

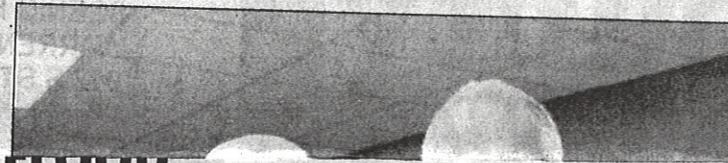
LOCAL SCENE

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, 25445 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. Maine 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, 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.
- Mat Pilates, Scenic Regional Library, Warrenton, 5 p.m., RSVP.
- VFW Post 2180 Auxiliary meeting, Warrenton VFW, 6:30 p.m.
- VFW Post 2180 meeting, Warrenton VFW, 7:30 p.m.
- Alcoholics Anonymous Group 130 meeting, Fellowship Baptist Church, 8-9 p.m.



FLOOD

CONTINUED FROM PAGE 1A

rally to help," said Munos. "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.

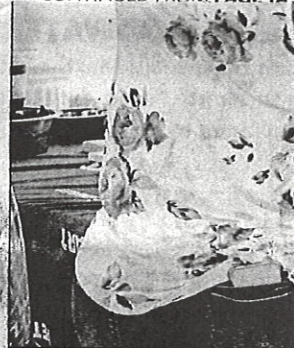
"If it happened again, we would do it all over again," said Juarez. "We hope people would do the same for us."

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.

AQUATICS

CONTINUED FROM PAGE 1A



A DAY FOR DOGS

One of many dogs at the grooming station. The fest brings in funding for a future

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 Pas-

tor 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.

By Lauren Weinand, M.D.
Presented by Compass Health Netw

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

If these feelings become distressing or disabling, however, a person might be experiencing a more serious condition known as major depression. Major depression is characterized by a depressed mood or lack of motivation most of the day for about two weeks or longer. Additional symptoms include sleep disturbances, loss of interest in daily activities, feelings of guilt or worthlessness, decreased energy, decreased ability to concentrate, appetite changes, slowing of speech and movements, and suicidal thoughts or behaviors.

More than one in five Americans experience major depression in their lifetimes, with the highest rates most often beginning in a person's mid-20s. Women are nearly twice as likely as men to experience depression, and women with a history of the condition are also at a higher risk of experiencing depression.

warren county
record.com

Formerly
The Marthasville Record
(USPS 331200)

103 East Booneslick
Warrenton, Missouri 63383-2003
636-456-NEWS (6397)
Toll-Free: 1-866-433-NEWS (6397)
Fax: 636-456-6150

Office Hours: Mon.-Fri. 8:30 am-4:30 pm

Missourian Publishing Co., Publisher

Susan Miller, Managing Editor
recordnews@warrencountyrecord.com

BETTER
VISION
EQUALS
BETTER

