



President—Paul

Spoke Newsletter

Wednesday June 19, 2019

Attendance: 21 (50%)

Program for Wednesday, June , 26, 2019

Ryan Sothan, NE Attorney General's Office –Scams & Frauds

Arranged by Darrel Huenergardt



Ryan Sothan, Nebraska Attorney General's Office Consumer Fraud

As Outreach Coordinator within the Nebraska Attorney General's Office, Ryan has statewide responsibility for developing and implementing community-based initiatives for educating Nebraskans in the areas of consumer fraud, elder financial abuse, predatory and illegal business practices, identity theft, and Internet safety. Educational outreach services are extended to an average of 25,000 Nebraskans annually through presentations delivered to groups large and small across the state's 93 counties and at numerous expositions and fairs including the Nebraska State Fair and Husker Harvest Days.

A committed road-warrior in fulfilling approximately 200 calendar engagements per year, his educational outreach services are extended to an average of 25,000 Nebraskans annually.

Ryan has served in the Attorney General's Office over the past two administrations. In that time, he has made numerous media appearances, granted countless interviews, and authored a number of articles in his areas of subject matter expertise.

Prior to working for the State, he spent 25+ years in the private sector primarily in the telecommunications, marketing research, and financial services industries.

He holds a Bachelor of Science in Business Administration from the University of Nebraska-Lincoln.

In his spare time, he works hard at elevating a high-handicapper's bad golf game into an art form.

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

June 19, 2019

Program for Wednesday, June 19, 2019
Mary Hilton, Smart Approaches to Marijuana
Arranged by Andrea Ahrens



Nothing Medical about “Medical” Marijuana

What does “medical” mean?

- ♦ “medical” marijuana cannot be prescribed by a doctor
- ♦ “medical” marijuana cannot be distributed by a pharmacist
- ♦ “medical” marijuana is not covered by insurance or Medicaid
- ♦ “medical” marijuana, a schedule 1 drug, does not have to be reported to the PDMP

♦ In states with medical marijuana, **less than 5% of users have a serious illness like HIV, glaucoma, cancer, or MS.** The average user is in his mid 30s, has a history of drug abuse, no chronic illness, and reports only pain and headaches.

♦ The National Academy of Medicine convened a panel of sixteen leading medical experts to analyze the scientific literature on cannabis. The report they prepared, which came out in January of 2017, is over 400 pages. Some things they looked at:

- ♦ Smoking pot is widely believed to diminish nausea associated with chemotherapy. The panel pointed out, “there are no good-quality randomized trials investigating this option.”
- ♦ In the US we are using marijuana as a treatment for pain, but “very little is known about the efficacy, dose, routes of administration, or side effects of commonly used and commercially available cannabis products in the United States.”
- ♦ Is it good for epilepsy? “Insufficient evidence.”
- ♦ Tourette’s syndrome? “Limited evidence.”
- ♦ A.L.S., Huntington’s, and Parkinson’s? “Insufficient evidence.”
- ♦ Irritable-bowel syndrome? “Insufficient evidence.”
- ♦ Dementia and glaucoma? “Probably not.”
- ♦ Depression? “Probably not.”
- ♦ As the National Academy panel declared, in one of its few unequivocal conclusions, “Cannabis use is likely to increase the risk of developing schizophrenia and other psychoses; the higher the use, the greater the risk.”
- ♦ From the New Yorker story on the study:
 - ♦ We need proper studies, the panel concluded, on the health effects of cannabis on children and teenagers and pregnant women and breast-feeding mothers and “older populations” and “heavy cannabis users.”
 - ♦ The panel also called for investigation into “the pharmacokinetic and pharmacodynamic properties of cannabis, modes of delivery, different concentrations, in various populations, including the dose-response relationships of cannabis and THC or other cannabinoids.”
 - ♦ Figuring out the “dose-response relationship” of a new compound is something a pharmaceutical company does from the start of trials in human subjects, as it prepares a new drug application for the F.D.A.
 - ♦ Too little of a powerful drug means that it won’t work. Too much means that it might do more harm than good. The amount of active ingredient in a pill and the metabolic path that the ingredient takes after it enters your body—these are things that drug makers will have painstakingly mapped out before the product comes on the market
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A Rotary Thank You to Mary Hilton for an excellent presentation on Smart Approaches to Marijuana.

Lincoln East Rotary Club Members Welcomes New President Dennis Duckworth and extends a sincere Rotary Thank You to Paul Horton for his service this past year as President. Well Done Paul!



Passing the Gavel to New President
Dennis Duckworth



Past President Paul Horton recognition
Plaque and Past President's Pin



I'm not really sure what is going on here!
Some kind of a banner presentation
Thank You, Gene.



Welcome New Member Tom Carlson:

Grew up on a farm north of Holdrege, NE. Attended a one room school house. Graduated from Holdrege High School in 1959. Earned a football scholarship to University of Northern Colorado with a Major in Mathematics and Minor in Physical Education. B. S. (1963) M.S. (1964). Married, Marge, in 1963. Moved back to Holdrege in 1977 and started an Insurance Agency—Financial Planner and continued for 40 years. Joined Rotary the same year. Elected to the Nebraska Legislature in 2006 and served 8 years. Moved to Lincoln in 2018 to being closer to children and grandchildren.



Anniversaries & Birthdays

Weeks of June 20—26

Birthdays:

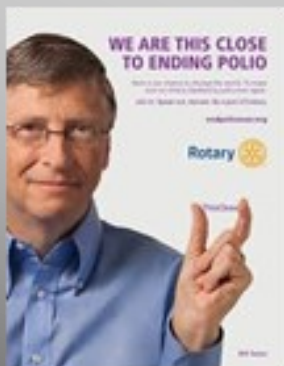
Darrel Huenergardt—June 20

Anniversaries

NONE



Happy Dollars



Charles Erickson	\$10.00
Andrea Ahrens	\$ 5.00
Dennis Duckworth	\$ 5.00
Steve Grosserode	\$10.00
Greg Schnasse	\$ 3.00
Dean Douglas	\$ 1.00
Tom Carlson	\$10.00
Jerry Christensen	\$ 2.00
Chris Klingenberg	\$ 1.00
Suzanne Tyrell	\$ 1.00
Chan Tyrell	\$ 1.00
Barry Stelk	\$ 5.00
Paul Horton	\$ 5.00
Wayne Casper	\$ 5.00



NOTE:

Total Happy Dollars to date:
\$1804.89



Greeter Duty

June—Sue Schuerman



Cashier Duty

June—Duane Tappe
Contact Dick Cumming

Lincoln East Rotary Club SumFun Picnic Friday, July 19, 2019

SumFun is a camp designed to meet the needs of youth with mental and physical disabilities. The program offers social and physical skill building and variety of activities including fitness, nature, swimming, crafts, field trips, music, and sports. Camp is based out of the Auld Pavilion and Antelope Shelter in Antelope Park.

*Participation Sheets will be coming soon!
Get ready to sign up!*

Guests & Visitors

Pat Grosserode	Steve Grosserode
Mary Hilton	Speaker
Kay Orr	Past Governor
Clay Ehlers	Lincoln South
Suzanne Tyrell	Lincoln South
Chan Tyrell	Lincoln South
Kristine Lemons	Andrea Ahrens
Deanna Leyden	Andrea Ahrens
Tom Moritmer	

Lincoln East Rotary Club—July Speaker Schedule

July 3 —Jeff McArthur (CA) The Great Heist. Arranged by Andrea Ahrens

*Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper*