

September 1, 2003

Dear Peter Sklar,

I just want to thank you for inviting me to your August workshop. I had the best time of my life! I loved all my classes and I met a lot of new people. I expected the food to be a lot worse then it was. I liked most of the food that we had. When I came home from the workshop I went to the store and bought some rice milk, healthy cereal, and soon I plan on buying flax seeds. My dad printed two tofu recipes off the internet and I am planing on having it for dinner some night. I am eating a lot healthier now. I am eating lots of green veggies and limiting my sugar. I have never liked pop so all I drink is water. I have remembered all of the advice that you gave us during the workshop and it has helped me so much. My dancing, acting, and playing my flute have improved a lot since I have been home. I will never forget all of my teachers, and chaperones that helped me. The bonfire and the dance were so much fun! I had a great time and I will never forget it. I had the best time at the showcase. I loved being on stage and performing my monologue. I learned so much that week and had so much fun! I really appreciate it that you chose me to have this wonderful experience that I will never forget! Once again, THANK YOU!!!!!!!!!!!!

Can you please send me Apple's address so I can write to her?

Thank you.

Sincerely,



Krista Juderjahn