

Warren County Record June 13, 2019 Vol. 121 No. 5 Page 2A (2 of 2)

United Church of Christ, Wright City, 7 a.m.

Warren County Fire Protection District board meeting, Station 1, 606 Fairgrounds Road, n, 7-10 p.m.

Warren County Democratic Central Committee, Scenic Regional Library, Warren, 7 p.m.

Warren County teachers and public school worker meeting, United Methodist Church, 9 a.m.

Warren County Preschoolers, Scenic Regional Library, Warren, 10 a.m.

Warren County 4th Sticks, crochet or knitting group, Scenic Regional Library, Warren, 7:30 p.m.

Warren County Anonymous, 116 S. Maine St., Warren, 5:45 p.m.

Warren County Farmers and Artisans Market, Warren City Hall Pavilion, 3:30-6 p.m.

Warren County Commission, administrative building, 9 a.m.

Warren County movie, Warren Cinema 8, 9 a.m.

Wednesday, June 19

Warren County Board of Aldermen, 6:30 p.m.

Warren County Anonymous Group 130 meeting, Warren, 8-9 p.m.

Warren County Pounds Sensibly (TOPS), 9 a.m., First Church, 104 Hedeman, Wright City.

Warren County Preschoolers, Scenic Regional Library, Wright City, 10 a.m.

Warren County Village Board of Aldermen, 7 p.m.

Warren County Club of Wright City meeting, noon, Illinois, Wright City.

Warren County on Elks Lodge bingo, 10 a.m.

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being charged a mandatory fee from the city will have to pass that cost to their tenants.

FRUHLINGFEST

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for a time. There was an orphanage. Children took trains from across the United States to live there.

"When people sit down to hear the stories about who we are and how we got here, they'll be amazed," Blondin said.

This won't be the first FruhlingFest for a lot of longtime residents.

"In the early 1980s they used to have the FruhlingFest downtown on Main Street. It was pretty big. I remember going to it when I was a kid," Blondin said, adding that her grandmother would take her.

"They had 60 vendors, crafters, fabric people, wood

minimal, and that the inspections will ensure the safety and health of city residents.

makers... It didn't last very long, just a few years," she said.

Among those vendors, based on a 1982 event brochure, were leathers, oil paintings, folk art, quilts, gemstone jewelry, pottery and baked goods. They all were set up on the sidewalk along stores on Main Street like Sprick Jewelry, Lohmans Variety, Avis Hardware, Kathryn's, Gennie's Hobby Shop and others.

The pie eating contests this year start at 6 p.m. Space is limited so participants should look for the sign-up table and get their names in early. There are slots for children and adults.

"They did that in the '80s, so we wanted to bring that back too," Blondin said.

FLOODWATERS

► CONTINUED FROM PAGE 1A

Engineers, which controls the reservoirs, will gradually release that water as long as dry weather holds out.

"We're not totally out of the woods, but we're partially out of the woods with the river dropping," Daniels commented. "It's going to be a long waiting game for the river to get back below flood stage."

Rainfall over the coming months will be key to what happens with the river. After heavy rain, Daniels said residents should check the Warren County Emergency Management Agency Facebook page for updates on possible road closures.

First responder agencies continue to warn residents not to drive through flooded roads if at all possible. If a road is closed, find a detour; do not drive around the barricades. Floodwater may strand a vehicle or hide unseen road damage.

believes the issue has been resolved and that she will continue to work with other elected officials to serve the taxpayers of Warren County.

County officials also com-

DAY AT THE
A group of can
county jail an
ment June 10.

Nutr

By Lauren Weinand
Presented by Compass Health Network

Mothers give life, nourishment, and nurturing to their children. From birth, moms have the ability to provide a healthy diet to their child by breastfeeding.

More than eight in 10 newborns in the United States breastfed, which is widely accepted as the most beneficial method of feeding for mother and baby. It decreases babies' risk of respiratory infections, asthma, sudden infant death syndrome, childhood cancers, diabetes, and obesity. Moms might experience weight loss, and a reduction in their risk of high blood pressure, diabetes, ovarian cancer, and breast cancer.

It doesn't always come naturally for the mother and child. Nearly 12 percent of U.S. moms struggle to obtain safe and nutritionally adequate foods. Moreover, teaching a baby how to latch, producing enough milk, finding the right-sized nipple for the baby bottle, and getting support to nurse at work are com-

mon struggles. Work with your lactation specialist. Sometimes to find the right parts can diagnose and even help with techniques and supplies, formula.

Several aspects of the feeding process in mind, including diet, feeding techniques, and baby from breast.

Moms should diet, which includes they're hungry they have enough calories to pass child. They should taking prenatal caffeinated drink day and wait a after drinking before breast.

All babies should min D and iron exclusively or p babies, vitamin be given from b

Father's Day

ALL-YOU-CAN-EAT BREAKFAST

Sunday, June 16

8 - 11 a.m.

St. Ignatius Community Center

19129 Mill Road

Marthasville, MO 63357

Adults \$10.00

Children (6-12) \$5.00

Children under 6 Free

Serving scrambled eggs, sausage, ham, hash browns, biscuits and gravy, fruit, pastries, coffee and juice.

Joy Abledo-Popey, Ed.D.

Richard Buckles, D.O.

Lisa Greenwell, Nurse Practitioner

Family Medicine

- Walk-ins welcome
- We serve all ages
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Monday

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