

KIDZ ONLY COAST

The Emerald Coast's Family Magazine

SEPT/OCT/NOV
FREE

Early Pearlies
The Power of a Smile

When Duty Calls

**Florida's Free Ride
to College**

our family caring for yours for over 50 years

James L. Connolly, M.D.

Otolaryngology/Head & Neck Surgery



Dr. Connolly earned his medical degree from the Louisiana State University Medical School in New Orleans. His postgraduate training included a General Surgery internship and an Otolaryngology residency at the University of Mississippi Medical Center in Jackson.

Dr. Connolly is a member of the American Medical Association, American Academy of Otolaryngology Head & Neck Surgery, The Triological Society, and the American Rhinologic Society.

Now Accepting New Patients

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- *Hearing Evaluations*
- *Hearing Aids*
- *Tinnitus (Ringing of the Ears)*
- *Vertigo*
- *Allergies*

C. Gray Dethloff, Au.D., CCC-A



Audiologist

Gray earned his Doctorate of Audiology degree from the University of Florida in Gainesville. He is a fellow of the American Academy of Audiology and holds a Certificate of Clinical Competency in Audiology.



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KIDZ ON THE COAST

September/October/November 2005 Volume 2 Number 4

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Capt. John Buchanan,
wife Aimee & Daughters
Kayla & Hannah



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Bright Future?

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Tell Them You Saw It In KIDZ ON THE COAST • 3

Visitor Information

Hospitals

Ft. Walton Beach Medical Center	862-1111
Destin Emergency Care	837-9194
Niceville Twin Cities Hospital	678-4131
SRB Sacred Heart Hospital	278-3600
Panama City Bay Medical Center	769-1511
Panama City Gulf Coast Medical	769-8341

Fire (Non-Emergency)

Navarre	939-2448
Ft. Walton	833-9565
Destin	837-8413
South Walton County	267-1298
Panama City Beach	233-5120

Sheriff's (Non-Emergency)

Navarre	936-6016
Ft. Walton	651-7400
Destin	609-2093
South Walton County	267-2000
Panama City Beach	233-5000






Visitor Information Center

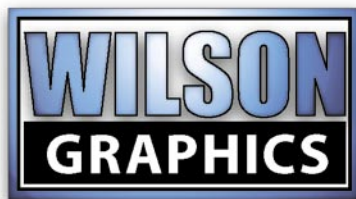
Navarre	939-2691
Destin/Ft. Walton	651-7122
South Walton County	267-1216
Panama City Beach	233-5070

Chambers of Commerce

Navarre	939-3267
Ft. Walton	244-8191
Destin	837-6241
South Walton County	267-0683
Panama City Beach	235-1159

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PUBLISHER / EDITOR NANCY BABIN
PHOTO EDITOR / CREATIVE DIRECTOR
SHANE BABIN

CONTRIBUTING EDITORS
RAY SANSOM, JOY DAMEN MAKELA, ELIZABETH HALLGREN,
SHEILA DIAZ, GEOFF KALMBACH, SHANNON PAYETTE SEIP, KELLY PARTHEN

PHOTOGRAPHY STYLEPIX.COM

CONTRIBUTING PHOTOGRAPHERS

MIO STUDIO & DESIGN

ART DIRECTOR NANCY BABIN

SENIOR GRAPHIC DESIGNER MARIA STUART

GRAPHIC DESIGNERS AMY LONGHENRY, PAUL WILSON

RESEARCH NANCY BABIN, NICOLE KIRBY,
KATINA OLIVER

SALES
(850) 642- KIDZ (5439)



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Please write us at:

4421 Commons Drive East #110

Destin, FL 32541-3847

(850) 642-KIDZ (5439)

E-mail KIDZONTHECOAST@AOL.COM

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Looking for an interesting permanent, part-time job with Flexibility?

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OR

Fax (850) 269-7767

publishers page



Kidz on the Coast's event coordinator Nicole Kirby enjoying sunny summer days at the Panama City Downtown Friday Fest and at Ft. Walton Beach Landing Kids Day on the Bay.



Our cover this issue is a tribute to the thousands of families that give of themselves on a daily basis for our country, its values and our freedoms. The sacrifices these military families make for both our country and us are tremendous. Elizabeth Hallgren graces us with a story on page 12, giving up a peek into their lives and how many military families cope while their spouses are called away on duty.

As the sun sets on summer, we say a good-bye to Elizabeth as our Mommy Management editor. She is pursuing further dreams and more time with her family. We will truly miss her and her fantastic tips and advise on how to run a home more efficiently. Elizabeth, we wish you the very best.

On that note, we have decided to incorporate a new column called "Time Out for Me!" Local professionals will lend their expertise to us parents on how important it is to take the time to rejuvenate so that we can be happier, healthier parents. We want to hear from you, our readers, in response to this column!

As we head into fall, we are busy planning events to support our local communities. The upcoming three months are going to keep us very busy with festivals, fairs and sponsorships. November 3 and 4 marks our first scheduled parenting seminar, Smart Discipline, featuring world renowned author/psychologist Larry Koenig. We are excited to hear his insightful answers on parenting issues. I know he will keep you riveted and laughing as he walks us through scenarios so familiar us all. To register, turn to page 11.

Please check out our calendar of events. Look for our signature crown craft symbol next to the events we are sponsoring. As you attend these events, please feel free to come up and say "hi". We look forward to seeing familiar faces and meeting new ones.

Our December issue will be packed with exciting news you won't want to miss. In the meantime, enjoy this informative, fun-filled issue of Kidz on The Coast.

Nancy
Nancy Babin
 Publisher

FAIRS, FESTIVALS AND FUN!

SEPTEMBER

September 1
Pensacola Museum of
Commerce "Radio Live!"
6-8pm Free
474-2787

September 1- 25
FWB Arts & Design Society
Photography Exhibition
Tues-Fri 12-4pm
Sat & Sun 1-4pm Free
244-1271

September 2
Destin Commons Concert
6-10pm
337-8700

Panama City McKenzie
Park Concert
11am-1pm Free
785-2554

Panama City Downtown
"Friday Fest"
6-10pm Free
785-2554



Sandestin Market Shops
Friday Nite Flicks-Rudy
8pm Free
267-8092

Seaside Amphitheater
Superman Movie
8pm Free
231-5424

September 2-4
Sandestin Resort Baytowne
Wharf Art Expo
10am-10pm Free
267-8117

September 3
FWB Cinco Baptist Church
Common Garments Show
7-9pm Free
862-6211

September 3-4
Sandestin Market Shops
Seafood & Mini Wine Fest
5:30-8:30pm
267-8092

Emerald Coast Conference
Center Greek Festival
609-3800

SALTY DOG
IN CONCERT
ONE NIGHT ONLY
TO RAISE MONEY FOR



KIDNEY TRANSPLANT OPERATION
FOR LOCAL GREAT KID
FLETCHER SILK
Bring the family and be a part
of this life-saving event!
Saturday, September 3rd 6-8 p.m.
GULF PLACE AMPHITHEATER
850.622.1657

September 3, 10, 17, 24
Seaside Amphitheater
Concert Series 7-9pm
231-5424

September 4
Destin Commons
Art on the Lawn
11am-6pm
337-8700

Seaside Amphitheater
Labor Day Concert
7:30-9:30pm
231-5424

September 7, 14, 21, & 28
Sandestin Baytowne Wharf
Wednesday Night Concerts
7-9 pm Free
267-8117

September 8
FWB Gulf Place Auction
& Art of Dining 2005
5:30-8pm
267-0683

September 9
OWC Niceville Arts Center
Galleries Artists reception
5-7pm Free
729-6044

Seaside Amphitheater
Viva Las Vegas Movie
8pm Free
231-5424

September 9-11, & 16-18
Pensacola Little Theatre
Hello, Dolly!
Tickets \$22, \$18, \$15
Fri & Sat 8pm/ Sun 2:30pm
432-2042

September 10
FWB Santa Rosa Mall
Emerald Coast
Health Fair
10am-4pm Free
244-8191



FWB Boys & Girls Clubs
Silver Sands Road Cleanup
8am-Noon
862-1616

Milton Bull Bash for Big
Brothers Big Sisters of NWFL
\$10 - \$2 discount under 10
& under free
7:30 pm
433-KIDS (5437)

Panama City Civic Center
Fl Sheriff's Gospel Sing
6-9pm
763-4696

PCB EC Triathlon
Adults \$65, Juniors \$35
7am
784-9542

Sandestin Market Shops
Canines on the Cat Walk
Dog Fashion Show
2-5pm \$8
267-8092

September 11
FWB Sunday in the Park
2-5pm
833-9576

Gulf Breeze Zoo
Grandparents weekend
Free w/pd admission
932-2229

September 11- October 13
OWC Niceville Arts Center
Galleries Show
729-6044

September 15-18
Pensacola Sanger Theatre
"Hurricane Monologues"
\$20 adults/ \$15 students
Th-Sat 8pm/ Sun 2:30pm
432-2042

September 16
Seaside Amphitheater
Footloose Movie
8pm Free
231-5424

September 16-17
Pensacola Spring Street
Christian Music Festival
\$5, \$28
866-84-GRACE

September 22-24
Pensacola Little Theatre
"An Evening of One-Acts"
Tickets \$10, \$7
8pm
432-2042

September 23
Seaside Amphitheater
Buddy Holly Story Movie
8pm Free
231-5424

September 23-24
FWB Landing Dog Daze
Sat All day, Sun 2-5pm
833-9576

September 23-25
Sandestin Baytowne
Wharf 4th Annual Film Fest
267-8118

Pensacola Downtown
Seafood Festival
Fri Noon-10pm, Sat 10am-
10pm Sun 11am-5pm
433-6512

PCB St. Andrews Fall
Seafood & Pirate Fest
Ages 6 & under free
10am-10pm \$3
784-9542

September 24
Pensacola Seville Quarter
Seafood Festival
5K Walk/ Run
8am fees \$20-\$12
484-5230

Crystal Beach Palazzo
del Mar Symphony by
the Sea
314-1704

PC Marina Civic Center
"The Dallas Cowboys
Cheerleaders" Fund-
raiser for the Kevin Knight
Family
7pm \$20
763-4696

continued on page 8

Bring attention to your event! highlight it for only \$29 850-642-KIDZ (5439)

**Emerald Coast
HealthFair**
Greater Fort Walton Beach Chamber of Commerce

Presented by the Health Care Committee
Of the Greater Fort Walton Beach Chamber of Commerce

Santa Rosa Mall
Saturday, September 10, 2005

Thank you to the volunteers, participants, and Sponsors



Sponsored
By



Professional Health Examiners

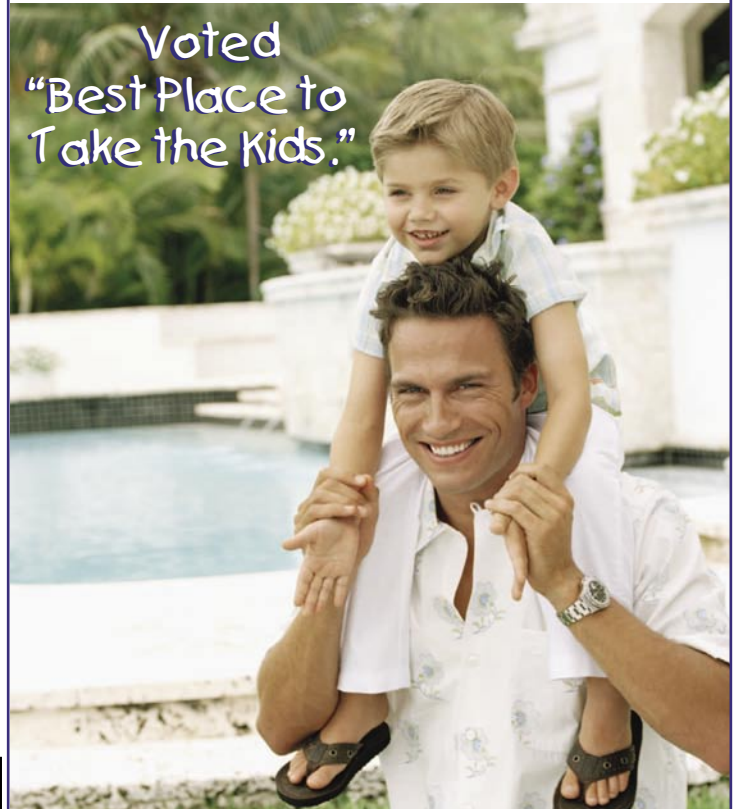


Gulf Coast Immediate Care

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Ocean City *Open MRI of Fort Walton * Emerald Coast Health
Alliance *Sacred Heart Health System * First Command *
Interim Health Care * Lifeforce International * Vital Care
*Families Count * Kidz on the Coast Magazine

Destin Commons

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**Fifth Annual
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Serving the
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of the World



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Children's Advocacy Center
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Sheriff's Office

Date: September 19, 2005

Time: Shotgun Start at 9:00 am

Location: Kelly Plantation
Golf Club

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Candy • Hard Rock Café • Hats in the Belfry
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Express • Limited Too • Maui Nix Surf Shop
Metropolitan Deluxe • Oscar Thompson Shoes
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Sharper Image • Sigrid Olsen • Silver Shop
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Secret • Wet Seal • White House/Black Market
Yankee Candle Company • The Zoo Gallery
zBuz • Zoe's Kitchen & many more.



ravemotionpictures **Belk**

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www.DestinCommons.com

FAIRS, FESTIVALS AND FUN!

continued from page 6

September 24-25
Panama City Zoo World
Zoobilee \$1 weekend
230-1243

September 28-October 30
FWB Arts & Design Society
Masks of the World
Tues-Fri 12-4pm
Sat & Sun 1-4pm Free
244-1271

September 30
NWF Celebrity Golf
Tournament
259-2860

September 30-October 2
PC Marina Civic Center
SESAME STREET LIVE!
"OUT OF THIS WORLD"
763-4696

Pensacola Little Theatre
"Zombie Prom" Musical
Kidz 16 & under, 1/2 price
Tickets \$18, \$16, \$14,
Fri-Sat 7pm/ Sun 2:30pm
432-2042

October 1

OCTOBER

Destin Commons Concert
6-10pm
337-8700

FWB Cinco Baptist Church
Sons of the Father Concert
7-9pm Free
862-6211

Niceville OWC Arts
Center Redneck Tenors
7:30 pm \$25
729-6000

Navarre Beach Surf Clinic
and Competition
7:30am
936-SAND (7263)

October 1-31st
Destin Fishing Rodeo
837-6734

October 2
Seaside Via Colori
10am-4pm Free
231-5424

October 5, 12, 19, & 26
Sandestin Baytowne Wharf
Wednesday Night Concerts

6-8 pm Free
267-8117

October 6
Pensacola Museum of
Commerce "Radio Live!"
6-8 pm Free
474-2787

October 7
PC Downtown "Friday Fest"
6-9pm Free
785-2554



October 7-9
Destin Morgan
Sports Center
"Seafood
Festival"
Fri 4-10pm, Sat
10am-10pm, Sun 10am-6
pm \$5 (for all 3 days)
837-6241



Pensacola Little Theatre
"Zombie Prom" Musical
Kidz 16 & under, 1/2 price
Tickets \$18, \$16, \$14
Fri-Sat 7pm/ Sun 2:30pm
432-2042

October 8
Gulf Breeze ZOO Kids Fest
\$5 admission
932-2229

FWB Arts & Design Society
Kitchen Sink Workshop
9am-12pm \$40
244-1271

Seaside Yard Sale
8am-2pm
231-5424

October 8-9
Sandestin Market Shops
Harvest Fest Sale-a-bration
Sat 12-4 pm Sun 10am-6pm
267-8092

October 13, 20, 27
FWB Boys & Girls Clubs
Love and Logic Class
862-1616

October 14 FWB Jaycee's
Haunted House Old
Goodies next to Santa
Rosa Mall
314-3961

October 15
Destin Commons/KIDZ ON
THE COAST 2nd Annual
Family Fall
Festival
10am-4pm
337-8700



Sandestin Baytowne Wharf
Best of the Emerald Coast
March of Dimes benefit
267-8117

PCB EC Triathlon
Adults \$65, Juniors \$35
7am
784-9542

FWB Arts & Design Society
Mask Making for Children
Ages 7-13 9:30-11:30am \$10
244-1271

Niceville OWC Arts Center
NWFL Symphony Orchestra
Bohemia: Czech it Out!
7:30 p.m
729-6000

October 15-16
Gulf Place Flutterby Festival
231-0885

Holley- Navarre Elk's
Children's OKTOBERFEST
723-2131

October 16
Seaside Amphitheater
Classic Car Show 10am-
4pm Free
231-5424

October 17
Niceville OWC Arts Center
LUMA - Theater of Light by
Mattie Kelly Arts Foundation
7pm \$22.50/Adults \$10/K-12
650-2226 or 729-6000

October 20-30
Pensacola Interstate Fair
Ages 12 & up \$8, 4-11 \$2,
Under 4 Free Mon-Fri 4pm,
Sat & Sun 10am
944-4500

October 21-22
PC Junior Museu Haunted
Trail & Pumpkin Patch
4-9pm \$5/Child
769-6128

Pensacola Historical
Haunted House Walking
& Trolley Tours 6-9pm \$6
- \$12
433-1559

October 21-23
Niceville Annual Boggy
Bayou Mullet Festival
10am-12am Fri & Sat 12
to 8pm Sun
729-4008

October 22
Sandestin Baytowne
Wharf Rummage for a
Cure Yard Sale
267-7570

October 22-23
PC Downtown "Festival
Nations" Sat 10-8pm, Sun
10-5pm Free
785-2554

PCB "Nature's Gallery"
10am-4pm
233-5117

October 26-31
Pensacola Little Theatre
"STAGE FRIGHT" Haunted
Theatre Tour
Tickets \$25, \$15, \$7
7pm
432-2042

October 28
PC Boys and Girls Club
12 & under Halloween Party
5-7:30pm
763-3546

PC - FSU Nole Fest
Homecoming Celebration
5-8pm
872-4750

October 28-29
Pensacola Historical
Haunted House Walking
& Trolley Tours
\$6-\$12 6-9pm
433-1559

October 29
Gulf Breeze ZOO BOO
932-2229

FWB Craft & Collectible
Show
9am-3pm Free
833-9586

continued on page 10

Bring attention to your event! highlight it for only \$29 850-642-KIDZ (5439)

27th Annual

D E S T I N



S E A F O O D
F E S T I V A L
f l o r i d a







October 7 - 9, 2005

Morgan Sports Center
Destin, FL



Kids will discover a *sea of adventure* in Tadpole Town

-  Fly away with kite-making and demonstrations
-  Fish the warm waters with fly-casting lessons
-  Scale to new heights with the rock wall
-  Learn and play with hands-on activities

Tadpole Town Sponsor:



The Festival boasts live entertainment featuring the following headliners: The Grass Roots; Lou Gramm, lead singer of Foreigner; and The Catalinas. Also enjoy delicious treats in the Festival's Food Court and shop with more than 100 of the region's finest arts & crafts vendors.

Catch the Fun!

To order your Admission Button, call the Destin Area Chamber of Commerce at (850) 837-6241 or visit the Festival's website at www.DestinSeafoodFestival.org. Each button is \$5 and admits one person to the Festival for the entire weekend. Children under 12 are admitted free.



FAIRS, FESTIVALS AND FUN!

continued from page 8

October 29-30
Destin Henderson Beach State Park Festival of the Arts By the Mattie Kelly Arts Foundation
\$3/Adults, Free/Under 12
Sat 9am-5pm, Sun 9-4pm
650-2226

October 30
Destin Commons
Pumpkin Carving & Kids Halloween Costume Contest
337-8700

October 30-31
Panama City Downtown "October Fest" Sun 4-8pm, Mon 11-11pm
Free
785-2554

October 31
Sandestin Baytowne Wharf Trick or Treat Street & Spooky Fireworks
6-8pm Free
267-8117

FWB Jaycee's Haunted House Old Goodies next to Santa Rosa Mall

Destin Community Center Fall Festival
5-8pm
654-5184

PC Zoo World
ZooBoo Free
230-1243

Pensacola Museum of Commerce Radio Dead! WUWF's Halloween Concert 6-8pm
474-2787

November

November 2
FWB Trinity Methodist Church Smart Discipline Program \$10/person \$18/couple
7-9pm
642-5439

November 2-13
FWB Arts & Design Society OWC Art Students Gallery Art Show
Tues-Fri 12-4pm

Sat & Sun 1-4pm Free
244-1271

November 2, 9, 16, 23, 30
Sandestin Resort Baytowne Wharf Wednesday Night Concerts
6-8pm Free
267-8117

November 3
Destin Village Baptist Church Smart Discipline Program \$10/person \$18/couple
7-9pm
642-5439



November 3, 10 & 17
FWB Boys & Girls Clubs Love and Logic Class
862-1616

November 3-13
Pensacola "Frank Brown Songwriters Festival"
492-7664

November 4
Destin Commons Friday Concert Series 6-10pm
337-8700

FWB Boys & Girls Clubs Club Fall Carnival
6:30 - 8 pm
862-1332

November 4-6
Sandestin Baytowne Wharf All That Jazz, Wine, & Art Festival
267-8117

Pensacola Seville Square "Greater Gulfcoast Arts Festival"
9am-5pm Fee

Pensacola Christmas Arts, Crafts and Antiques Show! 10am-5pm Free
492-7502

November 5
FWB Cinco Baptist Church New Horizon Performance
7-9pm Free
862-6211

Pensacola Beach Bash Military Appreciation Month Celebration
Free
932-1500

November 10
FWB NWF Fairgrounds Worlds Greatest Baby Shower
5:30-8:30pm Free
833-9284

November 11-12
Pensacola Naval Air Station Blue Angels Air Show
452-2583

FWB Seascape Boys & Girls Clubs Golf & Tennis Tournament
862-1616

November 11-13
Sandestin Baytowne Wharf 4th Annual Baytowne Film Festival. Venues will vary
267-8117

November 11-13, & 18-20
Pensacola Little Theatre "The Supporting Cast"
\$22, \$18, \$15
Fri & Sat 8pm, Sun 2:30pm
432-2042

November 12
FWB Annual Doll Show
9am-3pm \$1
833-9586

November 14
PC Shaddi Shrine Temple Outdoor Rendezvous For the Boys & Girls Club
6:00pm
763-3546

Gulf Breeze ZOO Veterans free with paid admission
932-2229

November 15
Niceville OWC The Arts Center Miss Saigon
7:30 p.m. \$42.50.
729-6000

November 16 - Dec 18
FWB Arts & Design Society Sale-a-bration Art Show
Tues-Fri 12-4pm Sat & Sun 1-4pm Free
244-1271

November 18
Destin Commons Santa's Arrival & Tree Lighting
6 p.m.
337-8700

Nov. 18 & 19
Niceville OCWC Arts Center The Nutcracker
7:30 p.m. Tickets \$32.
729-6000

Nov 18 - Jan 2
FWB Landing Okaloosa On Ice Outdoor skating rink & train.
244-5058

November 25
Sandestin Baytowne Wharf Holiday Movie Night
7pm Free
267-8117

November 25-26
Sandestin Baytowne Wharf Holiday Kick-off Celebration
267-8117

Sandestin Market Shops "Holiday Fest"
267-8092

November 25-27
Gulf Breeze ZOO "ZOO Lights"
932-2229

November 26
Sandestin Baytowne Wharf Christmas Tree Lighting & Holiday Fireworks
5:30pm Free
267-8117

Sandestin Market Shops Kringle Mingle Breakfast with Santa
267-8092

Seaside Strolling Carolers
1-4pm
Christmas Parade 4pm
231-5424

November 28
Niceville OWC Arts Center OKLAHOMA Show!
7:30pm \$40
729-6000

All schedules are subject to change - please call the contact number for each event for more information!

Bring attention to your event! highlight it for only \$29 850-642-KIDZ (5439)

You're invited to attend



Smart Discipline®

PROGRAM FOR PARENTS

*We help parents
raise great kids!*

"My four-year-old son and my six-year-old daughter don't interrupt me on the phone anymore and they get themselves up and ready for school on time. Believe it or not, they even keep their rooms picked up without me always having to tell them"
Nancy Gillian, New Orleans, Louisiana

"I had lost hope over my 13-year-old and her bad attitude until I spent a wonderful evening learning about Dr. Koenig's Smart Discipline System. It's six months later and I'm thrilled to report our daughter has rejoined the human race."
Dee Dee Melancamp, Orlando, Florida

"My wife and I laughed all the way home from Smart Discipline. We stayed up half the night talking about it. Everything is just the way they said, too. Our son has ADD and he really did learn to control his behavior..."
Ralph Gibson, Boston, Massachusetts

For your peace of mind and your child's self-esteem

Benefits of Smart Discipline® Program for Parents

- Stops fighting and bickering
- Stops disrespectful language
- Puts end to homework hassles
- Instills positive beliefs
- Gets kids to clean up rooms
- Gets kids to do what you ask the first time
- Gets kids to bed on time
- Builds self-confidence
- Puts end to whining
- Gets kids self-motivated
- Stops interrupting
- Curbs negative attitudes
- Helps with ADD/ADHD kids

Just answer this...would you come out of your snug home for a guaranteed way to stop the fighting and bickering between your kids... or, to get your kids to do what you ask the first time (without screaming at the top of your lungs)?

We're bringing the nationally acclaimed Smart Discipline workshop to the Emerald Coast. You'll learn guaranteed ways to sky-rocket self-esteem (even in negative kids) and proven techniques to get your kids to cooperate!

Don't miss Dr. Larry Koenig, author of "Smart Discipline" (Harper Collins). Brought to you by Kidz On The Coast Magazine.
November 2 (evening session)
November 3 (morning session)
Cost: \$10 per person/\$18 couple

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America's Most Well-Attended Seminar!

Wednesday November 2 * 7-9pm Trinity Methodist Church, FWB childcare available
or **Thursday November 3** * 9:30am - 11:30am Village Baptist Church, Destin

**Register online at smartdiscipline.com or
mail us your name, address and payment to:**

Kidz On The Coast 4421 Commons Drive #110 Destin, FL 32541-3847
No. of Tickets ____ X \$10 Per Person or \$18 per couple ____
Seating is limited so order your tickets today!

Please make checks payable to Kidz On The Coast * Attn.: Smart Discipline Tickets * 4421 Commons Dr. E. #110 Destin, FL 32541-3847

When Duty Calls

By Elizabeth Hallgren

It happens differently for everyone. Some know months or even a year before that it is going to happen. Some have less than a few weeks and still others find out and then "Poof!," their spouse is gone.

Vicki's husband shipped out with his whole company amid fanfare and balloons. They knew he was going for almost six months. The green bags loomed in their garage while he slowly and methodically prepared to step out of their family for five months.

For Jennifer, the green bags are always packed. It is Rob's job to be always ready and able to deploy. Most of the time she only has one day of notice, and he can't tell where he is going or when he will get back.

John broke it to me gently over the phone. I have been married to a military man for almost ten years so I know the drill by now. After all, deployment is always a possibility. He said he would be leaving in about two weeks, but that he didn't know for sure when. The next 16 days were a whirlwind of getting things in order and trying to savor every last moment together. Before I knew it I was standing in the airport watching him walk through security and out of sight, crying harder than I ever thought I could.

We are a country at war. Although this war doesn't affect most American's daily lives, for the 2.7 million active duty military, National Guard, and reservist and their families, it means that at some point our families will be separated.

According to Tech Sergeant Pamela King-Hasberry, the director of Eglin Air Force Base's Hearts' Apart Program, the biggest challenge for military spouses during a deployment is the prospect being a single parent and having all of the household responsibility. Shouldering all of the weight of running a family and home while living with worry and uncertainty about the safety and well-being of your soldier or airman can be a lot the take.

King-Hasberry suggests that the at-home parent take care of themselves first. Take steps to get enough rest and good nutrition to stay healthy. When the spouse at home is healthy and mentally strong, she can more easily handle the added stress of single parenting. King-Hasberry says that the spouse at home must be proactive, get involved and take care of themselves to ensure a relatively successful separation.

Take breaks from the kids when possible to recharge your batteries. The Hearts' Apart Program offers free childcare for deployed families through their "Give Parents a Break" program. Hearts' Apart also offers a free meal in the dining hall to deployed families as an additional opportunity for the left behind spouse to take a break.

Staying in touch with your service member is very important. Hearts' Apart offers four 15 minute- morale calls a week. The Hearts' Apart program can arrange for video conferences if the military member's location can support the call. In addition, keeping in contact via email can make the distance seem shorter for families. Most important families need to stay in touch so that when the service member comes home, strong family bonds have been maintained.

The bottom line is deployment is hard. Can you survive it? You bet you can. Will it always seem like that? Not always. I had days that I was sure I was going to crack in half from the pressure, two kids in baseball, a puppy to train, classes for my master's degree- I just knew I was going to snap. That is when all I could do was take one step at a time and worry only about what was immediately in front of me. You have to ask for help and you have to let go of whatever you can. But you can and will make it.

The nice thing about deployments is that eventually you can get into a routine so that the day to day doesn't seem so hard. Trust your instincts and let things go if they are not important to your daily survival or sanity.



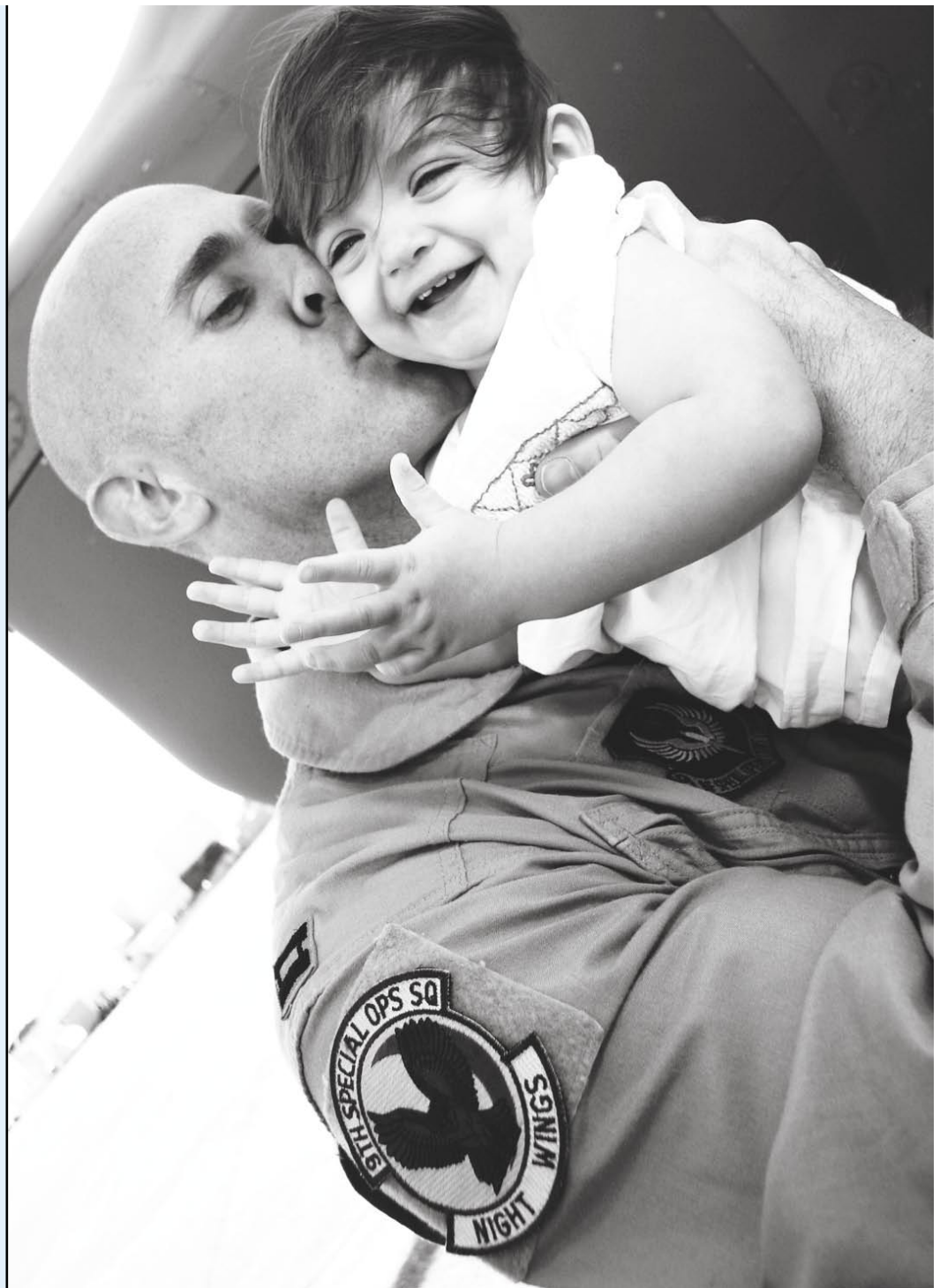
An example in my life: I decided against putting away the laundry. It is John's job when he is home and I frankly hate it, plus when I would do it, it made me cry because I would think, "he should be here with me doing this- not in a tent somewhere." Besides it was just me and the boys so we weren't using the dining room, "therefore, that is where the laundry came to live. I know it sounds so strange but it made my life much easier and thereby less stressful and isn't that the point?"

Get by any way you can and eventually your hero will come home. You both will be surprised to learn that indeed there are two heroes in the family. The one who goes and fights the war and the one who makes sure he has a warm and happy home to come back to. I salute you both.



About The Author

Elizabeth Hallgren lives in Niceville with her family. Her husband is in the Air Force and spent last spring in Kyrgyzstan supporting the War on Terror.



Tips from the Trenches:

Before your spouse leaves, make time for just the two of you. With kids, extended family and community members sending him off, sometimes the husband or wife can get lost in the shuffle.

Keep yourself busy. Have dates planned on your calendar for the duration of the deployment so you can mark the time until the reunion.

Make a paper chain for the kids to mark the days. Tear of one link everyday until Mommy or Daddy comes home. You can add or subtract links as the return date changes.

Ask people for help and tell them how they can help you. Friends and neighbors usually want to help military families but don't know what you need. A simple request with a big thank you goes a long way.

Get in contact with other separated families. It really helps to have someone who is going through the same thing to lean on, not to mention having another adult to spend the weekend days with when everyone else is with their family.

Cut your kids a little slack. They are going through a lot too. My eight year old started waking up at night. Normally I would never let him sleep with me, but he was missing his dad too.

Keep your expectations for the reunion in check. It is going to be a little strange having your spouse back in your life again. Don't set yourself up for disappointment by building up the reunion to be a "second honeymoon."

Arts & Design Society

17 First St SE
FWB 244-1271

Clay Classes \$40 per week Tuesdays starting Sept. 13th
4-5:45pm Ages 7-12

Mask Workshop \$10 fee October 15th 9:30-11:00am
Ages 6-12 Call to sign-up

Bay County YMCA

316 Luverne Ave
Panama City 747-9622

Tennis 2nd-5th grade Mondays 4:30-6pm \$65 /ten week session
Call YMCA to Register

DISCOVER & LEARN



Destin Community Center

101 Stahlman Ave
Destin 654-5184

Ballet Classes Sept Ages 3-8

Baton Twirling Classes Sept 8 \$25 | Batons \$24
Ages K-2nd Thur 5:30-6pm
3rd-6th Thur 6-6:30pm

Kidz Klub Mon-Fri \$10 res \$20 non-res

Ages K- 5th After school till 5:30pm

Destin Chess Club

Buck Destin park Building off Legion Drive
Monday Evenings, all skill levels, \$10 per month
Lessons 6pm
Games 7pm

Destin YMCA

120 Benning Dr
837-8440

Basketball League Registration begins October 15th Ages 4 & up

Dragonfly Yoga

184 Brooks St. Ste#2
FWB 244-0184

Yoga for Kids 6 week session \$63 Thursday 4-5pm Ages 4+

Emerald City Gymnastics

340 Eglin Pkwy NE
FWB 863-3991

Tumble Clinic Ages 5+ Sept 17 12:30-2:30pm

Open Gym Ages 5+ Sept 23, Oct 7 & 21, Nov 11 & 25 7-8:30pm
\$5 Members \$10 Non-member

Day After Thanksgiving Parent Shopping Day Nov 24th 5:30am-5:30pm Ages 5+ Call for more info

Fred Hedrick Recreation Center

132 Jet Dr
FWB 833-9576

Karate \$40 resident \$43 non-resident

Monday & Friday 5:30-6:30pm

Wednesday 5-6pm

Saturday 10-12pm

Gymnastics \$25 resident \$28 non-resident

Mondays 4:00-4:45pm Level 1 Ages 3-5

5:00-6:00pm Level 1 Ages 6 & Up

Creative Dance

Monday 4-5pm \$27 resident \$30 nonresident

5-6:30pm \$30 resident \$33 nonresident

*6:30-8pm \$45 resident \$48 nonresident

Tuesday 1st Year only

4-4:45pm Age 4 \$25 resident \$28 nonresident

5-6pm K5-1st \$27 resident \$30 nonresident

6-7pm 2nd-4th \$27 resident \$30 nonresident

Thursday Returning Students

3-3:45pm Age 3 \$25 resident \$28 nonresident

4-5pm K5-1st \$27 resident \$30 nonresident

5-6pm 2nd-4th \$27 resident \$30 nonresident

*6:30-8pm \$45 resident \$48 nonresident

*class meets twice a week

Fitness \$21 resident \$24 non-resident

Tuesday & Thursday 6:30-7:30pm

Middle Eastern Belly Dance \$21 resident \$24 nonresident

Monday 6-7pm Beginners

7-8pm Passport Students

Wednesday 6-8pm Passport Students

Winter Basketball \$20 FWB residents \$40 nonresidents

Ages 5-6, 8-10, 11-12, 13-15

Registration begins in November

FWB YMCA

1127 Hospital Rd
FWB 863-9622

All Classes \$25 member \$50 non-member

Swim Lessons Ages 6 months & up

8 class session Tuesdays & Thursdays

Mornings & Evenings 9am & 6pm

continue on page 16

Emerald City GYMNASTICS

FORT WALTON BEACH FL



Parent and Tot / Preschool Gymnastics

Boys and Girls Gymnastics

Beginner to Advanced Tumbling

Competitive Gymnastics, All Star Cheer Squads

Clinics and Birthday Parties

Circus Classes

340 Eglin Parkway, NE, Fort Walton Beach, FL 32547

850-863-3991

www.emeraldcitygymnastics.com

Boys & Girls Club

3404 W. 19th St..
PC 763-3546

After School Program Ages 6+

Arts & crafts, canoeing, basketball, swimming, games, etc.

Monday-Friday 2:00-7:30 pm

Registration Required

Swimming Lessons

Call for class times and fees

Boys & Girls Club

3030 E. 3rd St. 16200 Panama City Beach Pkwy.
PC 785-2747 PCB 236-3030

After School Program Ages 6+

Arts & crafts, canoeing, basketball, swimming, games, etc.

Monday-Friday 2:00pm-6:00pm through summer

Registration Required

Boys & Girls Clubs of the Emerald Coast

FWB 862-1332 & SRB 622-0602

After School Program 2:00-6:00pm

Fall Carnival FWB location Nov 4th 6:30-8:30pm

Parenting Class FWB location 6-week session starting Oct 13

Call for details

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MUSIC CLASSES

850-862-4648

www.floridaballetconservatory.com

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Ballet

Tap

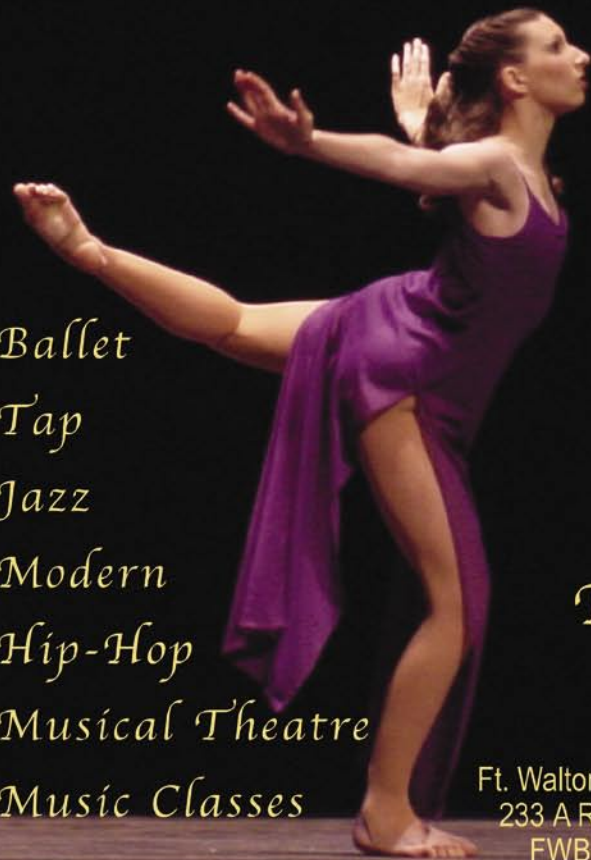
Jazz

Modern

Hip-Hop

Musical Theatre

Music Classes



Destin School Of Music & Dance
4010 Commons Dr. W Ste 118

Ft. Walton Beach Studio
233 A Racetrack Rd.
FWB, FL 32547

Destin, FL 32541

Bluewater Bay Studio
4544 East hwy 20
Niceville, FL 32578

BALLET CONSERVATORY

The Ballet Conservatory entered this community in 1993 with one studio located in Fort Walton Beach. It soon added a second location in Bluewater Bay and in Fall 2005 it will expand again to serve the community better. The third location will be in Destin, making it possible for people in Destin and the South Walton County area to study music and dance without having to fight so much traffic or cross a toll bridge.

The Ballet Conservatory offers many dance forms including Ballet, Modern, Jazz, Tap, Hip-hop, and Musical Theatre. The music program at the Ballet Conservatory began with only guitar, piano, and voice lessons. It has now expanded to include other musical instruments including violin, drums and many more.

Director, Noreen Poppell says that the mission of the school is "To provide students of all ages with the skills they need to enjoy music and dance for their lifetime."

The Ballet Conservatory has an intensive training program for the serious dancer in pursuit of a career in dance. The Dance Theatre of Northwest Florida, a member of the Florida League of the Arts teams up with the Ballet Conservatory to take advanced dance students and develop them into performers. Each year they perform the Nutcracker Ballet as well as other performances in different styles of dance. For more information on the Ballet Conservatory check out their website at: www.floridaballetconservatory.com.



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spacious dance studio
w/ observation window*

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Cheer & Dance • Yoga • Pilates • Social Dance & More...*

685-8213

4012 Commons Drive West, Suite 206
DESTIN

continue from page 14

Swim Team 4-6pm
Monday, Tuesday, Thursday, & Friday
Ages 3-9, 10-15, High School age
Placement tests will be given

Taekwondo Tuesday & Thursday 5pm Ages 5+
Family Fitness Class Fridays at 6:30pm

Gulfarium

1010 Miracle Strip Pkwy, SE
Fort Walton Beach 243-9046

Job Shadowing Ages 7+ \$150 + tax per session
Registration required

Dolphin Encounter Ages 7+ Ages 4-6 with paid adult
10am, 12pm & 2pm \$125 + tax per session
Registration required

Gulf World Marine Park

15412 Front Beach Rd.
PCB 234-5271

Reservations Required for all Classes

Swim with a Dolphin Ages 5+ and 48" tall (under 48" must have a paying adult participating with them) \$150

Trainer for a Day Ages 12+ 9:00am-3:00pm \$269

Dolphin Day Camp Ages 8-13 8:30am-3:00pm Saturday & Sunday
\$55 + tax per person

Gymnastics Plus

3101 Highway 77 1816 Allison Ave.
Panama City 769-1155 PCB 249-1155

After School Program Ages 5 yrs through Middle School
\$50 per week includes 1 free gymnastics class \$45 registration fee

Fun Nights Friday & Saturday 6:30-10:00pm Ages 5+

\$10 per person members & nonmembers

Hoddley Poddleys

848 Highway 98 East
Shoreline Village Mall
Destin 650-9611 or 650-9711

Mommy & Me Ages 1-5 \$3/child Thursday 11:30-1:00

Stay & Play \$5 per child Monday - Saturday 11am-5pm

Enchanted Prodigies Ages 3-5 Tues, Wed, Thurs 10am-2pm

1Day/Week \$80
2Days/Week \$140
3Days/Week \$183

Hola Kids

Shoreline Village Mall
585-2207

Spanish Classes for Children - Music, Games, Language Development. Fun and Creative Materials.

Ages 3-12 \$35 Monthly

Junior Museum of Bay County

1731 Jenks Ave.
Panama City 769-6128

Kids Morning Out Pre-K Begins September 6 Tues, Wed, Thurs
9am-noon \$35 per week

LA Youth Center

6109 Cherry St.
Callaway 871-9915

Before & After School Program Science room, imagination room, swimming, field trips, computers, games, etc.

Mondays-Fridays 6:00am-6:00pm Kdg-middle school

School year \$50 per week

Transportation to & from school Also to dance on Tues and Thurs

Le Petite Artiste

496-2262

Art Classes for Children Classes begin Sept 12th

Picasso Ages 2-3 Wed 10-11am

VanGogh Ages 3-4 Thur 9-10am

Monet Ages 4-6 Mon 4-5pm

7 week session \$98 includes all materials

Holiday classes Saturday's beginning in November

Call for details

continue on page 18

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For ages 11 to adults
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www.DiscoverHolaKids.com
 discoverholakids@arc.net

Hola: Hi... Buenos Dias: Good Morning...
 Mi nombre es: My name is...



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Art classes for children ages 2-6



Classes starting soon!
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850.496.2262 • lepetitartiste@hotmail.com



yogaKids!
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 www.ecscience.org







continue from page 16

Mattie Kelly Arts Foundation
 650-2226
Art Classes Painting, drawing, 3D art, clay, drama, & more
 Sept. 12- Oct. 20 Located at Destin Elm. & Plew Elm. 3-4:30pm
 \$50 per child for 6 week session (includes supplies)

Michael's
 PC 747-0075
 Destin 269-1257
Kids Club Saturdays 10am-12pm
 Ages 5-12 \$2/child

Navarre YMCA
 1850 Luneta St
 Navarre 850- 291-6412 or 850-936-0049
Gymnastics \$25 member \$30 non-member
 Ages 3-5 Tuesday 3:45pm
 Ages 6+ Wednesday 3:45 (advanced)
 Ages 6+ Thursday 3:45pm (beginners)

Martial Arts \$40 member \$50 non-member
 Tuesday & Thursday 5-7pm Ages 7+
 Saturday 9-10am Ages 4-7

Summer Day Camp July 5th-29th
 Holly-Navarre Middle School After School Program & Navarre High School Youth & Government Teen Club through school year

Fall Break Camp Oct 3-7 & 10 7am-6pm at Holly Navarre Middle \$12 per day member \$16 per day nonmember

Paint n' Place
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 Sandestin 267-6062
Handbuilding with Clay - All Ages
Stainglass Mosaic
Wheel Pottery

Seaside Tennis
 231-2284
Pee Wee Tennis Mondays & Wednesdays 3-3:30 Ages 4 - 7 \$9
Junior Tennis Mondays & Wednesdays 3:30-4:30pm Ages 8+ \$15
Adult Tennis Mon-Thurs 10-11am Fri & Sat 10-11:30am

Therapeutic Horseback Riding Program
 1143 Stanley Lane
 Baker 537-0144
 For Childrens and Adults with mental or emotional disabilities

Under D' Sea
 4010 Commons Dr. W #108
 Destin 650-9718
Soaring Swordfish Ages 4 & 5 Day camp
 Tues & Thurs 10:30am - 2:30pm
Fun, Fitness, & Arts Age 3-5 Wednesday 3-4:30pm
Karate with Chick Mathis Tue-Thurs evenings Call for class times/fees

YMCA Child Care Branch 314-9622
 Florosa, Longwood, Ocean City, Shalimar, Kenwood & Valparaiso Elementary and an undetermined location in Crestview.
Before & After School Program 6:30am-6pm
 \$21-\$63 per wk/per child. Registration and membership fees apply.

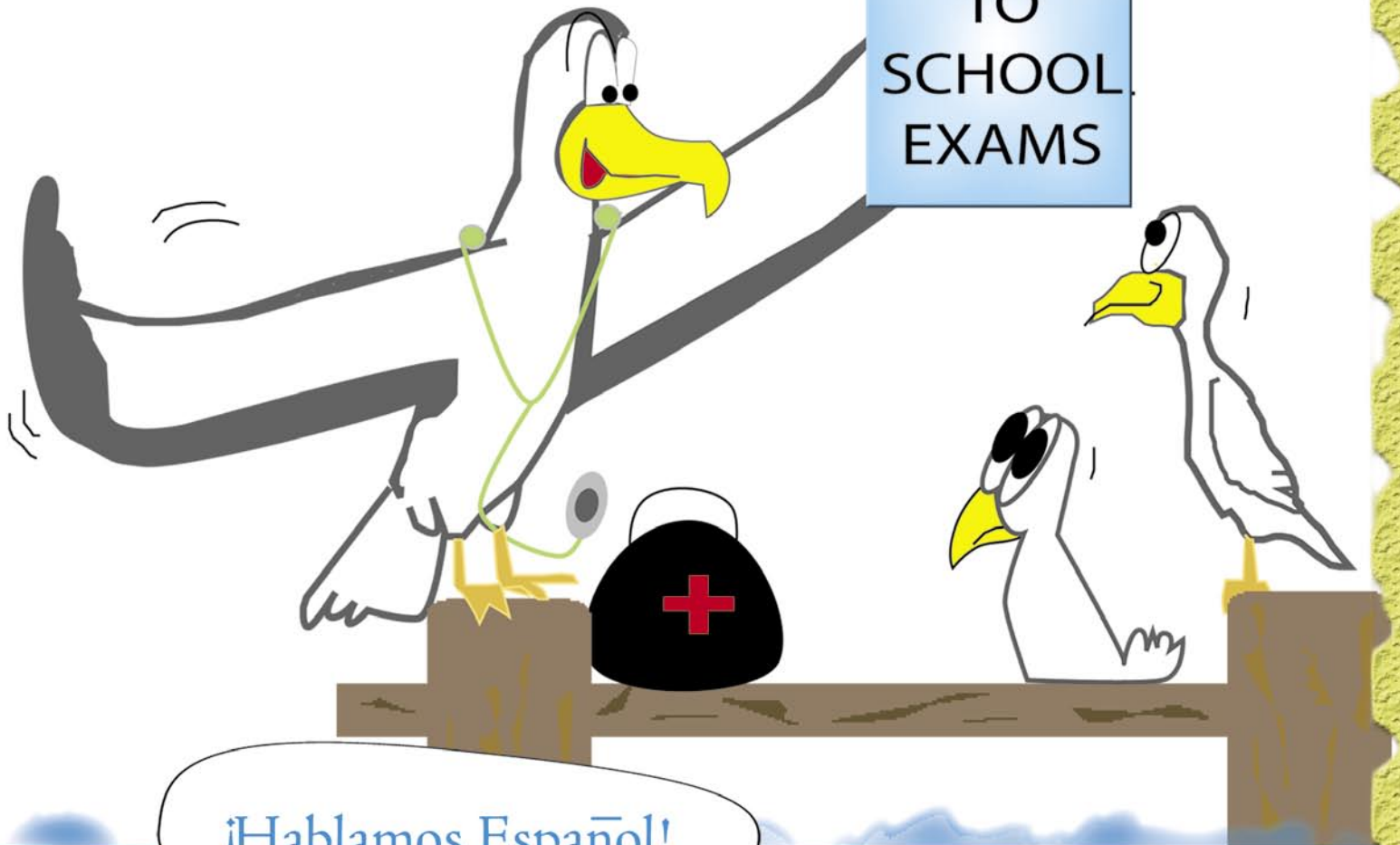
Zoo World
 9008 Front Beach Rd.
 PCB 230-1243
Zoobilee September 24 & 25 \$1 admission weekend

The Zoo Gulf Breeze
 850-932-2229 ext.101
Zoo Tots 18mos-5yrs 2nd&4th Monday each Month 10:30-11:30am
 \$5 member \$7 nonmember Price includes child and adult
 \$3 extra child additional charge per extra adult

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REASONS TO SMILE

By Joy Makela

How important are healthy teeth and a beautiful smile? Consider this: babies smile as early as three weeks old. By the time a child is 18 months old, he or she smiles once every six minutes and by age four, the rate increases to one smile every minute. That's a lot of smiling! A beautiful smile obviously plays a large part in physical attractiveness.

Why do you think cosmetic dentistry is one of the common fixes in reality makeover shows like *The Swan* and *Extreme Makeover*? When you watch TV, flip through a magazine, or see a billboard, how often do you see advertisers placing models in ads with discolored, crooked teeth and unpleasant smiles? Not often. A healthy smile not only influences what we think and how we feel about others, but what we think and how we feel about ourselves. A beautiful smile leads to higher self-confidence and self-esteem, makes individuals appear more friendly and cooperative, gives people the ability to influence people, and has pleasure-producing control for both the giver and receiver. With so much evidence of the power of a smile, it's no surprise that marketing experts rely on those people with healthy teeth and nice grins to sell their products.

Besides influencing physical attractiveness, healthy teeth are vital in helping children learn how to speak properly. When we speak, we must coordinate many muscles from various body parts and systems, including the vocal cords, teeth, lips, tongue, mouth and the respiratory system. Our teeth help us speak clearly and distinctly. Healthy teeth are also important in proper feeding and nutrition. Cavities (holes in the protective layers of a tooth) can cause pain and can lead to

infection. Researchers have shown a possible link between the number of cavities a child has and the chance of the child being underweight. It makes sense that if it hurts for a kid to chew his or her food, they are less likely to want to eat, thus becoming underweight! The enamel (the protective layer of a tooth) on baby teeth is immature and porous. It takes seven years for the porous, chalky enamel to be replaced by more mature, dense, hard, shiny enamel making children more prone to cavities than adults.



FUN FACTS: The average woman smiles about 62 times a day. A man, Only eight! Smilers in school yearbooks are more likely to have successful careers and marriages than their poker-faced peers!

TEETH FOR LIFE

Some people assume they will lose their teeth as they age, but that doesn't have to happen. With the advancement of medical and dental technology, fluorinated water, toothpastes, and mouthwashes, as well as, having dental information at our fingertips, our teeth and our children's teeth should last a lifetime. Here are some tips for keeping your Kidz on the Coast smiles healthy and beautiful:

- Wipe newborn's gums with a clean, damp cloth after each feeding to prevent plaque (harmful bacteria) buildup.
- Never put children to bed with a bottle of any thing (milk or juice) except water to prevent bottle tooth decay.
- Begin brushing infant's teeth as soon as they come in using a pea-sized amount of fluoride toothpaste.
- Parents should continue to help children brush their teeth until they are seven to eight years old.
- Children should visit the dentist before their first birthday (or earlier if problems are noticed).
- Dental check-ups and cleanings should be scheduled every 6 months.
- Children six months to 16 years old should drink fluorinated water (Well water and bottled spring water do not have fluoride).
- Everyone should brush twice a day and floss once daily to remove bacteria.
- Children (and adults) involved in sports should wear the proper mouth protection to prevent teeth getting knocked out and mouth injuries.
- If a permanent tooth is knocked out of a child's (or adult's) mouth, gently rinse (do not scrub) the tooth off and place it in a cup of warm milk (saltwater is the second best and plain water is the third best choice), call the dentist and take the individual and the soaking tooth in immediately for reimplanting.



FUN FACTS: Commercial dental floss was first manufactured in 1882 and it was made of silk. In 1994, a prison inmate in West Virginia braided floss into a rope, scaled the prison walls and escaped!

SEALANTS AND SNACKS

Dental sealants are another excellent way to prevent tooth decay in back teeth. The back teeth, or molars, are where chewing takes place and are filled with tiny hills and valleys called pits and fissures. It is difficult for toothbrushes and floss to get to the places where plaque can build up. A special varnish called a pit and fissure sealant can prevent cavities from developing in the pit and fissures by sealing off the molars. This dental sealant procedure

takes only minutes, is painless, and is less than half the cost of filling a tooth with a cavity. Also, it is virtually 100 percent effective at stopping tooth decay!

As mentioned earlier, healthy teeth lead to healthy eating habits and healthy eating habits lead to healthy teeth. Keeping your teeth in good shape and your smile bright is greatly influenced by what you and your children eat. Although sugary snacks may taste good, they are not so good for your teeth or body. When sugar gets into your mouth, the bacteria in plaque turns the sweet stuff into acids and these acids are strong enough to dissolve the hard enamel that covers your teeth. It's simple, if you don't eat much sugar, the bacteria can't produce much acid. When you're deciding on a snack, think about the number of times a day you eat sugary snacks, how long the sugary food stays in your mouth (while you're eating it and afterwards), and the texture of the sugary food (Is it chewy and sticking to your teeth for a long time?). Here are some tips to help you snack smart:

- Pick a variety of foods to snack on; fresh fruits, raw vegetables, grains, milk and dairy products, nuts and seeds.
- Choose sugary foods less often.
- Avoid sweets between meals.
- Brush your teeth with fluoride toothpaste after snacks and meals (or rinse your mouth out with water if brushing is not possible).



FUN FACTS: The Crocodile Bird flies right into the open mouth of crocodiles and picks out the food from between the crocodiles' teeth! Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and adult humans have 32!

BOTTOM LINE ON BRACES

Having straight teeth is important, not only for aesthetic reasons noted earlier, but also because crooked or out of place (misaligned) teeth have unnatural spaces and/or crowding that make them harder to clean and more susceptible to cavities. Dr. Scott Runnels, an orthodontist in Destin, also points out that in some cases, misaligned teeth can affect the way an individual's upper and lower jaw line up causing discomfort. Dr. Runnels explains that orthodontic (the dental specialty of correcting or preventing irregularities of the teeth) treatment works by exerting gentle pressure over time to straighten teeth that are growing, or have already grown, out of place. A visit to Dr. Runnels office reveals that braces have come a long way from the "metal mouth" look of years ago. Now braces are trendy, cool, and more commonplace than ever! Today, orthodontic patients can get transparent brackets (the pieces that attach to the tooth) or use a virtually invisible system (called Invisalign) of removable plastic aligners to straighten teeth. Of course, the tried and true traditional metal braces are still available and

continued on page 39

Make Time or LOSE TIME

Hey, busy moms, are you interested in having endless amounts of energy to spend chasing your kids around the yard and look fantastic while doing so? Make time or lose time? What's this? Just a few words thoughtlessly written to introduce yet another fitness article promising the secrets to shedding those last few pounds in seconds per day? Think again.

One of the biggest problems with our fitness goals stems from the mainstream media, books and videos



all focusing on the quick fix and promises of "two weeks to a Hollywood body". No wonder most people feel they can get away with abusing their bodies 360 days out of the year as long as they exercise and eat right the remaining five.

When was the last time you truly made time for you? Can't remember? When was the last time your day was filled doing things for everyone else while neglecting yourself? Yesterday? Why is it that so many are willing to exhaust themselves day in and day out by tak-

ing care of others but never once stopping to take a few well-deserved deep breaths for themselves?

Have you found that by running yourself ragged in an attempt to spend more time with family, you're often too exhausted to enjoy that time once you actually get it? You're not alone, moms. Help is on the way.

Freeing time for exercise each day is one of the smartest, most unselfish decisions you can make. It has a positive influence in your life as well as that of your children. Can you think of a better example of accountability and discipline to pass along to your children day in and day out than their witnessing your eating well and exercising? I have seen it with dozens of clientele over the years. Mom or Dad takes the initiative to begin an exercise program, and before you know it their children can't wait to join in the fun too. We live in a society with more demands on our time than ever before. But if you don't make time for exercise now, you'll lose time to sickness and immobility later, ultimately leading to less and less time with your family doing the things you enjoy most.

Ready to make a change instead of excuses? Where and how do you start?

If you've been away from the fitness game for quite sometime, it would be a great idea to go see your doctor and get the okay to begin. This goes for anyone who hasn't been to the doctor in the last year as well. Safety is always the highest of priorities.

The most important part of any exercise program is choosing a realistic goal and committing to that goal 100%. Whether it's fitting into a certain dress or dropping a certain number of pounds, your goal must be specific to you. Once you choose a goal, write it down three separate times in big bold letters on index cards. Tape one to the refrigerator, another to your computer screen and the last one on your car dash. Seeing your goal daily will help you visualize its success.

Once this step is completed, you can then move onto the business of picking a time each day in which to perform your workout. This time can change from day to day. Just make sure you set the time aside for fitness only. Please keep in mind that it makes absolutely no difference whatsoever where you perform your workouts -- the local health club, your home or a friend's, inside or out.

We'll talk more in the future about what specific types of workouts will work best. In the meantime, we have some:

No Nonsense Fit Tips

- A quick way to shave 100-250 calories out of a meal is to only eat half the bread. Over the course of a week this method can save you nearly a thousand calories.
- Walking in the sand can burn 100-150 calories more an hour than treadmill walking at the same pace.
- If you really want to crank up the intensity try walking in the sand backwards. Please be Safe!

continued on page 35



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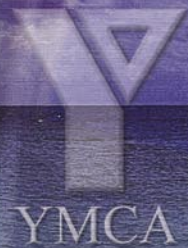
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Cameron Spangler - Navarre, FL
Kiara Vera - Hurlburt Field, FL
Hannah Winegar - Crestview, FL

One DVD winner per household.
Entries must be received by Oct. 30, 2005.
Some restrictions may apply.
Winners will be drawn at random and announced in the next issue.

Holiday Humor!

Q: If April showers bring May flowers, what do May flowers bring?
A: Pilgrims!

Q: Can a turkey jump higher than the Empire State Building?
A: Yes...a building can't jump at all.

Q: What kind of music did the pilgrims listen to?
A: Plymouth Rock

Q: Which side of a turkey has the most feathers?
A: The outside.

Halloween Safety Tips

1. Carry a flashlight.
2. Walk, don't run.
3. Stay on sidewalks.
4. Stay in familiar neighborhoods.
5. Make sure costumes don't drag on ground.
6. Obey traffic signals.
7. Always bring an adult.
8. Don't eat treats until checked by an adult.
9. Watch for cars.
10. Approach only homes that are lit.
11. Don't cut across yards or driveways.
12. Carry reflective bag so cars can see you.
13. Have fun!

Thanksgiving Word Find

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T S E S Y Y K E R O U Z E X F
P H Y C V R N N R R K I I D R
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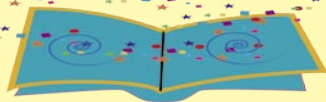
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Oct 18 Pumpkin Paintnig
Nov 16 Native American
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Lynn Haven

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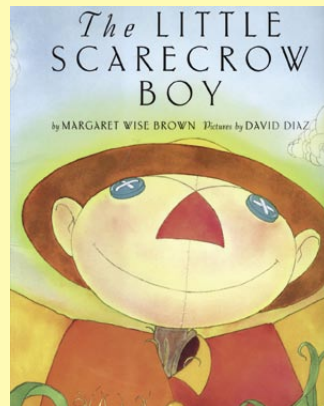
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Book Reviews!

The Little Scarecrow Boy

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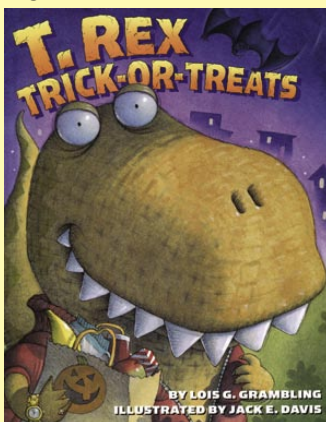
By: Margaret Wise Brown
Harper Collins
Ages 3-7



T. Rex Trick-or-Treats

T. Rex can't decide what he wants to be for Halloween. Everything he thinks of just isn't frightening enough. Join him and his friends as they figure out the perfect scary costume.

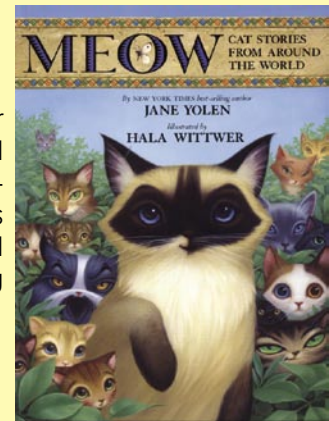
By: Lois G. Grambling
Katerine Tegen Books
Ages 3-6



MEOW Cat Stories from Around the World

National bestselling author Jane Yolen has gathered and adapted these international cat stories, sayings and nursery rhymes adapted to create a truly captivating collection of feline folklore.

By: Jane Yolen
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All Ages



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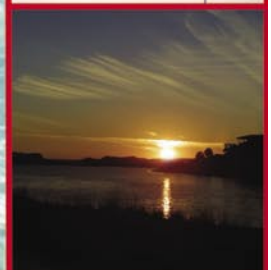
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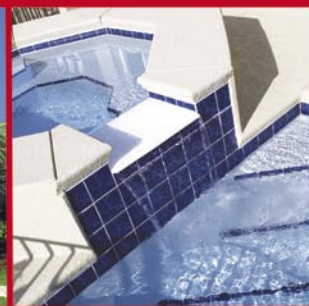
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Good Students Can See Bright Futures

By Ray Sansom

Here the drum roll? It's Report Card Day. In our home, it is often delightful, sometimes scary and always anxiously anticipated. To my three daughters, report card day can be "make or break" time for coveted privileges. Trips to the mall, time at the beach and use of the car all hang in the balance as my wife and I carefully review their academic marks.

Even more, however, is at stake than trendy jewelry or hip garb. Tens of thousands of dollars in college scholarships per student are available with a successful combination of good grades, high test scores and sound character. The Bright Futures Scholarship Program is creating such incentives to perform well, a reward even greater than the coolest pair of jeans!

Bright Futures Scholarships are available to everyone. Race, background, economic status and geography have no impact on this merit-based award. Any student who works hard and performs well can receive a tremendous incentive to attend a Florida college or university.

A 3.0 GPA combined with a 970 SAT or 20 ACT score makes a student eligible for a 75% scholarship to any Florida higher education institution. A 3.5 GPA with a 1270 SAT or 28 ACT means a 100% scholarship.

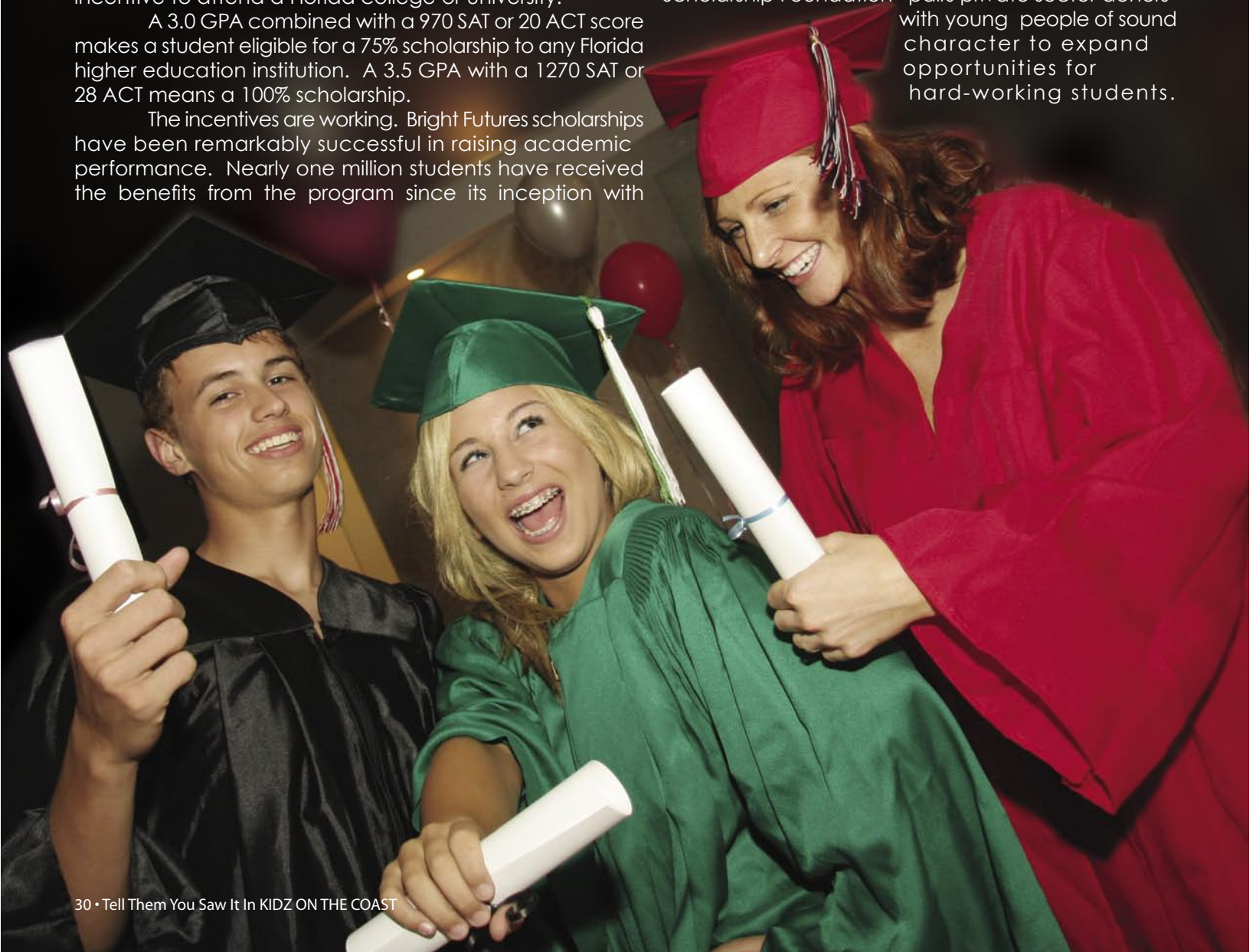
The incentives are working. Bright Futures scholarships have been remarkably successful in raising academic performance. Nearly one million students have received the benefits from the program since its inception with

more students qualifying for scholarships every year. By encouraging and rewarding students to do well, they are responding with higher performance year after year.

More enrolment in the program does even more than save parents their hard-earned money. We can now be assured of keeping the best and brightest students in Florida's institutions of higher learning. Our colleges and universities will be better, the education of our students will be better, and the commitment to lifelong learning will remain stronger than ever.

Well over one billion dollars has been allocated to the students receiving Bright Futures Scholarships. This money is the heartbeat of the lottery promise the state made to citizens years ago. Funds from the lottery are allocated to the Education Enhancement Trust Fund. This fund contributes to a wide array of educational programs, and Bright Futures is an essential element of the formula for academic success.

There is another scholarship program for students in financial need. The "Take Stock in Children Scholarship Foundation" pairs private sector donors with young people of sound character to expand opportunities for hard-working students.



WE MAKE A'S HAPPEN

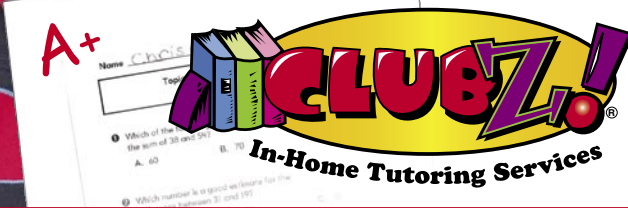
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Take Stock is funded by combining local business contributions with state dollars. The Okaloosa School District receives roughly \$60,000 in local input. This amount is matched dollar-for-dollar by the Florida Prepaid College Fund. Also, the "Support Education" license plates sales bring \$15 per tag to the program.

Under the leadership of School Superintendent Don Gaetz, the Take Stock program has expanded dramatically. In 2000, 12 students were enrolled. Now, we have given the dream of a college education to 72 local families. The magic elixir for success has been a commitment from our community to provide dollars and mentors for families in need.

If you have any questions regarding eligibility for Bright Futures Scholarships, Take Stock awards or any other state program, please do not hesitate to contact my office directly. The phone number is (850) 833-9328. You may also email me at ray.sansom@myfloridahouse.gov. We are here to assist any way we can.



You can tell a lot about someone's values by the kind of behavior they encourage. You can tell a lot about this Florida Legislature, because we understand the value of rewarding families for rewarding the performance of their children.

The policy from the Florida Legislature's perspective is simple. Rewarding high performance in high school means we get students who are better prepared for college, resulting in fewer dropouts, more academic rigor and the future success of our economy.

For our family, the perspective is also simple. The time Tricia and I spend nurturing the success of our children in school is a good investment for their futures and our pocketbooks. Who knows? Maybe they will earn back some of that gas money.

About The Author

Representative Ray Sansom is a member of the Education Appropriations Committee and will be Speaker of the Florida House of Representatives in 2008.



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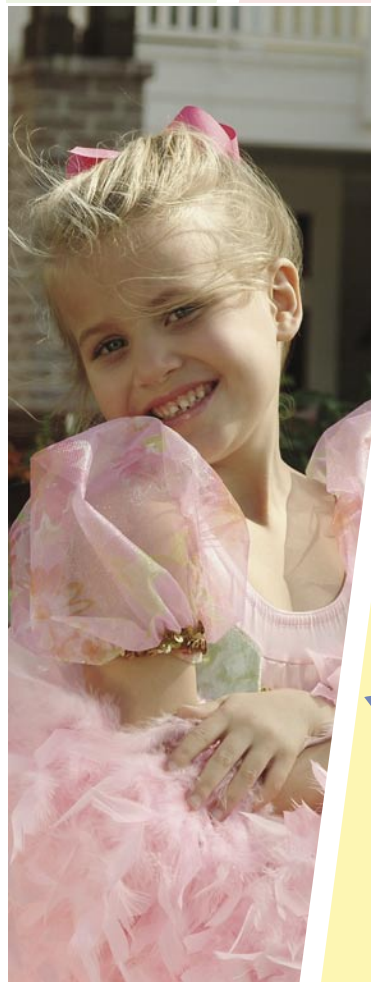


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Robots

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Robots proud to show what they're made of

You take your daughter to the mall for some back-to-school shopping. Embarrassed by her rapidly growing feet, she grimaces as she tries to cram her feet into loafers two sizes too small. You try to tell her that she's perfect the way she is, but you might as well put your foot in your mouth.

Being outside the norm can make your kids feel self-conscious. The movie *Robots*, released on home video September 27, shows why confidence is a critical tool. After watching the film, use our questions below for a family chat about the nuts and bolts of being happy the way you are. Then make our "Heavy Metal Hats" to celebrate everyone's uniqueness!

Robots follows the story of Rodney Copperfield (voice of Ewan McGregor), a robot assembled from hand-me-down parts, who's in search of his dream. Armed with his passion for inventing, Rodney leaves Robot City in hopes of meeting his hero, the legendary inventor Bigweld (voice of Mel Brooks).

When Rodney arrives in Robot City, he's horrified to hear that Ratchet (voice of Greg Kinnear) has taken over for the big-hearted Bigweld. With the slogan "Why be you, when you can be new?" devious Ratchet decides Bigweld Industries will no

longer manufacture replacement parts to fix old robots, forcing all Outmodes to buy unnecessary new upgrades. Robots that can't afford the upgrades will be sent to the infamous Chop Shop.

Rodney and his misfit mechanical friends must find a way to bring back Bigweld before they are reduced to scrap metal.

Talk Together

Rodney was often embarrassed by his hand-me-down parts, including some from a female cousin. Think of a situation when you've been self-conscious. Maybe you lip-sync during choir because you're afraid you can't carry a tune. Share some strategies of how you've been able to overcome insecurities.

The robots realized that it wasn't just their parts that made up their personalities. Rodney's talent for inventing drove him to save the robots' futures. Take turns sharing something you love about each other that is not replaceable—from your son's knack for making nachos to your daughter's ability to always look on the bright side.

Nasty Ratchet tried to make the Outmodes feel unconfident so they would upgrade to new parts. Has there ever been a time when someone tried to make you change, but you decided it was better to stay as you are?

Play Together: Heavy Metal Hats

Put on this hard-wear whenever you need a confidence boost.

You will need:

- Old baseball cap or visor
- Various pieces of hardware
- Spray paint
- Craft wire
- Pencils
- Glue



Raid the family toolbox or take a quick trip to the hardware store to find various gadgets for your Heavy Metal Hat. An assortment of nuts, bolts, and washers work well.

Have fun painting the parts. While they dry, wrap craft wire around pencils to make tight coils. Slide coils off the end of the pencil and paint these to your liking. Glue the dried gadgets and coils to the cap or visor.

Compliment one another on how each other's Heavy Metal Hat stands apart from the rest. Then, the next time you second-guess yourself, put on this tool-time topper. It will remind you that just like Rodney, you can accept yourself on the inside and outside—squeaky parts and all.

Would you like to Win



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ROBOTS
Go to the
Kidz On The Coast's Fun
Pages on page 24 for
details!



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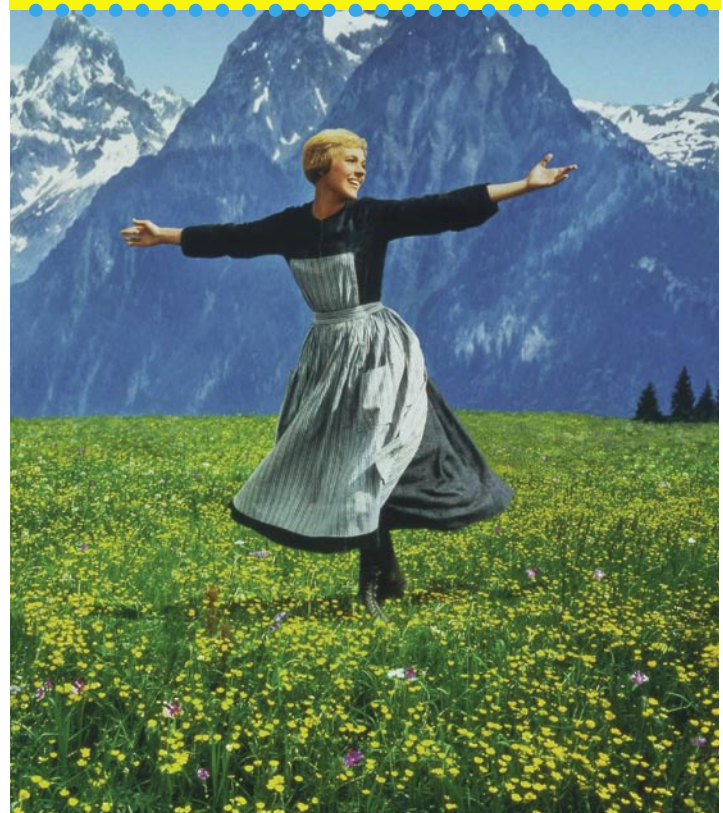


Coming September on DVD!!



Coming November 15th
On DVD
40th Anniversary

The Sound of Music



Continued from page 22

- Beware of high sugar content when consuming health shakes and smoothies. Excess sugar = insulin release = stored body fat. (Source: Pericone)
- Park at the back of the parking lot when grocery shopping. It will burn a few extra calories and serve as a reminder of your goals, so you're likely to make better food choices.

So, you have your homework assignment:

Set realistic goals specific to you.
Write down your goals.
Set aside time each day for you.
Incorporate the fitness tips above into your daily exercise and activities.

Why?

Because making time for yourself now will give you quality time for you and with your family now as well.

About The Author

Geoff Kalmbach is a Certified Fitness Professional and the owner of Functional Fitness Training and Consulting. For more information on Geoff and the services of Functional Fitness Training and Consulting please visit www.getfunctionallyfit.com or call 866-900-FITT



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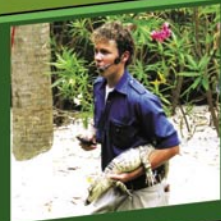
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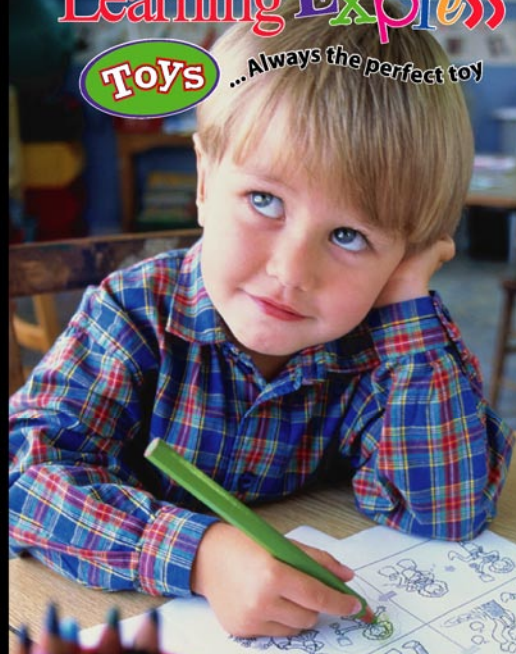
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- Kids Night Out Rides Food Court offers
- July 15 6-9:45pm Family Discounts
- Ages 5-12
- \$10 resident \$20 nonresident Seaside
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FWB 863-3991 Ages 5-12
- Open Gym Ages 5+ Wednesdays 6:30-9:30pm
- Sept 23, Oct 7 & 21, Nov 11 Fridays, 6:00-9:30pm
- 7-8:30pm Must register before 2pm
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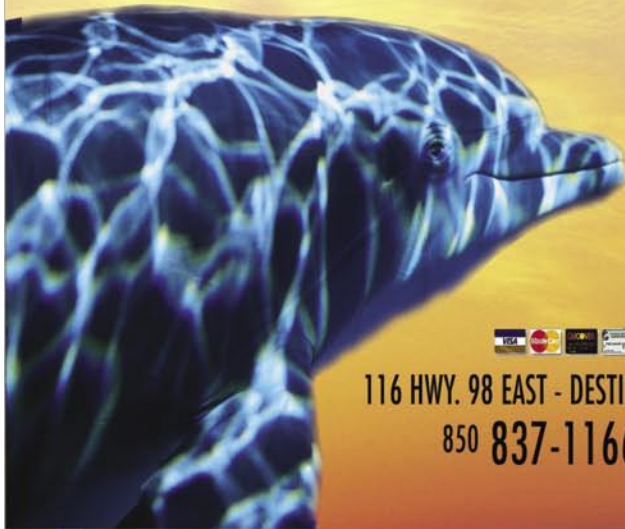
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Continued from page 21

use a virtually invisible system (called Invisalign) of removable plastic aligners to straighten teeth. Of course, the tried and true traditional metal braces are still available and can be jazzed up with colorful bands and accessories transforming the standard into a personal statement!

In the past, parents didn't seek the help of an orthodontist until their kids were teenagers and all their permanent teeth came in, usually crooked and out of place. Now, Dr. Runnels suggests children see an orthodontist at around seven years old. This is a good age to monitor jaw growth and intervene, if necessary. Some children need intervention earlier than others. For example, some kids have eyeteeth (also known as canines) that come in high or their primary teeth (baby teeth) are having a hard time coming out on their own. In cases like this, other dental professionals are conferred with and the problematic teeth can be removed making room for the child's permanent teeth to come in straight. Additionally, kids that suck their thumbs should see an orthodontist, especially if they continue to suck their thumbs past age seven, when their secondary teeth are erupting. Unchecked thumb sucking can potentially cause lasting dental problems. Dr. Runnels reminds us that the effects of thumb sucking are usually reversible, but if not caught and stopped early on, it may lead to buck teeth (where the front teeth are pushed forward causing an open bite) or a lisp (where the teeth are pushed out of their normal position interfering with the proper formation of certain speech sounds).



FUN FACTS: Did you know that the soreness you feel when you burn your mouth on mozzarella cheese from eating a slice of pizza has a name? It's called "pizza palette"!

TO SUM UP A SMILE

The personal, social, and medical benefits of having healthy teeth and a beautiful smile are undeniable. Ideally, all children would have seen a dentist when their first tooth came in, had regular appointments for check-ups and cleanings every six months, and have seen an orthodontist by the time they turned seven years old. If you haven't done this, it's not too late to commit to a daily oral-health routine and regular dental check-ups. Taking care of teeth is a lifelong necessity and starting the habits early will ensure good oral health for years to come.



FUN FACTS: Your teeth are as unique as your fingerprints. Even identical twins have different "dental fingerprints"!

OTHER RESOURCES

American Dental Association - www.ada.org

American Academy of Pediatric Dentistry

www.aapd.org

American Association of Orthodontists

www.aaomembers.org

American Academy of Family Physicians

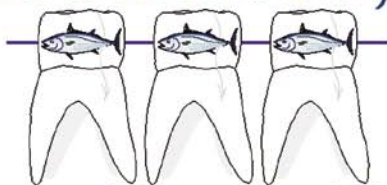
www.aafp.org

About The Author

Joy Damen Makela is a Northwest Florida native who lives locally with her husband and three children. She is a psychology instructor at the University of West Florida and works in the mental health field.



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