Teenage Vapeland - *What parents need to know about E-Cigarettes.*

Please take the time to read the attached article from the Sansum Clinic and local Pediatrician, Dr. Dan Brennan.

**Community Service Opportunity:**

In every community there are individuals who are home bound and suffering from illness or injury that have no support network. Part of the healing process is being cared for nutritionally. **Food From the Heart** recognizes that need by preparing nutritious, healing meals, delivered by caring volunteers to those in crisis due to illness, injury or under the care of hospice, visiting nurses or other medical professionals. Food From The Heart does not charge for this service.  [http://sbfoodfromtheheart.com/](http://sbfoodfromtheheart.com/)

"**Looking Good Santa Barbara**" will host a Community Clean Up Day Saturday, October 19th from 9am-NOON. For more information visit [www.LookingGoodSB.com](http://www.LookingGoodSB.com) or call 805-564-5669. Be sure to mention you are a BD Cardinal!

**Kids Helping Kids** invests in the lives of kids needing socio-economic and physical support, both locally and globally. **Kids Helping Kids** does this in a variety of ways, but are known for their annual benefit gala concert. The concerts are entirely student produced, and have featured artists such as Grammy nominee Sara Bareilles, Grammy winning Switchfoot, and nationally acclaimed Andy Grammer.  Kids Helping Kids is involved in events in the community and produces a series of smaller events such as school dances, festivals, and restaurant nights. We also put on a school talent show - the winner of which gets to perform as an opener at the benefit concert.  Kids Helping Kids also raise funds through sponsorships, visiting and speaking to both local and national businesses, in order to form
partnerships and spread the mission of Kids Helping Kids. Visit the website for more details
http://www.kidshelpingkidssb.org/about

BDHS Cardinal Reminders…….

Parking Permits:
All students driving themselves to school will need a parking permit from Mrs. Callow. There is no charge for the parking permit. If a student already has a parking permit from last year, the student must show Mrs. Callow to record the permit # along with vehicle make, model and license plate. The parking permit must be displayed at all times; cars may be towed if there is no permit. In addition students are not allowed to park in the back parking lot, this is reserved for faculty and staff.

Chose What Is Right, Not What is Easy

Best

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Dean of Students
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