



HAPPY HALLOWEEN

If your teen is heading out to a Halloween party, don't forget to check the Safe Homes Network online directory [HERE](#) or on your mobile app. We encourage communication among parents, so be sure to Call & Confirm. Enjoy a happy and safe Halloween!

The Beginning of the ENDS-Electronic Nicotine Delivery Systems or E-Cigs

Electronic cigarettes or e-cigarettes, which include e-pens, e-pipes, e-hookah and e-cigars are known collectively as ENDS- Electronic Nicotine Delivery Systems. According to the FDA, e-cigarettes are devices that allow users to inhale an aerosol (vapor) containing nicotine or other substances.

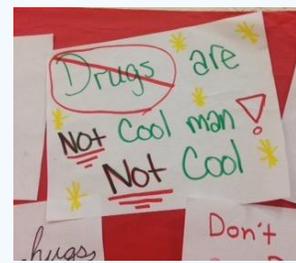
Unlike traditional cigarettes, e-cigarettes are generally battery operated and use a heating element to heat e-liquid from a refillable cartridge, releasing a chemical-filled aerosol.

The main component of e-cigarettes is the e-liquid contained in cartridges. To create an e-liquid, nicotine is extracted from tobacco, mixed with a base and may include flavorings, colorings and other chemicals. Nicotine is an addictive substance and almost all e-cigarettes contain nicotine. Even some products that claim not to have any nicotine in them may still contain it. Flavors in e-cigarettes are also cause for concern. Not only are flavors used to target kids, but may be harmful on their own.

Dactyl, a buttery flavored chemical often added to food products such as popcorn, caramel and dairy products, has been found in some e-cigarettes with flavors. Dactyl can cause a serious and irreversible lung disease commonly known as "popcorn lung".

The bottom line - kids may think that an electronic cigarette is safer than a traditional cigarette. Studies show that kids who smoke e-cigarettes are much more likely to switch to traditional cigarettes in just six months. Please take the time to discuss with your kids the health risks and dangers of e-cigarettes just as you do traditional cigarettes.

RED RIBBON FESTIVITIES!



THANK YOU! to Four Peaks Elementary and Fountain Hills Middle School for taking part in celebrating **Red Ribbon Day** October 6th! This year's theme was YOLO- You Only Live Once. Students in 4th through 8th grades spent the morning learning about the health risks and dangers of substance abuse. Mayor Linda Kavanagh also proclaimed October 23rd-31st **Red Ribbon Week**. Mayor Kavanagh encourages local government, law enforcement, businesses, parents, teachers and community members to demonstrate their commitment to healthy, drug-free lifestyles by wearing or displaying red ribbons.

Congratulations to our recent \$500 Safe Homes Network winner!



Marine Staff Sargent Espinosa and Coalition Exec. Director, Shelly Mowrey, congratulate Dillard Smith.

Watch for our drawings at upcoming Falcon volleyball, soccer and basketball games! It's free and Safe Homes Network members receive an additional ticket to each drawing!

Funds generously donated by the Verne C. Johnson Family Foundation



National **Rx Take Back Day** - Fountain Hills Town Hall
Saturday, October 22nd - 10AM-2PM

For a list of accepted items, please click [HERE](#)

