

Family F.Y.I.

Rally Around Mother's Beach

A private hotel wants to push families out of one of the Southland's more family-friendly beach locations, but community organizers are speaking up – and the public is invited to voice their concerns at a rally on Oct. 6.

At Mother's Beach in Marina del Rey, families enjoy a protected swimming site, sandy beaches, a manned lifeguard tower, a playground and picnic areas. But the Los Angeles County Board of Supervisors has proposed taking over the picnic table area and the adjoining parking lot for the construction of a Marriot Extended Stay hotel.

"Mother's Beach is probably the most visited recreation spot in the entire unincorporated county," says rally organizer Bruce Russell. "Yet the County wants to push out the picnickers who have used it for years and put them on the narrow edges of the beach and on a park across the waters in the most remote section



Some Marina del Rey families are rallying this month to save portions of popular Mother's Beach from development. PHOTO BY CYNTHIA PEREZ

of the Marina [near] Burton Chase Park."

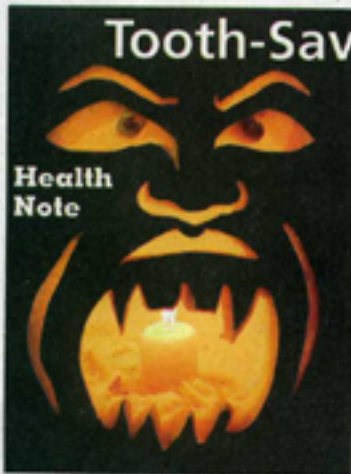
The goal of the Oct. 6 rally is to convince the California Coastal Commission (CCC) to intervene and stop the planned takeover.

Families are invited to come down to show their support, bring a potluck, share and play picnic games. There will be a walking rally, a poster contest and a children's writing contest on "Why I Love Mother's Beach." All essays will be sent to the CCC.

The Rally for Recreation, 10am – 3pm, Mother's Beach, Admiralty Way and Via Marina, Marina del Rey: 310-306-4275 or email ourMDR@aol.com.

– Brenda Lee

Tooth-Saving Tips for Trick-or-Treaters



Health Note

This year, protect your child from one of the true horrors of Halloween – a cavity-filled dentist visit.

"Since I was a child, I loved Halloween, but hated the cavities that would be discovered at my following check-up," says Alan Zweig, D.D.S., a Beverly Hills dentist for more than 25 years. "If only my parents knew what we know now, and had

taught me the importance of preventing cavities, I know that I would not have feared the dentist after I ate too many sweets!"

Here are Zweig's tips for protecting kids' teeth from an overabundance of treats:

- **Feed them cheese.** It's high in calcium and re-mineralizes areas of early tooth decay. It also buffers acids produced by oral bacteria, protecting teeth.
- **Give them a healthy meal before trick-or-treating,** so they'll

have less room for candy.

- **Have them drink water after eating sweets** to help rinse sugar away from the teeth.
- **Offer sugarless gum** to keep saliva flowing and help rinse the teeth if they can't brush or floss after eating treats.
- **Ask your dentist whether a prescription fluoride toothpaste is right for your child.** It has a higher concentration of fluoride than over-the-counter brands.
- **Set up a candy "bank"** and offer a limited amount at a time. Freeze chocolates and candy bars, and store the rest in a sealed container.
- **Make sure kids brush regularly** to protect against cavities.

– Christina Etkon

More Health Updates

Stay on top of the latest news, tips and resources affecting your family's health and safety by visiting Parenthood.com/healthnotes.html. This month, learn more about:

- Breast health, since October is Breast Cancer Awareness Month and Oct. 19 is National Mammography Day.
- How to help young athletes avoid sports burnout.
- The dangers of roller shoes.