



March 18, 2023

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

Optimist Board

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COMING UP

Mar 24 Family of Christ Fish Fry
Mar 31 Lifeguard application deadline
Apr 7 Bingo
Apr 8 NOW 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

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Breakfast: Mar. 25- Bern Bonderer, John Travlos, and Robert Blake

Program- Aleigh Jungmann- Compass Health

The Family of Christ Fish Fry will be held at their church this Friday, March 24th, from 4-7 p.m. This will be a drive through only event again this year with a portion of the proceeds going to their Southern Boone Scholarship Fund. The cost will be \$15/plate, which will include fried fish, curly fries, baked beans, cole slaw, and dessert. Only cash or check will be accepted for payment.

Our next Bingo will be in three weeks, on April 7th.

Start thinking about who you can invite for our NOW (New Optimists Wanted) meeting on April 8th. I have heard that it will be an amazing breakfast with the Eastern District Governor Ernie Wren speaking.

We had Bingo last night and a big thank you to everyone that came out and helped on the floor and in the kitchen to make it a fun evening for our 150 players. Even after paying out the \$1,199 jackpot, we were still able to make a large deposit, including \$942 from the kitchen.

President Dana Cafourek invited her mother to a delicious breakfast of several breakfast casseroles, multiple sweet treats, and a variety of fresh fruit provided by Chris Felmlee, Leigh Kottwitz, and Glen Sapp this morning.

Our speaker this morning was Tara Eppy, one of five Board members of the Youth Wrestling Club (<https://www.sobowrestlingclub.com/>), which was started six years ago through the Southern Boone YMCA. She works at the Robert L. Perry Juvenile Justice Center in Columbia and is the mother of two sons. Her older son is a Southern Boone graduate and an Eagle Scout through our local Troop. Her younger son is a senior at Southern Boone and is involved in a variety of activities, including youth wrestling since the program began.

Wrestlers start as young as 6 and are divided by weight for competition. A year ago, the Wrestling Club switched to practicing all year round and started a wrestling program through the middle school for 7th-8th graders.

Because they don't have a designated location to hold meets, they have to roll up the 16'X16' mats at the end of each practice or meet, which stresses the velcro that holds the pieces of the mats together, requiring frequent replacement. Since each mat costs \$10,000, the Board does a lot of fundraising. They also provide the singlets that the wrestlers wear, but each wrestler provides their own headgear and shoes. The Southern Boone Youth Wrestling Club hosts their own wrestling meet in mid-December.

Three years ago, Missouri opened wrestling up to girls and now the ratio of boys to girls is fairly even, with the high school sending five boys and five girls to state this year, with one of the girls winning first place for her weight level.

While answering questions, Tara said the most common injuries that wrestlers have to deal with include nose bleeds, cauliflower ear, and hurt feelings and that tears are common among wrestlers. She also talked about how emotional the spectators can become during meets, which last all day. She spoke about how superstitious wrestlers can become regarding their equipment and recommended that everyone come to watch a match when they have a chance.

When Tara was finished with her excellent and informative presentation, she drew for the Attendance pot. Tara Blue, Jerilyn Hahn, and Jaime Metcalf all had their chance at riches, but since they missed this morning's meeting, the pot will have a chance to grow.

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