



JACKSONVILLE JOTTINGS

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OPTIMIST
INTERNATIONAL

Friend of Youth

Optimist International Mission Statement—By providing hope and positive vision, Optimists bring out the best in kids.

Stock Market Challenge

Stock Market Challenge ended February 28

We had less participants this year. 194. Emails with all participants selections will be going out this week to all. Scroll down to find your name. Thank you to everyone who bought and sold entries. If you have any questions please call Carol A. 410-746-0150.

Optimist Essay Contest March 21, 7 PM

Terri Parrish, chair. "When All the World's Problems are Solved, is Optimism Still Necessary?" The top 3: Dan Anthony, Sarah Bartlett, Morgan Pierce will receive gift cards and read their entries on March 21. Join us at 7 PM for dessert and see who wins.

Happy March Birthday!

Nancy Neal	3/3
David Page	3/28
Hank Kolodner	3/29



Club Meeting Thursday April 7, 7:30.

Join us at Dave's for club updates and sharing.

MathCounts Saturday March 16 JHU Homework

Contact Mike Borowitz for information. H410-785-0410.



New project for Baltimore County Schools—see attachment.

Mary Ann Hand will be chair for **Student Support Network** in collecting items and food for needs based students in Baltimore County. 410-371-3370. Spring jackets, socks, easy lunch foods.

Hereford Optimists Bingo Saturday March 23.

Carol A will have tickets. Please join us! \$20. Charcoal Deli dinner options.



Optimist Club Officers 2018-2019

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410-371-3370

CLUB MEETINGS

First Thursday of Month
7:30 PM
12900 Jarrettsville Pike
Phoenix, MD 21131
410-666-0086

YOUR TEETH, JAWS, AIRWAY & HEALTH:

There are many reasons to take care of your teeth, your jaws and your airway BEFORE you need CPR. Did you know that saving teeth can save and/or extend you life?

The jaws help determine how long you will live and how healthy you will be. Jaw balance or imbalance affects humans of all ages. Unfortunately, the human jaws are rather ignored through life until you are sick, dying or in need of CPR. TEETH support your JAWS and jaw balance. Teeth preserve tongue space and vital AIRWAY breathing space. Reduced airway space is a big factor contributing to Obstructive Sleep Apnea, which is a big factor in the progression of hypertension and heart disease.

The British Medical Journal in 1989 and The Community Dental Oral Epidemiology Journal in 1990 listed a good number of reasons for good oral hygiene and care. "Save you teeth and save or extend your life! Good dental function is significantly associated with BETTER brain function, BETTER vision, BETTER hearing, BETTER lung volume, BETTER muscle strength, BETTER bone mineral content, LESS heart attacks and LONGER life!"

In Appalachia, more than 33% of the elderly people have lost all their teeth--the highest rate in a survey of 46 U.S. states. (Source: CDC-1999) In Appalachia, the burden of coronary heart disease is greater than in the entire United States. (Morbidity and Mortality Report--1998) So, how are your teeth, your jaws, your airway and your health?

[Excerpts from the book, *Your Jaws ~ Your Life*, by David C. Page]

David C. Page, Sr., D.D.S. (a member of Greater Jacksonville Optimists)

DrPage@SmilePage.com

If you have aluminum to recycle, Mickey Price has an Optimist bin near her home. Just drive up Stockton Rd and before you get to her house at 2700, throw your bag of cans over the fence. There is a small sign that says Optimists. It is near a barn. A couple times a year the Timonium Club crushes them. The funds are for the Children Cancer program of MDSO Optimists.

