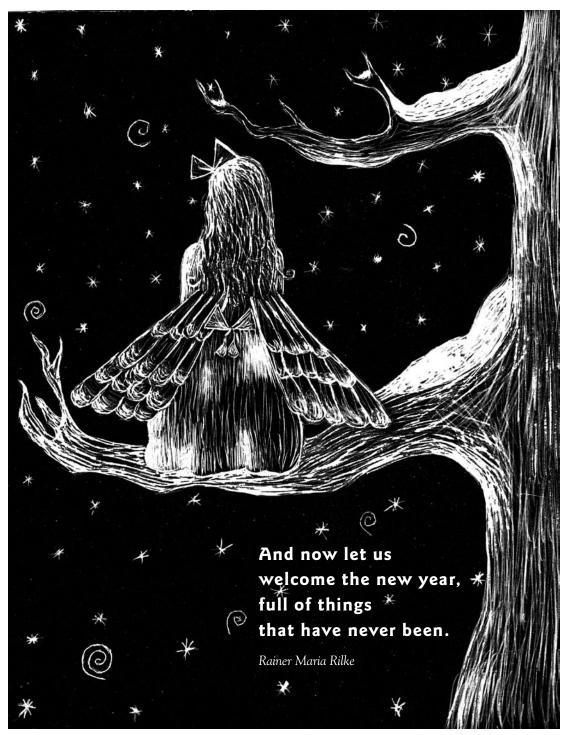
PLEASANT RIDGE WALDORF SCHOOL Waldorf Education since 1980

Volume 31, Issue 2 Winter 2010



Annie Caldwell, Grade 8



PLEASANT RIDGE WALDORF SCHOOL 431 East Court Street, Viroqua

### COMING EVENTS

February 15-19 Parent/Teacher conferences—no classes February 26, March 5, 19, 26 Parent/Child play group March 12 Kindergarten Morning, 10:00-11:30 am March 18 & 19 Inservice-no classes March 26 Information Evening, 7:00 pm April I Spring Festival—noon dismissal April 2-11 Spring Breack April 23 Kindergarten Morning, 10:00-11:30 am Music Concert, 7:00 pm April 30 May Day Festival May 22 Benefit Concert: Duo Sureno May 28 Last Day—noon dismissal Graduation



Pleasant Ridge Waldorf School 431 E. Court Street, Viroqua, WI 54665 info@pleasantridgewaldorf.org www.pleasantridgewaldorf.org (608) 637-7828 FEIN 39-1357578

Pleasant Ridge Waldorf School is a not-for-profit, 501(c)3 corporation supported through tuition, gifts to the school, and fundraising events.

Pleasant Ridge Waldorf School does not discriminate on the basis of gender, ethnic origin, economic ability, or sexual orientation.

In our efforts to reduce paper use, you may request an electronic copy by emailing cynthia@pleasantridgewaldorf.org.

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The soul's creative might Strives outward from the heart's own core To kindle and inflame god-given powers In human life to right activity; The soul thus shapes itself In human loving and in human working.

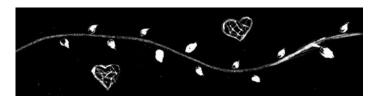
Rudolf Steiner, The Calendar of the Soul



# SCHOOL NEWS Transitions

**Barbara Peterson**, former registrar, faculty secretary and librarian of Pleasant Ridge Waldorf School, moved to an assisted living apartment at Maplewood Terrace last spring. However, at the moment she is in Bethel Home recuperating from a fall. People are welcome to visit or call. She sends greetings to all and enjoys seeing people as well as hosting a monthly study group.

-Mary Christenson



**Rose Barlow,** former parent, kindergarten assistant, and friend of many in our community passed away June 13, 2009. Rose was much loved and cherished by many people not only here in the Coulee Region, but all over the Upper Midwest, for her work as an herbalist for over 20 years. She practiced a tradition of healing through optimal nourishment using simple, safe herbs found in our own backyards. She developed recipes for integrating wild foods into modern diet and lifestyle and encouraged people to develop a real relationship with plants through their own foraging. She always carried a strong reverence for mothering and led La Leche League meetings for several years, practiced midwifery for a time, and nurtured many small children at the Kindergarten. She was a year into studying to be a nurse when her sudden cancer of the bile duct was discovered and took her life within months. Her courage throughout the process was an inspiration to many.

—Jane Marie Siemon

## Holiday Faire 2009 Acknowledgments

**Coordinators** Paula Grenier

Meg Hoversten

Christiane Babb Kate Bergan Lars Bergan Beth Blake Aaron "Apple" Corbin Vicky Eiben Betsy Farrell Joe Hart Rebecca Hawklove Jessica Hooper Rob Hoversten Janna Kottke Alicia Leinberger Jerry McIntire Anne O'Connor Kathy O'Rourke Ted Parrish & Catherine Hall-Parrish Halle Pollay John Porter Allison Sandbeck Valorie Schaefer Jen Shepard John Sherwin Geri Shonka Joan Tromp Kae Vogel Dodie Whitaker Brian Woody

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Susan Nesbit Organic Valley Kathy O'Rourke Parrish Music Ashley Patton **Jillian** Petersen Pieces of the Past Ximena Puig Quality of Life Chiropractic Vicki Ramsey Read's Creek Nurserv Ellen Reyker Kelsev Sauber-Olds Jane Schmidt Indigo Schneider of Seven Springs Farm Second Time Around Jen Shepard John & Sheila Sherwin Geri & Drew Shonka Sleepy Hollow Auto Diane Splinter Carrie Stanek Felix Thalhammer The Flower Basket

Carrie Treviranus

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Thanking our fabulous Holiday Faire Coordinators, Paula Grenier and Meg Hoversten.

(1)

Joan Tromp Uriel Pharmacy Viroqua Athletic Club Viroqua Heritage Inn B&B Rebecca Wainscott Beth Walker Stephenson Caroline Waters Frank Wildingway Monica Woody

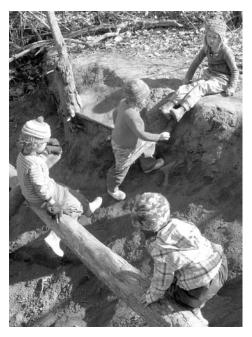
# CALYX **CURRICULUM** Healing Aspects of Waldorf Education

Reprinted from the Calyx, May 1986, about the visit of Magda Lissau, who spent three days at Pleasant Ridge as an adviser of the Association of Waldorf Schools. She was a native of Austria and had 20 years experience with Waldorf education before her visit. Magda went on to found Arcturus Rudolf Steiner Education Program, an adult education institute, in Chicago in 1992. She passed away last year.

Since healing is not usually associated with education, Ms. Lissau described some qualities in human beings that show the need for healing. Humans now find it increasingly hard to interact in a healthy way. Tolerance is absent or minimal. People seem to lack the ability to make decisions based on experience, and often irrationality seems to govern their actions and decisions. "Terrorism" was given as an example of this type of break in logic. When there are breaks between reasoning powers and emotional powers, or between volition and emotional powers, results can only be irrational. Wholeness—an integrated psyche—is not easily obtained in the environment our children grow up in today. Adults may think, "What has happened to my time, to the quality of my time?" And yet, looking back, we can remember a time that was beautiful, good, and right. It may be harder for our children to experience this now.

A healing education helps children find this experience of peace and beauty, as it involves a child's emotional capacities. Traditional goal-oriented education doesn't train and develop all the faculties of the child, but focuses on the intellect and motor skills. The capacity of being able to compare, to make judgments, depends on maturity of the emotional life.

Ms. Lissau described how there lives in each human being the capacity or quality of a "healer." This part of the psyche that is able to create balance works physically in our breathing and circulation. This hidden healer works in our thinking: Whenever one is able to understand different points of view, the healer is at work. There is healing at work through music, as rhythm revives one. It also works through the artistic process, hence "art therapy."



# Some Thoughts on Feelings in First Grade

Reprinted from a 1994 Calyx when Maureen Karlstad was teaching her first Grade 1 class. Maureen's current Grade 8 class will graduate this spring.

In Waldorf schools, we are concerned with the development of the whole child spiritual as well as mental and physical. We often talk of education in terms of the heart, head, and hands. An important aspect of this outlook is to maintain balance among the different aspects of a child's development. It's not enough to just know something and it's not enough to just do something. There must be strong feelings behind our thoughts and actions; the heart must be involved. We may talk on and on about how we feel, but we don't take the time to really live in our feelings and use their strength to guide our thoughts and actions. In our present day we tend to intellectualize everything. And when we are tired of that, we rush in to do something.

But we seem to consistently leave out a crucial element: How do we feel about what we are thinking or doing? In fact, it seems that there is a tendency to dismiss as unimportant or irrelevant how we may feel about something, as if it doesn't count for as much as hard facts or decisive actions. But when there is no heart, our thoughts become irrelevant and our actions are empty. So much unhappiness in our day comes from this unbalance.

First-graders are very much in tune with their feelings. They are still living from the heart and all their thoughts and actions come from the heart. When they come up to me to share something—a bumped knee or a lost tooth or a new trick on the swings—what they want most is for me to acknowledge how they are feeling. If I am in sympathy with them, then my thoughts and actions play a secondary, although still very important, role. They need to know that I understand how they feel, and then they can deal with the situation, often without much help on my part at all.

Many a time I have acknowledged an injury on the playground simply by repeating back to them what they came up to tell me—"Oh, you fell down and bumped your knee"—only to have them rush back into the thick of the game! They only needed to have their feeling acknowledged—the rest they could take care of themselves. They don't have the same need to talk about their feelings in an intellectual way that we do as adults. And when we frame our response in terms of questions ("How do you feel?") rather than acknowledgment, we are asking them to think about something that isn't really within their conscious realm yet.

In our Main Lesson time, we begin in the feeling realm. We sing beautiful songs with accompanying gestures. We move around the circle to any number of verses and action songs, all of which help bring the children together into a harmonious group. And when we tell stories, the children are always caught up in the excitement of the fairy tales, from dastardly deeds of assorted evil-doers to the heroic acts of great princes and princesses. I have watched the faces of the children as others have told stories in our class, and they are right there in the story, feeling each action as if they were participating in it themselves! All of the artistic work that we do-painting, singing, flute playing, dramatic presentations, beeswax modeling, storytelling-is aimed at arousing in the children a deep range of feelings that they will carry into their actions. Academic work based on feelings will become a living force in the children and will continue to grow with them for the rest of their lives.

When I share and acknowledge all feelings—pain, anger, excitement, or joy—with the children, then their feelings take on a new shared reality that can become an integrating force in their lives. Through a deep understanding and acceptance of their own feelings, they will be able to join together the thoughts and ideas of their spiritual world with the forms and actions of their physical world. And in so doing, they will be able to achieve a balanced life. Such is our hope as Waldorf educators.

> Maureen Karlstad Class Teacher, Grade One (1994)

# FROM GRADE EIGHT

During the study of Revolutions, one of the 8th grade history blocks, the students learned about the connection between Martin Luther and Martin Luther King, Jr., both revolutionaries in their own ways. The charcoal drawings were inspired by a famous photograph of MLK, and "I Have a Dream" essays were inspired by his famous speech.

#### I Have a Dream

I have a dream that one day, we will all work together to change this world. Is it possible that we can forget our differences and opinions? We spend our lives sometimes pretending or forgetting the obstacles and struggles we face, but we can't keep ignoring the black clouds of pollution and the starvation that fogs our life with pain. From the beginning our races have lived in vile contempt and blood shed. We can try to ignore the midst of pain we live in, ignore the sound of sirens, screams, and gunshot as life after life is taken. These are times when we love too seldom and hate too often. I hope that some day we will look around a room of people of every country, not caring what color skin they have, or what language they speak, and smile, knowing the only way we can change our world, is for all to set aside our disagreements and work together.

Aurea Bergquist

#### I Have a Dream

I have a dream that modern buildings will reflect the beauty of the world. That stiff brown apartment blocks will become colorful murals of art. That people will pass by and be inspired by the bright colors and create their own rainbows. Big skyscrapers will soar with maroons and indigos, children's parks will be littered with colorful statues and art won't be trapped only in stuffy museums, but will walk the streets with the people and fly the skies with the birds.

I have a dream that my art might change the world forever. That the colors on my palette will spill off into the back streets and slums. That the worn fingers of the hobos and homeless will trace the lines in my drawings and find peace. That the lonely and lost will hold tight to the smiles they find tucked into the corners of a painting.

I believe art can change the rich and poor, the lonely and greedy. I believe art can change everything. I have a dream...

Clara Zinky



# CALYX **ALUMNI NEWS** Sofia Arnold, 2000

It felt almost otherworldly as my friend and I crossed the farmyard behind Avalanche Looms in Westby. Golden, glistering snow covered the rolling hills while the temperature dropped to a record low, and the sun barely reached above the horizon. The depth of midwinter's stillness penetrated us while we walked towards the studio of the newly famous artist, Sofia Arnold.

When Sofia, a valedictorian graduate from Westby High School (2004), began her studies at college it was with the intention of getting a degree in chemistry. As a former Waldorf student, she loved creating artwork and enrolled in studio art classes as well. Seeing her promising talent, her art teachers soon encouraged her to change her major—and so she did!

Now, just half a year after graduating from the University of Wisconsin in Madison with a bachelor's degree in art, her artwork is displayed at some of the finest galleries in the state. One of these is the highly respected Tory Folliard Gallery in Milwaukee, which gave Sofia a solo show. Her work also appears at the Copro Gallery in Santa Monica, California. A few days after our visit, the curator of the Museum of Contemporary Art in Madison traveled the long way through the Driftless region to view Sofia's artwork for an upcoming show. What is it that captures the interest of the audiences in these top-notch galleries?

warm smile, also a bit myopic and vain. They are in the first stages of the long and awkward process of determining their society's structure and norms. Although living in rural places, the people do use technology, she continued, but sparingly and inventively, and their implements often take on a mysterious life of their own.

While Sofia draws her inspiration from her parents' lives and her own life growing up in the hills of southwestern Wisconsin, the world of the narrative she is describing in her paintings exists on the periphery of her subconsciousness at all times. "My work is to edit and compose the information of the life of these characters in a way that is visually interesting and aesthetically pleasing," she explained.

Before we said goodbye to Sofia, we asked what her future vision for her artwork is. She laughed and said with a twinkle in her eye, "My plan is to simply expand on this narrative and see how exactly it evolves." And so far her vision has started her on a journey that promises to be incredibly exciting.

Filled with awe and warmth from our visit, we walked back across the farmyard through the deep, frozen landscape. As our attention once again was drawn to the snow-covered hills, the goddess of the night gently made her way across the sky, bathing the hills now in colors of purple and indigo. No doubt Sofia was inspired

> by the mystery and changing moods of this artistic landscape in which she grew up. Art has many wonderful faces!

> > Anne-Marie Fryer, kindergarten and class teacher Sofia Arnold attended her class



Lynne Warren, the curator of the Museum of Contemporary Art in Chicago, said in her comments on Sofia's artwork in New American Paintings #83, "I was particularly taken by Sofia Arnold's sweet imagery of strange beings. This sort of folk and manga infused work is fairly widespread, viz Marcel Dzama and Clare Rojas, but Ms. Arnold's work had an appealing freshness and disturbing dark quality." Although only 23 years old, Sofia has managed to get her artwork in places few could dream of in a lifetime.

When we asked her what "the sweet imagery of strange beings" is depicting, Sofia told us that her artwork is showing images from one and the same narrative. She explained that her work uses a fictional folk iconography to create an ongoing imaginary world about people and places and how they interact with one another. Each painting is like a fragmented, superficial glimpse of this larger narrative.

The characters in her paintings exist mostly as transients, settlers, subsistence farmers, criminals, spiritual pilgrims, and people-animal hybrids living in a rural environment. The people are resourceful and passionate but, she said with a



(4)

The following tidbits are just a taste of what our alumni are doing. Please send us news to print in the next Calyx!

Aaron Bland "graduated" before PRWS had an 8th grade, and later graduated from UW-Madison with a degree in engineering. He is the engineer of the hybrid motorcycle, Brammo Enertia; he was in the news several times in the past year as the company placed the bike in Best Buy stores and conducted a national PR campaign. Read about it at http://brammofan.wordpress. com/2009/10/27/shockingbarack-smartestroadie-aaron-bland/.

#### Class of 1997

**Deborah Ecklund** gave birth to a baby girl, Ariel Staum, in November and lives in the area with her husband and twin boys, Baeric and Xavier, who are nearly six. She works at the Viroqua Food Co-op.

Julia Hundt and Adrian Ugo were married in August and reside in Viroqua. Julia works at Organic Valley and Adrian works at Youth Initiative High School.

**Keely McDonald** and husband Steve recently moved to New York where Keely is studying textile design.

Ximena Puig and Noah Engel were married in August and reside in rural Soldiers Grove where Noah operates Driftless Organics CSA. Ximena teaches first grade at Pleasant Ridge Waldorf School.

#### Class of 1999

Hanna Agar graduated from UW-Eau Claire with a bachelor of fine arts degree and is returning to India this winter to design products for a women's cooperative that focuses on economic development.

**Robin Bland** is studying for a master's degree in educational psychology at Boston College.

**Cory Gambrell** gave birth to a baby girl a year ago. She and her partner, Jason, plan a wedding in Sheboygan this June. They reside in Colorado.

**Eli Jansen** graduated from UW-Madison in May 2009 with a degree in molecular biology. He has also completed EMT training and is working as a paramedic. Amanda Walter Wright graduated from Burlington College, in May 2007 with a BA in art, culture and community. After working at Studio STK in Burlington, she began a new job that takes her all over New England, doing graphic work, advertising, recruitment, and on-the-ground organization for fine art festivals. She also does freelance website design while continuing to pursue her own artistic interests, some of which can be seen at her website www.wrightarts.com.

#### Class of 2000

**Annie Aaker** graduated from Lawrence University with a degree in English and art. She currently teaches English in Spain.

**Sophie Arnold** graduated from UW-Madison in May 2009 with a degree in art and resides in Madison.

Katelyn Banner graduated from Evergreen State College in December with a multidisciplinary liberal studies degree. She lives in Seattle.

#### Class of 2001

Alex Aaker graduated from St. Olaf College in May 2009. Her degree is in environmental studies and she received magna cum laude honors. She is currently working with the Student Conservation Association on a desert restoration project in southern California.

Luke Jansen completed his training at Minnesota Technical College in the Wind Technology program in May 2008. He is currently employed by Siemons, traveling throughout the country constructing wind generators.

**Caitlin Koons** graduated from UW-La Crosse in May 2009. She is currently enrolled in a master's program at the University of Minnesota.

**Amanda Rubasch** graduated from St. Olaf College in May with a major in environmental art. She is currently a teaching assistant at St. Olaf.

Sonja Walter Wright graduated from Chapman University in December 2008 with a degree in television and broadcast journalism. She immediately went to work doing freelance work in Los Angeles during 2009. In autumn 2009 she went to work at Chrysalis Studios in West Hollywood.



**Libby Parr, 1997** gave birth to a baby girl, Macey, on December 21, and is living in La Crosse.

#### Class of 2002

**Cole Agar** plans to graduate from the American University in Cairo, Egypt, in May 2010. He is applying to law schools in the Midwest.

Adam Cox studies anthropology at Lawrence University. He was in Romania last summer on an archeological dig.

Silas Hundt began studies this year at the University of Chicago after completing two years at Deep Springs College in California. He also studied painting in France for two months.

**Cora Lewicki** released a new CD this year and continues her studies in economics at College of the Atlantic.

#### Class of 2003

Anna Chotzen was attending Hampshire College, including a semester in Senegal. She studies international relations. She is currently taking a year off from college, living in Paris, studying French, volunteering for an NGO called Earth Rights Institute, and working as a nanny.

Helen Beutler is just beginning a semester abroad in London, a program of Earlham College where she has been studying English for the past two years. A portion of her time will be spent working with an NGO as an intern.

Aleata Calkins attends the College of St. Catherine, studying psychology. Last year she studied in Greece and Ireland.

# CALYX ANNUAL REPORT JULY 2008-JUNE 2009

Annual Gifts

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Drew & Geri Shonka			

FINANCIAL REVIEW	2008-9*	2007-8*
Revenue		
Pledged Tuition & Fees	\$535,953	\$562,384
Hot Lunch Program	\$35,437	\$36,876
Contributions	\$110,791	\$74,583
Fundraising Events	\$103,875	\$124,095
School Store	\$5,190	\$6,132
Investment Income	\$1,978	\$2,336
Other	\$4,768	\$3,963
Total	\$797,992	\$810,369
Expenses		
Educational Faculty Salaries & Aides	\$471,115	\$469,183
Classroom Instructional Costs	\$23,919	\$26,215
Administrative & Development Salaries	\$130,878	\$133,255
Administrative Expenses	\$23,153	\$20,922
Development Expenses	\$6,468	\$6,945
Fundraising Expenses	\$10,578	\$35,878
Building & Capital Expenses	\$86,543	\$82,390
Hot Lunch Program Salaries & Expenses	\$35,781	\$34,395
Professional Fees/Misc	\$12,469	\$17,021
Total	\$800,904	\$826,204

\*\* financial figures based on a certified audit review from Franke, Weisbrod & Turnbull, CPAs.

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Edward Booth Nora Booth

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# DEVELOPMENT

As I write for this Annual Report issue, we are looking back over the past school year and midway through the current school year. Many of you ask, "How is the school doing given the economic climate?" On one hand we are at the lowest enrollment in 10 years and have made significant cuts in salaries and positions in order to deal with the loss of income. And parents have generously matched those cuts through contributions and increased commitment to utilize our fund-raising programs. We need each other, and we are acting on that awareness.

On the other hand we find ourselves, especially as a faculty, pulling together to "weather the storm," feeling ever more commitment to our experience that at the core of Waldorf education lies a gift to develop humanizing forces that our world so needs. When Rudolf Steiner founded the Waldorf school movement in 1919, it was his understanding that education offers one of the primary vehicles to combat anti-social forces that cause the disturbances in social life. As early as 1905 he articulated a maxim he called "the Fundamental Social Law" that was drawn from ancient spiritual wisdom, and he felt it is a law that works as surely as the laws of nature. One way to express this maxim in contemporary terms is as follows:

The more an individual works for the benefit of society or the needs of others, and the more society ensures that each worker is supported sufficiently to lead a dignified existence, the greater the well-being and prosperity of society will be.\*

Steiner maintained that the Fundamental Social Law should be viewed as a law of human interaction that needs to become the foundation for a new economy based on associative cooperation, not merely as an ethical aphorism. That means that in our school we work with this principle in decisions around salaries, tuition, the tuition adjustment process, and volunteerism. We work together in many, many ways to fund-raise so that all the children can be here and so that we do not upset the financial stability that we've worked to maintain for these 29 years.

We hope that other corollaries that Steiner articulated to this maxim are well imbedded in the organization that is the Pleasant Ridge Waldorf School. Here are a few that seem relevant for this message:

- Social institutions and communities are a reflection of the attitudes, thoughts, and feelings of the people who created them and who continue to be a part of them.
- Interest in others is the foundation of social life.
- Organizations and communities need a spiritual mission that can be experienced by all participants.
- For cooperation and effective group collaboration, every thing depends on the disposition or attitude with which people meet and interact.

One thing I've noticed, especially as the winter season brings its additional challenges to our adult lives, is that it's a bit more difficult to maintain a buoyant spirit or positive attitude that is so needed to fuel this commitment. For we who work at the school, our meetings for study, to share a meal or our life stories, and to organize the children's activities provide sustenance as well as a focus on the "big picture" of why Waldorf education is important to us.

Parents find similar support in the committee work, volunteer projects, socializing outside of school, the community potlucks and informal gatherings around school. We support individuals in need; we share child care, meet at the hockey arena or the Park Bowl, or share dinner at Chilito Lindo or the Driftless Café. There are so many other ways to engage to foster the warmth of community and commitment to the altruistic ideals embodied in this education. By working in this way we model for our children something of the future that they will be called upon to create for themselves and in their communities.

The love of work and a concern for humanity and social life are essential learning goals in an educational system working in harmony with the Fundamental Social Law. The service projects that the classes take up provide this opportunity to serve others, which should give real joy to a person. Also, strengthening imaginative thinking provides the capacities to develop greater interest in others.

Another principle that derives from this philosophy is that it is a healthy social instinct to feel an obligation to give back to society at least in proportion to what we have received from it. Looking out to another formidable ring of community that surrounds our school, we find grandparents, relatives, former parents, staff and students, and friends who also show their support and feel moved to do their part to acknowledge the school's mission and accomplishments. We have been very, very blessed with donations of all sorts: financial, in-kind services and goods, volunteer time, contributions from local businesses, and attendance at our fund-raising events. In this time of extraordinary need, we have been lovingly supported and are grateful.

We feel confident that we will rebuild enrollment which will strengthen our financial position most quickly. The development of the Grateful Grains business to bring sustaining funds to the school will take some years, yet has been very favorably received by our various communities.

We thank each and every one of you not only for the material contributions you have made to Pleasant Ridge, but for also for holding the school's endeavors with positive enthusiasm and encouragement for success. This is very apparent and clearly stated in your special notes of gratitude on the donation envelopes. We appreciate that the levels of giving have stayed strong. We apply for grants, but it remains true that the greatest level of giving and the most stability in giving comes from individuals. So we are truly grateful to you for your continued commitment to our work.

<sup>\*</sup> I am grateful to Gary Lamb, whose articles on Rudolf Steiner's social ideas have provided inspiration to me over the past 15 years. I will provide references on request to those who want to read more.

#### We Many thanks to those who have given to our Annual Appeal in Support of our School & the Development of Grateful Grains – from October 29, 2009 to January 16, 2010

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# SIXTH GOOD ENERGY RAFFLE

#### GRAND PRIZE \$4,000

\$2,000 to winner & \$2,000 to charity chosen by winner

#### SECOND PRIZE \$1,500

\$750 to winner & \$750 to charity chosen by winner

#### THIRD PRIZE \$1,000

\$500 to winner & \$500 to charity chosen by winner

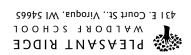
#### \$20 PER TICKET or 3 FOR \$50

Raffle drawing held Saturday, February 27, 2010

To purchase tickets, call Pleasant Ridge Waldorf School at 608.637.7828, visit www.pleasantridgewaldorf.org, or contact any Pleasant Ridge parent. License #R0009 463A-02769

#### PLEASANT RIDGE WALDORF SCHOOL

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