“The need for imagination, a sense of truth, and a feeling of responsibility — these three forces are the very nerve of education.”

Rudolf Steiner  Founder of Waldorf Education
Dear Guests,

On behalf of Rudolf Steiner College, I am pleased to welcome you to our Fair Oaks campus. In order to make your time with us more comfortable, we are providing you with a guide book that contains all the social agreements and policies that you need to know in order to be a responsible visitor to our College community. In addition, there are ample resources in this book, including suggestions for restaurants, stores, several maps, important phone numbers, and information about our campus, its programs, and the local area.

If you have any questions, please ask any Rudolf Steiner College staff or faculty member—they will be happy to help you.

Welcome to our campus—we hope you will enjoy your stay in this special place.

Best Regards,

Leslie Loy
Director of Community Education
916-961-8727 ex.126
leslie.loy@steinercollege.edu
www.steinercollege.edu
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Important Phone Numbers

Main number: 916-961-8727
Campus Services after hours: 916-710-0596
Housing: 916-864-4816
Bookstore: 916-961-8729
Workshop/Class Registration: 916-864-4864
Community Education Office: 916-864-4858
Registration: 916-864-4864
Residential Assistant: 916-768-6255
To report a crime in progress: 916-874-5111
Emergency: 911
Non-emergency: Contact the Sheriff’s department at 916-874-5115, then contact Campus Services 916-710-0596.

Auditing Policy

You may not audit a class or workshop that you are not signed up for. Classroom space is limited, leaving room for only those assigned to that class or workshop. To learn more about our auditing options, please contact Admissions at 916-961-8727 ext. 100 (for matriculated courses) or Registration at 916 864-4864 (for workshops and events).

Bicycles

Please do not ride bicycles on the campus walking paths. No bicycles may be brought into any building, including the dormitory. Lock bicycles at all times. Bicycles should be locked at the Philadelphia Hall bicycle racks and not be left around campus. Dorm residents may request a key to the dorm bike shed, a secure building which stores bikes out of the weather. We are not responsible for stolen bicycles. Helmets and lights are strongly recommended.

Bookstore at Rudolf Steiner College

Summer Hours:
Monday-Friday 9:30am-7:00pm
Saturday 10:00am-4:00pm
Sunday closed
Phone: 916-961-8729
Online: www.steinercollege.edu/bookstore

In the Bookstore you can buy copier cards and stamps, and drop off stamped mail. There are also some select toiletry items, snacks, and materials for classes and workshops. See page 19 for more information.

Camping

Camping in cars or staying overnight in cars or recreational vehicles is not permitted on Rudolf Steiner College’s campus. Parking of vehicles larger than a standard parking space is not permitted. If you do park your large vehicle here or choose to sleep in your car, you may be asked to leave campus or have your vehicle towed.
Cell Phone Usage
Please exercise consideration and respect for others. Cell phone users are asked to not use their phones in the following places: all classrooms, Raphael Garden, the library, Norton Commons, the picnic tables, and anywhere else where people are gathered, and a person speaking on their phone would be a distraction. Between 9pm and 8am cell phones should not be used outside within 50 feet of the dorms.

Children and Visitors
For their safety, children under the age of 12 must be directly supervised at all times. Children may not be left outside classrooms while parents are attending classes. Tree climbing is not permitted. All campus visitors need to register with the main office. Children are not allowed in the dorms at any time from July 1 - August 31.

Clara’s Counter
Shilo’s Catering serves breakfast, lunch, dinner, snacks, à la carte items, and beverages from Clara’s Counter in Barton House. Clara’s Counter is open from 7:00am to 7:30pm, Monday through Friday and on selected weekends. Call 916-961-8727 ext. 127 to find out about hours or to place orders ahead of time.

Snacks/Breaks: Clara’s Counter is open during breaks and mealtimes, and offers snacks and beverages for purchase.

Note: Individual dietary needs cannot be met; however gluten-free main dishes are most frequently served. If you are on a restricted diet, please make alternate plans for your meals.

Copy Machine and Cards
The library copy machine requires pre-paid cards, which are sold at the Library and the Bookstore ($4.00 for 50 copies; $8 for 100 copies). Students may not use faculty/staff copy machines.

Dress
All persons on campus, including members of the College community and visitors, are asked to be appropriately dressed. Shirts and shoes are required.

Dorm Rules
Living in a communal environment requires extra mindfulness: Keep dorm rooms and unit doors locked. Please keep all food in fridge or shelves. Wash your dishes after each use. Put away personal belongings from living room and bathrooms. Tidy up your room before you leave. Return all linens to the bins outside the Housing office. For a list of additional dormitory rules, please consult your housing key packet. The Housing Department will attempt to return items left in the dorms to their proper owner. You will be charged shipping. For questions, the RA cell phone number is 916-768-6255 and the dorm manager’s office number is 916-864-4816.
Emergency/First Aid

First Aid box locations:
- The Bookstore
- Campus Services Office
- Outside Barton House, behind the kiosk
- The reception desk in Barton house
- By the laundry room

For additional assistance call Campus Services at 916-710-0596.

Automated External Defibrillator (AED) Machine

We have an AED machine and staff that are certified to use it. Contact Campus Services at 916-961-8727 ext 154.

Emergencies, what to do

Call 911, then call Campus Services at 916-710-0596 or 916-671-0668.

To report a crime in progress

Call 916-874-5111, and then call Campus Services at 916-710-0596 or 916-671-0668.

For a non-emergency

Call the Sheriff’s department at 916-874-5115, and then call Campus Services at 916-710-0596.

Faxes/Messages

To send a fax, please see the Main office in the front of campus. Faxes are $1.00 per page. An attempt will be made to deliver any urgent messages called in to the main office.

Firearms, Alcohol, and Drugs

Firearms are not allowed on campus under any circumstances. All illegal drugs and alcoholic beverages are prohibited everywhere on campus. The possession of a valid cannabis card does not void the policies of a drug-free and alcohol-free campus.

Grievances

Any person feeling he or she has a legitimate grievance against any individual or against the College can file a grievance complaint. The College has clear policies for dealing promptly and fairly with all grievances. (Please see the College website for details www.steinercollege.edu/policies).

Guests

Guests—relatives and friends of students—may visit. A student wishing to bring a guest to class should ask the instructor’s permission, notify Reception, and obtain a visitor’s badge from the Main office. After two days auditing fees apply. No overnight guests are allowed in the dorm during June, July, and August.
Harassment

Harassment of any kind—verbal, physical, psychological, or sexual—of any member of the College community by another member of the community will not be tolerated. (Please see the College catalog or website for details www.steinercollege.edu/policies.)

Internet Access and Computer Use

Secure or open wireless Internet access is available in most classrooms and buildings on campus, including the student residences. Wireless routers turn off at 12am and turn on at 6am. Networks and passwords are listed below and are also at www.steinercollege.info/IT/RSCwifi.pdf. For IT support visit www.steinercollege.info/IT or http://steinercollege.info/scholars. Computers may be used in class for note-taking. Text messaging, e-mail, and surfing the Internet during class detract from the learning experience of all present and are not permitted.

<table>
<thead>
<tr>
<th>Library (Available only during library hours)</th>
<th>Stegmann Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSID: RSC Norton Library</td>
<td>SSID: RSC North</td>
</tr>
<tr>
<td>Password: RSClearn2012</td>
<td>Password: RSCnorth12</td>
</tr>
<tr>
<td>Admissions</td>
<td>Turner Dormitory</td>
</tr>
<tr>
<td>SSID: RSC-Office</td>
<td>SSID: Turner9234</td>
</tr>
<tr>
<td>Password: (not password protected)</td>
<td>Password: RSCdormsouth</td>
</tr>
<tr>
<td>Renoir Dormitory</td>
<td>Classrooms</td>
</tr>
<tr>
<td>SSID: Renoir9236</td>
<td>SSID: RSC-classroom</td>
</tr>
<tr>
<td>Password: RSCdornnorth</td>
<td>Password: (not password protected)</td>
</tr>
</tbody>
</table>

Library and Computer Lab

Library Hours: Monday-Friday 11:00am-9:00pm, Saturday 11:00am-4:00pm. A copy machine is available (purchase copier cards at the library desk or in the Bookstore). Visit our online library catalog at http://library.steinercollege.edu. The computer lab (located in the library) is open during library hours. Printing in the computer lab costs 10 cents per page. The computer in the media area of the Common Room is available from 9:00am-9:30pm.

The library subscribes to, among other data bases: EBSCOhost Education Research Complete Database, which includes the full text for nearly 1,200 education journals.

Environmental Safety Concerns

Poison Oak

Poison oak is a member of the sumac family and a relative of poison ivy. Contact can cause a severe, itchy skin irritation that may last for days. Even touching clothes or pets that have been in contact with the irritating oil particles can cause a severe rash. The smoke of burning poison oak can cause serious lung problems. Over-the-counter remedies provide only mild relief.
Poison oak grows as an erect or spreading shrub, two- to eight-feet high, or as a vine climbing more than fifty feet. The leaves are three to four inches long with three glossy green leaflets on each leaf stem. The tiny flowers are greenish-white and grow from the leaf axils. In the autumn, leaves turn bright colors, tempting the unwary to pick them.

**Spiders**
The black widow spider and the brown recluse spider are both present in the area. One should never reach into any space—indoor or outdoor—which cannot be seen. A spider bite requires immediate medical attention.

**Ticks**
Ticks are the leading carriers (vectors) of diseases to humans in the United States and are second only to mosquitoes worldwide. It is not the tick bite but the toxins, secretions, or organisms in the tick’s saliva transmitted through the bite that cause disease. Researchers from the University of California at Berkeley took to the woods and found that during the April through October tick season sitting on a log involves a serious risk of picking up a tick. If you sit on a log in Northern California for only five minutes, you have a 10% chance of getting a tick on you!

If you have a tick on you, carefully remove the tick and treat the wound appropriately. Contact a physician if any swelling, rash or infection develop.

**Rattlesnakes**
The Western rattlesnake is the only venomous snake native to northern California. Rattlesnakes have thick, powerful bodies, thin necks, and a well-defined triangular or heart-shaped head. Their eyes are hooded, and the pupils are elliptical rather than round. Since the color varies and a snake sometimes loses the characteristic rattle at the end of its tail, they can be difficult to identify. Rattlesnakes in the area hibernate from November through March. Baby rattlesnakes are just as venomous as adult rattlesnakes and often deliver higher doses of venom.

**Snake Bite Prevention**
- Always wear hiking shoes or boots when in a natural area.
- Stay on paths and use a walking stick; the snake may strike the stick instead of you.
- Look for concealed snakes before picking up rocks or wood.
- Check carefully around stumps or logs before sitting on them.
- Do not grab “sticks” or “branches” when swimming in a lake or river. Rattlesnakes are excellent swimmers.
- Do not tease any snake.
- Do not handle an apparently dead snake — it might not be dead.

**Do not:**
- Apply a tourniquet
- Cut the wound with a knife or razor
- Suck out the venom by mouth
- Let the victim drink alcohol
Snakebite first aid:
• Keep the victim calm and still.
• Gently wash the bite area with soap and water.
• Remove watches, rings, and other items that may constrict swelling.
• Transport the victim to the nearest medical facility for treatment. If possible, carry the person.

Local Medical Facilities

In a non-life-threatening medical situation the following nearby facilities are available:

For a serious, but not life-threatening situation:

Mercy San Juan Hospital
6501 Coyle Avenue, Carmichael, CA 95608
916-537-5120
24-hour emergency room

Directions:
1. Exit College parking lot and turn left onto Fair Oaks Blvd.
2. Turn right at the first intersection onto San Juan Ave.
3. Go north about 1.9 miles and turn left onto Madison Ave.
4. After about .9 miles, turn right onto Dewey Ave.
5. After .3 miles, turn left onto Coyle Ave.
6. After .2 miles, turn right into hospital parking lot.
7. Follow signs to Emergency Room.

For less serious medical situations:

The Doctors Center
4948 San Juan Ave., Fair Oaks, CA 95628
916-966-6287
8:00am to 8:00pm seven days week. No appointment is needed.
Prompt treatment of minor illness or injury.

Directions:
1. Exit College parking lot and turn left onto Fair Oaks Blvd.
2. Turn right at the first intersection (San Juan Avenue).
3. The center is on the right side about a mile north, just past Raley’s supermarket.

Med 7 Urgent Care Center
4156 Manzanita Ave., Carmichael, CA 95608
916-488-6337
9:00am to 9:00pm seven days a week

Directions:
1. Exit College parking lot and turn left onto Fair Oaks Blvd.
2. Continue on Fair Oaks Blvd for about one mile.
3. Turn right onto Manzanita Avenue at the “T” intersection.
4. The center is on the right side just past the first intersection (Cypress Avenue).
Lost and Found

Lost items may be retrieved from Campus Services. Found items may be turned in to Campus Services or the main office. The Housing Department will make attempts to return items left in the dorms to their proper owner. You will be charge for shipping.

Main Office

For general questions, our main office hours are 10am-4pm, Monday-Friday. Phones are answered: 9:30am-4:30pm, Monday-Friday. In the main office you can obtain first-aid supplies, send a fax, drop off stamped mail, and have most of your questions answered.

Maps

Campus, local area, and community resource maps are included in the back of this guide, starting on page 11. Maps are also posted at times on bulletin boards around campus.

Parking and Driving

Please respect the staff parking spaces, and park elsewhere where permitted. Parking passes may be required for some events and during certain times of the year. When parking at RSC please be sure to display your parking permit. Cars without this permit may be towed. Please lock your vehicle and do not leave valuable items in your car.

Drive slowly (15mph) on campus and observe the stop sign and pedestrian walk at the south end of the campus.

Pets

Pets off-leash are not permitted anywhere on campus. This includes classrooms, dormitories, and gardens. Service animals are permitted, provided they are wearing their service halters. Please do not feed the farm animals or stray cats or dogs that may appear on campus. Pets are not allowed in the dorms at any time. We do have farm animals including a cat and dog that may be seen wandering around. Concerns about these animals should be directed to the farmer, Harald Hoven.

Recording of Lecture and Classes

Students are required to get instructor permission in writing before recording any lecture or class on campus. The College may record and/or film classes for online or other educational purposes. Students of the College give implicit permission to the College to use, for said purposes, any class recording, and incidental visual or audio capture of them. Please see the policy in your registration packet for more information. Before recording a lecture or a class, students must receive permission from the teacher.

Room Use

On weekdays, classrooms are opened at 8:00am and are locked at 5:00pm. They are locked over the weekend.

Students may request permission for early morning, evening, or weekend use of rooms for course- and College-related activities such as artistic practice and group study sessions. Room use for personal activities,
such as a social gathering, can also be requested. All requests must be made to the Campus Services Coordinator at least 24 hours in advance at 916-961-8727 ext. 157.

The College facilities are usually in use for College activities. However, rental of available campus facilities by individuals and organizations not connected to the College is possible. Rental requests can be submitted by e-mailed to caroline.stave@steinercollege.edu. All food and drink are prohibited in classrooms, with the exception of water. Please support your colleagues by reminding them of this rule.

Registration Information

Please consult our course brochures or our online calendar for check-in times. For specific questions about workshops, classes, events, and summer courses our registration office hours are 9am-4pm, Monday - Friday. You may also contact our registration office at 916-864-4864 or email conferenceregistration@steinercollege.edu.

Sexual Assault / Harassment

The College maintains the following procedures and information for assisting a person who has been the victim of a sexual assault:

**Prevention:** Any student or staff member should be accompanied to his/her car, bicycle, or bus stop on request if danger is anticipated. Persons responsible for assistance procedures: Heads of Programs, faculty, dormitory manager, and receptionist have been given information regarding the services available in such cases.

**Confidentiality and reporting:** It is important to maintain confidentiality for any person who confides in College personnel and who requests confidentiality. None other than a person specifically authorized by the Executive Committee to speak for the College is permitted to make a public statement regarding an incident involving a College student, faculty, or staff member. All such incidences that have taken place on the RSC campus, or in connection with a College event, should be reported to the Chief Executive Officer, without mentioning names if this has been requested. It is the responsibility of the College administration to do everything possible to maintain safety and confidentiality as this information may be significant.

**Due process:** It is important to protect the rights to fair treatment of all parties involved in an alleged assault.

**Emergency:** If approached by someone in need of crisis assistance and it is impossible to contact any College personnel who are informed of assistance procedures, call the 24-hour crisis line of Women Escaping a Violent Environment (WEAVE) at 916-920-2952.

Dial 911 for immediate life-threatening or other violent situations.

The College is located on a small campus in a peaceful residential area. In its history, it has had no incidences of sexual assaults. Students, faculty, and staff who have need to work on the College campus after dark are asked to keep the doors locked for their safety.

The College community is a relatively small, closely knit group of people who are aware of the presence of a stranger. If there is any feeling that a stranger would pose a threat to anyone’s security, this should be communicated to the offices and to faculty and students in the various programs so that no single person will be left alone in jeopardy. If danger (urgent and non-emergency) is suspected, contact the Sheriff at 916-874-5115.
Schedules
Class schedules are located on the kiosk by Barton House, on the campus services' bulletin board, and on an easel located at Sacramento Waldorf School in front of Linden Hall.

Security
Please do not leave cars, bicycles or dorm rooms unlocked. Remove all valuables from vehicles as our campus has been prone to minor break-ins. Report any suspicious activity to Campus Services or any RSC employee. Call 911 or 916-874-5111 if a crime is in progress.

Selling on Campus
The public sale of merchandise of any kind is prohibited unless approved by the Executive Committee.

Smoking Areas
Smoking is not permitted on campus except in two locations. One is on the West side of the front parking lot, where there is a bench. The other is at the back of the property by the fire gate. Safe receptacles are provided for your use. Be aware of fire hazards from butts thrown on our dry ground. It is very easy to start a fire in California during our dry months. (See campus maps for more location information.)

TaskStream
TaskStream is a website where teachers distribute learning activities, syllabi and other documents to matriculated students, assess student performance, and demonstrate achievement of learning outcomes. Assignments and syllabi are uploaded to the site and students can view and download them and also upload assignments for assessments as required. Students also have tools to create webpages, E-portfolios (an assigned task), and are able to chat, form groups, and communicate with their instructors. TaskStream is only used by matriculated students. Instructions will be found through the student portal at http://steinercollege.info/scholars.
Welcome to the Sacramento Waldorf School. We have a 22-acre campus just above the American River. Much of our campus is a nature area. Be aware that we do have poison oak and rattlesnakes on campus (see pages 5-6 for more information about the local environmental considerations). We also have a 3-acre working farm; tours are available if scheduled in advance.

*If you happen to wander out into the farm area, please do not harvest any food from the farm.*

**Please observe the following rules:**

- Speed limit on campus is 10 MPH.
- Park only in approved spaces. Automobiles left in yellow/red zones will be towed. Parking permits must be displayed in your vehicle at all times.
- We are a smoke free, drug free, alcohol free campus. None of these activities belong on campus.
- No dogs are allowed on campus. (With the exception of Service Animals)
- No river access. If you want to visit the river, please use the American River Parkway via Bannister Park at the top of our driveway.
- Please do not litter. Put trash in the proper receptacles.
- The playgrounds need to rest from heavy use during the school year. They are not open to visiting children at any time.
- No camping or overnight stays.

*Please respect our campus policies. Violators will be asked to leave the grounds of the Sacramento Waldorf School regardless of the reason that they are here.*
Rudolf Steiner College Area Map
Community Resources Listings

Rudolf Steiner College

1. Rudolf Steiner College
   9200 Fair Oaks Blvd., Fair Oaks 95628
   916-961-8727
   www.steinercollege.edu
   Bookstore at Rudolf Steiner College
   Summer hours: Monday-Friday 9:30am-7pm,
   Saturday 10-4pm, Sunday closed

2. Sacramento Waldorf School
   3750 Bannister Road, Fair Oaks 95628
   916-961-3900

Government Services

3. Fair Oaks Branch Library
   11601 Fair Oaks Blvd., Fair Oaks 95628
   916-264-2700

4. Fair Oaks Chamber of Commerce
   10224 Fair Oaks Blvd., Fair Oaks 95628
   916-967-2903

5. Fair Oaks Post Office
   7892 Winding Way, Fair Oaks 95628
   916-967-0249

Sacramento Regional Transit
Line 23 north to Citrus Heights and west
to Sacramento
Monday–Friday 6am-9pm
916-321-BUSS • www.sacrt.com

Banks and ATMs

6. American River Bank
   10123 Fair Oaks Blvd., Fair Oaks 95628
   916-967-2265

7. Smart Mart (ATM)
   8994 Fair Oaks Boulevard, Carmichael, CA
   (916) 944-2561

8. G & G Food & Liquor (ATM)
   9634 Fair Oaks Boulevard, Fair Oaks, CA
   (916) 966-7539

9. Bank of America
   7850 Kingswood Drive, Citrus Heights 95610
   916-373-6920

10. Chase Bank
    5801 Sunrise Blvd., Citrus Heights 95610
    916-863-2750

11. Wells Fargo Bank (inside Raley’s)
    4840 San Juan Ave, Fair Oaks 95628
    916-536-1046

12. Wells Fargo Bank
    2010 Gold Field Drive, Rancho Cordova 95670
    916-852-1033

13. Wells Fargo Bank
    6047 Sunrise Blvd., Citrus Heights 95610
    800-869-3557

Medical Services

14. Center for Living Health
    Anthroposophic Medical Group
    11344 Coloma Rd, Ste. 445, Gold River 95670
    916-803-7040

15. The Doctors Center
    Clinic, walk-ins, 8am-midnight
    4948 San Juan Ave., Fair Oaks 95628
    916-966-6287

16. Med 7 Urgent Care Center
    Clinic, walk-ins
    4156 Manzanita Ave. #100, Carmichael 95608
    916-488-6337

17. Mercy San Juan Medical Center
    6501 Coyle Ave., Carmichael 95608
    916-537-5000
18. Raphael Medicine and Therapies
   Kelly Sutton, MD. Anthroposophical care.
   Open some weekends.
   9801 Fair Oaks Blvd., #300, Fair Oaks 95628
   916-671-1780

Coffee Shops
   7901 Fair Oaks Blvd., Carmichael 95608
   916-944-0266

20. Mirabelle European Pastry, Inc.
   7318 Winding Way, Fair Oaks 95628
   916-535-0100

21. Pete's Coffee & Tea
   8909 Madison Avenue, Fair Oaks 95628
   916-844-3050

22. Starbucks Coffee
   5353 Sunrise Blvd., Fair Oaks 95628
   916-966-1639

Restaurants
23. Carmelita's Mexican Restaurant
   4071 Howard St., Fair Oaks 95628
   916-961-3327

24. Fair Oaks Coffee House and Deli
   10223 Fair Oaks Blvd., Fair Oaks 95628
   916-966-2130

25. Il Forno Classico Italian Restaurant
   2121 Golden Centre Ln. #10, Rancho Cordova
   95670 • 916-858-0651

26. Jack's Urban Eats
   2137 Golden Centre Ln. #20, Rancho Cordova
   95670 • 916-852-8291

27. La Bou
   7250 Fair Oaks Blvd., Fair Oaks 95628
   916-481-9948

28. Naan India Grill
   8105 Madison Ave., Fair Oaks 95628
   916-967-1550

29. Namaste Nepal Restaurant
   2228 Sunrise Boulevard, Rancho Cordova
   95670 • 916-635-9100

30. Sher-E Punjab
   6400 Fair Oaks Blvd., Fair Oaks 95608
   916-971-0115

31. Sunflower Natural Food Restaurant
   10344 Far Oaks Blvd., Fair Oaks 95628
   916-967-5900

32. Taka's Sushi
   11773 Fair Oaks Blvd., Fair Oaks 95628
   916-961-2118

33. Takeing Thai Cuisine
   4400 San Juan Ave., #8, Fair Oaks 95628
   916-966-0660

34. Tugboat Fish and Chips
   7601 Fair Oaks Blvd., Carmichael 95608
   916-944-4911

Grocery Stores, Drug Stores
35. Bel Air
   2155 Golden Centre Ln., Rancho Cordova
   95670 • 9916-858-0494

36. CVS Pharmacy 24 Hour
   5420 Dewey Dr., Fair Oaks, CA 95628
   (916) 864-4800

37. Elliott's Natural Foods
   8063 Greenback Lane, Citrus Heights 95628
   916-726-3033

38. Family Donuts and Deli
   9045 Fair Oaks Blvd # A, Carmichael 95608
   916-944-8131

Gluten Free Specialty Market
   2612 J Street #1, Sacramento 95816
   916-442-5241
39. Raley’s  
4840 San Juan Ave., Fair Oaks 95628  
916-967-4733

40. Rite Aid  
5409 Sunrise Blvd., Citrus Heights 95610  
916-961-2064

Sacramento Natural Foods Co-op  
1900 Alhambra Blvd., Sacramento 95864  
916-455-2667

41. Tak Food Market  
9045 Fair Oaks Blvd # K, Carmichael 95608  
916-944-3188

42. Trader Joe’s  
5309 Sunrise Blvd., Fair Oaks 95628  
916-863-1744

43. Whole Foods Market  
4315 Arden Way, Sacramento 95864  
916-488-2800

Farmers’s Markets

44. Soil Born Farms, American River Ranch  
May – Early Winter, Saturdays 8am-1pm  
2140 Chase Drive, Rancho Cordova 95670  
916-363-9685

45. Sprouts Farmers Market  
7905 Greenback Ln., Citrus Heights 95610  
916-560-2000

46. Sunrise Mall Farmer’s Market  
Every Saturday, 8am-noon in mall parking lot

Other Shops

47. Babetta’s Yarn and Gifts  
4400 San Juan Ave., #20, Fair Oaks 95628  
916-965-6043

48. Beverly Crafts and Fabrics  
8079 Madison Ave., Citrus Heights 95610  
916-962-0902

49. EcoThrift  
7305 Greenback Lane, Citrus Heights 95621  
916-729-8474

50. Goodwill  
4126 Manzanita Ave., Carmichael 95608  
916-481-5412

51. Thrift Town  
6328 Fair Oaks Blvd., Carmichael 95608  
916-480-0312

FITNESS, RECREATION AND MISC.

52. American River Parkway and Bike Path/ Effiew Yeaw Nature Center  
www.msa2.saccounty.net/parks

53. Bannister Park  
Walking and biking trails to the American River  
www.fairoakspark.org

54. Burning Lotus Yoga  
discounts to Rudolf Steiner College students  
9045 Fair Oaks Blvd., Ste. E, Fair Oaks 95628  
916-944-1080

Folsom Lake  
www.recreation.gov

55. Hot Yoga At Sunrise  
4009 Bridge St, Fair Oaks 95628  
916-631-7749  
hotyogaatsunrise.com

Lake Natomas Aquatic Center  
1901 Hazel Ave., Gold River 95670  
916-278-2842  
www.sacstateaquaticcenter.com

Old Town Sacramento  
www.oldsacramento.com

Sutter’s Fort/Indian Museum  
www.parks.ca.gov
The Bookstore at Rudolf Steiner College

Store Hours
Monday-Friday 9:30am-7:00pm
Saturday 10:00am-4:00pm
Sunday-Closed
Phone: 916-961-8729
Online: www.steinercollege.edu/bookstore

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- You will notice we have reorganized the way customers purchase Dr.Hauschka and other face and body care products. Only testers and display boxes are in the usual location. Please ask a shopkeeper for assistance when shopping for these items.

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Mission and History of Rudolf Steiner College

Mission
Rudolf Steiner College strives to provide a creative educational environment for men and women of diverse ages and backgrounds who seek a deeper understanding of the challenges of modern life and wish to develop new capacities as a basis for their life’s work, for social service and cultural renewal.

Founded on the spiritual scientific work of Rudolf Steiner, the College has as its mission to provide programs that:

* Awaken independent thinking and healthy judgment about the deepest issues of human life,
* School powers of perception
* Cultivate and enrich artistic faculties
* Develop social sensitivity
* Strengthen capacities for practical life

Rudolf Steiner College has as a major focus the preparation and certification of teachers for vocations in Waldorf Education. The College also offers programs which develop insights and skills that can lead to practical application in a variety of professions in the arts, sciences and education.

The College aims to serve as a resource center for Rudolf Steiner’s work, providing continuing education, fostering research, presenting workshops and conferences, and publishing and making accessible books and other related materials. A further goal is to serve the broader educational community and bring Rudolf Steiner’s contributions into the dialogue on education and other issues of global concern.

Rudolf Steiner College in all cases seeks faculty members who have knowledge of the work and writings of Rudolf Steiner and Waldorf Education.

The view of the human being as an individuality encompassing body, soul, and spirit is central to the programs of the College, along with emphasis on the cultivation of the inner life as a source of strength, creativity, and initiative. Programs strive to address the students’ quest for the knowledge, insight, and moral imagination needed to bring balance and healing to human beings, communities, and the earth itself.

History
Rudolf Steiner College was founded in 1976, but the beginnings of anthroposophical activity in Sacramento go back to the early 1940s. Lysbeth “Betty” Buck (1913–1987), a California native, came to know about Anthroposophy in England in the late 1930s and organized some activities when she returned to her home state. In 1959, she helped found the Sacramento Waldorf School. Four years later, Betty Buck was instrumental in forming the Faust Branch, the local branch of the Anthroposophical Society in America.

A group of local people meeting with Carl and Christine Stegmann were inspired to create the College on February 22, 1976. It was first called the Sacramento Center for Anthroposophical Studies and its initial focus was the spiritual destiny of America. Carl then invited René and Merlyn Querido to join the endeavor. After their arrival in 1977, emphasis was placed on establishing a Foundation Year program to introduce students to the insights of Anthroposophy and a Teacher Training program to train teachers for the Waldorf schools. The Center’s name was changed to Rudolf Steiner College in 1979. Betty Staley and Nancy Poer, who were among the College’s founders, have continued the work on the spiritual destiny of America at the College for over thirty years.

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