



July 8, 2017

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## Drugs in the Council Bluffs Metro

Ken McClure from the Council Bluffs police department was the speaker at the Treynor Optimist Club on July 8. He was assigned to the SW Iowa Enforcement Task Force (SWINE) for two years and has been assigned to the U.S. Drug Enforcement Agency (DEA) for the past two years.

Ken talked about opiates and heroin in the Council Bluffs metro area. Heroin has been in a small supply in Council Bluffs in the past. Opiates have been here a long time, but their abuse has been rising.

Since 2000, drug opiate and heroin deaths have increased by 1100%. Since 2008, poisoning deaths have exceeded traffic deaths for the first time since 1980. 89% of poisoning deaths are from drug overdoses.

Opiates include Heroin, Oxycodone, Hydrocodone, Morphine, Codeine, and Fentanyl. Fentanyl is a poppy based drug that is 100 times more powerful than morphine. It is 30-50 times stronger than heroin. Ken said the national heroin statistics show a 172% increase in overdoses of heroin from 2010 to 2013.

Fentanyl is a rapidly growing problem in the United States. Most of the Fentanyl is coming from China, but some is now being manufactured in Mexico. Because of its potency, deaths are rapidly increasing from its use.

Opiates cause asphyxiation, where the body is deprived of oxygen, which can result in unconsciousness or death; suffocation. They also slow breathing and heartrate.

Opiate addiction is a major issue in the U.S., with prescription opiate addiction being one of the biggest drug problems today. Opiate medications are surprisingly easy to obtain. In fact, an estimated 210 million prescriptions for opiates were dispensed in 2010 alone. Prescription opiate abusers are far more likely to eventually develop a heroin addiction than a non-

opiate abuser, as heroin will offer a similar high at a cheaper price.

Any long-term use puts you at risk of addiction, even if the substance is used as prescribed. Many people who use opiates will develop a tolerance to them--a phenomenon that can trigger the cycle of addiction. This means that the same amount of the drug no longer has the same effect as it once did. When this occurs, people routinely take more and more of the substance to elicit the desired response. This ever-increasing dosing places one at great risk for overdose.

Ken said a growing problem is grandchildren getting medicines from medicine cabinets of grandparents. He urged everyone to dispose of all medicines that they are no longer using to keep them away from children.

## Meeting Minutes

Gary Funkhouser conducted the July 8, 2017 meeting of the Treynor Optimist Club. The meeting began with humor from Gary Funkhouser. Dale Willenborg offered the opening prayer after the pledge of allegiance.

John Klein won the 50/50 drawing and Jeff Jorgensen was not present to collect the attendance prize. There were 10 members and 2 guests at the meeting.

Gary Guttau contributed to the Youth fund to recognize his 81<sup>st</sup> birthday this week. Kevin and Marsha Underwood were in the newspaper. Marsha was volunteer of the year at Jennie Edmondson.

Can sorting will be Wednesday, July 12 at 5:00 p.m.

TS Bank contributed \$40 for the Quiz Bowl and \$40 for treats for swim lessons.

For swim lessons, 42 youth are signed up for the bus. Lessons are 45 minutes and are 9 days, July 10-20.

Volunteer help is needed with the gates at Westfair, Thursday, July 27, 12:00-6:00. Bill

Vorthmann and Ken Graham volunteered to help 12:00-3:00. Kirk Vorthmann will help 3:00-6:00. One more person is needed 3:00-6:00.

The state Optimist Meeting is in Council Bluffs on August 4-6. Kirk Vorthmann made a reservation,

but will not be able to attend. Contact him if you would like to use his paid reservation. Reservations are due July 21. Members are encouraged to attend.

#### **Calendar**

July 12 - Can kennel sorting for Treynor Optimist Club,  
5:00 p.m.  
July 27 – Westfair

#### **Birthdays**

Jul 14 – Gary Gutttau (recognized)  
Jul 23 – Jerry Hempel  
Jul 27 – Jim Clausen

#### **Anniversaries**

Jul 14 – Jeff & Mary Beth Jorgensen  
Jul 25 - Chuck & Kathy Nielsen

#### **Speakers**

#### **Programs**

July – First three weeks – John Klein  
Last two – Jerry Hempel  
August - First two weeks open  
Last weeks – Bob Mantell  
September - Ken Graham  
October - Gary Gutttau  
November - Mick Gutttau  
December –