

the

Dragon Tales

Essex Junior Academy School Newsletter

Volume 1, Issue 3

Safety Tips

Before:

1. To begin preparing, you should build an emergency kit and make a family communications plan.
2. Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.
3. Make sure you have canned goods

During:

1. Listen to the radio or TV for info
2. Secure outdoor objects or bring them indoors
3. Ensure a supply of water
4. Find out how to keep food safe
5. Stay indoors, and away from windows and glass doors

-Tashanae Fuller



SUPER STORM SANDY

Sandy was during late October. The storm battered ports of New York and New Jersey. So many people were out of light, food, water, heat and homes. Many people had to stay in shelters due to the storm.

When this hurricane came, it destroyed a lot of people's homes, cars, and many more things. Each day since the Sandy struck New Jersey, utility companies have issued estimates for outages and restoration times, but many customers without power are frustrated.

Till this day, people are still out of light, water and food. Most people were out of things for 5 to 10 or more days. FEMA was giving out food, water, and clothes. They were helpful to people whose cars and homes were destroyed, by repairing electricity and giving some people a place to stay.

-Briana Williams

Birthday Shout Outs!

Happy Birthday to All November- and December-Born Dragons!!!

Amir F.

LaGee C.

Ms. Stanley

Cannis C.

Mr. Stoute

Steven M.

Dimitri C.

Ms. Ali

James B.

Ms. Ferrara





Black History

In my world, black history means how so many African-Americans risked their lives for us, like Sojourner Truth. Ms. Truth was born in 1797. Her real name was Isabella Baumfree. She did so many things to for us African-Americans. She fought for what she believed in, and when she was denied her freedom, she escaped with her daughter who was a baby. Dr. Martin Luther King, Jr. whose birthday recently passes, wanted blacks and whites to come together and live in unity. Dr. King was one of the leaders of the Civil Rights Movement. He was born on January 15, 1929 in Atlanta, Georgia.

-Briana Williams

Exercise Plan

- ◆ Elbow Pressing - 15 times
- ◆ Trunk Bending Downwards - 10 times
- ◆ Squat Thrust - 10 times
- ◆ Trunk Bending Sideways - 10 times (each side)
- ◆ Trunk Curls - 10 times
- ◆ Up Oars - 20 times
- ◆ Push Ups - 10 times
- ◆ Skipping - 2 minutes

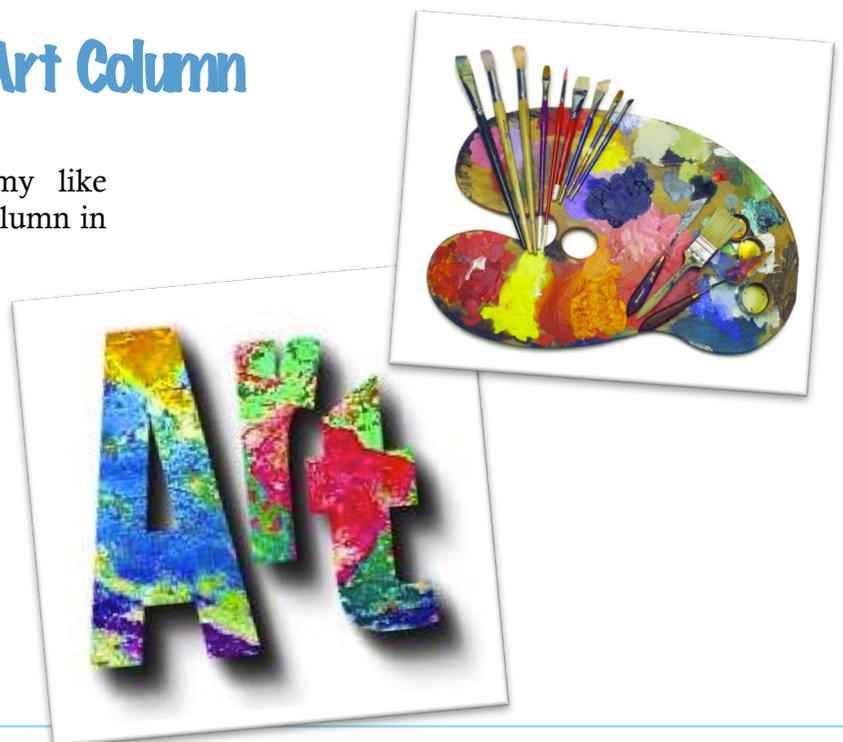
Parents need to get their kids to exercise every day. All kids need to eat their vegetables and fruit all the time. Kids don't need to eat sweets, like cookies, every day because too much sugar and sweets can cause diabetes. Kids need to be healthy. Be Healthy. Don't be Lazy.

-Jai'Reyce Summerville

Suggestion Box Art Column

Many people at Essex Junior Academy like drawing. I think we should have an art column in our newspaper because kids from our school can show our literacy teacher, Ms. Stanley, and maybe she can put it in our very own newspaper. I think kids from our school should do any activities they can. Joining clubs and events can really help you succeed in life because it can help you stay positive about yourself, and it could keep you out of a lot of trouble. Being positive is the right way to go!

-Byron Taylor






The Girl Who Cried Mom

When I'm sad and depressed, I need you to be here for me. There's no one that understands me like you would.

When everyone is attacking me, putting me down, and making me feel so low. I need you to be the one to defend me.

When I'm scared and frightened, I need you to be my security blanket. Instead, I have to live in fear.

When I have those bad and horrible days, I cry myself to sleep. Because I have no one to talk to, I ball up and cry my troubles out. It doesn't cry them away, but it helps for the moment.

All I know is "one step at a time." It gets me passed the fear, even though you're not here. It's heartbreaking that you're not near

-Tashanae Fuller

How to Cook Smoked Turkey Neck

- 2 lbs. raw turkey necks
- Large bowl
- 8-inch-by-8-inch metal baking pan
- Heavy-duty aluminum foil
- 1 4-oz. bottle (1/2 cup) liquid smoke
- 1 cup barbecue sauce
- Meat thermometer

1. Combine the barbecue sauce and liquid smoke in a bowl.
2. Place the turkey necks in the bottom of the bowl.
3. Pour the combined barbecue sauce and liquid smoke over the turkey necks.
4. Marinate the turkey necks in the refrigerator overnight, or for at least 8 hours.
5. Preheat the oven to 450 degrees F.
6. Remove the turkey necks from the bowl and wrap them in
7. Place the wrapped turkey necks in the baking pan and bake for 1 hour.
8. Test that the meat is at least 180 degrees F by inserting the meat thermometer into the largest part of the turkey necks.
9. Let the turkey necks rest for 10 minutes after removing them from the oven.

My mother makes the best Smoked Turkey Neck in the whole wide world. If you have Smoked Turkey Neck with white rice, collard greens, and candy yams, it will be the best meal you have ever tasted.

-Atonie Johnson

Words of Wisdom



The world is full of problems—some you will duck and dodge, and some you can never get away from. So, live your life! Don't be like me. Live your life pure and sweet because there is a plan for you and me.

-Al-Shawn Holmes



*Happy Holidays to
You All!*

**From Dragon Tales*