Tuesday, Sept. 3
- Warren County Commission, administration building, 9 a.m.
- Stitch in Time quilt guild, College United Methodist Church, 9:30 a.m.
- Story Time for Preschoolers, Scenic Regional Library, Warrenton, 10 a.m.
- Chicks With Sticks, crochet or knitting lessons, Scenic Regional Library, Warrenton, 1 p.m.
- Warren County Farmers and Artisans Market, Warrenton City Hall Pavilion, 3:30-6 p.m.
- Take Off Pounds Sensibly, Grace Bible Church, 2544 S Highway 47, Warrenton, 5:15 p.m.
- An Evening In London, Scenic Regional Library, Warrenton, 5:30 p.m., RSVP.
- Cocaine Anonymous, 116 S. Main St., Bellflower, 5:45 p.m.
- Warrenton Board of Aldermen, city hall, 6 p.m.

Wednesday, Sept. 4
- Take Off Pounds Sensibly, First Baptist Church, 104 Hedeman Street, Wright City, 9 a.m.
- Story Time for Preschoolers, Scenic Regional Library, Wright City, 10 a.m.
- The Kiwanis Club of Wright City meeting, Ruiz Castillo, Wright City, noon.
- Nat Pilates, Scenic Regional Library, Warrenton, 5 p.m., RSVP.
- VFW Post 2180 Auxiliary meeting, VFW, 6:30 p.m.
- VFW Post 2180 meeting, VFW, 7:30 p.m.
- Alcoholic Anonymous Group meeting, Fellowship Baptist Church, 8-9 p.m.

FLOOD
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It took them about a half hour to help," said Munoz. "It didn't matter the nationality. It was just instinct to help."

The men said the driver appeared shocked and stunned and didn't speak much as he tried to get his bearings. His identity was unknown, but the men thought he was from out of town. They said there were suitcases in the vehicle. Because first responders were already busy on other calls, help didn't come for about a half hour.

"If it happened again, we would do it all over again," said Juarez. "We hope people would do the same for us."

None of the men were injured in the rescue, escaping with nothing but huge smiles on their faces. Delgado summed up the incident by saying, "You got life -- you are lucky!"

The men are from Jalisco, San Luis Potosi and Victoria, Tamaulipas, Mexico, and will return to their families in October.

Immaculate Conception Church hosts fall dinner

Immaculate Conception Church, located at 5912 S Highway 94, Augusta, will host its annual fall dinner Sunday, Oct. 6, from 11 a.m. to 6 p.m. Cost for meals is $12 for adults and $5 for children 6-12.

There will be live music, games for children, a country store, a variety booth, 50/50 raffles and ham raffles.

Farmers market cook-off

The Wright City Farmers Market is hosting a barbecue cook-off Thursday, Aug. 29, at Diekroeger Park, at 3:30 p.m.

The cook-off will be between Pastor Rob Barringer of Sunrise Church and Pastor Joe Purl of Church of the Nazarene, both in Wright City.

The ingredients are provided by the vendors at the Farmers Market. The winner of the cook-off will get bragging rights and a trophy.

A DAY FOR DOGS

One of many dogs at the grooming station. The fes bring in funding for a future.

By Lauren Weinand, M.D.

Presented by Compass Health Net

Depressed mood is a common experienced emotion that reflects feelings of discouragement, helplessness, and apathy.

If these feelings become tiring or disabling, how long a person might be experienced more serious condition known major depression. Major depression is characterized by depressed mood or lack of motivation most of the day for about weeks or longer. Additional symptoms include sleep disturbances, loss of interest in daily activities, feelings of guilt or worthlessness, decreased energy, decreased appetite, weight changes, slowing of speech, and movements, and suicidal thoughts or behavior.

More than one in five Americans experience major depression in their lifetimes, with the disease most often beginning in a person aged 20-29. Women are nearly twice as likely as men to experience the disease, and women with a history of depression are at higher risk of experiencing depression.