



March 9, 2011

Dear KWS Community,

The clocks change this weekend, crocuses are blooming in the school yard, and the peepers loudly proclaim their presence in all our little ponds. Spring is here at last!

This week we will have had two significant moments in spreading the word about our school and Waldorf Education. Parent Tom Burlington returned with his videographer Ray to film a new video for KWS. Tom and Ray were at school this past Tuesday. Their goal is to create a new video that captures the essence of our inspirational education. You can still watch the old video on our website; the new one will only be shown at the Circle of Light event at RiverCrest Golf Club on April 27.

The second significant moment will take place tomorrow, March 10, when KWS is sponsoring a screening of "Race to Nowhere" at the Colonial Theatre in Phoenixville. For details about the film, please visit www.Kimberton.org. The screening will be followed by a panel discussion. Panelists include High School teacher Andy Dill, and Class Teacher Peter Lehman, along with other specialists in child development. We hope you'll attend.

One more reminder: If you sometimes wonder how best to introduce someone to the wonders of Waldorf Education, we have a suggestion for you. KWS Senior Project Presentations will take place on April 8 and 9, as well as April 15, 16, 17 this year. Check the schedule in this issue of the Midweek Messenger and plan to bring someone with you. What a wonderful way to experience the success of our education!

As always, the Governing Team actively seeks your feedback. We are available by appointment through Lower School Secretary Kay Alexander, or by email directed to governingteam@kimberton.org. We are also available on a drop-in basis on Fridays, from 3:30p.m. to 4:15 p.m. in the Middle School Conference Room.

Thank you for taking an active role in our school.
Allyn, Carmen, Kevin, and Mary

Contact the Governing Team:

Email: governingteam@kimberton.org

Mail: Governing Team, KWS, PO Box 350, Kimberton, PA 19442

Upcoming Events

Race to Nowhere: March 10 from 7-10pm at the Colonial Theatre

Doors at the Colonial Theatre will open at 6:30 pm on Thursday evening. Ticketed viewers will be admitted first, with a waiting line available to those who did not secure tickets for the event (**all 650 have been reserved!**). Please be advised that at 6:50pm, we will begin offering open seats to those in the waiting line. If you have reserved tickets, please make plans to arrive prior to 6:50pm in order to guarantee admission!

Food for Thought Fun-raiser: March 12 at 7:30pm

Food for Thought will be having an adult-only fun-raiser dance party at Dave and Emily Warner's house located at 1 Weidner Way in Chester Springs. Bring your friends and spouses and feel free to bring a snack if you'd like. The suggested donation is \$10/per person. We will have a fun time dancing to international music. Can't wait to see you there!

Let's Put Our Hands Together: March 15 from 8:30-10am in Iris Fried's Handwork Room

The Development Office would like to start a handwork group that will select a project, come together and make Waldorf-inspired items for the next Perfect Pairings. The Development Office will provide all of the materials and the volunteers get to learn new crafts. If you have a special skill and can share it for one of these classes, please let Mary Hirsch know at mhirsch@kimberton.org so that we can get it on the calendar. The first class will be nature table centerpieces. Also, we are looking for jelly jars (canning). We need right cases. Thank you!

Life of Rudolf Steiner: March 15 from 7-9pm in the HS Library, \$10

Have you ever wondered how it was possible for one man to found Waldorf Education, Biodynamic Agriculture and the art of eurythmy, design the Goetheanum and many other buildings, teach sculpture and painting, edit Goethe's scientific writings, write four major plays and numerous books and verses, hold 6000 lectures, and so on? Through his life story, one can follow Rudolf Steiner's own path of development and gain a feeling for his humanity as well as his accomplishments. This talk is suitable for newcomers to the work of Steiner as well as long-time anthroposophists, and may well be of interest to Waldorf high school students who are interested to know more about the founder of Waldorf education. Presented by Sherry Wildfeuer, long-term co-worker in Camphill Village Kimberton Hills, an adult educator, and an active member of the Anthroposophical Society and its Agriculture Section. Please visit the following link to pre-register: <https://kimbertonws.ejoinme.org/MyPages/LifeofRudolfSteiner/tabid/275982/Default.aspx>

Waldorf Works: March 16 from 8:30-10am

RSVP to (610)933-3635 x.109.

Rosebud Children's Garden Story Hour: Saturday, March 19 from 9-10 am

221 Hickory Grove Rd. Kimberton, PA 19442

For children ages 4 and under accompanied by an adult. This is a free offering held on the third Saturday of every month from 9-10am. You and your child can share this time-honored activity which sparks the imagination and lifts the spirit.

Dads Night: Saturday, March 19 at 6pm

Albert Wolfram (father of 5th and 7th graders) has stepped forward to lead the next night of merrymaking at 258 Dreibelbis Road, in Phoenixville. All are welcome. What is Dads Night, exactly, you ask? In this case it will be a bonfire with pizza. No agenda, no activities, just hanging out, relaxing and having a decent time. To RSVP or for more information contact celberson@kimberton.org.

School News

Enrollment Contracts Due

Please return your enrollment contracts for the Fall 2011 School Year to the Business Office as soon as possible to secure your child's place in the class. If you have any questions or require an extension please contact Lael or Lauren in the Admissions Office. If you are not intending to return in the Fall, we ask that you take a moment to contact us as well. Feel free to give us a call or send us an email with any further questions.

Thank You

There was a tree branch in front of the Middle School that was broken and dangling after the second to the last wind storm. Albert and Kim Wolfram cut it down and completely removed it. The Facilities Committee would like to thank them for clearing it.

Thank you from the Admissions Office to:

Tara Boroson and Tracy Robertson for helping with data input in the Admissions Office, and to Claudia Birnley, Li-Huey Lai, and Liz Precopio for preparing Admissions packets.

Sweeten Up Your Life

Please help support the 11th grade (and a local organic farmer) by purchasing maple syrup. The prices are amazing and the supply is very limited, so please order soon if you are interested. Please send in or bring in a check made out to 'KWS class of 2012' with your order to Elisabeth Burgess or Hezi Haut. Please include your name and phone number. Orders will be filled first come, first serve. One quart - \$23 (30 available), Half gallon - \$40 (20 available), Full gallon - \$69 (12 available) ** The farm is a four-generation-old maple sugar farm that has never had chemical fertilizers or insecticides used in its history, but is not certified organic because the farmer hates paperwork!

“Kimberton Waldorf Fosters Creative Thinking” By Thomas Hylton

On Wednesday, March 2, the Pottstown Mercury ran a commentary written by Thomas Hylton, a member of the Pottstown School Board. Here is an excerpt:

To look at the graduates of Kimberton Waldorf School in East Vincent, which enrolls about 300 students in grades pre-K through 12, you'd think students had their noses to the grindstone 24/7. Nearly all its graduates go to college, including the nation's most rigorous: Swarthmore, Stanford, Smith, MIT, the Ivy Leagues - even Oxford and Cambridge.

Yet students spend much of their time on creative activities like drawing, painting, singing, dancing, sewing, knitting, gardening, woodworking and even (in high school) blacksmithing.

Each day begins with a two-hour period focused on a “main lesson” ... Students keep handwritten journals accompanied by their own illustrations covering each topic. After the main lesson, shorter lessons fill the rest of the morning, which might be taught by the classroom teacher or by a specialist such as foreign language or music teacher. (All students learn a musical instrument).

It might seem most Kimberton students would go into the arts, but 42 percent of Kimberton graduates major in science or math in college. With so many enthusiasts, multiple majors are not uncommon. One recent graduate earned degrees in both mechanical engineering and music composition at Lehigh. Another majored in theatre and chemistry at Oberlin and later earned a Ph.D. in chemistry at MIT.

For a copy of the article, please e-mail celberson@kimberton.org.

Eighth Grade presents A Midsummer Night's Dream

March 17 and 18 at 7:30pm in the Lower School Theatre

Donations welcome.

Interview with Jharna, Patrick Hanser and Inae Mattiazzi

Inae: How did you feel, knowing that in 8th grade you would be performing a Shakespeare play, then working on it?

Jharna: I remember watching other classes performing Shakespeare plays, and wanting to get to the level where we finally use elaborate sets, exquisite costumes, and the rich language of William Shakespeare.

Inae: What was your feeling when you found out you were doing "A Midsummer Night's Dream" (MSND)?

Jharna: I was a little bit concerned about our class performing it so soon after another class, since the current tenth grade did it a few years ago, but as we go deeper into the production, I realize any Shakespeare play can be performed in many, many different ways.

Inae: Patrick?

Patrick: Exactly. But as we see the foundation of the set rise up, the costumes, the lighting, the acting itself, I mean, you can go in so many different ways with this play, so in the end, we'll have a lot of variety concerning the last staging of MSND.

Inae: How did you like working with Ms. Van der Stok unlike other years where the class teacher takes all responsibility?

Patrick: (Laughter) It seemed a bit more professional, since we could work with both Ms. Van der Stok and Ms. Maciarelo, and they both have different points of view, different perspectives, so us actors can get some input of the work we put on the table, and quickly realized Ms. Van der Stok has a lot to offer to our production. It is certainly very efficient to work with her.

Jharna: Also, a very big thank you to Ms. Maciarelo. If not for her, we would not be able to perform Shakespeare!

Patrick: Yes, that's right.

Inae: Your deadline to perform the play is coming up.

Patrick & Jharna: Don't remind us!

Inae: What was your feeling on such a pressing deadline?

Patrick: We only have two weeks of solid rehearsing, and then on top of that, we have to prepare four or five musical pieces for the play, and on top of that we have to finish the set, costuming, lighting...

Jharna: Pato, the last week will be a crunch. But we'll pull it off!

Patrick: I hope so!

Inae: Did you enjoy set building?

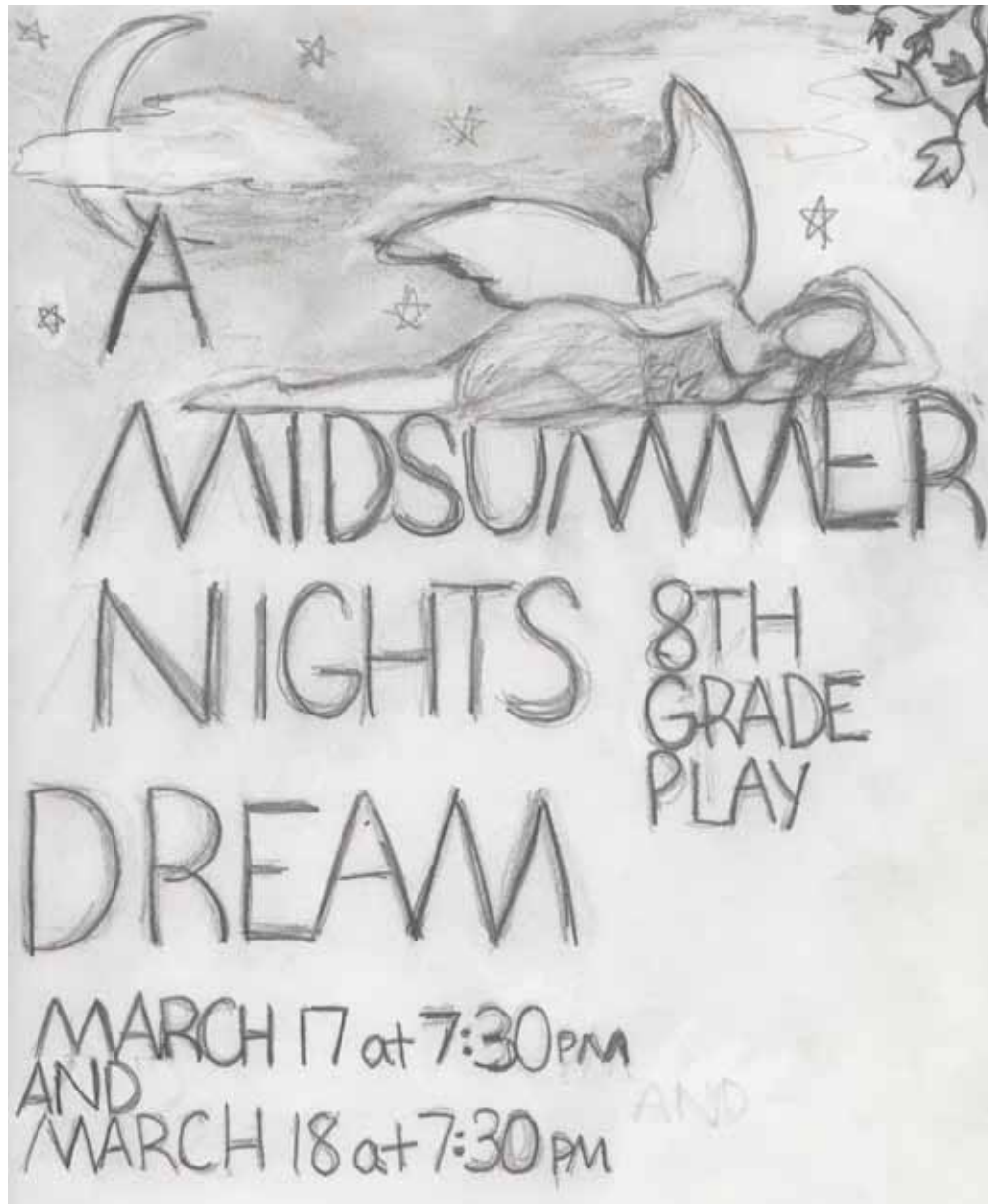
Patrick: It was really fun getting involved in the process for the first time. Brainstorming ideas, getting your hands dirty, and watching your sketches come to life. It's a great feeling.

Inae: How did you feel about playing a male character? (Jharna is Puck, the male goblin)

Jharna: I was at first disappointed I wouldn't get to wear the long dresses, stage make-up and do my hair. But later I realized Puck is a very interesting part, and I'm glad I was casted thus! So methinks, gather round, to witness something that ye shalt enjoy, an interlude, a midsummer night's dream!

Patrick: You're speaking in Elizabethan English again, Jharna.

Jharna: Sorry, I always get caught up in Shakespeare!



Congratulations to all who participated in and contributed to Bye Bye Birdie!



Credit: Nancy Coe McLane



Credit:
Nancy
Coe
McLane

KWS Early Childhood Faculty visit Sunbridge Institute

The Early Childhood Department at our school (Valerie, Chinyelu, Terri, Charles, Charity and Eileen) spent February 11 through 13 at the Waldorf Early Childhood Association of North American Conference at Sunbridge Institute in Spring Valley, New York. We saw old friends and met new friends as we learned about the topic of the conference - "Movement as a path to freedom." We explored how we can deepen our understanding of healthy development of movement in the young child. We spent about eight hours in large gatherings of 400 participants talking about movement as a path to freedom for young children. Then we spent three hours in smaller workshops on many different topics. Below is a summary of the workshops that we were involved in.

Valerie participated in a workshop with Master Early Childhood teacher Louise deForest called "Beeswax from the Inside Out." Louise shared that simple modeling with a small natural-colored piece of wax creates the possibility for children to use their imagination in a soothing centered way. By holding the stretched wax up to the sunlight the children can find stars, gnomes, angels, flowers and all kinds of treasures. Louise also stressed the importance for young children to experience the "timelessness" of the early years.

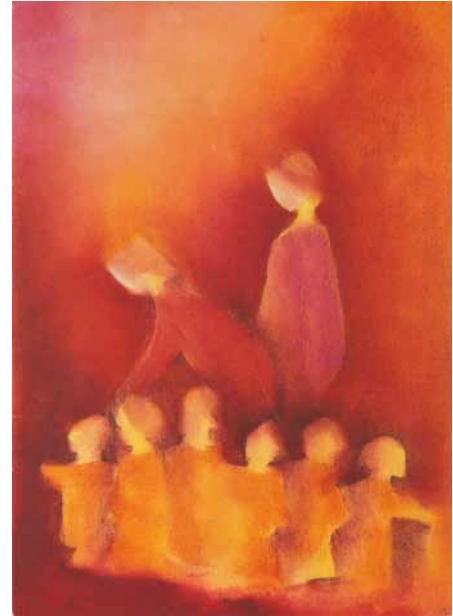
Chinyelu participated in a workshop called "Truth, Beauty and Goodness" by Kimberley Lewis. The workshop explored how we bring these qualities to the young child's daily life experience.

The qualities are:

1. Bodily Home - The child's self-initiated movement and the observing adult.
2. Experiencing TRUTH - Kimberley suggested becoming a researcher by observing our child at play for twenty minutes a day and to document our observations after the observation. To provide possibilities for our child to become more independent; such as the child being able to do a task that they are capable of but have not been given the opportunity to do before.
3. Social Home - The environment, the surroundings, the people.
4. Experiencing BEAUTY - Kimberley suggested providing safe spaces for our child, clearing clutter and removing obstacles to movement. Other suggestions were: attentive preparation of the environment for each "caring" activity, such as eating area, coat area, diaper changing area or hand washing area. Create something with your own hands that contributes to the beauty of the space. Do a fairly thorough cleaning every week. Find your connections and also let yourself be inspired to learn a new skill by someone in your circle of friends.
5. Relationship Home - One-on-one relationships.
6. Experiencing GOODNESS - Kimberley suggested initiating a joyful interaction with your child, one-on-one, by bringing something as simple as a verse or hand game or song or an imagination. Showing the child respect through our interactions with them especially with our hands. Hands play an important role in how the young child comes to know the world; gentle or rough. Being responsive to the young child's needs.

Terri attended the "Heartful Dodgers" workshop. This was an interesting name for a workshop which focused on scientific research around the heart being the center for brain development. Terri came away with ways to nurture and listen to her heart to create loving spaces for the children to thrive. She found it amazing to see the picture of a heart at 22 weeks old in the womb, coming from behind the brain. Terri said the faculty spent time with each other in community that they do not get a chance to do while working. This was renewing and rewarding.

KWS Early Childhood Faculty visit Sunbridge Institute



Charles led a workshop entitled "Building Sustainable and Genuine Afternoon Programs in Waldorf Schools." Twenty people attended and had lively discussions on the rest, rhythms and play in afternoon program. Charles has started a network of support such as Yahoo groups for afternoon kindergarten teachers and is writing many articles for Waldorf publications.

Eileen reflects:

"During the keynote, Nancy Blanning pointed out a Henry Barnes quote '(the) purpose of life is to learn how to love.' She and her Co-lecturers, Jane Swain and Laurie Clark, posed resounding questions in my thoughts. Some questions arose and were answered about a foundation of love in early childhood: how can teachers create a worthy habitat? Can children and teachers find equilibrium, even bliss? How does our physical house (school) draw from the spiritual world? What does our teaching communicate with a child? How is our early childhood program meeting the lower senses (life, self-movement, balance and touch)? How does our teaching draw from a two-folded nature (Point and periphery), therefore providing many opportunities to meet each child's individual needs? I was also able to partake in a puppetry workshop with Suzanne Down. She amazed me with her puppet movement and the workers of fairy tales. She implied the workers are the essential beings of the early childhood story because they give the child age birth to seven examples worthy of imitation, and teach morality. If my work uses meaningful and two-folded movement and I create and perform puppetry, then, I can learn how to (give and gain a student's) love."

Charity reflects:

"The keynote lectures spoke deeply to me. Nancy Blanning spoke about how her life path now is to teach others and learn more about 'extra lesson prevention' for the young child. She feels that we are seeing more young children with learning and educational challenges. She spoke about how 'movement journeys' can help the young child incarnate and work through challenges, all of which is done in a simple, rhythmic, playful way. I was so blessed to continue to be with Nancy in her workshop, 'Movement Journeys for the Young Child.' In this workshop we did long and short movement journeys for three hours. It was incredible! I left that evening feeling so thankful and full. I spent that night not able to sleep because I was creating new movement journeys and adding on to the ones I learned from Nancy. I am still singing, reciting and moving through them in my body, spirit and heart. So, if you happen to see me talking to myself or skipping around, I am still digesting all I took in. Isn't that what Steiner said - 'What goes in must come out!' "

Senior Project Presentations

The High School Faculty cordially invites students, parents and friends of the School to attend the senior project presentations on **Friday, April 8, Saturday, April 9, Friday, April 15, Saturday, April 16 and Sunday, April 17**. The program will be held in the High School Gym and will begin at 7:00 p.m. each evening, with the exception of April 17, when it will begin at 2:00 p.m. and be followed by a reception.

The senior project is an elective at KWS. Students interested in doing a project submit a proposal to the project committee in May of their junior year or September of their senior year. Each student has a mentor and faculty advisor to assist with questions and provide feedback. The senior project gives students an opportunity to show initiative and independence while deeply exploring an area of personal interest. In the presentation, students share their experience and process with the community. The senior project represents one of the pinnacles of achievement in each student's Waldorf education. We hope you will join us in this celebration of our young people's work.

Following is the schedule of presentations:

- Friday, April 8: Kieran Schad: Design and Build an Electric Remote-control Quadrocopter for Aerial Video and Photography
 Julia Noack: Beekeeping
 TJ Pongia: A Presentation of Mixed Martial Arts
- Saturday, April 9: Aaron Liss: The Writing of a Short Story
 Sebastian Roemer: Coach and Lead a Cross-Country Team through the 2010-2011 Tri-county League Season
 Hagay Haut: Learn to Play Spanish Guitar, with a Focus on Flamenco Music
- Friday, April 15: Tessa Bailey: Le Nozze di Figaro: A Study of the Italian Aria
 Sonia Del Busso: Sports Photography
 Angier Cooper: Indian Dance
 Brian Story: Rebirth: Stump to Sculpture
- Saturday, April 16: Jackson Hughes: Create a Music Video to the Original Song, "Stars Fall"
 Aidan Gross: Accordion and Folk Music of the Balkan Region
 Emily Biffis: Creating a Eurythmy Performance
 Leigh Ann Hall: Direct and Produce a Play – "The Inner Circle"
- Sunday, April 17: Hytham Hanna: "O Fortuna" Guitar Arrangement
 Skyler Lehmkuhl: Build an Electric Folding Bicycle
 Eva Jaunzemis: Fashion Design and Construction
 Cordelia Greene: Choreography through Modern Dance

Reception to follow



Waldorf Works for Green Entrepreneurs and Environmentalists

Wednesday, April 6 from 8:30am-10:30am

Here is your chance to:

- Meet with like-minded individuals
- Enjoy a tour of the 425-acre KWS grounds
- Learn about the vision of the school
- See where biodynamic agriculture began in the US
- Experience a garden-to-table program

All sessions require an e-mail RSVP to fioritoellen@yahoo.com or a phone RSVP to (610)933-3635 x. 109.

Yearbook Request — Photos Needed

The Yearbook Staff is looking for the help of parents. We are hoping some of you have photos from field trips, events or what not that you are willing to contribute to this year's publishing of the KWS Yearbook. Please email submissions to Yearbook advisor Kim Wolfram at kwolfram@earthlink.net.

Yearbook Congratulation Ads Available

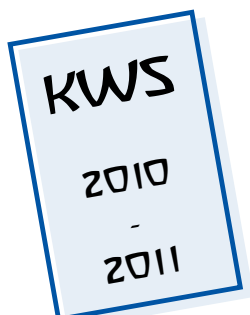
The Yearbook still has space to honor your graduate or send well wishes to the graduating class. This is your chance to put in a favorite photo (funny or loving) and a personalized greeting. If you are good with a computer, you can design and submit your page as a high res pdf file or you can supply the photos with a greeting and the staff will put it together for you. Full page ads are \$100 and half page are \$60. Contact Yearbook advisor Kim Wolfram at kwolfram@earthlink.net or 610.948.4973.

If you would like to place an ad for your company contact Kim for the rates and information.

Attention Senior's and Their Parents

We have room for more memory photos, please email digital images to kwolfram@earthlink.net or place photos in an envelope marked with your name and "Yearbook Staff" and direct to Janie in the high school office and she will be sure the Staff gets them. All photos will be returned after they are scanned.

Order Your Yearbook Now



Every class from Rosebud Nursery through Grade 12 is represented with photos from school life, classes, activities, plays, sports and much more!

Only \$48.00 each

Please make checks payable to KWS-Yearbook and return check with this slip in an envelope to the High School or Middle School Office.

Name _____

Grade _____ Number of Copies _____ Total \$ enclosed _____

All books ordered before April 1 will have your name foil imprinted on the cover.

Name as you would like it to appear – (Student Name, Family Name, etc) please print neatly! _____

Of Interest

Meetings of the Weston A. Price Foundation

March 10 from 7-9pm : The focus of this meeting is stress and nutrition.

Meetings of the Weston A. Price Foundation are held in the HS Library on the second Thursday of every month. For more information on the Chester County chapter, please contact Annemarie Cantrell at ambutera@verizon.net. For more information on the Foundation, please visit <http://rowdiness.westonaprice.org/about.html>.

Learn Permaculture Design at KWS!

Permaculture is BEYOND sustainable - it's the science of regenerative design, applicable to all scales (home, farm business) and driven by the ethics of Earth Care, People Care and Fair Share. The Eastern Pennsylvania Permaculture Guild's 2nd Annual Metro-Philadelphia Permaculture Design Certificate Course can change your life! Earn the Internationally recognized Certificate in Permaculture Design at KWS. Classes held weekends Mar. - Aug. 2011, sliding fee scale, no experience necessary. More information is available at: www.meetup.com/permie/ or, contact Melissa: freethought01@mac.com.

Frog Hollow Farm in Kimberton, PA

Local, Organic, Pasture-Raised, Farm-Fresh Eggs...
Just around the corner! That's right! Fresh, healthy, organic, and delicious eggs are available to you as locally as the backyard of KWS!

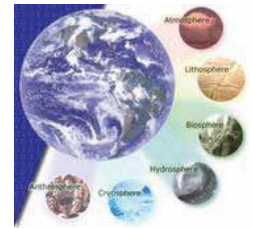


Frog Hollow Farm is right around the corner and owned and operated by a KWS family. We are the Whiting Family: Tim, Bobbie, Timmy- 9th, Ben - 7th, Sam - 5th, Ellie - 3rd, and Luke - 2 yrs. We're sharing the "fruits of our labor" with you! We offer our eggs self-service in the barn for only \$5/dozen. KWS teachers pay only \$4/dozen! Open everyday from 7am-9pm, Self-Serve! Stop by FHF for a visit! From school, turn right on Seven Stars, right on Hickory Grove, right on Miller. FHF is on the left at the corner of Miller and Frog Hollow Roads. Say hello to the sheep, the goats, and of course - the hens! Follow us on Facebook - Frog Hollow Farm or email us at froghollow-kimberton@gmail.com. WE LOOK FORWARD TO SERVING YOU & THANK YOU FOR SUPPORTING LOCAL AGRICULTURE!



FREE

COMMUNITY EVENT!



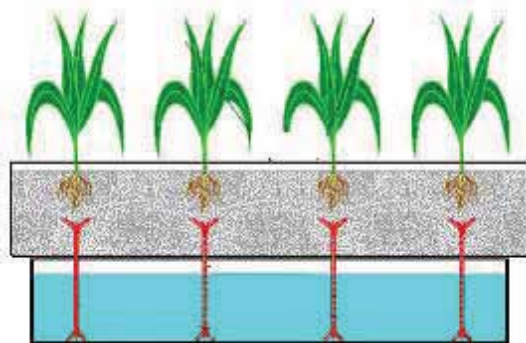
KWF in Partnership with the Eastern PA Permaculture Guild Present:

HYDROPONICS

with Don Coan

**Hydroponics for Food Security, Combating Hunger,
and Protecting our Natural Resources**

**Tuesday, April 12th , 6:00 pm-7:30 pm
at the Kimberton KWF Store - upstairs community room**



Don will discuss his recent work in Mexico to assist poor subsistence farming families and other populations such as orphans, senior citizens, disabled adults, and prisoners to establish and maintain hydroponic gardens. He will also discuss his research for a book on the role of hydroponics to combat world hunger and conserving and protecting the world's natural resources.

www.kimbertonwholefoods.com/events

Don Coan received his Ph.D in Education and Psychology from the University of Michigan. He taught social psychology and research methods at Indiana University. His career spans over 30 years evaluating federally-funded education programs and conducting institutional research studies in higher education. He retired from the California State University system in 2001. Coan has practiced hydroponics for many years. He works with the Institute of Simplified Hydroponics (Mexico) helping poor families build and maintain simple hydroponics gardens.

**Limited Space! Contact Briana Brant (events@kimbertonwholefoods.com)
or 610-230-2194 to register.**

Of Interest

“Boosting the Immune System” by Nancy Tarlow, DC

Last week, my daughter's 1st grade class suffered many casualties to the flu. I'm sure the frustration is felt by the teacher who is trying to educate his class, but what about the parents who need to miss work to care for their child? Besides wanting to do everything you can do to help your child feel better, what happens to the family when this bug passes from one family member to the next?

There are a lot of natural ways to help you and your family not only keep a strong immune system but to combat the flu if you become its victim. Several of these methods you've probably heard of previously so let's start with the less well-known methods first.

•**Chiropractic care.** Many of you might be wondering if I'm totally crazy. After all, isn't chiropractic care just for low back and neck pain? You might be surprised to find out that while I might be crazy, after 18 years in practice, I've seen so many patients either bounce back really quickly from a flu bug or not get it at all. It is really noticeable when you are treating one member of a family and the bug passes from one member of the family to the next with the one person under chiropractic care not getting the bug. Your immune system becomes stronger because chiropractic care releases white blood cells into your system to help fight infection. The white blood cells help by eating and destroying the unwanted visitors to our body.

•**Not using fever reducers.** While having a fever can be extremely uncomfortable, it is also the body's way of fighting infection. High grade fevers are usually indicative of a bacterial infection and low grade fevers are usually viral in nature. So, if you use a fever reducer like aspirin, you might actually be prolonging the agony of dealing with the illness. Some sources say that allowing the fever to rise to 105 is safe, however, I would pay close attention from that point on. Remember that young children are more likely to have high spikey fevers than adults and you can always place your child in a cold bath to quickly reduce the fever if it climbs to 105 degrees. In practice, I've also seen fevers drop immediately after receiving an adjustment.

•**Movement.** While in chiropractic college, I had a clinician who used to walk the halls saying, "movement is life". Considering that this chiropractor was in his early 80's and had a lot of energy, I'd say he knew what he was talking about. Moving your body, even if you are sick, can help your body move the bad stuff out. It keeps the lymph and blood moving through your body. While you are ill, the movement might simply be gentle stretching or yoga, however, as soon as is feasible, taking a short walk will do wonders.

•**Herbs/Spices/Homeopathics.** There are many herbs that will help boost your immune system. For each individual, this can vary and I would suggest figuring out which ones work best for you and your family. Generally, I recommend Echinacea, Elderberry and Ginger to start plus Vitamin D. Most of us would tend to be more Vitamin D deficient in the winter when we are less likely to get rays of the sun, so taking Vitamin D at this time of the year is logical. There have been increasing articles about how the flu can be avoided or eliminated just by increasing our intake of this vitamin. Curry and Ginger are anti-inflammatory so they are great for decreasing mucous. Oscillococinum (try saying that fast three times) is a widely-used homeopathic remedy designed for beating the flu. Homeopathic remedies are wonderful in that they are safe and push your immune system to go into action to heal itself, thereby building a stronger immune system.

•**Simple Food.** When we have a high fever we usually don't feel like eating much, however, getting some nutrients in your body is essential to recovering quickly. I suggest a broth with onion, carrots and spinach with some cayenne pepper, garlic and ginger. If you can tolerate eating some garlic that has been roasted in the oven by itself, that should scare the beasties out of your body! Keep away from foods with sugar as they will feed the bacteria or virus that is running rampant in your body.

•**Liquids.** It is essential to drink lots of water since your body is comprised 72% of water. If you've had a problem with diarrhea or vomiting, replace the lost electrolytes with coconut water instead of something that is loaded with sugar.

•**Rest, rest and more rest.** Your body will naturally tell us it is time to rest when we are very ill, but how many of us actually take its advice. We're busy trying to multitask and finding we don't have time to take care of our bodies. Consider that your immune system might have gotten compromised due to not receiving the amount of rest that it should.

Eating a healthy diet filled with fruits and vegetables is essential for keeping our immune systems strong but having a positive mental attitude can also bring us to a healthier state faster. This is not medical advice but suggestions for boosting your immune system. It is recommended that you work directly with a health care practitioner for you and your family's health care.

Of Interest

Healing Our Words: An Interactive Talk by Paul Matthews

Tuesday, March 22 at 8 pm

Rose Hall, Kimberton Hills

Words have a power to heal and create. In our times, though, we need to find new forms to work with this fruitfully in our places of work, classrooms, relationships and communities. A healing of our own words would surely be involved in this. On the 'Path of Right Speech' advocated by the Buddha we are sure to encounter the gossip, lying, slander, hurtfulness that so often accompany our speaking; yet through a cherishing of words and a deep attention to one another our tongues learn to both heal and bless. In exploration of this theme we will do some playful (non-threatening) writing together, and Paul will be sharing some of his poetry. About Paul Matthews: After many years teaching Creative Writing and Gymnastics at Emerson College he travels widely with his work, speaking his poetry and encouraging others in the use of imagination. His inspirational books on the creative process, 'Sing Me the Creation', and 'Words in Place' (available from Hawthorn Press) explore the relationship between word and world and the responsibilities involved. 'The Ground that Love Seeks' and, more recently, 'Slippery Characters' (both from Five Seasons Press) are gatherings of his poetry. See www.paulmatthewspetry.co.uk for further information.

Poetry Reading to Celebrate National Poetry Month (April) at the Kimberton Hills Cafe

Sponsored by the Meeting House Writer's Group

Saturday, April 2 at 7 pm

Coffee, Tea and Refreshments will be available.

\$2 donation requested. Proceeds will go to the Kimberton Hills Library. For information please contact Ms. Dagmar Holl at dirisholl@gmail.com.

Classifieds

"Seven Stars Superstars" Set Out to Raise Funds for the Leukemia & Lymphoma Society

In early June, three members of our school community will board a plane to San Diego, CA, in order to run their very first marathon (that's 26.2 miles!), while simultaneously raising funds for blood cancer research, education, and patient services (through the Leukemia & Lymphoma Society's "Team in Training" program.) Dina Rose-Rankin (Early Childhood Assistant & mom to 2 KWS students), Lauren Gauthier (Outreach Coordinator & mom to 1 KWS student), and Peggy Fenner (mom to 1 KWS student) have dubbed themselves the "Seven Stars Superstars" in honor of our beloved school community, which brought them together- first as friends, and now as fundraisers for this important cause. Did you know that Leukemia takes the lives of more children between the ages of 1 and 15 than any other disease?!? As mothers ourselves, we are deeply committed to eradicating this disease once and for all! We have set a combined fundraising goal of \$9,000 and every little bit helps! Will you consider helping us to reach this lofty goal? We're trusting that the necessary funds will roll in...just as we're trusting that our legs won't give out!! All donations are 100% tax deductible, and the money raised remains local- funding cancer research right here in the Philadelphia area.

For more information about the Leukemia & Lymphoma Society or Team in Training, visit: http://lls.org/hm_lls You can make your donation online (and follow our progress!) at: <http://pages.teamintraining.org/epa/rnr11/sevenstarssuperstars> or mail your donations (made payable to the Leukemia & Lymphoma Society) directly to us at: Kimberton Waldorf School, attn: Lauren Gauthier, PO Box 350, Kimberton, PA 19442. Our first fundraising deadline is fast approaching, so if you'd like to get involved, don't delay! Thank you so much for considering how you might support the "Seven Stars Superstars," and most important of all, those who are battling blood cancer in a fight for their life!

Classifieds

Home Repairs Camphill Special School (Beaver Run) employee wanting to help area residents with their interior and exterior repairs. Carpentry, plumbing, drywall, painting, gutters, yard work, clean-outs, etc. Available evenings and weekends. Reasonable rates. Please contact David at 610-301-2381.

249 Bridge Street Available: Downtown Phoenixville space perfect for retail, office or studio. An 1,100 S.F. historic store-front available on the corner of Bridge St. & Gay St. Across from Majolica restaurant, Black Walnut Winery, and newly opened Thai L'Elephant restaurant. Great corner location with original tin ceiling and historic light fixtures. Upgraded building systems including high efficiency gas furnace with air conditioning, plumbing and electrical. Call for more information or to schedule a visit (610)933-0197.

The Cob Studio and What's on Your Plate www.thecobstudio.com offering classes, workshops, and nutrition and lifestyle counseling for adults and children. Friday After School arts and crafts includes clay and other media. 3:30-5:00p.m., call one day ahead. Contact Cara Graver at carabgraver@aol.com for more information and to register.

Quality Home Repairs Honest, professional workmanship. Interior/exterior: carpentry, drywall, painting, basement finishing, decks, additions, etc. Environmentally conscious. Reasonably priced. Many local references. Call Brett Walker – h. 610-429-1123 or cell 484-678-1272.

My name is Dr. Jim Schaffer. My wife, Lisa and I recently opened Kimberton Chiropractic in, yep, you guessed it, Kimberton. We are right on Rt 113 across from Genuardi's. At our office, we help people get out of pain and get them feeling better so they can enjoy their daily living. But what really gets all of us excited is correcting your Spine so that your Nervous System is working at 100%. If your Nervous System is working at 100% all the messages from your brain that travel through the spinal cord (inside in the spine) are getting to all the organs and tissues in your body and telling them to operate at peak performance. But if your spine is out of alignment, then those messages are not getting through at 100%. Maybe they are getting through at 80% or maybe even only at 50%. Well if that is the case, certain parts of your body may not be working at 100%. We have seen cases where a patient may be suffering from terrible digestive problems, even Crohns, and after an exam we realize that their Spine in the Lumbar area is way out of alignment. We have seen kids with allergies and asthma so intense that they are "regulars" at the ER. After a thorough exam we determine that their Cervical spine is so out of alignment that the muscles are rock solid around it. The child doesn't complain because this world of pain, and medication and doctors is all they know. Correcting these misalignments is what we do! We have the good fortune to see, with our own eyes, lives be restored. Children running for touchdowns that previously couldn't run across the yard! This is what we do and we love it! If you or anyone you know has a health problem that is controlling their lives, call our office, or just stop in, and we can tell you if perhaps Chiropractic can help give that control back to you. 484-947-1069.



Classifieds

KWS alumni looking to finance her education by cleaning your home. Please call Noemi Tal at 610-888-6117.

Great couple with dogs looking to rent a house in the country for March or April, please contact us at 760-455-1978 or emmykaur3@yahoo.com. Thanks Emmy + Forest.

Flute for Sale: Selmer Omega Flute. Open-holed with removable hole inserts. Gold mouthpiece. In case that fits piccolo as well. In very good condition; used by a former KWS student for about three years. Asking price \$800. Please call 610-933-0855.

Duffy Real Estate Your Key to Quality Service

Tom Burlington, KWS parent and Realtor Direct: 484-868-3072, Office: 610-647-3000

For sale: Full size Czechoslovakian cello (labeled inside "Nicolaus Von Moitke") with hard case. This cello was purchased from James Fegley in 1999 and is in very good condition. Please call 610-933-0855.

Child care and light housekeeping needed: Responsible adult for two children (ages 11 & 12) on Tuesday evenings in March, 5:30-10:30 pm. May need to stay later but no later than midnight. Prepare dinner and evening routine. Must drive. \$12 per hour. Possibility for longer term. Call Sharon at 610-291-8551.

Little Sprout's Village: Nature and Gardening Classes for Children

– We offer classes for children that take a child on a journey exploring the wonders of nature through cooking, gardening and outdoor adventures. Children learn best by doing, which is why our classes are set up so that children use all of their senses to explore, discover and experiment with whatever comes their way...creepy crawlers, fascinating spring buds, fresh vegetables from the garden, etc. We are located in West Chester, but also host classes at other locations. For more information about our classes, please visit our website at www.littlesproutsvillage.com.



Prudential Fox & Roach Realtors Townhouses 4 Sale: 1) Flying Hills 3 bdrm asking \$145,000 & 2) E. Pikeland 55+ VillasAt Fr Crk 2 bdrm asking \$229,900. www.TomLutz.com Tom Lutz, KWS alumnus and Realtor. Cell: 484-798-5800, Office: 610-647-2600 x1628. Email requests for a) Flyer(s); or b) MLS 24-pics; c) both; To: Tom.Lutz@prufoxroach.com

For sale: (7) 4'-0" x 7'-0" stained glass panels. They were recently removed from a church in upper PA. The upper and lower panels open. IF each panel were to be pulled apart into three pieces the retail value would be \$5,500.00. Price for each - \$2,500.00. Please call David at (610)301-2381.

Seven Stars Shop. OPEN 8 to 4 MWF, and MARCH 11 & 12 during Parent Conferences. The shop will be closed for Spring Break March 21 to April 1. Ukrainian Easter egg decorating supplies are here! Finger strings have arrived in spring pastels!! Babydolls for any age-must be held to be appreciated. More new books back in stock: Mother Earth and her Children --a quilted fairy tale. Woody, Hazel and Little, Pip in the mini size, Flash the sheep dog, My cat Mac. Start a collection of the Andrew Lang fairytale books-in all the rainbow colors: yellow, pink, red, blue, etc. He collected and wrote the tales with dedication and love. Chockful, complete and unabridged with all the illustrations.

On the Calendar

- Wednesday, 3/9 Tea & Play, 1:30-2:30 pm, Rosebud Garden
Green Committee Meeting, 7 pm, Faculty Library
- Thursday, 3/10 Screening of "Race to Nowhere," 7 pm, Colonial Theatre
- Friday, 3/11 Parent Conferences, Grades 1-6
Parent/Child Circle thru 6th grade not in session
Grades 7-12 in session
- Saturday, 3/12 Parent Conferences, Grades 1-6
- Monday, 3/14 4th Grade Parent Meeting, 7 pm
12th Grade Parent Meeting, 7:30 pm
- Tuesday, 3/15 "Rudolf Steiner's Life Story"
Sherry Wildfeuer, 7-9 pm, High School Library
- Wednesday, 3/16 Waldorf Works, 8:30-10 am, Middle School Library
Board Meeting, 7:30 pm, High School Library
- Thursday, 3/17 "Midsummer Night's Dream" performed by the Eighth Grade
7:30 pm, Lower School Theater
- Friday, 3/18 "Midsummer Night's Dream" performed by the Eighth Grade
7:30 pm, Lower School Theater
- Saturday, 3/19 Story Hour at Rosebud Children's Garden, 9-10 am
- Monday, 3/21 thru SPRING BREAK
Friday, 4/1
- Saturday, 4/2 Green Fair, 10 am-2 pm, High School Gym
- Monday, 4/4 School Resumes
2nd Grade Parent Meeting, 6:30 pm
- Wednesday, 4/6 Waldorf Works for Green Entrepreneurs & Environmentalists, 8:30-10:30am
- Friday, 4/8 Senior Project Presentations, 7 pm, High School Gym
- Saturday, 4/9 Senior Project Presentations, 7 pm, High School Gym