

# HEROES WAITING

## EMPOWER YOUR CHILDREN TO CHANGE A LIFE & MAKE A DIFFERENCE!

Fewer than 1 in 100 people have the depth of character to be labeled as a true hero. At The Karate Dojo, we are committed to helping children become an active part of our world and instill the values needed for them to rise to the occasion when others are in need.

Join us at our Heroes in Waiting Open House as we learn to:

- Recognize needs in the community and take action
- Understand small actions can lead to big results
- Experience the rewarding feeling when we truly make a difference

This event is FREE to the public and will include class, pizza, activities and more.

**DATE:**

Saturday, September 25, 2010 2:00pm

**TIME:**

**SCHOOL INFORMATION:**

The Karate Dojo (Jackson Crossings Plaza)  
21 South Hope Chapel Rd., Unit #104, Jackson, NJ 08527  
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By Eric Alders



You can not even consider the impact or comments from your "friends" or contemplate that they may make fun of you for sitting down with this "loner", "nerd" or whatever mean comment they come up with. Instead, realize that you must choose in life to do the right thing, even when the world is against you. That is the true test of character. It's easier to do the right thing when everyone is on your side. Choose here to become a Hero, realize that the people poking fun are not your real friends and they don't have the courage to sit down next to that boy or girl but that simple act will make a big difference in that persons life and in turn, a positive impact on this world.

**I believe that every person you know is a hero in waiting. If I were to ask the average child "What is a Hero?"**

Their most common response would be Batman, Spider-man, Movie Stars, Sports Stars and so on. It's easy to see why we would think of these people as heroes. They make exciting movies and perform incredible feats in sports, but they are not really heroes. Instead, we call these people idols. We look up to them and some of us want to be like them but they're not heroes. Real heroes are people who make a difference to others such as Police Officers, Fire Fighters, EMS, Teachers and members of the military. However you don't have to save someone from a burning building to become a hero. You can become a hero by performing simple tasks in your every day life.

#### **STEP 1: Having an Opportunity**

Did you know that every time you witness someone in need of help you are presented with an opportunity to be a hero? It's true! Every person on the planet is a Hero in Waiting. That means that everyone is waiting for their opportunity to make the choice whether or not to become a hero by helping another person in need. The person who sees a need is presented with the opportunity to make a difference. Now let's be clear, you don't have to save someone from a burning building in order to be a hero. Opportunity can be found every day if you observe, care and are prepared to step up to the challenge. With school in session, there are many opportunities to become a hero. For example, think about the boy or girl that is sitting at the lunch table by themselves. Put yourself in their shoes. What would you be thinking about, what would you be feeling? I bet you would feel alone, sad and disconnected. I would also bet that all you would want is for someone to come and sit down next to you, accept you for who you are and make you feel important.

#### **The second Step in being a True Hero is Engaging in Action**

It doesn't take superpowers or special equipment to transform into a hero for a lifetime. Take the above example. If you are with a group of "friends" that walk past that boy or girl at the lunch table and you hear them laughing or making fun of that person, how do you handle that situation? Most people would stick with the group in fear of not being accepted by their peers or possibly being made fun of as well. Here is where you are faced with an opportunity and a decision. Do you wish to be a leader or a follower in your life? I would bet most people would answer that question by saying they would like to be a leader. If that is true for you then think about how you can make a difference and become someone's hero in this situation.

#### **The third step in Realizing your Impact**

Think about a time when someone did something nice for you or helped you out. Didn't you feel great when someone cared? When that person helped you, he or she saw your need, realized their impact and acted upon it and became a hero for a lifetime. You have those same opportunities every single day. It could be as simple as opening the door for someone, helping them across the street, helping them move, mowing an elderly neighbors lawn, standing up for someone that is being picked on, choosing to always make the right decision or simply giving someone a hug when they are sad. By making others feel good because of your actions, they will be more willing to help others and that positive feeling spreads to everyone in the path of each person down the line that helps.

#### **The Final step is Owning the Moment**

Once you have become a hero for a lifetime, you will find that it's a lot of fun and is very rewarding. It feels great to help others and you won't stop with just one action. You will notice more opportunities to help and you will keep taking action and own the moment. Being a hero will become a way of life because it feels wonderful to make a difference. True heroes know that their actions can and will make a difference in their lives and in the lives of others. Becoming a hero means taking action at a moment of choice.

#### **Opportunities to become a hero in school**

As you or your children start the school year, please review this article with them and engage them in conversation. Do they know what it means to be a hero? Do they understand their importance and value in this world? Depression and violence is one the rise in our youth and it's important that we surround them with a positive support group of mentors and leaders. If they are taught to stop looking at each other as the jocks, the nerds, the goths, the band or any other clique for that matter and instead look at each other as human beings in need. We all need attention, we need love, we need support and we need to feel a sense of importance.

*Master Eric Alders and The Karate Dojo will be hosting a Free "Heroes in Waiting" Seminar on Saturday, September 25th at 2pm. The event will include refreshments, a karate class, discussion and activities in our Heroes in Waiting program and Pizza. We invite you to attend. Please confirm your attendance by contacting us at (732) 367-DOJO (3656) or e-mailing [masteralders@tkdojo.com](mailto:masteralders@tkdojo.com).*

## OUT WITH THE OLD



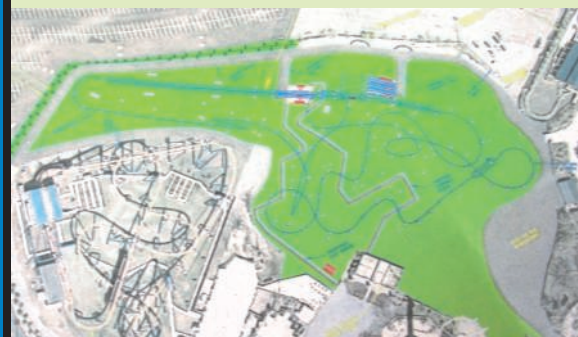
Photo by Six Flags

Six Flags has been busy demolishing the Great American Scream Machine to make way for a new attraction in 2011. According to an application and plans submitted by Six Flags to the Jackson Township Planning Board, the new attraction will be a steel roller coaster that will expand upon the footprint that currently existed for the Great American Scream Machine which closed on July 18th. Shortly after its closure, crews began demolishing the 21 year old attraction and blocked off the main entrance with an "Under Funstruction" sign. Park officials estimate the official announcement for the new attraction to be released in May of 2011.

## GREEN LANTERN?

The internet has been buzzing about which ride will replace the Great American Scream Machine. The popular theme park watcher website Screamscape.Com predicted that Great Adventure will be receiving the stand up steel looping coaster called "Chang", which was removed last year from Six Flags Kentucky Kingdom and put in storage. The new site plan on record at the Jackson Township planning board office all but confirms Screamscape's speculation as the layout matches Chang exactly. A new theme or name has not yet been officially announced for the coaster's new residence yet. Six Flags plans to officially announce the new ride in the spring of 2011, which coincides with the movie release of the new Green Lantern movie directed by Martin Campbell which will be opening nationwide on June 17th. Another speculation by Screamscape is a Green Lantern theme.

Great Adventure already has several DC Comics themed attractions such as Batman, Superman and Bizarro roller coasters. Green Lantern, also a DC Comics property, if true, would be a welcomed and appropriate addition to the theme park and a worthy replacement for the Great American Scream Machine says coaster enthusiasts on the website.



Rollercoaster site plan submitted by Six Flags to the Jackson Township Planning Board July 26th.

## IN WITH THE NEW