

Homeschool Herald

The Newsletter Created By
and For Homeschoolers

The place to share your creative creations.



We hope you enjoyed the past issues of the *Homeschool Herald*. The August issue is here, so read on! The homeschoolers have worked hard this month, and they never cease to amaze with their creativity and imagination. Included in this issue are their articles, original artwork, stories, and more. Enjoy!

Send us your creative creations! We want it all! Everyone is welcome share, and we would be delighted to publish your contributions!

You are invited to join our monthly Herald planning meetings, held in Pickens County. Visit Homeschool Excursions' Calendar Of Events for dates and times.

Welcome!

Homeschool Excursions hopes you enjoy the August issue of the *Homeschool Herald*.

Homeschool Excursions is a 501(c)(3) non-profit organization established to provide a valuable resource to homeschool families in Georgia. The *Homeschool Herald* will serve to build community and support since it's available to all families.

Our homeschoolers possess a wealth of creativity, and we hope this newsletter provides an accessible outlet for their expression. All contributions are welcome including pictures, stories, articles, and more. We invite everyone to share ideas, suggestions, and creations.

-Vered Kleinberger
Program Coordinator

Submissions may also be sent via e-mail or snail mail.

Please contact us with any questions, comments, ideas, or suggestions.



SO YOU THINK YOU KNOW EVERYTHING?

If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

Rubber bands last longer when refrigerated.

LOCAL HIGH SCHOOL STUDENT TO ATTEND INTERNATIONAL YOUTH DEMOCRACY SUMMIT

Anthony Cozzolino,14, a homeschooled High School Student from Marietta, GA, will attend the International Youth Democracy Summit from August 7-12, 2006. The IYDS begins and ends in Washington DC, with the middle part of the week spent in Charlottesville, VA.

Students will travel back 400 years to discover how American Indian, European and African cultures contributed to modern democratic ideals. They will explore native and colonial villages at Jamestown and Williamsburg, as well as Jefferson's plantation home at Monticello. They will participate in a project with their peers on civic engagement, and debate how the history of Jamestown applies to current issues in the news. Students will also visit the current corridors of power at the U.S. Capitol in Washington D.C., and attend seminars by leading historians and high-level government officials along the way.

Scholars, practitioners, and young people from the United States and around the world will come together to commemorate the 400th anniversary of a journey that began with the voyage to Jamestown in 1607, gave rise to a new nation, and changed the world via the yearlong international conference series of the "Foundations of Future Democracy" hosted by the federal Jamestown 400th Commemoration Commission.

For more information about the Jamestown Journey and the Jamestown 400th Commemoration Commission, visit www.jamestown2007.org

Written by the Cozzolino Family



LEARNING PEACEMAKING

At the beginning of July I went to a camp called Kids 4 Peace. At this camp 12 kids from the Atlanta area and 12 kids from Jerusalem come to talk about how we can attempt to make peace in the future. We are each assigned a peace pal who we get to know very well and who we talk to a lot. We are together for about two weeks; we are in Toccoa Ga. for a week and then we went to Atlanta for 4 days and we did a lot of activities together.

Now after the fun of the day, we would gather in the evening to discuss different topics, such as, talking about the fighting going on in Jerusalem and other places around the world...even fighting going on here in America. We also discussed ways to end the fighting because we're all sisters and brothers.

I enjoyed this camp because I got to meet people that I would never have met here. I also liked how 3 different religions could come together and how I learned about a lot of different religious observances. I would go back in a heart beat if given the chance.

I miss my brothers and sisters in Peace.

Shalom, Salaam, Peace

Written by Trevor Sparrow

SU DOKU

2	1	3	8			6		
			3			8	9	
	8	9		1			4	3
			5			1	6	9
6								7
3	9	1			6			
9	4			5		7	1	
	3	6			8			
		7			4	5	3	8

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

WHY DO GOLFERS YELL “FORE” WHEN WARNING OF AN ERRANT GOLF SHOT?



This expression, popularized by former President Gerald Ford, actually started as an English military term. When the troops were firing in the lines, the command “ ’ware before” indicated that it might be

prudent for the front line to kneel so that the second line wouldn’t blow their heads off.

“Fore” is simply a shortened version of the “before” in the “ ’ware before.”



*Submitted by
Cassandra A Sherrill, of Granite Hills, NC.*

Feldman, David. Why Do Clocks Run Clockwise? and other Imponderables. Perennial Library, 1988. page 34.
Index of images:
<http://www.effortlessswing.com/images/golf.jpg>
<HTTP://WWW.ACSU.BUFFALO.EDU/-DBERTUCA/G/FENIANRAID.HTML>

**IT’S SO HOT OUTSIDE...
LET’S THINK ABOUT WINTER!**

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

There are nine words hidden in the puzzle above. They can be found up, down, across, diagonal, and backwards.

Word List:

- | | | |
|-----------|--------|---------|
| Snowboard | Shiver | Sled |
| Coat | Hat | Mittens |
| Frosty | Igloo | Icy |
| Ski | Flake | Snow |

**HOMESCHOOL EXCURSIONS
UPCOMING EVENTS**

Our calendar is always changing. Continue checking our website or join our e-mail list for updates.

- September 9 Circus of the Sea at the Center for Puppetry Arts in Atlanta
- September 12 Felting with Christina in Pickens
- September 14 Outdoor climbing day with the staff of Adrenaline in Lafayette
- September 18 Cobb Youth Museum
- September 21 Monthly Climbing Day at Adrenaline
- September 29 A Day at 74 Ranch in Pickens
- October 4-7 Rendezvous in Lafayette
- October 17 First Look at the High Museum of art in Atlanta

We have many outdoor and craft activities in the works, so check back soon. Don’t miss out on the fun!!

ANALONA

There was a girl, her name was Analona. Her momma got a shot from a bad guy! She was going to die the next day.



So, Analona went out and she made 3 little bits of glass, from her momma’s favorite glass. She threw them at the bad guy and he died. Then, she went back to her momma, told her of all the happenings, and sprinkled her momma with magical water and her shot was gone. They lived happily ever after.
The End

Written and Illustrated by Erika Skeel, age 6

WEEDS? WHAT WEEDS?

When I look at my yard, I am amazed by the diversity. It seems like I see a new plant each time I go out. Purslane is common throughout northern Georgia, and grows abundantly at my house.. I'm sure it's growing in a yard near you.. So remember, don't kill it, use it! Some of the many uses include:

- American Indians adopted the plant as a poultice for burns, juice for earaches, tea for headaches, and stomachaches.
- Plant juice is said to alleviate caterpillar stings.
- It's used in Europe for inflammation and sores.
- Reportedly hypotensive and diuretic.
- Leaves are known as a very nutritious wild edible.
- Recently it's been cited as a vegetarian source of omega-3 fatty acids, though not as rich as other sources.
- Purslane can be added to salads, prepared as a cooked green, pickled, or made into flour.
- The mildly acid, mucilaginous stems and leaves are excellent added fresh to salads or boiled for 10 minutes in just enough water to cover.
- The tender fat stems can be pickled.
- The tiny black seeds can be made into a nutritious flour.
- The seeds will continue to ripen even though the plants are no longer in the ground. To gather them in quantity, place the plants on a sheet, dry for a few weeks, then pound and sift the dried plants through a strainer to separate the seeds from the rest.
- Leaves and stems are rich in iron, and also contain vitamins A and C, calcium, and phosphorus.
-
- Beware of spurge, a different-looking poisonous creeping wild plant that sometimes grows near purslane. The stem is wiry, not thick, and it gives off a white, milky sap when you break it. If you're very careless, you may put some in your bag along with purslane, because



they sometimes grow together on lawns, gardens, and meadows.

There is an abundance of information available about the uses of Purslane. The Peterson

Field Guides are always a terrific source, particularly *Edible Wild Plants* and *Eastern/Central Medicinal Plants*. Please research all plants before using them, and NEVER pick and eat anything without first consulting an herbalist or a qualified plant guide. Always be aware of whether the area you are gathering from may have been sprayed with chemicals.

Index of images and information:

Peterson Field Guides

http://www.ppws.vt.edu/scott/weed_id/porol.htm

<http://www.econetwork.net/~wildmansteve/Plants.Folder/Purslane.html>

<http://www.vepachedu.com/tsjNovember2004.html>

Think twice before you pull that weed! You may be throwing away a medicine chest's worth of resources.

Please consult your physician before making any medical or dietary decisions.

Compiled by Plant Enthusiast, Vered Kleinberger

SUMMER ROAD TRIP

When my parents told me that I had to sit in the van for about 1,400 miles, I was pretty upset. Well, on the ride they told me that we were going to go to Pennsylvania. I thought "this trip might not be as bad as I had once thought". Now I had never been on a road trip before, so I didn't know if this was good, or bad... My mom told me that we might visit Hershey Pa. and I know that is the chocolate place. So this may be okay after all because I was also going to a choir camp and I really like choir, so, "this may turn out well" I thought. Once we got to our destination we saw the Liberty Bell (yes it's really cracked) and learned that it wasn't made as a sign of liberty but it was just a bell and adopted as a symbol of freedom. I also got to stand in the room where the Declaration of Independence was signed by one of the delegates from each of the colonies. This was interesting, but it was not all. The next day I found myself at choir camp, where if you think choir is boring, well, that's your opinion, but you'll be awful upset because almost all you do is sing. We got to do extra curricular activities like swimming, bowling, rock climbing, field sports, and indoor activities. We got to learn under a very good choir master named Andrew Lumston from England. On the way back home we stopped at chocolate capital U.S.A. I ate my fill and almost didn't want to go home, but mom made me. So we stopped in Virginia and slept at a place called Utt's campground. And the next day we came home and looked back on the whole thing and remembered the trip when we realized that we had left something in Pa.

Written by Trevor Sparrow



MMMMMM.....FOOD!!

CINNAMON-APPLE OATMEAL

- 1 cup old-fashioned rolled oats
- 1 1/4 cups cold water
- 1/2 cup apple juice
- 2 tablespoons finely chopped dried apples
- 1/4 teaspoon ground cinnamon
- 2 tablespoons pure maple syrup (optional)
- 2 teaspoons organic flaxseed oil (optional)
- 2 tablespoons chopped walnuts or almonds (optional)

1. Place all the ingredients except the maple syrup, flaxseed oil, and nuts in a medium saucepan and stir to combine. Bring to a boil. Cover and reduce heat to low. Simmer for 5 minutes, stirring once or twice.
2. Remove from heat and let sit, covered, for 2-5 minutes.
3. Stir in the maple syrup and flaxseed oil, if using. Sprinkle one tablespoon of nuts over each serving.

MONSTER MASH

This is a fun, creative spread that calls for a little ingenuity. Start with your choice of beans and add one or more ingredients to suit your taste, making the spread as thick or thin as you like. Kids especially enjoy inventing their own Monster Mash recipes. Use the finished 'mash' as a sandwich filling, a spread for crackers, or dip for chips and veggies.

1 cup soft-cooked beans of your choice, drained, but save the liquid

Optional Ingredients:

- | | |
|---------------------------------------|--------------------|
| Barbecue Sauce | Capers |
| Carrot (minced or shredded) | Garlic |
| Citrus juice (orange, lemon, or lime) | Horseradish |
| Herbs (fresh or diced) | Ketchup |
| Mustard | Nut or seed butter |
| Oil (extra-virgin olive or flaxseed) | Salt & Pepper |
| Onion (Vidalia or red; scallions) | Spices |
| Pickles (chopped or relish) | Tamari |
| Tomato Paste | Vinegar |
| Vegetables, cooked | Salad Dressing |

1. Place the beans in a food processor fitted with a metal blade and process until they are ground.
2. Add the optional ingredients of your choice and process into a coarse paste, adding bean liquid or water, as needed. Taste; then adjust seasonings and add more optional ingredients as necessary to achieve the flavor and texture you desire.

ORANGE-BANANA WHIRL

- 1 small banana, frozen
- 1 2/3 cups orange juice
- 1/4 to 1/2 teaspoon vanilla extract, to taste

Cut the banana into chunks. Place everything in a blender and process until smooth and creamy. Serve at once.

Tip: To freeze a banana, peel it and wrap it tightly in plastic wrap or place it in an airtight storage container. Put it in the freezer for several hours or overnight, until it is solidly frozen.

KEEPSAKE BROWNIES

- Oil for pan
- Cocoa powder
- 2 tablespoons flaxseeds
- 1 cup water
- 4 squares (1 oz each) unsweetened baking chocolate
- 1/2 cup canola oil
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 3/4 cup whole-wheat pastry flour
- 1/2 cup chopped walnuts (optional)

1. Preheat the oven to 350 degreesF. Oil the bottom and sides of an 8-inch-square baking pan and dust it lightly with cocoa powder. Tap the pan on the countertop firmly on all sides to distribute the cocoa evenly.
2. Place the flaxseeds in a dry blender and grind them into a powder. Add the water and blend until a gummy mixture is achieved, about 30 seconds. Set aside.
3. Melt the chocolate in a heavy 2-quart saucepan over low heat. Remove from the heat and stir in the oil and then the sugar with a wooden spoon. Mix vigorously until well blended. Stir in the vanilla extract and mix again. Pour in the reserved flaxseed mixture and beat well. Add the flour and stir until the batter is thoroughly blended and smooth. Stir in the walnuts, if using.
4. Pour the batter into the prepared pan (scrape it out with a rubber spatula to get every last bit). If necessary, ease the batter into the corners and edges of the pan so that it is evenly distributed. Bake for 20-25 minutes for fudgey brownies, or 30 minutes for cakelike brownies. *Do not overbake!* Cool before serving (if you can wait that long!). Store the leftovers tightly covered in the fridge.

These and additional recipes available in *The Vegan Sourcebook, Second Edition*, by Loanne Stepaniak



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The Creative Mind is the brainchild of Phillis Bostar. As a Homeschooling mother, she understood the need for a creativity based learning program that would help her children learn and enjoy the journey. Over the years, she developed a program using discovery, curiosity, & imagination for children ages 4 to 13 years. Ms. Bostar has enjoyed the popularity and success of her classes through the eyes of her own and many other children.

Look for Creative Mind classes offered through Homeschool Excursions.



EDITOR'S NOTE

Many families have asked if their homeschoolers can submit contributions even if they can't attend the planning meetings in Pickens County. Of course they can! You are welcome to e-mail or snail mail their creative contributions to Homeschool Excursions.

A SPECIAL THANKS TO...

- All the homeschoolers who contributed to the production of each issue. This couldn't have been done without you!
- The Pickens County Library for allowing us to use your facility for our meetings.
- Janis Kleinberger for all her assistance and generosity.
- The Jones Family for their continued support.
- The Daniels Family for their support and encouragement.
- Teri Verhine for her relentless devotion to provide a fantastic Enrichment Program for our homeschoolers.
- Our advertisers for their help in making the newsletter possible.

BIBLIOGRAPHY OF IMAGES

Summer Logo drawn by Breanne Grover
<http://210.50.196.78/wallpapers/preview/24941.gif>
clip art by Sage Gilleland, age 10

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Please contact Homeschool Excursions to be placed on our mailing list, e-mail loop, or for advertising rates.

Receive a copy of the Homeschool Herald monthly in your mailbox for the low rate of \$10.00 a year, which includes coupons and other offers not available online.

We gladly accept tax deductible donations to supplement program costs in an effort to make all of our exciting activities affordable for everyone.

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Thank you for your support!
We're looking forward to a fantastic year!!

Mail form to: Homeschool Excursions
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The August Issue

Fall is around the corner and the weather is starting to cool down, finally. Let us know what you've been up to. Have you read a good book lately? Have you seen a movie you really liked? What are you studying in school? Share with us!

Each issue of the *Homeschool Herald* is special and unique because of the homeschoolers who send us their creative creations. Be a part of the excitement, and share a piece of yourself with your



fellow homeschoolers. This newsletter provides a resource for you to receive recognition for your accomplishments and hard work.

As we begin our third year of programs, we would like to thank all the families who have supported us as we've grown. We are looking forward to an exciting school year. Many new programs are being organized, as well as some large scale projects. We look forward to seeing you soon!

What's Inside?

Road Trip!

Summer is a time for vacations and adventures. Read all about Trevor's trip to Pennsylvania.

Weeds? What weeds?

Purslane grows everywhere! Don't kill it,...use it.

Democracy Summit

Read about a local homeschooler's trip to Washington, DC for this amazing experience,

Songs, Poems, Pictures, Stories, Articles, Games, and More

See what the homeschoolers have created this month. Each Herald is very different, so explore this issue, and we hope you enjoy the creativity of these homeschoolers!

Homeschool Excursions, Inc.
PO Box 1283
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