

Healthy and Drug Free



Red Ribbon Week Oct. 23 to 31

Creating Healthy Drug- and Alcohol-free Communities for Youth

2011 Red Ribbon Week Calendar of Events

Sunday, Oct. 23

•Red Ribbon Religious Weekend

Community members are asked to wear red ribbons to this weekend's church services. Churches also are asked to offer special prayers or sermons, and ring their church bells in recognition of the responsibility we share in addressing substance-abuse problems.

Monday, Oct. 24

•Red Ribbon Decoration Contest

All schools, churches and businesses in Des Moines County are encouraged to decorate their windows, classrooms, chapels and offices for Red Ribbon Week. Traveling trophies will be awarded to the best-decorated business, church and school. Judging will take place Tuesday, Oct. 25. Call the GRADE A PLUS office at 319-752-6027 to enter the contest.

Tuesday, Oct. 25

•Red Ribbon Week Kickoff

8:15 a.m., Grimes Elementary School (800 South St., Burlington)

Join us for the official kickoff to the week's activities. McGruff the Crime Dog will be in attendance with students from the Burlington Community Schools. Cosmo Leone from The New Mix 107.3 will provide a live remote broadcast.

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Wednesday, Oct. 26

•Drug Awareness Training, 9:00 am - 11:00 am

Did you know that substance abusers are 33-50 percent less productive and that abusers are absent 30-35 days per year? Or that 47 percent of all serious workplace accidents involve drugs and/or alcohol? A drug free workplace is everyone's business, and supervisors for companies following DOT guidelines and companies with drug-free work policies are encouraged to attend. This workshop will be held in the Blackhawk Room at the Great River Center for Rehab and Clinics. Call Lisa Nafziger at 319-768-4159 to register by October 17. Cost is \$30 (this includes certification documents).

•West Burlington Elementary's Red Ribbon Week Parade

Join us at 2:30 at West Burlington Elementary to show the community we believe in living a substance free life!

Thursday, Oct. 27

•Wear Red Day

All community members are encouraged to have their students and employees wear red. Be creative: have a crazy red hat contest, wear red socks to "sock it" to alcohol, tobacco and other drug use, or turn your back on drugs by wearing clothes backwards.

Friday, Oct. 28 and Saturday, Oct. 29

•Crapo Park Haunted Hayrack Ride 7-10 pm

Prepare to get the "Crapo" scared out of you at this haunted hayrack ride at Crapo Park! \$5 admission per person includes marshmallow roast. Sponsored by: Optimist of Burlington-West Burlington, Burlington Parks and Recreation.

Sunday, Oct. 30

•Fall FunFest and Crapo Park Haunted Hayrack Ride 4-6 pm

Bring out the family for the Fall FunFest at Crapo Park near the bandshell. Free activities include facepainting and games for the kids (up to 12 years of age) between 4 and 6 pm. If you're feeling brave, take a ride on the haunted hayrack ride for \$5 per person, which includes a marshmallow roast. Kids 12 and up can ride the haunted hayrack ride between 6 pm and 9 pm for a \$5 fee (marshmallow roast included). Sponsored by: Optimist of Burlington-West Burlington, Burlington Parks and Recreation and GRADE A PLUS.

Monday, Oct. 31

•Say Boo! To Drugs Day

Wear red armbands, give red candy for Trick or Treat, have children decorate their own Trick or Treat bag with drug-free messages, host a Halloween party and ask guests to wear red costumes, etc.

•SAFE Trick or Treat Night, 6-8 pm

Join local businesses & organizations at the Burlington Memorial Auditorium this evening for a safe trick or treat alternative. Don't forget the costumes!

Sponsored by:

 Great River
Medical Center

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