Consider that sometimes you pray for something, and you don't get it, that maybe you have or will be getting blessed with something else. Therefore, be particularly attentive to anything you do get. Also, it could be a clue for you as to what He may want of you. Yeah, did you think that everything is FREE? LOL! Well, sometimes it is free, but not always.
7. Here is a hint. I have found that when you pray for something for someone else, you are more likely to see it come to fruition. (Let's not get greedy, shall we?) :) I think this tells us that God is more pleased when we pray for others above ourselves.
8. It is both easy and free to pray. Praying for others shows our love for others, which God is pleased to see.
9. Pray to God to ask Him what to pray for. He will let you know. Trust me.
10. THANK GOD the FATHER for sending us His SON to pay for our sins, and ask GOD the HOLY SPIRIT to bless us with a greater knowledge of the THREE IN ONE.
11. And YES, you CAN pray for a puter! :)

ME GO NOW!

I plan to get to church on Jesus' birthday, so that I may thank Him "personally" for paying for my spot in heaven. Also, if you have a puter issue during this Christmas season, you are most welcome to discuss it with me. (see below.) Until then, I have to go get ready for Christmas at church. This is always a very special time for me, as I see God's LOVE for us everywhere, and I feel the love strongly in everything and everyone.

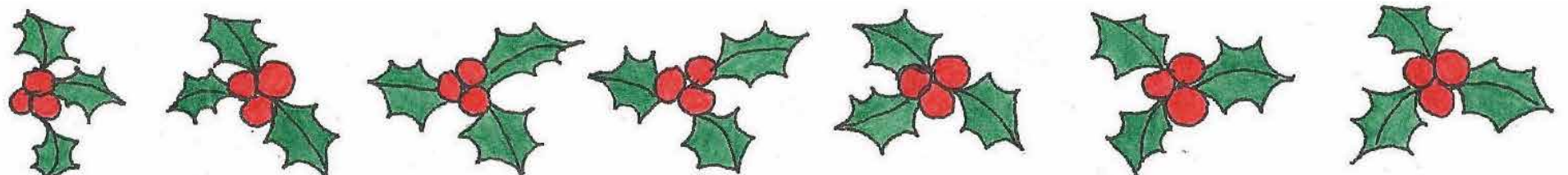
What a loving season! One of the reasons God put us here with each other is to make it easier for us to give his love to each other. Do this and receive more love from others!

IF YOU would like to ask Doug for some of his FREE holiday advice, just email him at:

fergusoncomputercorner@aol.com

REMEMBER TO INCLUDE YOUR LOCAL PHONE NUMBER AND PUT THE PHRASE "I NEED PUTER ADVICE" INTO THE SUBJECT LINE, OR NO MATTER HOW JOLLY DOUG IS, HE WILL NOT BE ABLE TO REPLY TO YOU, CHRISTMAS OR NOT!

**MERRY CHRISTMAS TO ALL! GOD'S BLESSINGS TO ALL!**



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## Boredom Busters to Help Keep Dogs in Good Homes

By Dara Ashby with Ferguson Animal Coalition (501c3 organization to keep pets safe and happy)



With the hustle and bustle of the holidays upon us, I thought it would be a great time to share some tried and true tips on how to keep your 4-footed friend happy, mentally stimulated, and out of trouble. Happy Holidays!

People call me regularly for help with their destructive, bored dogs. Over the course of my many years in rescue, I have collected a fairly large bag of tricks for helping dogs succeed in their homes. Hopefully this information will help other dog parents. Exercise is great but mental stimulation is just as important for your dog's health and happiness. Boredom can lead to behavioral problems, destruction, and frustration for both of you. Because of their nature, dogs need opportunities to solve problems and exercise their minds. A bored dog is an unhappy, frustrated dog which leads to you being unhappy and frustrated; chewed shoes, remote controls, unwanted digging, etc. Below are some tried and true things that you can do, to provide mental stimulation for your companion dog.

- 1. Sniffs on walks.** When going on walks, let your dogs sniff like crazy. A dog's nose is like our eyes when we read the newspaper, filling their minds with lots of great neighborhood information. Don't pull your dog away when they discover a good smell.
- 2. Enrichment lick toys.** Invest in enrichment toys that you can stuff or cover with peanut butter, plain yogurt or cream cheese and keep in the freezer, ready to go. A marrow bone, once emptied, can be restuffed with these things listed above and provide hours of challenging entertainment. A Kong can also be used. Lick mats are a great resource also. Spread these with yummy ingredients and keep in the freezer ready to grab. You can find these on Amazon or Petco.
- 3. Foraging toys.** Treat dispensing toys, snuffle mats and dog puzzles provide mental challenge and foraging that dogs naturally love to do. Fill these with their favorite small treats or kibble. You can find these on Amazon or at Petco. Also google Sniff Games for dogs.
- 4. Kiddie pool.** Buy a plastic kiddie pool and fill with hard plastic (dog safe) balls and hide treats in the pool. Or for the digger dogs, provide an A-OK place for them to dig by filling it with sand and hide treasures (treats) in the pool. You can find these on Amazon or Petco.
- 5. Splash pool.** Get a splash pool for hours of entertainment. Many different varieties can be found on Amazon.
- 6. Keep a toy box** filled with a variety of different toys and chew bones. Variety is the spice of life for active minds.
- 7. Schedule doggy playdates** with a friend or neighbor. Having time with other dogs is critically important for continued socialization and enrichment plus dogs will love you for it. NOTE: If your dog hasn't spent time with other dogs, follow these steps found here: <https://www.animalhumanesociety.org/resource/how-successfully-introduce-two-dogs>
- 8. Car rides.** Dogs love seeing the world. A nice car ride is a great alternative to a walk, especially on a rainy or cold day. This is a great way to wear them out. NOTE: If you have a dog that gets carsick, check this article out: <https://www.akc.org/expert-advice/health/carsickness-in-dogs/>
- 9. Provide an entertaining window view.** Dogs love watching activity. They love sitting in front of a window waiting for you to come home. Keep the curtains open and shades up so pup can watch the world outside.
- 10. Canine Enrichment FB page.** If you are on Face Book, join the Canine Enrichment FB page for some great ideas from other dog parents just like you.
- 11. Doggy Day Care.** Enroll your dog at a local doggy day care place. Be sure to do your research to make sure it's a positive, safe place for your dog to go to.
- 12. Group dog training.** Enroll you and your dog in a group dog training class. It's important for you to be with your dog when going to any type of dog training. Learning together helps you form an important bond with your dog. It also gets you out to meet like-minded people and make new friends. Group classes will help build your dog's confidence. Dog socialization is very important throughout their lifetime, providing many positive experiences. Be sure to use "force free" training classes. Petco, Petsmart, and for those in St. Louis, Greater St. Louis Dog Training Club at <https://gsltc.org/> is a great place to check out.
- 13. Dog Agility Clubs.** For the Einstein doggies out there, or those that LOVE to climb, leap, herd, and run, joining a local agility club can be awesome for your dog's brilliant, busy mind and a lot of fun for you as well. For those in St. Louis here is the link for Greater St. Louis Agility Club <http://www.stlouisagility.org/>



*Under The Hood  
With Robinwood*  
By Bob McGartland

**Shoeboxes for Seniors  
Holiday Drive**

Hello everyone, last month's article was about my experience in Maui with no mention of anything automotive related. Now as I am writing this article for December, the automotive topic will just have to wait another month and will return in January.

We wonder what is going on with the world these days. Wars erupting around the globe, destructive earthquakes and wildfires, violence in the streets and in the homes seems to be increasing. There is evil that has always plagued our world, yet it has not been out done by the goodness of the human spirit. Because, in any troubled situation, you find people rising above who bring goodness, relief, hope and love to those in need. As we are entering the Holiday Season, "that magic of Christmas", that goodness of the human spirit shines even brighter. We see more kindness, caring and giving happening this time of year. Once again, the Robinwood Automotive family will continue its longstanding annual tradition of giving back to the less fortunate in our community with the very popular Shoe Box for Seniors gift drive.

There are plenty of seniors who are living alone or in nursing homes who unfortunately, don't have much of a Christmas. It is a simple idea of taking a shoe box, filling it with useful items, wrapping it up and giving them as gifts to our older adults.

Over the past years, that warm and generous response of donations and support from the community shows how the magic of Christmas is still very much alive. Bringing hope and joy to our less fortunate brothers and sisters.

So once again I am asking for your support of our local seniors by donating to this year's Shoeboxes for Seniors drive. We'd like to pack the shoe boxes with these wish list items: socks for men and women, toothbrushes, toothpaste, deodorant, Vaseline, shampoo, hair conditioner, body wash, combs, hairbrushes, hand lotion, powder, and shaving cream. To sweeten the boxes, we'll also be collecting candy bars, holiday candy, small packages of cookies and gum. If you want to make a monetary donation; we will use the money to purchase items to fill the boxes. You can make your check payable to Robinwood Automotive.

Please drop off your donations at Robinwood Automotive, 803 S. Florissant Road in Ferguson during normal business hours. Shoe box donations need to be in by Friday, December 15th.

The shoe boxes will be distributed to seniors by local churches and organizations in time for Christmas. Also, please let us know if someone in your neighborhood could use a shoebox gift. Just give us their name, address and phone number and we will deliver a shoebox to them before Christmas.

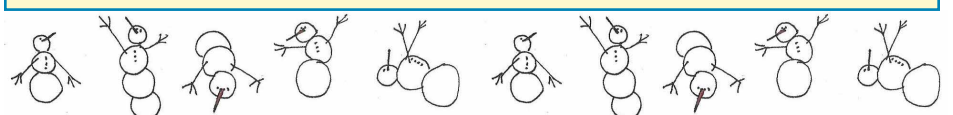
So, spread the word and bring your donations in! Follow your heart in helping our local seniors. I am grateful for whatever you can do to help spread some Christmas Joy by the goodness of your human spirit.

I want to thank you in advance for your generous support. Your donations are greatly appreciated. Please keep all our less fortunate children, families, seniors, and those who find the holiday season difficult, in your prayers. Share more smiles, it will warm more hearts.

However you celebrate Christmas this year, remember each one of us is a son or daughter of God. It is our wish that everyone is filled with the love of the Christ Child and God's blessings of joy and peace this Christmas season and throughout the year.

**"But when the kindness and generous love of God our Savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the Holy Spirit, whom he richly poured out on us through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life." Titus 3:4-7**

Merry Christmas,  
Bob McGartland



## Digital Ferguson - Artificial Intelligence

by David Pickens

I am so sick of hearing about AI (Artificial Intelligence) that I had to write an article about it. Not so much about AI – there are so many adoring articles about that you can't get away from them. But why I am so sick of it? Believe it or not this actually happens a lot with new technology. At least it does with me.

The Internet itself was once one of those things, especially if you remember the Dot Com boom. People just get caught up when something really different starts upsetting the way things work, and the boom did exactly that. It ultimately transformed how billions of people shop. It led to the ruination of possibly millions of businesses that refused to adapt. But the constant drumbeat of hype was draining, annoying, and often just plain wrong as is now evident by the fact that I can still drive down South Florissant Road and find Brick and Mortar businesses still exist.

Having said that, however, some things are forever changed. You can hardly find a book store anywhere in North County. Henze's Hobby Shop is gone. Lots of specialty-type businesses had to close because they just couldn't compete with web stores for selection and price. And some of these losses still make me feel sad.

With Artificial Intelligence I think we need to accept that some things ultimately are going to change forever, and while some things will turn out to be helpful and possibly even a blessing, not all of thing flowing out of AI are going to be good things. One example on the mind of every IT person for sure is that some businesses are going to purchase software products that use AI to replace us for certain critical functions. How that works out for them in the long run is for them to fiddle around and find out. On one level it makes sense to me that a properly trained AI robot might make a better network monitor than a human being who needs to sleep and eat and take vacations. On another level I feel that some pretty huge security disasters are looming on the horizon.

In less technical and more art-dominated areas such as news production and film making efforts to use AI to generate content have so far proved disastrous. Now this might just be me but the extremely old history of people trying to use robot gear to generate art is one of the most annoying things I have had to endure for decades and forever. Robotic systems always seem only to succeed in generating horrifying music, ugly paintings, and terrible stories. Artificial Intelligence hopes to break through this basic barrier of generating horrible art by creating systems that learn. Who knows if they will succeed.

But perhaps this technology will someday succeed. Suddenly song composers, comedy script writers, illustrators, and novelists find they are suddenly without any jobs, because the robots have learned to do their work so perfectly well that nobody can tell if something was machine-written or not. However the USA Copyright Office has recently handed the robots and their corporate dreamer owners a severe setback! It has ruled that you cannot copyright something created by Artificial Intelligence.

So for the time being, at least in this tiny little role I have writing for my local town paper, while the AI robots and their corporate masters are paying attention to grabbing the highest honors at the Academy Awards, I feel that my position here is safe! And I think, for the time being, most of us are safe. And I think, for every technology that promises to be disruptive, it's sometimes wise to listen a bit, nod appreciatively, change the channel, and turn up the volume on Beethoven, Taylor Swift, or whatever musician floats your personal boat. They have a long, long way to go before these systems are ready to take them on.

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.

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

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## Financial Focus – Is Debt Necessary?

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

The past couple of months, I've given some simple things you can do to manage your finances in an easy way. Taking care of your money is very important and affects all other parts of your life. Debt is another part of life. It can become a problem for many people and learning about the various types of debt can be an eye opener and help you distinguish when to borrow and when not to borrow.

The ability to borrow money is something most people desire. Knowing that you have good credit and could be approved for a loan should the need arise is one less thing to worry about. So protecting your credit reputation is important. In the past financial institutions and many other lenders reported to the main credit bureaus. This often made it harder for those without the means to actually borrow to build up credit. Today rent payments and utilities are reporting and it helps build good credit. When I worked in lending having to turn people down because they had no credit was a sad result. Today there are many more opportunities to borrow even if you don't have good credit, but you need to beware. Accepting responsibility for a debt is an important decision and realizing the true cost is something worth looking at.

So when is it a good idea to borrow? Taking on a student loan which will result in a better education may be a good reason. It could lead to a better job with a higher salary. Retiring this debt as soon as you can is also a good idea and the higher pay can help you do just that. Another good investment is to buy a house. This has traditionally been the best way for people to build wealth. It seemed like one of the best investments without much risk. When World War II ended several new benefits became available from a grateful nation. The GI Bill made getting a mortgage much easier and the new building bust expanded the suburbs with small starter homes. I recall a neighbor telling me he bought his small subdivision home in the early 1950's for just \$11,000. The truck in his driveway cost twice as much in 1985. Until the past couple of decades the price of homes kept rising. Then we saw the mortgage crisis and began to realize using our homes as a means to borrow against wasn't necessarily a good idea. So keep in mind your home is an asset and it can grow in value. It can also drop in value and to keep that roof overhead, you don't want to risk it to pay for a vacation.

Borrowing money for a vacation or to buy an expensive handbag might be considered a bit extravagant to be put on a credit card. Yet, this is what people often do. They fall into the trap of buying frivolous things with credit. It is easy to get out of hand and overspend. This is why a significant number of people are buried in debt. Credit cards and the ease of buying without really seeing the bill is more tempting. I was reading about the problems with buying on credit and how this all American tradition is

becoming a problem in other countries as they become more developed. So when considering creating a debt to be paid later, it's important to realize the financial consequences and true cost of your purchase. If you borrow \$3,000 for a vacation and pay it off over two years you would be paying about \$149 each month and over the life of this loan you would pay back \$3,576 including interest. Looking at it this way can help you make the decision that will best serve your needs.

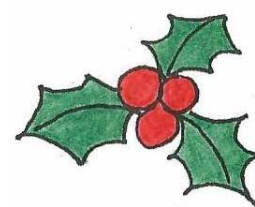
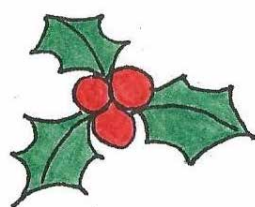
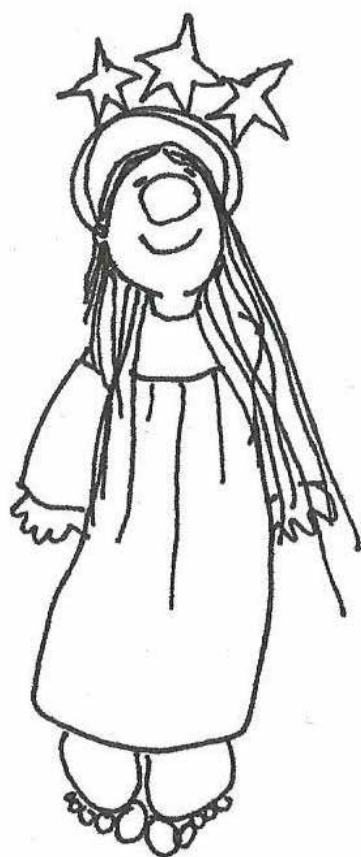
Buying a vehicle for transportation is another expensive purchase most people need to make. If you live in an urban area with public transportation your cost is an expense and you don't need to worry about vehicle maintenance. So again you need to make the choices that best suit your needs and a car might be a must in a suburban area.

When seeking lending services keep in mind that mortgages, automobile lending and credit cards are the most popular types of loans. There are also many lenders who cater to the crowd that doesn't have established credit this is where you need to watch out.

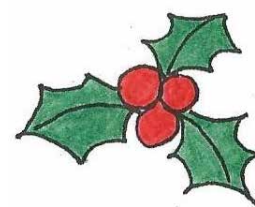
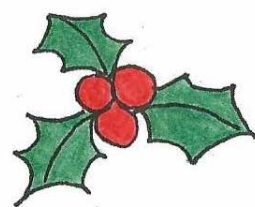
They typically have higher rates and often clauses that can perpetuate the debt and keep you paying for a very long time without much of your payment going to principal. Keep in mind the amount you borrow is the principal and the amount you actually pay back includes interest and often other fees. So shopping for a lender is important. And maintaining a good credit score is the key to having the ability to seek credit when necessary.

Some things a lender will look at to determine if you qualify will be your debt to income ratio. If it comes out to 36% or less you would probably qualify for most loans. The debts included in the ratio would be loans, credit cards, and mortgages. While someone may also have a lot of other expenses like food, utilities and transportation, these are more flexible you can start saving money at the grocery and perhaps drive less to cut down expenses. With a debt payment you agreed to make the minimum payment at least and if debt payments are more than 36% of your income, it gets harder to meet those obligations. So if you were to get turned down for a loan, keep in mind that it may be in your best interest. Don't just run to another less scrupulous lender and find yourself overextended because of high rates and fees.

Knowing what lenders look at can help you stay within the guidelines so you can borrow when needed. Having the discipline to not overextend your debts with frivolous spending using high cost loans like credit cards or predatory lenders can help. Making choices in how you will spend or save up for a large purchase instead of using credit can also improve your financial status. I've often heard some of the richest people drive the most basic car. So keep that in mind as you navigate taking on debt. If you have any questions or comments please contact me at cleav73@gmail.com.



**Happy Holidays  
From  
Ferguson Neighborhood News**



# EarthDance Organic Farm School

## EarthDance is Now Offering a Full Season Farm Apprenticeship in 2024

Are you someone who wants to grow food? Do you long to tend to the earth, connect with kind, knowledgeable people, and live deeply in community with others while building healthy soil and sharing food?

If you're ready to dig all the way into a complete growing season of regenerative farming and food-sharing at EarthDance Organic Farm School, learning and working with our amazing farmer educators on soil that has given life as operational organic farmland since 1883, apply now for the 10-month, paid, Full Season Farm Apprenticeship!

The Apprenticeship is the organic farm school's flagship and longest running program. Since 2009, teaching people to grow food year-round in a hands-on, community-centered way has been at the heart of our work. More than 450 Apprentices have come to EarthDance to explore their agricultural dreams. Many of them have gone on to make a living growing food, to teach other people to grow food, and/or to be a part of the good food movement in other creative ways (visit the alumni page of our website to read about just a few of them at [www.earthdancefarms.org/alumni](http://www.earthdancefarms.org/alumni)).

Originally a 9-month (then 6-month), part-time, tuition-based program in organic farming, the apprenticeship has evolved over the years, including changes to its length, structure, and content. In the interest of better meeting the needs of people in our local community, we listened to requests from community members a few years back to make it more accessible to the people closest to us. We shortened the program, made it full-time, and thanks to a partnership with AmeriCorps, offered a stipend instead of asking for tuition.

We've also changed the content over time, as we consistently strive to live more harmoniously with the land and its inhabitants. On the historic Mueller Organic Farm in Ferguson, EarthDance operates a teaching farm producing certified organic food at market-scale. Over time, our experienced farmer educators continue to steadily learn about, implement, and teach what are called regenerative agricultural practices. Regenerative agriculture is an approach to growing food that draws from indigenous practices and perspectives and helps us live in increasingly connected and healthy relationships with ourselves, the land, and our community.

Now, in 2024, for the first time in our history, EarthDance is offering a fully paid, 10-month Farm Apprenticeship, engaging participants in this work for 30 hours per week for the full spectrum of seasons. We believe this model to be more aligned with our mission, and we can't wait to work and learn together with you.

There are 2 spots available, so this is anticipated to be a highly competitive program. While previous farming experience is not necessary, some growing experience and exploration into these topics before the apprenticeship is helpful. We are looking for individuals who are serious about exploring a career in agriculture in some capacity.

2024 Full Season Farm Apprentices will work with our team on the following types of activities, on a diversity of both perennial and annual crops:

- Greenhouse production
- Transplanting
- High tunnel growing
- Soil fertility
- Compost making
- Bed prep
- Cover cropping
- Plant care - including pest management via organically-approved spray & biological controls
- Harvest
- Fruit tree pruning and care
- Selling and sharing our harvest via wholesale sales and retail at the Pay What You Can Farm Stand, and at the Ferguson Farmers Market
- Participating in educational opportunities throughout the season on topics like soil health, raising chickens, fermentation & pickling, herbalism, mushroom production, and more
- Regenerative farming theory and practices
- Small-scale agroforestry theory and practices
- Crop planning

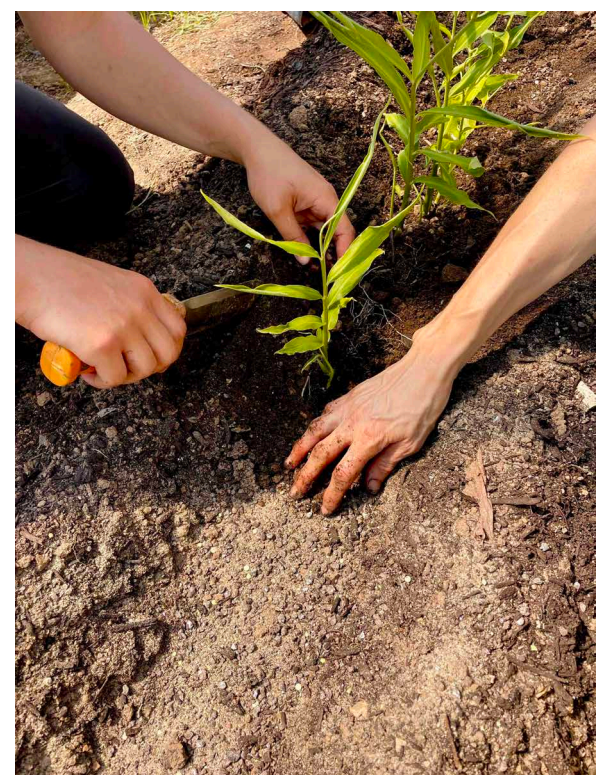
The 2024 EarthDance Full Season Farm Apprentices will also fully participate in our 5-week Spring Training for Gardeners course (unless they're already graduates of that program)!

EarthDance now invites anyone serious about a career in regenerative agriculture to learn and work with our farm team for the length of the full growing season. Two apprentices will join the farm team on February 29, 2024 and work with them from the first greenhouse seed sowing through all of the ensuing seasons and into the crop planning process for 2025, 30 hours per week for 10 months.

To learn more about the EarthDance Full Season Farm Apprenticeship program, read about our what Apprenticeship alumni are creating and tending to out in the world, or to fund a future farmer, scan the QR code or visit [earthdancefarms.org](http://earthdancefarms.org)

Visit the Pay What You Can Farm Stand: open every Sunday 11am-3pm, until November 19 @ 233 S. Dade Ave

Find us at the Indoor Ferguson Winter Farmers Market, open the third Saturday of each month, November 2023-April 2024, 9am - 12noon @ St. Stephen's Episcopal Church  
Follow us on Instagram or Facebook, & sign up for our monthly e-newsletter here!



**Crossword Solution from page 4**

1	S	2	I	3	S	4	T	5	E	R	6	G	7	A	8	R	9	L	10	A	N	D							
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**WHAT WILL BE YOUR HARVEST?**

By Dr. Larry A. Brown

It is appropriate for us to discuss the harvest and what should be expected. It has been said that “ As a man sows, so shall he also reap “. This may simply mean that one will reap the quantity that one sows, or it could mean that the quality of the reaping may be a result of where one sows. It could also mean “ what one sows “ is related to what one reaps.

It doesn't matter these days since many decide not to sow anything into others or in their community. If this is the thought, then may I shed this bit of light on the subject – we will reap something by being here! We can benefit or suffer from the efforts of others if we choose not to “sow” ourselves. This is an unfortunate decision that many have made and continue to make unconsciously. Therefore the harvest is for them “ whatever it is “.

How bad this is for society can be witnessed daily as we observe so many things that are wrong happening and so many people being affected by actions that others have taken.

The law of RECIPROCITY operates in the world whether we believe it or not! You reap what you sow, sooner or later or you reap what others have sown which you have not resisted. Maybe you have heard the phrase “ Silence means Consent “. Isn't it better to sow good seeds and spread them in good turf, thereby, insuring a good harvest rather than not sowing at all or sowing carelessly and “ Taking it as it comes “.

He, who sows well, can expect a good harvest or good return because he chose to nourish the seeds after he had planted them in good soil. Periodically, no doubt, he had to remove the weeds and other bad insects and things that might hurt his pending crop.

Our communities need our participation. We must resist evilness on all levels and strive to introduce good thoughts and things. Always remember that we reap what we sow, so make sure that you sow enough good, so that you may enjoy some good returns. Often, they come when we need them the most. It is not guaranteed that you will get back exactly as you have sown, but rest assured, if you sow positive things, and consistently do good works, you will receive back some good results and outcomes when you need them.

We have nothing to lose by sowing good seed, but we can all appreciate the blessing of receiving some good when we least expect it or when we need it. The world would be much better off if those in leadership roles sought to sow good seeds. We need blessings, not curses!

It doesn't have to be big or much, as others contribute to insure good returns for whomever needs them or deserves them. If you need an organization to work with, you are always invited to contact us at [www.gracechapelministries.org](http://www.gracechapelministries.org) or send us an email at [gracechapeldevelopment@gmail.com](mailto:gracechapeldevelopment@gmail.com).

I know that good outweighs and is more desirable than bad, but enough of us have got to do something to make a difference. What kind of harvest would you prefer?



**HOLIDAY FIRE SAFETY**

Winter holidays are a time for families and friends to get together.

But that also means a greater risk for fire.

Following a few simple tips will ensure a happy and fire-safe holiday season.

**FACTS**

- More than one-third of home decoration fires are started by candles.
- More than two of every five decoration fires happen because decorations are placed too close to a heat source.

**Holiday Decorating**

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors. Holiday Entertaining
- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Before Heading Out or to Bed, Blow out lit candles when you leave the room or go to bed. Turn off all light strings and decorations before leaving home or going to bed.

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## 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.



First: We want to invite you to an Open House at the History House on Saturday, December 2 from 10:00 AM to 4:00 PM. The History House is behind the Ferguson Community Center on Smith. Park in the Center's parking lot and walk around the back. Join us for some snacks and visit the museum.

Last month we featured some of the stories by an early Ferguson resident, Mr. Harry Behle (in 1972). This month we will look at some memories as told by Edward G. Cherbonnier. The Cherbonnier name is well known in our area – I also know that the English Garden in the Missouri Botanical Gardens is named for an Adelaide LeBaume & Edward G. Cherbonnier. Further research indicates this Edward Goodwin "Paw Paw" Cherbonnier Jr. is the same person. Mr. Cherbonnier was born in 1889 and passed in 1982, making him the correct age for his stories. The summer 1921 phone directory lists him living at 215 Darst (Phone: Ferg-117). His brother, George Case Cherbonnier lived at 206 Tiffin (Ferg-56). The time period of these tales is around the turn of the last century. This was a period when young Ferguson had a population of between 1000 and 2000 people. The streets were gravel at best (often dirt), the sidewalks (when present) were wood planks. People got their water from their private wells or cisterns. Mail was delivered to the Post Office and people went there to get their mail. Milk came from the family's cow – eggs from family chickens. Transportation was primarily horse drawn – the horse came either from the home or the livery stable. There was no electricity.

Since we are approaching the Winter season, it is thought that we should focus on the holidays which occur during Fall and Winter. Mr. Cherbonnier, in his telling, focuses on two: Halloween and Christmas time. "Hallowe'en was a big night: the "trick or treat" idea had not yet been developed. The little boys would tap on windows and run away, or trip an unwary stroller at night – it was safe to walk the streets after dark in those days. Sometimes we would put a few pieces of gravel in two empty cans and set them in a dark place on either side of a walk, with an ankle-high string connecting them. Then we would hide in the shrubbery to hear the racket as the unwary walker caught his foot in the string and dragged the cans along, with the gravel inside. We would giggle and run."



"The big boys went in for more daring things. On several occasions the Columbia beer sign, made to fit on the corner of a building, was taken from the local saloon and fastened to the Presbyterian Church. Another stunt, not quite so frequent was to overturn someone's privy (outhouse). A Mr. Clifford had somehow acquired the reputation of chasing disturbers, as this of course drew many boys to his house to knock on the doors or windows and run away. Both he and his hired man Antoine were good sprinters, however, and several times I saw them dash from the house or from their hiding place behind porch vines and chase the big boys down

the hill beyond the Roman Catholic Church (now Blessed Teresa)." Hope that today's kids don't get any ideas from this story.

The other holiday Mr. Cherbonnier talks about is the Christmas time. "The Christmas holidays were eagerly awaited each year. Every house had it's Christmas tree, lighted with dozens of candles. A standard present in your Christmas stocking was a whole orange, and that was the only time during the year that you ever saw one". Ferguson, with its primitive fire department and no city water was ripe for house fires around the holidays. "In those days the weather was much colder, and we could always count on ice skating at January's Pond for Christmas to New Year's. New skates or a "shinny stick" (hockey stick) were prized Christmas presents and the proud recipient could hardly wait for his Christmas dessert pudding to set out for the pond to show off his new equipment. Nearly the whole boy population would be there, from the six-or seven-year-olds to the almost grown-up teens. The big neck of the pond was our shinny field (hockey field) The 150-yard stretch would be crowded with youngsters. The older-ones bashing through, the younger ones scattering before their swinging sticks. Those not lucky enough to get a real shinny stick from Old St. Nick cut their own from tree limbs, and the more skillfully fashioned of these were much admired. There was no hockey puck. The boy who brought a large rubber gasket was very popular; in the absence of that, a rock of about the right size would do. Occasionally there was a split cheek, as a healthy baseball swing sent the rock flying at face height. There was no referee for the game, and no time limit. It just went on and on, usually until twilight."



"One Winter a circus with a group of Indians camped a mile or so away on what is now Chambers Road. They stayed there all winter, living in their teepees under the oak trees. School attendance suffered quite a little that year. The Indians would dance at night, and there was some trading of the items they made for any bright-colored thing we could bring. One of the boys, "Squatty" van Norstrand, became so infatuated with the Indians that he stayed at their camp much of the time, learned quite a few Indian words, and later went into a circus, eventually owning a sort of Wild West Show of his own"

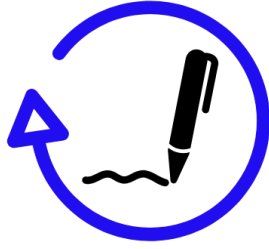
These Stories come from documents in the Ferguson Historical Society archives. Mr. Cherbonnier's comments were recorded in "History of Ferguson compiled by Ferguson-Florissant School District – 1975"

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."

## Spotlight on Business - Mathias Resume and Editing Services

by Trish Cook



Whether you're fresh out of college or a professional looking to re-join the workforce, or wanting a change from your current job position, it can be a bit daunting to create your own resume. Especially one that shines just the right light on your assets to get the prospective employer to invite you for a job interview. And that is where Mathias Resume and Editing Services comes into play.

Pat Mathias founded her business on July 1, 2017. She is the sole proprietor and a proud graduate of Lindenwood University with a communications major where she earned her master's degree in training and development. And she taught at Harris-Stowe University for seven semesters where she covered the job search, resume writing, and interview techniques.

Once you contact Pat for resume services, you will receive an email with detailed information on the service she will render on your resume, a list of job sites to help your job search, and payment instructions. She will also conduct an interview with you over the phone for up to one hour to obtain any additional information to highlight your qualifications, skills, and experience. These tools help her to get to know you and your specific needs to customize just the right resume. And there's not a lot of waiting around because resumes are returned within 5 business days in three different formats you can use when applying for jobs online.

Mathias' resume services include:

- Free resume reviews
- Simple clean ups - \$50
- Professional level - \$200
- Management level - \$300
- Executive level - \$400 to \$500 which includes a bio, cover letter, and resume

Mathias Editing Services for professional authors is \$10 per page. She also edits dissertations, research papers, standard of procedures, flyers, menus, and even helps design obituaries.

When you go to Pat's website, you will find many testimonials, singing her praises. However, one customer testimonial really stood out for me, and I wanted to share it:

*"I hope all has been good with you and this email finds you well. I wanted to send you a personal thank you for your Resume services you provided to me. It's been 2 ½ years since you last reviewed and reimagined my resume for me. Since then, I have had countless opportunities and great jobs offered to me because of it. I have also gotten a lot of compliments and praise on how good my resume is. Your services allowed me to showcase my talent, image and years of experience to employers in a very proficient manner that I could never figure out how to do by myself. I am happy I was able to find you and use your services as I will be starting a new career at one of the largest aerospace companies in the U.S. My resume was a large part of how I was able to get that opportunity."* Michael H. II

Mathias may be a local resident, but her work is known worldwide. She provides services nationally and internationally. She met one of her Ohio students in Grenada and after she graduated from college years later, she reached out to Pat for help with her college dissertation. Another client, a professional photographer in Israel contacted her to edit his book biography.

Although this is not a brick-and-mortar business, there are still many ways in which to reach Mathias' services:

- Facebook – [www.facebook.com/mathiasresumes](http://www.facebook.com/mathiasresumes)
- Website – Resume Writing ; Mathias Resume & Editing Services ; St. Louis Missouri ([masteritseminars.com](http://masteritseminars.com))
- Email – [masteritseminars@gmail.com](mailto:masteritseminars@gmail.com)
- Telephone – 636-362-6331
- LinkedIn - [www.linkedin.com/in/patricia-pat-mathias-ma-3654787](http://www.linkedin.com/in/patricia-pat-mathias-ma-3654787)

This is also a great service for those 55+ having to re-enter the workforce and needing protection against possible age discrimination. Mathias has all the right knowledge to help these clients get seen in a positive and productive light.

Pat loves to motivate her clients and pump them up because she understands that applying for a professional position can be intimidating and frustrating. So, if you need the perfect resume to make yours stand out among the stacks employers and companies receive, reach out to her for more information and let her help you land that job!



Pat Mathias

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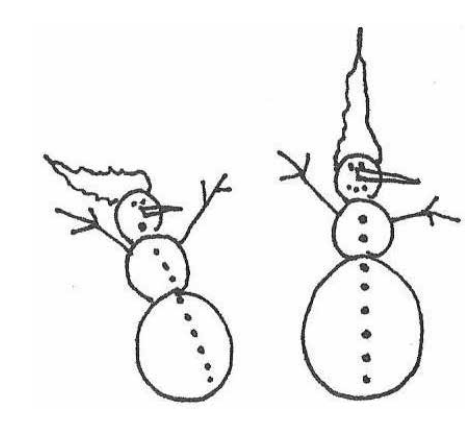
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