



# Health Promotion Branch

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## Monthly Health Observances:

- . Red Ribbon Week
- . National Domestic Violence Awareness
- . National Breast Cancer Awareness

## Schedule of Events:

- 2 Oct, 1000-1400: Display table at MCX\*
- 8 Oct, 1100-1230: Fun Run\*
- 9 Oct, 1000-1400: Display table at MCX\*
- 16 Oct, 1000-1400: Display table at MCX\*
- 17 Oct, Sunset: Red Ribbon event at Camp Johnson Rec Ctr
- 21 Oct, 1100-1300: Red Ribbon event at French Creek Rec Ctr
- 23 Oct, 1000-1400: Display table at MCX\*
- 23 Oct, 1000-1400: Red Ribbon event at Central Rec Area

## Red Ribbon Week (22-30 Oct)

On Thursday, February 7, 1985, Enrique "Kiki" Camarena, 37, stashed his badge and his service revolver in his desk drawer and headed for lunch with his wife, Mika. Kiki, A U.S. Drug Enforcement Administration agent, had been on the trail of Mexico's marijuana and cocaine barons. He was due to be reassigned in three weeks, having come dangerously close to unlocking a multi-billion dollar drug pipeline, which he suspected extended into the highest reaches of the Mexican army, police, and government.

According to the DEA's reconstruction of events, as he headed to lunch five men appeared at the agent's side and shoved him into a car. That was the last time anyone but his kidnapers would see him alive.

Kiki Camarena's body was found one month later in a shallow grave, 70 miles from Michoacan, Mexico. He had been tortured, beaten, and brutally murdered. Mika would have to tell her three sons that their daddy would not be coming home again.

As news of this atrocity began to appear in newspapers, radio, and television broadcasts, many school parent associations, already angry and sick of the killing and destruction caused by alcohol and other drugs in America, were looking for ways to proclaim their concerns and to make a demand for action in local communities. Several of these groups banded together and selected a **Red Ribbon** as their symbol. The **Red Ribbon** campaign is a display to intolerance for drugs in our schools, our work places, and our communities.

In 1998, with Nancy Reagan as Honorary Chairman, an eight-day **Red Ribbon** Week was proclaimed by the Congress of the United States. Each year, the **Red Ribbon** campaign has grown and now impacts millions of Americans like no other drug prevention movement in history. In schools in particular, when everyone is wearing a **Red Ribbon**, this little piece of satin carries the message that it is OK TO SAY NO!

## National Domestic Violence Awareness

In October 1987, the first Domestic Violence Awareness Month was observed. The goal is aimed at educating the public about the effects of domestic violence on families and finding ways in which communities can work together to promote safety and eliminate domestic violence.

Please contact the Counseling Services Branch for more information at 451-2864.

24 Oct, 0800-1200: DEFY Meeting

24 Oct, 0900-1100: Fun Run at TT

24 Oct, afternoon (TBD): Courthouse Bay Rec Ctr

25 Oct, 1200-1400: Red Ribbon event at Camp Geiger Rec Ctr

27 Oct, 0800-1230: Senior Leadership Substance Abuse Prevention and Awareness Summit, The Ball Center

30 Oct, 0800-1130: Camp Johnson Safety Fair, Gym Bldg M129

22-30 Oct, 1000-1400: Display table at DoD Schools

\*Campaigns for the three health observances this month will be displayed on the table.

## National Breast Cancer Awareness

The first National Breast Cancer Awareness Month (NBCAM) was held in October 1985. It was a weeklong event. This event was to publicly inform people about breast cancer. One of their first public figures to speak about the disease on NBCAM was former First Lady Betty Ford.

Cancer is defined as abnormally dividing cells. When the cells divide too much they will create extra tissue called a tumor. There are two types, Benign and Malignant tumors. Benign tumors are not cancerous. About 80 percent of tumors found in the breast are Benign. The tumor that is cancerous is a Malignant tumor. These cells divide and grow uncontrollably. Malignant tumor cells can also invade and damage the nearby tissues and organs.

Even though women typically get breast cancer, men are also at risk. There are several risk factors people should keep an eye out for when determining if they are at risk for breast cancer. These risk factors are as follows: age, family/personal history, breast cancer genes (BRCA1 or BRCA2), hormones, diet, and staying active.

For more information, check out the following websites: [www.cancer.org](http://www.cancer.org) (American Cancer Society) and [www.nbcam.org](http://www.nbcam.org) (National Breast Cancer Awareness Month).

**For more information, please contact our office at 451-2865.**