



**OPTIMIST**  
INTERNATIONAL

ASHLAND OPTIMIST CLUB  
Meeting Saturday Mornings @ 7:30 A.M.  
Optimist Drive, Ashland, MO 65010

January 14, 2023

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

**Optimist Board**

Dana Cafourek	President
Lisa Barnum	VP
Jan Palmer	Past Pres.
Barrett Glascock	Secretary
Heather Martin	Treasurer
Bruce Glascock	
Bernie Bartel	
Ken Bishop	
Shawn Steelman	
Robert Blake	
Leigh Kottwitz	

**COMING UP**

Jan 20 Bingo  
Jan 21 Zach Hffecke  
Feb 4 PANCAKE BREAKFAST

**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  
Norma Bennett 2022

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**Breakfast: Jan. 21- Glen Sapp, Chris Felmlee, and Leigh Kottwitz  
Speaker- Zach Haffecke- Ashland Baptist Church**

**Our next Bingo is on Jan. 20th. Please let Barrett or me know if you are interested in helping.**

A quick and lively Optimist Board meeting was held on Thursday, Jan. 12. Our Pancake Day is scheduled for Feb. 4th and Leigh Kottwitz designed fliers. If you know anywhere we can post them, let Leigh or me know. We need everyone who can help that day, even if it's only for part of the day, to let Dana or Barrett know.

Ernie Wren has said that he will coordinate the Optimist Essay competition this year. John Travelos is coordinating the Optimist Oratorical competition again this year. The topic for both contests is "Who is an Everyday Hero that brings out the Optimism in you?" and the District prize is a \$2,500 scholarship. There was also a report from the Blosses about how basketball is going. Things are going well and charging admission has helped to generate some income to cover officials. There was also talk about the Optimist International president, Robert (Bob) McFayden, coming to our area from his home in Canada in March and possibly having a joint East/West District meeting at our building. Watch for more details as we learn more.

Carole Iles, Dorise Slinker, and Jennifer Lawson provided a wonderful breakfast of sliders with egg and sausage or bacon, plus cinnamon rolls and fresh fruit this morning.

Our speakers this morning were Alicia and Eric Lange, who are both physical therapists, with Alicia working at Peak Performance on the corner of Henry Clay and Main St. They both went to school at the University of Missouri- Columbia and have lived in Ashland for seventeen years. Alicia also is an athletic trainer and attends local sports competitions as part of that role. Alicia talked about the fact that it may seem like more people are having surgeries and being sent for physical therapy than in the past, but she credits it to the fact that surgeries have become less invasive, which allows older people to get corrective surgery. If you need surgery, Alicia has worked with many of the physicians in the area and is willing to make referrals. Contact her by text at 573-219-2662.

Alicia also talked about vertigo. If you have regular dizziness, there are solutions, including the Epley procedure that may help. Alicia has also been trained on other procedures that may help if your vertigo has a different cause. She also works with improving balance issues in patients.

Eric talked about a procedure he works with called dry needling which involves inserting a slender acupuncture needle into bunched muscles to help the muscles relax and break the cycle of pain.

They finished their talk by telling people if they have questions to text 573-219-2662. To access physical therapy, including the procedures for vertigo, you need to have a prescription from your doctor before you contact Peak Performance to set up appointments.

After they finished, Alicia drew for the Attendance drawing. Jerome Glascock, Greg Hawkins, and Robert Blake had their chance at riches, but since none of them were at breakfast, the pot will continue to grow.

*Letitia DenHartog*  
[ashlandoptimist.com](http://ashlandoptimist.com)