



Week of March 23, 2009

What's Going On...

Wednesday, March 25
All School Parent Evening
Combining WCA and
Enrollment Committee
Multipurpose Room, 7:00 p.m.

Saturday, March 28
 Family Bingo
 Multipurpose Room,
 12:30 p.m.-3:00 p.m.

Friday, April 3
 Second Eurythmy Assembly
 Multipurpose Room, 10:45 a.m.

Friday, April 3
 Dismissal at 12:15 p.m.

Monday, April 6-
 Monday, April 13
 School Closed
 Spring Break

Tuesday, April 14
 School reopens



From the desk of the Administrative Chair

Last week we introduced *BRIDGES*, a new publication put together by the faculty and staff of the school. The magazine contains articles about Waldorf education written by members of our school staff. In the inaugural issue there are articles by Carol Steil, current 8th grade class teacher and next year's first grade class teacher, and Laura Trosch, current 4th grade class teacher, on the importance of the main lesson. Ed Meade, current 7th grade class teacher, writes about why Waldorf education is the right education for your child. Don Bufano, Upper School Chair and humanities teacher, writes about how Waldorf education serves society and the environment, and Rüdiger Ruckmann, Administrator of Development and upper school German teacher, talks about several poems that he has written and uses in his teaching in the upper school.

We intend to publish at least two editions every year, one in the fall and one in the spring. Work on the fall edition is already underway. We owe a thank you to June Fletcher-Hill, the editor, and Rüdiger Ruckmann, the assistant editor, for organizing and making this publication happen.

You should have received your issue on Friday from your student. If you did not get it, search your child's backpack to find your copy of *BRIDGES*. If you are still unable to locate it, please contact the office to have one sent to you.

Just a reminder: The Waldorf Community Alliance meeting scheduled for this Tuesday has been moved to Wednesday evening at 7:00 p.m. in the multipurpose room of the Yellowwood Building as part of the All School Parent Evening. At this meeting we will be discussing enrollment outreach efforts, and we are looking for input from the parent body. The discussion will be led by our Admissions Director, Pat Whitehead. Class meetings will be held following the meeting at approximately 8:00 p.m.

BRIDGES

We are very pleased to introduce a new publication of the Waldorf School of Baltimore. *BRIDGES* is a faculty journal featuring articles by WSB faculty about Waldorf education and artwork by our Upper School students. The title of the journal is based on a common German saying, "I build a bridge for you." With this first issue, we look to build

bridges between us all as individuals and as a community deeply concerned about the education of our children.

Students have received copies of the Spring 2009 issue to bring home. If you would like to share *BRIDGES* with family or friends, additional copies are available in the lobbies of both buildings. This issue includes

thoughtful and inspiring articles by Donald Bufano, Ed Meade, Rudiger Ruckmann, Carol Steil and Laura Trosch.

We look forward to hearing your comments and ideas for future issues.

June Fletcher-Hill,
 Editor,
 jfletcherhill@twsb.org

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

Special Eurythmy Block IV

The final block of Special Eurythmy for this year will begin on April 20th and continue till May 28th. There are 6 weeks in this block and 12 sessions comprising the whole series. The cost will be \$360 and financial aid available by request. First payments are due prior to the spring break.

Many parents have indicated interest in having their child enter this program. Please contact me if you are interested or if your child's teacher has suggested it at any point this year. A conversation is not a commitment to enter the program. It can be an informative discussion or a simple reminder that I

may have suggested your child continue.

I can be contacted via phone (410-358-7274) or internet (vefta@twsb.org). I look forward to hearing from you.

Virginia Efta

B-I-N-G-O : Fun for the Whole Family

\$ 5.00 Admission per family

Includes one card per game for 12 games! Additional card packs are \$2.00 each. BINGO markers for sale: \$2.00 each

All children must be accompanied

by an adult—no drops-offs please!

What: BINGO helps to benefit all class trips

When: Saturday, March 28, 2009

Where: Multipurpose Room, Waldorf School of Baltimore

Time: 12:30 p.m. .-doors open, 1:00-3:00 p.m.-games

Yumm: Baked goods and drinks for sale

Prizes: Best prizes in town!

Fabulous BINGO prizes this Saturday

Fabulous prizes for BINGO winners, including ...

- Tickets to a Chesapeake Shakespeare Company summer production from Lesley Malin
- One pound of freshly frozen or smoked salmon from Avi Friedman
- Passes to the National Museum of Dentistry from Kathi Paradiso
- One hour of private Pilates from Joan Gelblum
- A delicious custom cake from Larry Snyder
- Hand-felted purses and mittens from Lynn Roberts
- Shaklee items from Gail Kurek
- Wonderful books, beautiful candles, other gift certificates, a basket of flowers from a garden, items from the SpringGarden Store, Beanie Babies and more!
- Plus a special Orioles surprise!

SCRIP News

Scrip sales from week ending 03/13/09:

Total value of cards sold: \$2,037.90

Profit from these cards: \$93.44

Total profit to date for the school year: \$2,157.55

WE DID IT! We *passed* our 2007-2008 profit of \$2,150.68! Now, how can we significantly *surpass* that profit? The answer will be up to you!

Participants in our Scrip program for week ending 03/13/09:

Bonny Eisenbise
Jean Engelke
June Fletcher-Hill
Jane Hardy
Yan Jiang
Gail Kurek
Rosalyn Lisberger

Susan Manning
Cate Mulvihill
Lori Rawle
Rudiger Ruckmann
Larry Snyder

These participants contributed **\$93.44** to the WCA funds by purchasing Scrip for grocery shopping, school events, and dinners out. And they did not spend any more money than they would have to do these same things without Scrip. Remember: Scrip gives to the school without stressing your pocketbook. Simply deciding to change your habits with everyday shopping can enrich the curriculum for our children without you spending any more money. Will your name be added to our recognition list? *Think about it.*

Earn money for our school while using the Internet

You can help Waldorf School of Baltimore earn money every time you search the Internet—not only on your home computer but at work as well! Here's how: The search engine [GoodSearch.com](http://www.GoodSearch.com) donates about a penny per search to the charities its users designate. You use it like you would any search engine, and because it's powered by Yahoo!, you get great results. Just go to www.goodsearch.com. Be sure to enter Waldorf School of Baltimore as the charity you want to support. Every penny helps! And make sure you spread the word!

Thanks for all you do to support WSB's fund-raising efforts!

*Gail Kurek,
Sherry Frick,
and Claire Dorsey,
your Scrip Team*

An appeal from a sixth grader

Hi. My name is Alexander Hill, and I have a Bar Mitzvah Project that has grown way bigger than I anticipated. I got inspired by Chesapeake Interfaith Habitat for Humanity. What Habitat does across the globe is buy run-down houses that nobody could possibly live in, and either completely demolish them and build new homes from scratch, or renovate the rundown, ramshackle homes they've purchased. Volunteers literally make all of the beams and walls used in these homes. Nothing is pre-made. What's special about the Interfaith part is that this fantastic local organization brings people who are Christian and Jewish and Muslim together. These people work side

by side together, they go to each others' churches, synagogues and mosques. They meet and learn about each others' beliefs and practices. Through this, these people realize that they're not that different from each other. They become friends as together they work to provide opportunities for people to live with self-respect and pride. And it's mighty difficult to become enemies with your friends. So Chesapeake Habitat for Humanity is successfully building neighborhoods, building lives and building peace.

I found out it costs \$100,000 to build one house—and that includes everything from floors to windows, from light fixtures to furniture, from

toilets to household appliances. Much to my own amazement, I promised to raise those funds! What was I thinking?! I'm only twelve!

We need your help. Chesapeake Interfaith Habitat for Humanity can't do this without you and me doing our part to help people have lives of dignity, lives they deserve. Will you join me?

If you wish to help me fund the building of this house, please contact me:

Alexander Hill
Sixth Grade
410-654-6464
alexander96@comcast.net

Middle School students suggest turning down thermostats

I was at the school for a Green Committee meeting recently, when I noticed the table display all about the Lego Robotic Competition. Our middle schoolers, under the wonderful mentorship of Lynn Roberts and David Schneider, took top prizes for their work. My interest was held especially by their studies of climate change, CO₂ scrubbing, and energy efficiency.

There are beautiful hand-drawn charts (of course!) of the school's use of natural gas, as well as an analysis of its yearly energy bill. There was a parallel study of a team member's own home as a comparison. Very sophisticated stuff! They even crunched the numbers to answer this question: How much money could the Waldorf School of Baltimore community save by lowering their thermostats by 2 degrees in the heating season?

The answers are impressive! The school itself would save \$737.95, simply by doing this one thing. (That's from an annual heating bill of \$12,299.27.) The average family

could save \$92.57. The whole community, by extension, could save \$18,975.97! Wouldn't that be an amazing fundraiser for the school?! Even if each family contributed 50% of that savings to the school, the total would be over \$9,000!

This analysis concludes with these comments: "And the best parts are: a) It's not going to cost anyone anything; b) It can help stop global climate change; and c) Almost nobody can even feel it if it is 2 degrees colder! . . . You don't have to lower your thermostat just 2 degrees. You can lower your thermostat as much as you want!"

Another item that caught my eye was this: "A Petition to the Waldorf Community (Concerning Thermostats)." Under the subtitle of "(A very good petition)", the petition reads as follows, "We, the undersigned, wish to ask that the Waldorf School of Baltimore lower its thermostat about 2 degrees. Our calculations indicate that this will result in savings of up to nearly \$750. We request that this should happen both so that the school may save money and not use as much en-

ergy, thus slowing global climate change. We also suggest that the school may save money to buy an airborne wind turbine or some other type of non-polluting energy-producing appliance. In return, the undersigned agree that they will request that their thermostats at home are turned down by around 2 degrees. This will save nearly \$100 per household per year. If the entire Waldorf community follows our advice, this will save nearly \$19,000 per year. (This is including the school.)" It's signed with flourish by 17 students.

So, let's all put on a sweater and turn down those thermostats! And, thank the middle school students for their excellent work and sound advice. Your work and message are heartily endorsed by the Green Committee. Bravo!

Julie Gabrielli
(Toby Garver, 1st)

Note from Larry Snyder, Administrative Chair: The school took the group's advice and turned down the thermostats 2 degrees.

After school art class forming now

It happened in an organic way, without prior planning: an art class formed on Monday after school, from 3.30-5.00 p.m. It started in my house, with students who do not attend our school any more, and then we moved to the art room because they wanted to do woodwork, and then some current students wanted to have extra art, so they

joined as well. So we have an after school art class.

The group is of mixed ages, from 3rd-7th grade. The projects are fashioned according to the students' interests.

- Maximum of 10 students
- Cost: \$120

- Total of 6 sessions: March 30, April 20, 27, May 4, 11, 18

Ms. Engelke will take registrations.

Please feel free to call me at 410-578-0615 with any questions.

Edna Emmet
Art Teacher

Recital schedule for Sunday, March 29



Here are the times and dates for all the performers at our annual WSB music recitals.

March 29, 1:30 p.m.

Christopher Frick
Jason Noble
Kayla Hug
Lucia Verdery-Weimer
Olivia Albenze
Aspen Gustin
Jacob Hartman
Brendan Trosch
Cameron Bechmann
Rita Eisner
Miranda Fitzgerald
Chesapeake Gustin

Emma Hedgecock
Sophia Scanlon
Valerie Pasion
Katherine Trosch

March 29, 3:30 p.m.

Becky Rawle
Grant Hardy
Adam Kurek
Thomas Schneider
Jadzia Floyd
Talia Floyd
Gaia Bethel-Birch
Michael Paradiso
Courtney Athas
Sequoia Flickinger-Scavullo

Christopher Jones
Naji Rodes
Alexandria Adams
Matthew Hartman

The recitals will take place in the Eurythmy Room. Assembly dress code should be followed.

All performers are required to check in at least thirty minutes before their recital. This will provide adequate time to warm up and settle in.

As always, if anyone has any questions, my home phone is: 410-366-6683 and my e-mail is lcione@twsb.org.

Temporary crossing guard needed

Wanted—Temporary Crossing Guard: Mr. Ross, our regular crossing guard, will be out indefinitely and we are looking for a temporary

replacement. The position requires you to work from 7:45 a.m. until 8:30 a.m. and from 3:00 p.m. until 3:45 p.m. The rate of pay is \$8.50

per hour. If you can only work in the morning or afternoon we can accommodate that as well. If you cannot work every day but would be

All School Parent Evening will discuss enrollment strategy

At the All School Parent Evening on Wednesday, March 25, the Waldorf Community Association (WCA), and the Enrollment Committee will

jointly conduct a discussion of the WSB enrollment strategy, update the parent body on admissions and enrollment work. This will be a

thought-provoking evening of consultation and discussion. Please bring your ideas to help us plan our next steps.

Greening for Good is coming!

Mark your calendars:

Friday, 24 April, 7:30 p.m. to 10:00 p.m., in association with Baltimore Green Week

Wish someone could just show you what you can do to take those simple steps everyone is talking about

to green your home? While the middle school students are stepping lightly at their Spring Dance, come learn some new steps for your home. The WSB Green Committee invites you to a panel of the area's leading green building and energy efficiency experts. Our first participants, Peter VanBuren and Frank

Lee from TerraLogos Home Energy Services, have already confirmed. They will answer your questions about how to lighten your eco-footprint. The format will be engaging and lively, with plenty of time for one-on-one follow-up questions. Refreshments will be provided—after all, it is Friday night!

Eurythmy Assembly: second performance

First, I would like to say thank you to everyone who came to watch the first eurythmy assembly last Friday. We will set up more chairs for visitors for the next one! I am so proud of all the students in Grades 2, 4, 5, and 7. They worked hard and performed so well. Your participation as a supportive audience was greatly appreciated. Now those students will be able to sit back and watch the rest of their peers perform.

The second Eurythmy Assembly will be held on Friday, April 3, 2009 at 10:45 AM in the Multipurpose Room of the Yellowwood Building. This is the last day before our Spring/Passover/Easter Vacation, and we will have a half day of school.

The children in the First Grade are very excited to be performing eurythmy for the first time. They have been enjoying different fairy tales, which they portray with gesture and movement together. The First Graders are going to show you some of their favorite verses and activities, as well as some selections from the tale of the girl who gets sent off into the wide world by her stepmother and finds her fortune by helping the fairy folk. The first graders are a lively and enthusiastic group of children, who enjoy every aspect of our eurythmy lessons. We have such fun together.

The Third Grade is becoming quite adept and skillful with dexterity and geometric exercises and are very happy to have learned some of the basic copper rod skills. The story from which their performance is based is that of "Noah and the Ark," a much loved favorite. This group works so well together and learns new material and exercises quickly.

They enjoy performing and always try their best. We decided together what things they would show in the assembly.

The Sixth Grade is meeting many challenges in eurythmy this year. They need to be quite accurate in moving through the many different and challenging geometric exercises. Everyone needs to know where she or he is going and must move harmoniously with the whole group. The copper rod skills to be mastered for this year are throwing and catching and large waterfall. Copper rod exercises demand much precision and attentiveness. In tone eurythmy the class is learning to move "as music" with both geometric forms and tones. At the same time they must also move together with a partner. Eurythmy calls on many skills to be developed, practiced, and mastered. This class also takes up challenges and likes to excel in performance.

Eighth Graders are having fun as they learn dances, choreography, and characterization for their performance of a tale, especially suited to the younger grades. As always, this tale is kept secret until the time of performance. I will share one thing; this particular story has not yet been performed by an Eighth Grade class. So we have a debut performance. In working with humor the students learn different foot positions and dramatic gestures that help "tell the story." They also learn about comedic timing with both gesture and movement. And then there's the fun of performing in costume!

Another debut will be a selection from "Orphic Movement Sketches," a eurythmy showcase by students from the Upper School. The objec-

tive of the project is to make music sing and poetry speak. The students have worked with music by Rachmaninoff and poetry by Shakespeare. They will be performing their full program at the Creative Alliance on Monday, March 30 at 7:30 p.m. This year the Upper School students have had 2 intensive blocks in eurythmy with Ms. Christina Buecking, a visiting artist who has performed and taught eurythmy for many years. Ms. Buecking resides in London.

Dress code for eurythmy assemblies is somewhat different from the assembly dress code in the handbook, because all the students are wearing tunics. I will be sending an email to each grade that is performing (Grades 1, 3, 6, and 8) with details of dress code. Ms. Buecking will instruct the Upper School students as to their dress code requirements for the assembly.

If you have any questions about the assembly, please don't hesitate to contact me: nfriedman@twsb.org, or 410-367-6808 x371 for voice mail message.

Thank you and look forward to seeing you on April 3!

Noris Friedman
and Christina Buecking





n f o r m

A Newsletter for Waldorf School Communities
from the Association of Waldorf Schools of North America

Two New Effective Practices Modules are now available! AWSNA's Effective Practices research continues under the expert management of Lynn Kern, Secretary for the AWSNA Board of Trustees. Two new modules will be published in early January: Mentoring and Pedagogy. Look them up online and let all the members in your school communities know they are available. Effective Practices is a valuable resource and we want our constituencies to use them. Effective Practices may be found at http://www.whywaldorfworks.org/04_AWSNA/affiliated.asp

News from Canada – heroic teachers and parents took a stand. British Columbia's government's mandatory standardized testing system, known as the Foundational Skills Assessment (FSA), recently came under fire from teachers and parents. Vancouver's school board trustees voted to send a letter to parents that includes ministry-approved reasons why a child can be excused from taking the test. In 13 British Columbia elementary schools, less than half the students took the Grade 7 reading part of the test, and in 26 more schools, a quarter of the students opted out of that portion. The fight over the worth of the test has for years simmered among parents, academics, aboriginal leaders, and just about any other group with a stake in how schools can be made to work best for children.

New Study: Home Computers Affect Grades Negatively - Waldorf educators are delighted that research is finally catching up with what they have known all along: excessive screen media has a negative impact on growing children. Three researchers from Duke University in Durham, N.C. used data gathered from a survey given to 1 million fifth through eighth graders for their paper: *Scaling the Digital Divide: Home Computer Technology and Student Achievement*. Their study shows that middle school students who have access to home computers and high-speed Internet achieve lower scores in reading and math assessments than their counterparts who do not have a home computer. Students who do have home computers but use them twice a month or less achieved better scores than those who used computers indiscriminately.

The Council for American Private Education (CAPE) in Washington, D.C. has been working hard with help from its members, including AWSNA, to influence the U.S. Congress and Senate to urge equity for private school students in the economic stimulus package. If you would like to help and add your vote on equity and inclusion of independent schools you can visit the Legislative Action Center on the CAPE web site at <http://capwiz.com/cape/issues/alert/?alertid=12443346>.

The National Council for Private School Accreditation (NCPA) is the accrediting body which confirms AWSNA's authority for accrediting its schools. Our Association collaborates with 22 state and regional accrediting organizations to award dual accreditation, including CESI, the national independent accrediting body of Canada. Accreditation is a rigorous process of self-study and peer review which includes the independent school community beyond our own schools and provides accountability to the world about the quality of our curriculum and academic programs. Accreditation, self-study, and/or peer review is necessary for Waldorf schools to become full members. This year 5 Waldorf schools have been accredited.

Visit the Waldorf web site www.whywaldorfworks.org. Subscribe to the e-news and each month receive stories from our Waldorf school community, of the accomplishments of our alumni, and of developments in the broader educational community. Sign up now!



Community notes

15 students from Spain looking for hosts for the month of July. Becoming a host family for part of your summer is a great way to share the American culture and make international connections that can last a lifetime. Host families just need to provide a place to sleep, meals, and a warm, supportive environment. During the week, students will be engaged with classes, recreational and cultural activities. Reputable program with a teacher with 12 years of teaching experience) Interested in hosting? Call or email Jeffry Brotman for more information. 410-299-8308 Jabrotman@msn.com

www.globalfriendships.com.

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Coldspring Pool offers special rates for faculty, staff, and families of the Waldorf School: \$200 for a single membership, \$300 for couples, and \$400 for families. The pool season is May 23-September 7. Applications are available in the lobbies of both buildings. ◆

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Performance Workshop Theatre presents *Ages of Man: Selections from Shakespeare*, by Sir John Gielgud, March 13-April 11. Fridays and Saturdays, 8:00 p.m.; Sunday matinees, 3:00 p.m. Tickets: \$20 adults, \$15 students. For further information and ticket reservations, call 410-659-7830, or visit www.performanceworkshoptheatre.org/.

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Cylburn Arboretum Association presents its Spring Concert of the Cylburn Chamber Music Series, Sunday, April 19, 7 p.m. at the Towson Univer-

sity Recital Hall. The concert features the Cylburn Trio with BSO musicians Ken Goldstein, violin; Ilya Finkelshtey, cello; and TU professor Eva Mengelkoch, piano, in performances of Brahms No. 2 Piano Trio in C Major and Robert Schumann's Piano Trio No. 1 in D Minor. In commemoration of Mendelssohn's 200th birthday, violist Noah Chaves will join the trio in the rendering of the rarely-heart Piano Quartet No. 2 in F Minor. Free admission; donations welcome. Parking is free in Lot 12, adjacent to the Center for the Arts. For more information,

www.towson.edu/artscalendar/music.asp.

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Gerry Paradiso (Michael, 6th) will have his film, "Where's Duff?" shown at the Frederick Film Festival on Saturday evening, March 28. The film, which was partially shot here at the Waldorf School, centers on the last 48 hours in the life of an Alzheimer's patient and is shown from the patient's perspective. ◆

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Christopher Frick's (7th grade) two bands, The Modes and The Sequels, will perform on Sunday, April 5th, at the Recher Theatre in Towson as part of The Music Workshop's Kidz Rock concert. The concert runs 3:30-8:30; The Sequels are scheduled to go on at 6:55, followed by The Modes at 7:20. Tickets are \$5 plus an additional \$5 surcharge at the door for those who are under 21. Call Sherry Frick for tickets, 410-433-2970. Tickets also available at The Music Workshop and at the door

if not sold out. Please come support Christopher. ◆

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Joshua Frick (3rd grade) will perform in a joint concert with the Maryland State Boychoir and Grove City College Choir on Monday, April 6th at 7:30 p.m. at the MSB Center for the Arts, 3400 Norman Ave., Baltimore 21213. This concert is free and open to the public. ◆

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Summer Camp Wilderness Style! *Woodland Ways*, located in Harlemville, NY, brings young people on exciting journeys into the world of wilderness survival and rites of passage. We offer separate courses for ages 7-16. Camp Director, Michael Pewterer; Head Instructor, Paul-Ivan Derramaux; and camp staff, share their techniques like fishing with hand and spear, shelter building, friction fires, camouflage, and many other skills. For program dates, prices, and information go to: www.woodlandways.com or call 845-486-7092 for a brochure. ◆

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Monthly Peace Circle: Next Circle on April 5, 3 -5 p.m. Beginners welcome. Dances of Universal Peace are heartfelt, healing, fun, community-building, with simple movements. Near Catonsville at the Westchester Community Center; 2414 Westchester Ave., Ellicott City, MD 21043. Wear layers: outside Circles held when weather allows. Followed by pot-luck dinner, optional, around the corner at our home. For directions, see www.oella.org. For questions, call Peggy (Naji, 7th) 410-465-1914. ◆

Marketplace

Lazure painter(s) wanted: We're looking for someone to do lazure painting in one medium-sized room. Please get in touch with Ruth Levine (Sarah, 6th; Eli, 4th),

rlevine@cgdev.org, 410.664.8282 (evenings). ◆

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StealCase office chairs in good condition being offered for a donation to

Waldorf School of Baltimore. They are a matching set, one swivel, one side with a dusty rose color fabric.

continued on p. 9

Marketplace (continued)

Manufactured in 1988. The swivel only has four feet which makes it less stable than the newer models with five. But, I've had it since '91 and it never dumped me to the floor. :-)
Contact Bill Kyle (Acadia, gr. 3) 410-750-7780 to make arrangements for delivery. ♦

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Help wanted: We are looking for someone to help us with our gardens, yard work, small ponds, flowers, herbs and possibly our bees (if you would like). This could be a weekend or after school job for someone who likes to work outside. Some lifting and digging is required. No experience is necessary. There is a possibility of other work if you would like to continue. Please call me, Jeanne, if you are interested at 410-833-6067 or e-mail me at: breathofjoy@hotmail.com. We live in Reisterstown. Jeanne Deignan-Kosmides, alumni parent of Ariana (Class of 1998) and Justin (Class of 2001) Deignan-Kosmides. ♦

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Waldorf Summer Camp/vacation in Costa Rica! Unique opportunity for the whole family to become involved in an organic farm in Costa Rica. The Caribbean coast is only 1 1/2 hour drive away, so a trip to the beach would be part of the experience. Waldorf-based activities for each age level, as well as a terrific bilingual community experience. Contact Gina Baker at waldorfcostarica@yahoo.com for brochure. Registration deadline is May 15th. ♦♦♦

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Victoria Mansuri (former WSB class teacher) has two large rooms for rent in her furnished or partially furnished, sunny house in quiet tree-lined Arcadia, part of Greater Lauraville. Smaller room 12'x13': \$575/month; Larger Room 13.5'x15.5': 650/month.

Each tenant pays \$150 for all utilities, including gas, electric, water, internet, and professional house cleaning once per month. Security deposit: 1 month's rent; can be paid over 2 or 3 months. 6 month or 1 year lease, with option to renew. No dogs; cats considered on a case-by-case basis. Available immediately. I and my 11-year-old cat come home some weekends and possibly for longer periods in the summer. Call or e-mail for more information: 410-925-8532; frecklenosed-cat@gmail.com. ♦♦♦

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Professional grade Essence portable massage table. Skillfully crafted of select hardwoods; includes premium fully adjustable headrest and deluxe carrying case. Navy Blue. Like NEW! Very little use. \$140. Go to <http://www.earthgear.com/essence.htm> for more information. Interested? Please call or email me: Yadira R. Martinez ; 410-960-9080 or martinez_yadirarosa@hotmail.com (mother of Diego and Dante Andaluz, Children's Garden). ♦♦♦♦

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Free Video and Report From Dr. Lenny Shefts (Lexi, 2nd) on How You Can Eliminate Back Pain, Neck Pain, Headaches, Wrist Pain, and More...Without Drugs or Surgery! Go to www.MarylandPainRelief.com. ♦♦♦

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WINDSPIRE YOGA: Yoga for Children, Teens & Adults! New yoga studio in Towson opened by Jane Vogel, former Waldorf parent. Come home to yourself and feel *good* in your body! Ongoing classes in a warm and friendly environment. Relax, renew, energize & increase strength and flexibility. Children integrate the experience of balance naturally through yoga as they explore their potential in a space that is secure, fun and crea-

tive. *March mini-session for children and teens starting now!* We are located in the heart of Towson at 26 W. Susquehanna Ave, Towson, MD 21204 (above *The Health Concern*). Please visit our website at <http://mysite.verizon.net/windspire> or call 410-377-4229. ♦♦♦♦

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Dragon Turtle Arts Presents: Bob Darlington will be teaching 4-Minute Qigong and Beginning Tai Chi at the Ruscombe Mansion Community Health Center Hill House Community Room. Classes are now Tuesday evenings, 7-8 p.m., and Thursday mornings, 10:30-11:30 a.m. There is no longer a Tuesday morning class. There are no contracts or obligations. Each hour class is \$10. Please email howlinfido@aol.com, or call 410-340-5551 for more information. ♦♦♦♦

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Are taxes taxing your patience? Get your taxes done locally by a WSB neighbor. Kenneth Morris, a Woodlands resident, has an office in the stone mansion. Give him a call—and mention that you heard it at WSB. 410-664-6100; kwmcpa@verizon.net. ♦♦♦♦

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Babysitting: Celia Friedman (Noris's daughter) is available for babysitting on weekends and some weekday nights. Celia is 18 years old and a senior at McDonogh. She lives ten minutes from WSB, can drive, and loves kids! Please call 443-413-5212 (cell) or 410-358-3008 (h). ♦♦♦♦♦

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Healing, Relaxing, Meditative, Incredible! Hot Stone Massage with Bill Good, LMT, RMP. Husband of Christine Good, 3rd Grade Teacher. Bikram Yoga, Hampden, 410-243-2040; JHCP at Canton Crossing, 410-522-9940 Ext. 0. ♦♦♦♦♦

