



October 13th

Speaker: Andrew Rudiscill

Our speaker will be demonstrating an estimating software package.

Market on Main
535 Main Ave SW
Hickory, NC 28602

Chapter Officers:

President – Patty Delgado
President-Elect – TBD
1st Vice President – Chris Lefevers
2nd Vice President – Will Clayton
Secretary – Randall Williams
Treasurer – Melissa Swanson
Newsletter Editor – Melissa Swanson

Social Hour: 5:30 - 6:30 PM

Dinner & Meeting: 6:30 PM

Dinner Menu: *TBD*

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

Professional
Construction Estimators
Association
Catawba Valley Chapter



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

Register online at:
www.pcea-catawbavalley.org

PCEA-Catawba Valley Chapter
PO Box 547
Hickory, NC 28603
www.pcea-catawbavalley.org

Email: info@pcea-catawbavalley@charter.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



Painkillers at Root of Prescription Drug Abuse Epidemic

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



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