



MAKE THE PLEDGE TO BE

.....
DRUG FREE
.....

WEAR YOUR RED RIBBON

RED RIBBON WEEK

— MONDAY, OCTOBER 21 - FRIDAY, OCTOBER 25, 2024 —

Special Publication by:
THE PAMPA NEWS

OCTOBER
21-25

RED RIBBON WEEK

MONDAY

NO SCHOOL
STAFF WEAR RED TO
KICK OFF THE WEEK

TUESDAY

DRESS LIKE AN ELDER
LIVE LONG, DON'T DO DRUGS

WEDNESDAY

PAJAMA DAY
DON'T MAKE LAZY DECISIONS!

THURSDAY

CRAZY HAIR/SOCKS
YOU'D BE CRAZY TO TRY DRUGS

FRIDAY

**ANYTHING BUT A BACKPACK
HARVESTER EDITION***



ANYTHING BUT DRUGS

***RULES: USE SOMETHING OTHER THAN A BACKPACK
TO CARRY YOUR THINGS. NOTHING LIVING AND
NOTHING LARGE ENOUGH TO BLOCK A DOORWAY
WHILE WEARING YOUR BEST GREEN AND GOLD!!**

A Word from SADD President, Jennah McDonough

The use of drugs and alcohol is a subject that should not be taken lightly. Over the past few years our town has been hit hard by the tragedies of drug and alcohol abuse. It is important that we are educated on the impacts our decisions have, and as an organization SADD is committed to doing just that.

I have been a member of SADD for the last four years, and I am grateful for the opportunity to get to lead this year as President. Our group has grown to over 60 members, and is continuing to grow each month. We are looking forward to a great year! We hope to be able to make an impact on Pampa through our involvement.

Throughout the year we will continue to educate our members and the community on the dangers of substance abuse, and Red Ribbon Week is the perfect opportunity for us to do that.

Red Ribbon Week has a long and rich history. Red Ribbon Week is the largest drug campaign in the United States, and we are proud to be a part of that campaign. Red Ribbon Week gives us the opportunity to share our message through themed dress up days.

These dress up days are a fun, creative way to share our message throughout Pampa schools. We have been given



the opportunity to speak to each of the elementary schools throughout Red Ribbon Week; this is the perfect opportunity to begin promoting healthy habits within our schools.

I have personally witnessed the destructive behavior of drugs and alcohol. It often becomes a habit that will leave you feeling hopeless. It will convince you that you are unworthy of opportunity and that where you are is the furthest you can go.

Our mission is not only to educate, but to share a message of hope. We want everyone to know what is possible when you choose to live a life drug and alcohol free.

Jennah McDonough, SADD President 2024-25

SEMANA DEL LAZO ROJO
OCTUBRE 21-25



LUNES

NO HAY ESCUELA
EL PERSONAL SE VISTE DE ROJO PARA
COMENZAR LA SEMANA

MARTES

VÍSTETE COMO UN
ANGIANO
VIVA MUCHO, NO SE DROGUE

MÉRCOLES

DÍA DE PIJAMA
¡NO TOMES DECISIONES PEREZOSAS!

JUEVES

CABELLO LOCO/CALCETINES
SERÍA UNA LOCURA PROBAR DROGAS

VIERNES

CUALQUIER COSA MENOS UNA
MOCHILA EDICIÓN HARVESTER*
CUALQUIER COSA MENOS DROGAS



***REGLAS: USA ALGO QUE NO SEA UNA MOCHILA PARA**
LLEVAR TUS COSAS. ¡NADA VIVO NI NADA LO
SUFICIENTEMENTE GRANDE COMO PARA BLOQUEAR UNA
PUERTA MIENTRAS VISTES TU MEJOR ROPA VERDE Y DORADA!

A Letter from SADD Sponsor, Suzanne Pingel

By **SUZANNE PINGEL, PAMPA ISD SOCIAL WORKER**

Students Against Destructive Decisions is an organization at Pampa High School that works hard to provide education, information, and support to students and the community.

SADD focuses their efforts in October to provide drug/alcohol abuse support by creating educational posters, sharing drug/alcohol facts, visiting elementary schools to talk to the students during RRW about the dangers of drugs and alcohol, and by providing resources to those who need assistance.

Through the information given in this Red Ribbon Week insert we hope that we encourage the community to make positive decisions and support one another.

The state of Texas has designated October as Fentanyl Poisoning Awareness Month. Fentanyl poisoning has become an epidemic not

only in our country, but also in our state.

Unfortunately, our small towns and rural communities are not immune. According to our local DEA agent, fentanyl touches every county in the Texas Panhandle.

Important facts to consider:

- Fentanyl is a synthetic opioid that is 50-100 times more potent than morphine, often lethal with as little as 2 milligrams.
- Drug traffickers disguise pills that include dangerous fentanyl to look like legitimate prescription drugs and even candy to target children.
- Fentanyl is impacting individuals with and without substance use disorders.
- From 2020 to 2021, Texas saw an 89% increase in fentanyl-related fatalities.

Suzanne Pingel, Safe and Drug Free Schools Coordinator, SADD Sponsor, Suzanne.pingel@pampaisd.net

BE
WISE
AND
THINK
TWICE

Keyes
Pharmacy



928 N Hobart
669-1202
 M-F 8:30 - 6:00
 Sat 8:30 - Noon

Why a Life Without Drugs is the Best Option for Me

By CHRIS PEREZ

Living a life without drugs is the best option for me because it ensures that I am in control of my choices, my health, and my future. Avoiding drugs allows me to stay focused on my goals and maintain a clear mind, which is essential for making the right decisions in life.

One of the main reasons I choose a drug-free lifestyle is that it protects my physical and mental well-being. Drugs can have devastating effects on both, leading to health problems like addiction, brain damage, and even long-term illnesses. By avoiding drugs, I safeguard my body and mind, allowing me to live a healthier, more productive life. It also helps me stay active and engaged in the activities I enjoy, like sports, school, and spending time with friends and family.

Staying drug-free also means that I am better able to handle the challenges that life throws at me. Drugs are often seen as an escape from problems, but in reality, they only create more. They can cloud judgment and make it difficult to think

clearly, leading to poor decisions and consequences that could impact my future opportunities. By staying away from drugs, I can face my challenges head-on, with confidence and resilience, knowing that I am in full control of my actions.

Another reason a drug-free life is the best option for me is that it keeps me on the right track academically and professionally. Many people who use drugs find it hard to stay motivated and focused on their studies or work. I want to achieve success in school and in my career, and staying away from drugs ensures that I can concentrate on what really matters. It helps me maintain a positive reputation and build relationships with people who share similar values and goals.

Ultimately, choosing a life without drugs is a choice that reflects my commitment to myself and the people I care about. It's a decision that allows me to be the best version of myself, free from the negative influence of substances. By making this choice, I am setting a foundation for a brighter, healthier, and more successful future.



SADD students Justin Chavez and Aaron Diaz prepare posters for Red Ribbon Week



Stay Drug Free



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Why a Life Without Drugs is the Best Option for Me

By OSVALDO VARGAS SALGADO

Drugs are something people should not start a habit of. Drugs in general have impacted all families in a negative way. Most individuals usually pick up substances out of curiosity and try for fun, but most go to an extent and try to use them as a coping mechanism to deal with an individual's trauma. Most people don't understand why most individuals become addicted to drugs. They mistakenly think that those who use drugs lack moral principles or willpower for goals and situations and that they could stop their drug use simply by choosing to. In reality, drug addiction is a disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to.

Once a person starts the habit of a drug, they are most likely not going back to being sober. Most people take the substances to a stretch and start to Depend on it on a regular basis. As an individual repeats to

use drugs, the brain adapts to the reduction of cells used in the frontal lobe by relaxing the nervous system. This reason is why most people chase a high they had when they first experienced the euphoric feeling drugs give. Drugs are considered as hallucinogens, dissociative anesthetics, and central nervous system depressants.

The way drugs work, once you take them, you start to feel different, think different, and while you are in your hallucination you start to get to thinking and slowly start changing yourself. Once you start to use drugs on a regular basis you start to forget things, the brain fogs up, you start to feel more tired and more dependent on the substance.

Functions in the brain that drugs can affect are Learning, judgment, decision-making, stress memory and behavior. Drug Use is reversible and able to be overcome, it just depends on the willingness and how dedicated the user is to stop relapsing.



SADD students Jennah McDonough and Emmah McDonough prepare posters for Red Ribbon Week

100%
DRUG
FREE

BE A STAR!
SAY NO
TO DRUGS!



PAMPA
Independent School District

PROUD
TO BE
DRUG FREE

PROUD
to be drug free



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A Word from Pampa ISD Superindendent, Hugh Piatt II

Dear Parents/Guardians/Caregivers,
 There is a growing threat to the health and safety of our youth that we want to bring to your attention. Fentanyl is a man-made, Schedule II narcotic that has reached a growing number of communities of all sizes across Texas and has impacted so many lives. According to the Centers for Disease Control (CDC), within the last two years, teen overdose deaths related to Fentanyl have tripled. Over half of all overdose deaths are related to Fentanyl use. Death from Fentanyl overdose happens when the respiratory system slows, or not enough oxygen gets to the brain.

Fentanyl is a manufactured opiate drug that is generally used in the medical field to treat severe pain. It is often used in emergency situations and given by paramedics and in emergency rooms. Sadly, an underground market has developed for this drug, and it is often marketed to youth. Fentanyl can come in many forms and even the smallest amount can be lethal. It is often mixed with other drugs such as cocaine and heroin. Prescription medications can also be laced with it. There have been some cases where the Fentanyl pills were made to look like candy. Oftentimes, the teen has no idea that what they are taking has Fentanyl in it.

What can you do as a parent to prevent your teen

from falling prey to this deadly trend?

1) Talk to your teen. Talk about the dangers that they may face at parties and social events. Let them know that they can talk to you about things that are concerning them.

2) Monitor their social media and app usage. This is a common way that teens get access to this drug.

3) Encourage your teen to get involved with extra-curricular activities, church, service projects, community, and school organizations. Keeping your teen involved can help battle loneliness, isolation, and hopelessness.

4) Know how to access the district's anonymous reporting tool. It can be found on the district's website at the link / OR Code listed below. Report any suspicion that Fentanyl use may be occurring in the schools or that someone may be abusing it. Encourage your child to do the same. You could save a life.
<https://www.pampaisd.net/o/pisd/page/stopit>

5) Monitor your child's behavior. Has their behavior changed lately? Do they have a new set of "friends"? Are they keeping to themselves more often than usual?

6) Seek help if your child is facing a mental health challenge or if you suspect they are using any substance.



Together, we can help our youth make better choices to avoid this dangerous drug and to keep it out of our schools and communities.

Sincerely, Hugh Piatt II, Superintendent, Pampa ISD

PROUD TO BE

DRUG

FREE

PANHANDLE
PLAINS
REALTY

(806)662-1312
 420 W. Florida St.
 Pampa, TX

 Linda Laycock <small>BROKER®, GRI</small>	 Taylor Aderholt <small>REALTOR®</small> <small>(806)662-1312</small>	 Cassie Cambern <small>REALTOR®</small> <small>(806)204-0935</small>	 Heidi Chronister <small>REALTOR®</small> <small>(806)663-3034</small>	 Gay-Lynn Coutts <small>REALTOR®</small> <small>(806)662-1474</small>
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Proclamation from Mayor Lance DeFever

WHEREAS, cities across America have been plagued by the numerous problems associated with alcohol, tobacco, and other drug use; and

WHEREAS, there is hope in winning the War on Drugs, and the hope that lies in the hard work and determination of our communities to create a drug free environment; and

WHEREAS, local leaders, in government and in the community, know that the support of the people in the neighborhoods is the most effective tool they can have in their efforts to reduce use of alcohol, tobacco, and other drugs by Texans; and

WHEREAS, success will not occur overnight, our patience and continued commitment to drug education and prevention are imperative; and

WHEREAS, the red ribbon was chosen as a symbol commemorating the work of Enrique “Kiki Camarena, a Drug Enforcement Administration agent, who was murdered in the line of duty and has come to represent the belief that one person CAN make a difference; and

WHEREAS, the Red Ribbon Campaign was established by Congress in 1988 to promote this belief and encourage a drug-free lifestyle and involvement in drug prevention efforts; and

WHEREAS, October 21st-25th, 2024, has been designated National Red Ribbon Week calling on all Americans to show their support for a drug-free state by wearing a red ribbon and participating in drug-free activities during that week:

NOW THEREFORE, Be It Resolved that I, Lance DeFever, Mayor of the City of Pampa, Texas, in support of local merchants and the Retail Trade Committee, do hereby proclaim October 21st-25 2024 as:

“RED RIBBON WEEK”

Be Happy. Be Brave. Be Drug Free.

in the City of Pampa, State of Texas and encourage all citizens, businesses, public and private agencies, media, religious and educational institutions to wear and display red ribbons and participate in drug-free activities throughout that week joining the rest of the state in promoting the Red Ribbon Celebration and a drug-free America.

IN WITNESS HEREOF, I have hereunto set my hand and caused the Seal of the City of Pampa to be affixed this 9th day of October 2024.

Lance DeFever

Lance DeFever, Mayor



SIP! SIP!
Hooray

IT'S ALWAYS FUN WITH
Red Ribbon
Days

EST. 1998

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