

The Homeschool Herald

The Newsletter Created By and For Homeschoolers

The place to share your creative creations!

Fall 2009

Autumn Awesomeness!

Autumn... the weather is cooling, school is starting, the leaves are turning... what a wonderful time of year!

The word 'autumn' comes from the Old French word *autompne*, and was later normalized to the original Latin word *autumnus*. There are rare examples of its use as early as the 12th century, but it became common by the 16th century.

Before the 16th century, 'harvest' was the term usually used to refer to the season. However, as more people gradually moved from working the land to living in towns, the word 'harvest' lost its reference to the time of year and came to refer only to the actual activity of reaping, and 'fall,' as well as 'autumn,' began to replace it as a reference to the season.

The alternative word 'fall' is now mostly a North American English word for the season. It traces its origins to old Germanic languages. The exact derivation is unclear, the Old English 'fiæll' or 'feallan' and the Old Norse 'fall' all being possible candidates. However, these words all have the meaning "to fall from a height" and are clearly derived either from a common root or from each other. The term came to denote the season in the 16th century, a contraction of Middle English expressions like "fall of the leaf" and "fall of the year".

The concept of autumn in European languages

is connected with the harvesting of crops. In many cultures autumn, like the other seasons, has been marked by rites and festivals revolving around the season's importance in food production. Animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures.

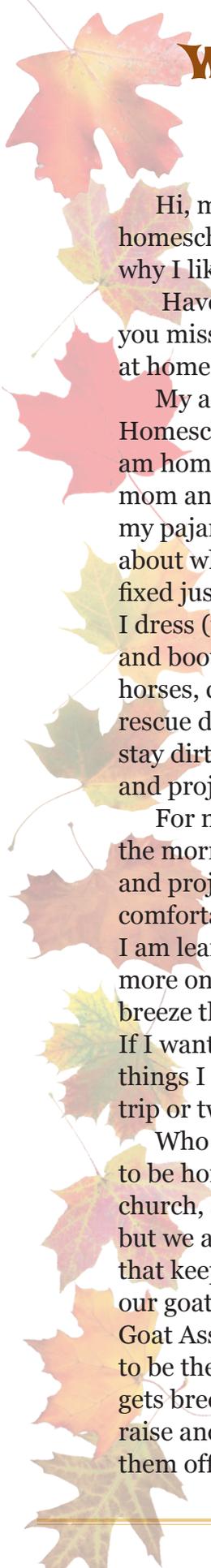
During the 20th century, English immigration to the colonies in North America was at its lowest point, and the new settlers took their language with them. While the term 'fall' gradually became obsolescent in Britain, it became the more common term in North America, where 'autumn' is nonetheless preferred in scientific and often in literary contexts.

What are your favorite things about Autumn? Do you start a new sports season? What holidays and traditions does your family celebrate? What are you studying in school this year? Tell us what you're up to!

If you have something to share with us for the Winter issue of the *Homeschool Herald*, you can send it via e-mail or snail mail. Please contact us with any questions, ideas, or suggestions. We look forward to publishing YOUR creative creations!

Enjoy this issue of the *Homeschool Herald*!

Have an Awesome Autumn!



Why do I like to Homeschool

By Marie Swims

Hi, my name is Marie and I am a 7th grade homeschool student. I would like to tell you why I like being homeschooled.

Have you ever heard people say, “Don’t you miss school?”, or “Aren’t you lonely being at home all the time?”

My answer isNope... are you kidding! Homeschooling is great. I like it because I am home during the day with my animals, mom and brother. I can do schoolwork in my pajamas if I want. I do not have to worry about what I am going to wear or if my hair is fixed just right. No one makes fun of the way I dress (which is usually a pair of cut off jeans and boots with a t-shirt). We have a farm with horses, chickens, rabbits, Boer Goats and rescue dogs and then 7 dogs of our own . We stay dirty most of the day with the animals and projects my mom assigns us.

For my family, we do our Bible study in the morning and then do regular schoolwork and projects. My mom makes me feel more comfortable if I do not understand something I am learning. I can take my time and practice more on things I do not understand and then breeze through the things I understand easily. If I want, I am able to spend more time on things I really enjoy and maybe take a field trip or two to go along with it.

Who says if your homeschooled you have to be home all day? We are very active in our church, so that keeps us busy 2-3 days a week but we are very involved with 4-H as well.... that keeps us on the go all the time. We show our goats in the IBGA (International Boer Goat Association) as well as 4-H. We are able to be there for all the decision making, who gets bred to whom, help with the kidding, raise and train the new kids and then show them off at a show. Daily care and training

takes time and many kids struggle to do it when they are in public school. Especially when shows come and you have to clip/wash/pack up everything and everyone on a Friday to be at the show for the weekend. Many parents end up doing it for their children so they do not miss school. We travel a good bit during our showing season so instead of missing school and being counted absent, we are able to take it with us... I feel so good to know that I have taken care of another living being and helped them bring a new life into the world.

When we are not showing we are active in 4-H in many other ways like Dairy Judging, Poultry Judging, S.A.F.E. shooting sports and many other trips and volunteer activities. Am I lonely? Not at all! I have so many homeschool friends that I get to see at Homeschool Excursions trips and all my 4-H friends (who are envious that I am homeschooled). I am also taking a class I normally would not be able to take if I were in public school. I go to the Tennessee Aquarium to take a Marine Biology class. Each year the subject changes so I am able to continue taking it every year.

I could go on all day about why I like it, but don’t worry, I won’t. I think homeschooling is a great experience that everyone should have.

So... You Think You Know Everything?

- Armadillos, opossums, and sloth’s spend about 80% of their lives sleeping.
- The ears of a cricket are located on the front legs, just below the knee.
- Sound travels about 4 times faster in water than in air.

<http://www.hightechscience.org/funfacts.htm>

Weeds? What Weeds?

Compiled By Vered Kleinberger,
Program Coordinator for
Homeschool Excursions

Amaranthus, collectively known as amaranth or pigweed, is a cosmopolitan genus of herbs. Approximately 60 species are recognized, with inflorescences and foliage ranging from purple and red to gold.



Although several species are often considered weeds, people around the world value amaranths as leaf vegetables, cereals, and ornamentals.

There are so many uses for Amaranths! Here are a few:

- A traditional food plant in Africa, this vegetable has potential to improve nutrition, boost food security, foster rural development and support sustainable landcare.
- The nutritional properties of amaranths have recently been rediscovered around the world. In countries such as Greece, Africa, India, Pakistan, Nepal, Tibet and China, amaranths are used as edible greens, herbs, and grains. One of the largest areas of grain Amaranthus production is now in Nebraska.
- The leaves of vegetable amaranths and the seeds of grain amaranths are high in protein, and the seeds can be ground into a delicious and nutritious flour.
- Amaranth grain is a crop of moderate importance in the Himalaya. It was one of the staple foodstuffs of the Incas, and it is known as kiwicha in the Andes today. It was also used by the ancient Aztecs, who

Continued to page 4

Amazing Autumn Word Search!

Y M V R A L N S E Z A Y N H Q
P J I C E O E N U I L V C A Y
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Look for these words hidden in the letters above:

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|-----------|-----------|------------|-----------|
| acorn | apple | autumn | beautiful |
| bonfire | brown | cornucopia | crisp |
| foliage | football | harvest | hayride |
| leaves | migration | november | october |
| orange | pumpkin | rake | ripe |
| scarecrow | scenic | season | september |
| squirrel | sunflower | sunshine | yellow |

<http://www.dltk-holidays.com/fall/m-wordsearch.htm>



Jonah, of Sure Foot Adventures, shows the group how to clip his chicken's wing on Homeschool Excursions' program, City Chick

called it huautli, and other Native American peoples in Mexico to prepare ritual drinks and foods. To this day, amaranth grains are toasted much like popcorn and mixed with honey, molasses or chocolate to make a treat called alegría (“joy” in Spanish).

- Although amaranth was (and still is) cultivated on a small scale in parts of Mexico, Guatemala, Peru, India, and Nepal, there is potential for further cultivation in the U.S and tropical countries and it is often referred to as “the crop of the future.” It has been proposed as an inexpensive native crop that could be cultivated by indigenous people in rural areas for several reasons: 1) easily harvested, 2) produces a lot of fruits (and thus seeds) which are used as grain, 3) highly tolerant of arid environments which are typical of most subtropical and some tropical regions, and 4) large amounts of protein and essential amino acids, such as lysine.
- Amaranth and quinoa are called pseudograins because of their flavor and cooking similarities to grains. These are dicot plant seeds, and both contain exceptionally complete protein for plant sources. Besides protein, amaranth grain provides a good source of dietary fiber and dietary minerals such as iron, magnesium, phosphorus, copper, and especially manganese. People have also found it beneficial to prevent the premature greying of the hair follicles.
- Amaranth species are cultivated and consumed as a leaf vegetable in many parts of the world.
- In East Africa, Amaranth leaf is known in Swahili as mchicha. It is



sometimes recommended by some doctors for people having low red blood cell count.

- In Greece, Green Amaranth (*Amaranthus viridis*) is a popular dish and is called vleta. It’s boiled, then served with olive oil and lemon like a salad, usually alongside fried fish.
- The flowers of the ‘Hopi Red Dye’ amaranth were used by the Hopi Amerindians as the source of a deep red dye.
- Amaranth greens are a common leaf vegetable throughout the tropics and in many warm temperate regions. They are a very good source of vitamins including vitamin A, vitamin K, vitamin B6, vitamin C, riboflavin, and folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. Because of its valuable nutrition, some farmers grow amaranth today. However their moderately high content of oxalic acid inhibits the absorption of calcium and zinc, and also means that they should be avoided or eaten in moderation by people with kidney disorders, gout, or rheumatoid arthritis. Reheating cooked amaranth greens is often discouraged, particularly for consumption by small children, as the nitrates in the leaves can be converted to nitrites, similarly to spinach.

So next time you see an Amaranth plant, remember its history and all its wonderful uses!

Think twice before pulling that weed! You may be throwing away something delicious and nutritious! *Please consult your physician before making any medical or dietary decisions.*

Images and Information:

- <http://en.wikipedia.org/wiki/Amaranth>
- <http://www.colostate.edu/Dept/CoopExt/4dmg/Flowers/Annuals/amaranth.htm>
- <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/amaranth.html>
- <http://10thirty.files.wordpress.com/2008/10/amaranth.jpg>
- <http://www.blossomswap.com/images/flower-pictures/amaranth.jpg>

4-H **By Cole Swims**

Hi, my name is Cole and I am a 5th grade homeschooler. I joined the 4-H last year when I turned 9.

Some things I have been able to do in 4-H isI was able to be on the S.A.F.E. shooting team. They taught us how to shoot precision BB guns. We learned all kinds of safety rules before we could shoot. We went to competitions and competed against kids all around the state. It was so much fun. As I get older I will be able to be on the Shot Gun Team (Skeet Shoot). They also have an Archery Team.I have been to Rock Eagle and to Jekyll Island camps during the summer. I made so many new friends. I have been white water rafting down the Nantahala River. We have a Wilderness Challenge where we are able to go through the woods on a hike and learn about different plants and animals in our area. We are on the Poultry Judging Team, Dairy Judging Team, and the Goat Showing Team.

You do not have to live on a farm to join 4-H. There are many things you can do with 4-H that do not involve animals. I also do a DPA project each year and compete against other kids in the state. We give a 6-10 minute long speech and presentation on a subject and compete against other kids in the same category. Last year was my first year and I got first place. That made me feel really good.

We are able to help with rabies clinics, Clean up our rivers and streams, go to the zoo, and to many day camp activities. When the fair comes to town we all help decorate a booth and get judged on it. 4-H is fun but we know that our future is important as well. We are able to win scholarship money by what we participate in and how much we participate. Each county has different things they offer. If you live more in the city they may offer different things for you to there than we have out here in the country.

Just like Homeschool Excursions we learn about our world and things we can do to help it and make it better.

Our motto is: "To make the best better"

Our slogan is:"Learn by doing."

Our pledge is:

I pledge:

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service, and

My Health to better living,

For my club, my community,

My country and my world.

City Chickens **By Julian Scent**

This September, Homeschool Excursions and Wind Water & Wisdom (a new alternative homeschool learning community in Canton, GA) co-sponsored a program on raising and keeping backyard chickens. Jonah McDonald, founder of SureFoot Adventures and a Decatur area backyard chicken enthusiast, led the program.



We all pulled up at my friend Jonah's house to learn about keeping chickens. He had 13 hens and one rooster in his yard. I was excited because I want to keep chickens

myself. The very best part of the day, though, was getting to catch and hold all the chickens! Let's start with what kinds of hens Jonah had.

He had an Ameraucana which lots of people like to call a special chicken. It's really called a Heritage breed (because it's been around a long time) and it lays an egg with a weird bluish-green shell. There was also a golden-laced Wyandotte which was my brother's favorite. The Wyandotte lays a normal brown egg.

There were also two white chickens which

Continued to page 9

Enjoy These Delicious Autumn Recipes



Grit Cornbread

The Grit Restaurant, Athens, GA

- 2 Large Eggs
- 2 1/2 cups buttermilk
- 2 cups yellow cornmeal
- 2 cups all-purpose flour
- 1 tablespoon, plus 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 tablespoon sugar
- 1 teaspoon salt
- 6 tablespoons melted butter
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup fresh cooked or frozen corn
- 1/2 cup shredded mild cheddar cheese

Preheat oven to 425°F. Grease 9x13-inch metal baking pan.

Whisk together cornmeal, flour, baking powder, baking soda, sugar, and salt in a large mixing bowl. Beat together eggs and buttermilk, and add to cornmeal mixture, stirring just until blended. Spread evenly in prepared pan. Bake for 35 minutes or until a knife or toothpick inserted in the center comes out clean. Cool for 15 minutes in pan on a wire rack. Cut into squares.

Enjoy!

Greene, Jessica, and Ted Hafer. The Grit Restaurant: Vegetarian Cookbook. Athens, GA: Hill Street Press. 2001.

Cheesecake-Style Pumpkin Pie

The Grit Restaurant, Athens, GA

- 1 Basic Pie Crust
- 1 (8-ounce) package cream cheese, softened
- 1/2 cup sugar
- 1/2 cup lightly packed light brown sugar
- 2 cups pumpkin puree
- 2 large eggs, plus 1 yolk, beaten
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon freshly ground cinnamon
- Pinch of salt
- Pinch of freshly ground nutmeg
- Very small pinch of freshly ground clove



Preheat oven to 425°F. Line a deep-dish pie pan with basic pie crust.

With electric mixer on slow speed, beat cream cheese until smooth. Add sugars and beat until smooth. Combine all filling ingredients and blend until fully combined. Pour filling into crust. Place pie on a large cookie sheet.

Bake at 425°F for 15 minutes, then reduce heat to 350°F. Bake to 40 to 45 minutes until crust and top of filling are lightly browned and a toothpick inserted in center comes out clean. Cool completely before serving.

Enjoy!

Greene, Jessica, and Ted Hafer. The Grit Restaurant: Vegetarian Cookbook. Athens, GA: Hill Street Press. 2001.

Sweet Potato Surprise

4 pounds sweet potatoes or yams
4 bananas, chopped
2 large green apples or ripe pears
(any kind but Bosc)
2 tablespoons butter
2 tablespoons minced fresh ginger
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1 teaspoon salt
1 1/2 cups apple juice
1/2 cup fresh lemon or lime juice
1/2 cup chopped dried apricots
2 cups chopped nuts (optional)

Peel the sweet potatoes or yams, and boil until soft. Drain.

Meanwhile, saute apples and bananas in butter with ginger, cinnamon, allspice, and salt. Cook slowly, covered, but stirring intermittently for 10 to 15 minutes.

Preheat oven to 350°F. Butter a 9x13-inch baking dish or deep casserole.

Puree the potatoes or yams with the fruit juices. A food processor with the steel blade attachment works ideally for this.

Stir the sauteed fruit into the puree. (For a smoother texture you can puree the fruit first before adding it to the sweet potatoes or yams.) Add the apricots. Heap into the prepared baking pan and, if desired, top with chopped nuts.

Bake uncovered at 350°F for 45 minutes.

Enjoy!

Katzen, Mollie. Still Life with Menu: Fifty New Meatless Menus with Original Art. Berkeley, CA: Ten Speed Press. 1988.



Autumn Vegetable Soup

2 tablespoons butter, margarine, or oil
1 1/2 cups chopped leeks
1 1/2 cups quartered Brussels sprouts
1 large carrot, chopped
1 stalk celery, chopped
1 large potato, chopped
1 cup peeled acorn or butternut squash
(and/or pumpkin and/or sweet potato)
3/4 teaspoon salt (adjust to taste)
freshly ground black pepper, to taste
cayenne, to taste
1 to 2 large cloves garlic, crushed
3 cups stock or water
1 cup (packed) chopped Swiss chard
or collard greens
1 large firm tomato, chopped
1 bell pepper, chopped
1 1/2 teaspoons dried dill
1/2 teaspoon each dried marjoram & basil
2 teaspoons soy sauce (or to taste)
1 tablespoon fresh lemon juice
1/2 cup sour cream or yogurt, room
temperature (optional)
sunflower seeds, for garnish
minced fresh parsley, for garnish

In a kettle or Dutch oven, cook the first 11 ingredients (everything through the garlic) over moderate heat, covered, for 10-15 minutes. Stir intermittently.

Add stock or water. Bring to a boil, lower to a simmer. Cover and let it cook slowly until everything is tender (another 15-20 minutes).

Add Swiss chard or greens, tomato chunks, and chopped bell pepper. Simmer about 5 more minutes.

Add herbs, soy sauce, and lemon juice, and continue to simmer another 3-5 minutes.

If you choose to add the sour cream or yogurt, stir it in just before serving. Garnish each bowl with sunflower seeds and parsley.

Katzen, Mollie. Still Life with Menu: Fifty New Meatless Menus with Original Art. Berkeley, CA: Ten Speed Press. 1988.

The Aquarium Trip

By Joe Govus

Our school, Wind, Water and Wisdom, went on a field trip to the Tennessee Aquarium for their fall Homeschool Day. At the aquarium, we all went into the “River” section first – the building called “River Journey.” On the lowest floor of that building, they have seahorses and other small fish. One of the tanks with the adolescent seahorses had a hole in the middle of it so people could stand up in it. Watch out, if you are too tall you might bump your head when you stand up.

After you finish with the lower level, you go up a huge escalator. It is really fun!! When you get up to the top of the building you have a magnificent view of the Tennessee River. After you enjoy the view, you walk into a misty rock like cavern. In this cavern you will find snakes. They are in the rock wall with glass covering the opening so they can’t get at you. The next animals you see are otters. They were sleeping the time we got there.

In the next tank there is a glass wall and you can see large trout swimming against the current. It is really pretty to see all their color flashing in the sun. I would truly suggest staying a few minutes longer than you normally would. When you walk down a little farther, you can look through a glass and see tons of large trout. They were all swimming against the current. It was really pretty.

The next level you went through had a two story glass wall that held a number of trout that were in a feeding frenzy. It was in a big hallway with a long walkway going down to the bottom.

In the next room that our group entered, there was a touch tank that had sturgeons. It was really fun. We stayed about twenty minutes petting the fish. If you ever get the chance, I suggest you try to touch the underside of them. It certainly feels different that their sandpaper backs.

In the next room were fresh water alligators. Some of them were floating on the surface of the water. They looked like they wanted to strike, but you can put your face right up to them and they will still just sit there. There were also alligator snapping turtles.

When you finish with the alligators you go back into the hall with the two story glass windows..

In the next room that you walk into you will find one of the biggest shells of one of the biggest turtles that ever lived. It is extinct now. It lived when the dinosaurs lived.

In that same room, there are two HUMONGOUS Beluga Sturgeons. If you walk around the corner, there is a big mural of river animals.

If you chose “Behind the Scenes” option at the ticket counter you are headed for a blast! You get to see how the animals are fed and taken care of. I would suggest taking the “Behind the Scenes” tour instead of seeing an IMAX movie.

When you finish with “BTS” you will go into the second building they have: “Ocean Journey.” It has all sea animals. When you go up the escalators, the first place you come to is a touch tank full of sting rays. They have their harpoons removed so they can’t sting you.

You can go into a small part of the building that has butterflies. Don’t ask me why they have butterflies in an aquarium.

When you finish with the butterflies you go down one story and into the penguin exhibit. There is a small pool of water you can stick your hand in and it is the same temperature of the penguins’ water. It is forty-two degrees Fahrenheit.

After the penguins, you can get in a real live shark cage. You aren’t locked in though. Next to you is another two story glass wall and you can see the fish being fed.

One of the coolest places in the sea water building is the canyon. It has a glass wall with

Continued to page 9

Sudoku

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| 8 | 7 | | | | 5 | 4 | | |
| | 4 | | | | | | | |

The numbers 1-9 must be in every column, row, & box

The Aquarium... Continued from page 8

a nook where you can sit and the fish will be all around you.

There is also a small cove on the top of one the walls that you can climb into.

After that you come to the.... GIFT SHOP!!!

The End

City Chickens... Continued from page 5

Jonah likes to call “Fatty Whites”. They’re really Leghorns and lay white eggs. They’re the ones usually used in commercial egg-laying.

There were three black chickens - they were Black Australorps – and a Rhode Island Red, the same kind as the rooster that was in solitary confinement. Solitary confinement was a small cage next to the chicken pen. He was in there because Jonah didn’t want him to mate with any of the hens.

There was another kind of chicken – “Spilly,” a Barred Rock. When she was younger she would spill food everywhere. The weird thing about her was that she was very docile and

could be picked up without running away. The reason she could be picked up without running away was because she’s blind.

I liked the Ameraucana because she was very hard to catch and presented a challenge. Forgive me my lack of seemly modesty, but I am a very good chicken catcher! I also like the Ameraucana because it laid that weird blue-green egg.

Jonah named some of his hens. The Ameraucana was called “Bully Hawk” because she used to bully all the other chickens (and she still does) and she looks a little bit like a hawk. The blind one you already know is called Spilly. The black ones didn’t have names. And he called one of the white ones “Fatty White” because it was fat.

After meeting Jonah’s chickens, we all went to look at some more chicken coops. I don’t remember a lot about all the coops, but one of them had a cool chicken poop tray. When the chickens pooped, it went onto a special tray which could be slid out and cleaned – much easier than cleaning out all the poop with a shovel.

The last coop we visited was a fairly okay coop but the super cool thing about it was that I caught every single individual chicken there! A couple of them looked like Bully. There was also a bunny there. Lots of people got to hold it, including me, and everybody really enjoyed holding that bunny.

I’ve long wanted to have chickens - we caught a chicken at a park one time but couldn’t keep it because we found out that the law in Roswell prohibited anybody from having chickens. Fortunately, the law has changed and we can now have chickens, but they are probably going to outlaw roosters. Luckily, I didn’t want a rooster in the first place. We’re going to have chickens – probably four – in our backyard. We are turning our playset into a coop and may use an old doghouse for a roosting place. We’re going to start construction on the coop as soon as we can. I love chickens!

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The Fall 2009 Issue

The Homeschool Excursions crew hopes your school year is off to a great start! Let us know what you're up to!

This issue focuses on all things Autumn.... recipes, 'autumn' word origin, and more, so check it out and hopefully you'll learn something new.

There are also some terrific submissions from some very talented homeschoolers. We hope you enjoy their creative creations!

Send us your submissions for the Winter issue! *The Herald* is the place to share your stories, articles, poems, artwork, or whatever else you want to submit. Help make the Winter issue great!

We hope you enjoy this issue of the *Homeschool Herald*! Have an awesome Autumn!

Homeschool Excursions
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Jasper, GA 30143

Place
Stamp
Here



During the City Chick program, we examined the difference between fresh eggs and store-bought eggs.