



# Ferguson

NEIGHBORHOOD  
SINCE NEWS 2021



Serving Ferguson and Surrounding Communities

## Celebrate The 4th!

I don't know about you, but I enjoy the 4th of July. Between swimming, bar-b-que with family, and watching fireworks I don't know which I like best.

Although we have just celebrated fathers day and memorial day, the 4th is a great time to reflect on those who have made it possible for all of us to enjoy the freedoms we have. So please take a moment with your family to remember those who have sacrificed so that we can continue to enjoy those freedoms.

This year marks 248 years since in 1776 when the Declaration of Independence was approved by the Continental Congress. But did you know:

### America actually declared independence on July 2, 1776.

Delegates from the Thirteen Colonies held a meeting called the Second Continental Congress. On July 2, 1776, they agreed to approve a resolution of independence, which proclaimed freedom from British rule. The statement of autonomy, called the Declaration of Independence, was officially approved on July 4.

### John Adams predicted modern-day Fourth of July festivities.

In a letter to his wife Abigail, John Adams wrote about his vision for Independence Day. Here's what Adams said: "I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival." He added that it would be observed with "pomp and parade, with shews, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other from this time forward forever more."

**Two signers of the Declaration of Independence became president:** John Adams and Thomas Jefferson. Both men died on July 4, 1826—a significant date because it marked the 50th anniversary of the Declaration of Independence.

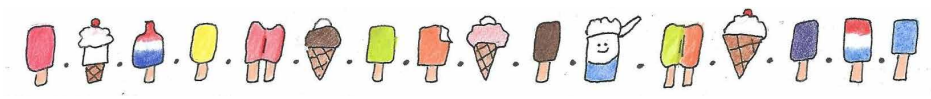
**Americans eat 150 million hot dogs on the Fourth of July.** That's enough hot dogs to stretch from Washington, D.C. to Los Angeles more than five times!

**The Star Spangled Banner became our national anthem in 1931.** Francis Scott Key wrote the ballad during the War of 1812 on September 14, 1814.

**Even George Washington got in the patriotic spirit!** Historical sources say that George Washington gave his soldiers double rations of rum on July 4, 1778. Nowadays most adults celebrate Independence Day with beer and BBQ.

We, as a nation are richly blessed.

Count your blessings - Papa Deau



**JULY 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

- **Wednesdays at 10 am:** Stories and Songs for Little Ones (ages 0-5)
- **Saturday, July 6 at 10 am:** Clay Sculptures (ages 6-11)
- **Thursday, July 18 from 1-4 pm:** College Connections Center (teens)
- **Saturday, July 20 at 2 pm:** Lego Club (ages 6-11)
- **Thursday, July 25 at 2 pm:** Pixel Art Creations (ages 6-18)
- **Friday, July 26 at 10 am:** Adventure Play in the Park (ages 0-5)

### ADULT EVENTS

- **Monday, July 8 at 6 pm:** Readings on Race Book Club - chapters 10-18 of *Dream Town* by Laura Meckler
- **Tuesday, July 9 at 6 pm:** Conversations and Coffee
- **Wednesday, July 24 at 6 pm:** Budgeting and Investment Tips
- **Friday, July 26 at 3 pm:** Crafternoon (adults and teens)
- **Wednesday, July 31 at 6 pm:** Birdscaping with Native Plants

### ALL AGES EVENTS

- **Monday, July 1 at 6 pm:** Monday Movie Matinee - *The Mitchells vs. the Machines* (PG)
- **Wednesday, July 10 at 6 pm:** Outdoor Hobbies
- **Thursday, July 11 at 6 pm:** Fiber Arts Social Club
- **Monday, July 15 at 6 pm:** Monday Movie Matinee - *Muppet Treasure Island* (G)
- **Wednesday, July 17 at 6 pm:** Cultural Cuisine - West Africa
- **Monday, July 29 at 6 pm:** Monday Movie Matinee - *A Wrinkle in Time* (PG)

**July Craft Kits**

- **July 8-13:** Citrus Coasters
- **July 22-27:** Hanging Lantern

Pick up a free kit today!

**ADVENTURE BEGINS AT YOUR LIBRARY.**

You still have time to join the Summer Reading Challenge! Get rewarded for reading!

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## July Celebration Shout-outs



15 Happy Birthday Wanda Cook  
 16 Happy Birthday Sam Cook  
 26 Happy Birthday Allison Bowes  
 31 Happy Birthday Sharon Nadeau



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

### July at a Glance



- 2 Forestwood Neighborhood Meeting 7PM
- 4 Independence Day
- 8 North Elizabeth Neighborhood Meeting 7PM
- 11 Jeske Park Neighborhood Meeting 7PM
- 11 West Neighborhood Meeting 6PM
- 17 Ashura
- 20 NorthHills Neighborhood Meeting 10AM
- 22 South West Neighborhood Meeting 6PM
- 25 South Central Neighborhood Meeting 6PM
- 25 Ferguson Woods Neighborhood Meeting 7PM

### Vacation Bible School

**Who:** Students who finished K-5th this year  
**Where:** First Baptist Ferguson  
 333 N. Florissant Road  
**When:** July 22 - 26 9am - Noon



#### Special Event with the Jubilee Gang

Friday 7/26/2024 at 7pm for the whole family!  
 Dinner included at 6pm  
 Register on-line: Click QR code or visit [www.fbcferguson.org](http://www.fbcferguson.org) or [churchlikeheaven.com](http://churchlikeheaven.com)



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 On-line edition [fergusonsmallbusinessdistrict.com/](http://fergusonsmallbusinessdistrict.com/)

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#### Volunteer with the paper

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

#### Donate to the paper

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### Paper Available at the following Locations:

- We have paper stands at:
- Ferguson Community Center
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  - 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
  - Elicuios Restaurant
  - The Hive Cafe



# Ferguson 4<sup>th</sup> of July Celebration

**Thursday July 4th 2024  
January-Wabash Memorial Park**

**Parade begins at 10:00am  
Starts at 200 S. Florissant And ends at 501 N. Florissant**

**Family Festival 4pm - 9 pm**

- Inflatables
- Music
- Food
- Fun

**7pm - 9pm Musical Group "Just In Time"**

**Fireworks begin at approximately 9:15pm**

**PLEASE BE  
CONSIDERATE.**



**SOMEONE IN YOUR  
NEIGHBORHOOD  
IS AFRAID OF  
FIREWORKS**



# CROSSWORD

## “No Wallflowers Here”

By Robin Shively

Solution on page 13

### ACROSS

1. Flight info.
4. One of three
8. Where one may find a truck or trailer
13. Lyric poem
15. Flag
17. Nocturnal Major
18. Not a fan of
19. South Carolina port
20. Word on a sign before fishing
22. Sheltered
23. The F in WTF
25. Tune in ¾ time
29. Sample
32. Clark’s partner
34. Features of national parks in Utah and Missouri
38. Length x width
40. Franchise letters since 1926
41. Rwandan tribe
42. Camera action
43. Vulgar abbrev. for nonsense
44. A 10 x 12 rm. has 120
46. Pull the knife out?
48. Open the pickles
50. His pants are on fire
53. Falcon-headed deity
54. Nureyev’s forte
56. Attending
57. Article in Arles
58. Symbol between a fish and a bull
59. Get lost!
61. Phone for a senior
65. Name that’s a body part in reverse
67. Silly
68. Body part mentioned in 65 across
69. Propeller
71. Don’t go this way into that good night
72. July 20, 1969 event

### DOWN

1. Watchdog grp.
2. It takes two
3. Rehab program starter
4. Indefinite article
5. Drum kit components
6. Word-of-mouth
7. Bold Ruler, to Secretariat
9. Swindle
10. Fine print, e.g.
11. Mil. tour group?
12. Penny, but not Abbey
14. Isn’t improper?
16. Murdered
21. Many 1920s Harper’s Bazaar covers
23. Imperfection
24. Midnight at the \_\_\_\_, Muldaur tune
26. In the manner of
27. Wring
28. First name in motivation
30. Listening device
31. Distinct period
33. Adidas model
35. Delay cause
36. The Land of Steady Habits st.
37. Beginning of an alliterative Wham-O name
39. Takes effect, in legalese
43. Good deed grp.
45. Bananas Foster technique
47. Graffiti or Dada
48. Verbal hesitation
49. Certain island inhabitant
51. Durbin and Duckworth st.
52. Jolson or Roker
54. Tavern
55. Protective protrusion
56. Cane-shaped artery
57. Queue
58. Angler’s genuine-sounding device
60. ‘The \_\_’, Steve Martin movie
61. Tool type
62. Swedish invention that’s a blast Blossoms sch.
64. Miracle-\_\_
66. Email pioneer
70. “That hurts!”

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## SYMPATHY or EMPATHY

By Dr. Larry A. Brown

You, no doubt, have heard the saying by Judge Thurgood Marshall, “KEEP THE FAITH, BABY “. Have you also heard this statement, “ KEEP THE BABY, - FAITH “ I will use these statements to illustrate the difference between Sympathy and Empathy.

When one says “ Keep the Faith, Baby”, it implies that if you hang on, everything will somehow be alright. However, if one says” KEEP THE BABY” then it is an acknowledgment that there are obstacles and issues which must be addressed and challenges one to think about what they can or will do. It is a foregone conclusion that though one might be ready to give in or end the situation somehow, it encourages one to give the matter serious thought about respecting the right of the individual to exist and what needs to be done so that both parties can survive.

It challenges us to take a realistic view now and handle things from our own ability rather than hope that it will somehow work itself out.

Such is the case when we adopt a “hands off” attitude to situations that exist around us and wait for someone else or some other circumstances to occur which might address the issue satisfactorily.

It becomes a way to “cop out” rather than address the issue heads on.

In our past history, we have seen instances where we have allowed certain situations to continue because we have taken a sympathetic view, which is to say that we have seen the reality, and felt sorry for the condition, but have really never done anything to solve or alleviate the problem. Are you a sympathizer? Most people are .

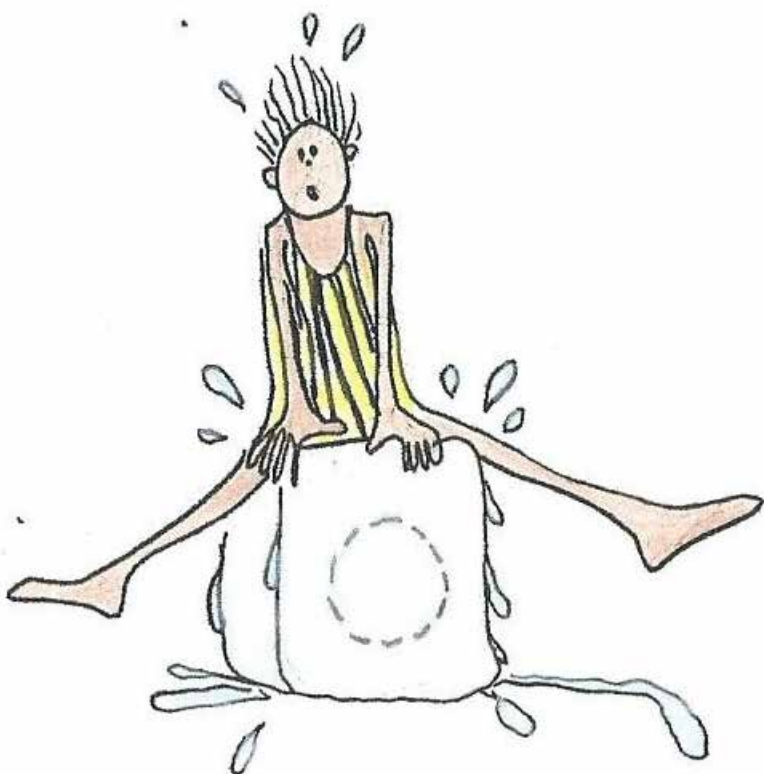
If you have experienced the pain and suffering that others have gone through because of the existence of the situation in its resent form, then you can relate to the necessity to change things for the better or become more deeply involved.

Usually, something changes when a person becomes an empathizer and is not content to let others solve the problem.

There probably is room for both kinds of individuals to exist, because on the one hand, there is a need for an understanding of another’s predicament, whether or not we can be of assistance, and then there becomes more opportunities for us to participate intelligently.

Awareness is very important and you should work hard to be an understanding and helpful neighbor. Oftentimes, we prefer a “hands off approach” because we don’t want to get personally involved.

If you would like to help solve some of the problems that exist, you may contact us at [www.gracechapelministries.org](http://www.gracechapelministries.org) or you may email us at [gracechapeldevelopment@gmail.com](mailto:gracechapeldevelopment@gmail.com).





# Hello Ferguson!

by Marian Linck

AND just like that it is summer!! I love summer. I enjoy sitting in or by my ancient struggling pool for an hour reading a novel or planning a story for this wonderful little newspaper. I always wanted to be a writer, so, here I am.

I have had the enormous privilege of knowing a woman who had reached over 100 years old, 102. This tiny woman passed away last week. She was not sick, just finally worn out and ready to go to a better place. Gramma Audrey, as everyone referred to her, did not need glasses and only took one medication. How many of us 60- to 70-year-olds can make that claim? She ate well, always exercised, prayed daily, and had a positive attitude. She always greeted me with a smile at family gatherings. Her children and grand-children and friends had lovely things to say about her at the funeral mass this week including the deacon of Immaculate Heart of Mary Catholic Church. He spoke of Audrey and her friend who would arrive every weekday morning at 6:00AM to prepare the altar for the 6:30 or 8:00 mass.

Gramma Audrey will be missed by many and there were tears for her loss, but no one could be sad for the long eventful life she lived.

I began to think about all the changes Gramma Audrey experienced throughout her life. What happened in 1921 when she was born? The Treaty of Berlin was signed between the United States and Berlin ending World War I for the US. Albert Einstein was awarded the Nobel Prize for Physics, and the Tomb of the Unknown Soldier was dedicated in Arlington Cemetery. Warren G. Harding was President. Gramma Audrey saw 17 Presidents during her lifetime. Women were given the right to vote in 1921. Sliced bread had not been invented because the machine to do that was invented in 1928.




so. There were three, or four channels we could choose from and if you missed your favorite Wednesday night show you had to wait until summer reruns.


Research once meant a visit to the library or cracking open a volume of the Encyclopedia Britannica. Now we grab our smart phone and “Google” the subject or ask Siri. Often, we will race each other to see who can reach the answer first.

We live in a world of modern conveniences. Are we getting spoiled? Are we becoming lazy? I know our children are getting more sedentary. We all need more exercise, fresh air, and sunshine. We are increasingly relying on instant food and drink while healthier whole foods require too much effort. That may be another story. I do not want to get on my “healthy food choices” soap box, but I do wonder if Gramma Audrey lived to 102 because she prepared real food for herself and her family. Gramma Audrey got plenty of exercise and sunshine and enjoyed a long happy event filled life. She was not even my Gramma, but as I write this, I realize I will miss her easy smile and her bright personality as much as her family. Here’s to you Audrey!

I look forward to your comments and criticism! You may reach me at manhattanmarian@gmail.com. Thank you for reading my sincere efforts this month.

**WHAT THINGS COST**

New car: \$350.00 


New house: \$7,750.00 

Movie ticket: \$0.25

Gallon of gas: \$0.25

Gallon of milk: \$0.28


Dozen eggs: \$0.55

Postage stamp: \$0.02 

Bacon: \$0.47/lb

Loaf of bread: \$0.9

Average Income  
Per Year  
**\$2,900.00**



Our modern lives as we know them could not even be imagined when she was born. Now there are televisions and computers in every home as well as air conditioning during the St Louis muggy summers and reliable heat in the winter. I can imagine life was simpler while she was raising her family. I was going to say quieter as well, but then I thought about all the children playing outdoors yelling at each other during a soccer game or pick up baseball game. The windows would be open of course and the sweet sounds of their laughter would pour through those open windows. I have been thinking about changes that I have experienced in my 70 years on this earth. My parents did not get a color TV until I was away in college. We had a party-line phone in our home that was attached to the wall with a big, long cord so I could sneak into the stairway for a private conversation with my bestie. I did not know anyone who had more than one bathroom. We owned one car. Those who owned more than one car were the rich folks in another neighborhood (smile). Most of my friends had to share a room with a sibling because no one had more than two bedrooms. There was ONE television in the household. None of these one TV in every bedroom and in the kitchen. Only mom or dad could change the channels on said ONE television and they had to stand up and walk over to the TV to do


**★ AUDREY WAS NOT THE ONLY STAR BORN IN 1921 ★**

Prince Philip, John Glenn, Nancy Reagan, Charles Bronson, Jane Russell, Sugar Ray Robinson, Donna Reed

— THE GREATEST GENERATION —

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**SPORTS HIGHLIGHTS**

**MLB WORLD SERIES:**  
New York Giants defeated New York Yankees 5 games to 3. 

**AMERICAN FOOTBALL:**  
★ The California Golden Bears won 21-0 over the Ohio State Buckeyes.  
★ Chicago Staleys (later the Chicago Bears) won the 1921 American Professional Football Association title, albeit not without dispute. The APFA will eventually become the NFL.

**STANLEY CUP WINNER:**  
Ottawa Senators defeated Vancouver Millionaires 3 games to 2.

# Digital Ferguson - How to Find (Almost) Anything

by David Pickens

Losing something is so frustrating. And things always manage to get themselves lost when you most really need them. Like, it's time to leave for work or school and you can't find your ID badge or keys. Also some things walk off under the power of thieves, and once you discover that it wasn't you who mislaid the laptop bag you'd love some way to track it down. There is some help available.

There are three major players in the tracking (almost) anything space: Tile's Tile Mate, Apple AirTag, and Galaxy SmartTag2. I want to emphasize this article is about devices in a highly competitive low-cost key-finder tracker space. Perhaps there could be a follow-up article in the higher end tracker space for reasons I'll explain next.

It's important for a person to know their limitations. The converse of that is, it's important for a person to limit their expectations. When it comes to technologies like "devices that can track anything" people must have realistic expectations, especially at the price point for devices we are considering. This struck me as especially important as I was reading the reviews about these products on retail web sites. In my opinion, the really important reviews are the negative reviews, because you're already getting all the positive stuff from the marketing department.

When I read, "I lost my beloved and expensive \$2000 dog because stupid \$27 tracker doesn't work, I hate this company's products, they suck, I'll never trust them ever again!" I really feel sort of sad my message to them was never heard on time. That message would have been, "You are at fault instead for trusting a \$27 el-cheapo consumer device to stand watch over your precious, expensive dog. There are, in fact, super reliable tracking devices designed specifically for dogs. But they do not cost less than a family trip through the drive-through at Arby's." Of course, I probably wouldn't say this to their face, even though it might be well-deserved. People can be so touchy some times.

Another review was from an angry parent who wanted to use one of these cheap tracking devices to track her daughter when she went to play in the neighborhood, and then whined, "Did not work at all once she was more than two houses away!" Words almost fail me when I feel I need to say that these devices most definitely are NOT intended to help you monitor a child. Or a dog. Or a kitten. Or any living creature.

Having said that, some people's experiences with this technology can be quite astonishing. When it comes to traveling, some report they can see their luggage in the aircraft cargo hold, their doggie playing in the corner of the back yard, their car still parked in the airport parking lot right where they left it, and their daughter is in classroom 200 on January St. So yes, under ideal conditions, sun shining on all the variables, these sorts of happy exciting things can happen. But the best uses for these devices, which also happens to be the uses the marketing materials point to, are for finding lost keys, remote controls, badges, wallets, and book / laptop bags. Possibly luggage when the magic works.

As I studied reviews on these products, I found the Apple Airtag (1 for \$25, 4-pack for \$80) is rated the highest. This is slightly unfortunate for those who are Android fans, as the Apple AirTag of course only works with iPhones. The Galaxy SmartTag2 (1 for \$30, 4-pack for \$100) is the lowest rated of the three product lines, but is still very highly rated by users overall. Also the Galaxy product – as might be expected – will not work with iPhones.

The Tile has some additional gizmos than its competitors. For example there is a Time Mate Essentials 4-pack (\$80) includes two Tile Mate trackers (these fit on a key ring), a wallet tracker card that is about the size of a credit card, and a sticker tracker device you can stick on a remote control for example. The Tile products are noteworthy also in that they work with both Apple and Galaxy products. Their user ratings reliably fall in between the highest rated Apple product and the lower rated Galaxy products, but as mentioned they are all pretty close in user ratings.

The biggest complaint common to all three product lines (besides anger over lost doggies, kids, and kittens) is battery life. This can be an even bigger issue with the Tile products as their 3-year batteries are not replaceable, while the AirTag and SmartTag2 product batteries can be replaced, but apparently need to be replaced too far often for many people's liking.

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.

## What is Raghib Drinking?

By Raghib

Last month I received a few calls from friends that said they enjoyed reading the column. I enjoyed writing it! In this installment, I am exploring more Spanish red wines. As I have been known to say, Spanish reds are an absolute joy to drink and the price point won't hurt your pockets either.



In the wine world, Spanish reds are known for their flexibility and consistency. In terms of flexibility, Spanish reds pair well with just about any meal. One can enjoy them with steak or lamb, while others are the perfect companion with a salad. With wines, consistency can come from the careful selection of grapes, as well as the terrain. If you want to sound fancy, you can use the French term terroir (ter-war). When winemakers or wine lovers use the term terroir, they are referring to the microclimate and soil. Those factors, along with winemaking techniques, can influence the characteristics of the wines we enjoy to drink. They can also influence the price point!

Okay, back to the Spanish reds. In my last column, I mentioned the Almansa wine region in Spain. The high temperatures and lime rich soil (which helps retain water) make that region ideal for growing Grenache and Monastrell grape varietals, which tend to give the wine from that region the dark fruit and chocolate characteristics. There is another wine region in Spain that I would like to introduce you to, La Rioja (rio-ha). The La Rioja wine region in Spain in the northern region of Spain, just south of Bilbao. With its dry climate and clay soil, this region produces some high quality wines with a noticeable increase in the price point. Remember the terroir can influence the price point!

The La Rioja wine region of Spain is the region where one of my favorite Tempranillo blends comes from, the Viña Tondonia Red Reserva. The López de Heredia family has a long and rich history of winemaking and this bottle will not disappoint! This blend combines several grape varietals, Tempranillo (75%), Garnacho (15%), Graciano and Mazuelo (10%). Hints of plum and tobacco. Pairs well with roasted veggies, pasta, pizza, cheesy dishes or your favorite salami. Price point \$50. Happy tastings!



# What's Fresh: July '24

Joia Walker - EarthDance Farm to School Educator

It's July and things are heating up at EarthDance Organic Farm School! Our summer apprentices are in full swing and the Strength & Honor campers are still going strong. Though the weather is hot, we are finding interesting and tasty ways to stay cool.

So What's Fresh at EarthDance this July? Cherry Tomatoes! Cherry Tomatoes are one of those veggies that start growing and just don't seem to stop. Surprisingly, one indeterminate plant can produce about 300 cherry tomatoes in one season and can get up to 12 feet tall! Cherry tomatoes are a good source of vitamin c and lycopene, an antioxidant found in red fruits. Pick up your Sungold, Black or Red Cherry tomatoes from our Pay What You Can Farm Stand and add these tasty kabobs from "itsavegworldafterall.com" to your next backyard bbq!

## Easy Italian Zucchini Kabobs

### Equipment

Skewers

### Ingredients

- 1/3 cup extra virgin olive oil
- 3 cloves garlic pressed or minced
- 1 lemon juiced
- 1/2 teaspoon oregano dried
- 1/2 teaspoon basil dried
- 1/2 teaspoon sea salt more to taste
- 1/4 teaspoon black pepper more to taste
- 1 zucchini scrubbed and trimmed
- 1 summer squash scrubbed and trimmed
- 1 pound cherry tomatoes

### Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the olive oil, lemon juice, garlic, and seasonings.
3. Slice the zucchini and summer squash into 1/2" circles. Rinse the cherry tomatoes.
4. Add the vegetables to the olive oil mixture. Mix until all of the veggies are coated.
5. Prepare the skewers by sliding a few cherry tomatoes and zucchini and squash circles onto each stick. You can choose to put them together in whatever pattern you would like. The recipe should yield about 10 skewers but might produce slightly more or less.
6. Add the skewers to the lined baking sheet. Bake for 15-20 minutes or until the tomatoes start to blister. Remove from oven, and enjoy warm!

### Notes

- You can prep the veggies in advance and let them sit in the marinade for 30 minutes to 4 hours (in a bowl or plastic bag in the fridge) before making and cooking the kabobs.
- If using fresh herbs, use roughly 3 times as much as the measurement for dried herbs.
- Grilling instructions: Cook for 10-12 minutes over medium heat (or until the tomatoes blister), turning halfway through to promote even cooking. Use stainless steel skewers if you plan to grill them.



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## Financial Focus – The Cost of Waste

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

When I graduated from high school, I couldn't wait to get out on my own. Back in the seventies unless you were going away to college, it seemed like most eighteen year olds were anxious to exit the family home. Having my own place and making my own decisions was important to me. And with younger siblings at home you would have thought my parents would be happy to see me go, that wasn't the case. They worried and sometimes gave warnings about how I wasn't ready to be out in the cruel world. Today things are different more adult children are staying or returning to their childhood home. According to the Pew Research Center this is the result of housing costs and student loan debt. Estimates given show the average debt per student is close to \$40,000. Getting a college education today is more costly and paying off a student loan may take longer than the four or five years it took to graduate.

So life can be hard for young adults, but does that mean parents must pick up the slack by allowing their adult children to continue to live in their childhood home without contributing to the household. No, sadly some parents work so hard to help their children that they sacrifice their own retirement to provide a home for their adult children when in fact they should be looking to downsize and reduce their own expenses. Paying parents rent is a good step towards helping young adults become more independent.

While looking into the subject of charging rent, I have found so many good reasons and only one disadvantage. That was that you may get push back from the adult children. And for some parents that can hurt and be really hard to handle. If you are already requiring rent or just starting to, you can take solace in knowing that most families do charge rent to adults living in the home. And recognize you are probably doing them a favor.

Determining the amount and frequency of rent is important and best if it relates to the actual expense of having another person in the home. Communication with all of the adults involved is important. Discussing expenses and what it costs to have many of the amenities of home such as live streaming service and internet are good places to start. Reviewing needs versus wants may help the entire family make decisions on how some money is spent. Even while your teenager is in high school isn't too early to start sharing appropriate information and decisions on spending. My parents charged me \$50 a month in rent and when I moved out I got an apartment for \$75 a month. What's another \$25 to have my own place? My parents were not inclined to share information about household expenses, so I figured out pretty quickly that moving out involved expenses I hadn't even thought of. Since my parents are gone now and I have seen their financial information from fifty years ago (they saved everything), I am amazed at how little Dad's pay was. Had they shared information, it may not have kept me at home a little longer, but it would have been good for me to know.

Your adult children should know what it costs to have an extra person in the home. Remember this includes food and laundry. And of course, you need to take into account anything your adult child is paying for themselves. They may already be paying for their own cell phone, clothing and entertainment. Who is paying for their car insurance and repairs? Health insurance is another area of concern because at some age your adult children will need to find their own health insurance through an employer or the marketplace. Knowing the cost of things will help your young person make good decisions, such as how much to save and spend on needs or wants. This will help determine a fair weekly or monthly rent amount.

Other considerations will vary and need to be taken into account. This could be, knowing the debts your child has. You don't want to make it difficult for them to be able to move out at some point. Some people may be in a situation where having an adult child in the home can be a big help. If a parent is disabled or there are younger siblings that need another adult because the parent is a single parent. In these situations parents and adult children can help each other with running the household. Often we may hear comments from people about young rich college graduates living off their parents while they party and spend their money on their own wants. Family needs should come first when making decisions on living arrangements. So this isn't one size fits all, accommodations need to be adjusted for not just monetary needs, but also family needs. These factors should influence the amount of rent.

Living under your roof gives a cushion just in case they make some bad decisions that may be costly. Many parents have the temptation to try to protect their child from making mistakes – that could be the mistake! So give them the freedom to make choices such as what time to come in from a night out and how they spend their own money. Working towards independence involves making choices and living with the consequences. As an adult you just hope that all of the parental guidance they already received helps them avoid some pitfalls. Even if you have the means to cover the costs of your adult children living at home, you can put their rent payments into a savings account without their knowledge and present it as a gift when they are ready to go out on their own.

We are parents for life and no matter how old your children are you will worry. The best parents won't allow those worries to prevent them from allowing their children to make mistakes and learn how to make better decisions. If you have any questions or comments please contact me at cleav73@gmail.com.

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## Tips for Handling a Recorded Video Job Interview

By Pat Mathias



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Some companies like their candidates to produce a video interview. You are required to record your interview responses via video. Hate the way you look and/or sound on video? No need to sweat it. Here are some tips to help.

**LOCATION, LOCATION, LOCATION.** Make sure the room you choose has good lighting so you show up clearly on the video. Your light should come from behind your webcam. Avoid sitting in front of a window with light shining through. This helps you have a sharp, rich natural look.

Check your background to make sure it is not cluttered. Avoid showing pictures that are distracting or have your pet pacing back and forth behind you. A solid colored wall may be the best choice in some cases.

**PHYSICAL APPEARANCE.** Your appearance should be professional. Make sure your hair is well groomed and you wear attire that you would wear to a live interview. Stay away from patterns and use solid colors. The focus are your head and shoulders, which is all that should be captured on the video.

Do something about dry lips, oily skin, etc. before starting. If you wear glasses, but wear contacts too, wear contacts. The reflection of the monitor in your glasses will show up in video.

**SOUND CHECK.** When it comes to sound, the only thing you want recorded is your voice. Therefore, clear out animals, music, and other sounds that may pick up when recording.

Also, check the volume that it is not too loud or too low. Chances are you will have the opportunity to re-record to provide a "sound check".

**RECORD.** Instructions for recording will be provided. For example, they may want you to talk about what made you become interested in that particular career field or their company, just for starters.

Do not be afraid to use facial expressions or hand gestures. However, do not use hand gestures to the point where it becomes distracting. The focus is on what you're saying, not what you're doing.

Talk as though you are talking with a friend or family member whom you are very comfortable with talking. In other words, "think" talking to a friendly person and not into a webcam. If necessary, tape a small picture of a friendly face next to the web cam. This will help give you the feeling of a face-to-face interview.

**RELAX.** Before you get started, get up and walk through your home. Come back as though you just arrived at a live interview. Take a deep breath to shake off nervousness.

Although this type of interview is rare, it's better that you know what to do in advance. Applying these tips will help you feel comfortable and confident if you are required to conduct a video interview.



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

**Navigating Car Insurance: What Coverage Do You Really Need?**

Car insurance is a necessary expense for every vehicle owner, but understanding what coverage you truly need can be daunting. With a variety of options available, making informed decisions can save you money and ensure you're adequately protected.

### 1. Liability Coverage: The Bare Minimum

Most states require liability coverage, which is composed of bodily injury liability and property damage liability. This coverage pays for injuries and damages you cause to others in an accident. While it's the minimum requirement, opting for higher limits can protect you from substantial out-of-pocket costs in the event of a serious accident.

### 2. Collision Coverage: Protecting Your Vehicle

Collision coverage pays for repairs or replacement of your car if it's damaged in an accident, regardless of fault. This coverage is essential if you have a newer or high-value vehicle. If your car is older and its value is low, you might consider skipping this coverage to save on premiums.

### 3. Comprehensive Coverage: Beyond Collisions

Comprehensive coverage takes care of damage not caused by collisions, such as theft, vandalism, natural disasters, and hitting an animal. Like collision coverage, the necessity of comprehensive insurance depends on the value of your vehicle and your financial situation.

### 4. Uninsured/Underinsured Motorist Coverage: A Safety Net

This coverage is crucial if you're in an accident with a driver who has little or no insurance. It ensures that medical expenses and vehicle repairs are covered when the at-fault driver can't pay. Given the number of uninsured drivers on the road, this coverage provides significant peace of mind.

### 5. Personal Injury Protection (PIP) or Medical Payments Coverage

PIP, mandatory in some states, covers medical expenses for you and your passengers, regardless of fault. Medical Payments (MedPay) is similar but typically has lower limits and is available in non-PIP states. Both cover medical costs, lost wages, and sometimes even funeral expenses.

### 6. Gap Insurance: For Financed or Leased Vehicles

If you finance or lease your car, gap insurance covers the difference between your car's actual cash value and the amount you owe on the loan if your car is totaled. This coverage is essential in the early years of a loan or lease when depreciation outpaces loan repayment.

### Making the Right Choice

Choosing the right car insurance coverage involves evaluating your personal situation, including the value of your vehicle, your financial position, and your tolerance for risk. Regularly reviewing and adjusting your policy ensures you maintain the right balance between coverage and cost. Remember, the cheapest policy isn't always the best; adequate coverage can save you from significant financial hardship.

By understanding and selecting the appropriate insurance coverage, you can drive with confidence, knowing that you're protected against the uncertainties of the road.

Automotive services and insurance sometimes align in decision making. Depending on the age of your vehicle, repairing or replacing your vehicle may be a choice you have to make. Rest assured Robinwood Automotive will always provide you with honest input to help you make this important decision. If you don't currently have a trusted automotive service provider, you are welcomed at Robinwood Automotive.

**Happy Fourth of July!**



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# Affinia Healthcare adds 2nd location for free summer meals for youth

ST. LOUIS, MO – Summer is here, school is out but hunger doesn't end. Affinia Healthcare is happy to partner with Operation Food Search to provide free summer meals to youth 18 years and under. The summer meals will be available at two Affinia Healthcare locations: the new Ferguson health center at 3396 Pershall Road, and 3030 South Grand in South St. Louis.

“Affinia Healthcare is proud to continue our partnership with Operation Food Search to serve our communities when it is most needed,” said Dr. Kendra Holmes, Affinia Healthcare president & CEO. “Summer is a time most youth look forward to, but it can be stressful for parents because of the added financial pressure of providing those meals. We hope this collaboration can help parents and children enjoy the summer season without the extra financial stress.”

At the Ferguson location, meals will be distributed from June 3 until August 9. Breakfast will be available from 8:30 a.m. to 9:30 a.m., and lunch from noon to 2 p.m. The site will be closed on Thursday, July 4, in observance of Independence Day.

The South Grand location will only provide lunch. The times are noon to 2 p.m., June 3 through July 5. The site will be closed on Wednesday, June 19 and Thursday, July 4, in observance of Juneteenth and Independence Day. Affinia Healthcare is also participating with the St. Louis MetroMarket, sponsoring stops this summer at:

- Affinia Healthcare, 2220 Lemp Avenue, 63104 – Tuesdays, 11 a.m. to 1 p.m.
- Affinia Healthcare, 1717 Biddle St., 63106 – Thursdays, 3 to 5 p.m.
- Urban Sprouts, 6757 Olive Blvd, University City – Fridays (May 28 – July 6), 3 to 5 p.m.
- Emerson YMCA, 3390 Pershall Road, Ferguson – Fridays from July 13 to Nov. 22, 3 to 5 p.m.

Affinia Healthcare also hosts a Free Food Pantry on the first Wednesday and Friday of each month, 9 to 11 a.m. The Wednesday distribution is at the 3930 S. Broadway location, 63118, and on the first Friday, 1717 Biddle Street, 63106. The Free Food Pantry is open to the community and all items are free of charge.



Affinia Healthcare is providing free summer lunches at two locations: south St. Louis and Ferguson, beginning June 3. The community health organization is also partnering with Operation Food Search and the St. Louis MetroMarket to bring affordable and fresh food to several neighborhoods this summer.



## MERFERD

### and the TREETOONS

#### Merferd Colors the World"

A graphic story coloring strip for all ages

By Wendell Phillips Berwick



# Fireworks Can Literally Scare a Pet to Death



As we prepare to celebrate the Fourth of July, there are some who are less enthusiastic about fireworks. PETS.

Many years ago when I was a small child, my family rescued a dog named Buffy. Sadly, we were uneducated about fireworks and pets and left her alone while we attended a fireworks display. Upon returning home, she was found deceased. The cause of death was a heart attack from fear. It can happen. Please prepare now to protect your critters on this scary holiday.

With each sizzle, pop and boom of a dazzling and people-pleasing fireworks display, or neighbors setting off firecrackers, your cat or dog will most likely tremble in fear and may even run away due to the shock and stress of it all. Fireworks (and celebratory gun shooting) can be terrifying for all animals.

Animal control officials nationwide expect to take in 30% to 60% more pets than normal over the holiday week. And shelters have nowhere to put them because they are already packed to the brim with homeless animals.

Thanks for doing the right thing by keeping them safe. Follow these tips below:

### IMPORTANT TIPS:

- 1) Please plan to keep your pets at home and inside.
- 2) Provide a quiet place for them to hide.
- 3) Keep a radio or TV on. A loud hepa air filter can also help drown out the scary booms.
- 4) And for potty breaks, keep your pup on a leash because loud booms may send them running. And be sure to take them out before dusk.
- 5) Call your vet ahead of time to get any needed calming medications.
- 6) Make an ID tag with your phone number listed. If you don't have a tag, wrap dog collar with duct tape and use a permanent marker to write your number on it. Or write directly on the collar.
- 7) If your pet is microchipped, be sure the chip company has your current contact information including your address. If your pet is not chipped, be sure to microchip your pet.

Your pets will love you for keeping them safe.

Dara Ashby  
Ferguson Animal Coalition  
(314) 853-7550

**Fireworks and Pets**

Did you know...more pets go missing on July 4th than any other day of the year (many pets are terrified of fireworks, so they bolt out front doors, escape from backyards, leap over gates and get lost!).

During July 4th shelters get overcrowded with confused, terrified lost pets. AND these are the lucky ones, others stay lost, get hit by cars, become injured, and killed.

Firework noises are like The APOCALYPSE to many animals (and people). They are disruptive to wildlife, people with PTSD, older pets, and other vulnerable beings.

**A Few helpful Tips:**

- 🐾 Keep pets Inside!
- 🐾 Don't leave pets in yards unattended.
- 🐾 Don't bring pets to firework celebrations.
- 🐾 Make sure pets are wearing clear identification.
- 🐾 Put on soothing music to mask noise.
- 🐾 Give natural calming aids like Rescue Remedy, Melatonin, L-Theanine, etc. (ask your veterinarian).

Please consider celebrating in ways that don't terrify our pets, wildlife, and vulnerable people. Thank you with all my heart.

I don't think I can take one more BOOM or POP or BANG!

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I'll be spending the weekend in this box shivering, and panicking,

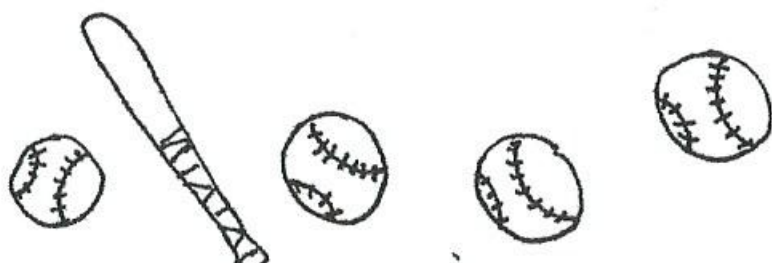
I'm going to be under the bed.

I'll be under this blanket peeing on myself.

I'll probably get lost again.

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# THE SPINAL COLUMN

## Hydration

### 5 Signs You May Be Dehydrated

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

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

### Muscle Cramping

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

### Fatigue

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

### Toxin Build Up

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

### Trouble Losing Weight

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

### Dry Mouth

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

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



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# The Ferguson Computer Corner

by Doug Neely  
July 2024

We do have some holidays this month, and one of considerable note. Let us begin.

3rd---Saint Thomas...a.k.a. “doubting Thomas”. “Blessed are those who have not seen, yet believe!”

4th---Independence Day... We show our respect for all those who fought for us and gave us our independence from King George, and all other wars to secure our God-given rights. Be thankful to God!

25th---Saint James...Known for his brave commitment to share God’s Word with the world. He was also credited with being the first martyr for God.

### What’s In YOUR Puter?, dept.

Some of you may know some of this stuff, so you can be excused, and go to the library to study your other lessons. For the rest of you, pay attention!

In my estimation, there are several pieces of hardware in a puter that are of great importance to have. But there are two that are of critical importance, as if we don’t have these two, you do not have a functional puter, period! These two are the power supply and the motherboard. If you have no power supply, you have no electricity to power anything at all! Hence no functional puter.

The second of these two is the motherboard.

It is the one piece of hardware that all of the other parts of hardware connect to in order to gain the capabilities that they offer. These may include the video, the sound, the internet card, the drives (dvd and hard drives, or solid state drives) and the like.

You should also know that the manufacturer of your puter will cut corners on ALL of the parts that go (or don’t go) into your puter.

For instance, instead of the 350 watt power supply that should go in, you may get only a 225 watt power supply; it is cheaper. This 225 watt psu (power supply unit) has barely the minimum amount of power to run the basic hardware in your puter as it comes from the factory. As you add more hardware, for instance more ram (memory), or a better video card, the psu will be running hotter to provide that power, and heat will build up to destroy the psu (heat is the biggest killer of any electrical device). Sometimes the manufacturer might tell you that all of a sudden you will need to add the cost of a bigger psu, cause they sure aren’t gonna pay for it; YOU are!

You will not get performance hardware hooked into your puter, cause they cost more \$\$\$\$. To save more \$\$\$\$, they will put a less capable video and sound chip, internet card, and USB card built into the motherboard to save \$\$\$\$. Sure that makes the motherboard cost more, but they save a greater sum of \$\$\$ to more than make up for the increased cost of the motherboard. Not only that, but when (not if) they fail, you likely will not be able to replace them; your only option will be to buy a new motherboard.

I could list more points, but I think you get the idea. You may have even had this happen to you, so YOU KNOW what a booger it is.

Also, I would like to point out that whatever branded puter you buy, they know how long of a warranty to give you, based on how long they know the parts will last. That is called the MTBF, the mean time before failure. The MTBF is what your warranty is based upon.

I can’t tell you how many of you have told me that the “the puter blew up a month after the warranty expired!” duh!

### DIDJA KNOW?, dept.

God gives you a “warranty” that NEVER expires. This way, when YOU expire, HE WILL be here to pick you up and take you to heaven! What is the cost for this incredible service? It is free, when you are baptized and accept Jesus as your personal Savior. ALL of this is FREE! Contact me or your local Christian pastor to take advantage of this outstanding FREE offer!

(This offer is open to ALL living souls on earth! It is only limited to the time of your death, as you must accept this offer while you are still living! If you don’t accept this free offer, it won’t be pretty, and you will have an eternity to regret it. Sorry!)

### ME GO NOW!

I hope this time we have had together has been of a help to you! Please stop by each month for more of the same. Next month, I think I will continue with this month’s column. Btw, last month I meant to mention that my favorite color of puter is a nice bright green. Also, the one color I never got the chance to put onto a puter is a brilliant, shiny, bright yellow! See you next month!  
God’s blessings to us all!

## Crossword Solution from page 4

1	E	2	T	3	D		4	A	5	T	6	H	7	O	8	U	9	H	10	A	11	U	12	L
13	P	A	E	14	A	N		15	I	R	I	S		16		17	U	R	S	A				
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48	U	N	C	A	P			50	L	I	A	R			A			53	R	A				
M							54	B	A	L	L	E	T			56	A	T						
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67	I	N	A	N	E			68	E	A	R			69	R	O	T	O	R					
71	G	E	N	T	L	E			72	M	O	O	N	W	A	L	K							

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## LM CONTRACTING SERVICE



# 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.



This is the History House of the Ferguson Historical Society – our museum and Archives. On Saturday, June 8th, between 10 AM and 4 Pm, we held our open house with an 11:00 AM reception for a 50-year member and key historian, Ruth Bindbeutel Brown. It was a wonderful afternoon with over 60 people in attendance. This month’s article will fill you in on that day, in case some readers may have missed it.



In case you do not know Ruth Brown, to the left is a photo of her coming into the open house, meeting some of her many old friends. You have probably seen Ruth if you have visited the Farmers’ Market or any of many civic affairs. She may have been a speaker on the history of Ferguson at a meeting you may have attended. To say that Ruth is Mrs. Ferguson History is not an overstatement. But more on Ruth later in the article.

The Ferguson Historical Society is a member of Historic Saint Louis – an association of 25 area historic sites, museums and houses that are open to the public. As a group, Historic StL

holds an open house in both the Summer and the Winter. June 8th was the Summer open house for all 25 members, including the Ferguson History House.

The open house began at 10:00 AM with a table full of cookies, vegetables, lemonade, and (eventually) a cake. Also included were items for purchase: notecards, coffee mugs and copies of Ferguson: A City Remembered



(edited primarily by Ruth) and some free handouts. As people began to gather, they were free to visit the many exhibits of Ferguson history on display or to just talk among each other.

The theme of the day for all 25 open houses was “A Summertime Past”. Appropriate for the History House which was built in the 1960’s as housing for the nuns serving the Good Sheperd Catholic Church.

The restored 1950’s kitchen was a high point of the display along with the patio area highlighting 1950’s era lawn furniture.



It was a beautiful day both inside and out.

The ceremony for Ruth (and her sister, Mary Amrein, who was unable to attend) began at 11:00 with Mary Haux, President of FHS, welcoming everyone and giving a brief biography of Ruth Brown and her 50-years of service to FHS. FHS was founded in 1972 and sisters, Ruth and Mary, have been part of it since it’s early days. Both sisters came from a well-known Ferguson family, the Bindbuetels. Frederick Bindbuetel moved to Ferguson in 1888 and founded Bindbuetel Market as well as the Bank of Ferguson (now UMB). The building across the street from UMB is the Bindbuetel Building.



Both women graduated from Ferguson High School. Following college, Ruth taught art in the Ferguson-Florissant School District. Along with being a teacher, Ruth was also an accomplished artist who was instrumental in the layout and design of the current History House Displays. Both women married and raised their families in Ferguson. Ruth married another well-known, long-time Ferguson family name, William Brown. Most people know him as “Gunner” a man who also taught in Ferg-Flor and was instrumental in the Ferguson Farmer’s Market. Gunner passed a few years ago.



There were individual comments from several in the audience. Left is Erica Brooks, who talked of the work she and Ruth had done for the 100th anniversary celebration of Central School. On the right is Bev Proost, board member, who spoke of the years of friendship and work with the historical society. Others spoke of Ruth's dedication to the City of Ferguson and her years of historical presentations.

Following this introduction, everyone moved from the main gallery to the archive room for the formal presentation to Ruth.

Both Ruth and Mary were awarded emeritus status – we hope that both will come back many times without the burden of having to work.

A special presentation was made for Ruth and her years of service in the collection of documents and artifacts – the organization of these tens-of-thousands of items – and the storage needed. The archiving room was named, "Ruth Bindbeutel Brown Archiving Room". Ruth, along with the entire audience, was quite moved by the surprise. Best of all – Ruth no longer has to do the hard work, just enjoy the glory.

We are very thankful for the beautiful job Rodney Fickas of Soulcraft did to create the letters for the dedication.

It was the end of a beautiful day for all involved.



**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](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."*

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