



ASHLAND OPTIMIST CLUB

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

March 10, 2018

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

Optimist Board

Bill Lloyd	President
Janet Popejoy	1 st VP
Missy Bonderer	2 nd VP
Greg Hawkins	Past Pres.
Barrett Glascock	Secretary
Brandon Glascock	Treasurer
Robert Blake	2018
Elmer Schiefer	2018
Jennifer Zagorac	2018
Bruce Glascock	2019
Bernie Bartel	2019
Letitia DenHartog	2019

COMING UP

**Board Meeting- April 12, 2018
at 7:15 p.m.**

Website: Ashlandoptimist.org

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

Bingo: Mar. 16- Team Three

Breakfast: Mar. 17- Kristi Savage-Clarke, Linda Knierim, and Carole Iles

Program- St. Patrick Day stories

The Family of Christ Lutheran Church here in Ashland will be holding their annual fish fry at the American Legion on March 16th from 4:00-7:00 p.m. Ticket prices will be \$10 for adults, with tickets for children from 6-12 costing \$5. This is an all you care to eat dinner and it is always very tasty!

There was an Optimist Board meeting on Thursday, Mar. 8 with most of the Board members in attendance. Our treasurer, Brandon Glascock, presented the Financial Reports and we are ahead of last year's net income. Bern Bonderer presented his T-ball and Coach-Pitch Budget for 2018, with a projected profit of over \$3,000. The Board voted to continue contracting Jacob Bullard to mow at the building and swimming pool again this year and to accept Dennis Sapp as a new member, pending payment of his dues. The Board will be hosting the Southern Boone Leaders Breakfast on Apr. 19th again this year and Lena Long has agreed to lead on this. The Board's final order of business was to send \$100 to Optimist International in honor of member Nick Kimbler, who passed away on Feb. 13th.

Bingo was down some from last week, with 156 players. There was plenty of help on the floor, but since this is the kitchen team that Nick used to serve on, we are still looking for help. The kitchen did bring in over \$700 again this week. If anyone is interested in helping in the kitchen one Friday a month, please contact Kitchen Supervisor, Lena Long, or myself and we will be glad to help train you.

A fine breakfast was prepared by Bryan Chapman, Jim Green, and Lena Long covering for Rick Gowdy who was out spending his winnings from last week.

Our speaker this morning was Dr. Chelsey Aitkins, who works out of Columbia Chiropractic Center in the Woodrail Center on the corner of Nifong and Forum Blvd. Chelsey is a Southern Boone graduate, who received her advanced training at Logan College of Chiropractic in St. Louis. She also served as a lifeguard in our pool all through high school.

She talked about the difference in training, focus, and pay levels between MDs, DOs, and chiropractors. Chiropractors focus more on non-invasive, non-drug treatments for pain, which is important in the face of the opioid problem that our country is currently facing. All NFL teams and many of the world class Olympic stars utilize chiropractors to maximize their performance without drugs. Marvin Bennett asked about why Medicare doesn't cover chiropractic treatments and Chelsey was quick to clarify that Medicare does cover most acute treatments for pain and many other insurances cover regular therapy. For more information or to set up an appointment, you can go to their website at www.comochiropractic.com or call 573/442-1888.

When Chelsey was finished with her presentation and answering questions, she drew for our Attendance Drawing. Colby Branch, Kristi Savage-Clarke, and Lisa Finn had their chance at riches, but the pot will have a chance to grow again.

At the end of the meeting, Barrett shared that Woody's is taking a break from serving breakfast and was kind enough to share their stock of jelly with us. Make sure you share your thanks next time you are there!

Letitia DenHartog