



Ferguson

NEIGHBORHOOD

2021 NEWS 2021



Serving Ferguson and Surrounding Communities since 2021



THE FERGUSON HUMAN RIGHTS COMMISSION RECOGNIZES:

MARCH 8TH INTERNATIONAL WOMEN'S DAY 2022

This year, Women's History Month will take place Tuesday, March 1 through Thursday, March 31, 2022.

About Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week."

In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month.

Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.



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LION or LAMB

Most of the holidays I enjoy are the ones that include specialty foods. This March has two of my favorite holidays: Mardi Gras with great Jambalaya & St. Patrick's Day with green beer & corned beef and cabbage - we are all Irish for a day. No matter where I have lived throughout my life, I MUST have corned beef and cabbage on this day. Here is a little "magic" trick: before pouring a beer, place a drop of green food dye in the bottom of a glass so it turns green as it is poured. Okay, not really a trick but it looks cool and will amaze the little ones.

March is a month of cold wind, snow, rain, sleet, hail, and tornadoes, and not necessarily in that order. It also signals the beginning of trout season which can either be freezing rain, snow, or warm enough to be in shirt sleeves. In just a few weeks spring will arrive and the warm weather will follow.

As I write this, we have just received our second snow fall - this one with a lot of ice under the minor accumulation. It looks like we are to get another round this week which makes me wonder if March will come in like a Lion or a Lamb.

Stay warm, stay safe... and kids, don't be getting in bad.

Papa Deau



March News and Events at the Ferguson Public Library

For more information, please call the library 314-521-4820 or visit us online at ferguson.lib.mo.us

Virtual: Feelin' Lucky Storytime - Saturday, March 19 at 2 pm

We're feelin' lucky at storytime this month! Join us on Facebook (facebook.com/fergusonlibrary) as we read stories and sing songs that are sure to bring us luck.

Virtual: Ferguson-Florissant School Board Candidate Forum Wednesday, March 23 at 6:30 pm

Join us and the League of Women Voters on YouTube to meet the candidates for the Ferguson-Florissant School Board! Sheila Powell-Walker, Terry Madison Turner, and Jillian Dunn are running to fill two seats on the board.

To submit questions for the candidates and bookmark the link to the livestream, please visit linktr.ee/fergusonlibrary.

Don't forget to vote on Tuesday, April 5!

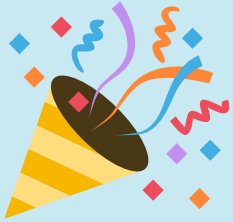
March Craft Kits

Pick up a new free craft kit each week in March!

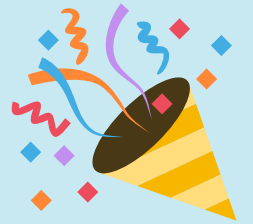
- **March 7-12 - Color Your Own Black and White Photos:** Add your own colors to black and white photos!
- **March 14-19 - Lucky Pennant:** Create your luck with this felt pennant!
- **March 21-26 - Pressed Flower Coasters:** Add pressed flowers to ceramic tiles to make unique coasters!
- **March 28-April 2 - Macrame Pendant:** Knot a stone into a useable and wearable pendant!

As always, our crafts kits are FREE, contain instructions and all the supplies you need, and are available on a first come, first served basis. Pick one up today!

March Celebration Shout-outs

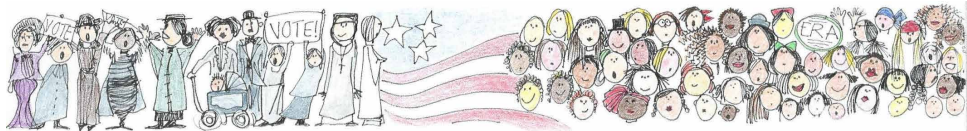


- 8 - Happy Birthday Frank Fujarski
- 10 - Happy Birthday Doug Neely (computer corner)
- 28 - Happy 9th Birthday Luke Nadeau



March at a Glance

- 1 Mardi Gras & Trout Season Opens
- 2 Ash Wednesday
- 4 Lenten Fish Fry's Begin (see page 9)
- 8 International Womens Day
- 13 Daylight Savings Time Begins
- 17 St. Patrick's Day
- 19 Farmers Market - St. Stephen's - 9 - noon
- 20 Spring Equinox



FERGUSON COLLABORATIVE
PRESENTS

COMMUNITY CONCERNS & Alternative Solutions

IN THE CITY OF FERGUSON

Join Zoom Meeting
bit.ly/fergusonsafetytownhall
Meeting ID: 833 4069 2202
Dial by telephone: (312) 626 -6799



Hosted By



Paper not delivered?

If you know of someone that has not been getting our paper, please let us know. We cannot make miracles happen, but will do our best in trying to resolve the issue. We have paper stands at:

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

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

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

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

Writers wanted!

We are always looking for new perspectives from our community. If you enjoy writing or have a talent for talking to people and transfer that to the written word then we would love to hear from you. As we are all volunteers, this is a non-paying position.

The Ferguson News Group may be reached

text/voice: 314 249-6323
email: asroc873@charter.net
Like us on Facebook @fergusonneighborhoodnews
Check out the on-line edition fergusoncitywalk.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 Tony: savoystl@yahoo.com

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

Give a congratulatory shout out for only \$5

ARTFUL CONSIDERATIONS

by Glynis Mary McManamon, RGS

GSAC Annual Appeal

GSAC launched its annual appeal on February 14. The tiny little arts organization provides children's activities at the Ferguson Farmers' Market, holds online exhibits and manages gallery space at St. Peter's UCC Community Resource Center at 1433 Stein Road. Donations can be submitted through the Facebook page, website, or mailed directly to GSAC, PO Box 11042, Ferguson MO 63135.



GSAC is seeking volunteers to help with: events at the Ferguson Farmers' Market, events at local community celebrations and serving on our Board of Directors to plan the overall direction of the organization and raise needed funds. There will be a one hour information session on Zoom on Saturday, March 12, 11:00 a.m. Additional sessions will be scheduled as needed. Call 314-769-9806 or email info@goodshepherdarts.org if you are interested.



2nd Annual Ferguson Children's Art Festival

Seeking children's art for the 2nd Annual Ferguson Children's Art Festival, scheduled for May 7, 2022 on the opening day of the Ferguson Farmers' Market. Teachers and family members are invited to submit work on behalf of children (pre-K through 12th grade). The deadline is March 31, 2022. Email info@goodshepherdarts.org for details.



Writing & Arts Group Calls for Entries Celebrating North St. Louis County

North County Writing & Arts Network deadline for their anthology is also March 31, 2022 at 12:01 a.m. Submit poetry, prose, black and white photos and art to nocowan@yahoo.com.

The collaborative of creatives is producing an book highlighting North County St. Louis life. You can get information about NoCoWan and details about the anthology via Facebook: <https://www.facebook.com/groups/329779723839325>

Peggy Nealy Harris ARTS Podcast For March

Peggy Nealy Harris' "Peggy's Creative Arts Space" podcast is now live. March 1 will feature an interview with GSAC Director Sr. Glynis McManamon. You can find Peggy's podcast at AmazonMusic among other sources.

Live Exhibit Continues at St. Peter's UCC CRC:

Davion Henry's "WARPED" will be on exhibit in the Gallery in the Community Resource Center, 1433 Stein, at St. Peter's United Church of Christ March 26. Giant heads, rendered in charcoal, project varied worlds of emotion. Mr. Henry's subtitle for the show is "The Wails Inside Our Minds Can Become Disfiguring." "WARPED" will be the February feature in the GSAC virtual gallery www.goodshepherdarts.org. To view the live show, call GSAC at 314-769-9806. During COVID protocols, you must be masked to enter the building.

The McCluer North High School IB Arts Class will have the next live exhibit in the Community Resource Center Space, with an opening on Friday, April 8, so save the date! Details in the next Ferguson Neighborhood News.

Winter Market Arts

The featured artists for the March Winter Market was not known at press time. GSAC will host children's crafts.



After the Storm - Jeanette McDermott

GSAC March Online Exhibit

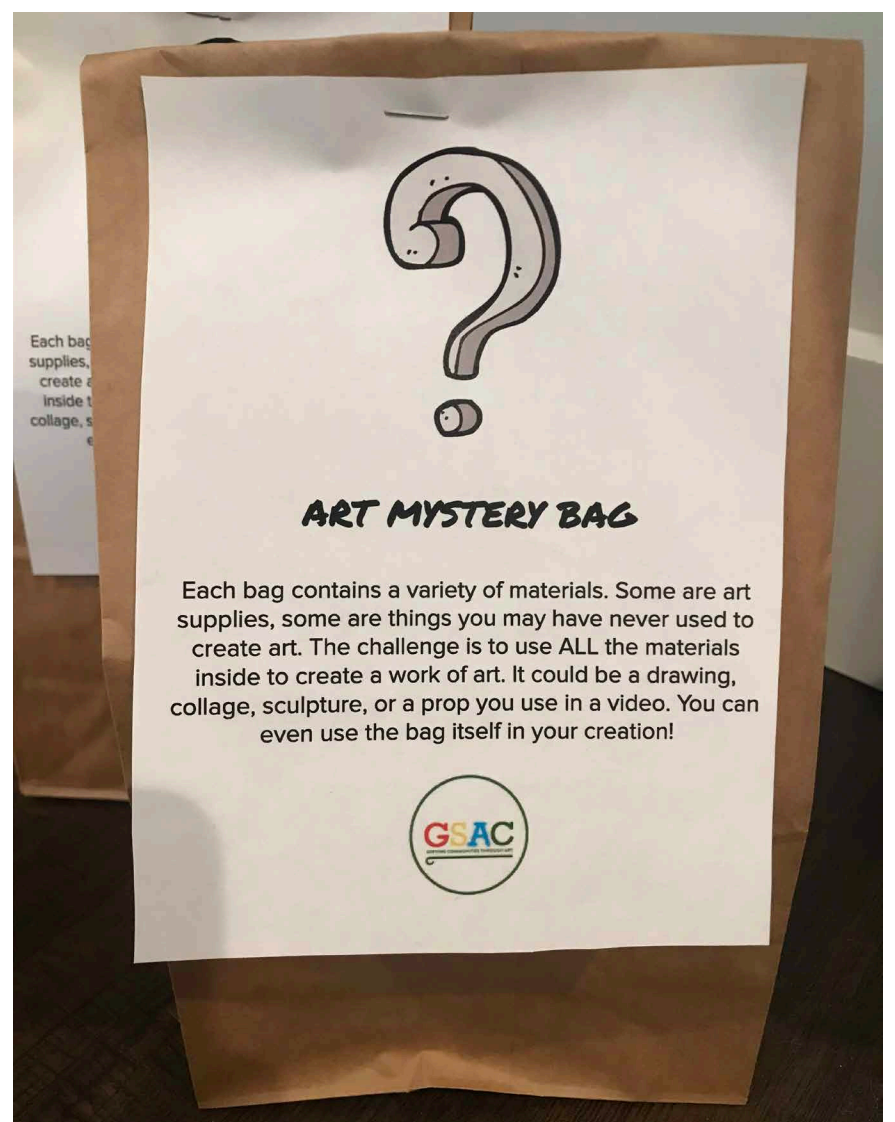
National Catholic Sisters' Week falls in March, and the theme this year is "Care of the Earth." In line with that, GSAC will feature Jeanette McDermott, Communications Director for the Sisters of the Good Shepherd. A photojournalist with a passion for the earth, Jeanette has selected images that attest to the sacredness of the earth and that offer "new paradigms for a new paradise." The testament to the beauty and resilience of Mother Earth will open March 1.



Survival - Jeanette McDermott

Always Remember: Crafts Kits at Ferguson Library:

The library continues to provide craft kits, which can be accessed from the lobby or from curbside when the library has pandemic restrictions in place.



Art Mystery Bag

CROSSWORD

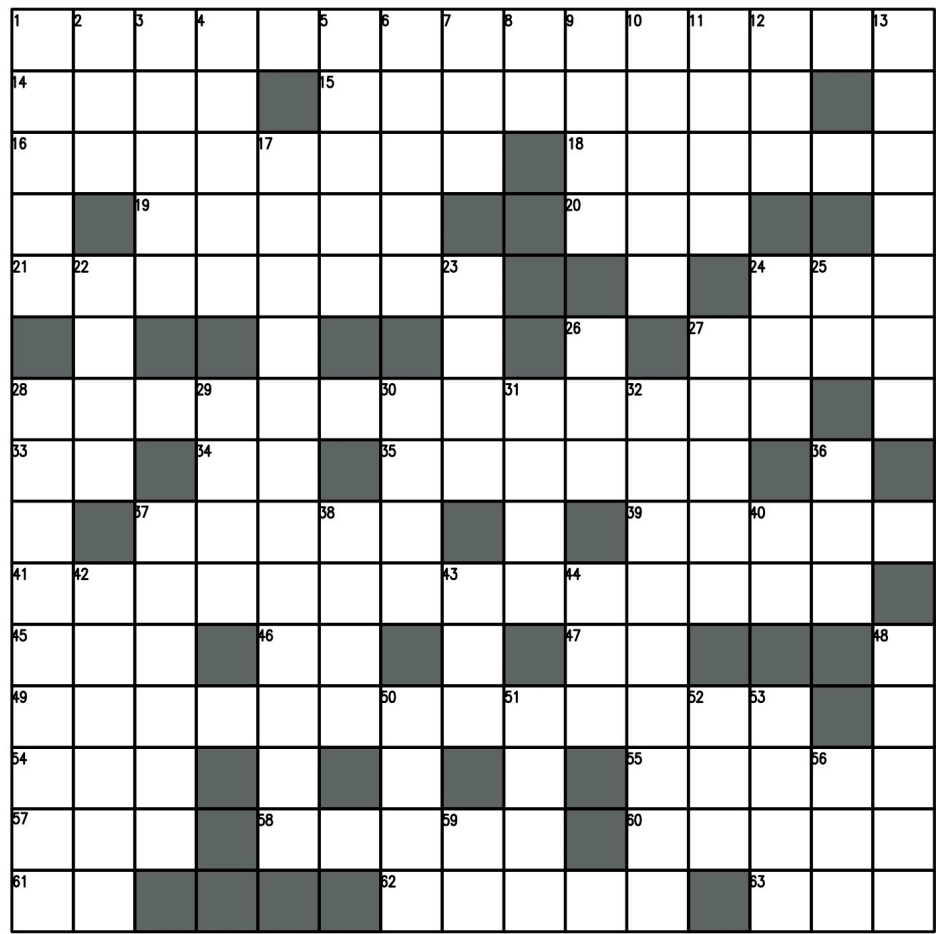
It'll All Blow Over
By Robin Shively

ACROSS

1. Aquamarine
14. Wing-shaped
15. Pertaining to app images
16. Recall
18. Compares
19. Etsy transaction
20. Digit
21. Lady killer?
24. Reflexologist's workplace
27. Pome
28. It ended in Savannah
33. Actress Sandra
34. Meditation sound
35. Pushed aside
37. Zebra giraffe
39. Flax fabric
41. Beware of this
45. African lute
46. No. 10 gas
48. Best Actor of 1946
54. Donation
55. Checkerdome
57. Pasture
58. Dictator's employee
60. Green energy
61. Suffix for cold or bold
62. Surname for Jo and her sisters
63. Joined

DOWN

1. Sousa's genre
2. Lager kin
3. Dorm pantry staple
4. Cockatiel comb
5. Religious anthology
6. Brain freeze beverages
7. Profitability acronym
8. Stax and Sun Studios st.
9. Katana handle
10. Wealthy descendant
11. Film scene try
12. ___ Miss
13. Capture
17. Annual tournament since 1939
22. Operation Overlord beach
23. Jedi foe
24. It may be Dead or Red
25. Keystone st.
26. Speed up
27. Request in Espana
28. More than anything else
29. St. Thomas beach
30. Psych finale?
31. Farrier's focus
32. Actress Ward
36. "Whatever"
37. Fluid retention
38. Jury member
40. Outer Banks st.
42. Estee Lauder model
43. Tolkien humanoid monster
44. ___ culpa
47. Debbie Harry wrote about one of glass
49. Gossip-worthy couple
50. Heath
51. Overly hasty
52. ___ magnon
53. Captain's post
56. MacDuff rebuff
59. Irrelevant abbr. on a form



Solution on page 13



Thinkin' spring. It won't be long...

CAST 2 VOTES FOR APRIL 5, 2022
DR. SHEILA POWELL-WALKER
FERGUSON-FLORISSANT SCHOOL BOARD

THE CANDIDATE WHO UNDERSTANDS THE ASSIGNMENT:

**SAFE SCHOOLS
ACADEMIC EXCELLENCE
EQUITABLE ACCESS**

**FIRST FOR CHILDREN AND PARENTS
FIRST ON THE APRIL 5TH BALLOT**

JOIN THE CAMPAIGN OR REQUEST INFORMATION AT:
Email: stlcenter4hopeandhealing@gmail.com
Facebook: <https://www.facebook.com/electsheilapowellwalker>
(DR. SHEILA POWELL-WALKER - FERGUSON-FLORISSANT SCHOOL BOARD DIRECTOR)
Phone: 314-390-9049

Paid for by the Committee to Elect Dr. Sheila Powell-Walker: Sharon Burroughs, Treasurer

Donations: Please make checks payable to: Committee to Elect Dr. Sheila Powell-Walker, 6919 Glenvale Court, Florissant, MO 63033

Dr. Sheila Powell-Walker is a lifelong educator who has lived in North County for 29 years. She has spent her career advocating for schools that are truly responsive to the needs of children and the community. Sheila is endorsed by the FFNEA; North County Labor Union; Senator Brian Williams; Senator Angela Walton Mosley; State Representative Jay Mosley; 31 year veteran Ferguson-Florissant School Board Director, Mrs. Leslie Hogshead; St. Louis Community College Foundation Board, and Trustee Board, Past Chair, Rev. Dr. Doris A. Graham; City of Florissant Ward 8 Councilman, Robert Parson, Jr.; and Grade A for Change PAC.

The St. Louis Chapter of the National Women's Political Caucus has designated Dr. Powell-Walker as a "Friend of the Caucus".

Accomplishments: A few of the areas that Sheila has championed as a Ferguson-Florissant School Board member are (1) strengthening the home, school, and community partnership (2) reimagining the role of district safety and school resource officers (3) making connections between student well-being and academic performance (4) the use of interdisciplinary planning teams to assist students experiencing academic and/or behavioral concerns (5) increased focus on post-secondary options other than college and (6) the use of a whole-child, restorative approach when working through student disciplinary concerns.

Re-elect Dr. Sheila Powell-Walker so that she can continue the work of bringing positive change to the District!

More About Dr. Powell-Walker

- > An incumbent seeking re-election to continue the work of affecting positive change in the FFSD
- > A Ferguson-Florissant School District resident and homeowner
- > A parent of a child who attends a district school
- > A native of St. Louis, MO with a strong North County presence in both the education and social service sectors
- > Is the current President for the Ferguson-Florissant School Board
- > Has served as the FFSD Board of Education Assistant Secretary and Vice President
- > Serves as the Secretary for the Ferguson Traffic Commission
- > Possesses degrees in Social Work, Counseling and Education
- > Has experience presenting at local and national education conferences
- > Is an experienced school and district leader
- > Is an adjunct instructor for the School of Education at MO Baptist University
- > Is trained in trauma-informed and restorative practices
- > Sees caring for teachers and students as essential to learning
- > Believes in designing schools that seek to meet the needs of the whole child

Cast 2 Votes for Dr. Sheila Powell-Walker on April 5, 2022!

ELECT MIKE PALMER

Your VOTE counts on April 5

MIKE IS COMMITTED TO:

- Government accountability
- Safe Neighborhoods
- Fixing our streets
- Fully Staffed Police Department
- Financial Responsibility
- Economic Development
- No More Tax Increases
- Quality Housing

How to show your support for MIKE

- Volunteering on campaign
- Request a yard sign
- Donate to campaign

VOTE VOTE VOTE ON APRIL 5TH

LIFELONG FERGUSON RESIDENT
McCluer High School and STLCC graduate
(314) 514-5431
Facebook: Mike Palmer for Ward 3
www.palmerforward3.org
palmerforward3@gmail.com

Paid for by MIKE PALMER FOR WARD 3, MIKE PALMER, TREASURER



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2021
Award



FERGUSON WINTER FARMERS' MARKET

Saturday, March 19, 9am-12pm
St. Stephen's - 33 N. Clay

Fresh produce, meat, eggs, honey, tea, coffee, made-to-order omelets, breakfast sandwiches, bakery items, live music by Jerry Rabushka, kids art activity, and much more!

LAST WINTER MARKET APRIL 16
OUTDOOR MARKET OPENS MAY 7



Hello Ferguson!

by Marian Linck

As I sit down to write this month's article at the last minute, I must admit, the air is warming, and the snow is melting. Thank goodness, that was a big snow.



Everyone has an opinion about snow. I think most people either love it or hate it. I always enjoyed snow while my husband admits he has never in his life had a positive experience with snow. That statement makes me a little sad. I have enjoyed snow, but the love of snow seems to wane as one gets older.

I remember trying to walk to UMSL during a 15-inch snow because I had a final to take. I thought I had to be there, or I would fail the class. I drove to work in driving snows, trudging through feet of snow because I had a job to get to. In 1982 my husband had been home for weeks recovering from knee surgery. His first day to go back to work was the "blizzard of 1982". He insisted he had to be in the office that day, so we loaded him up in the back seat of the 1977 Chevy Caprice station wagon. That was the only car he and his one straight leg would fit in. We got stuck a couple times and were at the mercy and the kindness of strangers, but we successfully got him downtown. Most people now just look outside and call it a "snow day." Does that make us crazy or stupid for trying to get to work in the snow? Does that mean people now are lazy? Or are people smarter and more cautious now? Let the debate begin.

The Tuesday before this year's big snowfall the young man next door stopped by with a flyer to shovel our driveway for \$20. My husband happily brought the flyer inside and we both laughed. That young man needed to rethink his estimate. Just let me tell you, we have an exceptionally long uphill driveway (I know, both ways).

When the snow finally stopped, I went out to shovel a path for the dog. Yes, my dog is that important! Now I am a strong fit woman, but I am getting older, wiser, and lazier. I returned to the house cold, wet, and tired. I got the flyer and called my neighbor, Elijah. Hey kid! I will give you \$30 just to shovel around our cars. He asked, "you mean just a circle around the cars?" Yes, I said that is all I need right now. We will talk more tomorrow about the entire driveway.

I am not a homebody so staying home and just looking at the snow will finally wear me down. I need to get OUT! I need to go to Aldi! I need a Marshalls fix!



I called Elijah. He was busy with the other neighbor's drive which is not much shorter than mine, but his mom promised to send him over when he finished. By this time Elijah had employed his younger brother, Luke, to help. While they worked on the neighbor's drive, I knew they had to take some breaks. It was a lot of work.

Elijah and Luke said they would start our drive once they finished the neighbor's. They worked hard and fast for a while and said they wanted to go sledding. I thought, well if you have the energy to go sledding after all that shoveling, go for it. I told them I was not planning to go anywhere yet and yes, they could finish later. Those young men did come back for a while. They knocked on the door and asked if they could finish the next day. By now I am feeling sorry for those kids. I had been watching them struggle, stopping, starting, and taking breaks. At one point I saw Luke, the younger one, laying down in the snow.

Finally, the drive was cleared and looked great. Elijah and Luke did a wonderful job. I put more than \$20 into an envelope and handed it to them with genuine gratefulness. I am not going to reveal just how much more money, or we will have every kid in the neighborhood knocking on our door. Elijah and Luke will have our business forever or for as long as they want it.

My snow story needs to include a picture of the "neighborhood cat," Bootsie. He prefers the outdoors but has a warm dry place to go and gets plenty of food and fresh water.



My dog was losing his mind one day and when I looked on the deck, there was Mr. Bootsie, sitting on the bench. Bootsie is currently missing, and we are hoping he has found someone to let him in their house for a while. We all miss him very much.

This month's story may be a short and I hope sweet, but it is the best I can produce this month because I am cold, and sick of the dreary winter weather. Thank you for continuing to read my stories. Please contact me with your article ideas or your welcome opinions at manhattanmarian@gmail.com.



Ferguson City Hall Information

Hello Neighbors,

I am a GUEST Columnist for Mayor Ella Jones and she believes that you will enjoy this article.



Dr. Nina Thompson_J

Concrete is inanimate. It is not alive like animals and humans. But as the Communications Coordinator for the Missouri Department of Transportation's I-270 North Project and a Ferguson resident, each time we celebrate completion of a bridge or open a new portion of the multi-use trail, or work on one of the additional lanes on mainline I-270 North, my emotions get engaged and connect with the concrete improvements throughout the corridor. Let me explain.

COVID seems to have grabbed a hold and won't let go, facilitating illness and even death. It's shifted us emotionally as well, sometimes pitting neighbor against neighbor as we take sides on whether masks should be worn, or individual rights should take precedence. It's shaken up the economy, too. Some of our favorite items either disappear from store shelves seemingly all of a sudden, or show up in short supply, and it seems EVERYTHING costs more. It's a trying time for everyone.

While absolutely nothing can take away the pain and loss some of us have experienced and continue to go through, hope is the only thing that can keep us putting our feet on the floor each morning. Hope is the only thing that will let us see beyond where we are to where we can go, even if it will never be where we were before. Hope is the one thing that can replace sadness and hopelessness, with a sense of expectation, anticipation, and examination of what the future COULD hold.

And most especially for Ferguson, a community still healing, still building, still trying to find its way back – this investment of \$278 million in infrastructure improvements can ignite hope that brings revival; if we let it.

When I drive the corridor, I see an area that finally looks impressive and is positioned for progress. When I'm out in the community interviewing and videotaping my neighbors and those who live, work, and play in Ferguson and the surrounding communities, I see hope and anticipatory joy in their faces.

The public posts with ribbons shared on social media in our virtual celebrations, the videos sent in during the groundbreaking, the SLOW DOWN signs proudly displayed on lawns and store fronts and the Slow Down videos that give voice to residents ages 7 to 70 that ask folks to slow down so people can arrive alive, the calls complimenting how staff answered questions and stop by to visit; those things tell me that many are as hopeful as I am.

I'm feeling, anticipating greater and better for Ferguson, its partner communities, and the St. Louis Region. I see people invigorated and ready to step fully into the future. I fully expect to see long overdue revitalization and stabilization throughout the North County region. February is the month in which we celebrate the triumphs and accomplishments of African Americans. While there will come a time when we will no longer need to set aside a month to celebrate those accomplishments, I challenge each of us who live in communities throughout the corridor, but especially Ferguson, to envision a time when new life and vitality runs rampant throughout. When the new retail stores, senior housing facilities, plazas, spaces for young people to thrive and adults to find help, support, and medical care – you name it. All of these efforts will complement and support our updated infrastructure system.

I believe this community will be more viable, more fruitful, and even more safe as we become excited about living, working, visiting and playing here.

All that because of infrastructure improvements? Maybe not, but I was told that often you feel how you dress, so dressing up the I-270 North infrastructure is not a bad start!

Dr. Nina Thompson
Communications Coordinator for the Missouri Department of Transportation Ward 1 Resident

HOW DO YOU GET YOUR FERGUSON CITY NEWS?

LIKE OUR FACEBOOK PAGES: City of Ferguson, MO; Ferguson Police Department; Ferguson Fire Department; Ferguson Parks & Recreation; Ferguson Operation "EOC"



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You can sign up to receive notices of meetings, hearings and other postings by registering your email address using the Notify Me Icon.



You can also submit a request for records using the Records Request Icon.



VISIT OUR WEBSITE: www.fergusoncity.com

You can do all this and more on the city's website. For more information contact Octavia Pittman, City Clerk at 314-521-7721 or opittman@fergusoncity.com

COUNCIL MEETINGS

Tuesday, March 8th and Tuesday, March 22nd at 7 pm. Council meetings are held in City Hall Council Chambers, however, to protect the health and safety of the public this meeting may be held virtually (RSMO 610.015); via Zoom Conference. Visit the website calendar or agenda center for instructions on how to access the Council meeting. A copy of the recording will also be made accessible via the City's Website after the meeting. Feel free to contact the office of the City Clerk if you have any questions.

City Meeting Calendar

Board/Committee/Commission Meetings typically have reoccurring schedules and may be held in various locations. Currently, to protect the health and safety of our citizens these meetings are primarily being held virtually (RSMO 610.015); via Zoom Conference unless otherwise needed. Visit the website calendar or agenda center for instructions on how to access public meetings and/or to view the complete listing of meetings, dates, times, etc.

FNIP Meeting	March 1st	6:30 p.m.
Plan Commission	March 2nd	7:00 p.m.
Civilian Review Board	March 7th	6:30 p.m.
City Council Meeting	March 8th	7:00 p.m.
Farmers Market	March 9th (Monthly "in season/bi-monthly "out of season")	6:30 p.m.
FSBD	March 15th	5:30 p.m.
Park Board	March 16th	6:00 p.m.
Plan Commission	March 16th	7:00 p.m.
Senior Commission	March 17th	9:30 a.m.
NPSC	March 17th	6:00 p.m.
Human Rights	March 21st	6:00 p.m.
City Council	March 22nd	7:00 p.m.
Library Board	March 28th	6:00 p.m.
Redistricting	TBD	TBD

EVER WONDERED HOW YOU CAN GET INVOLVED WITH YOUR CITY GOVERNMENT?

Consider volunteering on a Ferguson Board, Committee, or Commission. We have multiple vacancies available. The list includes committees like the Architectural Review Board, Plan Commission, Park Board, Personnel Board, Senior Commission and others. For more information regarding vacancies, requirements, roles and responsibilities and/or how to apply, visit <http://www.fergusoncity.com/57/Boards-Commissions> or contact your City Clerk at City Hall.

Ferguson Community News Page is published monthly and is paid for by the City of Ferguson

City of Ferguson City Council: Ella Jones, Mayor; Linda Lipka, Ward 1; Phedra Nelson, Ward 1; Heather Robinett, Ward 2;

Toni Burrow, Ward 2; Fran Griffin, Ward 3; Naquittia Noah Ward 3; Eric Osterberg, City Mgr; Public Relations Intern, (314) 524-5229

City Hall: 110 Church Street, 63135, (314) 524-5060. Website: www.fergusoncity.com Contact Us by Email: Information@fergusoncity.com

Ferguson City Hall Information

BIDS/REQUEST FOR PROPOSALS

The City of Ferguson often requests sealed bids or requests or proposals for a number of projects and services and we would like to use local vendors. These requests are listed on the city's website. Articles may also be placed in various publications; Countian, Post Dispatch, St. Louis American. If you would like to be added to a mailing list to be made aware of a request related to your operations, please contact the City Clerk's Office or forward your contact information to opittman@fergusoncity.com or sign up on our website for notifications.

FERGUSON EMERGENCY OPERATIONS CENTER / BUSINESS RELIEF

The City of Ferguson has created an Emergency Operations Center portal on its website. Here, you will find information related to the COVID-19, helpful resources and links to government agencies as well as the city's responses and adjustments to operations. Visit <http://fergusoncity.com/661/Emergency-Operations-Center> for more information.

LOOKING FOR UP-TO-DATE INFORMATION OF HOW THE CORONAVIRUS IMPACTS YOU?

- City of Ferguson..... <http://fergusoncity.com/661/Emergency-Operations-Center>
- Center for Disease Control and Prevention..... cdc.gov/covid19
- Missouri Health and Human Services..... <https://health.mo.gov/>
- St. Louis County..... www.stlcorona.com
- Ferguson-Florissant School District..... www.fergflor.org
- Vaccine Locator <https://covidvaccine.mo.gov/find/#map>



Ferguson Parks and Recreation

Be sure to follow us on all of our social media for the most up-to date information!
 Facebook: @FergRec | Twitter: @FergRec | Instagram: @FergParks
www.FergRec.com

Ferguson Community Center				
Hours: Monday-Friday - 6:30am -8pm Saturday 8am-8pm				
Membership Rates	Resident		Non-Resident	
	Annual	Monthly	Annual	Monthly
Adult (Ages 16 - 59)	\$85	\$9/month (\$108 annual)	\$200	\$18/month (\$216 annual)
Senior (Ages 60+)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
Youth (Ages 15 and under)	\$50	\$6/month (\$72 annual)	\$120	\$12/month (\$144 annual)
Family	\$165	\$16/month (\$192 annual)	\$300	\$28/month (\$336 annual)

Silver Sneakers and Renew Active
 The Ferguson Community Center participates in both Renew Active and Silver Sneakers to offer eligible individuals a facility membership free of charge. Visit silversneakers.com, myrenewactive.com, or call your health insurance provider to check eligibility. Bring proof of membership to either of these programs to the Ferguson Community Center to get your free membership

Residents must bring 2 forms of proof of residency
 Monthly memberships must place Credit Card on file and are billed on the 1st day of the month

Lucky the Leprechaun Scavenger Hunt

Lucky the Leprechaun has hidden 4 different items throughout our parks with clues to take you on a luck scavenger hunt this St. Patrick's Day season! Clues will be hidden with each item to help you find the next lucky item, but be sure to check out www.fergrec.com or @fergrec on Facebook beginning March 1st for extra lucky clues! Once you have completed the scavenger hunt you will be instructed to follow the rainbow to your prize, everyone that participates is a winner! Be sure to snap a photo or selfie to share on Facebook using #LuckytheLeprechaunHunt and to verify you successfully completed the scavenger hunt.

Date: March 1st – March 17th

Tiny Explorers

We have teamed up with the Ferguson Municipal Library to bring you a new program, Tiny explorers! We will visit different locations here in Ferguson to hear a story and do an activity.

Ages: 0-5
 Dates: Tuesday, March 15 - Ferguson Public Library
 Tuesday, April 19 - Ferguson Starbucks
 Time: 10:00am-11:00am
 Fee: FREE

Bingo with the Leprechauns

Description: The rainbow ends right at the Ferguson Event Space for our famous St. Patrick's Day Bingo. Enjoy Irish tunes and delicious Corn Beef and Cabbage and dessert. Bring the luck of the Irish with you to win your pot of gold.

Date: Thursday March 17th
 Time: Doors Open at 11am-3:00pm
 Fee: \$24 per person

Drop the Puck!

Description: The great North American Rivalry between the St. Louis Blues and Vancouver Canucks. Join us in a pre-game appetizers and drinks buffet at the Enterprise Center. Then it is time to cheer on the Blue Note as they battle the Canucks on ice! No need to worry about driving or parking! Reservations limited to 22!

Fee includes: Trolley Transportation, Pre-game appetizers and drink buffet, and game ticket. Reservation limited to 20!

Dates: Monday, March 28, 2022
 Time: 4:30pm-11:00pm
 Fee: \$105

Spring Adventure Camp

Join us this spring as we escape into our spring break Adventure Camp! This spring break we will have an action-packed traditional camp experience where kids will laugh, explore, and create memories and friendships that will last a lifetime! Campers will experience several themed days, crafts, games, field trips and more, held at the Ferguson Community Center. Payment is due at the time of registration.

Ages: 5-13
 Dates: M-F, March 21st – March 25th
 Time: 7:00am – 6:00pm
 Main Camp programming runs 8:30am – 4:30pm
 Open Door runs 7:00am – 8:30am and 4:30pm – 6:00pm
 Location: Ferguson Community Center (1050 Smith Ave.)
 Fee: \$82/Child

Ferguson Adventure Camp - REGISTRATION OPENS MARCH 1!

Join us all summer long for our action-packed traditional summer camp experience where kids will laugh, explore, and create memories and friendships that will last a lifetime! Campers will experience weekly themes, crafts, games, swimming at Splash at Wabash, field trips and more, held at the Ferguson Community Center. Registration closes at NOON on the Wednesday prior to the following week's session. Register today, space limited!

Ages: 5-13
 Dates: M-F, June 6 – August 12
 Time: 7:00am – 6:00pm
 Main Camp programming runs 8:30am – 4:30pm
 Open Door runs 7:00am – 8:30am and 4:30pm – 6:00pm
 Location: Ferguson Community Center (1050 Smith Ave.)
 Fee: \$82/Child

Week #	Dates	Theme	Location
Week #1	June 6 - 10	Zootopia	St. Louis Zoo
Week #2	June 13 - 17	Disney Week	Lightyear @ Marcus Theater
Week #3	June 20 - 24	Superhero	Urban Air
Week #4	June 27 - July 1	Mad Scientist	Science Center
Week #5	July 5 - 8 No Camp 7/4	Stars and Stripes	Bowling
Week #6	July 11 - 15	Adventureland	City Museum
Week #7	July 18 - 22	Grinchmas in July	Ice Skating
Week #8	July 25 - 29	Under the Sea	Aquaport
Week #9	Aug 1 - 5	Carnival Theme	Roller Skating
Week #10	Aug 8 - 12	Anything Goes	End of Camp party

Field Rentals

Rentals are now available for our fields and courts at Forestwood Park and the Ferguson Community Center! For more information, visit <http://www.fergusoncity.com/597/Athletic-Fields-Courts>.

The Best of Ferguson



by Teyuna T. Darris, M.A.

“Brian Owens -A Soulful Voice in Ferguson”

I’ve always been grateful that I’ve grown-up around musicians and from time-to-time, I get to meet and watch great musicians throughout the Greater Saint Louis Area and beyond. In this month’s issue of The Best of Ferguson, I am pleased to share a snapshot of my favorite local musician’s story--- Mr. Brian Owens, whom I like to refer to as A Soulful Voice in Ferguson.



I first learned about Mr. Owens and his impeccable music a few years ago during the Ferguson Twilight Run for which he provided a wonderful musical performance via Zoom. This was one of the most memorable performances by a musician that I have ever seen because Mr. Owens was accompanied by a group of outstandingly talented children who, with him, exuded a melodic synergy that encapsulated the very essence of the songs they sang. The performance was an invigorating zest of what live music is supposed to be: something so beautiful that it can penetrate the soul.



I was grateful to see a second performance by Mr. Owens at another Ferguson Twilight Run event. In this event, Mr. Owens was accompanied by his band, and they performed a rendition of Ben E. King’s “Stand By Me”--- a song which I believe is one of the most important soul compositions of the 20th Century. I have heard that song thousands of times over the course of my life, and I was pleasantly surprised and

refreshed to hear his rendition of that song. Mr. Owens and his fellow musicians’ performance of that song has several layers of meaning to me, and simply put: it was the right song and performance for that moment in 2021.

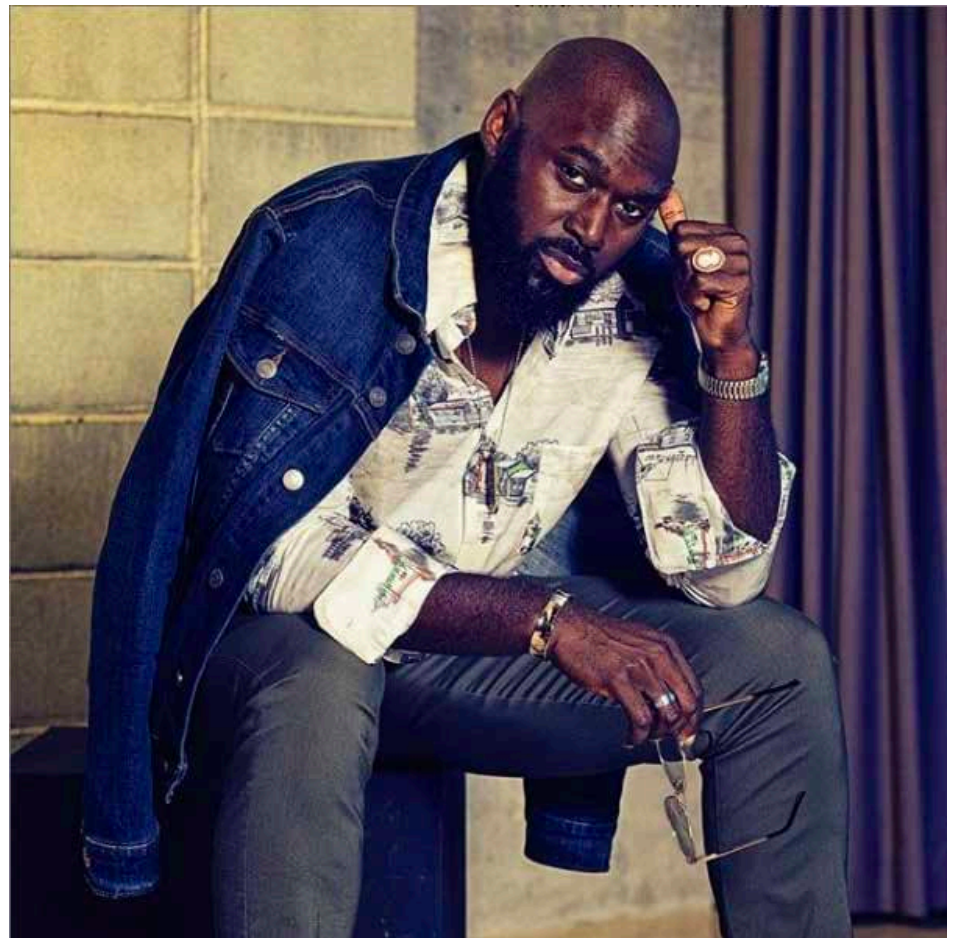
During our interview, I learned that Mr. Owens is also a songwriter and community activist, and that he is the gentleman whose YouTube video I saved to my playlist as he sang his rendition of Sam Cook’s iconic song, entitled, “A Change Is Gonna Come” with his father. This is another classic song that

I have heard thousands of times. I have to say that Mr. Owens and his father did a great job singing this song.

I also learned that Mr. Owens is married to Amanda with whom he moved to Ferguson, Missouri in 2006 while they were students at the University of Missouri in Saint Louis. Mr. Owens shared, “It was the only place we looked at purchasing our first home...and we’ve been here ever since!” Mr. Owens was also proud to share that he earned the Bachelor of Arts in Music from the University of Missouri in Saint Louis.



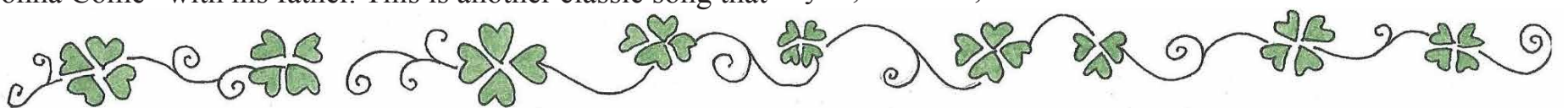
Mr. Owens also shared that he, and his wife, Amanda, have eight children, and that he also works as a mentor to young men and women through an organization he directs called L.I.F.E. Creative Group--- Leadership, Innovation, Faith, and Entrepreneurship. At this organization, Mr. Owens works as the CEO and Creative Director, and in these capacities, he works to help mold young artists and entrepreneurs into community leaders.



During our interview, Mr. Owens shared that he is a “...lover of all things film and the NBA”, and that he aspires to “Live a life that honors God and serves others.”

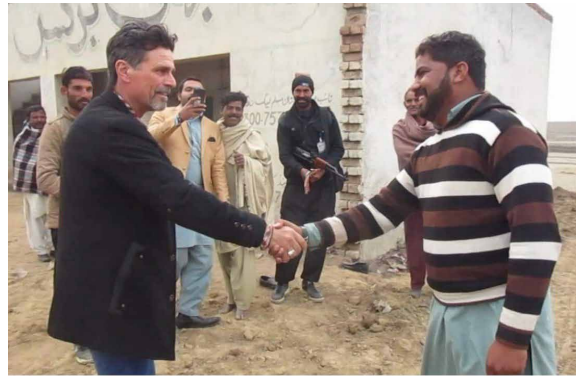
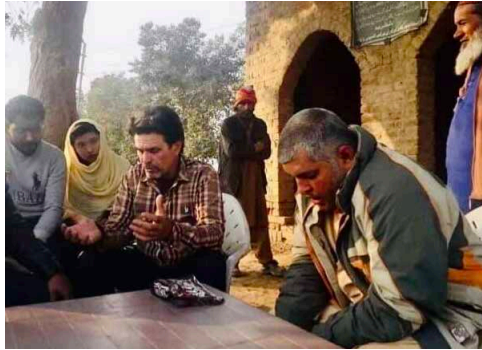
Next, I asked Mr. Owens that famous Saint Louis question: “Where did you go to high school?” To this, he replied, “Belleville West High School”. Then, I asked Mr. Owens my favorite question: What makes you awesome? Mr. Owens replied, “My faith, my family and my Ferguson...In that order!”

It’s not everyday that one gets to tell her favorite local artist that she is so grateful to interview him, and that she looks forward to his next performances and that wishes him the best in his work and career. But, I’ve just done so! And, Mr. Owens, thank you, for sharing your soulful voice and awesome work throughout Ferguson, and in every place you go. And, thank you, so much, for this interview.



From Ferguson to Pakistan "Ten Brick Masters in Ten Days"

A year ago, I was preparing for my second month long trip to Pakistan, confronting the modern day slavery of bonded labor, when my wife Theresa said that I should stop my hurrying, and ask God what I was to do.
I did it, I stopped to ask.



I was to speak to the hearts of men in the massive brick kiln mafia, who had the power to show mercy or not, to widows, families and children enslaved in illegal, but never enforced bonded labor.

There are 20,000 massive brick kilns in Pakistan holding two million minorities in bonded labor to Brick Masters who belong to the majority religion. I've come to realize they are in a worse kind of bondage; love of money.



The God of mercy is able to break through the hardest heart and thickest brick.

Last winter a widow whose husband is buried in the brick yard, Selma and her five children, were still making bricks seven years after the father's death, robbed of schooling. Now freed, the boys work, and the girls are in school.



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FISH MEAL	2 PIECE	\$13.00
	1 PIECE	\$9.00
BAKED FISH (must be pre-ordered by 5:00 pm on Thursday)		
MEAL	2 PIECE	\$14.00
	1 PIECE	\$10.00
SHRIMP MEAL		
	6 PIECE	\$15.00
	3PIECE	\$12.00
FAMILY DINNER \$38.00		
	6 PC FISH	4 SIDES
CHEESE PIZZA		
	SLICE \$3.00	WHOLE \$12.00
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Fish	5.00 pc	Shrimp 3.00 pc
Sides	3.00 pt	Hush Puppies 5/\$1
DESSERTS		\$1.00



Our Lady of Guadalupe Fish Fry

Fridays: March 4, March 11,
March 18, March 25,
April 1, April 8

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Curbside Service

Pick-up available 4:30pm-8pm. Call (314) 522-9264. Orders in advance only. Must order by 11am on Fridays. Come to the upper parking lot (front row facing church) and we will have greeters to confirm your order and bring you your food. No special orders. Sorry!

<ul style="list-style-type: none"> • 1 entrée & 2 sides: \$10 - Catfish - Chile Relleno - Cod - 7 Shrimp - Baked Tilapia 	<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Sides</p> <ul style="list-style-type: none"> - Coleslaw - Beans - Spaghetti - Rice - French Fries - Pico de Gallo - Hush Puppies </div> <ul style="list-style-type: none"> • 3 Fish Tacos: \$10 • Ceviche: \$10 <ul style="list-style-type: none"> - 1 lbs+3 pane tostadas (dine-in or curbside) - 3 fully prepared tostadas (dine-in only) • Chips & Guacamole: \$5
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Our Lady of Guadalupe Catholic Church.
1115 S. Florissant Rd. Ferguson, MO 63121.
(314) 522-9264. Thank you for you support.

The Ferguson Computer Corner

by Doug Neely **EAT THE GREEN ONES!!!**

MARCH, 2022

Saint Patrick's Day is always a great holiday for nearly all. (there are always a few who don't get it.) Be good and don't go crazy, and you'll be just peachy! :)

A few little rules for SPD. First, if you find yourself online to buy something, or in a brick & mortar, it is most proper to purchase **GREEN** examples of your goodies, if available. So, it needs to be a **green** shirt, **green** socks, **green** apples, **green** cupcakes, **green** apple juice, etc.

You have to wear something **green**, too. If you have run out of **green** clothing, see the above paragraph.

Lastly, everything possible that comes in **green** should be out in all its **greenery** for all to see. Since we all love our puters so much, we should get out the **green** puter. (it doesn't have to be new, or even functional; just **green!**)

now all that remains is to bask in all the **greenery!** Enjoy!

Old Stuff That Happened A Long Time Ago, dept.
Speaking of puters, I once built a puter for my mom. It had only a single-core processor and 3gb of ram, and ran windows XP. One last thing: it was **GREEN!** :) Mom loved it, and used it nearly every day; sometimes more! :)
(I admit that it is nothing to crow about today, but when I put it together, it was one of the best.) I think that I might get it out and use it. That would be very nice!

BTW; I don't recall anyone else asking me to build them a **green** puter. Other colors, sure. Jut not **green**. Yes, it's special for a lot of reasons...

Now For A Few Puter Tips, dept.

1. keep your **green** beer away from your puter, as well as other thingies

that run on electricity, either AC or DC.

2. there are only 2 things that go bonkers on a puter: software, or hardware. I have had people tell me that they were going to buy a new puter because the current one got infected. Usually, in my experience, it is less expensive to deal with the infection than to buy a new puter.

3. The opposite is usually true as well. Unless the thing is completely trashed, like lightning struck it, you only need to replace that bad part, or parts, and it will work just like it used to, **MAYBE** better!

4. I suggest Linux, not Windows. It just works. And it is **FREE**. Just pay for the time it takes to install it. If you have me do it, it will be cheaper than you expect. If **YOU** do it, it will be free.

5. I can help you with notebooks. Laptops, too. I can even order them for you, and likely save you some **green** in the process.

ME GO NOW!

Ok, that was 5, a few more than a few. You have to understand that once I get going...well...you know what I mean! :) I can't wait to get ahold of some **green** goodies. And I have to eat the main course before I can eat them! :)

God's blessings to you and to yours!

IF **YOU** would like to contact Doug about your puter issue, call him at ***314*521*1789*** in the PM hours of most any day. Use **fergusoncomputercorner@aol.com** as the address, and put I need puter advice into the subject line. Also include your phone number for the return call.

IF you wind up having too much **green** goodies to eat, and need some assistance, please let Doug know! :)

I hope you have a very **green** month!!!



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Field Notes from Farm Girl - Valentine Babies

Your attention please.

We interrupt this regularly scheduled Part II of the 'Wally the Wonder Goose' series for this important update:

It's days like today that I wished I had a crystal ball. Not that I don't like surprises, I just think I would like them more if it was like a surprise birthday party that your best friend let slip, so you knew to wear something cute when walking in to your dark apartment that night. Not full crystal ball, but a little transparency or foreshadowing. I just want to be ready, that's all.

At the time of writing, we're still all buttoned up for the coldest part of winter. All the animals have extra bedding in their houses, extra food, de-icers in their water, and everything we can do to get through these colder shorter days and long dark nights. All the animals put on their winter coats as the temperatures start dropping. By the true end of fall, everyone is a bit fluffy in preparation. Like any lady wearing a down coat, they aren't slimming but they sure are practical. A few weeks ago, a couple of the goat girls looked big beyond the usual winter coat fluff. More like they'd eaten footballs. When checked up close, low and behold, it looked like more pandemic babies.

Because soon-to-be mama goats don't register for baby gifts and their friends don't throw them baby showers, sometimes we humans are surprised by impending goat births or how to guess when they will



actually deliver. In preparation, we moved a whole goat herd's pasture to attach to the barn so that the expectant ladies could get into the stalls now filled with lots and lots of straw. (Think St. John's birthing suites for goats, minus the wonderful maternity nurses and ice chips.) Week after week went by. No babies, just a bunch of warm snuggling goats. That all changed the week leading up to Valentine's Day. Out of the blue and as my

husband went to check on them first thing in the morning, he discovered our sweet girl 'Bambi' had 2 grey and one spotted chocolate babies at her side. 3 baby goats overnight (2 boys and a girl), and by the time we saw them, they were already up, walking around and thoroughly cleaned by their calm and capable momma. Absolutely beautiful! She's had babies before but just two at a time, so delivering 3 was a happy surprise. Yay!!!

Next day, we got surprised by Bambi's daughter 'Millie' having her own two babies. This is her first time being a mom. When we arrived, she was in the barn and the first born was already clean and dry, but just before we opened the barn door, we heard crying out in the dark of the cold pasture. Though pitch black, we had half of a moon and flashlight to try the find the other baby and indeed we did. She must have had him outside and he had stood up, he walked through the fence to outside the pasture where his mom could not get him. We scooped him up, brought him in and I wrapped him up in a blanket to warm him up. Before we left that night, we made sure he was up and able to walk and watching as his sister went to their mama to try to nurse. She seemed strong and he just needed to be cleaned, get warm, rest a bit, and get his legs underneath him. This brother and sister team were by far the most beautiful baby goats you've ever seen. Marked like calico cats with lots of spots and colors!



The next day, we went to check on everyone and the new little girl was lying limp in the straw, barely breathing and very cold. I grabbed her immediately and put her under my shirt, against my skin. It was above freezing outside, but not more than 40 degrees and she was not moving and lethargic. To warm anything up, your own body heat is the warmest, and skin-to-skin

was the fastest way to try to elevate her core temperature. We jumped in the car and raced to Tractor Supply to get baby goat replacement colostrum (the first nutrient-rich milk a nursing mother produces) and electrolytes to try to save her. The fact that she was laying alone in the straw tells you that the mother isn't caring for the baby so we took over to try everything we could to save her life. As I held her close to me, with my down coat wrapped around my body to further add heat, she warmed up a little. She started to move and mew under my shirt. I held her tight and told her to hold on. She started to show a little more activity which was encouraging. We picked up all the supplies and made a batch of warm milk at the store, but she was still lethargic and mostly unresponsive beyond small cries and little movements. We got back home, and I warmed up polar fleece

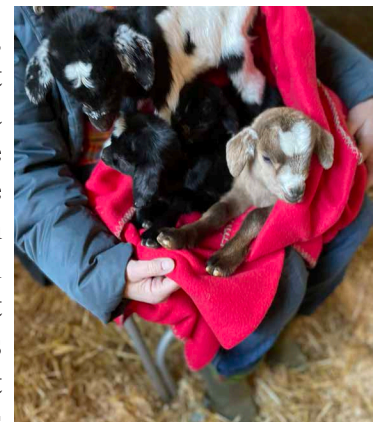
blankets on a radiator, exchanging them in rotation to warm her up more but her mouth and tongue were still way too cold. We weren't making enough progress fast enough. With stethoscope, I listened to her rapid heart-rate as her little heart tried desperately to move blood to keep her warm. I had a drop of honey ready to put under her tongue. In that state of crashing, babies can also be hypoglycemic so honey can help get them back. As a last resort, you can fill up a tub or big sink full of warm water and immerse them up to their neck and keep exchanging the water to get



warmer. Just as I unwrapped her from my shirt to put her in, her heart stopped beating. It's like falling down just before crossing the finish line. It was too much to overcome in her tiny new body. It's heartbreaking. I barely knew her but there isn't anything I wouldn't have done.

I consoled myself with the fact that when we picked her up in the stall, her brother was bouncing around and looking strong. The next day I went and snuggled him tight. When I watched him go to nurse, he went from side to side as if he wasn't getting anything. I was worried that his mom's milk hadn't fully come in. Not wanting to take any chances, I checked her, and she did indeed have milk and it was flowing. I answered my own question but it still didn't feel right to me. In retrospect, I should have scooped him up and brought him home with me. The next morning, he was gone. Just like his beautiful sister. I second guessed myself. Should have taken him? If I had taken him off his mother, there's still no guarantee that he would make it. By taking him from his mother, I would have broken the mother and child bond based on a human hunch. Would that have been right? I want to save everyone and everything, but I hold out hope that a mother's instinct is supreme. Maybe she knew something I cannot see. Maybe, maybe, maybe. We will never know.

That same morning, our third mama goat, 'Flower' with no fanfare or drama, brought 4 babies easily into the world. Four! She's a tiny dwarf goat to begin with, but 4 adorable new tots stumbling around at her feet as she took turns cleaning them and moving them around with her head. New life is so beautiful and amazing. It takes your breath away. Not even half a day old, already walking, eyes open and calling for their mom. You can't help but be engulfed by wonder. Life is heartbreaking and magical simultaneously. I hold out hope that there's a reason for everything.



Valentine's day, still chilly but the sun is out and shining. With blankets and chair, I just wanted to go hold them, snuggle them, give their mom's a little bit of a break and bear witness to their resiliency and determination to thrive. I'm bundled up in a down coat and gloves. The youngsters are already running and jumping in full play mode without a care of anything else in the late afternoon golden sunlight. It's beautiful. Their loving mothers look on. New life. It is a force and has a gravity all by itself.

Later than night, as we tuck them in for bed, a giant almost full moon hangs in the sky to watch over these new babes. I feel ok closing the door and trusting that there is a plan. Maybe I don't know what it is, but that doesn't mean that there isn't one.

Each new farm adventure, each surprise, as much as I hate to admit it, I realize that life is out of my control and unpredictable. I cannot have any expectation other than to bear witness to the unfolding wonder of The Universe. I know it sounds corny, but is it really? Like the heavens above, birth and death existing and swirling in the same cloud; new stars emerge to burn bright, orbits shift, and change is really and truly the only constant. You can plan for small things but the rest you have to let go. To really be



alive is to realize you're a small, small smart part of a cycle beyond comprehension. I think I would like to have more control and less surprises. But would I really? I think maybe it's better to accept the inevitability of change and just enjoy the show. I'm letting go. For me and for now, baby goats are my favorite show. Hope and joy are always easy to watch. I already know that for sure.

Financial Focus – Frugal for the Future

by Joan Cleaveland (cleav73@sbcglobal.net)

Business Manager for St. Joseph Parish in Cottleville
Lindenwood University – BA Business Administration

Recently, I saw something which caught my eye – “words going extinct.” Just the term extinct brings thoughts of dinosaurs, but the curiosity of words becoming extinct made me look further. Varmint and wheedle were a couple of words you don’t hear much today. During the mid-twentieth century, I recall hearing them often – especially in cartoons varmints were always involved in being bad. It was amazing how many words on the list I had never heard of. Yet I was surprised the word “frugal” may be on the way to extinction. So perhaps in our world today we should work on bringing it back.

Demanding government do something about rising prices has led to some possibly poor decisions that may not really be helping. Back in November, our President worked to help ease higher oil prices by increasing the supply of oil. Remember supply and demand do affect prices. By tapping our reserve oil supplies the idea was that more supplies would bring prices down. As President Biden cautioned seeing results would take a while. For some reason hearing that we were ready to tap into our reserves made me feel as if we were breaking into a child’s piggy bank to pay the rent. Were we desperate enough to throw caution to the wind and accept that we are impatient and really don’t want to pay what it really costs to drive our cars. In any case, it appears that not much has changed except that we have less in reserves now.

So back to the word “frugal” – in terms of how we get through these tough economic times this word may become quite popular again. To be frugal means: careful about spending money or using things when you do not need to: using money or supplies in a very careful way. The situation we are in today has much to do with the pandemic, but some of these changes were already on the way, such as the “gig” economy rather than traditional jobs. The pandemic just moved us a little faster on changes in the workplace. We had stimulus checks to get us through the past two years, but it is time for us to work on adjusting and perhaps being more frugal.

An interesting article discussing how this transition period might lead to better business models used the term “frugal economy.” As they explained our “capitalist economy” tends to “do more with more,” while doing more with less, making the most of resources and maximizing value for all are goals for a frugal economy. It is already in the works and we may want to embrace it as we move forward. Three key trends emerging are B2B sharing, distributed micromanufacturing, and triple regeneration.

Globally, we are seeing more ways for people to share resources. Businesses like Uber and Airbnb are just two examples many are quite familiar with. Sharing other things is becoming more commonplace too. Some people share cars with others living in a city where the need for a car and parking costs, make it more economical to share. Dividing a home

with multiple generations living together or renting out space to others, is making a comeback. It is estimated this business to consumer sharing economy will rise to \$335 billion by 2025.

Distributed micromanufacturing is quite different than hearing that we need to bring back manufacturing jobs as we’ve known them during the last half century. Building smaller eco-friendly factories closer to points of consumption has benefits for local economies and the environment. One example of this is happening in Louisville Kentucky where GE Appliances has a micro-factory called FirstBuild. There the local community is engaged with a global network of innovators to co-create consumer appliances quickly. During COVID they made 3D-printed face shields for health care workers. The problems over the past fifty years with many manufacturing jobs going overseas and devastating local economies, may become a thing of the past. This new trend is on a smaller scale and could enable more smaller communities to benefit with good manufacturing jobs locally.

Triple regeneration works to “restore, renew, and grow people, places, and the planet in an integrated and synergistic way.” We’ve all become used to working towards sustainability when discussing future endeavors, regeneration goes a step further. One example is using natural methods like crop rotation to increase harvest and reduce the use of fertilizers, pesticides and irrigation to revitalize rural farming. Many of the ideas aren’t necessarily new, but were abandoned as new methods like using fertilizer and pesticides seemed to produce more food. Like other unintended consequences, the results have sometimes caused health problems for us and the environment.

Certainly, exploring new ideas and really looking at the cost not just monetarily, but to our health and the environment will help us move forward. Hopefully, we can look to a better future as we plan and adjust to change. Short-term solutions may seem appropriate, but we need to leave a better system for future generations and accept some of the pain we may need to endure on this journey. If you have any questions or comments please contact me at cleav73@gmail.com.



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Under The Hood With Robinwood
By Bob McGartland

Maintenance is Easy... Breakdowns are EXPENSIVE

In today's mobile world, our vehicles have become more and more important to our daily activities. The day has arrived where the investment we make in a vehicle is getting more expensive than what we pay for our homes. Some people's car or lease payments are larger than their house payment or rent. Given this incredible love affair we have with our cars, pickups, vans, and S.U.V.'s, all of us at Robinwood are amazed at the number of vehicles we see that require major repairs that could have easily been prevented with regular maintenance. Without a doubt, the best thing about preventative maintenance is the money and inconvenience it saves you by preventing a very expensive breakdown.

Whether you have been driving your vehicle for days or years, it has an easy-to-follow factory recommended maintenance plan based on the miles you drive. These suggested maintenance services cover all the important areas of your vehicle. Here are 7 common examples of areas you will hear a professional service advisor discuss with you about your vehicle:

1) Have OIL & FILTER CHANGES done RELIGIOUSLY. Let me repeat this, have Oil and Filter Changes done Religiously.

Your engine oil keeps your vehicle operating at the proper internal temperature and lubricates the components. Your oil and filter get dirty, and the oil breaks down over time. Going 500, 1000 or a couple of thousands of miles past that oil sticker on the windshield is asking for trouble.

2) ROTATE YOUR TIRES every 6,000 to 8,000 miles.

All tires wear. Front tires will wear faster than rear tires, so by rotating the tires you will have all 4 tires wear at a much more even rate. When your tires are off, we can see your brakes and inspect them as well. Identifying worn brakes early will prevent a much more expensive repair down the road. Keeping your vehicle in safe operating condition should be top priority.

3) Have your ALIGNMENT CHECKED once a year or 12,000 miles.

Alignments make sure your tires are running parallel to each other and perpendicular to the driving surface and prevent early wear and tear of your tires. Proper alignment is also a safety issue as it prevents your vehicle from drifting right or left while driving and braking.

4) REPLACE WIPER BLADES once a year.

Wiper blades are easy to forget, but critical to your visibility. Worn out blades create streaking and possible smears that impact your view of the road at the worst time. The sun and environmental elements in our area

break down the rubber in the wiper blades.

5) Have your BATTERY TESTED at each oil service.

A sudden and unexpected dead battery is an unwanted problem. In most cases they occur at the worst time possible stranding you some place you do not want to be. Most batteries have a 4-to-5-year life span. Yet we have seen batteries fail as early as one year old.

6) CHANGE YOUR FILTERS inside and out at various mileage intervals.

The air filter prevents contaminates, dirt, debris, dust and other "gunk" from entering the engine. If the air entering your engine is impacted, so is your mileage. The air filter should be inspected once a year. Depending on the types of roads you drive on, air filters potentially are replaced every 20,000 to 30,000 miles.

Does your vehicle have a cabin air filter? If so, it is responsible to clean the air in the passenger cabin before it enters through your heater or AC. Cabin air filters remove pollen, dust and other pollutants. The cabin filter should be inspected once a year. Replace this passenger comfort filter every 15,000 to 20,000 miles.

The fuel filter is the last line of defense removing debris as fuel enters the engine. Over time, these filters get restricted and cause the electric fuel pump to work harder. In turn this can prematurely wear out the fuel pump. Replace the fuel filter every 3 years or 30,000 miles. Many of the newer vehicles don't have external fuel filters so this maintenance isn't needed. We still see older vehicles that have fuel filters that get overlooked.

7) CHANGE THE OTHER FLUIDS the engine coolant, transmission, brake and drive train fluids. These fluids have different service intervals depending on vehicle manufacture recommendations and how the vehicle is used. Example: If the vehicle is towing a trailer, the transmission and drive train fluids would need to be changed more often.

These are the most common areas that require regular maintenance. An annual vehicle physical will help identify if any other maintenance or repairs are needed at that time. At Robinwood we keep computerized records for all our customers and track all services. We will keep you informed of the maintenance issues that should be performed during your upcoming service.

In closing, proper preventative maintenance can be easily scheduled and planned out for your convenience, saves you money, protects your investment for years to come, prevents breakdowns and most importantly keeps you, the owner and all your loved, ones riding in your vehicle safe.

As always, if you have any vehicle issues you would like to discuss, stop in, or give Robinwood a call. Visit us at robinwoodauto.com

Crossword Solution from page 4

1	M	A	R	C	H	B	I	R	T	H	S	T	O	N	E				
14	A	L	A	R		15	I	C	O	N	I	C	A	L	N				
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Do's & Don'ts of Managing Arthritis

by Dr. Robyn L Lawrence DC
Get Well Family Chiropractic

Arthritis is a chronic condition that can be a constant roadblock in life. It's luckily manageable with the proper care. Whether you're new to the condition or have been living with it for years, following essential guidelines for pain management and care will yield the best results.

Do: Eat right.

A healthy diet plays a large role in arthritis flare-ups and pain management. Stick to recommended foods. Cutting sugar is a great place to start, and enjoying alcohol in moderation, maybe just a glass of wine on the weekend, will reduce flare-ups. Consume less sodium and stay away from processed foods. Watch out for items with too many fats or oils, as they can get in the way of your body's anti-inflammatory response.

Exercise.

You need to keep your joints healthy, so incorporate some light exercise each day. Low-impact options like yoga, stretching, and cycling are perfect. Stay away from anything that involves running or jumping, as these can cause inflammation and injury. Consider consulting with a chiropractor to build a custom plan.

Don't: Push yourself too hard.

Your body will let you know if you're pushing your joints too hard, and you need to listen. If you become sore while on a walk in the park or playing with your children, stop and relax. You can do some light stretching to assist pain management. Take note of triggers and rest for a while to avoid flare-ups and injuries.

Skip sleep.

Sleep is absolutely essential. Not sleeping enough can worsen arthritis symptoms. If you have trouble sleeping because of symptoms, establish a pre-sleep routine. Take a warm bath, read, and stay away from TV and phone screens. Invest in a new mattress as needed, and stay on top of this plan every night.

If you're looking for assistance with arthritis and other ailments, turn to Get Well Family Chiropractic. We take a personalized approach to care and will use a combination of holistic and traditional treatments to assist with recovery and pain management. You can explore all our services at www.getwellfc.com or call (314) 524-2580 to schedule a consultation. Connect on Facebook for more health tips.



Line art provided by Sharon Nadeau





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A Run for Everyone - 13 Years of Ferguson Twilight Run

Ferguson Twilight Run will host its 13th annual event Saturday, May 14, 2022, with limited in-person and virtual options for the health and safety of the community.

Ferguson, MO - For 13 years, Ferguson Twilight Run has welcomed runners and walkers, family and friends, neighbors, visitors and so many more to enjoy a run for everyone. The annual event is Saturday, May 14, 2022.

To celebrate the milestone year, FTR 13.1 offers participants a half-marathon distance by pairing the 5K (3.1 miles) with the 10-mile. Runners will do the 5K route first, then set off on the 10-mile route.

Ferguson Twilight Run will limit in-person participation to 700 runners and walkers. All distances are offered virtually with unlimited participation. FTR will follow the health and safety guidelines recommended by public health and local government. Details will be posted online. Race Start and Finish

Ferguson Twilight Run will start and finish at Plaza at 501, at the intersection of Florissant Road and Suburban Avenue.

The one-mile distance starts at 4 p.m.; the 5K and FTR 13.1 distances start at 4:45 p.m. The 10K and 10-mile distances start at 5:15 p.m. Routes are USATF-certified by Big River Running Company.

Virtual Participation

All distances are offered virtually with unlimited participation; virtual races can be completed on your own schedule during race week, May 9-15, 2022.

Partnership with Hoka One One Northern Arizona Elite

In 2021, Hoka One One Northern Arizona Elite, a professional sports team, joined Ferguson Twilight Run as ambassadors. The partnership continues in 2022 with the NAZ athletes promoting the local race to running fans around the globe, and are actively involved in planning the event.

The team, based out of Flagstaff, Arizona, has a connection to St. Louis through head coach Ben Rosario.

A Run for Everyone

Ferguson Twilight Run debuted in May 2010 as the first evening race in North St. Louis County. Since the beginning, the run encourages a sense of community while supporting a common interest. Proceeds are donated to nonprofits in North St. Louis County that promote the healthy and sustainable benefits of fitness. To date, more than \$100,000 has been given to community organizations through the Donnie White Sr. Memorial Beneficiary Award.

The 2022 recipients are A Red Circle, Emerson Family YMCA, Girls on the Run St. Louis Ferguson-Florissant School District, and St. Vincent Home for Children.

Volunteers and Sponsors

Ferguson Twilight Run relies on countless community volunteers to plan and coordinate every aspect of the event - from the planning committee to cheer stations, water stations and road closures, start and finish area, packet pick up, informing neighborhood residents and more - to make it a success.

The contributions of sponsors are vital to Ferguson Twilight Run. 2022 sponsors include city of Ferguson, Big River Running Company, Negwer Materials, World Wide Technology, Vincenzo's Italian Ristorante, Hoka One One Northern Arizona Elite, St. Louis Community College-Florissant Valley, the James family, Ferguson Brewing Company, Saint Louis Track Club, Terrain magazine, Tim Larson and Spewak Training.

Learn more about becoming a Ferguson Twilight Run sponsor or volunteer.

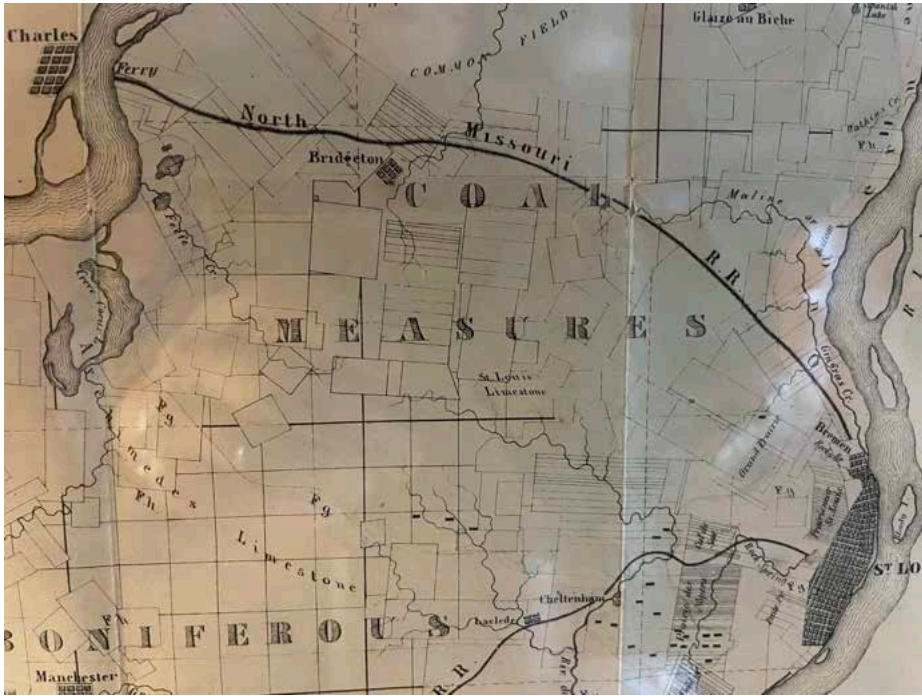
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CONTACTS

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

Ferguson Has A History Museum

Ferguson, indeed, does have a Historical Society and a History Museum and we are moving forward with the help of our readers of the past many weeks. We encourage any of you reading this article to join in the conversation. Contact information is at the bottom of this article.



The 1840's and 1850's was a time of great growth in Missouri – especially in the St. Louis area including what is now North County. You have probably driven on Brotherton, Chambers, Tiffin, Hereford, Hartnett, January and Ferguson – these are the names of early investors who purchased large tracts of farm land in the Ferguson area. This month we are going to focus on two of these men: William Ferguson and Thomas January.

Like our sister cities of Webster Groves and Kirkwood, Ferguson grew up as a railroad town. Both men were instrumental in this aspect of the growth of Ferguson. The 1850's were a time of growth in westward commerce and St. Louis was the Gateway to the West. Railroads figured big in this westward expansion and by 1855 St. Louis had the start of three railroads: The St. Louis and Iron Mountain Railroad heading south to Tennessee and beyond, the Pacific Railroad heading west through Allenton to the Pacific Ocean and the North Missouri Railway heading through North County toward St. Charles. It is the North Missouri that would go through the area we now know as Ferguson.



In 1845 William Ferguson, a newlywed from Ohio, bought 177 acres in what is now between Old and New Florissant Roads. This area, at this time, was farmland about a ½ day's ride from St. Louis – a probable overnight stay. In 1855 Ferguson donated 9 or 10 acres (what is now downtown Ferguson) to the North Missouri Railway. In payment he required they place a depot here and name it “Ferguson Station”. Ferguson went on to hire an engineer to lay out streets for “Ferguson Station” – and then left for California never to be heard of again. William Ferguson got things started. He even provided a name for the area – Ferguson Station. Ferguson did not become a city until 1894.

Thomas T. January arrived in the area from Kentucky in the 1840's. He bought 1000 acres in the area we know as Ferguson Middle School and January-Wabash lake. January brought his enslaved people with him and built a mansion on the hill where Ferguson Middle sits. He also had a large pond at the bottom of the hill. It is the pond that is important to the expansion of Ferguson Station. January became a Director of the North Missouri Railroad and allowed a pipeline to be built from his pond to the tracks. This is the era of steam and locomotives require frequent fill ups of water. Following the Civil War, January freed his enslaved people and gave them land on which to live (an area near the lake off Eddy Street). January died in 1886, but his son, Charles, sold 19.5 acres, including the lake, to the now Wabash Railroad as a recreational area for employees. In 1948 Ferguson purchased the land for a park.

By 1871 the North Missouri Railroad was bought out by the Wabash Railroad as noted above. The Wabash was a major midwestern railroad with lines running from New York, Canada, Detroit, Chicago, and west to Kansas City and beyond. Ferguson Station was an important link in that system. By 1876 the Wabash created a direct link for commuter service between St. Charles and St. Louis – running through and stopping in Ferguson Station. This was a major freight and passenger route with as many as 8 trains a day.

The current depot was built in 1885 and at one time had as many as 8 tracks for switching with as many as 6 passenger trains a day. In early years, prior to Ferguson becoming a city, the Ferguson Station depot served as a major civic center – a polling place, area for early churches to meet, and other civic events. The depot telegraph was used by the community for communication and train whistles were used to summon volunteers for a fire. From the late 1880's to just after World War Two, Ferguson Depot was a major station for commuters to St. Louis Union Station and to St. Charles and Kansas City. In 1900 the streetcar line from Ferguson to Kirkwood was a major interurban service. Following World War Two, with the increase of busses and autos, Wabash ended passenger service in 1960 and streetcar service ended in 1946. The depot was used by the Wabash until 1988 and was purchased by Ferguson in 1991 to preserve historically.



Thanks to William Ferguson and Thomas January we have a city with a name and great city park with a lake. If you 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 beginning in April (hopefully).

“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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