

Ferguson

NEIGHBORHOOD

SINCE NEWS 2021



Serving Ferguson and Surrounding Communities

SELF-INVENTORY TIME

By Dr. Larry Brown

Every now and then, we should stop and take a self-inventory. This is to make sure that we are making progress on our personal goals and are not caught up in a routine that is working against us. This is also very necessary in order to make sure that we are well rounded in our activities, and apportionments of time.

Now is an excellent time for such an activity because we can change with the weather, if necessary. If not now, then when?

Our communities need more people, like yourself, who are concerned about being the best neighbor they can be.

Whenever, you decide to take such an inventory, make sure that you have made arrangements and are ready to accept honest and real feedback for evaluation purposes.

There may be some small changes that you can make in order to achieve your desired outcomes, however, there may be a requirement for some major things to be done as soon as possible, in order for you to achieve the desired results.

Having someone that you can trust along with you for feedback purposes is desirable because as the older folks say “two heads are better than 1”. However, it is very important who that someone is, how honest they will be, how confidential they will be, and how willing you are to accept their input into your process.

Upon receiving feedback that requires some changes to be made, be also willing to discuss these proposed changes with the person you have selected to include in the process. In this manner, you don't have to feel alone with the decisions. Keep in mind that the reason for doing any of this is to make sure that you are making a much-needed contribution.

It may become necessary for you to make these assessments periodically so that you can stay on the right track. Sometimes, major events occur in our own lives that may require adjustments to be made.

This is so very important to the advancement of human – kind, that we must not take it lightly, or not at all

If you find that at this time you are not prepared to make the kind of commitment that you feel is necessary, then by all means get started by contacting us at www.gracechapelministries.org or email us at gracechapeldevelopment@gmail.com

If Not, You Then Who? If Not Now, Then When?



SPRING PLANT SALE & PAY WHAT YOU CAN FARM STAND SEASON REOPENING

PLANT SALE
 Friday, May 3rd, 3-6pm
 Saturday, May 4th, 9am-1pm
 Sunday, May 5th, 11am-3pm

New this year: the Plant Sale is on the Farm!
 Meet and chat with our farmers **IN PERSON** while you shop!
 Most starts in the Plant Sale are \$4/species.
 Customers may use card, cash, or SNAP/EBT to purchase all edible starts (SNAP/EBT are non-eligible for flowers).

FARM STAND OPENING WEEKEND
 Friday, May 3rd, 3-6pm
 Sunday, May 5th, 11am-3pm

EarthDance offers organically grown fruits, herbs, and vegetables for sale on a Pay What You Can basis. Customers choose the price of their purchase based on what is affordable for them.
 Or donate to support healthy food access for all!
 Open May - November, Fridays 3-6pm and Sundays 11am-3pm.
 Stay tuned for a calendar of Farm Stand events!

233 S. Dade Ave, Ferguson MO | 314-521-1006 | www.earthdancefarms.org





May News and Events at the Ferguson Public Library

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



Children and Teen Events	
Stories and Songs for Little Ones Join us for storytime! Ages 0-5. Every Wednesday at 10 am	Lego Club Drop in and build! Ages 6-11. Saturday, May 18 at 2 pm
Adult Events	
Readings on Race Book Club We'll discuss <i>Black Saint Louis</i> . Monday, May 13 at 6 pm	Beginning Quilting Join us and local quilter Judy Kooi as she goes over the basics of quilting! No registration required. Saturday, May 4 from 12-4 pm
Conversations and Coffee Talk about the news over snacks! Tuesday, May 14 at 6 pm	What's the Buzz About Natives? Learn how to attract more bees, butterflies, and other pollinators to your yard with native plants! Thursday, May 16 at 6 pm
Topics in Health Focus on senior services and hospice. Tuesday, May 21 at 6 pm	
All Ages Events	
Fiber Arts Social Group Bring your yarn and craft together! Thursday, May 9 at 6 pm	 2024 Summer Reading Challenge May 25 - August 3 Get ready to go on a reading adventure with us this summer! Summer Reading Kickoff Join us for an afterhours movie night! We'll enjoy Jumanji and snacks. Friday, May 24 at 6 pm
Mother's Day Tea Register at bit.ly/fmplmother23 . Saturday, May 11 from 11-2 pm	
Cultural Cuisine This month we'll focus on Germany! Wednesday, May 15 at 6 pm	
May Craft Kits <ul style="list-style-type: none"> • May 13-18: Tea Cup Bookmark • May 28 - June 1: DIY Travel Games 	The library will be closed Monday, May 27 for Memorial Day.

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May Celebration Shout-outs



- 1 Happy Birthday Cathy Parker
- 16 Happy Birthday Madelyn Jamerson
- 19 Happy Birthday Aunt Renee'
- 31 Happy Birthday Merrilee Nadeau



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

May at a Glance



- 4 Star Wars Day
(May the Fourth be with You)
- 5 Cinco de Mayo
- 5 Orthodox Easter
- 9 Jeske Park Neighborhood Meeting 7PM
- 7 Forestwood Neighborhood Meeting 7pm
- 8 North Elizabeth Neighborhood Meeting 7PM
- 12 Mother's Day
- 16 West Neighborhood Meeting 6PM
- 18 Ferguson Twilight Run
- 18 NorthHills Neighborhood Meeting 10AM
- 22 Earth Day & Passover
- 23 South Central Neighborhood Meeting 6PM
- 23 Ferguson Woods Neighborhood Meeting 7PM
- 27 South West Neighborhood Meeting 6PM
- 27 Memorial Day

FERGUSON TWILIGHT RUN
5K • 10K
1 MILE FUN RUN
2024

Estimated Road Closures for the 2024 Ferguson Twilight Run on May 18.

Live Well Events will host its 15th annual event on Saturday, May 18. The run will start and finish at Plaza at 501 (501 S Florissant.) Road closures are expected between 4:30 and 7:45 PM.

The 2024 beneficiaries are Emerson Family YMCA, A Red Circle, Strength and Honor Mentoring & Tutoring, and Girls on the Run St. Louis.

For more info: FergTwilightRun.com
For questions or concerns, contact racedirector@fergtwilightrun.com or call 314.395.2430

Race Start Times:
 - - - 1-mile - 5:00 PM
 - - - 10K - 5:45 PM
 - - - 5K - 6:00 PM
Free Concert: 6:15 to 9:30 PM

PRAY FOR PEACE

The Ferguson Newspaper Group may be reached

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

This paper is made possible through volunteers and advertisers

Advertise with the paper

Copy for ads for the paper must be received by the 15th of the month for inclusion in the following month's paper.
 Please send all ads to Gary: asroc873@charter.net

Volunteer with the paper

- Info Gathering
- City Meetings - attend and summarize City Council Meetings
- Other Meetings - assure all city-wide events summaries gathered
- Neighborhood groups
- Diversity Meetings
- Business Spotlight

Donate to the paper

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

Give a congratulatory shout out for only \$5

Registration Open Now!

SUMMER PIANO CAMPS

Join **Pianos for People** for our **FREE** fun and engaging weeklong music camps this summer for students age 8-17! We offer **Beginner Piano Camps** to introduce students to the basics of piano instruction as well as music production. Our **Turn Up Your Talent** camp is a great fit for any students ready to explore other arts such as dance, theater, music performance and more!

Ready to Register?
 Visit our website today to view the schedule and register!
www.pianosforpeople.org
314-285-5852

WHAT WE OFFER?

- High Quality Professional Staff
- Opportunities for Beginners & Experienced Students
- Three locations! Ferguson, South St. Louis, & West St. Louis.
- Games! Snack & Lunch Provided!

PIANOS FOR PEOPLE
 FERGUSON SAINT LOUIS

A Week in Sunny Florida

by Patricia Kosmal

In last month's publication, your entertaining travel writer told a tale about her recent journey to St. Augustine, Florida. It caught my attention since I also took a short trip to St. Augustine in February. What a coincidence! However, the details of my own experience differed in many ways.

I was lucky to have a daughter who made reservations in St. Augustine for my family. An experienced traveler, she had guided us on a rail trip through Europe, from Amsterdam to Rome, years ago during her spring break from the University of Bonn in Germany. Now a resident of Boston, she booked us into an ideal vacation home with three bedrooms, two baths and a picturesque pool, privately landscaped for privacy. It was our job in St. Louis to simply order our plane tickets which were conveniently printed out at our home.

So off we went to catch an 8:30 a.m. Southwest flight. The ticketing process was simply to punch in our ticket info at Southwest where an attendant then ushered us over to the baggage counter. Since I have a back problem, she also ordered a wheel chair. The entire process took all of 15 minutes and I was rolled off merrily through the terminal by a gracious lady who was surprised to receive a tip for her service. She then unloaded my tote bag and jacket for the routine inspection.

I had learned to never, ever, carry on-flight any sharp item after my manicure scissors had been confiscated years ago. Lesson learned. I now pay better attention to instructions. So then I was able to walk, shoes and all, into the inspection booth to have my metal knee implant screened. From there, the wheel chair continued the last leg through the terminal to our gate. When the departure gate was suddenly changed, another attendant whisked me off to the opposite end of the terminal to be one of the first passengers to board. Southwest earned my vote for its excellent service. These days I am far more concerned with the unresolved production problems that Boeing Aircraft has been having lately.

After a smooth flight, we arrived at the Jacksonville, Florida, airport 15 minutes early where we waited for my daughter and son-in-law from Boston. Since terminals seem miles longer these days, I was still on wheels until we all picked up a shiny, new battery-operated rental van in the airport parking lot. It was my first experience riding in an electric-powered vehicle which was both roomy and comfortable for the four of us. But which button closes the sliding door? I had parted with my SUV when gas prices began to soar. It gave me only 15 miles per gallon and I have now happily owned a small hatchback for 13 years. Thanks to the Saudi oil empire, I am doing my small part to reduce pollutants in our hemisphere.

Meanwhile, St. Augustine was still an hour away. We drove into town, aided by the satellite spy in the sky on the dashboard, headed over a

canal bridge and arrived at an hospitable, fully furnished guest "cottage." Being the most elderly, putting it politely, member of our family, I was assigned a private bed and bath of my very own. After getting settled, we all reconnoitered to plan our week together.

The outdoor pool looked the most inviting until I realized that February in Florida is not always hot. The sun was blazing but a cold wind from the Atlantic had cleared the beaches. My son-in-law's brother, who lives a couple of hours south, drove up the coast for a weekend visit and the two guys chose to soak in the hot tub while my daughters gamely swam a few laps in the chilly pool. I ended up on a chaise lounge to sunbathe, which has always been my poolside preference. That is, until the ocean "breeze" sent me into the enclosed porch to read paperbacks provided by our host. I eventually read all four "beach books" on the York Times list of "best sellers." Fast and easy. We go with the flow, don't we?

During the week we hit the tourist trail. The St. Augustine tour wagon on wheels was the best delight, winding through the landmarks of the old city for a full afternoon. We bypassed the Fort. In San Juan, Puerto Rico, I had visited the old Fort with its extensive military quarters and gardens, discovering Pina Coladas in a quaint cafe years ago. The fort in St. Augustine came in second place. And it still grieves me to recall the insolent response to the disastrous hurricane the island had suffered when our ex-president threw paper towels at its homeless citizens. Little gestures like that tell us a lot about a person's true nature. Back in town the Light House, featuring a boat-building workshop, offered a tropical refuge and gift shop where we grabbed a couple of hooded jackets for the windy beach walks along the way. I had to bring something home, didn't I?


Then, back in our neighborhood, safe and sound, we discovered a cozy place to eat near a marina, where its dock and windows overlooked dozens of sea crafts of all sizes. Shrimp and scallops were popular choices judging by the waiting lines. A couple of evenings, while watching movies from one of a dozen networks, we ordered takeouts with popcorn and beer on the side. It all added up to a healthy combination of rest, good food, relaxation and more relaxation. We finally headed back to our home town, where it turned out to be a bit warmer than sunny St. Augustine in February.

So how about researching another spot on the Gulf side for 2025 where the frigid Atlantic winds don't blow offshore? Or will the big rigs in the Gulf leave their oily calling cards on the white beaches again? It seems that our glass can be either half full or half empty. It's always a gamble these days in our changing world.

In the meantime, check out the prize winning book "Fire Weather" by John Vaillant at our Ferguson Library before you book your next holiday. It will curl your toes.

Happy vacation days and best wishes to all my Ferguson neighbors down the road.

A Free Concert by the



Community Gospel Choir of St. Louis

Saturday, May 4th, 3:00 PM
January-Wabash Park Bandshell

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





FERGUSON HISTORICAL SOCIETY
OPEN HOUSE

Saturday, June 8 • 10am - 4pm • History House

Located behind the Community Center. Join us for history, conversation, refreshments, and enter a drawing for a basket of items donated from other St. Louis historic sites.

In conjunction with Historic St. Louis • More details to come

Community Gospel Choir Returns to Ferguson for Third Year with Free Gospel Concert at January-Wabash Park

A free unity concert will be presented by Community Gospel Choir of St. Louis for the third consecutive year with a concert of gospel music on Saturday, May 4 at 3 p.m. The free concert will be held at the Bandshell in January-Wabash Park, and guests are welcome to bring their lawn chairs and refreshments. The concert is being presented in partnership with PROUD (People Reaching Out for Unity and Diversity).

"We are excited to be returning to Ferguson, as the reception to last two year's concert was so wonderful," said Suzanne Palmer, artistic director and conductor of the choir. "We will be performing some timeless gospel songs as well as new favorites. We hope the audience will be moved by not just the music but our message of racial unity."

Bringing together singers from all backgrounds, the Community Gospel Choir seeks to build bridges that restore unity to "community." The choir was formed in the summer of 2007 and has grown to more than 50 members. It has become recognized as one of the premier gospel choirs in the region, as well as one of the most diverse choirs.

PROUD is a Ferguson based organization working to encourage Ferguson resident to work together to build a community of harmony and equity, within a diverse group of people.



CROSSWORD

“Time For a Pole Dance!”

By Robin Shively

ACROSS

1. Bell-shaped woodland flower
12. Soothing succulent
13. Uncooked
14. Suffix denoting a native
15. Viking cheers
16. Hair or music style
19. Dormant
21. April showers bring them
24. Gossip columnist Barrett
25. Pueblo locale
26. Dams
29. Replay feature, with 67 across
30. You and I
31. Home sch. for Ducks
32. “__-Fi Fo-Fum...Exclamation Point!”
33. Distinct period
35. Commencement
39. Weep
40. Fixer Upper Joanna
41. Bus. code
42. Preceding AD
44. Date for a parade in Red Square
45. May be full of monkeys or oil
47. South of KY
48. Chicago RR
49. Pricing abbrev.
51. Tender
54. Otis invented a safety brake for this
58. Vintage auto parts producer (abbr.)
59. Sundown race
62. Radiant heat cooker
63. Boston had a Big one
64. Eggs
65. S.O.S.
66. May the 4th
67. See 29 across

DOWN

1. Shoe form
2. Type
3. Spa sponge
4. Adjective for a submarine, a rose and a taxi in songs
5. Left Lambert
6. Somewhere you may find MDs & RNs
7. Actor Kilmer
8. Cognizant
9. Title clouds
10. Active Italian tourist spot
11. Thus far
17. Commemorative monument
18. Guadalupe gold
20. Rocky peak
22. Sugar suffix
23. Keller, to Sullivan
25. Bolivian bull
27. Dorms and apartments
28. Celebration commemorating victory at the Battle of Puebla in 1862
29. Work together well
32. __-pollo
34. Waterloo group
35. Venison
36. Doesn't matter which
37. Giant
38. “Give or take”
43. Bass basket
45. Choked
46. Sitarist Shankar
50. Particles
52. In Missouri,they may be Fowler's
53. Of age
55. __ MX, Mexican football division
56. Indian tourist city
57. Odin's son
59. Six pt. plays
60. Ms. Thurman
61. Or rather

Solution on page 13

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TRUST

By Blake Ashby



A recent class was held on the topic of trust. We usually start off with a quote, to give the students a chance to offer their opinions and start a conversation. The quote for this class was trust is earned in drips and lost in buckets.

Their behavior is how they build trust, or lose trust.

Our behavior decides if we build trust, or not.

We have the students describe how their parents grew to trust them, noting that at first their parents wouldn't let them out of their sight, and then out of the house, the back yard. And finally they were trusted to go down the street by themselves. We have the students discuss how they built their parents' trust, and how it increased over time.

What builds trust. Respecting the truth. Being accountable. But also respecting other people. If you disparage someone not there, the person you are talking to likely wonders what you say about them.

Because it really is true in life – trust is earned in drips and lost in buckets. The people that are the same person every day, every year, build trust. The people that shift with the wind, and always have bad things to say about others, build distrust instead of trust. Because if a person has to worry which of you they are talking with, they will talk with you less.

We tell the kids, the purpose of the class is to give them economic skills. We're not worried about their happiness, just if they can make money. But we point out that the skills they need to make money are just life skills applied to economic situations. If they can master the life skills, they have a chance of being both happy and financially successful.

We take the students through a progression of trust. We ask them about the first time. We know that when they were very young their mom wouldn't let them out of her sight. At some point they were allowed to be in different rooms in the house, and then the backyard. At some point they were trusted enough to be able to go down the street. And eventually able to drive by themselves.

We ask them the times they got grounded or lost privileges because they didn't do what they said they would.

Part of what we're trying to do is to get these students to be self reflective. To look at their lives, and how they live their lives and what they've learned and done. We ask them about the first time they were allowed to go down the block, or allowed to go to a friends house. How they built up trust with their parents. We also ask them about times where they lost their parents trust. What was it that they did wrong that caused their parents to doubt them? How they regained that trust. Trust is critical.

They already have the life skill. They need to recognize it as a skill. They need to learn how to build trust, Recognize it as a skill. They already know how to gain someone's trust. They already understand

The behavior that was required of them to build trust. The actions they took which reduced that trust from their parents. Trust is a reflection of character.

They already have the ability to control their actions. They know how to build trust.

Trust is the same everywhere. Doing what you say you will do. Acting ethically. Being true to your word, taking accountability for your actions.

Also trust themselves.

Trust is a key component of life. We trust our ability to do the right thing because we've done the right thing when faced with difficult choices in the past. We grow to trust the people who always do the right thing. We become quickly skeptical of those who do the convenient thing. Life has a long memory.

Most of us want to know that the person we knew last year is the same person today, and will be the same person tomorrow. We want to know that they aren't just saying whatever they think they need to say at this point in time. It's hard to build trust without a personal foundation of character.



Hello Ferguson!

by Marian Linck

This month I am really struggling to discover an idea or a thought or an event to fill a page with an article. It is time for a “random thought” story. Perhaps a story that includes things that make me happy and things that make me unhappy.

Happy thing #1. We have a new truck. We have not bought a brand-new vehicle in 15 years. We knew we wanted a small truck. We also knew



that said truck needed to accommodate a couple of bicycles and have room in the cab for more than two people. After some considerable research we settled on a Ford Maverick. I must admit when my husband suggested a truck named Maverick I stopped in confusion and doubt.

Now, if you are as old as I am you remember the medium size original Ford Maverick. The Maverick was undoubtedly one of the worst vehicles to ever come of the Ford assembly line, only second to the Ford Pinto. I pointedly asked my husband, why would he want to buy a vehicle with the name Maverick. Was he crazy? Yes, I did love the Tom Cruise movie titled Maverick, but seriously was I going to love a Maverick truck? Continued research and investigation convinced both of us that the Maverick Truck was not the reincarnation of the car. We looked everywhere to test drive a Maverick, Dealers could not keep them on the lot. A friend offered to let us try out her 2022 model. We loved it and contacted a dealer recommended to us. He said all orders for 2023 models were full and he would put us near the top of the list for a 2024 edition. Our order for a fancy decked out “Azure Gray” truck was placed in July 2023. Our truck arrived in February 2024.

Unhappy thing #1. Payments.

Happy thing #2. The eclipse did not disappoint. I am sure everyone is tired of hearing eclipse stories so I will make this brief. We were fortunate to have experienced the full eclipse in 2017 from Keiner Plaza in downtown St. Louis and wanted to experience that celestial event once more. We knew traffic to Cape Girardeau was going to be a nightmare. We chose a spot in



Illinois and managed to make it to Nashville, IL. Traffic was not much better on I-64 into Illinois, so we took a few back roads and got lost a couple times.

Unhappy thing #2. Navigation via cell phone Apple maps is complicated when you want to avoid crowded interstates. Navigation on said new truck was not much better. Oh, the price we would have paid for an old-fashioned paper road map. Now, I must admit my sense of direction is compromised. My husband likes to remind me of this disability often to which I make an inappropriate hand gesture to him. There were a few arguments at which time I turned my maps off on my phone and told him to figure it out for himself. PS, navigating in Illinois is always difficult for me.

Happy thing #3. Spring. The weather is warm. The flowers bloom. We can go outside without a coat and hat.

Unhappy Things #3. Weeds grow faster than the flowers and Midwest Spring is too short. Spring too quickly turns into hot weather.

Happy thing #4. Summer. I love summer. I love sunshine.

Unhappy thing #4. The arrival of summer means pool cleaning, patching and painting. Not that unhappy, once the work is complete, but while I am toiling, I am not so happy.

Happy thing #5. I am going to have a new Grandchild in late July, and it is a boy!



Nothing unhappy about that.

Happy thing #6. We are dog sitting our “Grand-dog,” Hugo for the next week while the future parents of said grand-child go on a vacation to Costa Rica. He is the most chill 100-pound American Staffordshire Terrier I have ever met.



Nothing unhappy about that either.

Happy thing #7. Ferguson’s Wayside Dog Park. I met the nicest dogs and ladies there.

Unhappy thing #5. My dog does not seem to know when to stop running. We must keep our visits short, or he goes home and pukes.

Happy Summer readers. Please share your thoughts or ideas with me. My email address is manhattanmarian@gmail.com





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Affinia Healthcare adds midwifery care, increases access to women's healthcare

ST. LOUIS, MO— In 2023, Affinia Healthcare launched a campaign to encourage the state legislature to extend Medicaid coverage for new mothers from three months to a year postpartum. Missouri has one of the worst maternal mortality rates in the country and research shows that most deaths occur in the 12 months after childbirth, and most can be prevented.

The legislature voted to extend coverage up to a year postpartum to new mothers but there are still challenges. In North St. Louis County, DePaul Health Center is the only hospital where women can deliver their babies.

This leaves a void for women – many who are African American – for women's health care, especially prenatal and gynecological care. When Affinia Healthcare opened its new Ferguson location, it added midwifery to its service offerings to help close this gap in care.

“We hear a lot of talk about health disparities and ‘closing the gap,’ but we have to do something about it,” said Dr. Kendra Holmes, Affinia Healthcare President & CEO. “Our recent community needs assessment showed that the demand for services in North County outweighed the supply, especially for women's health. The addition of midwifery increases healthcare resources for women and infants in this community.”

Certified Nurse-Midwives Tirae Abernathy, Hali Ledet, and Marsha Hill joined Affinia Healthcare in 2023 and have hit the ground running. Abernathy and Ledet are working at the new Ferguson location; Hill is seeing patients at Ferguson and the S. Broadway locations.

“Midwives are trained healthcare professionals who take care of people from ‘menarche through menopause (or from their first period through the rest of their life),’ and specialize in caring for people during pregnancy, birth, and the postpartum period,” said Abernathy, Certified Nurse-Midwife and Family Nurse Practitioner with Affinia Healthcare. “Midwives also take care of healthy newborns through 28 days of life.”

The Certified Nurse-Midwives provide birthing services, along with prenatal, well-woman, gynecological, and infant care. And since Abernathy and Ledet are also family nurse practitioners, they can also provide general medical care for children and adults.

Abernathy grew up in North St. Louis County, and earned her bachelor's degree at Vanderbilt University in Nashville, Tenn. While an undergraduate, Abernathy discovered her passion for working to address and eliminate racial disparities in maternal and infant health. This led her to return home to pursue a master's degree in Public Health with an emphasis in Maternal Child Health at Washington University in Saint Louis. She then earned another master's degree, this time in Nursing from Vanderbilt University School of Nursing and became a Certified Nurse-Midwife and Family Nurse Practitioner.

Originally from Lafayette, La., Ledet received her bachelor's degree in public health and her master's degree in Public Health/Maternal Child Health from Tulane University in New Orleans. In New Orleans, she developed her passion for reproductive justice and health equity and found her calling as a birth worker. She then earned her second master's degree, this one in nursing from Vanderbilt University and became a Certified Nurse-Midwife and Family Nurse Practitioner. Ledet is committed to meeting the holistic health needs of individuals and families across the lifespan, addressing racial disparities in health outcomes, and providing compassionate, high-quality care for LGBTQIA+ folx.

Hill is a St. Louis native who earned bachelor's degrees in Nursing and French from Missouri Southern State University. She continued her studies in Nursing (specializing in Midwifery) at the University of Illinois-Chicago where she earned her master's degree. A healthcare professional with more than 20 years in maternal-child healthcare including 15 as a nurse-midwife, Hill has extensive experience in hospital and birth center settings.

With the need for more midwives in the Midwest region growing, adding Midwifery was a logical addition to Affinia Healthcare's services for women and families.

“There's definitely a shortage of midwifery care in the Midwest in general and has grown in St. Louis over the last six to eight years,” Hill said. “There are more women of all colors asking for midwifery services. Women of color have been stepping up to take hold of their health care, pregnancies and families and are demanding something better,” she added. In addition to Midwifery, the Affinia Healthcare team includes obstetricians/gynecologists, family physicians, nurse practitioners, nurses, medical

assistants, community health workers, and doulas. Affinia Healthcare also offers both traditional prenatal appointments and group prenatal care. The Affinia Healthcare OB/GYN team was awarded the 2023 Standing Up for Black Moms and Babies Award from Generate Health St. Louis.

Research shows that many Black and Brown women experience poor medical treatment based on one primary reason – racism. Maternal deaths for Black women cross age, income levels and education attainment. The addition of the Midwifery services is one way Affinia Healthcare is demonstrating its commitment to eliminating the health disparities for women by beginning with a simple act – by honoring their humanity.

“[Birthing people] deserve to be listened to,” said Ledet. “They deserve to be heard.” For more information about the Midwifery program with Affinia Healthcare, visit www.affiniahealthcare.org. To schedule an appointment, call 314.814.8700.



Certified Nurse-Midwife Hali Ledet examines a patient at the Affinia Healthcare location in Ferguson. Midwifery is offered at the Ferguson and South Broadway locations.

About Affinia Healthcare

Affinia Healthcare is an award-winning, nationally accredited health center, providing affordable primary and preventive health care located for St. Louis, Missouri, area residents. Affinia Healthcare is a community health center, 501(c)(3) non-profit organization, and is accredited through The Joint Commission and NCQA organizations. Established in 1906 as the Holy Cross Dispensary, Affinia Healthcare today serves over 43,700 people per year, of whom more than 90 percent have incomes under 100 percent of the federal poverty level. Approximately 70 percent of patients served are Black or African American, 11 percent are Hispanic/Latinx, and over 4,000 are unhoused.

The Affinia Healthcare Foundation supports the mission of Affinia Healthcare, by helping to ensure high-quality, compassionate healthcare is available to anyone who needs it, regardless of their ability to pay. The Foundation depends on a wide array of funding sources and individual donor contributions to care for the most vulnerable and disenfranchised in our community. To make a donation to the Affinia Healthcare Foundation, visit www.affiniahealthcare.org/donate.

For more information about Affinia Healthcare, call 314-814-8700, or visit www.affiniahealthcare.org.



Certified Nurse-Midwives Tirae Abernathy, Hali Ledet and Marsha Hill shown here with AffiniaHealthcare CEO & President Dr. Kendra Holmes at a recent event at the Missouri History Museum. Midwifery care is now offered at Affinia Healthcare at the Ferguson and South Broadway locations.

Digital Ferguson - Vampire Power!

by David Pickens

This article is about saving money by discovering and eliminating vampire power. Vampire power (which we will abbreviate as VP) is also called standby power, phantom power, ghost load, and other nasty names. VP is electric power used by appliances and electronic equipment when they are switched off or not in use.

Vampire Entertainment

One of the biggest VP thieves in a home are entertainment centers. Since the actual energy drain for your exact setup is impossible to know, one researcher came up with an average of 30 watts. This represents the amount of power being used when you are not watching or listening to anything!

So if we use that average consumption, understanding that your costs will vary with the actual equipment you own, that translates to 0.72 kWh a day or about ten cents a day and about \$36 a year. Of course this power is not being wasted whenever you're actually watching television or playing your recordings, but the point is you're paying for this equipment to be on day and night whether it's being used or not. The only way to prevent this loss is to actually remove the power by turning off the power strip(s) powering your entertainment centers.

Vampire Computers

Sometimes it's helpful to research things you know are true because sometimes things change. One of the things I learned researching this article was some old truth about never turning off your computer in order to make it

last longer. This was true in the 80s & 90s because the stress from simply turning the computer on could damage it. But since then advances have made it such that this is no longer true. I am relieved but also a little sore because not knowing this sooner has cost me a lot of money!

We have two desktop computers and one uses 65 watts and the other 42 watts and they are on all day and night. That translates to 2.6 kWh a day and \$128 a year. Of course both of these computers are used but only intermittently and could easily be turned off when not in use. I only got in the habit of leaving these on because of my fear of causing damage to them by shutting them down. So savings are in my future.

I realize that these vampire power costs are small, but yet they do add up over time as unnecessary waste and expense. My parents taught me the value of turning off a light bulb when it's no longer needed and these devices using up power are just as greedy. We live in an instant on world and that is often the purpose of vampire power, to make devices turn on almost instantly. If we can give up a tiny bit of that convenience we can take a bite out of the vampire power load and gain some extra spending money in our pockets.

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.



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Financial Focus – The Blame Game

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

With this being an election year, we are already hearing politicians on the right with the message about how bad the economy is and who is to blame. If we listen to the left you might hear a little bragging about how we are heading in the right direction. So to put things in perspective maybe a reminder of the government's economic goals to maintain economic growth, full employment and low inflation and how they are influenced will help.

These goals are managed through fiscal policy and monetary policy. Monetary policy is driven by the Federal Reserve and fiscal policy is determined by the president and congress. The Fed operates independently from the legislative and executive branches of government. This is by design to insulate our financial system from politics and the budget process. The Fed uses its influence to maintain the money supply, affecting employment, GDP, and inflation, etc. The fiscal policy is directed by the president and congress through the budget process of taxing and spending decisions.

The main response for the Fed to do its job is to lower interest rates to respond to a slowed down economy. And it can also raise interest rates to curtail inflation. During COVID lowering the rate was a logical step during the shutdown. Another tool often used is the buying and selling securities to increase the money supply which was necessary to pay for the stimulus package being passed through congress and the president with the executive and legislative branches. Adjusting the reserve requirements of banks is the last tool used by the Federal Reserve to influence our economy. As we've seen since our inflation problems began the Fed has raised interest rates as the economy was starting to heat up with re-opening after COVID. So basically, the Fed uses its tools to either expand or contract to keep the economy stable while fiscal policy is being made by the legislative and executive branches to help maintain the economy..

So when the CAREs Act was signed off by Donald Trump in March 2020 the stimulus package involved all Americans making less than \$75,000 per year a payment of \$1200 and an additional \$600 before the year was over. Keep that in mind as we hear the last payout of \$1400 to Americans from Biden's American Rescue Plan in March 2021 is responsible for the inflation that set in. While that did have some degree of responsibility, it isn't the whole story. The first stimulus checks from President Trump kept the economy steady in the face of necessary closures and so many Americans left without work. So at the time most agreed it was necessary. This was an example of how quickly our congress could act when it was an emergency. The CAREs Act also covered the Payroll Protection Program to help small businesses forced to close or suffer a loss of business possibly causing them to close their doors for good. While this program did a lot of good for many we are now hearing that it too had flaws and allowed some funds to be wasted. So these also had some impact on inflation.

While these decisions were probably worth the risk there are consequences. We avoided a recession, kept the economy rolling and unemployment in check. Interest rates while a little higher are in a better place for savers and not too bad for borrowers. In retrospect perhaps the income limit to receive a payment needed an additional rule on whether the person was still employed and receiving pay. And maybe the Payroll Protection Plan needed more oversight. If I recall the main focus was to get the checks out quickly. And that they did.

Other effects of just handing out money can become serious and some dissension on passing the stimulus brought up those concerns. The value of our dollar is an important part of our financial infrastructure. If it becomes devalued by just printing more money and giving it to consumers, we would experience a much worse economic collapse. This is a valid point and having a strong dollar is extremely important. So although the Fed was selling securities to create more money supply, it is still a cause for concern on the effects to our dollar's value worldwide.

So it is also important to remember that the stimulus money influx did cover two different presidencies. As we moved away from the COVID fears diminished and vaccines became available and we were ready to get back to normal. Spending picked up, but not enough goods were available. Some industries couldn't keep up with demand because they lacked employees and couldn't find any to hire. Unemployment numbers went down making us ask what happened to the people that worked in these jobs before COVID. Turns out many just retired or found a new niche to earn a living. COVID changed perspectives on life causing many people to make some changes they may not have considered before.

So inflation got as high as 9% in 2022 and has been trending downward since and was 3.2% this past February. Having lived through a period of inflation over 14%, I wasn't as upset as people who had never experienced it before. So, supply and demand had a role in creating inflation. And the question about is why gasoline prices haven't gone down yet still bothers many people. If we look at the past since 2005 gas prices have always increased during the spring season there have been only 3 times when it didn't. As we go from winter to summer this rising of fuel prices is pretty much normal. Some of it has been attributed to problems with refineries. BP's Whiting Refinery in northern Indiana is the largest refinery in the world had to shut down in February and still hasn't fully recovered. Another factor I never realized was that the reason for the increased prices that come with warm weather are a result of the changing of the fuel formula to a more expensive blend of summer fuel that is less polluting. So again supply and demand have a role. And from what I've read we can expect some easing of prices near the end of May.

So as you hear the rhetoric from both sides keep in mind that there is a lot more to blame than you may think. The president can be blamed, but not understanding how things work can possibly lead to a wrong conclusion.

In my opinion the most important job of the new president is to unite our country and have the congress to help make it happen. If you have any questions or comments please contact me at cleav73@gmail.com.



Aidan Freeman Breaking Out



St. Louis Sting Take Silver!

Last Month I congratulated the St. Louis Sting Bantam Majors for qualifying to represent Missouri for the National championships in Amherst, New York.

Teams from all over the United States represented their respective states. Your St. Louis Sting defeated North Dakota, Ohio, New Jersey, Boston, and Pennsylvania, but lost the final to Minnesota.

An awesome, once in a lifetime experience, so proud of the team, and we got to visit Niagara Falls!



Coach Cooper Seedott, Captain Thomas Caplin, Assistant Captains Kaesen Graff, Zachary Guinn, and Harrison Land Accepting the Silver Award



2nd Place NATIONALS

St. Louis Sting

- 2 Zachary Guinn
- 5 Thomas Caplin
- 7 Davin Scales
- 9 Carson Trader
- 10 Harrison Land
- 13 Blake Evans
- 14 Austin Hodge
- 23 Aidan Freeman
- 33 Jack Figgemeier
- 40 Kaesen Graff
- 41 Nicholas Kuhn
- 49 Alexander Schoenholz
- 51 Josiah Ditch
- 53 Gavin Dillow
- 55 Liam Field
- 59 Ruilong Tang
- 81 Gavin Van Middlesworth
- 89 Peter Nadeau
- 91 Nicholas Skorubskiy

Head Coach: Cooper Seedott
Assistant Coach: Jordan Klimovsky
Assistant Coach: Richard Freeman
Assistant Coach: Jon Girard
Team Manager: Kelly Caplin



A 'Dog Logue'

by Phil Berwick

This news paper was begun on a premise of positive reporting by the last publisher, Dorothy Seiter, and continues with a commitment to that same spirit of goodness by new publisher, Gary Nadeau.

Realms and reams of news sources, whether mainstream media, social media, or horizons of billboard media are in our spaces and faces.

Many of us can remember not long ago when we didn't have phones but quarters in our pockets for a payphone. Social media was a social experience with another human being, talking about their favorite team, the weather, their kid, their dog or cat, their politics or parakeet. I recently read that on average we look at our smart phones twice a minute. I'm done being programed. I used to collect my land line voice mails twice a day.



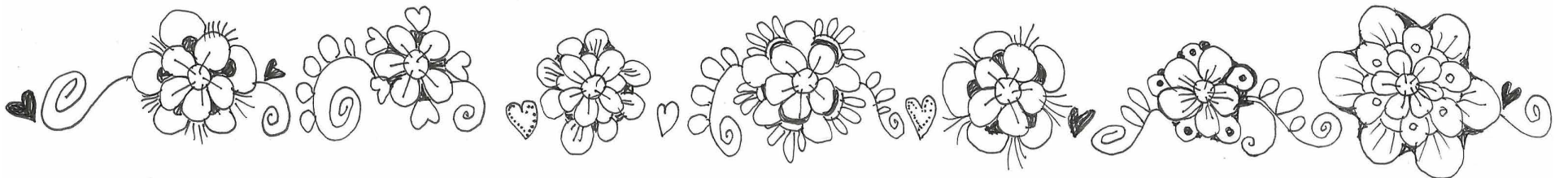
When we moved from Desoto to Ferguson, I realized the new neighborhood had many empty nester neighbors who knew other neighbors less than when we lived in the country with walls of woods between homes . The kids here had grown up playing ball together on a field of dreams, but the parents hadn't.

So I made a 'Dog Logue' in a corner of Jeske sculpture park, for neighbors who walk their dogs or just walk, to find out even a little something about each other. It's a rustic wooden table with a journal-diary, a LOGUE, so people can write thoughts down, about their favorite team, the weather, their kid, their dog or cat, their politics or parakeet. Sometimes there is a poem, or a prayer.



With weather being the weather, I've gone through three wooden rustic 'Dog Logues', and many more water logged Logues. But it's a thought put to paper that counts. And as for the Tree Toons at and in the Silver Maple Tree? They're part of the wood work.

A Ferguson father and daughter sharing a writing moment at the Jeske Sculpture Park 'Dog Logue'



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 EVERYTHING THE BRANCH OF LIGHT TOUCHED TURNED TO COLOR.

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Catch up with the rest of the story at www.Merferd.Com

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 ALL WAS PEACEFUL, UNTIL ONE STRANGE, AND SCARY NIGHT.

FERGUSON TWILIGHT RUN

5K★10K
1-MILE FUN RUN

For Release in May 2024 edition

Ferguson Twilight Run is 15!

The annual run/walk is Saturday, May 18 at Plaza at 501

Ferguson, MO – Late afternoon on Saturday, May 18, the intersection of Florissant Road and Suburban Avenue will transform from a community farmers market to the start and finish area of a community race. Runners and walkers anticipating personal bests, the American flag waving high above from a fire truck's ladder, the blare of a horn to signal "GO!" and the rush of hundreds of people moving toward a common goal – the finish line.

2024 marks the fifteenth year of Ferguson Twilight Run with one-mile, 5K (3.1 miles) and 10K (6.2 miles) distances on USATF-certified routes by Big River Running Company.



"The idea started with a simple question between friends, 'What would it look like if we held a run?'" said Dwayne T. James, race director and planning committee member.

"It quickly grew to a viable plan because of the interest and excitement about bringing the community together with the healthy aspect of running and walking. The ripple effect and growth of that simple question still amazes me."

"Over the past 15 years, the Ferguson Twilight Run has created positive changes in our own lives and our overall community. Thousands of people have achieved personal goals of crossing the finish line, and more than \$106,000 in proceeds have been donated to nonprofits that support healthy and active lifestyles in Ferguson and North St. Louis County," said Elizabeth Simons, planning committee member and volunteer.

"The continuous support of neighbors, race participants, and volunteers have been the driving force behind the success of 15 years of Ferguson Twilight Run," continued Simons.

"I'm humbled by the outpouring of community in so many ways. Whenever I think about what is possible, I think about this event. It's a showcase of 15 years of the community coming together," said James.

Register Today

Time is ticking but you can register for Ferguson Twilight Run at fergtwilightrun.com. Registration fees may be higher on race day.

- Ferguson Twilight Run starts and finishes at Plaza at 501, located at the intersection of Florissant Road and Suburban Avenue.
- Registered participants will receive a T-shirt and finisher medal; age-group winners will receive awards.
- Baby joggers/strollers and service dogs are welcome, but pets must stay at home.
- Check the Ferguson Twilight Run website for details about course routes, street closures, packet pick up, volunteer opportunities and more.



Be a Volunteer

Volunteers are essential to the success of Ferguson Twilight Run.

Volunteers are needed for packet pickup, race day registration, cheer stations, water stations, finish area, and street and road closures for safety.

Learn more and sign up to be a volunteer at fergtwilightrun.com.

Donnie White Sr. Memorial Beneficiary Award

Ferguson Twilight Run donates proceeds to nonprofits in North St. Louis County through the Donnie White Sr. Memorial Beneficiary Award. Over the last 15 years, more than \$106,000 has supported a host of programs and services focused on impacting positive, healthy outcomes. The 2024 beneficiaries are Girls on the Run St. Louis Ferguson-Florissant Schools, Strength and Honor Mentoring & Tutoring, A Red Circle, and Emerson Family YMCA.

Thank You, Sponsors

There's a host of sponsors for the annual race. In 2024, the city of Ferguson is the 10K presenting sponsor, Negwer Materials is the 5K presenting sponsor, and BJC Healthcare is the 1-Mile presenting sponsor. Other sponsors include Ferguson Brewing Company, Elicious, Big River Running, the James family, Blue's Art House, Terrain magazine, Soulcraft, Great Rivers Greenway, Saint Louis Track Club, Athletico, Park Central Development, North County Inc., KAI, First Baptist Church of Ferguson, Beacon/SOCAYR, Bywater Development Group, Midwest BankCentre, United by Design, NAZ Elite, Spewak Training, Tim Larson, Vincenzo's, Challenger Learning Center, Cora Faith Walker Foundation.

History

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

CONTACTS

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





**Under The Hood
With Robinwood**

By Bob McGartland

**Struggling Between
an Electric Vehicle or
Traditional Gas? Maybe
a Plug-In-Hybrid is the
Answer!**

In today’s automotive market, consumers are increasingly faced with a pivotal choice: should they stick with a traditional gasoline-powered vehicle, make the leap to an electric vehicle (EV), or find a middle ground? For many, this decision is fraught with considerations about environmental impact, fuel costs, driving range, and vehicle performance. However, there’s an option that often serves as the perfect compromise between the old and the new: the plug-in hybrid electric vehicle (PHEV).
Understanding Plug-In Hybrid Electric Vehicles

Plug-in hybrids represent a blend of traditional gasoline engines and electric propulsion. Unlike conventional hybrids, PHEVs can be charged from an external power source, allowing them to drive significant distances on electric power alone before switching to gasoline. This dual nature offers a unique set of advantages that might make them the ideal choice for drivers on the fence about going fully electric.

The Best of Both Worlds

1. Environmental Impact and Fuel Efficiency

PHEVs offer a significant reduction in greenhouse gas emissions compared to traditional vehicles, thanks to their ability to operate on electricity. For daily commutes and short trips, you might find yourself rarely needing to visit the gas station, drastically reducing your fuel costs and carbon footprint. When longer journeys call, the gasoline engine ensures you can continue without the range anxiety associated with pure EVs.

2. Flexibility and Range

One of the most significant barriers to EV adoption is range anxiety. PHEVs address this concern head-on by providing an electric-only range that covers the daily needs of most drivers, with the added security of a gasoline engine for longer trips. This makes a PHEV an excellent choice for those who are not ready to commit to the infrastructure and planning required by fully electric vehicles.

3. Financial Incentives

Many governments offer tax incentives and rebates for purchasing electrified vehicles, including PHEVs. These financial perks, combined with lower running costs due to reduced fuel consumption and cheaper electricity, can make PHEVs an economically attractive option over the total ownership period.

4. Immediate Availability and Variety

While the EV market is growing, availability can still be an issue, with waitlists for popular models extending months or even years. PHEVs, on the other hand, are readily available across a wide range of models and price points, from compact cars to luxury SUVs, making it easier to find a vehicle that fits your needs and budget.

Considerations

While PHEVs offer a compelling proposition, they’re not without their drawbacks. The dual drivetrain can make them more expensive upfront than their gasoline-only counterparts, and they may have less electric range than full EVs. Additionally, to maximize the benefits of a PHEV, you’ll need access to a charging station at home or work.

Conclusion

For those torn between the allure of electric vehicles and the practicality of gasoline power, plug-in hybrid electric vehicles present a compelling middle ground. They offer the environmental benefits and fuel savings of electric driving for daily use, with the flexibility and range of a gasoline engine for longer trips. As the automotive world continues to evolve, PHEVs stand out as a practical, versatile choice for the transitional phase towards a more sustainable future. Whether a PHEV is right for you depends on your driving habits, budget, and personal preferences, but it’s certainly an option worth considering.

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. Visit us at robinwoodauto.com.

Happy Mother’s Day to all the moms, grandmothers, and all those who are providing motherly care to others! May God bless all of you!



**“Bark at the Moon” Twilight Dog Walk
at Jeske Park**

Everyone is invited to bring your “friendly and socialized” pooch to Ferguson’s first twilight walk at Jeske Park! So grab a flashlight or lantern and your pup!

WHEN: Thursday, May 16th 7-9 pm
WHERE: Jeske Park, Ferguson, MO

There will be doggy yoga starting at 7 pm, an “Ask a Trainer” and “Ask a Vet” booth, FREE GIVEAWAYS, dog toys and doggy treats of course plus raffle drawing prizes.

Meet the Ferguson Fire Department mascot Ember, Parks & Recreation with Ferguson’s dog park info will also have a booth.

Blessing of the Animals; have your pup blessed and get a Saint Francois medallion for their collar, and Ferguson’s SoulCraft will be giving vouchers for free ID tag sliders. Plus much more!

So grab a lantern or flashlight for some fun under the stars. Come “Bark at the Moon”

Written by Dara Ashby, Ferguson Animal Coalition, dara@Fergusonanimalcoalition.org
Sponsored by: Jeske Park Neighborhood Association
Ferguson Parks and Recreation

Posture: The Science of Body Position

Explore the depth of science behind posture, and learn how the right adjustments can improve your overall health and well-being.

By Dr. Robin Lawrence - Get Well Family Health & Chiropractic

Is There a Perfect Posture?

“Sit up straight and stop slouching!”. You’ve likely heard this since childhood, but is there such a thing as perfect posture? The answer is a bit complicated. The latest research shows that thinking about a “balanced” or “dynamic” posture may be more important than a perfect one.

And we’re also discovering that our ability to change positions and move may be more critical than our static position while standing or sitting.

Your posture comprises a dynamic pattern of responses, reflexes, and habits- not a single position. Gravity, your work environment, and your anatomy all play a role. For instance, sitting for hours staring at a computer screen is a perfect example of an imbalanced and challenged posture due to ergonomics. Over time, this imbalance can lead to forward head posture, which can cause pain and potentially even degenerative changes in your joints. Forward head posture affects millions of people who spend their days using computers. It places stress on the neck and shoulders and weakens the supporting muscles.

- Forward head posture affects millions and results in neck pain for up to 75% of people
- Neck pain, tension, stiffness, and tenderness are all signs of chronic forward head posture
- Trapezius strengthening has been shown to provide clinically significant relief for those struggling with neck pain as a result of forward head posture

Strength and flexibility play a significant role in your posture. Having good core strength and balancing that strength with flexibility can help you dynamically adapt to your environment.

While “perfect” posture may not exist, each of us can improve our strength, flexibility, and ergonomics to reduce our likelihood of experiencing pain. If you spend your days looking at a computer, let us know. We’ll be happy to recommend a care plan to help you balance the effects of all that screen time.

Improving Your Posture to Keep Your Spine Healthy

Posture is the position that your body maintains while standing, sitting, or lying down. Most experts would agree that “good” posture reduces the stress on your spine by balancing the load placed upon the muscles and ligaments that support it.

Good posture is essential because it helps you align your bones and joints properly. This helps reduce the wear and tear on your joints and can decrease the strain on the ligaments that support your spine. New research also indicates that maintaining a good or balanced posture can help you use your muscles more efficiently and prevent fatigue.

To prevent back pain, your best posture may be one of motion. If you sit in one position too long, small nerves will detect the pressure and send messages to your brain, indicating that you’re uncomfortable- which is your prompt to move!

Researchers believe these “uncomfortable” signals before pain are our body’s way of telling us to move or change positions. A standing desk is one of the best strategies to reduce neck and lower back pain associated with sitting.

- Good posture means keeping your spinal curves aligned and weight evenly distributed.
- Changing positions or using a standing desk can help you improve your posture and reduce your risk of neck and back pain
- Standing desks have been shown to reduce back pain by over 30% compared to sitting at a desk

One of the best ways to improve your posture is to not stay in a single position for too long. Changing your position throughout the day, using a lumbar support when seated, and even using a standing desk are all ways that you can reduce fatigue and pain.

Postural Stress: The Link Between Tech Neck and Pain

Postural stress occurs not only because of your anatomy but also because of the decisions you make each day. Believe it or not, many spend 2 hours

or more daily on their smartphones or tablets. That adds up to hundreds if not thousands, of hours each year! The position we hold our heads in while using these devices is referred to as “tech neck.” And over the past few years, the pain associated with these positions has been growing by leaps and bounds.

It’s estimated that tilting your head forward, even just 15 degrees, can increase the weight of your head on your neck by over 3X. Tilting your head forward 60 degrees can reduce the stress and strain on your neck. Over time, this can result in pain, stiffness, dysfunction, headaches, and more. The excellent news about postural stress and tech neck is that a few simple changes to your routine can help you reduce your risk of experiencing pain.

- Tech neck is the term used to describe the flexed head and neck position that occurs when looking down at your smartphone
- Even 15 degrees of forward bending (flexion) can increase the stress of your head on your neck by 3X
- Look up taking breaks every 15 minutes and looking up for your phone or tablet can help your body reset and give your muscles a chance to relax

Reducing the symptoms of tech neck is more than merely changing the angle of how you look at your phone. By properly evaluating your ergonomics, we can make personalized recommendations to help your body maintain a more balanced posture. By reducing the stress on your neck, you can look forward to many years of continuing to enjoy your smart devices!

The Surprising Link Between Posture and Depression

Have you ever been able to tell someone’s mood just by how they walked into a room? We all have! It’s a great example of how our posture and attitude are connected. Within seconds, you can look at someone and tell whether they are confident, depressed, withdrawn, or happy.

Emotions, posture, and pain sensitivity are all influenced by each other. Postural change has been linked to depression and other health challenges. Maintaining an unnatural, stooped posture can often create aches and pains that exacerbate depression, becoming a vicious cycle. On the flip side, a recent study discovered that people who were depressed found their mood to improve after they changed their posture.

The exact reason for these changes is yet to be discovered. It may be as simple as people feeling better by demonstrating a confident posture. Our body posture and position can influence the release of endorphins or feel-good chemicals in the brain.

- Slumped posture has been linked with depressive symptoms
- An upright posture has been shown to improve mood

H3: Emotions and thoughts affect your posture and energy level. Look up and pull your shoulders back to reset your mind and body!

Next Steps:

The next time you are feeling down or depressed, pay attention to your posture. You’ll likely be slumped with your head and neck curved forward and down. A simple change in posture may help you feel more confident, energetic, and happy. And if your posture is causing neck or back pain, give us a call; we’ll be glad to help.

If you’re experiencing depression, we recommend reaching out to a professional for help.



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The Ferguson Computer Corner

by Doug Neely I like being connected to God!

MAY, 2024

What's in store for us this month, according to wincalendar.com...

2nd---National Day of Prayer. Considering all of the problems besetting us all throughout the world, we should make use of our greatest power. Pray to the Almighty for His grace and help.

9th---Ascension Day...Jesus ascends to the Father.

Check for the Sunday your church celebrates this.

12th---Mother's Day...if you love your mother, you better make her happy on this Sunday!

18th---Armed Forces Day. Stand up for our men & women who stand up to protect us all year.

19th---Pentecost Sunday...celebrate the Spirit!

26th---Trinity Sunday... We worship the Triune God:

Father, Son, and Holy Spirit! Go to church!

27th---Memorial Day...Do not over-indulge in the consumables.

There may be other days of note this month, and you can see them if you go to wincalendar.com

The ones I have listed are those I believe to be of most importance to most of us.

Wireless, Anyone?, dept.

I think it is fair to say that the great majority of us use a wireless network in our home which we use to connect our puters, tablets, and phones to our home network, as well as to the internet. Strap yourself in, cause here we go!

The Radio That Is Always On, dept.

It all begins with that ethernet cable that comes into your house which plugs into the MODEM. You probably got it from your internet service provider (ISP).

The WIRELESS ROUTER is the next device which is plugged into the modem. It is used to distribute the connection from your modem into your home network. This is done using category x cables or a wireless transmission. The category 5 cables are mostly used, but cat 6 cables are available, for a premium price. These carry the signal, so get the best you can afford. (cat 7 MIGHT be available, too.)

So ALL of your connections use either wireless or wired.

YOUR ROUTER must have wireless capability, or you will be limited to wired connections. These are faster, and will carry more data, but you will be somewhat limited in where you can run this wire.

Running a category cable through a wall or a floor is not suggested for those who don't know what they are doing. You don't want to cut your electric line or your water pipe do you? Obviously, you must know what you are doing. Also, if you make your category cable too long, you will lose signal. Are we having fun yet? :)

Wireless is best for most of us because you don't have to mess around with wires, and drilling and cutting holes in walls and floors, etc. Always follow directions when setting up wireless. Once you have established the connection, you may now move it around to get the best signal, or to put it into the best or most convenient location. Then see if it still works well enough. Depending upon how picky you are, this could take a while. Do it your way.

Basic Wave Transmission, dept.

The key to remember is this: the signal ALWAYS goes straight up to the ionosphere. Depending upon the frequency, the signal always looks like a triangle sitting on its sharpest point. This is the cone-shaped area of greatest signal density. Let's say it is a 90 degree cone. You can widen more of this cone to cover more of your house by putting the router into the basement. This will also help to prevent others from seeing your signal...mostly giving them at least a weaker signal that they can't use much. Put the router as close to the center of the house as you can.

If you want to cover a specific area with a greater signal strength, move it around. Put the router directly under the device to saturate that area better.

ME GO NOW!

There are LOTS of reasons for you to go to church this month (not that that should be your motivation to go). You should be hungry and thirsty to go! So GO! There is too much to miss. Develop your personal relationship with God now so that you are not caught without it when it is too late. That day will assuredly come. Your soul should be crying out for it. Listen to your soul.

IF YOU would like to ask Doug for some of his world-famous FREE puter advice send him an email.

Put the words I need puter advice into the subject field of your missive, and include your local phone number into the body of you message. Failure to do this will mean you will not make the connection with him. His email is: fergusoncomputercorner@aol.com

Crossword Solution from page 4

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Ferguson Has A History Museum

We have a very active Historical Society in Ferguson. Along with some Open Houses in 2023, The Ferguson Christmas Lights Tour in December, the display on Slavery in St. Louis in February and finally on March 21st a special tour of Bellefontaine Cemetery to visit some important Ferguson grave sites. If you have not joined the Ferguson Historical Society, you are missing out on some great activities – membership information is available at the end of this article.



If you are new to the North St. Louis area, you may not be aware that there are two historically significant and beautiful final resting places. Both are just a short south drive down Florissant Avenue. The first you come across is Calvary Cemetery, a Catholic cemetery (and the largest of the



two). Calvary dates back to 1854 and was established as a final resting place for Catholics – however, there is a section for other Christians. The grave sites in this cemetery contain the remains of many famous people: August Chouteau, Dred Scott, General William T. Sherman, Tennessee Williams along with numerous additional historic people. The grounds are beautiful, the mausoleums and statuary are amazing and a free guide

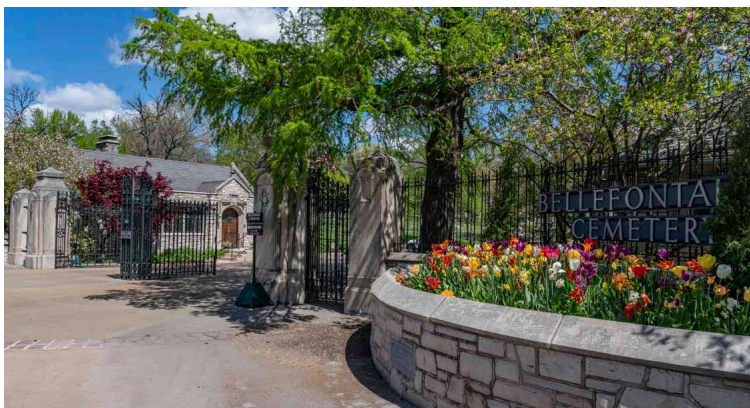


for driving the grounds is available at the office. But – this article is not about Calvary – it’s actually about our visit to Bellefontaine Cemetery – a little further south on Florissant Avenue.

There is some history to tell first. The Victorian Age is named for the Reign of Queen Victoria of Great Britain beginning in 1837 and ending around the time of her death in 1901 (she reigned for 64 years – Only Queen Elizabeth II has ruled longer). In America this was a period of great growth and idealism. It was a time when cities began to grow in size and importance. In the St. Louis area, prior to the 1840’s, burials were generally in small family plots or small church cemeteries. As the city grew the real estate that these grave sites occupied became too valuable – many graves needed to be moved – or just built over. People began to see the need for cemeteries beyond the city limits (health reasons) and being the idealistic Victorian age, for pleasant grounds to place the remains and enjoy a visit. Often called “Cities of the Dead”.

In 1849 a group of prominent St. Louis citizens established Bellefontaine Cemetery along north Broadway. They hired Architect Almerin Hotchkiss to plot out the grounds. Broadway was the main road north and south of St. Louis during this time period. While we currently enter Bellefontaine from Florissant Avenue, the original (and still an entrance) entry point was on Broadway. In that same year a cholera epidemic hit St. Louis

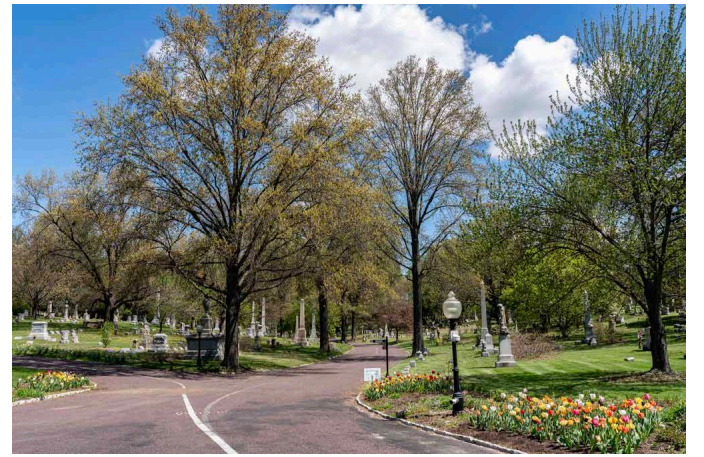
taking about 10% of the population. Along with plagues, life expectancy at the time was around 40 years (high infant mortality



considerably lowered the average age). There were 4500 burials in 1849 – many came to the new cemetery just beyond the city limits – Bellefontaine.

Bellefontaine Cemetery was established as a permanent resting place for people of any religious demonication – or no religion. According to the book by Carol Ferring Shepley, *“Tales from Bellefontaine Cemetery:*

Movers and Shakers: Scalawags and Suffragettes” – Bellefontaine took almost everyone and continues to be a cemetery open to all. Currently the cemetery has over 90,000 graves in the 314 acres. Many are famous: William Clark, Susan Blow, Thomas Hart Benton, James Eads to mention a few. Bellefontaine was the 14th “Great Rural Cemetery” in the United States and the 1st west of the Mississippi River. Along with being a cemetery, Bellefontaine is also a nationally recognized arboretum with over 9000 inventoried trees and shrubs. The beautiful grounds feature two lakes, magnificent mausoleums and scenic drives. It is a peaceful place to escape a busy city. The cemetery is located at 4947 W. Florissant Avenue and is open from 8 AM to 4:30 PM daily. Phone (314) 381-0750 - website: bellefontainecemetery.org.



The History House crew took a special tour of the grounds arranged by the Cemetery Chronicler, Daniel Fuller. Along with a normal tour, our tour featured some grave sites of well-known Ferguson citizens. Included were the graves of William Ferguson and Thomas January. While there



is a photo of Ferguson’s grave, Mr. January does not have a marker. The cemetery has exact locations for all who are interred even though there is no marker. Also included was the grave site of Cornelia C. Coulter, a noted 20th Century educator and author, currently being researched by FHS President, Mary Haux. We were also invited to visit the mausoleum interiors of two well known St. Louis

leaders: the Wainrights and the Lemps. Shown above is the interior of the Wainright mausoleum.

It is also interesting to note that there are five cemeteries located on Broadway north of St. Louis starting with Bellefontaine and followed by Calvary, Evangelical Friedens, St. Johns (just west of Broadway) and New Bethlehem. There is only one along south Broadway, Jefferson Barracks National Cemetery. I don’t know what that means, but – something to think about.



Both Calvary and Bellefontaine offer u-drive tours of the grounds. Bellefontaine offers guided tours in addition, with costs involved. Both are beautiful and peaceful places to visit, explore or just find a quiet spot in the middle of the noisy metro area.

This story came from documents in the Ferguson Historical Society archives.

Membership in the Ferguson Historical Society is open to anyone – membership levels range from \$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. 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.”

Our Boy Fred

By Michael Pierce

Fred the Basset Hound joined our family on August 29, 2012.

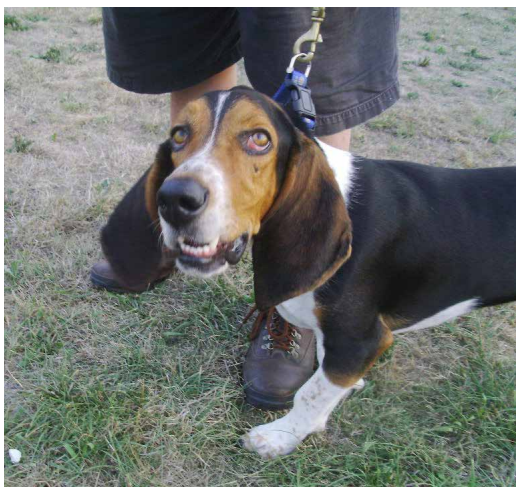
He was about three years old. We found him at a shelter in Lincoln County. He had been there for over a year. The day we went for a visit he was playing in the yard with other dogs. He looked up, saw us, and came running over. He found us.

We went through the usual procedure of a home visit from a couple of the shelter volunteers. We aced the test, paid the fees, and arranged to pick him up the next weekend.

When we put him in the car to bring him home, he was panting and yelping with excitement. The drive from the shelter was a bit over an hour. As we drove our noses began to twitch, and our eyes began to water. The car filled with a foul stench. We began to wonder what we may have gotten ourselves into. The aroma of Fred's farts filled the car for our entire journey home. Rolling the windows down didn't help much. We chalked it up to nervousness and hoped for the best. The photo of Fred, with his brown face, was taken as soon as we got home.

In his early years, Fred was a bit of an escape artist. If he found an open door, he slowly made his way in that direction, then...ZIP...he was out the door.

Basset Hound noses are second only to Bloodhounds when it comes to sensitivity. They have about 250 million scent receptors, making their sense of smell four or five times more sensitive than humans. Because of this, Fred would always head in the direction of Paul's Market. It made catching him very easy.



My wife would take him to the dog park every day, weather permitting. He would run and play with his two-legged and four-legged buddies, then he would come home and resume his daily twenty hour nap. Fred loved giving high fives. He would give them with his left paw, as his right leg and paw were quite malformed. That, however, never slowed him down. He could run like the wind.

Time marched on. Fred aged gracefully. His face turned from brown to snow white. He was appointed Mayor of Wayside Dog Park by his buddies. He became more content to lie in the shade when he was there.

Like many of us, as we age, he developed a few health issues. He became very sick once. When we took him to see Doctor Dan he told me some tests he was going to do. I realized he was testing Fred for Pancreatitis. He was doing the same blood work that I have done several times a year to monitor my own pancreatitis. He prescribed some meds for Fred. Same

stuff I take, same dosage, so we were able to save a few bucks.

Fred injured his back a couple of times over the years. As he aged, he lost a step or two on the rare occasion he would decide to move at a trot. He would no longer climb onto the couch, or his favorite chair, for a nap. He would lie on his bed, or the floor, sleeping contentedly.

One day in May 2023 he stumbled as he walked through the living room. He stumbled a few more times that day. By the end of the next day, he had lost the use of his back legs. We ordered him a doggie wheelchair. In the few days before the wheelchair arrived Fred lost control of his bowels and bladder. We put the wheelchair together when it arrived and placed him in it. He wouldn't move. He gave me a look I've seen many times, in humans and in dogs.

"It's time," I told my wife. I took a picture of him that day, May 22, 2023. It's the other photo accompanying this article. We put the word out, and all his dog park friends came by for a visit. We called Doctor Dan and made arrangements for him to come by the next day.

May 23, 2023, was a beautiful day. We took Fred to the porch and placed him on his favorite blanket. I got his favorite 'don't tell mom' meal, a cheeseburger and a small order of fries.

Doctor Dan, and one of Fred's favorite vet techs, arrived around 10 am. Doctor Dan placed the port through which the euthanasia drug would be administered. We all gave Fred some pets. He was surrounded by love. I gave Doctor Dan a quick nod.

Fred sprinted across the Rainbow Bridge, to a land of endless fields to run and play, unlimited cheeseburgers, unlimited donuts, unlimited hot dogs, and unlimited loaves of bread. Doctor Dan wrapped Fred in the blanket and carried him to his car. Just before he placed him in the back seat, Fred's left paw slipped out. One last high-five to let us know he was in a good place.

We donated the wheelchair, and a few other things, to the Ferguson Animal Coalition. I know that stuff was put to good use.

I see him, occasionally, out of the corner of my eye. I talk to him occasionally when I sit by myself on the porch. Now we have Jennie. Sometimes she will stop playing with her toys and look up, her eyes scanning the living room from the hallway door to the front door. I like to think she sees Fred, and he's her spirit animal.

There's a song I sometimes listen to (Good Dogs by Jameson Rodgers). It makes me smile and cry at the same time, as I look at photos and videos of Fred. I miss his sweet, gentle spirit, his goofiness and playfulness, and his unconditional love.

He will always be our good boy, and we miss him every day.



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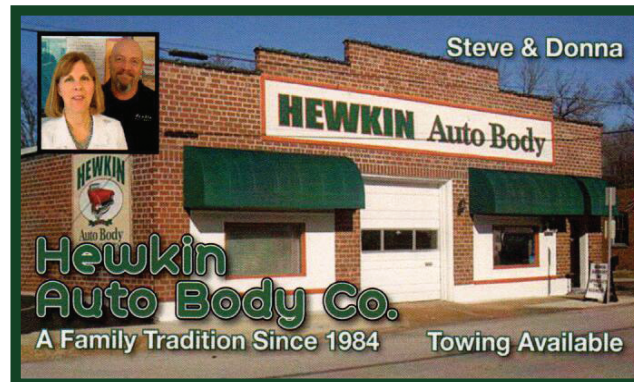
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