

Volume 2: Issue 1

Winter: Dec./Jan./Feb./March

City Kidz World

The international, multicultural youth magazine for all ages!



**NJ Homeschooler
Learns Everywhere!**

**Coloring
Contest on
Page 20**

ONE WORLD

A Kid Like Me:

Puerto Rico
Serbia
Ghana

**Bollywood Dance Studio Draws
Girls from all across the State**

13 Contests
Listed



A magazine with something for every child in the family.

City Kidz World is a magazine that seeks to offer readers an authentic relationship with diversity. In this issue we are introducing a new feature called *One World :A Kid Like You*. In these features you will find stories about young people who are just like you, but who live in different places than you, listen to different music than you do, eat different food than you do, and maybe wear different clothes than you do. Nevertheless, people are more alike than different no matter what they do. Knowing that you are reading about the lives and times of young people just like you, sit back and feel comfortable and enjoy their stories. Maybe it will encourage you to try eating a different food, visiting a different country, or learning a different language.

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www.twitter.com/CityKidzWorld

Creations Dance Academy in Central Jersey Teaches Confidence through Bollywood Dancing

By Missy D. Murray

Bollywood dance includes every kind of dance that you can think of, said Divya Jain, the artistic director and founder of Creations Dance in Edison and North Brunswick, N.J.

Jain, born in Bhopal India, originally studied Bharatnatyam classical dancing and bioscience. She said that learning classical Indian dance is like learning your ABCs.

“Once you learn basic classical dance you can add anything you like because you will have grace, understanding, and clarity in your moments,” Jain said.

Jain said that although Creations Dance Academy does have a few adults, the academy mainly caters to young people and emphasizes confidence and performance by holding recitals every month. Dancers perform shows depicting classical myths like *Ramlela* and the recitals sometimes have as many as 10,000 audience members, she said.

In addition to offering students an opportunity to perform, Creations hosts famous guest teachers from the Bollywood choreography scene regularly. This year the renowned Bollywood star Terrance Lewis did a workshop at the academy.

When Jain is not teaching Bollywood dancing in New Jersey, she is flying across the nation to offer dance camps. She recently held camps in Cleveland and Dallas.

If you don't think you know any Bollywood songs think of *Slum Dog Millionaire* and look up the *Ja Ho* music video on YouTube and you will see a great example of some hot Bollywood dancing.

Although Bollywood originated in India, there are students at the Creations Dance Academy from many different backgrounds.

Jain said that there are many people of West

Indian, Spanish, and American heritage who attend the academy to try to master Bollywood dancing. One of the greatest attractions to Bollywood dancing for many young people is the stories that are told through the music, Jain said.

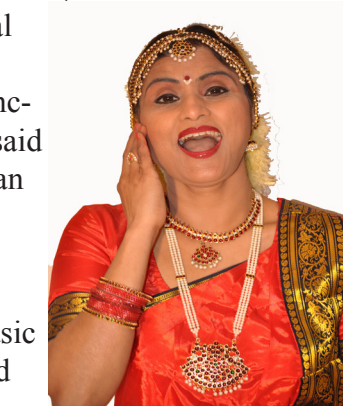
“All of the dances are theme based,” Jain said. She said Bollywood dancing can be compared to a Broadway show.

The stories are romantic and many times the plots feature marriage and the characters have beautiful clothes, Jain said.

Bollywood has also been influenced by popular music and artists from all over the world.

“Michael Jackson dancing has even had an impact of Bollywood,” Jain said.

Dance enthusiasts who love hip hop dance, salsa, jazz, tap or any type of movement will feel at home in a Bollywood dance session, Jain said.



Divya Jain

For more information contact Divya Jain at 732-821-6765.
E-mail her at divya@creations-dance.com.
View the web site @ <http://www.creations-dance.com/4436.html>
Visit YouTube to see Ja Ho video @ <http://video.yahoo.com/watch/4591047/12288580>

Address: 37 Meridian Road
Edison NJ – 08820



**Do you have a favorite Bollywood movie?
Send in your Bollywood movie review to
contests@citykidzworld.com.
Your entry may be selected to be
published in *City Kidz World* magazine!
*see page 14 for full details.***

A Kid Like Me

Julia - Puerto Rico

By Virginia Bodyfelt

People in my country refer to their home as La Isla de Encanto, which means the island of enchantment in Spanish. If you take a look around, you can easily see why someone would call it that with its lush, green forests and its beautiful white beaches. I can see my older brother, Matteo, swimming in the crystal clear waters of the ocean while I am lying under the cool shade of a coconut tree. You might think my family is enjoying our summer vacation but the truth is the weather here in Puerto Rico is so nice it's like having summer vacation all year. My name is Julia and I would like to say Bienvenido! Welcome to Puerto Rico.

Puerto Rico is a small country made of a few islands together. It is located in the Caribbean Sea and is southeast of Florida. Our neighboring countries like Cuba and Jamaica are also islands with warm, sunny weather and friendly people. Nearly 500 years ago, Spanish explorers came to Puerto Rico from Europe. One of these explorers was Christopher Columbus who had already landed on islands to the north a year before finding Puerto Rico. When he and his sailors landed here with their massive wooden ships, there were already people living on this island. They are called Tainos and they were Native Americans who came from South America. We also had many immigrants move here from Africa. This means the our culture is a wonderful mix of Native American, Spanish and African, which can be seen or tasted, rather, in our food.

We serve a great soup made of black beans or frijoles negros. One of my favorite things to eat is empanadas, which are crescent shaped biscuits stuffed with meat. In fact, I've packed a few of them in my sack and will gladly eat them after taking a dip in the sea. Puerto Ricans like to use spices like garlic and chili pepper in our cooking and since Puerto Rico is surrounded by the sea, we have a lot of seafood like crab and shrimp to eat. Some special vegetables grow here that may not be found so easily in America. For example, the chayote, which is like a squash and the plantain, a small banana-like plant, grow very well here. Like most kids my age, I prefer to skip the big meals and focus on dessert! Here our most special dessert is called nisperos de batata. They are small balls made from sweet potatoes covered in coconut and cinnamon. We also have cakes made from pumpkin or guava. Anytime you get too hot in the sun you can find a piragua, a Puerto Rican snow cone with tropical flavors sold on the streets.

Life in my country is very relaxed and we have many tourists coming from American who come on airplanes or on huge cruise ships traveling to all the islands in this region of the Caribbean. Perhaps they come to listen to our wonderful music, which is very original to Puerto Rico. One type of music is called bomba y plena and it uses instruments like big drums covered in animal skin, guitars, tambourines and the guiro, an instrument shaped like a tube that is played by rubbing a wooden stick across bumps on the top. Another style of music found in Puerto Rico is salsa. The word salsa in Spanish means sauce and it's a good name for such a fast, joyful music and dance that uses instru-

ments like bongo drums and maracas, which look like large round rattles that you shake to play.



Once visitors reach Puerto Rico they can travel around the island on buses or cars on the highways connecting cities and towns or they can use the train system, Tren Urbano, in the capital city of San Juan. Like many countries in the world, we celebrate Christmas and Easter but we like to celebrate these holidays with live music accompanied by guitars and drums. For our special carnivals the people of Puerto Rico like to make caretas, which are scary masks with big eyes, horns and teeth. One of the unique holidays we celebrate in Puerto Rico, which is similar to many Latin American cultures, is the quinceañera. When a girl turns 15, her family gives her a huge party and she wears a beautiful white dress. I will have one of these parties in four years but I think I would like a nice pink dress instead of white!

My family is small. There are just four of us, my mother, father, older brother and me. My mother bakes cakes and pan, which is bread in Spanish. She sells these and other delicious pastries to specialty shops or to people having parties. My father is a bus driver who works very early in the morning. When I grow up I want to be a botanist – that's a scientist who studies plants – because I love all the tropical flowers, bushes and trees you can find in Puerto Rico. Like me, my brother loves science and the outdoors so he is planning to study at the university and work in a zoo. He loves all animales, or animals, especially amphibians (frogs, salamanders and newts), reptiles and insects, which grow very large here.

There are many famous Puerto Ricans living and working in the United States. Perhaps you've heard of Ricky Martin or Jennifer Lopez? Another interesting thing about Puerto Rico is that the President of our country is the President of the United States since Puerto Rico is actually a territory of the U.S. We have our own governor though who lives in San Juan. This capital city has some amazing sites for tourists like the San Juan Cathedral, the Castle of San Cristobal and El Morro, a 400-year-old fortress used to defend Puerto Rico from its enemies at sea.

Sugar was once a very important product that grew here in Puerto Rico and many worked on sugar farms. Now people work in industries that make medicine and technology. Like American children, we have six years of elementary school followed by middle and high school. Everyone, no matter how old, can play various sports here like baseball, volleyball and basketball. We also have boating and sailing for those brave enough to face the waves. Spanish or español is the main language but many people know English or inglés so you'll feel comfortable visiting us, which I hope you do soon. For now, I'll say hasta luego, or see you later!

“A Kid Like Me” Activity

Puerto Rico

Activities –

1) Hablas español? Do you speak Spanish? Circle the correct Spanish translation for the word given in English.

- Bread: a) frijoles b) pan c) empanada d) flan
Welcome!: a) piragua b) Columbus c) hasta d) bienvenido
Animals: a) negros b) luego c) animals d) caretas
English: a) ingles b) guava c) frijoles d) salsa
Train: b) bomba b) tren c) quinceañera d) pan
Spanish: a) salsa b) El Morro c) plena c) español

2) Recipe – With your parents try a little taste of Puerto Rico at home with the following recipe for Beef Empanadas.

Filling

2 lbs ground beef

1 chopped onion

2 small boiled potatoes, diced small

¼ cup green olives, finely chopped

2 diced hardboiled eggs

1 cup beef broth

1 teaspoon vegetable oil

Dough

3 cups flour

1 egg yolk

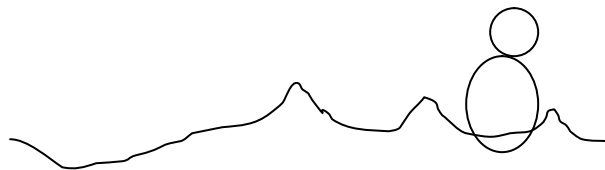
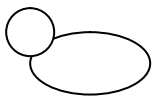
½ cup of butter

¾ -1 cup of warm milk

½ teaspoon salt

To prepare dough: Mix the flour and salt with a mixer until well blended. Add the butter and mix well. Then add the egg yolk followed by the milk in small amounts until the dough starts to clump. Form a few balls of dough and chill in the refrigerator for 20-30 minutes. In meantime, prepare filling: Fry the onion in the oil for about a minute. Add the ground beef until it is cooked and then add the broth and the olives. Simmer until most of the liquid evaporates and remove from heat. Stir in the eggs and potatoes gently. Pre-heat oven to 400 degree F. On a floured surface, roll chilled dough into a thin sheet. Cut out circles from dough using small plates as molds. Place a large spoonful of filling into the center of each dough circle. Fold each filled circle over and press edges together with a fork. Lightly brush the top of each empanada with egg yolk. Place empanadas on a lightly greased baking sheet and bake for 25 minutes.

3) Drawing – Use the following shapes to complete a picture of Julia and Matteo at the beach.



Princeton International Academy Charter School

The founders of the Princeton International Academy Charter School (PIACS) are happy to announce that the application process with the state of NJ to open our school in September 2010 is underway. PIACS would be the first Mandarin Chinese / English dual language International Baccalaureate public charter school K-8 in NJ if approved. The proposed school would serve Princeton, West Windsor/Plainsboro, and South Brunswick school districts; initially with 3 Kindergarten classes, 3 first grade classes, and 2 second grade classes, and adding higher grades thereafter.

There will be two informational meetings for parents. 1) 2-4 p.m. on Sat, Dec 12, at 407 Nassau Street, Princeton, inside The Lutheran Church of the Messiah; 2) 7-9 p.m. on Tue, Dec 15 at the West Windsor Library at 333 N Post Rd, Princeton Jct. Children ages 4-7 or older are welcome to participate in demo Chinese-immersion lessons. No prior knowledge of Chinese language required.

This newly proposed charter school would offer an extensive International Baccalaureate curriculum with Chinese dual language program during the day as well as after-school programs. The day program would be free to students of all cultural backgrounds. Come find out more! RSVP info@piacs.org. Additional informational meetings will be scheduled at www.piacs.org.

If you are interested in enrolling your children in this new forward-thinking public school, please sign a letter of intent now at <http://www.piacs.org/letterofintent.doc>. More information on PIACS is at our website: www.piacs.org.

Some of the Founder's Board



From left:
E.J. Bliely, Yibin Kang, Jennifer Ahaghotu, Joy Zhao,
Bonnie Liao, Yu Miao, and Stuart Chen-Hayes.

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Meet a Young Talented Illustrator



I am Aditi Laddha. I am a 13 years old girl from India studying in The Shishukunj International School (Indore).

I am in the 8th class. I wish to be a good illustrator when I grow up.

At present I have worked for Stone Soup magazines and am a regular illustrator of Stories for Children Magazine, a monthly Ezine for children.

I have won around 23 international awards in drawing contests.

I love eating spicy food and watching good movies.

Enjoy my illustration!



A Kid Like Me

Miloš – Serbia

By Virginia Bodyfelt

There is a busy street in my city where no cars can go. It's only for walking. Many open air cafes run along the sides of this street where people sit and talk for hours while drinking tea and coffee, or čaj and kafa as we say in my language. My favorite café on this street is called The Russian Tsar and it is one of the most popular places for visitors to my country because of its amazing selection of cake, or torta. I go there every Sunday with my grandfather and order my favorite kind of cake, chocolate and blueberry. Sitting there in the spring or summer sun, I can see my city's most famous statues of a hero on horseback built over 100 years ago. His name was Michael Obrenovich and he was a prince who freed my country from our enemies a long time ago.

My name is Miloš (pronounced Milosh) and I am from Serbia. I live in a small house in the suburbs of Belgrade, my country's capital city. You're probably wondering where Serbia is, just like I often wonder where Texas or California are. I can tell you that it is a small country of about 8 million people that is located east of Italy, north of Greece and south of Germany – a long way from both Texas and California! My grandmother and grandfather live with me, my mother, my father and my older sister. It is very common in my country for families to live with their grandparents. It can be crazy and crowded in our house sometimes, especially when my grandfather's friends come for a visit, but my grandparents make me laugh and they often help me with my history homework.

I am 10 years old and my older sister, Dragana, is 17. She is going to the university next year to study medicine. She wants to be a doctor, or lekar as we say in Serbian. When I grow up, I want to be an actor, or glumac, just like my favorite American actors Brad Pitt, Adam Sandler and Harrison Ford.

Just like most kids in the world, I have to go to school, or škola (shkola). I have 14 subjects, attending seven every other day. My least favorite subjects are math and biology, but I enjoy art and foreign languages. We don't have as many P.E. classes in my school as I'm sure they do in America, but we do have to study two foreign languages, especially when we get to high school.

I am learning English and Russian. Unlike America, we don't have cafeterias in our schools. Instead, our parents give us some pocket change and we can buy sandwiches or rolls at bakeries near the school. For lunch, I always buy burek, a meat or cheese pie that is usually very oily. We drink it with plain, sour yogurt, which might sound disgusting but it is actually pretty tasty, I promise!

We don't have to attend school in the summer. Like most families, we try to take a summer vacation, or odmor, at the end of July or some time in August. A lot of people in Serbia travel by train because it does not cost a lot of money, but my family drives

an old car, or kola. In the past, we spent many of our summer vacations in neighboring countries, like Croatia, Montenegro or Greece, where I would build sand castles on the beach or swim until my skin got completely wrinkled. This year, instead of heading to the sea, or mora, we will go to the mountains in the south of Serbia where it is much cooler. The mountains, or planine in my language, are extremely tall with many trees. We don't have too many wild animals but sometimes you can see a jelen or a vuk, a deer or a wolf that is, if you're lucky.



On the weekends, I like to play video and computer games with my friends. Dragana and I take our small dog to one of the city parks for a walk. The weather is normally very cold in the winter with some snow and often rain so I will stay home on the weekends and watch movies or read comic books. My mother and grandmother always cook lunch, which is the biggest meal in my country when we're not busy at work or school. We eat soup first and then have some kind of meat and a salad. One of our country's most famous dishes is sarma, cabbage leaves stuffed with ground meat and rice. We eat it in the winter or for special holidays.

You might think it's unusual, but we celebrate Christmas on January 7th because our churches use a different calendar. Traditionally on Christmas Eve the oldest and youngest male members of the house go into the woods and cut down a small oak tree. The logs from the tree are burned outside of the house until the morning. Since we live in the city, we hang oak leaves in the house as a symbol. Christmas bread is very important in my country. It is a heavy, round bread baked with a coin or small treasure inside. Whoever finds the piece when eating the bread will have the most luck that year.

When visitors come to visit my country, they can go to one of our many hot springs where we could swim. My grandparents say that the mineral waters there are very healthy for the skin and will keep people young. Visitors can ride bikes along the Danube, a river or reka that crosses my city and happens to be one of the longest rivers in Europe. Visitors can also camp in one of my country's national parks. Whether a traveler prefers the winter or summer, Serbia can offer him or her many outdoor activities. One thing is for sure, there is much more to discover about my country if you decide to visit. Until then, see you later or as we say in Serbian, vidimo se!

"A Kid Like Me" Activity

Miloš – Serbia

Activities -

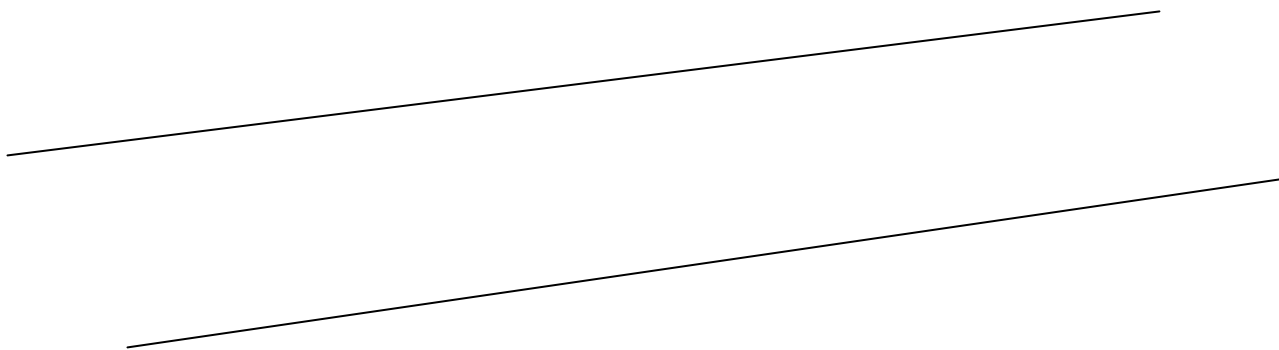
1) Word Search – Find the following Serbian words in the puzzle: čaj, kafa, torta, lekar, glumac, škola, burek, odmor, kola, mora, planine, jelen, vuk, sarma, reka, vidimo se

T	X	M	H	L	S	A	J	L	V	K	P
O	H	I	W	E	M	K	J	E	E	U	A
R	C	A	J	K	O	G	O	R	L	A	K
T	M	G	A	A	R	L	U	L	H	E	T
A	B	D	Z	R	A	B	V	T	A	J	N
S	R	G	L	U	M	A	C	H	V	P	K
R	O	M	D	O	K	K	X	C	L	A	O
E	S	O	M	I	D	I	V	A	N	F	L
O	I	F	Z	A	Q	O	N	R	Y	A	A
A	K	E	R	W	A	I	B	A	O	K	J
S	Z	C	Z	U	N	J	G	O	B	R	J
M	Q	I	N	E	A	M	R	A	S	Z	S

2) Matching – Draw a line from the Serbian word to its English meaning.

Set 1		Set 2	
Serbian	English	Serbian	English
čaj	doctor	kola	mountains
kafa	vacation	mora	deer
torta	actor	planine	See you later!
lekar	meat pie	jelen	lake
glumac	coffee	vuk	car
škola	cake	sarma	wolf
burek	school	reka	stuffed cabbage
odmor	tea	vidimo se	sea

3) Drawing – In the space below draw the busy street Miloš described.



Contest

Princeton Tour Quiz Contest



Beat the Winter Blues with a group of 10 friends!

Enter to win a January Princeton Tour by submitting your quiz

Ages 14 to 21

Send entries to:

City Kidz World magazine

P.O. Box 5294

Kendall Park, NJ 08824

Find a download copy of the quiz at:

<http://citykidzworld.com/contests>

E-mail your entry to contests@citykidzworld.com

Deadline: Dec. 30, 2009

Revolutionary War:

1. Which Signer of the Declaration of Independence was the only clergyman? (hint: he's also the great, great, great, great grandfather to Reese Witherspoon, the famous American actress!) _____

2. The French colonel, Marquis de la Fayette fought for free for the American soldiers. He named one of his adopted sons after his favorite leader in the Revolutionary War. What was the name? (hint: the namesake is on the one dollar bill!) _____

Civil War:

3. What percentage of the Princeton students were from the South at the time of the Civil War? _____

4. Do you think that is why Princeton is called the southern most northern school? (True or False) _____

WWII:

5. When Albert Einstein moved here Hitler was rising to power. What was the amount of the bounty Hitler placed on Dr. Einstein? _____

6. Which famous Princeton University graduate and baseball player became a world class spy during WWII? How many languages could he speak? _____

Inventions:

7. The first computer was invented in Princeton! Who invented it? _____

8. The atomic bomb was invented by scholars from Princeton! Can you name one of the scientists? _____

Princeton Goes Hollywood:

9. Was Transformers II filmed in Princeton? _____

10. Did David Duchovney (of X-files) go to Princeton? _____

Princeton Traditions:

11. Why are the gates of Princeton cursed? _____

12. When was Nude Olympics banned by Princeton University? _____

Name _____

Address _____

City _____ State _____

Telephone # _____

Holiday Tradition Story Winner

Shrayi Gupta, Age 10, Pennington, N.J.

My essay will be about Diwali. I like Diwali because it's like the 4th of July and Christmas at the same time. We shoot fireworks and we get presents. We celebrate Diwali because it's the festival of lights and it's when we welcome Lord Ram home. Lord Ram is one of the Hindu gods. What happened was that Ram's mother sentenced Ram, Lukshman (his brother), and his wife Sita a 14 year sentence in the woods. In these 14 years Ram did many things. He lost his wife. Then he went to look for her. While he was looking for her, he met a powerful monkey named Hanuman. Hanuman told Ram he would become his messenger and would help him find Sita. Hanuman flew all over India in search of Sita. Hanuman finally found her in Ravan's castle. Ravan was the king of an island now called Sri Lanka. Ravan

was also the king of all devils. Hanuman flew back to Ram and told him about Sita. Soon Ram, Hanuman, and an army of monkeys set out to rescue Sita. Ravan refused to give Sita to Ram. So there was a bloody battle. In the end Ram's team won against Ravan. So then Sita became Ram's wife again. After all of this happened 14 years had gone by. So Ram returned home and that's how Diwali was made.



In Diwali we light oil lamps, sing prayers, shoot fireworks, and get presents. After that we call everybody who we know who celebrates Diwali and wish them a happy Diwali. My family celebrated Diwali on October 17 this year, but every Diwali depends on the phase of the moon. This year for my gift I

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got Guinness World Records 2009. With latest and updated records of 2009. There are 2 other festivals in the Hindu religion. Such as Holi the festival of color, and Rakhi. In Rakhi our sister(s) tie a "friendship" band on our wrist. This symbolizes protection, and good friendship.



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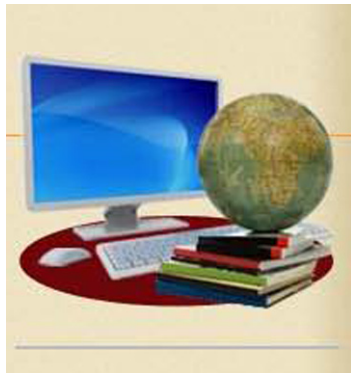
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Contact Information

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630-204-4346
email: Medwards66@sbcglobal.net

Mini-Local Guide: Check out the Libraries

Princeton

Princeton Public Library:
Technology Center
Digital Photo Editing Class Dec.
7, 3 p.m.

East Brunswick

East Brunswick Library:
Meditation Group with Jeff
Kaspin
Meeting room 1
Dec. 16, 5:30p.m. - 6:30 p.m.

West Windsor/Plainsboro

West Windsor/Plainsboro:
Tuesday Tech Talks: Holiday Gift
Guide
Community Room
Dec. 1, 7 p.m.

South Brunswick

South Brunswick Public Library
Read to a Therapy Dog (Ages 5
and up)
Program Room 1
Jan.6, 2010, 6:30 p.m - 7p.m.

New Brunswick

Teen Game Day
Teens are invited to play video
games on the big screen!
Dec. 21, 4:30 p.m.- 5:45 p.m.
The Carl T. Valenti Community
Room.
For more information, please contact
Camille Thompson at Thompson@
lmxac.org or
732-745-5108, 732-745-5108 x20.

North Brunswick

North Brunswick Public Library:
Story Tots (18 months to 3 yrs old)
December 21, 11a.m. – 11:30a.m.
Conference Room
Music, rhymes, movement, story,
and activity sheet. No registration
required.

Old Bridge

Old Bridge Public Library
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Contest Section

City Kidz World offers a comprehensive academic contest program for the year.

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With every entry, please include:

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- Contact information
- Entry

Submission options include:

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P.O. Box 5294

Kendall Park, NJ 08824

By e-mail

contests@citykidzworld.com



Permission Form

Name _____ Age _____ Grade _____

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Zip _____ Phone _____

Sponsor (Teacher or Community Leader): _____

Phone: _____

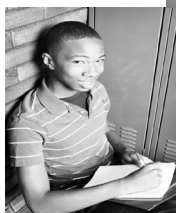
I give permission for him/her to participate in the activities of City Kidz World magazine writing contests titled _____, including consent to release photos and personal information for media and promotional purposes.

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COPPA Compliance

This permission slip must be included with the entries of every child under 13. It may be scanned and e-mailed to contests@citykidzworld.com or send to P.O. Box 5294, Kendall Park, NJ 08824. Personal information will be used to notify winners and send participation certificates and will only be used by City Kidz World magazine.



Contest Listings

Photo Contest

Take a Winter Landscape Photo

Ages: 7-21
Categories
7-9
10-13
14-21



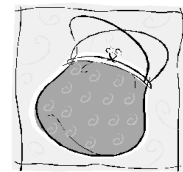
Deadline: Jan.30, 2010
Submit your entry to:
contests@citykidzworld.com

With submissions include permission slip if under 13.

Prize: Receive a portrait from Marc Skinner Photographic Services.
Photo will be published in *City Kidz World* magazine and at www.citykidzworld.com

Calling all Aspiring Illustrators ENTER A PURSE DRAWING Contest!

Draw a picture of one of the purses described in the story, "In My Mama's Purse" @ <http://www.citykidzworld.com/fiction> 2nd -3rd grade link by children's author E. O. Johnson. Seven winning "purse" drawings will be featured in the upcoming book *Mama's Purse*
Deadline to enter - June 6, 2010



**Do you have a favorite Bollywood movie?
Send in your Bollywood movie review to
contests@citykidzworld.com.**

Guidelines: 200 words

Categories:

10-11

12-13

14-18

**Your entry may be selected to be
published in *City Kidz World* magazine!**

Deadline: March 30, 2010



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More Contests!

Valentine's Day Short Story contest

Deadline Feb. 14, 2010

2nd -3rd grade – 100 words

4th -5th grade – 200 words

6th – 8th grade – 250

High School – 500 words

See more submission details at

www.citykidzworld.com/contests.php



Spring photo essay contest

Submit a jpeg file or a real photograph

Deadline April 15, 2010

See more submission details at

www.citykidzworld.com/contests.php



www.twitter.com/CityKidzWorld

Best recipe contest

Deadline: April 30, 2010

Ages 7-21

See more submission details at

www.citykidzworld.com/contests.php



Mayor for the day writing contest

Create a fictitious village. Describe the village and write a short story about what you would do there if you were the mayor there for the day.

Deadline May 1, 2010

2nd -3rd grade – 100 words

4th -5th grade – 200 words

6th – 8th grade – 250

High School – 500 words

See more submission details at

www.citykidzworld.com/contests.php



Car of the future Design Contest

Design the car of the future.

Deadline May 5, 2010

Ages 7-21

See more submission details at

www.citykidzworld.com/contests.php



Family Travel Story Short Tale Contest

Do you have a travel story from the summer to share?

Send it in to City Kidz World magazine!

Deadline July 15, 2010

2nd -3rd grade – 100 words

4th -5th grade – 200 words

6th – 8th grade – 250

High School – 500 words



Puppy Dog Story

Do you have a favorite puppy dog story to share?

You love your puppy and have many exciting stories to tell about his or her antics. We would love to hear them.

Deadline July 30, 2010

2nd -3rd grade – 100 words

4th -5th grade – 200 words

6th – 8th grade – 250

High School – 500 words



Write about why you love your bestfriend.

Deadline Aug. 1, 2010

2nd -3rd grade – 100 words

4th -5th grade – 200 words

6th – 8th grade – 250

High School – 500 words

Draw the Space colony of the future

You may create the picture using any type of tools.

Deadline Aug.5, 2010

Ages 7-21



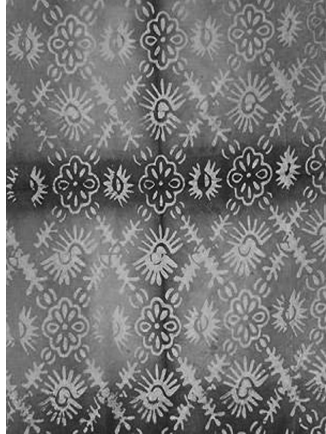
PHOTO BY Marc Skinner

Kid Like Me

Yafeu - Ghana

By Virginia Bodyfelt

Akwaaba! That means welcome and it's a word you'll hear often in my country of Ghana, a land of sun and gold. I'm sitting on the wet shore watching the waves move closer and closer to my bare feet. Next to me in the sand, there is a bag of my favorite crunchy snack, kelewela, or dried banana chips. In Ghana, however, we like to add spices like ginger, salt, nutmeg or cinnamon to these chips. This is my favorite place, well as long as the seagulls don't steal my banana chips. This beach sits on the Gulf of Guinea, which is south of Ghana. The rest of



my country is bordered by other African countries like Burkina Faso, Togo and Cote d'Ivoire, which mean "the Ivory Coast" in French.

I know how to speak some French because it is one of the languages I must learn in school. Ghana is similar to America because it has many groups of different people living together. For example, there are the Ashanti, the Mole-Dagbon, the Ewe, the Bono, the Kwahu or the Fante, like me and my family. There are over 250 languages spoken in my country, although we use English in school, politics and business. My name is Yafeu, by the way, and I'm a boy who lives in Cape Coast, which is about 100 miles west of Ghana's capital city, Accra. Speaking of school, I'm in the fifth grade. We have six grades of elementary school and we study subjects like math, environmental science and social studies. For now, my favorite is P.E. where we actually spend a lot of time learning the traditional songs and dances of Ghana and its people.



Dance is something very special to us. All the different groups of people in Ghana have their own styles or interpretations of dance. In the north, people dance the bamaya to the music of drums and flutes. Men who dance the bamaya wear colorful skirts and shake their hips. They do so to tell an old tale of a man who was very hungry and dressed as a

woman in order to sneak into a market and steal chicken. Another merry dance from Ghana is the adowa, which is danced by men and women at various social events.



My father is a dentist and my mother works in a textile or cloth factory. She is always reminding me about the importance and meaning of fabric to the people of Ghana. The Ashanti people make a special fabric called kente by sewing together many squares of colorful, horizontal lines. Kente is handmade and was once worn only by kings. The many colors are symbols of different things. For example, dark red stands for the earth and people think of healing when they see cloth in this color. Blue is a peaceful color and stands for love. One of my older sisters, Efia, proudly works in the factory with my mother, but I want to manage my own travel company when I grow up!

I would show visitors like you all the amazing things Ghana has. Imagine yourself now riding an open Jeep with the warm African sun on your face. The journey starts in the east near Lake Volta, one of the world's largest manmade lakes. We'll stop so that you can take some pictures of the Tagbo and Wii waterfalls before driving west along the beautiful blue coast. There are many national parks, museums and castles to see along the way, including the Shai Nature Reserve, Kakum National Park, Elmina Castle and the National Museum in Accra. All visitors to Ghana should see Nzulezu, a village on stilts located in the west on Lake Takoradi. Eventually, we'll make it to the central part of Ghana where we'll visit the Boabeng Fiema Monkey Sanctuary.

If you get hungry on the way, I'll be sure to prepare some Ghanaian food for you. There's fufu, which is a mashed porridge made from yams, corn or sweet bananas. You might also like to try kontomire. This is type of stew made from the leaves of yams or taro (like a turnip) and some type of meat like beef, fish or even snails. Imagine eating a bowl of traditional Ghanaian food under the shade of shea tree. This grows in the northern part of Ghana. The fruit is used to make shea butter that is used in cooking, as medicine or as a lotion for the skin. There is another tree found in the northern part of Ghana called the baobab. It is also called the monkey bread tree and it can live for hundreds of years.

We are a land once ruled by kings and warriors. In fact, the name Ghana means "Warrior King." We sell and trade many products to the rest of the world, including cocoa, timber, diamonds and gold, but the best thing you can take with you from Ghana is our smile and welcome. Ghana has seen many foreigners in its history, including explorers and traders from Portugal, the Netherlands and Great Britain. I hope that you might be an explorer yourself and may one day visit this great country. Until then, Nantee-yie or farewell!

"A Kid Like Me" Activity

Activities -

1) Word Search – Find the following Ghana related words in the puzzle: Akwaaba, kelewela, bamaya, adowa, kente, kontomire, shea, baobab, fufu, Ashanti, and Fante

E	W	C	W	A	K	W	A	A	B	A	E
R	V	A	F	L	Y	S	L	A	J	U	T
I	T	R	S	L	R	E	O	D	P	A	N
M	A	T	C	H	W	B	A	R	N	W	A
O	G	B	D	E	A	E	F	C	A	Y	F
T	X	R	L	B	H	N	P	R	Q	B	G
N	X	E	W	S	A	F	T	A	Z	A	M
O	K	Q	T	N	F	A	U	I	X	M	R
K	P	F	P	N	F	U	F	U	G	A	K
M	T	Z	T	E	E	X	I	V	W	Y	F
I	C	P	Q	D	O	K	P	T	W	A	Q
Z	D	L	Z	A	B	Z	A	W	O	D	A

2) Map – With your parents, find a map of Ghana online. Find the following places in Ghana and write their number on the map where they are located in Ghana.

- 1) Accra
- 2) Wii waterfall
- 3) Shai Nature Reserve
- 4) Tagbo waterfall
- 5) Kakum National Park
- 6) Nzulezu
- 7) Boabeng Fiema Monkey Sanctuary

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University Student Talks about Transferring from a Community College

By Vilma Sierra



After concluding my two first years of college, I knew that the time to transfer was coming soon. I began to apply to schools and I got accepted to Rider University which was my number one choice. Somehow Rider offered me the same warm environment I found at Middlesex County College (MCC); small classes and an open communication among teachers and students.

I did not want to go to a big school where I would be enrolled in a big class in which the professor wouldn't get to learn my name. As a college student I am always looking for those teachers that are available at all time in case I have any difficulties with the course. The first time I visited Rider University I felt in love with the campus, and I could perfectly imagine myself going there.

Attending Rider University was brought several changes in my life. I had mixed emotions about transferring from MCC to Rider because I still remember having difficulties my freshmen year. During my freshmen year most of my free time between classes was spent either in the library or cafeteria doing

homework because I realized that college was a place where everybody lived in their own world. Sometimes it's easy to meet and make new friends, but sometimes it takes time. My freshmen year adapting to the college class system was not hard because my professors made me feel comfortable and they were always trying to have a very open communication with their students. I never hesitated about asking questions or letting them know if I needed help and there were always there to help me out.

One month later the MCC library staff opened their doors to me by hiring me as a media aide and part of my job was to be in charged of the media desk in the library. Everyday I had to sit in my desk for a period of four hours, and while I was working I met the majority of my friends. Working and

studying in the same place made feel comfortable about college. I also became more involved in campus in activities such as being staff member of Quo Vadis and Hispanic American Club.

I had mixed emotions about transferring from MCC to Rider because I still remember having difficulties my freshmen year.

But it was time to leave that behind and to start a new journey in Rider. I moved out of Edison to Ewing with five students from TCNJ. Moving to a house with five strangers is not an easy decision to make, but I did not have another choice. I made this decision because I wanted to be close to school. Living close to school campus would allow me to leave and

con't on page 21

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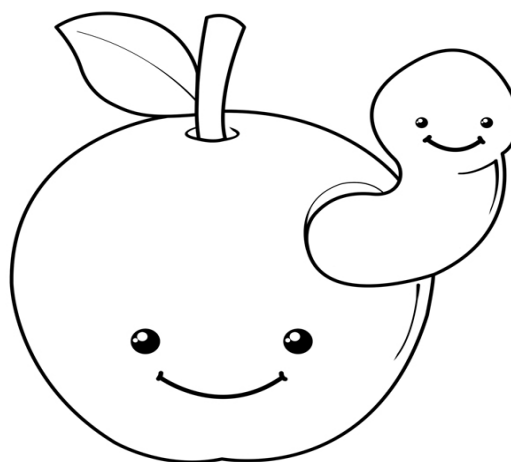
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City Kidz World

Column

High School Homeschooler Talks about Getting Out

By Joanna Rutter

All homeschoolers come from different ways of homeschooling – there isn't one particular label that could brand any homeschooler. Some people are the homeschoolers, who take the “home” part rather literally, teaching their children from their own homes for religious reasons, health issues, or an obscene fondness for their couches. Some people take online classes through a bigger school or organization. Some, like me (and most of my friends), are hybrids, with a foot in the public schools and a foot in our own homeschooling community.

I actually go to five different schools because of all the different places I go and people I see during my week.

I saw that raised eyebrow – you're wondering how on earth I can go to a school if I'm homeschooled. Well, we have our ways. In my case, my local community college, Middlesex County College in Edison, N.J., has a program that allows high school students to take classes to supplement their curriculums. I've taken classes at the college ever since I was 13. At that time I took a basic chemistry course with some other homeschooled friends (which is not an experience I'd recommend to any other 13-year-olds out there). Since then, I've taken four semesters of French, a pottery class, summer Algebra II boot camp and some amazing English courses. Tally all of those up, and I've got some elective and humanities credits to save me some money when I finally go to what I call "real college."

This semester I'm taking physics, pre-calculus and journalism. It's a challenge to stay on top of assignments when they come at me with the vicious speed of a semester-long college course, but somehow I am managing all the news stories and lab reports and logarithm problem sets without developing a nervous tic - yet.

So in one side of my life, I get to take cool classes that aren't offered to most high school seniors. But I also get to be part of a vibrant homeschool community. I'm in a Shakespeare class made up of 13- to 18-year-old homeschoolers from all over New Jersey. We meet once a week to do crazy improvisation and group activities, like creating giant animals with our bodies or turning sonnets into mini-plays. Over the past two years I've become really close to all of the awesome kids in the class.

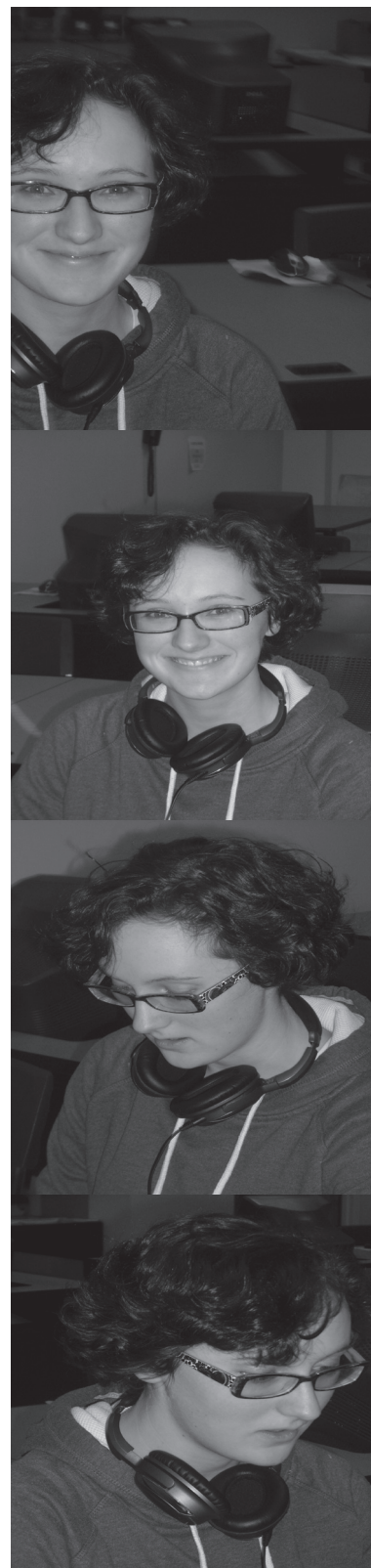
Other than courses taken at home and isolated classes, there are homeschool co-ops (short for co-operatives), which

are groups of families that meet, usually weekly, to take one or several classes together.

There are co-ops for everything from biology lab to a homeschooler orchestra. I teach beginner's French to 3rd- through 6th-graders at a co-op that my mother founded three years ago. I have eight amazing students and they are all très fun. I'm also a student leader of sorts in my local Institute for Cultural Communicators speech chapter, which is part of a different co-op.

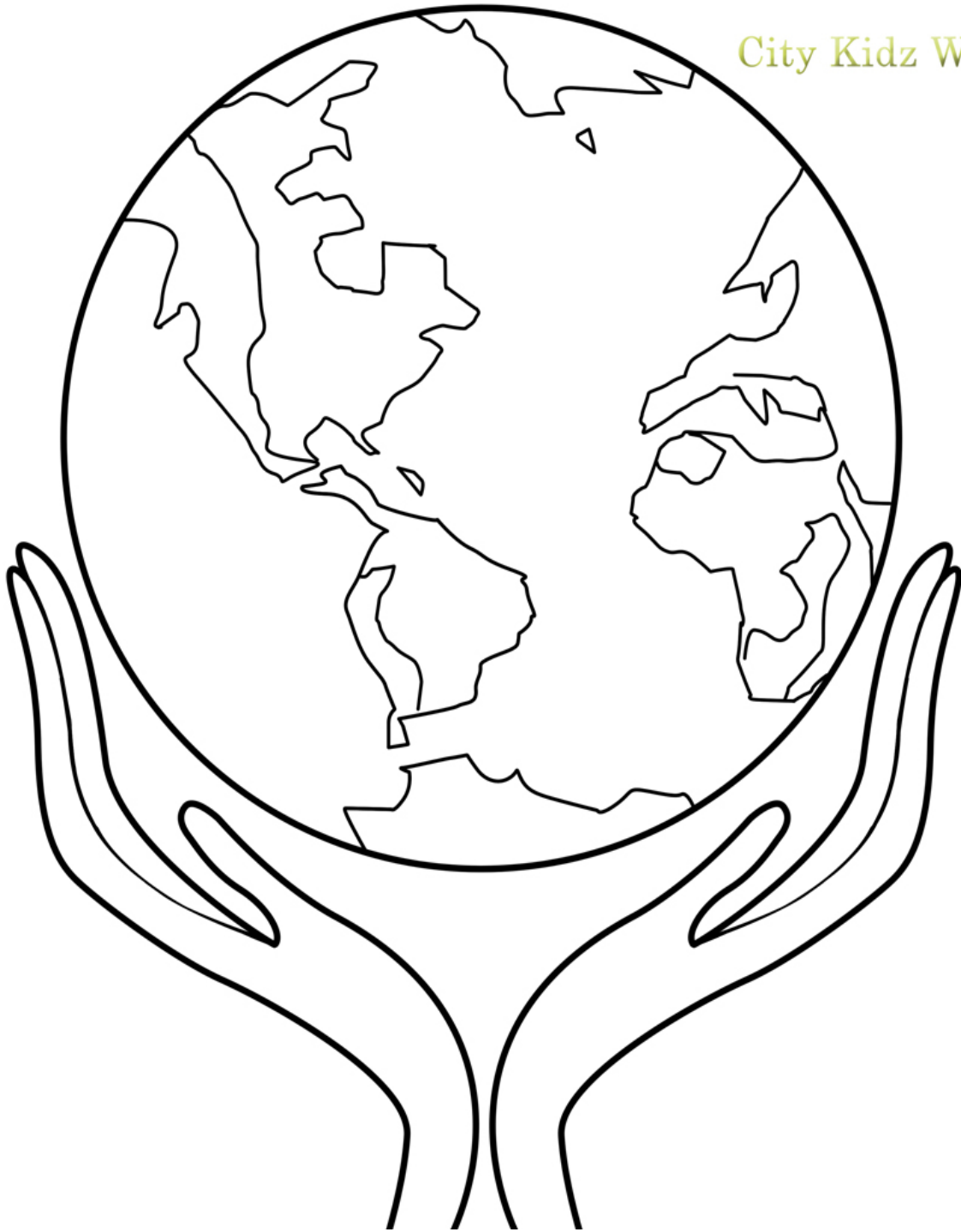
I help organize and edit things, and critique and train kids to be better public speakers. I have so many different vibrant social circles I get to be part of -- my church friends, my friends at my job at Chik-Fil-A, my homeschool co-op friends, and my MCC friends. When people ask if I go to school, I jokingly say that I actually go to five different schools because of all the different places I go and people I see during my week.

Lots of people think that homeschooling is all about being trapped in a house and that homeschoolers never get to see the light of day. But for me and most other homeschoolers, homeschooling is freeing. I've been able to speed ahead with the classes I want to spend time on and slow down on grasping harder subjects. I've been able to make friends with old and young people from different countries and walks of life and I've been able to spend a lot of time with my family. I wouldn't trade it for anything!



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Transferring to a university from a community college

come back to school at any time, and it would also allow me to take six classes and participate in campus activities and clubs. I also realized I was not an 18 year-old freshman anymore, and it was time for me to be more independent and to start value more things that life offers.

Fall 2009 semester finally came and along came my first day of class, and being a transfer brought back memories of those days as a freshman student in MCC because I did not know where my classrooms were located and I didn't know the building names.

I noticed that the classrooms size were the same size as MCC, and that made feel comfortable with the classes. On my first day of class I had three classes and I had three free hours between each class, and I did not know what to do with that free time because obviously I still did not have friends to hang out, or I didn't have any homework yet to do.

Meanwhile back in MCC I knew a lot people, and I had to run away from people because I needed my space to study and do homework. I must have admitted I was used to my old friends from MCC, but it was time to make new friends which is not an easy thing to do. In my case I just don't start talking to someone and then become friends it takes time and chemistry. The amount of school work also increased compared to my first

two years of college. As journalism major in MCC, I did not have a lot of competition because there were not a lot of students majoring in journalism. Meanwhile in Rider, journalism is a popular career in their Liberal Arts School.

I was in amazed how students were fighting to cover new stories around campus for The Rider News. It was time for me to understand that if I wanted to achieve something as journalism major in Rider I have to start work harder just like I did in MCC, but with the disadvantage that a great majority of people are trying to achieve the same goal.

The idea of finally attending to a four year college was hard to believe over the first days of school. It's has been more than two months since the semester started and I am still adapting to Rider.

But I learned that in order to move on your life you have to close those great chapters from your life, which includes leaving our family and friends behind, and open a new chapter that will embrace us with experiences that we go through because of changes. As transfer students we are always going to through these changes that will bring us difficulties, but we have to overcome these difficulties in order to obtain our bachelors.

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How to Make Instant Black Beans & Rice

Laura Aldir-Hernandez

Are you hungry for something warm and filling, but have soccer or baseball practice soon? Here's an updated recipe for black beans and rice, a modern take on a classic Cuban dish that's fast, healthy, and easy to make. Oh and did I mention that it's delicious, too?

Bean and rice dishes are as popular in Spanish-speaking countries as burgers and fries are here. Many Hispanic Americans in the United States also frequently eat traditional bean and rice dishes. Beans are cheap and nutritious, and come in a variety of shapes, sizes, and colors. The typical Cuban version of this dish (called Moros y Cristianos in Spanish) uses black beans and white rice. Here, instead of the plain old white my mother always used, I've substituted a package of precooked brown rice. While brown rice has more fiber and other nutrients than white rice, it usually takes longer to make. But using the precooked version makes this recipe a snap.

Instant Black Beans & Rice

Ingredients:

- one 15oz. can of cooked black beans (I like Goya® brand, but any will do)
- two 8.8 oz. packages of precooked rice brown (I use Uncle Ben's Ready Rice®)
- four tablespoons of water (unless your brand of precooked rice calls for a different quantity)
- one teaspoon of olive oil
- two tablespoons of ketchup



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Directions:

Using a fork, fluff the pre-cooked rice in a microwave safe dish, gently breaking up any rice balls that may have formed in the package.

Ask an adult to help you open the can of black beans. Watch the sharp edges! Drain the liquid inside, but don't worry if there is a little left in the can. Place two to three tablespoons of black beans into a cup or mug, and squash them using a fork. Add this black bean mush to the dish with the rice.

Add the remaining ingredients to the dish (olive oil, ketchup, water, and all the beans left in the can). Stir softly now—you don't want any more mush at this point.

Place the dish in the microwave and cover it loosely with a paper towel or paper plate. Cook on HIGH for 3 minutes. Stir gently (careful, plate will be hot!), and cook another 2 to 3 minutes, depending on your microwave. Most canned beans already contain salt and spices. But if needed, you can add salt and pepper to taste.

Makes 4-6 servings.
Smart Tip: If you have leftovers, keep them in the fridge, tightly sealed with plastic so the rice does not get hard. You may want to add one to two teaspoons of water before reheating.

Make it a Meal: Add hot, cooked chicken chunks to your bowl of rice and beans and a few vegetables (microwave separately for best results), and you've got a full dinner.



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