

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."
- Rachel Carson

School Calendar

This Week

Wednesday, May 13	
4 th grade to Churchville Nature Center	
4 th grade Parent Evening	7:00 pm
Thursday, May 14	
School Tour	9:00 am
5 th grade Pentathlon - Kimberlon	

Looking Ahead

Monday, May 18	
Morning Glory Parent Evening	
Tues., May 19-Wed., May 27	
8 th grade trip to Costa Rica!	
Tuesday, May 19	
2 nd grade class play	9:00 am
Wednesday, May 20	
2 nd grade class play	9:00 am
Thursday, May 21	
4 th grade to Pennsbury Manor	
Board Meeting	6:30 pm

How to Contact Us

info@rivervalleyschool.org
lc@rivervalleyschool.org
bot@rivervalleyschool.org
pc@rivervalleyschool.org

Lost & Found

The Lost and Found is again overflowing. Please claim items that are yours on Wednesday and Thursday. On Friday take what you can use and the rest will be donated.

The Auction Gala is Almost Here! Saturday May 30

Dear Friends:

With the Auction Gala just two weeks away, we ask you to take a few minutes to RSVP to Tracy Fly (tlkf@me.com).

We have lots of great items to auction off on the 30th, great food from Nellie Rae's and great music by the Kira Willey Band; all we need is YOU!

Please continue to bring your auction item donations to the lobby- every item helps our event and our school. Do you have a great item that needs special attention? Let us know and we will give it the TLC that it deserves. We appreciate everyone's support and we thank you! The Auction Committee

Mayfaire Celebration!

(More photos at the end of this week's Current)



Please join us for the Next Parent Council Meeting

Wednesday May 20th at 2:00 pm at Homestead General Store.
Lots of auction info to go over.

Beware of Ticks

It's that time of year – ticks are everywhere. When you come in from outside at school or at home, check yourself and your children carefully. There seems to be a bumper crop this year so please, take precautions.

Extra Samosas This Week

Now that it is finally getting warm you may have trouble remembering back to a snowy day a couple of months ago that caused us to be unable to provide that week's samosa lunches because our suppliers were unable to get to their restaurant to make them. So to make up for that missed week, we will be sending your child's missed order home with him/her this Friday to enjoy over the weekend — and will provide the samosa lunch this Friday as well, as scheduled. Thanks once again for supporting the 8th Grade!

From Administration



The time is now!
Order your
2015
Yearbook

Pre-Order by **May 15th** for Only **\$30**
After May 15th the price increases **\$5-\$10**,
so drop your form in
the folder on the office door today!

Congratulations and Welcome!

Kerri, Mike and Sam Rhine (Moon Room) are excited to announce the addition of twin girls to their family. Alison McKenna Rhine (2 lb., 1 oz., 13.5 inches) and Emerson Rose Rhine (3 lbs., 6 oz., 16.1 inches) were born at 3:07 pm and 3:09 pm respectively on April 30th. Mother and babies are doing well.

Aftercare Reminder

If you would like your child to attend Aftercare (3:15-5:30) please be sure to sign up on the sheet on the bulletin board opposite the office.

There is a limit of 10 children per day and we need to know how many spots are available. If you are not at school, call the office and we would be happy to sign up your child for you.

Missing Ice Packs

If any of our school ice packs made it home inadvertently, please make sure they get returned. Our ice packs are disappearing at an alarming rate.

Thank You

Thank you to Ron Ferguson and Ed George for jumping in to direct parking for Grandparent's & Special Friend's Day!

Mayfaire Acknowledgments and Thank Yous

Kimberton Whole Foods - We were so blessed to receive an incredible amount of fruit which supplied our Smoothie class fundraiser. The Ottsville staff worked with us in a timely manner assisting us on delivery day.

Brigadoon Coffee House - We are so grateful for the generous donation of 6 gallons of iced coffee.

Eastern Oak Tree Service- Thank you for always supplying woodchips for the playground, especially during festival time.

OWOWCOW - Your staff was amazing to work with and the flavors of ice cream decadent. Both made our fundraiser a success.

Thank you for the generous gift cards:

Giant Food Stores- Doylestown

Giant Food Stores - Plumsteadville

ACME Markets - Doylestown

BJ's Wholesale Club - Warminster

Wegmans Food Markets -Warrington

Enormous gratitude to Rich Kroth and Andy Wander for managing the sound system.

Noa Bader - We are so grateful for the beautiful artwork. It made all Mayfaire advertising possible.

Lisa Sweeney- Thank you for orchestrating the Maypole Ceremony and assisting the committee in its preparation phase.

Mary K Till & Clare Brunell - Thank you both for guiding the festival committee with loving kindness.

Grandy's Kitchen - Lynn & Joanna thank you for your dedication and preparation of a variety of community food needs. The food was scrumptious as usual.

Renee Goodyear (Marketing & Support) - Thank you for putting the program together with ease. You are invaluable!

Kira Wiley - Thank you for bringing life to this beautiful festival by organizing and preparing so many people with so little time. You truly made it look effortless.

Thank you Parents for making the entire day a joyful experience!

And thank you Mayfair co-chairs – Dayana Henwood, Erica Nichols and Kymm Phibbs for all of your behind the scenes efforts. Mayfaire was amazing because of you.

Job Postings

We are looking for two part-time teachers for next year. If you or anyone you know is interested, please let Robbie or Brian know.

Seeking Part-Time Movement Teacher

River Valley Waldorf School is seeking a part-time Movement/ Games Teacher for the 2015-16 school year. The position begins in September, 2015 and teaches games and developmental movement specific to the Waldorf curriculum. The position is for teaching ten periods per week and is flexible as to lower or upper grade school classes. The ideal candidate will have enthusiasm for the importance of movement in education, have teaching experience in the field, and have begun or completed a training program in Spatial Dynamics and/or Waldorf Education.

Part-time Gardener, Starting August 2015

Duties include, but are not limited to, maintenance and upkeep of garden, annual vegetable growing, caring for perennial edibles, and managing the gardening program with River Valley Waldorf School faculty. An understanding of Waldorf Education and curriculum required, teaching experience needed, knowledge of Biodynamic gardening and permaculture a plus.

Interested applicants should submit resume and references by email: info@rivervalley.school.org

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Drama

Third Grade: Math/Shelters & Building

Fourth Grade: Language Arts /State History/Geography

Fifth Grade: Ancient Greece

Sixth Grade: Geometry

Seventh Grade: Wish, Wonder, and Surprise

Eighth Grade: Anatomy

Moving Help Needed

We are looking for several people to help us move furniture on Saturday, May 23rd, 10 am – 6 pm. We are happy to pay \$10/hour for your help. We will need at least 4 hours of your time and up to 8 hours maximum. Please call if you are interested, Mary K Till 215-536-2141. Thank you.

Donations requested for EC Woodworking Corner

The Star Room Kindergarten is joyfully anticipating the completion of a woodworking corner for their classroom home! Miss Rebecca and her students are currently searching for the following items:

- Rasps (metal wood files)
- Small hammers
- Sandpaper
- Blocks
- Hand saws

And most specifically, we are hoping to have child sized saw horses built. If you or someone you know is able and willing to help in any capacity, please contact Rebecca West (bendingbirch@gmail.com) for specific dimensions. All woodworking donations can be dropped off in the Star Room! Thank so very much in advance!

From the Leadership Council

What we are working on:

Faculty Hiring for next year along with the Hiring Committee, TDC, and Faculty.

EC programs for next year with TDC and EC faculty.

Planning and review of the Community Board meeting with the BOT.

LC Self-evaluation.

From the Board

Board Elections

It's that time again! As we prepare for the end of this school year, it is time to elect a new slate of Trustees to come aboard next year. This year has seen several changes- with the departure of Molly Watson, and two alumni parents - DeeDee Riffle and David Goodyear- who have left prior to completing a full term. I am happy to report that David will continue as a Board Advisor in the area of human resources and attend several meetings each year. There are eleven seats for parents on the Board. We do our best to stagger the terms to provide continuity. To best balance the terms, we are filling two of the open terms and offering three new terms.

Remaining on the Board with a term of 2013-2016 we have five trustees: Ron Ferguson, Richard Kroth, Kristyn Lederer, Nick Thomson, Andy Wander

To fill the two open slots we have asked Clare Wargaski-Brunell and Jef Betz to fulfill terms of 2014-2017. This is accomplished by Board consensus and does not require a community vote. While Clare and Jef are not officially on the slate, we would like to both thank them and introduce them to our community:

Clare Wargaski-Brunell

I started here at RVWS as a Garden Gate mom and now Lily is a confident 3rd grader in Lisa Sweeney's class. I have loved watching her evolve and credit her River Valley experiences and teachers in great part for her independence. My leadership experiences at school include chairing the Mayfaire festival for 3 years and Parent Council for 2 years as well as being a classroom coordinator since the Moon room. I am very grateful for the friendships I have made working on committees with the wonderful parents of RVWS. I have become a more generous person due to the generosity I experience from our community. I am sole proprietor of a therapeutic massage practice that was in Clinton, NJ for 19 years and then in the summer of 2013 I moved my practice home to Milford. I love my work and I love to garden.

Jef Betz

Jef is in his sixth year as an RVWS parent with a son in second grade and a daughter in fourth. Aside from being a Silk Dyeing groupie at Mayfaire nearly all of those years, Jef spent two terms as a Parent Council Co-Chair (and is still known to haunt their meetings). He's looking forward to joining the Board of Trustees to find more ways to help support the great work that's already being done here at River Valley.

Welcome and thank you Clare and Jef.

For the new term of 2015-2018, we have three openings and are pleased to offer two new faces and one returning. John Wesp and Amy Nyberg have agreed to stand for election as new members and I, Will Carpenter, whose term expires this year, will stand for election of a second term.

BOT Slate for 2015-2018:

Amy Nyberg

I am originally from New Mexico and my husband Bill and I have lived in the west, south, and midwest, before moving with our two boys Nils (6th grade) and Liam (4th) in January 2014. They had attended the Madison Waldorf School in Wisconsin and the transition was so much easier because of the familiarity of the school. I have worked in health care as an administrator and consultant for about 20 years. In Madison I served on the board and learned a lot from the faculty and community who are very dedicated to the development of Waldorf education in a difficult economy. River Valley is so well established in comparison with very different challenges, and I hope to contribute my skills as this school becomes even stronger.

John Wesp

I am the proud parent of River Valley students Sawyer, (3rd grade) and Payton, (Kindergarten). In my professional life I have spent the last 29 years employed at UPS, the majority of that time as a Human Resources Manager and most recently a Health and Safety Director. In the River Valley community the past few years have been spent as a member of the River Valley Safety Committee. I would like to continue to support the school, which has been such a rewarding and special time for my children, by joining the River Valley Board of Trustees, where I believe my professional and personal experience will be an asset to River Valley Waldorf School as it continues to grow.

(Continued on next page.)

Will Carpenter

I am the father of Sophia in 8th grade and Ryah in 7th grade. Together with my wife Renell, we are completing our ninth year at River Valley. What a long, rewarding trip it's been! My first term ends in June and I am looking to serve one more (there is a two term limit... so this has no career potential for me). In my first term I served as Vice President and currently as President. I have also been a member of the Safety, Building and Grounds, and Administrator Review Committees. What I most enjoy about Board service is the opportunity to work alongside truly good people doing their best for a wonderfully worthy cause. I now look back at the trials, challenges, awakenings, and growth we have witnessed and it gives me great hope for the future of RVWS.

About the election process:

New members are elected as a slate of candidates rather than elected individually. This puzzles some and displeases others. When a community member is asked and agrees to serve, we are grateful. The prospect of campaigning for a position or having a popularity contest seems both unnecessary and undesirable in a supportive community of volunteers.

Then why have a vote? The community is asked to vote and a quorum must be achieved or the slate is not elected. A vote to approve the slate may be considered a vote of confidence for the current Board. If the community is dissatisfied with the direction of the Board, enough votes opposing the slate or enough people not voting will require the Board to further engage the community, address the discontent and build support to move forward. If you have any concerns, questions or clarifications needed, please contact any Board member or me.

Ballots will be distributed in the coming week and you will have until May 22nd to vote by email or in person at school. Please cast your ballot in order to make the election a success.

Thank you,
Will Carpenter
On behalf of the RVWS Board of Trustees

From the Development Coordinator

Annual Appeal

Did you know that your generous contributions support an expanded eurythmy block, an enhanced music program and other exciting opportunities for students? Be a part of our continued success and make your annual gift today. Donations may be dropped off to the office or mailed to the attention of the Development Committee. Please indicate that the gift is for the Annual Appeal. Thank you for your generosity.

Stephanie Spencer.
Development Coordinator

Class Fundraisers

Sound of Music DVDs

DVD orders for the Thursday Evening and Saturday Evening performances of "The Sound of Music" are being taken now through May 29th. DVDs are \$15 each, with \$7 of each sale being donated back to the school. Please use the attached order form and return the bottom portion with your payment to the DVD Orders folder on the Office door. Please contact Pat Warner-Proctor if you have any questions.

Sound of Music Souvenirs

There are still mugs, caps and key chains available from the Sound of Music and we would love to sell them all! Keychains \$5, mugs \$15, and baseball caps \$20! Please email louannwillard@gmail.com if you want me to pull some aside for you!!

Auction Babysitting

The 7th Grade auction babysitting fundraiser that was previously announced has been tabled for this year. Please let the auction committee know if this is something you would be interested in supporting next year (auction@rivervalley.school.org). Our apologies for any inconvenience this year — but feel free to email Renell (renell@rcn.com) if you need help identifying a 7th or 8th grader to make your own babysitting arrangements.

RVWS Seasonal Cookbook and Local Directory - Still time to submit!

We are thrilled that people continue to express interest in contributing recipes and information for our local directory, so we've extended the deadline for submission. Please email (tumas@rcn.com) or bring in your information and/or artwork ASAP. There is a manilla envelope on the table outside the 2nd grade classroom. See attachment for more details. If you have any questions, feel free to contact Jean Tuma or Tracy Fly. Thank you for your consideration!

From the Community

At Yoga Loka

Yoga Series at the Hunterdon County Library

Yoga for Back Care, Tuesday May 19th, 7-9:00 PM, no charge

TRE group sessions, Monday May 18th and May 31st

One Bite at a Time - A Journey into Mindful Eating

with Gail Seckretar and Melissa Pickell

Sunday May 31st, 2-6 pm

Informational meeting for Yoga Immersion and Trainings

June 6th, 10:30-11:30 am

Singing Bowls with Peter Olsen

June 6th, 6-7:00 pm

For more information see the website at www.Yoga-Loka.com

Housesitter Needed

The Carpenters are looking for someone to barter house/pet sitting for a rent-free place to live in Bethlehem for part of the summer. Please let us know if you can recommend someone — renell@rcn.com / 610-997-0650.

Baker's Challenge at Riegelsville Library

The third annual Baker's Challenge is this Saturday, May 16, in Riegelsville during the fair! The categories are brownies, and banana bread. We have great judges and fabulous prizes! Your \$5 entry fee/donation goes straight to the Riegelsville Library--so grab your best recipe, enter (by Thursday, if possible), and join the competition. Happy baking!

Core Principles of Waldorf Education

Summer Adult Course Offering - Waldorf School of Princeton Foundation Studies Program

July 15 & 17 and July 20 & 22 - 8:30 a.m. 1:00 p.m. (2nd camp session, same hours. Cost \$450)

What are intrinsic qualities and methods of Waldorf Education?

The course will focus on the seven Core Principles of Waldorf Education., developed by The Pedagogical Section Council of North America. As Waldorf education moves around the world, it becomes imperative that schools and individual teachers develop their curriculum out of these principles rather than seeing the curriculum as a recipe for imitation. The artistic work in this course will give participants a view into how these experiences speak to children in their phases of child development.

Created as:

- A continuing education for Waldorf teachers of all disciplines.
- An opportunity for teachers in other schools to incorporate Waldorf methodology.
- An opportunity for parents to gain a greater understanding of Waldorf education
- Personal development for adults in relationship with children

Elan Leibner will lecture on the Core Principles. Mr. Leibner was a teacher at the Waldorf School of Princeton for 18 years. He is presently the chair of the Pedagogical Section of North America and travels nationally as a mentor and evaluator of Waldorf teachers and faculties. He has been the Pedagogical Director the Foundation Studies Program in Princeton for 13 years.

Tertia Gale will offer Eurythmy. Ms Gale taught Eurythmy at the Waldorf School of Princeton for 20 years and was one of the founding teachers of the school. She has continued to teach in the Foundation Studies Program for the past 13 years.

Pamela Shafer will offer artistic work in painting, drawing, and sculpture. Ms. Shafer is the Sculpture and Fine Arts teacher at the Waldorf School of Princeton and facilitates the Foundation Studies Program.

Ottsville Traditional Arts Center

Dance and Jam your way into SPRING this month!

Conradance with Raise the Roof and Melissa Taggart

Friday, May 15th, 7pm beginners' workshop, 7:30pm dance, \$9 adults, \$7 kids under 12

OTAC welcomes back this blistering conradance band! Raise the Roof will delight you with energetic, driving contra dance music with tunes from New England, Southern, Quebecois and Irish traditions. They are Judy Stellar, Kathy Talvitie, Mat Clark, and Paul Morrisett, joined by caller extraordinaire Melissa Taggart!

Concert & Workshop with Cardinal Direction

Friday, May 29th, 5pm jam workshop (\$10), 6:30pm potluck, 7:30pm concert (\$10, \$5 kids under 12), \$15 combined ticket!

Massachusetts-based band Cardinal Direction (formerly Firefly) brings beautiful melodies and relentless energy to dance floors and listening audiences across the Northeast. Their repertoire is drawn from the Irish, New England, and Quebecois traditions, and seamlessly mixes oldies-but-goodies with modern compositions. They take particular pleasure in playing for contra dances, where their love of the drive and flow of the dance comes across clearly in their music.

Ottsville Traditional Arts Center, 250 Durham Road, Ottsville, PA 18942

The Art of Equitation

Jen Diedrich (mom of Addison, 3rd grade) is offering a riding lesson program individually designed for each rider's expectations, goals & dreams with the attention needed to be safe and have fun. Safety is always the first priority. Jen is a lifelong equestrian with a passion for teaching that brings out the best in beginning and developing young riders. Students focused on the show arena as well as those who simply love riding and understanding horses are very welcome. Lessons both in and out of the arena, horse shows and camp offered. Reach Jen anytime (215) 603-9999 or catch her at pickup.

A Family in Need

Bucks County Community College is collecting clothing for a single mom with health problems who is unable to drive and therefore providing for her two daughters has become difficult. They are collecting donations for girls size 24 months and up and girls size 8-10. If anyone has things that they would like to donate please email Mandy Reilly at reillym@bucks.edu or text or call 908-892-0921 and she will come pick up or make other convenient arrangements.

Art in the Library

Oil Painting – with a Palette Knife with Yelena Piatigorsky

Tuesday, May 26 11:00a.m. – 2:00p.m. All levels welcome Open to ages 15 – adult

Enjoy learning new methods and effects you can achieve when painting with a palette knife. Students will learn color combinations, mixing techniques and application of oil paint on canvas in a variety of ways. Palette knife texturing will be demonstrated as well. Bring your inspirational images or objects to the class to paint.

Yelena Piatigorsky BA, Moscow University; MFA, Mason Gross School of Art, Rutgers has had her pieces in over 20 exhibits in the tri-state area, including shows at the Trenton City Museum, Audubon Artists, and the Nabisco Gallery. She is an award-winning artist in oil and ceramics and her works are in many private collections.

The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road. To sign up for workshops and our mailing list, please contact the Riegelsville Library, 610-749-2357 or Riegelsville.Library@gmail.com or 610-749-2158. Bring a bagged lunch or snack. Materials can be supplied if students are not able to bring their own. For a list of supplies, contact the library for assistance.

Looking for a Room to Rent

I am a former Waldorf teacher from Canada. My son and I would like to travel to Doylestown for two months of summer. We are looking for a place to rent for months of July and August.

My son is taking a shoe making course in Doylestown and we would appreciate anyone who could provide accommodation. My phone number is: 1-250-764-9095.

Mayfaire!



From: Urban Farm Online

Dirty Kids Equal Healthy Kids

Emerging research points out that the backyard garden just may be the cure for what ails us.

By Karen Lanier

The feel of mud squishing between your toes ... But wait, what about worms?!

The constant rings of dirt under your nails ... Oh, but shouldn't you wash your hands before you eat?!

The joy of plucking a ripe strawberry out of the garden and biting into its warm sweetness ... Yikes! Aren't you going to rinse it first?!

Our industrialized world has become squeaky clean—and chronically ill. Many children today are prevented from going outside to play, whether to keep them clean or due to an inflammatory condition, such as allergies, asthma or eczema. Many of these ailments can be traced to a lack of good dirt in our own bodies. The problem, as it seems, may actually turn out to be the solution.

A Little Dirt Doesn't Hurt

While in today's Western culture, children with soiled feet and grass-stained knees are hurriedly rushed to the bathtub and slathered with antibacterial soap, the loss of our connection to the garden and its dirt means a loss of connection to all the good microbes that live inside it.

In the February 2015 issue of the journal *Nature*, researchers explain that the societal shifts in our microbial communities could be contributing to our hyper-reactive immune systems. "Drivers of these changes might include antibiotics; sanitary practices that are aimed at limiting infectious disease, but that also hinder the transmission of symbiotic microbes; and, of course, our high-sugar, high-fat modern diet," says Moises Velasquez-Manoff, author of *Epidemic of Absence: A New Way of Understanding Allergies and Autoimmune Diseases*.

Worldwide studies based on children's lifestyles are proving that early exposure to a healthy microbiome—the community of bacteria living in your body—is a key factor to a strong immune system later in life. A study in Canada found that babies delivered by cesarean were lacking certain "good" bacteria. Likewise, breast-fed infants showed an advantage in the richness and diversity of microbes living in their systems.

A European study gathered samples of allergens from the homes of children attending a Waldorf farm school and compared samples from more urban home environments. As expected, more dust mites, animal dander and mold show up in the homes of farm kids. A separate study in Austria found that farm children suffer from significantly fewer allergy attacks. Based on these studies, you can conclude that children's immune systems develop tolerance to allergens when the children are raised with the allergens on a day-to-day basis.

Household cleaning can wash away those beneficial microbes that help young people's immune systems develop. A recent study published in the *Journal of Pediatrics* found that homes with dishwashers had more children with allergies than homes where dishes are hand-washed. To compound that hypothesis, the homes without dishwashers were also more likely to eat farm-fresh and fermented foods. More complex laboratory research turns up evidence that Crohn's disease, autism and anxiety are also connected to the health of our internal ecosystems.

A Microscopic View of Health

Any farmer will tell you the food they grow is only as healthy as the soil it grows in—the more biodiversity, the better. One gram of healthy soil could contain billions of microorganisms: bacteria, fungi, protozoa and nematodes. This soil life builds structure and performs essential ecological functions below ground.

Friendly ecosystems full of anti-inflammatory microbes protect our bodies. "Our resident microbes seem to control aspects of our immune function in a way that suggests they are farming us, too," says Velasquez-Manoff in *Nature*.

(Continued on next page.)

Microorganisms live everywhere—your gut, skin, hair, couch, dog—and can affect everything from your physical well-being to your mental and emotional states. Psychobiotics, a potential new pharmaceutical field, is finding correlations between what's living in a person's gut and their "gut" reaction to different stimuli. This could mean that having fun in the dirt as a kid could actually lead to a healthy mood as an adult. However, untangling exactly which bacteria affect particular conditions will keep scientists busy for many decades.

The Human Food Project's American Gut study is taking a crowd-sourcing approach to connect the microscopic dots. Run almost entirely by volunteers, the citizen science effort has accepted thousands of donations—financial, as well as, ahem, fecal. For \$99, they provide a personalized, scientific report and analysis of your very own gut bacteria and include your information in the massive database they are creating in an attempt to understand our microbial and behavioral patterns on a population scale. Co-founder Rob Knight explains in *Nature*, "We have the potential not just to read out our microbiome and look at predispositions but to change it for the better."

Just as the soil microbiome varies from field to field, the human microbiome varies from person to person. Centers for Disease Control and Prevention reports that autoimmune diseases affect three times as many women as men; some theorize that it could be due to the expectation that little girls stay cleaner and not be as messy as little boys. Subtle yet distinct boundaries between cultures also show up under the microscope. Compared to more primitive societies, such as the Hadza of Tanzania, industrialized Western diets and lifestyles reveal a reduction in variety and abundance of good gut bacteria.

Tony Stallins, associate professor of geography at the University of Kentucky, has been trying to translate the biology and sociology research into geographic language and draws some healthy conclusions. "People think they are going to be able to finalize this relationship between us, our environment and our bacteria, but things will always evolve," he says. "The medical world depends on this stability, so patenting this may not be possible." *Get Your Hands Dirty*

Remy Hendrych is a health coach and nature-based mentor who lives with Crohn's disease. She ferments her own foods and draws on traditional wisdom to guide her diet and lifestyle.

"Personally, it's one of the few foods I think I can draw 'conclusions' about in my own health—that with fermented food there seems to be a strong correlation with a number of improved health markers," Hendrych says. "I have also seen this in other people I've worked with who have been sick and are healing."

Do you need to improve your own microbiome? You've got some options: You could swallow pills of probiotics. (Look forward to the new dirt movement, when pharmaceutical companies commodify your microbiome and sell you pills of beneficial bacteria to target your specific condition.) You could also make and eat fermented foods, such as yogurt, kefir and sauerkraut, which naturally contain many of these probiotics.

Another, often overlooked option, is to pay close attention to the quality of the soil that produces your food. Invite your young friends out to the garden or field with you to plant some potatoes in the rich tith or harvest some spring onions.

Stallins muses about the cures for the ills we've created. "We can simulate dirty fingernails, with all the possible side effects, or we can just go out and get our fingernails dirty," he says. The side effects of that might just be pure, childlike joy.

About the Author: Karen Lanier has spent half of her life as a transient park ranger and photographer, intrigued by the intersections of culture and nature. Now she's learning how to put down roots by settling in Lexington, Ky., and growing squash vertically.