

# Wednesday, October 23, 2019

**RED RIBBON WEEK**, which is celebrated annually October 23-31, is the nation's oldest and largest drug prevention awareness program. This Year's Red Ribbon Week Theme: "Send a Message. Stay Drug Free."

Red Ribbon Week was started after the death of Drug Enforcement Administration (DEA) Special Agent Enrique "Kiki" Camarena, who in 1985 was brutally tortured and murdered by drug traffickers he was investigating in Mexico. As a tribute to SA Camarena, high school friend, Henry Lozano and Congressman Duncan Hunter, created "Camarena Clubs" and the wearing of a red ribbon to show their oppositions to drugs.

## Breakfast & Lunch

### Today:

- scalloped potatoes with ham, carrots, bread, salad & fruit

### Thursday:

- **Breakfast**-yogurt, fruit & juice
- **Lunch**-chicken tortilla soup, assorted sandwiches, tortilla chips, salad & sauce

## THIS WEEKS ACTIVITIES

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### WEDNESDAY:

- FCCLA @ Grand Forks
- Red ribbons will go up around school/lockers

### Practices:

- FB (V) @ LHS
- VB (V) @ LHS
- VB (JH) @ LAC

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### THURSDAY:

- Wear a hat for \$1 - money to be donated to a drug awareness/prevention program

### Games:

- VB (C,JV,V) @ Harvey/WC 5:00
- BBB (6<sup>th</sup>) @ Cavalier 5:00

### Practices:

- FB (V) @ LHS
- VB (JH) @ LHS

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### FRIDAY:

- "Be a Smartie, don't do drugs"
- End of 1<sup>st</sup> Quarter

### Games:

- VB (C,JV,V) @ Langdon vs St John 5:00
- BBB (6<sup>th</sup>) @ Grafton 4:30

### Practices:

- FB (V) @ LHS
- VB (JH) @ LAC

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### SATURDAY:

### Games:

- FB (V) @ Langdon vs Northern Cass 1:00
  - BBB (6<sup>th</sup>) @ Park River Jamboree
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**Have a great day!!**