



October 2013
Volume 1, Issue 2

Building Healthy Families

Supporting families through support and education

CELEBRATES RED RIBBON WEEK!

Traditionally, communities all over the United States celebrate Red Ribbon Week in October in honor of Drug Enforcement Administration agent Enrique “Kiki” Camarena who was kidnapped and murdered while working undercover in Guadalajara, Mexico. During this week, students throughout America spend time learning about the dangers of alcohol and other drugs and make a pledge to be drug-free. However, here in Wallowa County, the Wallowa County Prevention Coalition is celebrating Red Ribbon Week... all month long!

There are several activities going on in the month of October celebrating and encouraging healthy lifestyles including The Pumpkin Patch and Harvest Festival in Wallowa at the Tamkaliks Grounds on October 12th and Kidfest on October 18th at Cloverleaf Hall. These are just two great opportunities to spend time with your kids and enjoy a free meal together! Remember, the more often you eat dinner with your kids, the less likely they are to smoke, drink, use other drugs, or be involved in other risky behaviors as they get older. There are several other events and activities in October and as always, you can contact Building Healthy Families or the Wallowa County Prevention Coalition for more information.

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ATTENDANCE MATTERS

Did you know?

- Starting in Kindergarten, too many absences can cause children to fall behind in school
- Missing 10% of school days can make it harder to learn to read
- Students can still fall behind if they miss just a day or two every three weeks
- Being late to school is a top indicator for poor attendance

Attending school regularly helps children feel better about school-and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college and in work.

For more on school readiness visit www.attendanceworks.org

Upcoming Events for Families

- *Parent/Child Play
Groups 0-5 years
Tuesdays: 10:00
Baker Library
Fridays: 9:00/10:30
BHF Enterprise
- *Family Fun Friday: 2nd
and 4th Friday, 1:00
-2:30 pm
BHF Enterprise
- *Nurturing Parenting
Thursdays 9/12 thru
12/12 5:30 pm
BHF Enterprise
- *Healthy Eating Work-
shop Series
Wednes. 9/18-10/9
6:00-8:00 pm
BHF Enterprise
- *Parenting Now!
Wednes. 9/25-10/30
2:30-4:00 pm
Eagle Cap Academy
Baker City
- *Kidfest! Community
Health & Safety Fair
October 18th
3:30-7:00 pm
Cloverleaf Hall
Enterprise

For questions or registra-
tion information contact

BHF

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Building Healthy Families



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RED RIBBON.....CONTINUED FROM FRONT

The Wallowa County Prevention Coalition is again promoting "Wear Red Day" on Wednesday October 23rd so don't forget to show your support of a healthy and drug-free lifestyle by wearing red on that day and making sure your little ones are sporting some red at school! We didn't forget the older kids! For the High School students, we are once again partnering with the Enterprise Police Department to award one \$40.00 gas card per school this month to a student who has a red "Drive Sober, Save Lives" magnetic ribbon on their vehicle. This monthly campaign is being focused on local high school students this month in honor of Red Ribbon Month, but in November, we will be back to our regular schedule of awarding one per month at random throughout the County. If you or your student would like a chance to win, be sure to contact Billie-Jo at 541-426-9411 or find the Wallowa County Prevention Coalition on Facebook for your FREE ribbon!



**In Wallowa County
It's Red Ribbon Week...
All Month Long!**

What is Red Ribbon Week?

A way for people and whole communities to unite and take a visible stand against drugs.

Why?

Established in 1985 as a continuing tradition of intolerance towards the use of drugs.

WEAR RED

Wednesday October 23rd

**to show support of a
Drug Free Wallowa County!**

Healthy Lifestyles Build Healthy Families
Wallowa County Prevention Coalition
541-426-9411 or Find us on Facebook!



DINNER ON A DIME

Easy as 1-2-3 Roast

Ingredients

- 3-4 lb beef roast
- 1 ranch dressing package
- 1 Italian dressing package
- 1 Brown gravy package
- 2 cups of water

Directions

1. Place roast in crock pot
2. In a bowl, mix 2 cups water and seasoning packets until well mixed
3. Pour over Roast
4. Cook for 8 hrs. on low
5. Remove roast and thicken sauce in sauce pan with a 1:1 cornstarch water mix. Bring to boil, whisking constantly