

FOR IMMEDIATE RELEASE

Contact: Sara Dobie, Public Relations  
[SaraDobie@SylvanDellPublishing.com](mailto:SaraDobie@SylvanDellPublishing.com)

## Celebrate the arrival of the Autumnal Equinox September 22!

**Mount Pleasant, S.C.** (September 22, 2009) - Move over summer; fall has arrived! **September 22 marks the Autumnal Equinox**, a time of the year where day and night are the same length. Globally recognized, this holiday honors the arrival of autumn and all she brings! Celebrate the first day of fall and its cooler weather, crisp air, and most importantly, the radiant colors of those autumn leaves! Learn more about the different types of leaves that color our autumn world with Sylvan Dell Publishing and author Fran Hawk as she commemorates seasonal change in her book, *Count Down to Fall*.

One of the only times in the year when day and night are almost equally long, the **Autumnal Equinox** marks an ancient holiday whose roots are traced back to before the Middle Ages! On this special day, the Sun appears to cross the celestial equator, from north to south; this marks the beginning of autumn in the Northern Hemisphere. (The only other time this occurs is March 21, during the Vernal Equinox, marking the beginning of spring in the Northern Hemisphere.) Countries around the world still celebrate the occasion, from making special rice cakes and honoring the moon in China, to dances that encourage a fertile crop in the coming year in Nigeria. This year, follow the world traditions by getting back in touch with nature. What will you do this year to get back in touch with nature?

Sylvan Dell has found the perfect answer to that question with the fall 2009 title *Count Down to Fall*. Author Fran Hawk takes young readers on a journey from summer to fall, all the while introducing them to the dogwood leaves, oak leaves, linden leaves, and more! What tree's leaves bring "helicopters with them"? What tree's bark did the natives use to build their canoes? Fran Hawk answers these questions and more while Sherry Neidigh's illustrations capture the essence of fall's majesty through radiant and colorful depictions of its foliage and forest creatures. Sylvan Dell's *For Creative Minds* in the back of the book also provides activities to reinforce the nature lessons of the book.

Need more ideas on how to celebrate the **Autumnal Equinox**? Check out some of Sylvan Dell's suggestions!

- Decorate the house, classroom, or yourself in the day's colors: red, yellow, orange, gold, brown, or violet.
- Prepare a harvest feast! Celebrate by making dishes that incorporate foods of the harvest, like corn, rice, apples, and potatoes.
- Go for a nature walk and enjoy the beauty of nature - and if you're really up for the challenge collect and identify all the leaves featured in *Count Down to Fall*.

For more about the **Autumnal Equinox**, check out <http://www.holidayinsights.com/other/fall.htm>. For a full listing of Sylvan Dell Celebration Days, visit <http://www.sylvandellpublishing.com/SpecialDays.htm>, and enjoy the changing seasons as yet another summer turns to fall.

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### About Sylvan Dell Publishing

Sylvan Dell Publishing in Mt. Pleasant, S.C., is on a mission to excite children's imaginations with artistically spectacular science, math, and nature themed stories. Founded in November of 2004, Sylvan Dell's family has grown to include more than 64 authors and illustrators, in the U.S. and Canada, and 45 titles – honored as finalists or winners of more than 70 book awards. For more information, visit <http://www.sylvandellpublishing.com>. AND Like FREE STUFF? We're offering a FREE trial of all 45 next generation eBooks until October 31. So go check it out, and tell your friends: <http://www.sylvandellpublishing.com/ebooktrials.php?e=MSBL9J!>