



Ferguson

NEIGHBORHOOD NEWS SINCE 2021



Serving Ferguson and Surrounding Communities

Let's Make This 4th the Safest!

With everything St. Louis has been through this spring it sure would be nice to get a break. There are some things we cannot control such as weather.

We've all seen the destruction and devastation a tornado can cause. My prayers go out to all the families that have had their lives completely disrupted by the storms.

It is good to see people coming together to help the community. If anyone can help, please consider doing so. It sometimes seems that when bad things happen, it brings out the best in people. Just look at what happened after the fire at Drake's Place. Our community came together because we are a community. This is our home and we all want our home to be a safe place.

Because we all want to celebrate and enjoy our holidays safely, I am begging everyone reading this to PLEASE, PLEASE, PLEASE leave your guns at home locked in a gun safe away from children. There is no reason to bring a gun to the park. There is no reason to bring a gun to a party. There is no reason to bring a gun to a celebration or a parade.

Lets all get out, celebrate, enjoy the parade, enjoy the day. Enjoy the fireworks!

Don't forget your pets - keep them safe too.

I'm ready to enjoy BBQ - yum!

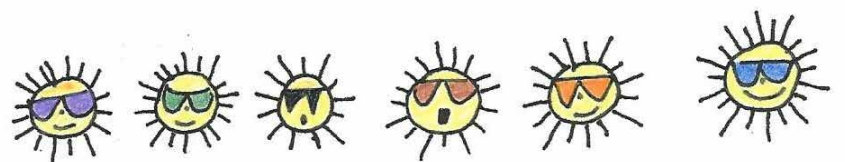
Happy 4th - Papa Deau

KETCH-UP WITH EARTHDANCE AT THE FERGUSON FARMERS MARKET SATURDAYS 8AM-NOON PLAZA AT 501

PAY WHAT YOU CAN every weekend!

IT'S JULY!! THAT MEANS... COME ON OUT FOR FARMER WILL'S FAVORITE: TOMATOES!

PAY WHAT YOU CAN FARM STAND FRIDAYS 3 - 6PM; SUNDAYS 11AM-3PM 233 S. DADE AVE, FERGUSON MO



The Ferguson Historical Society presents:

THE HISTORY OF LUCAS PLACE

Lucas Place, circa 1865. Looking east towards the levee with the Mississippi River and Illinois in the background. © Campbell House Foundation 2004

First "suburb" of St. Louis • Guest speaker, Laura Watt

1849 was not a great year for St. Louis. A massive fire destroyed 20 buildings downtown and a cholera epidemic killed over 4,000 residents. An enterprising young brother and sister built a community "outside" of the city to get away from the unpleasant aspects of city life. Learn all about this fascinating part of St. Louis's history and find out the connection to North County.

FREE • July 17 • 6pm - 8pm
at the Ferguson Community Center

History House will be open from 5-6pm if you'd like to visit. Event opens at 6:00 with light refreshments. Talk starts at 6:30. Q & A afterwards.

On-line edition: fergusonsmallbusinessdistrict.com/

July News and Events at the Ferguson Public Library

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

Children and Teen Events

- Tuesdays from 1-3 pm: Craft and Go (ages 3-18)
- Wednesdays at 10 am: Stories and Songs for Little Ones (ages 0-5)
- Saturday, July 5 at 2 pm: Pet Cents (ages 6-11)
- Tuesday, July 15 at 5:30 pm: Fun with Clay (teens and adults)
- Saturday, July 19 at 2 pm: Lego Club (ages 6-11 recommended)
- Saturday, July 26 at 2 pm: Currency Conga (ages 6-11)

Adult Events

- Tuesday, July 8 at 6 pm: Conversations and Coffee
- Thursday, July 10 at 5:30 pm: Painting with JACCK
- Monday, July 14 at 6 pm: Readings on Race Book Club - *The Rage of Innocence*, chapters 1-7, by Kristin Henning
- Tuesday, July 15 at 5:30 pm: Fun with Clay (teens and adults)
- Wednesday, July 23 at 6 pm: Estate Planning
- Thursday, July 24 at 6 pm: Quilting 101

All Ages Events

- Monday, July 7 at 6 pm: Summer Movie Monday - Dog Man (PG)
- Thursday, July 10 at 6 pm: Fiber Arts Social Club
- Saturday, July 12 from 1-3 pm: Journal Printmaking with Central Print
- Wednesday, July 16 at 6 pm: Cultural Cuisine - India

July Craft Kits

- July 7-12: Abstract Art
- July 21-26: Fruit Slice Coasters

Pick up a kit while supplies last!

COLOR OUR WORLD

The Summer Reading Challenge is still going on, but not for much longer! Register today!

The library will be closed Friday, July 4 for Independence Day.

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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 - deadline is the 15th of each month

July at a Glance



- 4 Independence Day
- 7 Forestwood Neighborhood Meeting 6-7 PM
- 10 Ferguson Woods Neighborhood Meeting 6-7:30 PM
- 19 NorthHills Neighborhood Meeting 10-11 AM
- 28 South West Neighborhood Meeting 6-7 PM



VACATION

BIBLE SCHOOL

July 28 - August 1

9:00 am - noon

Kindergarten - 5th grade

fbcferguson.org/vbs

Editors Note:

I had at least one error in the last issue for the neighborhood meetings. Not sure what happened to North Elizabeth meetings, but I received an email saying they went to the community center and they had no idea about the meeting. I apologize for the error. I am now taking all Neighborhood Meeting schedules from the Ferguson City Web site.

What's Happening with your Neighborhood?

We have neighborhood meetings but most seldom know what the outcome of those meeting are. If you are involved in those meetings could you or would you share what 's happening? It seems too often meetings are held and banners are waved but only a few respond. Let's share whats happening with your neighborhood. (photos are always welcome)

A big thank you to all that helped with the Trivia Night fundraiser for Drakes Place. What a night that was! Fun time and good company. We hope the funds raised will be a start rebuilding a fine establishment.

PRAY FOR PEACE

Please continue to keep officer Travis Brown and his family in your thoughts and prayers.



SAVE THE FERGUSON NEIGHBORHOOD NEWS

The majority of the Ferguson City Council members will Not financially support the Paper! And have NOT for over a year. There are not enough Ads to keep it printing. Three people/businesses are keeping it afloat but cannot continue to do that. They need your financial help.

HERE IS HOW YOU CAN HELP:

ONLINE payments (recurring or one time) call 314-524-3440 and ask for Danielle

OR

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

OR

AD: Submit an ad for your business

Ank and Susan Ankenbrand

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

First All Women Honor Flight

June 12th was the 77th Anniversary of the Women’s Armed Forces Integration Act of 1948. President Harry Truman signed the Act, allowing women to permanently serve in the regular armed forces.

The Greater St. Louis Honor Flight sponsored an all Women’s Honor Flight on June 12th. They visited the Military Women’s Memorial, Marine’s Iwo Jima Memorial, WWII Memorial, Korean Memorial, the Vietnam War Wall and Memorials, and Lincoln Memorial.

They also were able to witness the changing of the guard. at the Arlington Tomb of the Unknown Soldier.

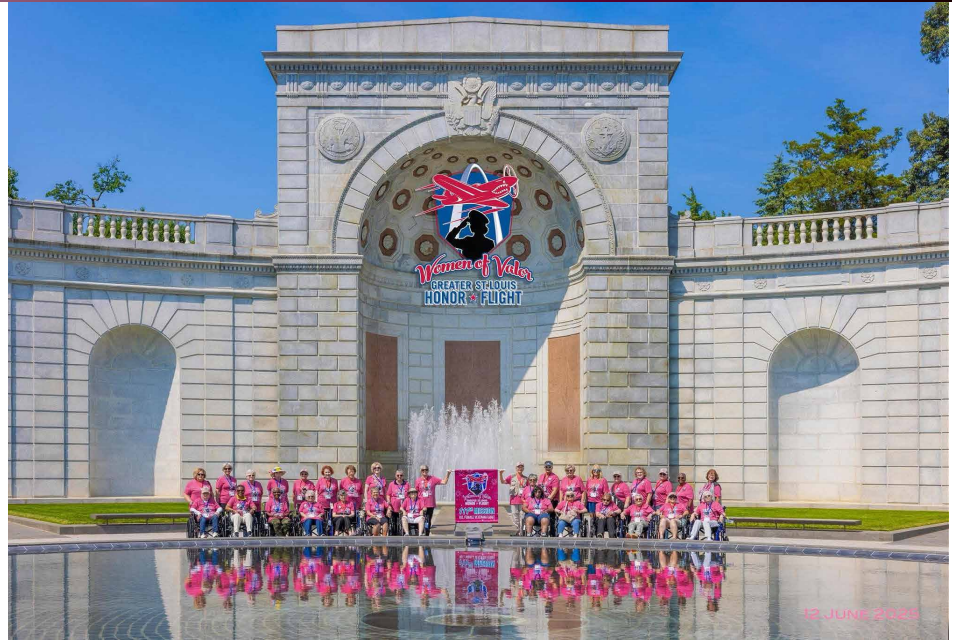
This was the first all women honor flight. My baby sister was among the women veterans from across the state to make the journey. She is a member of the all woman American Legion Post 404.

The airport welcome when they arrived back in St. Louis was very moving. With the bagpipers leading the parade through the terminal it seemed everyone at each gate stood, applauded and cheered.

These honor flights are free and available to all veterans. They are currently looking for veterans from Korea and Viet Nam as they would like to honor them with a day in Washington D.C.

“Accessories make the outfit. We wore combat boots and dog tags.”

Papa Deau



This is the picture of all 34 Women Veterans in front of the Military Women’s Memorial.



Ferguson City News - July 2025



CALENDAR OF EVENTS

8AM - Noon | Every Saturday (May-Oct)
Plaza at 501 (501 S Florissant Rd)

JULY 2025

- July 5 Red, White, & Pie
- July 12 Grinchmas in July
- July 19 Tomato Fest!
- July 26 Canvas and Crops



Tiny Sprouts
FREE to Kids Ages 3-10
Weekly Incentives
Prizes and Swag

FERGUSONFARMERSMARKET.COM



CALENDAR OF EVENTS

JULY 2025

- July 4 Ferguson 4th of July
10 AM-Parade | 6 PM-Festival
- July 15 Great Ferguson Duck Races
6 PM - 9 PM | Splash at Wabash
- July 18 Summer Concert - Just In Time
7 PM - 9 PM | Plaza at 501
- July 25 Holidays at Hudson Disc Golf
7 PM - 9 PM | Plaza at 501
- July 26 Pop Up Splash Pad Party
2 PM - 4 PM | Police Station





FERGREG.COM




ARTFUL CONSIDERATIONS

by Kimberly Kabak Epperson

July 1 @ 10:00 am- 5:00 pm FREE
 World Chess Hall of Fame
 4652 Maryland Ave, Saint Louis, MO
 63108-1913



Charles Houska: Master of Play

On view through April 5, 2026, Charles Houska: Master of Play is a retrospective of the St. Louis artist's work over his impressive 25-plus-year career, including brand-new chess-themed commissions. This exhibition boasts nearly 100 of Houska's artworks, including community projects and collaborations from over the years.



July 1 @ 10:00 am-6:00 pm FREE
 Saint Louis Artists' Guild
 12 N. Jackson Ave. Clayton, MO 63105

Freak Show Mixed Media and Drawings by William H. Thielen

The artist's work is rooted in personal and autobiographical themes, exploring identity within a divisive social structure. Abstraction provides a means to convey emotional intensity, primarily through color and materials. These elements express the dilemmas that shape life, reflecting extremes and the tension between opposing forces. The exhibition is on display June 13 - July 19, 2025.

July 5, 11, 12 @ 8:00 pm July 6 @ 3:00 pm \$35+
 Union Avenue Opera 733 Union Blvd. St. Louis, MO 63108

My Fair Lady

The show is scheduled to go on after tornado damage! While the building and neighborhood may look a lot different this summer, the spirit of this place remains as strong as ever. In this classic show, young Eliza finds her own voice as she challenges societal expectations in this witty and poignant adaptation of George Bernard Shaw's Pygmalion. Audiences will revel in classic numbers such as "I Could Have Danced All Night" while experiencing a production that seamlessly bridges musical theater and opera.

July 17 @ 7:30 pm FREE
 Jazz St. Louis 3536 Washington Ave. St. Louis, MO 63103

Miles Cole Quartet

Miles Cole (trombone), Daniel Herrera (piano), Evan Wohlrabe (bass), and Jared Spears (drums) come together as the Miles Cole Quartet for a performance that reflects both deep roots and fresh direction. A St. Louis native and standout JazzU alumnus, Cole now studies at Michigan State University under the guidance of Michael Dease and Rodney Whitaker. Jazz St. Louis showcases Cole's evolving voice as a composer, blending original works with inventive takes on jazz standards.

July 18 @ 7:00 pm - 9:00 pm FREE
 Plaza 501 501 S Florissant Rd, Ferguson, MO 63135

Ferguson Summer Concert Series: Just In Time

St. Louis-based party band Just In Time creates a party atmosphere that immerses the audience in today's hottest pop, R&B, and hip hop hits. Local A-Lister Justin Clay, a talented vocalist and mesmerizing mover, is well known in the St. Louis club scene for his exciting, high energy dance moves on stage.

July 19 @ 6:00 pm - 10:00 pm \$15 - \$20
 Saint Louis Science Center 5050 Oakland Ave. St. Louis, MO 63110
Science Center Up Late: Experience Sound!

The first event of the Science Center Up Late series is Experience Sound! From music to nature, this event will explore the science and technology behind sound and music. Featuring a range of experiences, like being surrounded by atmospheric audio in the OMNIMAX® Theater or sipping cocktails in the iconic Planetarium themed as an audio bar inspired by the Japanese Jazz Kissa, scientists, musicians, and engineers will be on-hand to discuss all things sound; you can experience a twist on the silent disco – Quantum Disco; and enjoy countless of other hands-on activities.

July 22 @ 7:30 pm \$29 - \$175
 Saint Louis Music Park 750 Casino Center Dr. Maryland Heights, MO 63043

Earth, Wind & Fire

Get ready for an unforgettable night of music, rhythm, and soul as the legendary Earth, Wind & Fire take the stage! With timeless hits like "September," "Let's Groove," and "Shining Star," this iconic band will have you dancing from the first note to the last. Don't miss your chance to experience their electrifying live performance, full of soaring vocals, dazzling horns, and infectious energy.

July 25 @ 7: 30pm, 26 @ 2:00 pm \$22-25
 Florissant Performing Arts Center 1 James J. Eagan Drive Florissant MO 63033

Groundhog Day directed by Dani Mann presented by Florissant Hawthorne Players

Inspired by the hilarious film, the audience will head to Punxsutawney, Pennsylvania, for the annual Groundhog Day Ceremony. Grumpy Phil Connors, seasoned big-city weatherman, disdainfully covers the rodent's negative forecast, and awakens each day after, only to discover it's Groundhog Day again. Will Phil accept that he is doomed to repeat the same day over and over again?

CROSSWORD

Nights in the Park

By Robin Shively

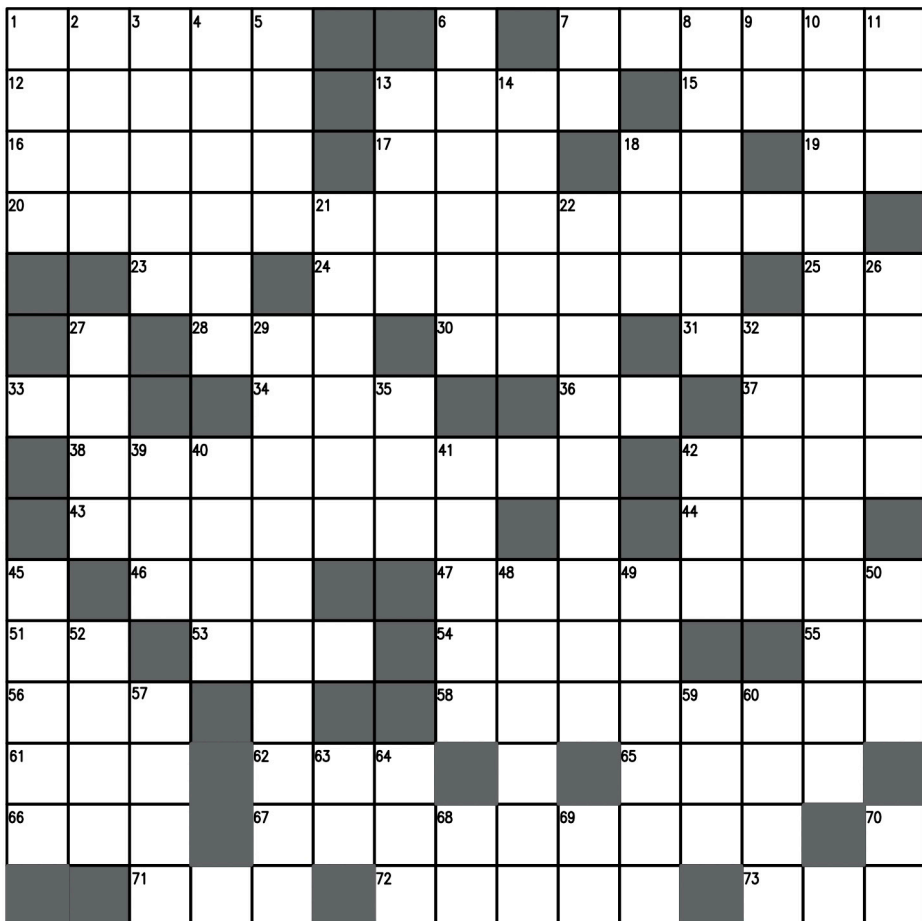
ACROSS

1. Hermit
7. Colorful Madagascan nocturnal bird
12. Go along
13. Section of Manhattan or London
15. Title role for Fonda
16. Grieve
17. Produce eggs
18. "The ___": 2003-07 series
19. Rd. alternative
20. Protagonists in a certain fairy tale
23. Not as big as lg.
24. Denali
25. Private research institution in NY state
28. ___-mo
30. 1971 Bloodrock song
31. It may be bearded or Siberian
33. Mr. Diddley
34. Sprite
36. Our group
37. Chemical suffix
38. The Roches or Andrews?
42. Copy-cat
43. Hooker portrayer
44. Plaines leader?
46. TV show with Mr. Bill
47. Offends
51. Initials for a monkey illustrator
53. Firm up
54. Babe's hue
55. Extra hrs.
56. Nightmare Street
58. Conscripts and Volunteers
61. French penny
62. Toke
65. Word before shop or builder
66. Title for Ms. Duckworth
67. See 29 down
71. Wee woofer's woof!
72. "Rock On" singer David
73. Uneven?

DOWN

1. Member of the fold
2. Mitch Miller's instrument
3. Indonesian island
4. Techno percussion set
5. Landlord's due
6. Did a bank job
7. Legal injunction, abbrev.
8. Bologna motorcycle co.
9. ___ Reign, Seattle team
10. Best Picture of 1961
11. Allow
13. Czech or Serb
14. Prefix pertaining to water
18. Initials for large British herding breed
21. Naval clerks
22. Mr. Rogers adjective
26. Cause of many a tech error
27. Hemi competitor
29. With 67 across; small, terror-filled retail outlet?
32. Age
35. Beginning for school or season
39. Letters on a crucifix
40. Without
41. Members of a horse breed
42. Nothing much has been made of it
45. Chicago vinyl brand
48. Baker's staples
49. Kiosk name
50. Paul, John, and George (but not Ringo)
52. Skin soother
57. Largest outdoor musical theatre in N. America; and the theme of this puzzle
59. Poster finish?
60. Acronym for the 4 "happy chemicals"
63. Bread song
64. It is not Smokey's middle name!
68. Windows, Linux or Apple; abbrev.
69. Second of seven, on a scale
70. Instinctual part of personality

Solution on page 13





Hello Ferguson!

by Marian Linck

I just returned from a vacation with my “bestie” of 20+ years. Karin and I flew to Fort Walton Beach and stayed for 5 days in a resort just east of my favorite beach town, Destin, Florida.

We told people we met that we wanted a few days without husbands, go to the beach and spend some quality time with each other. We went to the beach, enjoyed the pool, and of course spent a lot of time at the absolute best outlet mall anywhere! We also enjoyed local seafood at casual restaurants. Vacation is a wonderful time to turn and talk to perfect strangers. Everyone wants to know where everyone is from. Let us just say it is a small world. We made connections with people from the St. Louis area as well as from Michigan, where Karin up. We met a gentleman at a rooftop bar who began a security company from humble beginnings. He started a security fence company with an old blue pickup truck and chain link fencing. I “googled” his company and his name. He was important. He made a pretty penny when he retired and sold the company. One would never guess the extent of his wealth by his manner and our conversation.

This trip made me think about the vacations I took with my family growing up. I need to provide a little background information for you to understand my dad and why our vacations were what they were. He was from a rural background. He had twelve siblings. They lived on a farm. Money was scarce. The only time the boys left the small town of Koeltztown, Missouri, was to spend some time in the army. The girls in the family might travel to Westpoint, Nebraska or St Louis to help another family with the children or household chores.

My dad worked at the Chevrolet plant on Kingshighway. He never took vacation time. Our vacations were during the “model change” break. The automobile factory would close every summer to retool for the new Chevrolet models.

Our trips were camping trips. We camped from here to Colorado Springs one year. Houston, Texas another year and most often spent a week camping at Indiana Dunes State Park.

The trips to Colorado and Texas were ordeals, to say the least. We would leave St. Louis early in the morning after having packed the car with a tent, cook stove, food and whatever we needed the night before. We would drive a few hours and then stop at a state park or even a city park. My dad truly hated having to pay for a campsite. We would put up the tent, blow up the air mattresses, cook some dinner and crawl into the stinky hot canvas tent to sleep. We would get up early, make some breakfast, deflate the air mattresses, take down the tent, load up only to repeat the process later in the day. When we camped in the mountains of Colorado, we were so cold we ended up sleeping in the American Rambler. My dad refused to pay the price to ride the cog train up Pikes Peak, so we drove the little Rambler up the mountain only to have the poor car overheated. I did enjoy seeing snow in August!

We camped all the way to Houston, Texas because my dad wanted to see the “Astrodome”.



Our camping trips were an adventure, and I did enjoy those trips. I do remember my mom being exhausted when we got home. I do not think it was a fun relaxing vacation for her.

Our trips to Indiana Dunes State Park were less stressful. We put up the tent and stayed put for a few days. As an only child I spent my time cruising the campgrounds for friends and playmates. I met a young lady while we were both in junior high and we have stayed connected throughout our lives. We swam in Lake Michigan every day. We even took a train into Chicago for a day. I enjoyed those trips the most.

I loved my dad, and I know he genuinely wanted us to see the country and provide a memorable activity for me. Honestly, all I ever wanted to do was go to a hotel that had a pool. Better yet, a hotel on the Gulf or ocean that also had a pool.

As a newly married couple we attempted a camping trip to the Smokey Mountains. We were both under the impression that the other enjoyed camping. We packed up a small tent, camp stove and some food and headed south. We did enjoy the hiking and the beautiful scenery. The first problem was the campgrounds with running water and showers were full. We were relegated to the more primitive spots in the park. One hike was designated as a 500-foot elevation. We must have taken a wrong turn and ended up climbing to 2500-foot elevation. We were hot, tired and had nowhere to shower. We decided a water slide was a good place to cool off and get clean. Remember to go down a water slide you must climb a hill UP. Our young legs ached. We had an epiphany during that trip. Neither of us wanted to ever camp again. I think we may have stayed in a hotel on our trip back home.



After that fateful trip, guess what kind of vacations we took as a young family? My husband had a demanding, often stressful job. His idea of a vacation was not only a little sightseeing, but a couple of great days lounging close to a big body of water. Our first trip with our 18-month-old son was driving to Treasure Island. It took us a few days to get there because we could only drive so far with a small child. We discovered some cottages in Treasure Island and spent many summers there with both our boys. What made those trips fun was the fact that many of the same families were there every year. We made friends. There was an Arcade across the street and our boys would save money to go there every year. We discovered a water park in nearby Tampa. To this day I love water parks! We also drove across Florida to Cocoa Beach while in Treasure Island. One year we were lucky enough to witness a missile launch. One trip to Treasure Island also included a minor league baseball game in Clearwater.




Back to Destin. We have favorite restaurants and of course outlet stores. We do enjoy Carolina Beaches as well. We are trying to decide which beach to visit in September. We try to rent a modest condo, prepare a few of our own meals and enjoy the beach life and fresh seafood.

This was a lengthy article. Thanks for letting me share my adventures with you.



Battle Hymn of the Republic
4th verse

*In the beauty of the lilies
Christ was born across the sea,
with a glory in his bosom
that transfigures you and me;
as he died to make men holy,
let us die to make men free,
while God is marching on.*



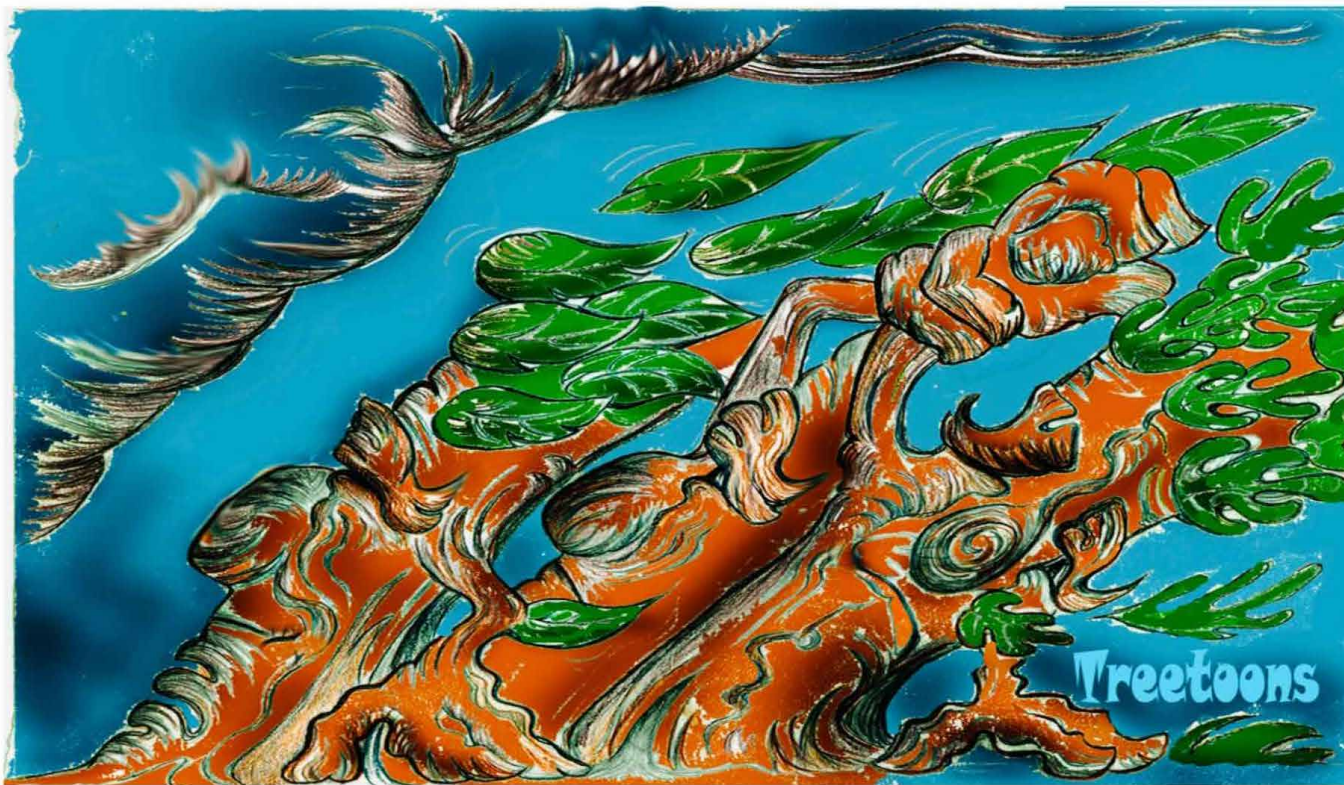
FreedomCry.Life



MEETERS

CALLING!!!
ALL PEOPLES
PROPHETS,
PROTESTERS,
AND PATRIOTS!

Another month has come and gone, and thanks to some we carry on!



Tornadoes can't be prevented. But certain diseases that are attacking the Ash and Oak trees CAN be prevented, and CURED. See the 'Living Tree Care' add this issue.



To help save this paper, become a monthly donor. For electronic payments call 314-524-3440 and ask for Danielle, or mail checks to Ferguson Newspaper Group 312 Calverton Road St Louis Mo 63135

The Author/Artist is an Arborist & Abolitionist, freeing kids in Pakistan from bonded labor. See FreedomCry.Life

Wendell Phillips 'Phil Berwick
'Phil' 314-568-8367

freedomcryinfo@gmail.com

A word from our



PLANET

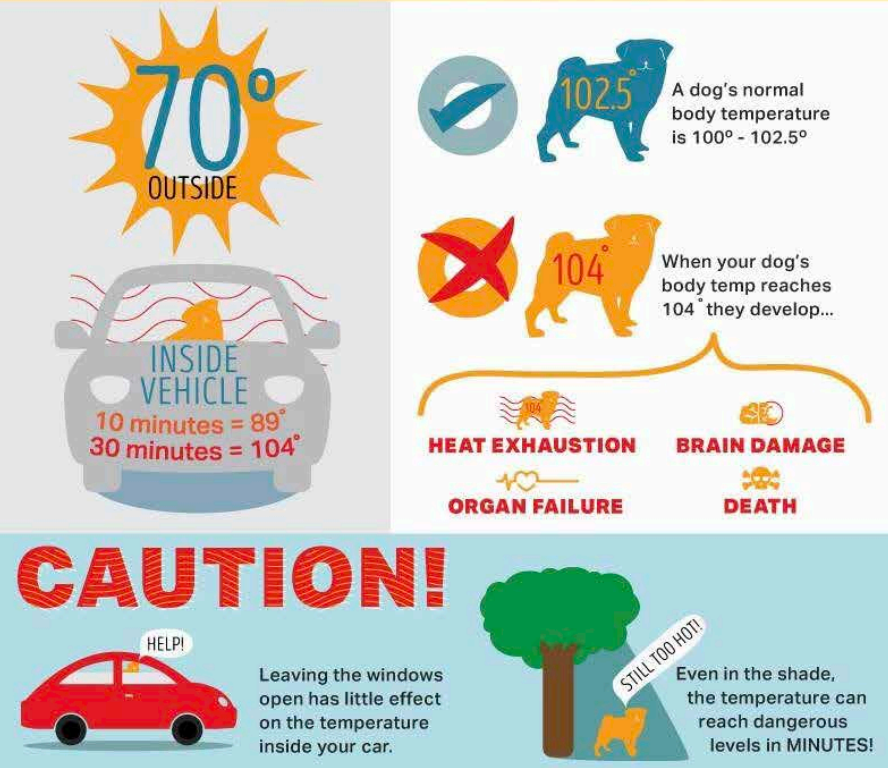
THE PROBLEM WITH PLASTIC BAGS
submitted by the Ferguson Eco Team

From major waterways such as the nearby Mississippi River plastic bags make their way to the ocean, where some poor critters such as endangered sea turtles mistake them for other critters such as jellyfish on which they love snacking.

Americans use 100 billion plastic bags a year, which require 12 million barrels of oil to manufacture. ... Up to 80 percent of ocean plastic pollution enters the ocean from land. At least 267 different species have been affected by plastic pollution in the ocean. 100,000 marine animals are killed by plastic bags annually. Try to use less plastic bags and Please remember to recycle your plastic bags.

One last thing: If you want to see an eye opening movie on plastic. Go to the discovery channel on the Internet and look for The Story of Plastic.

DOGS CAN'T TURN ON THE A.C.
Your Dog Won't Survive a Hot Car



70° OUTSIDE

INSIDE VEHICLE
10 minutes = 89°
30 minutes = 104°

A dog's normal body temperature is 100° - 102.5°

When your dog's body temp reaches 104° they develop...

HEAT EXHAUSTION
ORGAN FAILURE

BRAIN DAMAGE
DEATH

CAUTION!

HELP! Leaving the windows open has little effect on the temperature inside your car.

STILL TOO HOT! Even in the shade, the temperature can reach dangerous levels in MINUTES!

If you see a dog left in a car on a hot day...
CALL 911

What's Fresh in Ferguson in July?

At EarthDance Organic Farm School in Ferguson, Missouri, Farmer Will strolls down the rows of tomato plants like he's walking through a parade of summer's finest. The vines are bursting with fruit—some red and ripe, others still blushing green—and Will is grinning like he knows a secret.

“Tomatoes are the rockstars of the farm,” he says with a laugh. “Everyone wants to talk to them, take their picture, and eat them straight off the vine. And honestly? I don't blame 'em.”

Missouri's hot, sticky summers are just what tomatoes love. At EarthDance, the team starts seeds indoors in late winter, then moves them to a high tunnel in early spring. “We baby them a bit at first,” Will says. “But once they take off, they're like teenagers—growing fast, needing structure and suckering, and getting into trouble if you're not watching.”



Using organic practices like composting, mulching, and encouraging helpful bugs instead of harmful ones, EarthDance keeps their tomato crops thriving without synthetic sprays. And the results are not only delicious—they're deeply nourishing.

“Tomatoes are like little vitamin bombs,” Will says. A medium one's got nearly half your daily vitamin C. Plus they're loaded with lycopene, which helps your heart, your skin, and might even protect against some cancers. And cooking them actually makes them healthier because it helps your body absorb more lycopene!

Will's especially fond of the weird and wonderful varieties. The team at EarthDance grows tomatoes that look like rainbows—yellow cherries, purple slicers, green zebras. And they all taste different. For tomato lovers, it's like nature's candy shop.

Tomato trivia? Green tomatoes have this thing called tomatidine that might help your muscles and bones. So yeah, go ahead and roast those unripe ones with garlic—you're basically lifting weights with your tastebuds.

TRIVIA

Can you name 4 of the 5 best selling board games of all times?
(Answers on page 15)

At EarthDance, the tomato harvest is more than a meal—it's a celebration. “Tomatoes teach you patience, teamwork, and how to share,” Will says. “You pick one, hand it to someone, and boom—instant joy.”

And that's what's fresh: the joy of growing something good, together. And, you can enjoy tomatoes in so many ways! If you want to make a meal that really shows them off, here's a tomato pie recipe that we love.

Tomato Pie

Serves 6

Ingredients:

- 4 Tomatoes, peeled and sliced
- 10 Fresh Basil Leaves, chopped
- ½ Cup Chopped Green Onion
- 1 (9-inch) Prebaked Deep Dish Pie Shell
- 1 Cup Grated Mozzarella Cheese
- 1 Cup Grated Cheddar Cheese
- 1 Cup Mayonnaise Salt and Pepper

Directions:

Preheat oven to 350°.

Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes.

Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned.

To serve, cut into slices and serve warm.

You can find our tomatoes, for whatever price you can pay, at our booth at the FERGUSON FARMERS MARKET Saturdays 8am-Noon. EarthDance Youth Educator and Inherited Chef Joia will be doing a tomato-based cooking demo at the market one Saturday this month ~ stay tuned to our socials for more info - @earthdancefarms on Instagram & Facebook!



You can also find EarthDance tomatoes every week at the EARTHDANCE PAY WHAT YOU CAN FARM STAND Fridays 3-6pm and Sundays 11am-3pm. To learn more about EarthDance's solidarity pricing model, visit earthdancefarms.org/pwyc





Ferguson 4th of July Celebration

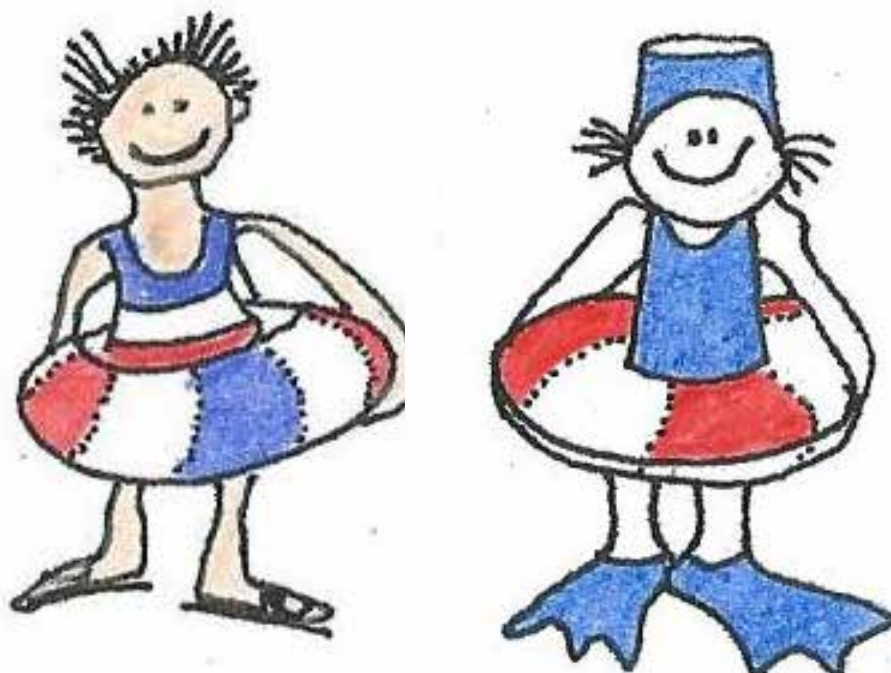
**Thursday July 4th 2025
January-Wabash Memorial Park**

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

Family Festival 6pm - 9 pm

7pm - 9pm Musical Group "Fat Pocket"

Fireworks begin at approximately 9:15pm





Under The Hood With Robinwood
By Bob McGartland

The Roaring Twenties: The Automobile's Drive Through Society

A century has passed since the Roaring Twenties ushered in a wave of transformation, and few inventions from that era shaped American life more profoundly than the automobile. With Henry Ford's assembly line making cars affordable for the average citizen, the automobile was no longer a luxury—it was a staple of modern life.

The Model T put the nation on wheels, and in doing so, it redefined the way people lived, worked, and interacted. No longer confined to city centers, workers could commute, leading to the rapid expansion of suburbs. Businesses followed, fueling the growth of gas stations, motels, roadside diners, and auto repair shops, forming an entirely new sector of the economy.

Before the 1920s, most Americans lived within walking distance of their jobs, schools, and shops. But as more people began to own cars, that changed. Neighborhoods began to spread outward, creating the early layout of suburban America. For the first time, a middle-class family could live outside a city and still work or shop downtown, all thanks to the growing reliability and availability of cars.

Cars granted Americans a newfound freedom. Young people found escape from parental oversight, transforming dating culture. Families took to the open road for leisure and vacations, making travel a more regular part of life. The automobile became a symbol of independence, a ticket to exploration beyond the limits of rail lines and city streets.

The change in lifestyle was dramatic. Teenagers could go out without needing a chaperone, and couples could enjoy private moments away from the watchful eyes of family. Weekend getaways became more common, and popular destinations sprang up just a few hours' drive from major cities. As roads improved and maps became more detailed, the concept of the "road trip" was born, turning driving into both a practical and recreational activity.

However, this shift wasn't without consequences. The rise of automobiles led to the decline of urban rail systems, setting the foundation for America's car-centered infrastructure. Roads had to be built, traffic laws established, and cities adapted to the congestion that cars brought with them. The nation's love affair with the automobile had begun—one that would influence decades of transportation policies and social behaviors. Traffic jams, pollution, and car accidents became challenges that cities had to solve. As more people bought cars, the demand for wider streets, parking lots, and traffic control increased. Public transportation was often neglected, and eventually, many cities lost their once-thriving rail systems. These effects would shape urban planning and the American lifestyle well into the 21st century.

The Roaring Twenties were more than a decade of jazz, speakeasies, and flapper dresses. It was the era where the hum of an engine became the soundtrack of progress, propelling American society toward mobility, growth, and the modern world. The impact of the automobile didn't just change how people moved—it reshaped how they lived.

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Happy Fourth of July Everyone! Hope you are enjoying your summer and are able to have some family time.



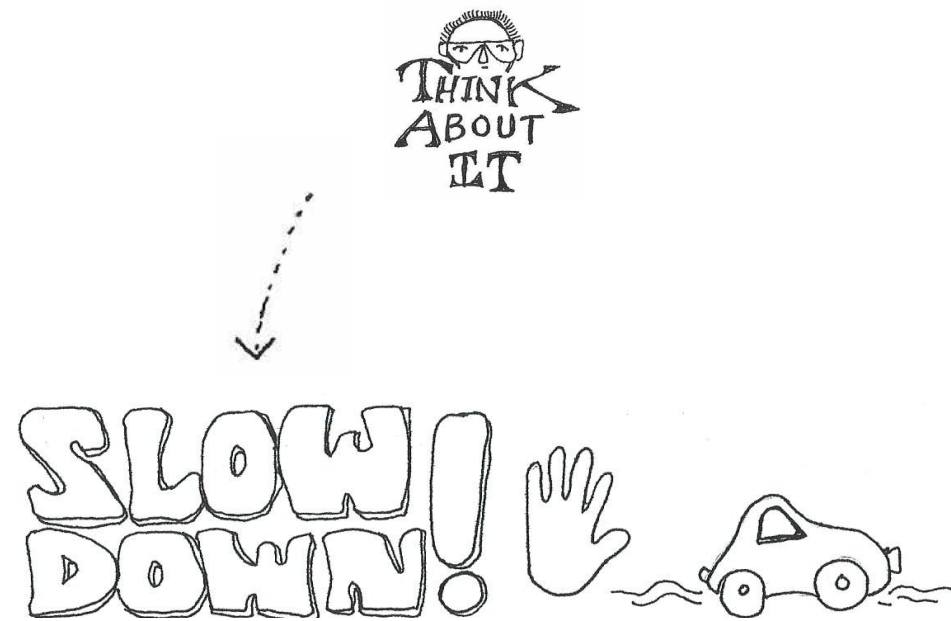
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Financial Focus – Living Within Our Means!

By Joan Cleaveland (cleav73@gmail.com)

Lindenwood University – BA Business Administration

By the time you read this the Big Beautiful Bill will probably be passed. The day of reckoning for continuing to spend our future generation's money, seems to be getting closer, and our elected leaders don't seem to be concerned about it. With all the discussions about this bill, those against it were concerned about changes to Medicare and other spending that goes towards social problems. While others were concerned about tax cuts for the wealthy, yet this bill was mainly to keep those tax cuts made in 2017 which included more than just the rich. As we look to the budget process and note that this Big Beautiful Bill was not part of the regular budget process, it is considered a reconciliation bill, a procedural tool used to make changes to existing mandatory programs and potentially reduce the deficit. It is associated with tax cuts and some welfare reform, but it doesn't fund day to day operations of the government. So knowing this is not part of the regular budget process, it does need scrutiny because parts of it will also increase the deficit. The other concerns involve mandatory spending areas and that again is where we know some money needs to be saved.

With all the promises for saving government funds and getting our budget under control, as usual we continue to kick the can down the road. Telling the American people what we need to do to rein in our debt and work towards a balanced budget doesn't bode well during elections. Mid-term elections and keeping a Republican majority in both the House and the Senate only exasperates the problem because no one wants to tell it like it is or accept that sometimes we have to say no. Since I am not a politician perhaps I can discuss some facts we need to face. If George Washington were looking at our government today, he would be troubled. He felt being financially cautious and making certain to not encumber future generations with the government's obligations was wrong. What we can learn from the past is very relevant to us now. Many would say well the times are different and yes they are, but not necessarily any more difficult to become more fiscally responsible. Our third president Thomas Jefferson inherited huge debt when he took office in 1800. They cut spending and used all savings to pay down the debt. In a letter to Elbridge Gerry in 1799 Jefferson summed up his budget policy: "I am for a government rigorously frugal and simple, applying all the possible savings of the public revenue to the discharge of the national debt." There's a basic lesson here. If you want to reduce debt, you have to make government smaller – Jefferson later wrote to Lafayette in 1823.

In our own financial situations we all must make choices to get out of debt and live within our means. So reducing debt means we need to make government smaller; isn't that what DOGE was supposed to do? I just read that with the Tariffs and other changes with deportation the government does seem to be shrinking. So now we need to reduce our current debts by using our savings to pay down our debts. How will we know when those savings are being spent to reduce our debt? Or are these savings now up for grabs to help fund tax cuts and other expenditures promised in that Big Beautiful Bill?

Understanding how government spending works is important and involves two main categories – mandatory and discretionary. About 2/3's of the annual federal spending falls into the mandatory category. This would include Social Security and other entitlement programs Medicare and Medicaid. The funding for these programs must be allocated each year. Discretionary spending is approved during the appropriations process of budgeting each year. It includes over half directed towards defense spending with the rest going towards transportation, education, housing, environment, science and social service programs. Sometimes there is an immediate need for supplemental spending because funds may not be able to wait until the next budget session. In 2020, during COVID Recovery there were four supplemental appropriations passed.

So in the style of our early presidents, we probably need to have a better understanding of our spending budget, to recognize how we can make some effort to reduce our deficit. As I just explained the kinds of spending, it should have been clear, that the mandatory spending is a large portion of the budget and recognizing the cost for us to cover interest payments on funds we've had to borrow makes our need to control spending ever more important for our future.

During the discussions about the Big Beautiful Bill, putting work requirements for Medicaid was brought up and could save government funds. I was surprised there wasn't already a work requirement and I do think things like this need to be considered. And if the money saved could go directly to reducing our deficit all the better. Next month, I will look at other ideas on how we can reduce spending and work towards a balanced budget with no deficit and no interest accumulating on our growing debt. If you have any questions or comments you may send them to cleav73@gmail.com.

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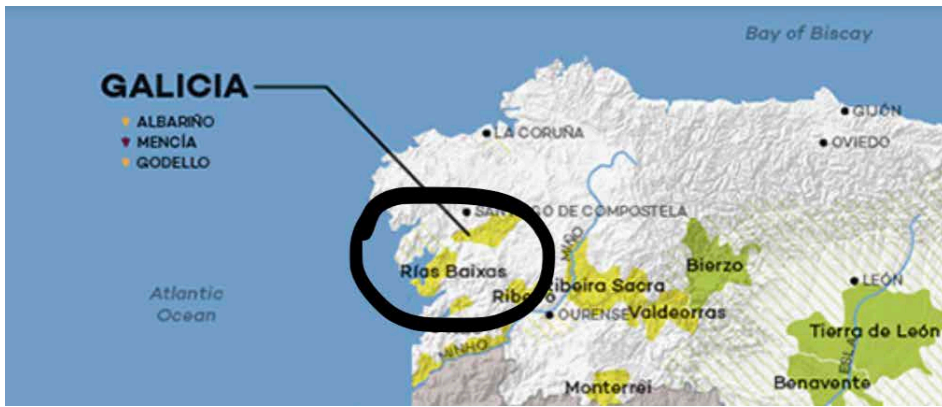
What is Raghib Drinking?

By Raghib

If you have been a regular reader of this column, you know Spanish red wine are some of my favorites! If you are a St. Louis Cardinals baseball fan, Spanish reds are akin to Whiteyball, no real power hitters, just solid pitching, base hits, and good defense. If there was a Wine World Series, Spanish reds would have several titles. The price point is great and the wines are absolutely delicious.



Although Spanish reds get the acclaim, white wines from Spain may be the up and coming star in minor leagues just waiting for his big break! The up and coming star is called Albariño (“alba-reen-yo”). Most of the Albariño that is produced comes from Spain and Portugal. For the sake of this column, we will focus on Spain. Most of the Spanish Albariño wines are from Rías Baixas (“rhee-yus by-shus”).



Rías Baixas is located in Northeast Spain, in the wine region of Galicia. Galicia is known for its lush green mountain valleys and the cool breezes from the sea. The sandy soils in this cooler region of Spain allows wines produced there to have more citrusy characteristics, think lemon, lime, grapefruit. I have found that Albariño pairs perfectly with white meat like turkey and chicken. It is absolutely delightful with fish!

Faustino Rivero Ulecia Albariño is a must have this summer! The fifth generation of the Rivero family cleared the bases with this gem. According to their website, the wine making process is meticulous, “Destemmed and partially crushed with a high proportion of full berries. Maceration during 6 to 8 hours, then the grapes are gently pressed and the must is left to settle for 24 hours. Then it is raked and fermented at 15-18 degrees Celsius, using selected yeast.” With a price point under \$20, this wine is perfect for hot Missouri summer days. I have paired it with grilled chicken breast and chicken thighs. I have even had it with grilled tilapia.



Next up is O FILLO DA CONDESA Albariño. This Gil Family Estate Wine does not disappoint! According to their website, “With the patience given to the land of our ancestors, we take care of our old vineyards, and we grow with the incorporation of small wineries from the main wine producing regions of Spain.” The Gil Family hand picks these grapes and ferments them in stainless steel casks for three months and as a result you get superb wine with white peach and citrus notes. With a price point under \$20, I enjoyed this wine with Cacio e Pepe (Anthony Bourdain said that this was the best pasta that he has ever tasted) and grilled chicken thighs!



Happy Tasting!



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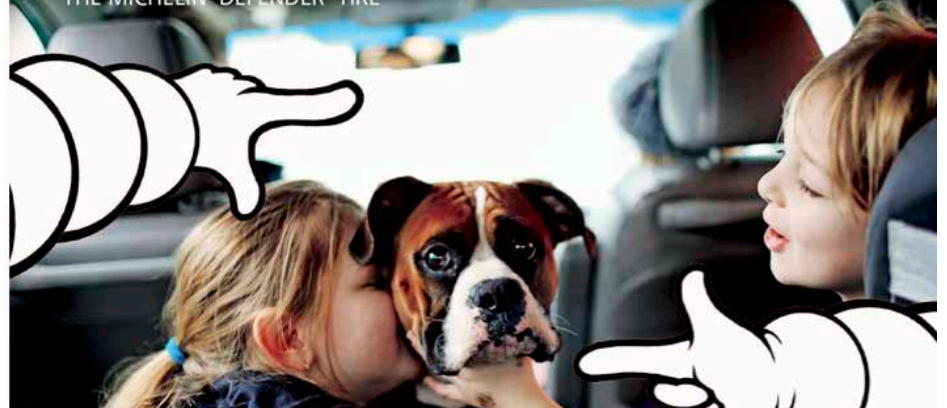


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Affinia Healthcare receives full accreditation for new Family Medicine Residency Program

ST. LOUIS, MO – Affinia Healthcare has earned full accreditation from the Accreditation Council for Graduate Medical Education (ACGME) for its Family Medicine Residency Program.

This is the final step in establishing the program and now allows for the recruitment of future professionals to serve in communities facing declining healthcare options.

“North St. Louis County faces a critical shortage of primary care services, with an estimated 75 percent of low-income residents lacking a healthcare home,” said Dr. Melissa Tepe, Affinia Healthcare VP and Chief Medical Officer. “The region struggles with some of the worst health indicators in Missouri — including high rates of infant and maternal mortality, chronic diseases like diabetes and hypertension, and poor access to mental health and substance use care.”

The newly ACGME-accredited Affinia Family Medicine Residency (which will be based at the Affinia Healthcare location in Ferguson) stands as a vital and timely response to this crisis. As a Teaching Health Center program embedded within a Federally Qualified Health Center (FQHC), it is designed to train physicians in the very neighborhoods where care is most urgently needed.

“Graduates of such programs are significantly more likely to practice primary care, remain in underserved communities, and offer integrated services such as behavioral health and substance use disorder treatment,” said Dr. Kenneth Hembra, Affinia Healthcare Family Medicine Residency Program Director. “By anchoring physician training in the community, Affinia’s residency program not only expands access to care but also builds a sustainable pipeline of highly competent providers committed to health access and long-term impact.”

The accreditation process, conducted by ACGME’s Institutional Review Committee, ensures the residency program meets industry compliance standards. According to ACGME, accreditation is received through a voluntary process and review based on certain industry standards. The accreditation process is thorough to ensure the program meets the standards for specialty practices to prepare graduates.

The Family Medicine Residency program is accepting applications for the 2026 class. The program will focus on Primary Care and Community Medicine (PCCM) experience, spanning all three years of the residency program and focus on outpatient care.

Affinia Healthcare was awarded a grant in 2023 for the residency program to help develop future primary care physicians to serve in community health centers. Affinia Healthcare is partnering with A.T. Still University, Christian Hospital and SSM Health DePaul Health Center on the residency program.

Affinia Healthcare is the sponsoring institution for this program and received initial accreditation in 2024 which allowed the health center to create the structure of the residency program.

“This marks the beginning of a new and exciting chapter for Affinia Healthcare,” said Dr. Tepe. “I want to congratulate our Family Medicine Residency team on all the hard work done so far. We have a great foundation, and I am confident this program will make a positive impact in community health.”

To learn more about the Family Medicine Residency Program or to apply, visit www.affiniahealthcare.org/family-medicine-residency/.

the DOG DAYS of SUMMER

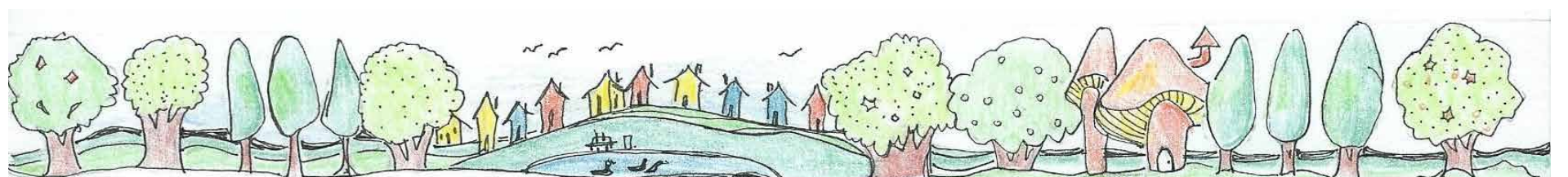
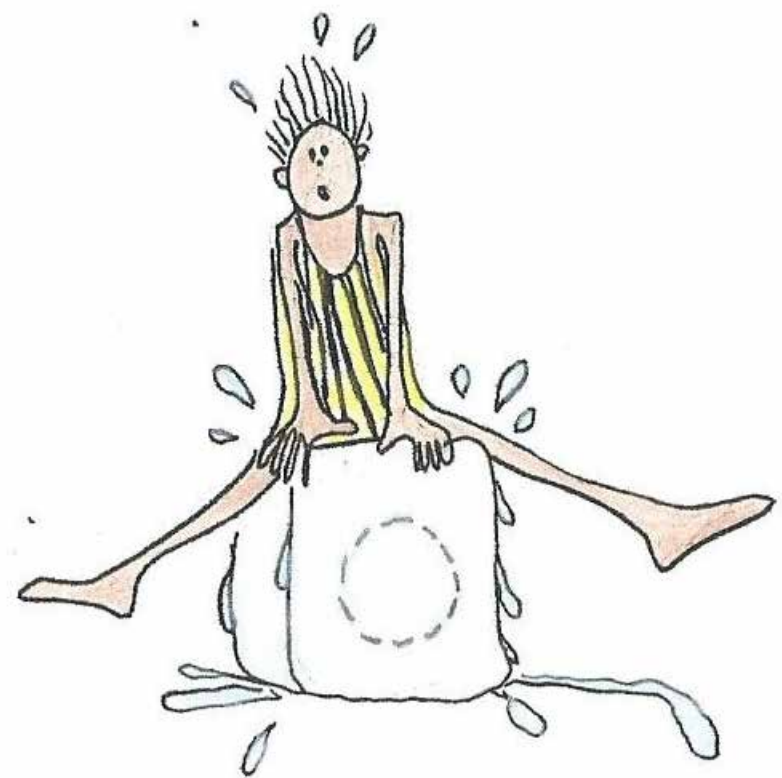
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God Speaks!

by Doug Neely
JULY, 2025

Isaiah 41:10 NIV (NEW INTERNATIONAL VERSION)

So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

As a Christian, I hear God speaking directly to me.
I AM fearful and dismayed with all of the terrible things currently, and about to happen, making my spirit tremble and worry throughout the day.

BUT GOD comes to remind me that He, the God of all, is protecting me from all danger and evil. Who is there who can stand against Him who protects me?

My soul is calm and refreshed!

May the Peace of the Lord be with you and yours!
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and put these words into the subject line:
God save us all!

Crossword Solution from page 4

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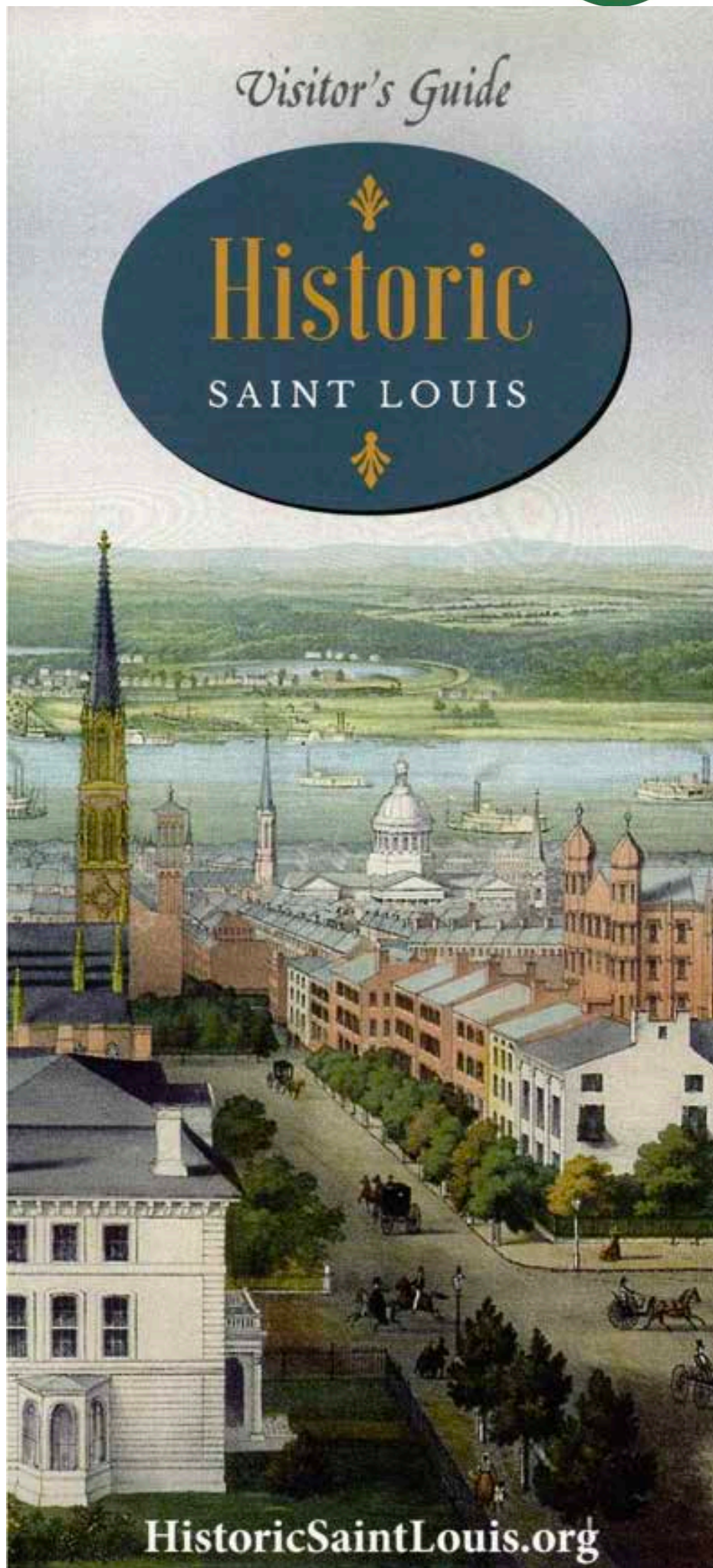
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Ferguson Has A History Museum

Ferguson has a Historical Society and a History Museum. We encourage any people reading this article to join in the conversation and become a member.

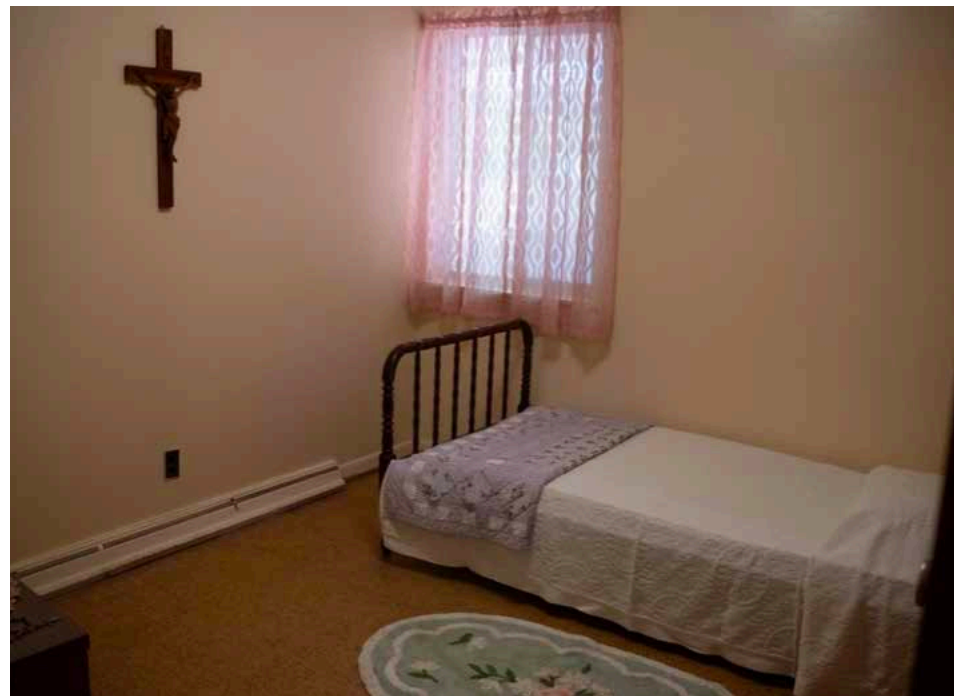


The History House is the site of many interesting activities in 2025. The up-coming ones are listed at the end of the article. The most recent event was on the second Saturday in June. This open house was the result of the Ferguson Historical Society joining Historic St. Louis (see pamphlet above).

Historic Saint Louis is an association of 25 St. Louis area historic sites, museums and houses that are open to the public. The participating members of Historic Saint Louis are dedicated to preserving the tangible evidence of the past and sharing the stories of yesteryear with guests of all ages. Some of the 25 sites include Bellefontaine Cemetery, the Campbell House, Gittemeier House (Historic Florissant), Taille de Noyer House (Florissant Valley History Society), the Daniel Boone Home along with other well-known historic homes.

With the exception of Bellefontaine Cemetery, all of the 25 listed are historical structures – Greek Revival, Federal, Italianate, French Creole, Georgian, Craftsman, German, Log Cabin and Mid-Century Modern (all structures were built between the 1790's and the 1960's). That last style is where the History House fits in. It can be hard to believe that a building

built while you were alive is an historic style, but Mid-Century Modern (built in the 1950's and 1960's) is – and the History House, of the 25 buildings, is the only example of this style listed in Historic Saint Louis.



The History House was actually the nun's home for the Catholic Church and school, Good Shepherd, which was closed in the 2000's and purchased by the City of Ferguson for its Community Center. The nun's home, located behind the Community Center, was built in the late 1950's and certainly features most aspects of Mid-Century Modern architecture, a movement beginning in 1945 and ending around 1970. Popular in the USA, Brazil and Europe, it is characterized by clean, simple lines and honest use of materials – it generally does not include decorative embellishments. The building is normally wide, partial brick or glass, has a low footprint with flat rooflines and tall modern windows.

You can see all these features in the photo of the History House above. The kitchen shown right is also a feature which we have worked hard to keep and restore with the metal cabinets, The GE in-wall oven with counter-top range, an operating 1950's "fridge" and checkerboard floor.

Historic Saint Louis requests that Its member homes hold two signature events a year, the Landscapes of Summertime Past (June) and A Spirited Holiday Past (December). Our most recent event was June's Summertime Past. We welcomed people from all over the metro area to the History house for a chance to view the old nun's home and catch a brief history of Ferguson and of the Ferguson Historical Society. In the photo below, History House President, Mary Haux, welcomes the visitors and offers comments on the house. The picture below shows the beginnings of a restoration to bring one of the nun's rooms back to life. We are still looking for authentic furniture and ultimately a 1950's nun's habit. Donations and ideas are always accepted!

As mentioned at the top of the article, we completed the summer event and are preparing for a second Summer event in July, The History of Lucas Place. This should give you a good idea of the many History House events.



At the Historic Saint Louis open house on June 14th, we decked the History House with appropriate outdoor furniture to see how Americans in the 1950 would enjoy a typical patio. A similar event will be the first Saturday in December ("A Spirited Holiday Past") featuring a 1950's Christmas holiday. You can look forward to a visit to the History House in December with all the holiday trimmings.

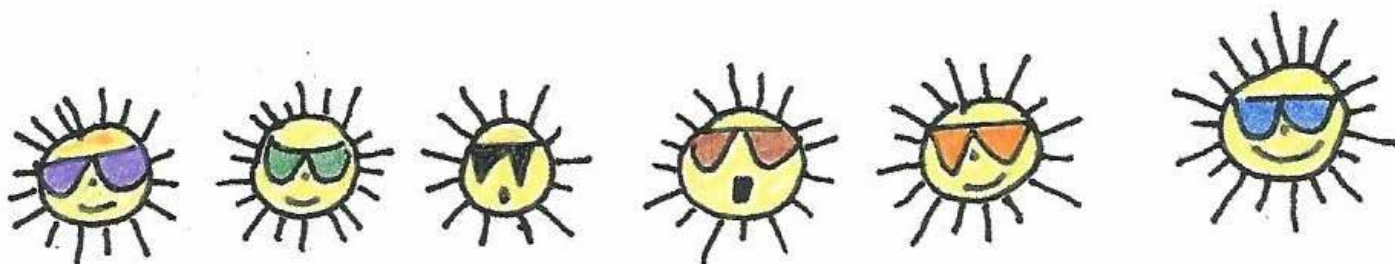


The July 17th event, The History of Lucas Place, will be in the Community Center – but - we will have a pre-show event in the History House from 5:00 to 6:00. The Lucas Place presentation is a follow-up to a trip we offered to the Campbell House, in downtown St. Louis, earlier this Spring. The Campbell house is one of many homes built in the 1850’s & 60’s in Lucas Place (and the only one left to tour). Lucas Place was the first real “Suburb” outside downtown St. Louis (around 15th Steet today).

Laura Watt will be our guest speaker for the evening. In case the name “Lucas” is hanging in your mind, you might recall a major street in north county, Lucas and Hunt. Lucas and Hunt is named for the very same Lucas – and the family and historic connections are fascinating. This will be a great story – all are welcome and admission is FREE. Make your plans for Thursday, July 17 at 5:00 for a tour of the History House and at 6:00 for the presentation.

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.”



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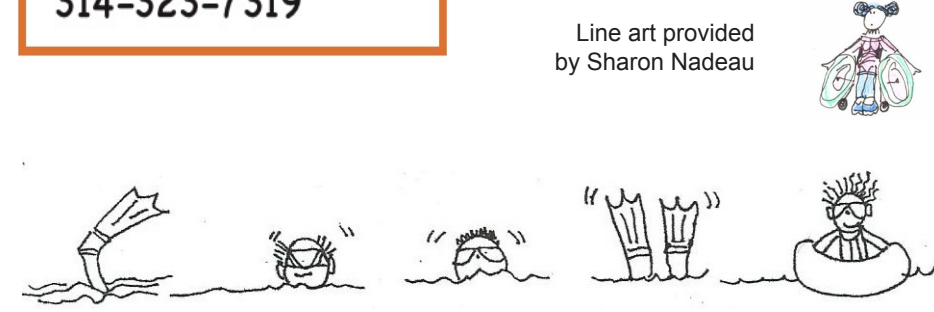
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