

Wednesdays with Warrenton Area Chamber of Commerce

June 23, 2021

UPCOMING CHAMBER EVENTS

Friday, July 2nd	1:00 pm	Ribbon Cutting—Esse Health Center
Wednesday, July 7th	Noon	Chamber Board Meeting—Warren County R-III
Monday, July 12th	11:45 am	General Membership Meeting—Warrenton High School Commons

MARK YOUR CALENDARS! OUR GENERAL MEMBERSHIP MEETINGS WILL BE ON MONDAYS NOW!

Join us on Monday, July 12th at 11:45 am at the Warrenton High School Commons located at 803 Pinckney.

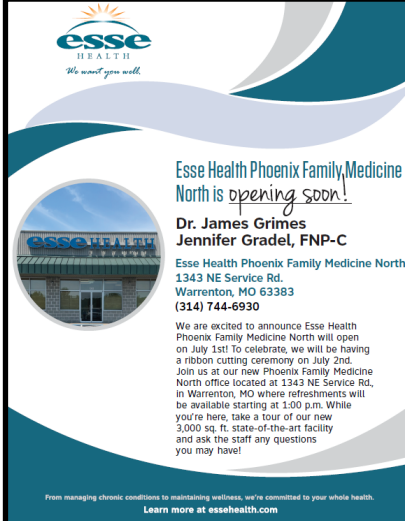
The presentation will be provided by Dan Mehan, President/CEO of the Missouri State Chamber of Commerce. Dan will be giving us an update from the Missouri Chamber, including workforce issues, along with the 2021 Legislation and bills that the Governor will sign or has signed.

Lunch will be \$10.

We are making the move to a different date due to venue space. Thank you for your flexibility!

RIBBON CUTTING Esse Health Center

July 2nd, 1:00 pm
1343 N. Service Road, Warrenton



Esse Health Phoenix Family Medicine North is opening soon!

Dr. James Grimes
Jennifer Gradel, FNP-C

Esse Health Phoenix Family Medicine North
1343 NE Service Rd.
Warrenton, MO 63383
(314) 744-6930

We are excited to announce Esse Health Phoenix Family Medicine North will open on July 1st! To celebrate, we will be having a ribbon cutting ceremony on July 2nd. Join us at our new Phoenix Family Medicine North office located at 1343 NE Service Rd. in Warrenton, MO where refreshments will be available starting at 1:00 p.m. While you're here, take a tour of our new 3,000 sq. ft. state-of-the-art facility and ask the staff any questions you may have!

From managing chronic conditions to maintaining wellness, we're committed to your whole health.
Learn more at essehealth.com



BUSINESS SPOTLIGHT OF THE MONTH Lynda Chandler—Mary Kay Cosmetics

When most think of Mary Kay, they think of Pink Cadillacs or lipstick, but at the heart of Mary Kay Cosmetics, is the opportunity to change women's lives. After 28 years, I'm not sure where I'd be without the blessing of my Mary Kay business and culture.

I love what I do. I am a teacher of skin care - I love teaching women about skin care - how old you are is your business but how old you look can be mine! As a Sales Director, I am a teacher of teachers - I enjoy mentoring women as they build their very own home based business as a part time gig or to support their family.

I offer in-person (or virtual) complimentary, individual or group consultations. I keep a full inventory of products on my shelf for quick customer service. If you do not have a Mary Kay consultant servicing you already; thank you for considering me. I can be reached at 636-359-1110 or shop 24/7 at marykay.com/lyndachandler.

FRIENDS OF THE CHAMBER

CertainTeed
www.certainteed.com

Amy Lombardo Insurance - Amy Lombardo
www.myuhcagent.com/Amy.lombardo

Warrenton Office Furniture - Patsy Barteau
www.warrentonofficefurniture.com

Town & County Garage, Inc.
www.townandcountygaraage.com

Better Health with Bridgette
www.bridgetyourhealth.com

CITY OF WARRENTON

Career Fair



Warrenton
Moving Forward



Warrenton Area
Chamber of Commerce
Co-Sponsor

Please Join Us

THURSDAY JULY 22 10:00AM - 4:00PM

CITY OF WARRENTON ANNEX BUILDING

(Behind City Hall)

202 WEST WALTON ST., WARRENTON, MO

Business Registration

REGISTER EARLY! SPACES AND TABLES ARE LIMITED AND WILL FILL FAST!

The City of Warrenton along with the Warrenton Area Chamber of Commerce invite local businesses to register and participate in the **City of Warrenton Career Fair**. This event is exclusive to chamber members. It is a great opportunity to represent your business and recruit potential employees. You will need to provide your table coverings. An optional box lunch will be available for \$10 per person.

Name of Company _____

Type of Business _____

Company Contact Person _____

Contact Phone # _____

Contact Email _____

of Company Attendees _____

Yes, I would like lunch provided for _____ persons.

Payment by check (made to the City of Warrenton) or with cash collected on the day of event

Please email this registration form to

cwiest@warrenton-mo.org

Cindy Wiest

Human Resources

City of Warrenton 636-456-3535

3 WAYS STAYING CALM GETS MORE WORK DONE

I'm one of those people who have a lot of dreams and interests. Every single day I wake up, I'm slightly overwhelmed by everything I want to get done in the day. My typical day involves writing, assigning work to my interns and managing them, 3 hours of training as a dancer, creating and editing a dance video, and attending to my house chores. If you're like me, then you might also struggle with the constant anxiety that comes with overflowing to-do lists. But, what if I told you it's completely possible to optimize your workflow for calmness. Yes, calmness, not productivity. Because when you're calm, you automatically stop chasing productivity and just get things done!

Focus on 'completing' the tasks When anxious, you might end up jumping from one task to another. Do you ever feel like you were working all day but didn't really get anything done as planned? Multitasking makes you feel like you're accomplishing a lot. But the reality is quite different. You just tire yourself out by keeping your brain loaded all the time. Remember 3 completed tasks are better than 20 half-way, half-heartedly done tasks. Of course, this requires us to approach our to-do lists in a way that removes overwhelm. There are many ways to do this.

Firstly, avoid making that seemingly endless list of things-to-do in a task management app. You can simply create a minimalist bullet journal daily spread to write down your tasks by hand. While writing down your daily work tasks, take the help of following frameworks.

The 1–3–5 rule — In this method, your to-do list only consists of 1 big task, 3 medium tasks, and 5 small tasks. Making a 1–3–5 list means that you will accomplish the most important tasks first instead of staying occupied with smaller tasks while avoiding the important ones.

The rule of 3 — Proposed by Chris Bailey in his book, *The Productivity Project*, the rule of 3 refers to only having three items to focus on throughout the day. You prioritize and focus your energy on your top 3 items, and tackle smaller tasks as time permits from there.

Start and end your day with a calm mind Do you find yourself not able to stop thinking about all that needs to be done, ever? If your mind is always occupied with thoughts, there's less mental energy to actually accomplish those tasks. Welcome procrastination!

A good sleep at night and a good start to the day are the two things that can help you clear your mind. They help you get rid of mental chaos and start fresh every single day. For this reason, a lot has been said about the importance of night rituals and morning rituals. These practices ground you and help you find mental peace. For instance, I've observed that drinking Chamomile tea or a relaxing green tea infusion helps me sleep a lot better at night. I've also observed that journaling right after I sit down to work helps me get rid of any mental clutter and focus well on the tasks at hand.

Now, this is what works for me. You'll have to spend some time understanding what helps you stay calm. Things to experiment with for your morning ritual — Waking up at a fixed time every day, going for a walk or a run, meditating, journaling, yoga. Things to experiment with for your night ritual — Reading, drinking relaxing tea, avoiding screen 30 minutes before bedtime, meditating. You can also create a weekly log to draw any correlation about how they impact your sleep and overall productivity. You can also keep a log of your sleeping patterns by using a sleep tracker to understand what is the optimum amount of sleep that you need to perform your best.

Work or don't work We all have patterns that we fall back to when we're feeling too anxious or overwhelmed. We might sit on the work desk but keep scrolling our Twitter feed mindlessly. If not that, we might just busy ourselves with opening and marking dozens of newsletters in our inbox as read. According to popular Screen Time Statistics — Most people check their phones 58 times a day. Thirty of those times are during work hours. The problem with these things is that you lose the time that you could simply spend 'relaxing'. Do not punish your anxious mind by making yourself sit on the work-desk, attending to mindless activities. Give yourself a break. Either work or don't work.

Just like keeping a list of 3 tasks, it also helps to keep your work limited to a few fixed hours. You will be surprised by how much you can accomplish in just 3 hours of deep work as opposed to sitting with your laptop all day. Fix your work hours and put them to good use — Put your phone in airplane mode. Use a Pomodoro timer to form a habit to work without getting distracted.

After your work hours, call it a day and turn off your laptop — Start an off-work creative project to have fun. For instance, you can launch a podcast to talk about your interests, create doodles in your art journal or just fill one page writing about new and creative things to write about.

Apart from these practices, a good amount of planning and clarity about your goals further helps in staying calm. Once you know where you're headed, you can relax and just focus your energy on what

EVENT DATES (see flyers)

July 1st
July 9th
July 10th
July 30th
August 13

Blood Drive—Jonesburg State Bank
Concert in the Park—City of Warrenton
First Responders Appreciation—Warrenton Pool
Backpacking/Orienteering—City of Warrenton
Concert in the Park—Warrenton Pool



2021 July Schedule

***No Classes Monday July 5**

Monday through Friday 8:00-8:45am Jeanette \$60 members, \$120 residents, \$180 non-residents	Tuesday & Thursday 8:00-8:45am Jeanette \$27 members, \$54 residents, \$81 non-residents
Monday & Wednesday 8:00-8:45am Jeanette \$21 members, \$42 residents, \$63 non-residents	Tuesday & Friday 10:00-10:45am Linda \$27 members, \$54 residents, \$81 non-residents
Monday & Wednesday 9:00-9:45am Sherry	Friday 8:00-8:45am Jeanette \$15 members, \$30 residents, \$45 non-residents
Monday & Wednesday 5:45-6:30pm Sherry \$21 members, \$42 residents, \$63 non-residents	



Register at the Aquatic Center • 751 Warrior Avenue



Rec Swim

Now Open To Everyone.

Time Slot Reservations

No Longer Required.



City Hall Closed

July 5

Happy Independence Day!



New This Year!

If you are not a City resident, but would like to participate in our Citywide Yard Sale, you can reserve a space for FREE at the Aquatic Center parking lot. 751 Warrior Avenue.

For guidelines, rules and an application visit
www.warrenton-mo.org



WRIGHT CITY

Strassenbash

DIEKROEGER PARK, WRIGHT CITY
SATURDAY, OCTOBER 9
11AM - 10PM

80'S PARADE BUBBLE BUS

AMBASSADOR CONTEST

CORN HOLE TOURNAMENT

BALLOON ARTIST & FACE PAINTER

OLD THRESHERS TRACTOR PULL

& WAGON TRAIN BEER GARDEN

BOUNCE HOUSES


FOOD VENDORS

CHILI COOK-OFF

CRAFT VENDORS

SATURDAY NIGHT ENTERTAINMENT

PROVIDED BY:
My Friend Mike



2021

Concerts In The Park

Sponsored by City of Warrenton Park Board
& the Warren County Fine Arts Council


Warrenton Dyer Park • 7:00 - 9:30pm
FREE ADMISSION

July 9 - Aqua-Holics

August 13 - The Baker Family

Kid Friendly Event
Coolers & Lawn Chairs Permitted
Information: Mike Shilharvy 314-220-6921





**Warrenton Pool Park
Aquatic Center Hours**
751 Warrior Avenue, 63383 • 636-456-2288

Indoor & Outdoor Pool Hours May 29 - September 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6:00am-Noon Members Only Exercise River Walk Lap Lane	6:00am-Noon Members Only Exercise River Walk Lap Lane	6:00am-Noon Members Only Exercise River Walk Lap Lane	6:00am-Noon Members Only Exercise River Walk Lap Lane	6:00am-Noon Members Only Exercise River Walk Lap Lane	Noon - 6:00pm Rec Swim
10:00 - Noon Members Only Toddler Time	10:00 - Noon Members Only Toddler Time	10:00 - Noon Members Only Toddler Time	10:00 - Noon Members Only Toddler Time	10:00 - Noon Members Only Toddler Time	
Noon - 7:00 Rec Swim	Noon - 7:00 Rec Swim	Noon - 7:00 Rec Swim	Noon - 7:00 Rec Swim	Noon - 7:00 Rec Swim	
Pool closes at 7:00pm	Pool closes at 7:00pm	Pool closes at 7:00pm	Pool closes at 7:00pm	Pool closes at 7:00pm	Pool closes at 6:00pm

Membership Pass Rates - Payment Plans Available

Yearly Membership	Resident	Non-Resident	End of Summer Membership July 15 - September 5	Resident	Non-Resident
Youth (0-15)	\$150	\$170	Youth (0-15)	\$39	\$45
Adult (16-64)	\$200	\$220	Adult (16-64)	\$90	\$95
Veteran / Military*	\$150	\$170	Veteran / Military*	\$35	\$45
Senior	\$150	\$170	Senior	\$35	\$45
Family**	\$375	\$400	Family**	\$95	\$100
Each Additional Child	\$25	\$30	Each Additional Child	\$5	\$10

Summer Membership	Resident	Non-Resident	School Year Membership September 6 - May 22	Resident	Non-Resident
Youth (0-15)	\$65	\$85	Youth (0-15)	\$15	\$15
Adult (16-64)	\$95	\$105	Adult (16-64)	\$39	\$45
Veteran / Military*	\$65	\$85	Veteran / Military*	\$15	\$15
Senior	\$65	\$85	Senior	\$15	\$15
Family**	\$125	\$155	Family**	\$30	\$30
Each Additional Child	\$15	\$20	Each Additional Child	20	25

DAILY ADMISSION \$4.00 *Must show proof of military service **Family consists of 2 adults 21 and older and 2 additional family members 21 and younger

Seniors 65+ ask about a FREE Membership through the Silver Swimmers or Renew Active programs

General Guidelines

- All children age 13 and under must be accompanied by a responsible person (age 16 or older) while using the facility
- The responsible person (age 16 or older) must be in the water, within arm's reach of a child who is 5 or younger
- Infants and toddlers in or around the water should be within arm's reach of an adult at all times.
- Lifeguards reserve the right to swim test anyone, prior to allowing them in the deep water.
- Obey the lifeguards at all times. Failure to do so may result in loss of pool privileges.

For more information www.warrenton-mo.org



**YARD
CITYWIDE
SALE**
JULY 17



**Warrenton
City Hall**
200 W Booneslick, 63383
www.warrenton-mo.org

**Re-purposed, Reuse, and Reclaimed
We'll have it all!**

City residents can list their sale for FREE in the Yard Sale Guide. Registration forms and instructions are located online or at City Hall *Yard Sale must be located within City Limits. Registration deadline is July 9.

FREE guide listing sales will be available July 15-17 at City Hall or online

Be a Part of WCHS History

Purchase a personalized brick or bench for our Donor Recognition Plaza or garden area!

BUY A BRICK!

Your Text Here

In Honor or memory of	Individual or Family Name	Company or Business Name	Team or Group Name
4x8: \$100	8x8: \$200	12x12: \$400	8x16: \$600
16x16: \$1,000	Sm Bench: \$5,000	Lg Bench: \$7,500	

Order Here:
<https://donationbricks.com/wchsmo>

Warren County Handicapped Services - 703 First St - Warrenton, MO - www.wchsmo.org



**Box Lunch Program
Business and Schools
Hot**



Served with side salad.
Chicken Bruschetta with Pasta Alfredo
Taco Mac & Cheese
Keto Chicken with Chef's Select Vegetables
Farmers Market Plate with Seasonal Vegetables and Quinoa
or
Sandwiches
Served with choice of chips, fruit, or vegetables.
Main Street Club
Buffalo Chicken Wrap
BL Double T
Smoked Cured Beef, Swiss and Beer Mustard
Turkey Club Wrap
or
Salads
Served with Mini Anchor Bread and Tomato Butter
Spinach and Strawberry Salad, Goat Cheese and Chicken with
Applesauce Dressing
Blue Anchor Brioche Salad
Bistro Greek Salad with Chicken



All Box Lunches come with Cookie or Goosy Butter Cake
Drink Service Additional \$2 Per Person
Iced Tea, Lemonade, Water, Includes Cups

All Items \$12 per person.
All Pasta and Sandwiches can be made Gluten Free \$1 Additional
Free Delivery on Orders Over \$100

PHONE OR TEXT
636-244-8244

Business Lunch
BLUEANCHORBISTRO.COM



COFFEE & BISTRO



JOB OPENING—PROJECT DEVELOPER

The Boonslick Regional Planning Commission located in Warrenton, Missouri, has an immediate opening for the position of Project Developer. This position requires excellent organizational, writing, communication, and administrative skills. The individual selected will be responsible for the development and oversight of community projects as well as part of the planning team for economic development. Boonslick offers a competitive salary with paid insurance, vision, dental, and retirement. Salary is commensurate with qualifications with an anticipated range of \$37,000 to \$48,000. To be considered for the position, please submit a resume with three professionally-related references to: Boonslick Regional Planning Commission, Attn: Executive Director, PO Box 429, Warrenton, MO 63383 or ceggen@boonslick.org. Boonslick Regional Planning Commission is an Equal Opportunity Employer.

**Short-sided by taxes owed?
Here's your Mulligan!**

70%
tax credits!

**MISSOURI-BASED BUSINESSES,
LANDLORDS AND FARMERS!**



Make a qualifying donation to our New Building Campaign.



Your gift to WCHS creates more space, resources and ADA compliance for our participants.



You receive 70% of your donation back in tax credits that can be used over the course of 5 years.

Save your money for the green!

For more information contact
Jessica Davis at
jessica@wchsmo.org



703 1st St. Warrenton, Mo
636-288-4025
www.wchsmo.org



Blood Drive **Jonesburg State Bank**

Lower Level
508 State Hwy 47
Warrenton, MO 63383

Thursday, July 1, 2021
11:00 a.m. to 3:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: JSB to schedule an appointment.



NEW MERCH! Come to give July 1-6 for an exclusive Red Cross embroidered hat, while supplies last!



Share the vibe. Give blood to help save lives.

Download the Blood Donor App | RedCrossBlood.org | Call 1-800-RED CROSS

© The American National Red Cross | 335201-3 CW



Why WCHS?

- Paid Training
- Team Building
- Family Atmosphere
- Fun!!
- Supportive Leadership
- Staff Appreciation Events

*Must pass background check and drug test

*Must have valid Driver's License

*Must have GED or high school diploma

Now Hiring!

Direct Support Professionals
\$14.50/hr

with .50 cent differential for overnights and week-ends!
ALL SHIFTS!

If you are seeking a rewarding career with the opportunity to make a difference in someone's life
JOIN OUR TEAM!

Warren County Handicapped Services provides a variety of support services to individuals with developmental disabilities throughout Warren County. We are seeking reliable, dedicated and compassionate staff to join our work family!

To apply: www.wchsmo.org/jobs



ATTENTION:

WARREN CO R-3 ATHLETES

Sport physicals for \$20 at
Cornerstone Chiropractic for
the 2021-2022 year!

100% of the cost is being
donated back to the Athletic
Department!

Cornerstone Chiropractic

704 State Hwy 47

Warrenton, MO

(636) 400-3213

www.cschiroclinic.com

First Responders Appreciation Day

July 10

**First Responders who show an I.D. swim for
FREE at the Warrenton Aquatic Center when
accompanied with a paid admission.**



Job Opening Administrative Assistant

College United Methodist Church

701 E. Main St.
Warrenton, MO
(across from Dollar Tree)

21-24 hours a week
Tuesday - Friday

A full job description & how to
apply is found at:
collegemethodist.org



July 30

9:00 - 11:00am Backpacking
12:00 - 2:00pm Orienteering
Warrenton Pool Park Pavilion

Backpacking Preparation & Orienteering Programs

The City of Warrenton and the MO Department of Conservation are teaming up to offer two great FREE activities. Backpacking Preparation teaches how to pack for hiking, look for the best features in a backpack, and fun places to explore in Missouri. The Orienteering Program will teach how to use a compass to reach a destination, identify locations, how to map your route, and includes a treasure hunt with prizes. You can take one or both courses. All ages are welcome. Children under 16 need to be accompanied by an adult. Please dress for the outdoors, bring plenty of water, and if you choose to take both courses, we suggest bringing a sack lunch.

Register at

www.mdc.mo.gov/events