

# The DAILY BULLETIN

TUESDAY · SEPTEMBER 17, 2013

## Today in History



Harriet Tubman escapes from slavery in 1849. Harriet Tubman was an African-American abolitionist, humanitarian, and Union spy during the American Civil War. Born into slavery, Tubman escaped and subsequently made more than nineteen missions to rescue more than 300 slaves using the network of antislavery activists and safe houses known as the Underground Railroad. She later helped John Brown recruit men for his raid on Harpers Ferry, and in the post-war era struggled for women's suffrage.

### ANT-BULLYING MEETINGS TODAY

Today we will be beginning our Anti Bullying Meetings during Period 5. Students, please check the postings both on the High School Bulletin Board and in the Veditz building to know your room location.

The focus of today's meeting is to re-establish the purpose of these meetings, review the group discussion rules, and begin to foster trust and dialogue as we confront many issues related to truly accepting diversity at MSD, and how to prevent and respond to bullying.

I ask that all be sincere and open and at all times receptive to multiple points of view.

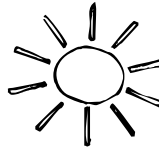
### A Word About Freedom

Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent.  
- Martin Luther King Jr

### Let My People Go

#### Today's Forecast

HIGH—75°  
LOW—43°



### A Word from Gandhi

A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.  
- Mahatma Gandhi



### Academic Bowl Trivia

Which woman, leader of the Phillipines, was called Time Magazine's Woman of the Year in 1986?

### THE MENU

#### Lunch

CHICKEN NOODLE SOUP  
BEEF TERRIYAKI  
BAKED CHICKEN  
BROWN RICE WITH PEAS & CARROTS  
BROCCOLI FLORETS  
APPLE SLICES & CAMEL TOPPING



#### Dinner

SOUP OF THE DAY  
GRILLED HAM STEAK / WHEAT ROLL  
SWEET POTATOES & SQUASH  
PB & J SANDWICH  
STEAMED RICE  
VANILLA / CHERRY TART

### Germany - 2014

Are you interested in joining International Orioles for a Spring Break trip to Germany?!

If so, please be in touch with Stacey Farone and Martin O'Brien who are sponsoring this trip.

If you have traveled with International Orioles before, please go ahead a register at [www.eftours.com](http://www.eftours.com). The name of the tour is Germany and the Alps. The tour number is #1359611VW

The deadline for registration is November 30, 2013.