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# Keeping kids' teeth healthy is mission of Dr. Casthely



Dr. F. Lucie Casthely has opened an office in the Dadeland area.

**BY LINDA RODRIGUEZ BERNFELD**

Dr. F. Lucie Casthely grew up around dentists' offices because her dad, Dr. Franklin Casthely, also is a dentist.

Casthely followed her father's footsteps by going to dental school at Harvard but then she went father and became an orthodontist. She also obtained a master's degree in Public Health from Harvard. After dental school, and a three-year orthodontics residency at the University of Florida, Casthely came back to South Florida to set up her own practice in North Miami.

Casthely wanted a practice closer to her home in Pinecrest. Not only did she grow up in the area, attending Palmetto Middle and Palmetto High schools, she lives in the village with her husband and three children.

In August, Casthely opened a state-of-the-art office in the Dadeland area, at 7887 Kendall Dr., Suite 103.

"I invested quite a bit to make sure we have the new technology," Casthely said.

The new technology includes digital radiography, a new way to do x-rays that uses less radiation.

She also incorporates new ideas, such as early treatment to ease children from problems such as thumb sucking as well as working with children, teens and adults to deal with their orthodontic needs.

Casthely involves the patient in the treatment process by discussing the options and educating the kids as to the pros and cons of each option. For instance, many teens go in requesting Invisalign braces, which generally work

best with adults. By discussing the pros and cons, and the severity of their case, Casthely said the teens usually end up choosing the regular braces.

"We are a team," she said.

She also encourages the kids to brush their teeth and use their rubber bands properly with the Famous Smile Club.

"It's an in-house motivation program," she said. "They get tokens when they get involved. We also give them to patients for good report cards."

Tokens also are given for coming to appointments on time and good hygiene.

Because she has been in the orthodontist business for a long time, she said her staff is well trained and able to deal with the children. Casthely is comfortable having parents come in and watch when their children have their braces put on or adjusted.

"We really try to keep our patients happy," she said. "We have flexible hours."

Those flexible hours include opening the office at least one Saturday a month for those who just can't make it during the week.

"As a working mom, I can relate to those women who have to bring the kids in," Casthely said.

But these days, it's not only children who seek orthodontics. Adults also come in to have their teeth straightened. Often, she will work with an adult patient's general dentist to come up with the proper treatment plan because there are times when the adult cases are more complex.

"It's not just for cosmetics," she said. "There are significant dental benefits."

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# Alvo takes heart healthy jump rope to area schools

BY LINDA RODRIGUEZ BERNFELD

Big things are happening for Eileen Alvo. First, the kids at her school, Bet Breira, became the state champion for the President's Challenge for Physical Fitness.

"This has been a lifelong dream," Alvo said. "The last few years, I thought we had a good shot. We had come up from 35 percent to 48 percent [of students winning the President's Physical Fitness Award]. Every year we would lose out to an all-boy's school."

This year, Bet Breira made it to the top, beating all the other schools in their category to win the President's Challenge. She found out about the win before the congratulatory letter arrived because she went on the competition's website and saw the school's name.

"Never in my wildest dreams. I've been teaching 24 years and I never thought it would come to this," she said. "I started emailing everyone."

She said the recognition is a huge accomplishment because in these times so many kids are not physically fit. But she has found a way to get the kids at Bet Breira up and moving, not only doing the things required for the President's Challenge, but with jump rope.

She has 42 out of the 87 students



The Bet Breira Bouncers were successful at last year's Dade County Jump Rope Competition, winning gold medals.

jumping rope, so those children already are more physically fit than most. In fact, they are fit enough to qualify the school as an active lifestyle model school. To receive that designation, Bet Breira students and their parents had to fill out logs showing that they are active at least 60 minutes a day, five days a week for six weeks.

"I had more than 40 percent of the school do it," she said.

Alvo is not only teaching the students at Bet Breira to be physically fit, now she's helping students at Bet Shira in Pinecrest by starting a jump rope program there for 4- and 5-year-olds.

"Jumping rope is one of the most well-rounded sports," she said, adding

that jumping rope promotes both cardiovascular and muscular strength.

All this is happening at a time when Alvo had expected to be retired, but then Bet Breira asked her to come back this year to help keep the kids fit.

So, Alvo continues to teach physical education and she is continuing the afternoon jump rope club. In fact, she is expanding the club to include kids at the religious school as well as the day school.

The day school students did so well jumping rope last year in the Miami-Dade County Jump Rope Competition that she hopes to increase the number of teams that she takes this year.

Last year, the Bet Breira Bouncers included two teams and both won gold medals. Those teams included a B and a C team. This year, she hopes to have an A, B and C team. Each team does different levels of skills in its routines.

"We were the only private school in the county with a team," she said.

She also plans to work with her friend Dillon Bethell on putting together teams for the National Junior Jump Rope Tournament in hopes that the teams can reach the finals in Orlando for USA Jump Rope.

For more information, email Alvo at <EKA118@aol.com> and put jump rope on the subject line.

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# Bloomie's event nets funds for over 50 local charities

BY ALLISON BASS

Bloomington's recently hosted The Shopping Benefit, an annual event in which dozens of charities took advantage of an exciting fundraising opportunity, in partnership with Bloomington's.

The ninth annual event took place on Oct. 26, from 10 a.m. to 10 p.m., at Bloomington's four South Florida stores including the Miami store at The Falls, 8778 SW 136 St. Non-profit organizations in Dade, Broward and Palm Beach counties raised funds by selling tickets that provided contributors with special savings throughout Bloomington's on the day of the event.

In addition to raising funds for local organizations, The Shopping Benefit featured storewide entertainment all day. Highlights included a book signing by the "Miami Bombshells," a performance by the Miami Hispanic Ballet, a runway fashion show and an art exhibit featuring works by young cancer patients at Jackson Children's Hospital.

For more information on The Shopping Benefit, call 305-252-6234.



Pictured (l-r) are Miami Bombshell authors Lydia Sacasa; Tammi Leader Fuller; Allyson Fredeen, Bloomington's public relations; Patricia San Pedro; Mercedes Soler, and (sitting) Annie San Roman.



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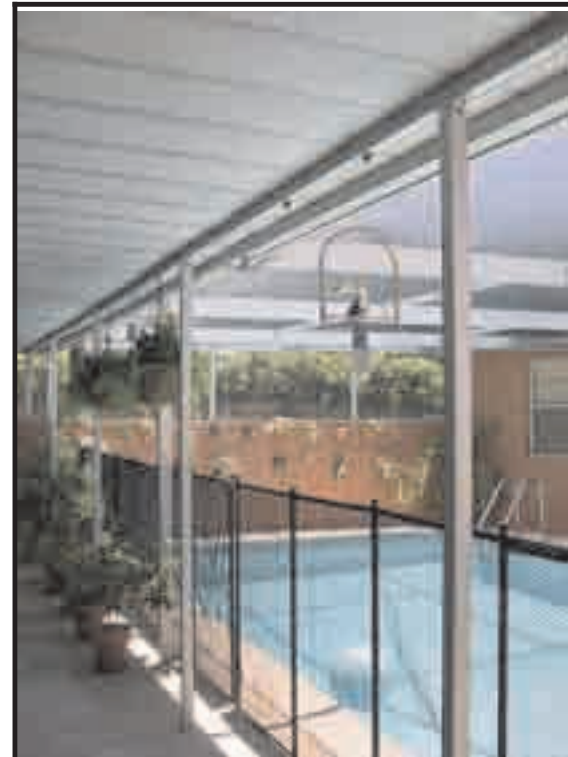
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