



October 13, 2008

What's Going On...

Tuesday, October 14
Town Meeting, 7:00 p.m.

Wednesday, October 15
Class Meetings for
Grades 1, 2, & 3
7:00 p.m.

Thursday, October 16
Class Meetings for
Grades 4 & 5
7:00 p.m.

Thursday, October 16
Creating and Supporting
Healthy Sleep Habits
for Your Child and Family,
with Kim West
7:00 p.m.

Friday, October 17
Harvest Festival (Grades 1-6)
Tamarind Building
Playground
3:30-5:30 p.m.

Monday, October 20
Experience First Grade
Eurythmy with
Noris Friedman
Eurythmy Room,
8:30-9:30 a.m.

Wednesday, October 22
Waldorf Community Alliance
7:00 p.m.

Monday, October 27
Experience First Grade Painting
with Edna Emmet
Art Room, 8:30-9:30 a.m.

Wednesday, October 29
Halloween Parade
Grades 1-4
9:00 a.m.

From the desk of the Administrative Chair

At the Town Meeting to be held this evening, the Collegium will be presenting changes that are being considered for implementation to the looping process used for class teachers in the elementary school. We will be looking for comments from the parent body at his important meeting. Following the meeting, the Collegium will make the final decision about any changes to be made.

On Thursday, October 16, Kim West will be our guest speaker at our fall speaker series. Ms. West, known as the Sleep Lady®, has helped thousands of tired parents learn to listen to their intuition, recognize the child's important cues and behaviors, and gently create changes that promote and preserve healthy sleep habits for children and families. Ms. West will bring her insights and wisdom together with over 16 years of practice as a child and family social worker to this talk. We will hear about the importance of children's sleep and how to gently teach a child to go to sleep through the night.

On Friday, October 17, the Waldorf Community Alliance (WCA) will be sponsoring a harvest get together after school on the playground behind the Tamarind Building for parents and children in grades 1-6. The format has been changed to allow for the children to participate in games and activities out-of-doors. There will be snacks and drinks provided by the classes.

Finally, if you have students in the Children's Garden or grades 1-8 do not forget to sign up for your parent teacher conference on either Thursday, October 30 or Friday, October 31.

Larry Snyder

The Sleep Lady® to speak on Thursday

We are very pleased to welcome Kim West, LCSW-C, author, and mother of two to the Waldorf School of Baltimore Fall 2008 Speakers Series on Thursday, October 16, 7:00-8:30 p.m. Ms. West is the author of *Good Night Sleep Tight: The Sleep Lady's Gentle Guide to Helping Your Child Go to Sleep, Stay Asleep and Wake Up Happy*.

Ms. West, The Sleep Lady®, has helped thousands of tired parents learn to listen to their intuition, recognize their child's important cues and behaviors, and gently create changes that promote and preserve healthy sleep habits for children and families.

Ms. West will bring her insight and wisdom, together with over sixteen years practice as

a child and family social worker, to this talk. We will hear about the importance of children's sleep and how to gently teach a child to go to sleep and sleep through the night. Visit her website at www.sleep lady.com

\$5.00 will be collected for this event at the door.

Visit our website for more details of our Fall 2008 Speakers Series.

Contact information for School Chairs

Upper School Chair: Donald Bufano, dbufano@twsb.org; 410-367-0647

Middle School Chair: Ed Meade, emeade@twsb.org; 410-367-6808 ext 365

Lower School Chair: Noris Friedman, nfriedman@twsb.org; 410-367-6808 ext 371

Children's Garden Chair: Charlotte Landgraf, cdlandgraf@hotmail.com; 410-664-7714

Administrative Chair: Larry Snyder, lsnyder@twsb.org; 410-367-6808 ext. 201

Teachers' potluck lunch contributions requested

Here we go again! Our potluck lunches for Parent Teacher Conferences are coming up on October 30th and 31st. Please pick one of the dates that will work best for you and bring in a dish for our teachers. Your offering can be anything you'd like: sandwiches, salads,

soups, side dishes, desserts, etc. The teachers really appreciate this gift from the parents. It is a treat they enjoy and look forward to for sustenance through the long conference days. Please contact Linnea Worthington (linneaworthington@gmail.com) or

Kimberly Field (410-366-5033) and let us know which date and what you would like to bring.

Thank you for your support.

Linnea Worthington
(Darius, 4th)

Spring Garden Store

Orders are being taken for long sleeve tee shirts and zip-front hooded sweat shirts with the Wal-

dorf School logo. An order blank is included with this edition of the *Weekly*. Order forms can be turned into the Spring Garden Store or to

Jean Engelke at the Tamarind Building. All forms must be turned in on or before October 31.

Elementary Tardiness Policy update

Students who arrive late miss an important opening to the school day. The mood of the day is set by the opening verse and the songs that are sung together. Students who are late for school (after 8:15 a.m. bell) must sign in at the office, or have a parent sign them in. If a

student is late 3 times in a **calendar month**, a meeting will be scheduled between the student's parents and the Lower School or Middle School Chair, whichever is appropriate. At that time, parents can request a support circle meeting (see page 41 in the handbook) that can offer as-

sistance to the family in achieving timeliness. If the chronic tardiness continues, another meeting with the Chair will be scheduled. Habitual lateness after a second meeting with the Chair will result in a meeting with a representative of the Collegium.

**The next WCA meeting is Wednesday, October 22, 7:00 p.m.
All are invited! We want to see you there!**

Scrip News



Now families can get Scrip each week in the Yellowwood Building, too! Ulrike, in the Spring Garden Store, has offered to collect and deliver orders. You will still e-mail or call Gail Kurek for inventory ordering. For orders not from inventory, go to www.shopwithscrip.com and place an order (see ordering process below). Gail will deliver Scrip to the Spring Garden on Monday mornings.

ShopWithScrip ordering process for the Yellowwood Building:

- 1) Go online and place your order at www.shopwithscrip.com. **OR** For inventory orders, call or e-mail Gail (410-812-9914/gaksha@verizon.net).
- 2) Give order form with a check made to "WSB" for total amount to Ulrike. Forms are available in the lobby of building.
- 3) Ulrike will deliver orders to Gail.
- 4) Orders made via www.shopwithscrip.com will be uploaded and placed on deadline dates—October 10, November 7, and December 5. Delivery from Great Lakes takes five to seven business

days.

5) Orders from inventory will be filled and returned to Ulrike for Monday delivery. To receive your inventory order by Monday, it must be received by Friday at 3:20 p.m. (pickup).

When ordering online the first time, you will need to enroll with Shop-WithScrip before you place your order. Enter required enrollment information, specifying **Waldorf School of Baltimore** as the non-profit school. Then enter the following enrollment code:

D265A5CF12718. (Remember: the area to enter the enrollment code is case sensitive.) Gail will upload orders at the end of each deadline date (see ordering process above) and should receive cards within five to seven days. Delivery days will be the following Friday for the Tamarind Building and the following Monday for the Yellowwood Building.

WSB cannot pay for Scrip online yet, but we hope this option will be available in the near future. We will let you know as soon as this option is available.

Thanks for fund-raising for WSB!

Scrip Wrap-Up (*Week of 10/03/2008*)
Scrip sold: \$2,519.95
WSB profit: \$127.84

Holiday Fair Book Sales

It is time to bring in your books for the Holiday Fair book sales. Boxes will be available in both buildings to receive your donations. This is a wonderful fund-raiser that Holiday Fair attendees look forward to. Book Sales will share a booth with Scrip again this year.

Place your Holiday Scrip orders early to guarantee you receive them in time. Our last order date prior to the holidays is **December 5**, which is the day *before* the Holiday Fair. We are ordering inventory cards for the Scrip booth, but help us customize this order by giving Gail your holiday gift card preferences.

Thanks, Ulrike, for your support in the Yellowwood Building

Sports Update

The soccer and cross country teams have all competed and done well. The boys' soccer team was victorious against St. Ignatius, 1-0. The winning goal was scored by Austin Mitchell-Goering (7th). The team is playing well together and looking better and better with each game. Jason Gelblum (6th) broke the no-goal streak by scoring 2

goals against St. James. Although the score was 4-2, Waldorf played well. The girls' soccer team was also victorious, winning over Cambridge 1-0. The girls have played fewer games, but they are also hoping to have a good season.

Yes, we do have a cross-country team. Austin Mitchell-Goering (7th), Cameron Bechmann (6th), and

Thomas Schneider (7th) all competed at Kreiger Schechter and all finished with competitive times.

Come watch the girls play Jemicy on 10/21 at 3:45, and the boys play Jemicy 10/22 at 3:45 at Waldorf. Go Wolves!

Caroline Jones

Halloween Parade for grades 1-4 is Wednesday, October 29

On Wednesday, October 29, children in Grades One through Four will take part in a Halloween costume parade. *Children should report to school already in their costumes* along with a change of clothes for afterward. For the parade, the grades will process out the back door, across the front plaza, circle around Park View and return to the building. Please join us on the plaza to view the parade at 9:00 a.m. In case of inclement

weather, the parade will be held in the hallway inside the Tamarind building.

Costume Guidelines: Children should wear simple, home-made costumes that reflect appropriate curricular themes (for example: First Grade=Fairy tales; Second Grade=Fables, animal stories, holy people; Third Grade=Bible stories, farming, gardening; Fourth

Grade=Norse Mythology). Please note: make-up, masks, and blood are not allowed.

The children will be changing into their regular clothes after the parade. We ask that children come prepared to make the clothing change *in their classrooms*. Hope to see you there!

Christine Good
for the Festivals Committee

Halloween in the Children's Garden

In School

During the week leading up to Halloween, each class will celebrate in their own way. **The Children's Garden faculty asks that your child not bring costumes to school.** If you are organizing a celebration with costumes after school, please be respectful of the choices other families may make by not discussing your plans during school time.

At Home

Now that autumn has arrived and we are well into the month of October, Halloween is just around the corner. Halloween has been a tradition beloved by children. However, in recent years it has taken on aspects that are not the healthiest for young children. Children who have seen too many scary costumes and masks, eaten too many sweets, and stayed up late on Halloween may become upset

and over-excited. They are often tired and restless the following day. We encourage parents to consider the following suggestions to help their children celebrate a simple Halloween with images that are healthy for them.

Children love to help carve pumpkins or other fall vegetables such as turnips, large gourds, or even certain varieties of winter squash. These lighted Jack-O'Lanterns lend a warm glow to the night. Homemade costumes need not be elaborate; children are often happiest with uncomplicated attire. Children look forward to putting together a costume that is meaningful for them. They may want to dress like characters from a story such as a king or a queen, knight, hobgoblin, gnome, or fairy. Or they may want to be someone they are familiar with from everyday life such as an animal, farmer, baker, police officer, firefighter, dancer, doctor, or nurse. We

recommend that you consider costumes without masks. Many young children's perceptions of reality are still a bit tenuous and seeing people in masks is often frightening for young children. A mask hides the human face that defines a person's true nature. Being unable to see the true nature of a person can make a disturbing impression on a tender soul.

If you go trick-or-treating, it need not be extensive. Visiting a few houses in your neighborhood or the familiar house of a friend could be very satisfying. In order to handle the candy dilemma, some families have relied on the Sugar Fairy to slip into the house on Halloween night, take some or all of the candy and treats, and leave in exchange a treasure, story book, or a small surprise.

We hope these ideas will inspire your family's celebration of this holiday.

Harvest Festival is this Friday, October 17

Where: Tamarind Building Playground

When: Friday, October 17, 2008

Time: 3:30 p.m.-5:30 p.m.

Who: 1st – 6th grades

Come one, come all! The WCA is excited to continue the Harvest Festival tradition! A little different this year but just as fun!

Please come join us for good food, good friends, and good times!

Please bring a snack to share **and picnic blankets!** Class Responsibilities: 1st grade-set up food, provide drinks; 2nd grade-games; 3rd grade-clean up, 4th grade-decorations; 5th and 6th grade-security. Please check with your class parent for more information!

Help us raise money with Tot Swap! (No, you can't swap your child)

Going through your closets to get ready for fall/winter? Wait! Don't get rid of anything just yet! The WCA is excited to participate in a new fundraising event called "Tot Swap." No, we don't trade in your children...but we will take all of their gently used clothing and toys. Some schools have earned over **\$10,000!**

Here's the deal. The WCA will be registered as a vendor at "Tot Swap—A Children's Consignment Sale" at Timonium Fairgrounds November 13-16, 2008. YOU will bring in all of your children's outgrown, and gently used clothing and toys. The WCA will tag, price, and deliver every item donated to WSB to Timonium Fairgrounds. The sale is open to the public and the profits from every item sold will go directly to WSB! When the event is over, anything unsold will be donated to charity. Want more good news? If we do as well as we think we will, we won't be obligated to sell Sally Foster or Bulbs this year!!

We need donations to make it happen! Tell your friends, family, and neighbors that you will help them unload all of their unwanted items, too! The boxes marked "Tot Swap" are waiting to be filled up in both lobbies of the Tamarind and Yellowwood Buildings.

Here's what we are looking for:

- **We need children's hangers!**

- **Fall/Winter Clothing**- Boys up to size 20 and girls up to size 16. All must be in good condition and clean. No stains and no holes. Shoes (in excellent condition) and accessories.
- **Infant clothing** -be selective -it's very abundant!
- **Maternity clothes**- LIMITED TO 20 ITEMS PER CONSIGNOR, NO EXCEPTIONS!!
- **Holiday Clothing, School uniforms, Dancewear, dress-up clothes.**
- **Toys, children's books and videos, puzzles, games, parenting and pregnancy books and videos.**
- **Baby Bedding** - blankets, crib sheets, bumpers, nursery decorations, diaper bags
- **Stuffed animals**- ONLY if they talk, dance, move, light up, or do something or Build-A-Bear.
- **Baby furniture and equipment** - cribs, strollers, baby swings, pack 'n plays, carriers
- **Sports Equipment and Accessories**- cleats, shin guards, baseball gloves, etc.

- **Craft supplies, including scrapbooking items!**
- **Anything else related to children!!**

We cannot accept...

- **Spring/Summer items** -save them for the Spring sale
- **Underwear** - please leave used undergarments at home!!
- **Torn, stained, or outdated clothing and shoes** - or missing buttons or broken zippers
- **Battery operated toys without batteries** - batteries can be purchased at the dollar store
- **Dirty toys, furniture, or equipment** -or items that have been recalled - please check prior to bringing items
- **Stuffed animals** that don't do anything
- **Bags of miscellaneous toys** - unless theme-oriented (i.e. dinosaurs, Barbie, army guys, action figures)

Please contact Anita Shefts, 410-215-7095 or anitashefts@comcast.net, or Eileen Silverman, 443-797-2503 or msilverman33@hotmail.com for more information.

Creative and artistic parents/grandparents!

We are looking for 4 more vendors for the Holiday Fair. Some helpful guidelines for appropriate wares are: homemade (no, you may not sell your children), natural materi-

als, organic materials, Waldorf-inspired, etc. Please contact one of the HF Coordinators, Alex (Daphne, Rose) 410-370-0114 [\[die11@comcast.net\]\(mailto:die11@comcast.net\) or Jo \(Ben, Rose\) 410-323-7761 \[jojomauk@gmail.com\]\(mailto:jojomauk@gmail.com\). We expect these slots to fill quickly.](mailto:ad-</p>
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Many thanks from Beans and Bread—and a plea

Dear Waldorf Families,

Thank you so very much for the many donations to Beans and Bread. The center was extremely grateful and proud of the decision to keep the collection alive. Beans and Bread has passed along a few suggestions for contributors so the homeless population is better served.

1. Travel-sized items are best. They are compact and easy to carry. (But they were sure to remind us that bigger items are still welcomed).

2. The best gifts are organized in plastic baggies (i.e., a toothbrush, toothpaste, deodorant, and soap). The shelter is so busy that sorting out donations is sometimes burdensome. Sol and I will be happy to do this for you if you don't find the time.

3. Items other than basic hygiene items aren't as important to the population as we might think (i.e. nail polish, cotton balls, make-up, etc).

4. They're running really low on razors if you have any to give.

5. They provide receipts for those of us who wish to apply the gifts to our taxes (if you'd like a form, please leave your name on the pad in the donation box with the names of your items and their approximate value. The first donation was given under Sol's name because we kind of forgot this element).

Again, thanks so much for your support. Please remember that the holidays are approaching and we'd like to supply the shelter with as much as possible!

Andria Cole
(Sol, 3rd)

Upper School students and faculty poised to shine at upcoming conference

As part of WSB's endeavor to provide a classroom for our older students beyond the school walls, the 9th and 10th graders will be attending the second annual "Baltimore Bioneers 2008: Cultivating Change, Inspiring Solutions", on Friday, Nov. 7th at the Maryland Institute College of Art. As part of the School's aim to be contributing members to the greater Baltimore community, our students will be volunteering at the conference, and so will their teachers.

On Saturday, Nov 8th, **Cate Mulvihill** and **Donald Bufano** will participate in conference panels. At 2:30

p.m., the **Kids In Nature** panel will discuss solutions for parents and teachers who want to mentor kids toward caring relationships with the natural world and each other. **Cate Mulvihill**, WSB's handwork teacher and outdoor education leader, will join Bradley Alston, Program Manager of Urban Services from the YMCA Central Maryland, and Oba Joyner, high school student and member of the Holistic Life Foundation Program, for this discussion.

The second session, at 4:00 p.m., features a panel on **Fostering Life-long Eco-literacy**, with **Donald Bufano**, Upper School Chair at

WSB; Kate Primm, Director of the Charter K-5 Green School of Baltimore, and Charlie Davis from The Natural History Society of Maryland. It will be moderated by John Rodenhause, Discovery Program Manager for the Chesapeake Bay Foundation. The panel will address the proposition that "many environmental programs emphasize action, but we first need to develop a sense of wonder for nature so that a more profound awareness and understanding can feed our desire to be of service." A perfect expression of the Waldorf approach! **See Community Notes for how you can attend and help WSB.**

Lecture on Holistic Nutrition is Saturday, October 18

Please come to hear Peter Hinderberger speak on holistic nutrition—how food can support our whole hu-

man organism (physical body, life force, emotion, and spirit)—best. He will be speaking at 10:30 a.m.-12

noon in the Music Room. See last week's *Weekly* (available online) for details.

Community Notes

"Baltimore Bioneers 2008: Cultivating Change, Inspiring Solutions", Nov 7-9th at MICA. Sign up to man the WSB exhibit table. Volunteer for a half-day, attend the conference that day for no charge. Or, sign up as part of a Waldorf school group. If we get 5 or more people together, we can purchase tickets for \$15 per person per day.

This great offer is good only through October 20, 2008, so act NOW! Contact Jennifer Downs at 410-542-5441 / jdownslac@gmail.com. If you'd rather not volunteer, you can register for the full conference or one day on the website or make a scholarship donation to sponsor youth and community group attendees. Visit their website at www.cultivatingchange.org.

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MACBETH ON THE MOVE: The Chesapeake Shakespeare Company presents its award-winning production of *Macbeth* as a unique theatrical adventure. The action moves around different areas of the supposedly haunted ruins of the PFI Historic Park in Ellicott City while the audience follows the actors around the site. We recom-

mend this production for everyone over 9 who can walk up a hill. Performances run weekends October 10-26. \$25 for adults, \$15 for children. For more information, go to www.ChesapeakeShakespeare.com or call 410.313.8874.

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Baltimore Folk Music Society Family Dance, November 8 at St. Mark's on the Hill, 1620 Reisterstown Road, Pikesville. Family dance, 5-6:30; pot luck dinner, 6:30-7:30. All ages are welcome! We love to see three generations having a terrific time together. Admission: \$5 members, \$7 non-members; families: \$20 members, \$28 (maximum) non-members. For questions or to volunteer, please call Diane at 410-321-8419, or e-mail matchmaker2@comcast.net.

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A "Family Organ Extravaganza," focusing on introducing children and youth to the organ as an instrument, will be presented by Brown Memorial Park Avenue Church in Bolton Hill from 2-3 p.m. on Sunday, October 19. The music will range from settings of Mother

Goose rhymes to Bach's spectacular "Tocatta in D Minor," of *Phantom of the Opera* fame. One feature of the concert is the project on a big screen of the organists playing the pedals, multiple keyboards, and special buttons, as well as a short video of the organ's "innards." Tom Hall, director of Baltimore Choral Arts and WYPR program host, will serve as master of ceremonies and also as the humorous actor/narrator of the "Suite for Mother Goose." Children and youth through 12th grade will be admitted FREE; adults pay \$10. This concert is part of "The World's Largest Organ Recital," honoring the International Day of the Organ on October 19th during this year's celebration of this grand musical instrument. It's also the first event in Brown's annual Tiffany Series, named for the church's stunning collection of 11 Tiffany stained glass windows. Brown Memorial Church is located at 1316 Park Avenue (at Park and Lafayette) in the Bolton Hill section of Baltimore. Parking will be available. The church is wheelchair accessible. For more information, call 410-523-1542 or email Sharon@browndowntown.org.

Marketplace

Wanted: Sixth grade class teacher, Matthew Thurber, seeks reliable, economical used car. If you have one for sale or know of one for sale, please contact me at 443-759-6105.

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Beth Links (WSB '01, McDonogh '05, Williams College '09) invites all interested in following her post-Waldorf artistic development to visit her new website, www.bethsdolls.com. Beth credits

her Waldorf experience for providing her with the foundation of skills and creative drive at the root of her works. To give feedback, or inquire about purchasing a work, please contact Beth at 9erl@williams.edu. All comments, suggestions, praises, and criticisms are greatly appreciated!

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Weleda products at incredible prices! Weleda's motto is: "In Harmony With Nature;" I am honored to

sell their products. The goal of Weleda is to provide everyone with products made from high quality natural raw materials that enhance self-healing and general good health. Weleda has never conducted or commissioned animal experiments. They are a wonderful company and their products are amazing. If you are interested in learning more about Weleda and their products, or if you would like to order anything, please contact me,

Marketplace (continued)

Jeanne Deignan-Kosmides (Ariana, Class of 1998; Justin, Class of 2001) at: www.breathofjoy.com or 410-833-6067 or e-mail me at: breathofjoy@hotmail.com. Thank you for your support and have a wonderful day!

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Lovingly tended home for sale! Wonderful ranch on lovely, private, nature-filled, ½-acre lot bordered by trees on Willow Lane, a quiet side street in Ellicott City. Only a 30-minute drive (no Beltway) to WSB! 4 bedrooms. Fireplace in living room, one on lower level. Main bath is a split pass-through with privacy door, 1 tub. Kitchen leads to side patio with built-in brick BBQ. Finished lower level with 1 bedroom, 1 office/den. Greenhouse exit from lower level invites you to start your garden early in March! The Vincenty/Rumpl family (Emma, 9th) is relocating due to job change. If interested, please call Susan Klukas (REMAX) at 410-370-8035.

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Dog sitting service available! Need a vacation? Going on a business trip? Leave your dog somewhere warm and safe! You'll be glad knowing your dog will be pampered and loved while you're gone. Not just a vacation for you, but a vacation for your dog. Please call Chelsea Connor (10th grade student) for more details: 410- 426- 3518.◆

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Work From Your Heart: Meet my Mom, in need of respite caregivers when a member of her Care Team is unable to work. Alzheimer's has taken away much: on good days she can assist with standing and take a short assisted walk with a walker. She feeds herself and needs hands-on-help with all other care. Her life-long personality of kindness, patience and generosity still shines through her smile. Once you have come for a half-day paid training period, we

would like to be able to call you with as much notice as we have to come to work when needed (Immediate hours needed on Thursday October 9 from 9:30 a.m.-5:30 p.m.). Her newly-built apartment attached to our home is sunny and airy with a view of the Patapsco river valley. Location near Catonsville (30 minutes from Waldorf). Please call if you know someone interested: Thank you. Peggy (Naji, 7th) 410-465-1914.◆

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Jennifer Brown, LCSW-C (Chaz 10th, Grace 6th, and John 3rd) is pleased to announce that, in addition to her Baltimore County home office, she will be expanding to a new location at Ruscombe Mansion. Jennifer is a psychotherapist with nearly 20 years experience providing play therapy for children (as young as 2 ½) and psychotherapy for adolescents, individual adults and families. She has extensive experience working with children and adults regarding social, emotional, relational, and behavioral and mood issues. Trained in a variety of theoretical orientations, Jennifer believes strongly in starting where the individual is and utilizing appropriate treatment methods based on each client's unique needs. For more information call 410-459-3885.◆◆◆

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Trouble Sleeping? Stress overload? Come to a SounderSleep Seminar taught by Paris Kern (Leo, 10th), Oct. 17 & 18: Friday, 5-9 p.m., Saturday, 10 a.m.-4:30 p.m.; \$130. At Stony Run Friends Meeting, 5116 N. Charles Street. "After many, many years of sleepless nights the workshop provided me with the practical tools that worked in combating my insomnia." Mollie Fein, Librarian. The Sounder Sleep System™ is a holistic insomnia solution inspired by the [Feldenkrais Method](mailto:FeldenkraisMethod@) as well as Qi Gong, Yoga, and meditation tech-

niques. This system of gentle, sleep-inducing gestures quickly lulls you into a state of blissful, restorative slumber. If you wake during the night, the mini-moves will get you back to sleep fast. These easy and effortless sleep-inducing movements are far better than any sleeping pill or herbal sleeping aid because there are no side effects, no hangovers. And if you need to wake up for any reason, you can awake in the blink of an eye—and go right back to sleep if you wish. A great thing--especially for new parents! To register: Roz Ehudin, Rozandlrv@comcast.net, or 410-321-8292.◆◆◆

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Have you been diagnosed with fibromyalgia? Do you have frequent headaches, back pain, or joint pain? Numbness or Tingling? Sciatic pain? Chiropractic care can help! For a limited time, Dr. Lenny Shefts (Lexi, 2nd) is offering a complete examination, consultation, and x-rays for only \$25 (\$10 will be donated to WSB)! Come in today, feel better tomorrow. Call Shefts Chiropractic, 410-560-0333.◆◆◆

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Discover your personal metaphors: set aside some time for self-exploration! One-day workshop includes two 30-minute Symbolic Modeling sessions with Gina Campbell and the option of another session with an assistant/trainee, working from a simple drawing. Discover how easily you can access your inner world, where your metaphors hold the keys to greater clarity and the change you want. Between sessions, you can draw, journal, meditate, or otherwise explore what you've uncovered for yourself; or you may choose to watch other participants' sessions. December 7 at Ruscombe Mansion; cost: \$125; limited to four participants. Visit www.symbolicmodeling.com or email gina@symbolicmodeling.com for details.◆◆◆

Waldorf School of Baltimore
School Shirt Order Form

ORDER DEADLINE IS OCTOBER 31ST

Name: _____

Child's Long sleeved T-shirt	Small (6-8)	Medium (10-12)	Large (14-16)
Maroon			
Royal Blue			
Orange			
Purple			
Irish Green			
Pink			
Lt. Blue			

Child's Full-Zip Sweatshirt Hoodie (50/50)	Small (6-8)	Medium (10-12)	Large (14-16)
Red			
Royal Blue			
Med. Gray			
Navy			
Forest Green			
Pink			
Brown			

Adults Long sleeved T-shirt	Small (36)	Medium (40)	Large (44)	X-Large (48)
Maroon				
Royal Blue				
Orange				
Ash				
Forest Green				
Carolina Blue				
Dark Choc.				

Adult Full Zip Sweatshirt Hoodie (70/30)	Small (36)	Medium (40)	Large (44)	X-Large (48)
Heather Gray				
Navy				
Black				

Total Child's Longsleeved T-Shirts: _____ @ \$10.00 + .60 ea. MD sales tax = \$ _____

Total Child's Hoodies: _____ @ \$22.00 + 1.32 ea. MD sales tax = \$ _____

Total Adult Longsleeved T-Shirts: _____ @ \$10.00 + .60 ea. MD sales tax = \$ _____

Total Adult Hoodies: _____ @ \$25.00 + 1.50 ea. MD sales tax = \$ _____

Total Order \$ _____

MAKE CHECKS PAYABLE TO "Spring Garden Store"