October 13th

Speaker: Andrew Rudiscill

Our speaker will be demonstrating an estimating software package.

Market on Main
535 Main Ave SW
Hickory, NC 28602

Social Hour: 5:30 - 6:30 PM
Dinner & Meeting: 6:30 PM
Dinner Menu: TBD

PLEASE REGISTER/RSPV NO LATER THAN TUESDAY, October 11th!

Bring a guest/potential member and let them see the benefits of PCEA! **
(Guest Registration is FREE)

Register online at:
www.pcea-catawbavalley.org
UPCOMING PCEA EVENTS

October 13th—Monthly Business Meeting

November 10th – Monthly Business Meeting

December TBA—Annual Christmas Party

HEALTH & HAPPINESS

Congratulations to the Winners of the Kenneth N. Houston Memorial Golf Tournament:
Will Clayton
Greg Padgett
Shawn Pennell
Randall Williams

Gun Raffle Tickets are on Sale!!
Please see a Board Member for tickets
Grand Prize 2 Guns
Smith & Wesson M&P15 Sport II Rifle
Mossberg 500 Persuader

Please send any Health & Happiness to Melissa Swanson,
Melissa.swanson@rmcc.com

Please share your opinion of an early afternoon Monthly Business Meeting when we begin the New Year. We continue to struggle with member attendance at our Monthly Business Meetings & are exploring ideas to get a larger turnout. Send opinions/thoughts to info@pcea-catawbavalley.org
Every day, 52 people die from opioid pain medications. Every year, 47,000 die from a drug overdose, mostly from prescription pain medications.

Opioids are being overprescribed. And it is not children reaching in medicine cabinets who have made drug poisoning the #1 cause of unintentional death in the United States. Adults have been prescribed opioids by doctors and subsequently become addicted or move from pills to heroin.

Perhaps even more alarming: 70% of people who have abused prescription painkillers reported getting them from friends or relatives. Most people don't know that sharing opioids is a felony.

'Painkillers Don't Kill Pain; They Kill People'

People who take opioid painkillers for too long and in doses too large are more at risk of addiction and more likely to die of drug poisoning. The numbers are staggering. In a 2014 National Survey on Drug Use and Health report, the Substance Abuse and Medical Health Services Administration says there are 4.3 million current nonmedical users of painkillers. Nearly 2 million people have painkiller substance use disorders.

"Painkillers don't kill pain. They kill people," says Dr. Don Teater, National Safety Council medical advisor.

People think taking opioids is the best way to treat pain. But the reality is other non-addictive medicines are just as effective, including many over-the-counter drugs such as ibuprofen or naproxen.

Information found on website www.nsc.org
Board of Directors Meeting Dates
(Please Save these Dates)

October 26th
November 30th
December 28th
January 25th
February 22nd
March 29th

PCEA - Catawba Valley Chapter
PO Box 547
Hickory, NC 28603