



The La Jolla Rotary News Bulletin

June 17, 2025

**Upcoming Meeting
June 24, 2025 - DARK**

Today's Meeting



The meeting was called to order at 12:30 pm by **President Robert Teaff**, who welcomed one and all.

Invocation and Pledge of Allegiance

Penny Shurtleff looked up the many meanings of “kindness” and the one that stood out to her was “understanding”. In our complicated world we often lack “understanding” for all human beings living on our planet. Though difficult, the world would be far better if “everyone chose to seek out true and positive universal understanding of each other.” Amen

Announcements and Happy Bucks:

Davis Cracroft pledged \$100 to celebrate the recent news that he and Sherry will soon become first-time grandparents! Their son, Brett, and his wife, Sofy, just received confirmation that she is expecting later this year...

President Teaff let us know that during our next meeting on July 1st we will vote to accept our newly revised bylaws. Though bylaws are as exciting as milk toast, we need a representative quorum at our meeting, so please make every effort to attend.

Today's Program:



President-elect Russell King introduced today's speakers **Shastitiy Urias, DEA community outreach specialist**, and **William Perno, retired San Diego Deputy Sheriff and SAY (Social Advocates for Youth) San Diego Prevention Specialist**.



Shastitiy Urias led off her talk by letting us know that San Diego is a prime port of entry for illicit drugs, especially Fentanyl, which subsequently find their way to L.A. and then to the rest of the U.S. Fentanyl is now the number one cause of death in the 18–45-year-old age group! Surprisingly, 4 out of 5 narcotic addicted individuals started out with legitimate prescription narcotics. Although most medical practitioners now receive extensive education geared to limiting the number and duration of prescribed narcotics used to treat pain, the opioid crisis remains.

Fentanyl works directly on Dopamine in the brain, making you feel better, but greatly impairs your decision-making ability and judgement. Over time to feel “normal” your brain requires more and more Fentanyl, leading to dependance and addiction. Opioids

vary in strength from morphine and hydrocodone to heroin, fentanyl, and by far the strongest narcotic, carfentanyl. Fortunately, at least for now, carfentanyl is not widely found in the San Diego region. Opioids also work on the brain by suppressing your ability to breathe, and an overdose can lead to either brain damage or death unless rapidly recognized and treated. As little as 2 mg of fentanyl, just a speck of powder, can be fatal. Sadly, fentanyl is now often mixed with other prescription drugs including Xanax, Adderall, and other opioids. Fake pills that look identical to legitimate prescription drugs are found abundantly on the internet and in Mexican pharmacies. Shastity admonished us to never to take any drug obtained on the internet, through another person, or through Mexican pharmacies. Only use medications prescribed by a physician and follow the prescribed directions for use.



Bill Perno informed our club that in San Diego County 14.25% of youth ages 12-17 report using drugs or alcohol in the prior month. The numbers varied from a low of 4% in 7th graders to a high of Non-Trad high schoolers at 28%. Though alarming, it bears noting that the vast majority of kids are NOT using drugs. Bill reemphasized that as little as 2 mg of fentanyl powder can be fatal. A small paper packet of sugar, if instead filled with fentanyl, would contain 2.83 grams of fentanyl, which would be enough to kill 1,415 adults! Bill emphasized that overdose and death “can happen to anyone” and as little as one pill laced with fentanyl can be fatal. It is worth noting that fentanyl is 50-100 times more potent than morphine. The story of Connor White, a 17 year old honor student at Cathedral High who struggled with anxiety provided a real-life example. Connor took one “anti-anxiety” pill before going to school and was later found dead at home. Later analysis of the pill revealed that it contained enough fentanyl to kill 3 adults.

Recognizing the signs of an opioid overdose and acting immediately will save lives. An individual suffering an overdose will show signs of slow or no respirations, restlessness to unresponsiveness, pin-point pupils, and dusky color of extremities and lips. Anyone finding an unresponsive individual with a suspected overdose is encouraged to start CPR and call 911. “Good Samaritan” laws now protect any individual involved in helping someone who has overdosed.

Narcan (Naloxone) is a narcotic antagonist that can rapidly reverse the effects of a fentanyl or other narcotic overdose. It comes as an injectable liquid and as a nasal

spray. Bill provided instructions on how to use the nasal spray and gave each of us boxes containing two nasal sprays. Narcan is readily available over the counter at pharmacies and is provided free from the County of San Diego Regional Public Health Centers.

If You Need To Talk To Someone For Any Reason - YOU ARE NOT ALONE!

- **San Diego Access & Crisis Line** - 24 hours a day/ 7 days a week
- **Phone: (888) 724-7240** It's free and confidential and the lines are answered by licensed clinicians 7 days/week, 24 hours/day.
- **Dial 211 From Any Telephone** for many resources including Treatment Providers, Social Workers, Therapists
- **Dial 988 for Suicide and Crisis Lifeline** -Available 24 hours
- **For help with Substance Use Disorders in San Diego County**
- https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/substance_use_outpatient_services.html

President Teaff thanked **Shastity Urias** and **Bill Perno** for their excellent informative presentation, and the meeting was adjourned at 1:30 pm.

Photographer, Reporter, and Editor: Davis Cracroft:

Copy editor: Chuck Marsh

JULY 1: We appreciate **Bob Teaff** and his presidency before he goes “**Sailing off into the sunset!**” We need to vote on amending our bylaws at this meeting, so please attend and be a quorum-completer!. CLM