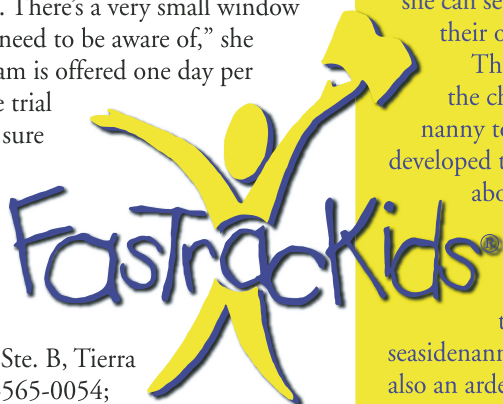


Revolutionary Program for Kids 8 & Under

There's an unconventional educational enrichment program for kids, ages 2 1/2 to 8 years old, that's unlike any other program around. *FasTrackKids* offers an unusual combination of subjects and concepts that are not traditionally taught to preschoolers and primary grade students. Classes such as biology, economics, earth sciences and technology are taught by qualified teachers with exclusive CD-Rom lessons, LCD projection and an interactive white board. Their teaching method, referred to as "zigzagging," also uses role-play, projects and other hands-on activities to accelerate kids' learning process.

For example, in the economics class, children learn about bartering, supply and demand, earning and spending money and how products are made, bought and sold. In class they create their own product, price and market it and more. General Manager and mom, Renee Zau, explains that it's critical to introduce concepts to young children because by age 8, 80 percent of a child's brain development has been completed. "We can develop neural connections so that an awareness is there. There's a very small window of opportunity that parents need to be aware of," she says. Their 24-month program is offered one day per week for two hours, and free trial classes are available to make sure children are ready and able to enjoy this type of environment. Field trips for Pre-K through second grade and birthday parties are available, too. Located at 6020 Santo Rd., Ste. B, Tierra Santa. fastrackkids.com; 858-565-0054; Oceanside location, too.

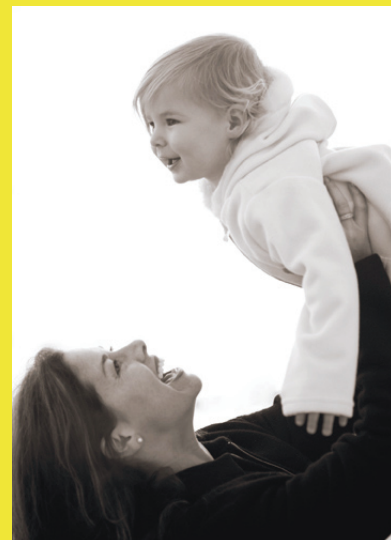


Personalized Service at Seaside Nannies

After working as a preschool teacher for the last 8 years and a nanny for 20 years, Dara B. Green saw a need to provide a more personalized way to help San Diego County families obtain quality child care. Her company, Seaside Nannies, Inc. offers an exclusive, hands-on methodology, which not only benefits the children and parents, but the nanny as well. Green, who has been recognized by KUSI News as an expert in her field, takes a novel approach with potential clients. Rather than meeting in a sterile office, she conducts her interview process in the family's home so that she can see how the children and parents interact in the comfort of their own environment.

This unique, stress-free process allows Green to get to know the children, discover their interests and gifts and find the best nanny to match the family's needs. "Our screening process was developed to reflect not only the industry standards, but also extends above and beyond, as each nanny sent out through Seaside Nannies is a direct reflection of my personal values.

"We believe in doing things right the first time so there is not a high turnover of nannies placed through the agency," says Green. For more information, visit seasidenannies.com or call 619-384-5505. Because Seaside Nannies is also an ardent supporter of our troops, a discount is always offered to military families.



Dreams Come True at Concord Equestrian Center

Seven years pass slowly for a youth, but for a parent it goes by in just a blink of an eye. In that time, Mark Conley, trainer and owner at Concord Equestrian Center, has watched Annie Worthman transform from a shy, quiet 10-year-old into a self-assured young lady with an absolutely charming presence.

Mark immediately recognized that Annie had a special interest in horses and that spending time at the stable meant an enormous amount to her. "Mark started giving me extra rides, I didn't care what, I would ride anything. He invited me to sit in on his lessons, offered me advice and gave me opportunities to learn everything

I could about the equestrian industry," says Annie.

Skills such as compassion, intuition and learning how to focus, along with a keen mentorship and the opportunity to ride different horses help kids become eloquent riders.

"I am thankful for having Mark as a trainer, friend and second father," Annie remarks. "Riding gives me a constant thrill... it keeps everything new and fresh ... and I love the discipline and consistent work."

Annie has achieved top stature as a local youth rider while receiving high marks in school. She has been invited to



work with top trainer Meredith Taylor, in North Carolina, and her friends from Concord Equestrian Center will be sad to see her go. For more information, visit concordequestriancenter.com or call 858-259-1148.

Henry's Farmers Market Wellness Fair



Henry's Farmers Markets will be hosting its ninth annual Wellness Fair on Saturday, October 1. This popular event features more than 70 exhibits with free food tastings, health screenings, natural products, great giveaways and more. The first 1,000 attendees will receive a Henry's canvas bag filled with delicious fresh produce.

The Wellness Fair also features educational sessions by national experts on natural foods and wellness. Topics include "Weight Loss," "Inspiration for Moms," and "Natural Remedies for the Cold and Flu Season." The event takes place at the Scottish Rite Center in Mission Valley on Saturday, Oct. 1 from 9 am to 4 pm. Tickets are \$10 and can be purchased at any San Diego County Henry's Farmers Market or at the door on the day of the event.

For more than 60 years, Henry's Farmers Market has been known for providing the best fresh, locally grown produce in a friendly, authentic farmer's market setting. Named San Diego's "Best Health Food Store" for seven consecutive years by the *Union Tribune's* Reader's Poll, Henry's also offers a complete array of the highest quality, all-natural food, household items, vitamins and supplements – all at unbelievable prices.

For more information on the Wellness Fair, visit any Henry's store or go to HenrysMarkets.com.