

KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD



BULLETIN

Mike Miller, Editor

No. 25

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MARCH 22ND PROGRAM: Kristin Roach: Herbs and Teas

From its humble inception, Little Woods has grown into a thriving online and retail business. They stock original blended teas as well as culinary and medicinal herbs. They invite you to join them on a path of discovery that continues everyday.

Announcements

- **Stash the Trash.** Saturday April 6th. We will pick up in the downtown Ames area, which is an easy area to work. Beautiful weather has been ordered and more info later.
- **Nominations for Officers and Members of the Board of Directors.** Our Nominations Committee is accepting requests to serve as an officer or member of our board of directors. They might ask you to serve (Hint: The answer is "Yes").
- **Programs.** Anna Magnussan is working on programs. Please contact her for suggestions or for her assistance in booking a program you want to invite to our club.
- **Gilbert Key Club.** The paperwork is done and it is being sent to international so there will be a Key Club in Gilbert.

KIWANIS FOUNDATION

The Kiwanis Foundation serves the children of Ames by providing college scholarships to high school seniors who excel in serving our community and who require financial assistance to further their education. Please return your pledge card with a generous donation. Contact Steve Sapp or Kris Meinhard for details.

MAKEUP ATTENDANCE

Kiwanis International has expanded their definition of a make up for missing a regular meeting: Contact Geri Derner for details.

COMMITTEES

- **AKtion Club.** The next meeting of CCAC will be at 3:30pm, Tuesday, April 2nd at First United Methodist Church.
- **Scholarship Committee.** The committee is meeting to organize and select this year's recipients. We are looking forward to meeting some outstanding high school seniors from Ames High School and Gilbert High School.

PROJECT REPORTS

- **Meat and Cheese Palooza.** This exciting new fundraising project will be held on Saturday, May 18th at Inside Golf at the Mall. What is needed now are volunteers from our club to put it together. A meat and cheese palooza committee is being formed. If you would like to serve please contact Janell Eby.
- **Teen Maze.** Teen Maze will be April 1-5 at Boone County Fairgrounds. Set up date is Sunday 3/31/19 from 1-3pm. Ames students will attend on Thursday April 4th. We will provide lunch on Tuesday the 2nd. Sign up is now online or still through Bob or Ronnie. The theme this year is "Be the First..." Sign up is now open to the community and other volunteer organizations. Teen Maze has also earned a Major Kiwanis Award as the Most Outstanding Service Project in the Neb- IA District for Division 11 and can now go on to have a shot at being the selected as Internationals Most Outstanding Service Project.
- **Bike Rodeo.** Teach small children how to ride their bicycles safely. Bike Rodeo will be May 4th with a possible STAR WARS theme "May the 4th be with you."
- **Pancake Days.** If you have not yet done so, please turn in your sales money to Kris Meinhard.
- **Memorials.** Lynell Dougherty and Cynthia Gaunt are heading a committee to build some type of memorial to members of our club who have passed away. Contact these persons if you want to help with this project.
- **Amazon.Smile.** When you purchase through Amazon, login through smile.amazon.com, designate the Kiwanis Club of Ames Foundation as your benefit organization, and purchase as usual with no extra charges. Part of your purchase price (.5%) goes to our club!

CONTACT INFORMATION

- **Web Site:** Type into the browser address bar: www.amesnoonkiwanis.org.
- **Facebook.** Maeann Unser and Ali Sauer have redesigned our page on Facebook. The address is: Ames Noon Kiwanis. Please visit it and BOTH Like it and Friend it. Send photographs of our events to either Maeann or Doug to post.
 - <https://www.facebook.com/amesnoonkiwanisclub/>
- **Roster:** Go to "Member Login" on our web site. Login with your email address & your password. Click on "Members" in the left-side navigation column.

MARCH 16TH GUESTS

Miles Morrow, guest of Tom Randall.

MARCH 15TH PROGRAM: ANDY HOCHSTETLER: THE OPIOID CRISIS

In 2016, there were 183 opioid-related overdose deaths--- in Iowa—a rate of 6.2 deaths per 100,000 persons—compared to the national rate of 13.3 deaths per 100,000. Since 2012, the number of deaths attributed to heroin overdose have increased from 14 to 47 deaths. In the same period, synthetic opioid-related overdose deaths rose from 36 to 58 deaths. In 2013, Iowa providers wrote 73.6 opioid prescriptions per 100 persons (approximately 2.3 million prescriptions)—less than the average national rate (82.5 prescriptions per 100 persons). Since then, opioid prescriptions in the United States have declined, with a nearly 7.2 percent decline in Iowa from 2013 to 2015, resulting in an estimated 68.0 opioid prescriptions per 100 persons (2.1 million prescriptions) in 2015.

A drug that is central to this discussion is fentanyl. Fentanyl is 50 to 100 times more powerful than morphine, which itself is 10 times more powerful than opium. When brought into the U.S., fentanyl is reduced to 10% strength. This small percentage still is extremely powerful and dangerous. Drug dealers could increase the percent strength brought into the U.S., with the possibility of providing large amounts of opioids easily and with huge profits. This crisis, indeed, is a highly threatening one.

Drs. Andrew Hochstetler and David Peters, ISU Department of Sociology, are conducting an extensive project on reducing this crisis in rural Iowa. The project includes information gathering. But more importantly, it involves direct outreach to selected rural Iowa towns to assist them in pilot projects to address the opioid crisis.

Some summary statistics:

- Iowa opioid deaths are low and stable compared to surrounding states.
- Prescription opioid deaths falling, but synthetic and heroin deaths rising.
- Metropolitan and micropolitan Iowa have the highest overdose death rates, primarily from heroin and synthetic opioids.
- Rural Iowa has low rates overall, mostly from prescription opioids.
- Rural opioid clusters linked to economic and law enforcement disadvantages, work in injury-prone jobs, and limited social capital.
- Urban opioid clusters have economic and law enforcement advantages, but it does not seem abate opioid abuse. Limited social capital and more ethnic diversity may contribute, but the causes are unclear.