



April 23, 2022

"You cannot do all the good the world needs, but the world needs all the good you can do."

**Optimist Board**

Jan Palmer	President
Lisa Barnum	VP
Dana Cafourek	VP
Missy Bonderer	Past Pres.
Barrett Glascock	Secretary
Heather Martin	Treasurer
Bruce Glascock	2021
Bernie Bartel	2021
Ken Bishop	2021
Shawn Steelman	2022
Robert Blake	2022
John Dougan	2022

**COMING UP**

Board Meeting: May 12

**TAKE A MINUTE TO REMEMBER  
THOSE WHO MADE US STRONG:**

- Carroll Sapp – 1987
- “Buddy” Glascock – 1988
- William Burnett – 1992
- Remus James – 1994
- Ron Marley – 1997
- Cecil Vaughn – 2001
- Billy Jo Sapp – 2004
- Marvin Sappington – 2004
- Arcie Sapp – 2005
- Kenneth Nichols – 2006
- Lahmon Wren – 2007
- Joe Smith - 2009
- Jimmy Jo Calvin- 2009
- Bob Sappington – 2010
- Clifford Caldwell-2013
- Mel Rupard-2013
- Ernest Woods—2013
- John Johnson—2013
- Michael Dalton--2013
- Jim Moore--2016
- Carl Long--2016
- Don Jones-2017
- Clay Austin-2017
- Sharon Donley-2017
- Ben Nieman- 2017
- Nick Kimbler- 2018
- Barbara Perry- 2018
- Jacob Zagorac- 2019
- Joy Woods- 2021
- Steve Walsh-2021
- Kristi Savage Clarke 2022

**Ashland Optimist Bulletin**

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**Next week:**

**Breakfast: April 30-Brenda Austin, Bonita Lenger, and John Dougan  
Program- Ashland Police Chief Gabe Edwards**

**Some dates to add to [our calendar](#):**

**(I will try to get more information as we get closer)**

- **Sunrise Optimist Club Trivia- April 30**
- **Respect for Law program- May 14**
- **Knights of Columbus Trivia for Fisher House- May 21**
- **Corn Hole & BBQ (multiple Optimist clubs)- May 28**
- **Corn Hole fundraiser for Terri Nichols- June 4**
- **Cattleman Day's Rodeo- August 26-27**

Missy Bonderer is looking for a full-size freezer (preferably upright) for the pool to use during the pool season, May 1st through Sept. 1, for 2022 and 2023. It will be used in the concession area. Please contact Missy at 573-694-9801 or [mb10mcs@yahoo.com](mailto:mb10mcs@yahoo.com) if you can help.

Mike Fulca, Dana Cafourek, and I were thrilled to warm up the leftovers that Brenda Austin, Bonita Lenger, Bruce Glascock, Leigh Kottwitz, Jan Palmer, Lena Long, Donna Wobbe, and Carol Rumbold prepared for the Ashland Chamber of Commerce Annual Awards Banquet on Thur. April 21 in our building. Mike added his fried tomatoes to the delicious breakfast.

Ken Bishop brought his son, Ken Jr. for breakfast while he was in town for a delayed Christmas celebration.

**Our speaker this morning was Heather Harlan with the Columbia/Boone County Dept. of Public Health & Human Services.** She had a wonderful presentation on ACE's (Adverse Childhood Experiences) and how they can affect people's mental and physical health for the rest of their lives. Heather started with a quiz asking questions about issues we had dealt with before our 18th birthday. We didn't say what our ACE scores were, with the highest possible being 10, but I'm sure many of us at the breakfast didn't answer yes to more than two or three of the issues. People who score 4 or higher may deal with mental issues such as depression, anxiety, or substance abuse. They may also deal with a raised chance of physical problems such as COPD, obesity, heart disease, and diabetes.

Because drug abuse can be one of the outcomes, and opioid use has been one of fastest increasing drug problems, Heather talked about the Overdose Task Force which has been formed in Columbia. Last year, there were nineteen opioid deaths in our area. This year there have already been fourteen. In the 1980's, oxycontin was a new drug and was not thought to be addictive. By the time it was discovered to be addictive, it was already a huge problem. By 2007, heroin was becoming the drug of choice, even with injection. Now fentanyl is the drug that is causing the highest death rate. It is a white powder that can be added to other drugs and a low dose can cause death. There were students at a high school in Iowa who were getting it through CBD oil vape pens and overdosing. Heather spoke about the need for access to NARCAN, which is a nasal spray which can counteract the body's reaction to an overdose of opioid drugs.

Once Heather was finished with her presentation, she drew for the Attendance drawing. Beverly Steelman had a chance at riches which Shawn said he would bring to her, but since she was not in attendance, then Mike Fulca was thrilled to say, "It pays to attend!"

*Letitia Den Hartog*  
[ashlandoptimist.org](http://ashlandoptimist.org)