

# 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 December issue is here, and once again, the homeschoolers have done a fantastic job! They never cease to amaze with their wealth of creativity. Included in this issue are their articles, original artwork, stories, crafts, and more. Read on and let us know what you think!

Send us your creative creations! We want it all! Everyone is welcome to 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.

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

### Welcome!

Homeschool Excursions hopes you enjoy the December 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*

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

**HAVE AN EXCELLENT  
HOLIDAY SEASON! SEE  
YOU IN 2006!**

## SO YOU THINK YOU KNOW EVERYTHING?

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

## THANKSGIVING TRADITIONS

It is not quite a Thanksgiving Tradition but it is something we do every year at this time and we look forward to.

I hail from a very close knit family. My mother was the youngest and only girl of five. My Grandfather has already gone home to Jesus several years ago, but my Grandmother is, as always, the matriarch of our family and holds us all fast to her. We are all very blessed to live in amongst each other on the family farm that my Grandfather left us. Every year around the end of October we have a family Hayride. Our family's last name is Free, so it is of course, the Free Family Hayride. My uncle (oldest brother) started this about 10 years ago and this year we had nearly 100 people turn out to rejoice, visit, and enjoy the blessings of the evening. There has never been a charge to attend this event, we only ask that those who come please bring canned goods for donations, through our church, for families in need during the holidays. The evening was a fun filled event with several trips of the tractor with the hay trailer made, so everyone had a chance to go. Hotdog and marshmallow roasting around the bonfire and children squealing and hollering and running around being kids, without the need for video games, TV, or any other electronics needed to have a good time. For myself, it is a throw back to a simpler time, a time that in today's hustle and bustle life styles, I feel I have lost and miss deeply. I want my son to know the way it was when life centered around your family and the farm and the church. It is a very large part of why I chose Home School.

By Christina Wilson, homeschooling mom of two



## CHRISTMAS TREE

Ten tiny turkeys  
around the table  
after the tablecloth was taken  
talking about the Christmas tree.

We'll take twenty twinkling lights  
tons of tacky taffy  
tall tasseled trinkets  
and trim them on the tree.

by Zack Jordan

## ACTIVITIES IN YOUR NEIGHBORHOOD

I have had so much fun this past year of CAP! I bet you are wondering what CAP is, right? CAP is short for Civil Air Patrol. Civil Air Patrol is an Air Force auxiliary. That basically means that the Air Force sponsors the civil air patrol. To let everyone know, if you join civil air patrol, you are not required to go into any military branch!

We meet once a week. Each squadron sets their own days and times. Newton Squadron meets on Monday nights at the Covington/Oxford Airport from 7-9pm. Although, we have recently moved it back to 6:30-9pm. This gives us an additional thirty minutes of drill time.

Ever wanted to know how to properly march? How about those turns and about-faces? Well, this will be taught to you properly by fellow cadets. Before long, you will be following like a true soldier. Left flank, right flank, about face, column left, column right, march time, to the rear, double to the rear, and an assortment of other drills. This is pretty fun to do as well as watch. And the best part... you get to call the commands, too! Oh, and who can forget that perfect stand? Don't think it is easy! Just ask my brother. You cannot lock your knees while standing. This will constrict your blood flow. My brother locked his knees and fell flat on his face on the floor within minutes. It didn't hurt him because he wasn't aware of it until it was over. But it is quite embarrassing!

Some of you may think civil air patrol sounds pretty boring, but I can assure you, that is absolutely wrong! How often is it that you get to fly a real plane? The plane isn't very big, but do you think they are going to let a kid that has never flown a plane before fly an F-16 (that is a fighter jet)? I don't think so! I have already flown twice and it was awesome!



Each time you fly, your flight instructor teaches you a little bit more about how to fly the plane. I do know that on your fourth flight you get to do stalls! Stalls are really exciting! You have the plane flying good, then you slowly bring the nose of the plane straight up towards the sky, then you turn the plane engine off! You start to fall extremely fast, eventually the nose of the plane is facing the ground and your flight instructor will tell you how to turn the plane's engine back on and slowly get in back into flying horizontal instead of vertical. Sounds really scary, doesn't it? Imagine the rush!

A really exciting thing to do is go to an encampment. An encampment is, most of the time, a trip to somewhere in Georgia. Sometimes there are encampments out of state, like Florida. Also, if you are unable to pay the money to go you can apply for a scholarship. You don't always get the scholarship, though. Depending on if it is a week or weekend encampment they usually last from three to seven days.

When you arrive at the encampment, you are usually given specific directions on how to lay your sleeping bag, your shoes, your clothes, and where you are allowed and not allowed. Most of the time you will have a series of classes to teach you all the things you will need to know to be promoted. You go to sleep at 10:00 and will get up at 6:00am and immediately get dressed and do P.T. (Physical Training). P.T. is one of the hardest things you will have to do at an encampment and at your squadron. It requires you to do push-ups and sit-ups according to your age, and a mile run in under twelve minutes. They challenge you to be all that you can be, do all that you can do!

One of the less exciting things you have to do is take leadership and aerospace tests; they are the tests that determine if you are to be promoted to your next rank. If you study when you need to and ask for help when you need it, taking those tests will be a piece of cake! Besides, wouldn't you like to be a Sergeant, Master Sergeant, Colonel, or even a three-star General?

If you are not aware of what a promotion is, it is a ceremony to celebrate you advancing to the next rank. You will be called up in front of your parents and friends and given a certificate stating that you have been promoted and to what rank. A little metal insignia that they put on your collar identifies your rank. You, also, get a ribbon for each promotion and event you participate in. You've seen those soldiers with all those little colored things on their uniforms? Each one of those signifies a different event you personally were involved in.

Once you get a 101 card you can go on a ground team-training weekend. Those are really fun; you learn all kinds of survival skills and directional skills. Also, on the ground team-training weekends, you can do search and rescue. During the Katrina aftermath, CAP cadets logged in over 15,000 hours of helping our fellow Americans.

Have you ever heard of a Color Guard or an Honor Guard? My brother and I are on our squadron's Color Guard. And let me tell you, it is really fun! There are color guard competitions that are really competitive. This year our squadron came in 7<sup>th</sup> out of the entire state of Georgia, can you believe that! We are striving to be better next year! I don't know much about the Honor Guard, but I do know that you need to be in Color Guard first. So, basically, if you are not going to be serious about Color Guard, I would not recommend you joining the Color Guard. But, if you are, bring it on!

Every year our squadron tries to take at least one aerospace trip. This is where you go to somewhere in the United States and learn about something aerospace cool. The year before last our squadron went to Washington. This year, we are trying to go on a survival-hiking trip. The only thing about going on aerospace trips is that you have to pay dues each quarter, it is only five dollars. That's five dollars every three months. That is not a bad price to pay.

Also, each year you pay thirty dollars for renewing your membership. When you join, you pay your first thirty dollars to get your membership going. This also, gives you a brand new blue uniform, your CAP binder that has your leadership book, and aerospace books in it. You also get your own personalized CAP membership card with your squadron ID, personal ID, and other information. This is pretty awesome for discounts as well!

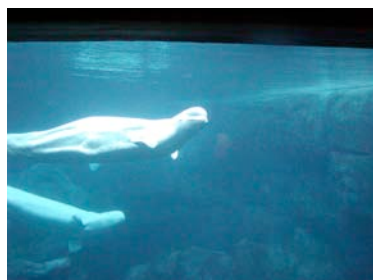
If you would like to join go to [www.cap.gov](http://www.cap.gov). Look for your local squadron and you should see directions of where it is. If you would like to join our squadron in Oxford, Georgia, then you can contact our squadron commander. Major Al Van Lengen (just call him Major). Tell him you are interested in joining our squadron. His email is: [alvanlengen@mindspring.com](mailto:alvanlengen@mindspring.com). Call this ONLY if you are sincere about joining or want to know more about CAP. Please tell him Vikki Mooneyhan told you about it. I can get another ribbon for recruiting persons. If you are interested in joining in another area, PLEASE use my name there as well. I still get the points needed.

Written by Vikki Mooneyhan



## OUR VISIT TO THE GEORGIA AQUARIUM

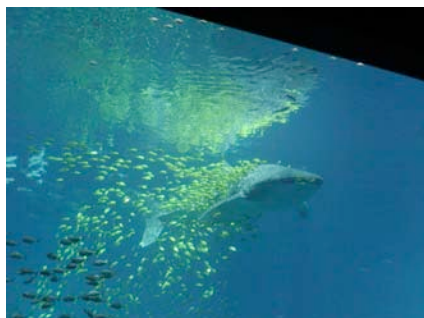
Our family visited the Georgia Aquarium for the first time. It was an awesome experience. We went with some old family friends from Boston. It was a bit crowded, but we still had a really great time.



The aquarium has over 8 million gallons of fresh and marine water and 100,000 animals from 500 species from around the world. The aquarium has many exhibits to explore including Tropical Diver, River Scout,

Ocean Voyager, Cold Water Quest and Georgia Explorer. There is also a 4-D Theater that offers a show featuring the aquarium's mascot, Deepo. We will see the show on our next visit.

My (Harrison's) favorite tank was the one with the whale sharks. Watching the whale sharks and all the other fish was awesome. The other fish were hanging right along the whale shark as they roamed around their habitat. I enjoyed the touch pool with the sharks and stingrays. I got to touch a shark, stingray, horseshoe crab and star fish.



I (Noah) got to touch a stingray, shark, horseshoe crab and star fish. The horseshoe crab and starfish were hard. The shark was soft and slimy. I also liked the slides in the Georgia Explorer.

I liked the hammerhead sharks, penguins and otters.

The Beluga whales were entertaining to watch. It was as if they were performing right before our eyes.



You will find the Beluga whales in the Cold Water Quest along with sea lions, sea otters, penguins, leafy sea dragons, octopus and much more.

In the Tropical Diver, you will see eels that look like little worms that are sticking up from the sand and when a fish goes by, they just slide down into the sand. It was really cool to watch. Another favorite was walking through the tunnel in the Ocean Voyager.

It felt as if we were swimming right along the 100,000 fish. The gigantic viewing area (23 feet tall by 61 feet wide) was also a huge hit. It was

very relaxing and mesmerizing to watch the whale sharks- (the largest fish species in the world), stingrays, hammerhead sharks and many others.



We are definitely looking forward to a return visit to the aquarium. The Georgia Aquarium will be offering educational field trips beginning in January. The program will be conducted on the Learning Loop which is a dedicated area for students. They will offer programs for all ages including preschool, elementary, high school and college. The cost for these field trips are \$9.50 per student and is not included in an annual pass benefits. I can't wait to attend this unique learning opportunity with my kids.

Submitted by Teri, Harrison, and Noah Verhine

### WHY ARE RAIN CLOUDS DARK?

Rain is water. Water is light in color. Rain clouds are full of water. Therefore, rain clouds should be light. Impeccable logic, but wrong.

Obviously, there are always water particles in clouds. But when the particles of water are small, they reflect light and are perceived as white. When water particles become large enough to form raindrops, however, they absorb light and appear dark to us below.

Feldman, David. Why Do Clocks Run Clockwise? and other Imponderables. Perennial Library, 1988. page 152.

### WEEDS? WHAT WEEDS?

Most of us are familiar with the uncomfortable sensation that results from walking through a growth of Stinging Nettle. But, did you know that this plant has lots of benefits? Instead of pulling it and tossing it in the trash, use it!



Stinging Nettles are easy to identify with their stinging hairs. Be careful when handling them! If you come in contact with the plant, Jewel Weed is an excellent remedy. (More on this plant in future issues.)

Much of the plant is edible, and it has amazing medicinal properties too.

Here are a few of your options (the stinging qualities disappear when cooked):

- Simmer the young shoots and the tender, pale green top leaves for 10-12 minutes in just enough water to cover.
- Add to any soup or stew.
- Boil the young shoots or leaves to make a delicious tea. Be sure to strain it, and add lemon or honey.
- Leaves contain vitamins A and C, and iron and protein.
- Traditionally, the leaf tea was used in Europe as a blood purifier, a blood builder, a diuretic, and an astringent.
- Has been used for anemia, gout, glandular diseases, rheumatism, poor circulation, enlarged spleen, mucous discharges of lungs, internal bleeding, and dysentery.

- Nettle aids in coagulation and the formation of hemoglobin in red blood corpuscles.
- Recently, Germans have been using the root in treatments for prostate cancer.
- May possible aid in kidney and urinary system ailments.
- Russians are using the leaves in alcohol to fight gall bladder inflammation and hepatitis.
- Some people believe that occasional stinging alleviates arthritis.
- The Native Americans used it as a counter-irritant to pain by striking affected parts with the branches.
- Root decoctions aid with rheumatic pain and joint stiffness.
- Stinging Nettle lowers blood sugar, cleanses the system, expels gravel from the bladder, is helpful for piles, improves goiter, and reduces uric acid.
- It is rich in minerals and enzymes.
- The Fresh juice or an infusion of the plant has been used to stimulate the digestive system and to promote milk flow in nursing mothers.
- A decoction of the plant is recommended for external use on the scalp for loss of hair.



There is an abundance of information available about the uses of Stinging Nettle. 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.

Index of images and information:

- <http://www.freewebs.com/dicentra/plants.htm>
- <http://www.holoweb.com/cannon/stinging.htm>
- [http://www.indianspringherbs.com/stinging\\_nettle.htm](http://www.indianspringherbs.com/stinging_nettle.htm)

Peterson Field Guides

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

### CANDY CANE REINDEER

Supplies needed:  
6 inch wrapped candy cane  
Ribbon  
2 google eyes  
red or brown pom pom  
2 pipe cleaners  
craft glue or glue gun



LEAVE the wrapping on the candy cane. Glue eyes on rounded face of the candy cane.

Glue red pom pom on face or nose. Tie the ribbon in a bow around the middle of the reindeer (this can also serve as an ornament). Cut one of the pipe cleaners in half. Wrap the full pipe cleaner around the crook of the candy cane to begin antlers. Use the cut pipe cleaners to manipulate into antlers.

Happy Holidays!

By Breanne Grover

### MY PIZZAS

You need:  
one jar of Prego Hearty Meat Sauce  
one loaf of Toasted Italian Bread slices  
shredded Mozzarella Cheese.

Cover toast with sauce.  
Sprinkle cheese on.  
Microwave until cheese is melted.  
Munch!

### SLOPPYTACO JOES

You need:  
one pound ground meat  
one can tomato soup, one cup salsa  
one half cup shredded cheese.

Brown meat. Drain if necessary.  
Stir in Salsa and Soup. Heat through.  
Serve on a burger bun.  
Top with cheese.  
Yummy for your tummy!

## MMMMM.....FOOD!!!!

### PEANUT BUTTER PIE

You need:  
one graham pie crust  
one tub of whipped cream  
two tablespoons of peanut butter.

Mix whipped cream and peanut butter until smooth.  
Pour into crust.  
Cut. Serve. Eat!

### FLUFFY DESSERT

You need:  
one tub of whipped cream  
a few treats like gummies or cookies  
one pack of instant jello (best are orange, lime, and lemon).

Mix jello into whipped cream.  
Pour into cups.  
Sprinkle with treats.  
Enjoy!

### A TASTY BBQ SAUCE

You need:  
one can tomato soup  
two tablespoons vinegar  
one tablespoon packed brown sugar  
one tablespoon Worcestershire sauce  
one half onion diced  
Mix all together.  
Let set in fridge one hour.

### CHEESEBURGER PASTA

You need:  
one pound ground beef  
one can cheddar cheese soup  
one can tomato soup  
one and one half cups water  
two cups uncooked pasta

Cook beef. Drain.  
Add soups water and pasta.  
Boil one minute.  
Cook on medium heat for ten minutes, or until done  
Serve with toast.

By the Mooneyhan Master Chefs



### YUMMY EGGNOG

**Supplies:**

- 3 cups non fat milk
- 2 (1 by 2-inch) pieces orange zest
- 1 cinnamon stick
- 1/2 cup sugar
- 1 tablespoon pure vanilla extract

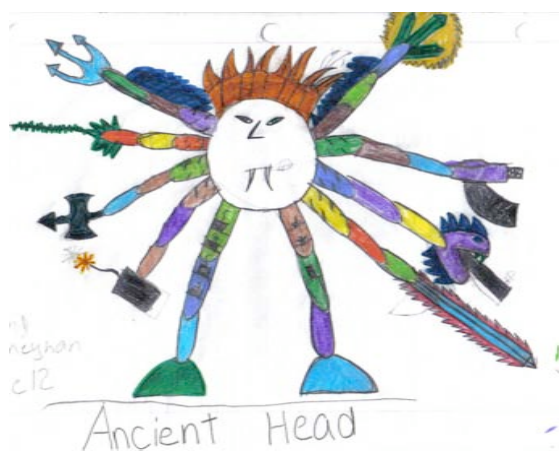


In a non stick sauce pan combine the 2 cups milk, the orange zest, and cinnamon. Heat over medium high and set aside for 30 minutes to steep. Refrigerate the remaining cup of milk.

Reheat the milk mixture to a simmer over medium heat. Meanwhile, in a medium bowl whisk together the eggs and sugar. Gradually pour half the hot milk into the egg mixture while whisking constantly. Pour the hot egg mixture back into the milk and cook the custard over low heat, stirring constantly until thickened, about 4 minutes. Don't let the custard boil. Strain custard into a bowl. Discard the cinnamon and orange zest. All the vanilla to the custard and set aside to cool to room temperature. Then refrigerate until cold. When ready to serve, foam the reserved cold milk with a milk frother or immersion blender. And fold into the custard. Serve eggnog in cups dusted with cinnamon.

From foodnetwork.com

Contributed by Food Expert, Breanne Grover



Artist: David Mooneyhan, age 12

### COTTON PATCH GOSPEL

On Sunday I went to a show. The name of the show was "Cotton Patch Gospel." It was great! The story was about Jesus coming to Georgia. It has good blue grass music. It was funny because all the books of the gospel took place in Georgia. They used a lot of humor. Eight people put on the show including the musicians. They had great voices. I recommend this show to anyone who likes Georgia heritage, bible stories, and good music.

Experienced and Shared by John Humphries

### THE CHATTAHOOCHEE NATURE CENTER

I went on a field trip to the Chattahoochee Nature Center. A naturalist taught us about habitats. A habitat is



a place where animals live. A habitat needs shelter, food, space, and water. Here are the five main habitats: ocean, desert, woodlands, wet land, and rain forest. I learned what happens to animals when we cut

down too many trees. I saw hawks, owls, turtles, snakes, and even a bald eagle! I can't wait to go back.

Written by Samantha Morgan

### HOMESCHOOL EXCURSIONS UPCOMING EVENTS

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

- |             |   |
|-------------|---|
| December 15 | Monthly climbing day at Adrenaline                    |
| December 19 | Homeschool Herald meeting in Jasper                   |
| January 11  | Rainforest Adventures at the Center For Puppetry Arts |
| January 19  | Monthly Climbing day at Adrenaline                    |
| January 27  | The Odyssey   |
| February 3  | Stinky Cheese Man at the Alliance                     |

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## Sole to Soul

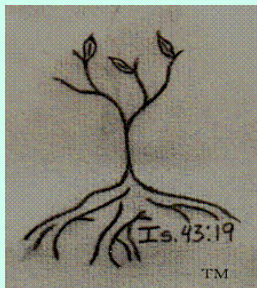
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### Pickens County Homeschoolers

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County area. Visit our Yahoo! group for upcoming events or just to chat.

[pickenshomeschooler@yahoogroups.com](mailto:pickenshomeschooler@yahoogroups.com)

See you soon!

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### PROGRAMS AT THE PICKENS COUNTY PUBLIC LIBRARY

Homeschool Excursions wishes to thank the Pickens County Library for the continued use of their facilities as we develop the Homeschool Herald. Thank you!

Please call the library for a list of their exciting upcoming activities.

FOR MORE INFORMATION, CONTACT  
THE PICKENS COUNTY LIBRARY AT  
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**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 this first issue. This couldn't have been done without you!
- The Pickens County Library for allowing us to use your facility for our meetings.
- The Ashbeck family for donating the paper on which to print the Herald.
- Janis Kleinberger for all her assistance and generosity.
- The Jones Family for their continued support.
- Michael Seay for assisting in editing the newsletter.

**BIBLIOGRAPHY OF IMAGES**

Art drawn by Breanne Grover and Sage Gilleland.  
[http://www.fbsp.org/blog/archive/2004\\_11\\_01\\_archive.html](http://www.fbsp.org/blog/archive/2004_11_01_archive.html)

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# The December Issue

Winter is upon us, with it's cool, clear days, lots of holidays, and a new year. The homeschoolers have worked hard to bring you a new and exciting issue of the Homeschool Herald, including holiday recipes, family traditions, and much more!

The Homeschool Herald is a monthly newsletter composed of materials created by homeschoolers from throughout Georgia. Submissions from kids of all ages are welcome, so send us your creative creations.

We have learned how to include audio and video in the online version of the Herald! (See the November issue.) Send us video

and audio clips to be included in future issues!! The possibilities are endless - video, music, animations, and anything else you can think of!



The January issue is currently under construction. Let us know how you and your family spent the holiday season. Do you have any special traditions? Did you eat a lot of food? Was there something funny that happened? Where did you travel? Let us know! We want pictures, photos, stories, songs, basically anything you want to send us! Be a part of future issues of the Homeschool Herald!

Have a wonderful winter!

## What's Inside?

### **Yummy Recipes**

We've got lots of delicious recipes this month! More than a page full! Enjoy them over the holiday season.

### **Weeds? What weeds?**

Most people avoid Stinging Nettle, with good reason. What they don't know is what an amazing edible and medicinal plant it is. Don't kill it - use it! Read how...

### **The Georgia Aquarium**

Have you been yet? If not, we have a sneak preview for you. Read all about it!

### **Songs, Poems, Pictures, Stories, Articles, 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!

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