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THE SCHOOL DISTRICT OF MANATEE COUNTY FEATURES A STUDENT AND A CAREER &amp; TECHNICAL EDUCATION TEACHER

Newspaper in  
 Education Presents  
**Inquizi**  
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SCHOOL  
**Biz**

**Giving People Smiles**

For a fabulous career where you can meet wonderful people, check out the Dental Assisting program offered at the east campus of Manatee Technical Institute (MTI). Kimberly Bland graduated from MTI's Dental Assisting program 26 years ago and now serves as the Program Director. A leader in her field, she serves as the 2007/2008 President of the American Dental Assistants Association, a national organization, and as Florida State Regional Advisor for the postsecondary Health Occupations Students of America (HOSA) organization.

Kimberly loves the field of dentistry and enjoys sharing her passion with students. "My teaching philosophy is that everybody has the ability to learn. It's my job to find out how students best learn and then tailor the instruction to meet their needs." She finds it rewarding to help young people overcome their own challenges and to find value in the career of dentistry. Many students start with dental assisting as a stepping-stone to furthering their education, becoming dental hygienists or lab technicians. Last year's Dental Assistant class experienced 100% job placement upon completion of the program. Now that's something to smile about, and Kimberly Bland is all about giving people smiles!

KIDZ  
**Biz**  
 & **Buzz**

**Savvy Student**

Breoana Seguy is a focused and motivated young woman. At 17 years old she is enrolled at Horizons Academy, attends Manatee Technical Institute (MTI) full time, and works part-time as a dietary aide in a nursing home. Breoana is also a single parent who desires to give her child a good life. She knew that she needed a respectable job in a short amount of time. Breoana found her future after attending a dental information session at MTI East. She has since completed the Basic Health Care Worker class and the CPR for Health Care Providers class.

As a star student in Kimberly Bland's Dental Assisting class, Breoana embraces the up-to-the-minute knowledge and the opportunity to become a certified dental assistant. She keeps her new dental skills sharp by competing in Health Occupations Students of America (HOSA) and SkillsUSA events. HOSA is a health occupations leadership organization and SkillsUSA is an organization designed to ensure that America has a highly skilled work force. Breoana is also a student member of the American Dental Assistants Association. Congratulations, Breoana, and keep up the good work!

InnoVators

**SMILE!**



**A** brighter smile, fresher breath, and a healthy mouth—who wouldn't want that? All it takes is a little daily attention—and some good habits. The American Dental Hygienists' Association (ADHA) agrees:

*Good nutrition and oral hygiene care practiced at home are particularly important during the teen years. Proper diet, brushing, and flossing all play an important role in maintaining a healthy smile and preserving teeth during these challenging years. Recent survey results show that bleeding gums were most prevalent among adolescents and that three-fourths of 13-17 year-olds had gums that bled.*

Source: [www.adha.org/downloads/adolescents\\_factsheet.pdf](http://www.adha.org/downloads/adolescents_factsheet.pdf)

Brushing regularly, flossing daily—everyone can benefit from these. But middle and high school students face issues that adults may not.

**Piercings.** Oral piercings, grills, and tattoos are getting more popular, but complications can hurt. Before you go, talk to a dental hygienist about risks. If the metal used is not surgical grade steel, infections and allergic reactions can mess up a mouth—and your health. Erosion of teeth and gums can occur from the friction caused by repeated movement against a piercing. Piercings should be cleaned after each meal to avoid inflammation and bacteria growth—and bad breath.

**Sports mouthguards.** Contact sports players—use a mouthguard. You'll protect your teeth from trauma.

**Eating disorders.** While eating disorders such as bulimia can be hidden from most, a dental hygienist sees the damage done inside the mouth. Cavities, enamel erosion, mouth trauma, and fungal infections can all result from eating disorders.

**Smoking.** Bad breath, yellow-stained teeth, canker sores, oral cancer...enough said. It's bad news for the not-so-pearly whites. Quit now before your mouth loses its appeal and you lose your health.

**Sodas.** Sodas bathe the mouth in sugar which causes cavities. When you do have a soda, rinse afterward with water. Drinking sugar-free sodas may prevent cavities, but the phosphoric acid in sodas prevents the body from absorbing calcium, an essential ingredient for stronger teeth and bones.

**Cavities and gum disease.** Statistics tell us that adolescents have more cavities than any other age group.

Don't be a statistic! Brush morning and night, floss between the teeth each day, and choose healthy foods over junk foods. Brush your tongue for fresher breath. Keep it up and your smile will be sweeeeeet!

Explore  
 IT

Beautiful Mouth Makeover

Try these steps every day for two weeks and you'll be amazed at your beautiful smile. After two weeks, keep going!

1. Use a stopwatch or timer and brush for 2 or 3 minutes—three times a day.
2. Brush after every single meal—even at school.
3. Brush beyond the teeth—brush the inside of your mouth, the roof of your mouth, and even under the tongue.
4. Scrape the tongue with a tongue scraper or toothbrush for fresher breath.
5. Floss thoroughly between each tooth every night.
6. Rinse with a natural mouthwash—use 1/2 teaspoon each of baking soda and salt in a cup of warm water.
7. A few times each week, exfoliate your lips. Scrub lips with a rough, warm washcloth or even use a baby toothbrush to remove dry skin.
8. Add lip moisturizer or Chap Stick.
9. Go kiss your mom and dad!



DISCOVER  
 the  
**Future**

Career Pathways in  
 Manatee County

**Regional Careers:** Here are examples of related occupations and current wages in the Suncoast Workforce Region.

Occupational	Entry Level	Exper.
Dental Assistants	\$11.32	\$16.63
Dental Hygienists	\$21.31	\$34.62
Clinical Laboratory Technicians	\$11.88	\$20.95
Clinical Laboratory Technologists	\$20.52	\$26.06
Health Services Managers	\$28.21	\$48.48
Health Diagnosing and Treating Practitioners	\$23.73	\$33.56

Source: <http://fred.labormarketinfo.com>  
 FI Labor Market Statistics, Occupational Employment Statistics & Wages Program

**Career Pathway:** Students desiring a career in a related field can find career programs at:

Nolan Middle School  
 Manatee High School  
 Manatee Technical Institute  
 Manatee Community College  
 University of South Florida.

\*Other Manatee schools may offer similar programs. Listed schools are related to today's issue.

WEB  
**Wise**

Check out the following websites:

[www.schools.manatee.k12.fl.us](http://www.schools.manatee.k12.fl.us)  
[211KBLAND/dentalassisting/](http://211KBLAND/dentalassisting/)  
[www.ahealthyme.com/topic/brushing](http://www.ahealthyme.com/topic/brushing)  
[www.skillsusa.org](http://www.skillsusa.org)  
[www.flhosa.org](http://www.flhosa.org)  
[www.dentalassistant.org](http://www.dentalassistant.org)

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