



# TAKE NOTE

The Hill School  
(540) 687-5897  
[www.thehillschool.org](http://www.thehillschool.org)

## MARCH 12, 2015

### Noon Dismissal Tomorrow for all Grades. Have a Great Spring Break!

#### School's OUTside for Summer!

Registration is now open for Hill School's summer camp! Hill will be offering a full-day camp for rising 1st through 8th graders! Campers at The Hill School are exposed to a mix of arts, sciences, sports, swimming and the natural environment, all designed to strengthen their skills, interests and character. In addition, here will be several week long specialty camps led by Hill teachers. The campus will also host sports camps focusing on lacrosse, soccer, and basketball.

Our camp will run from July 6 - August 14...sign up for one week or all six!  
Visit our website <http://www.thehillschool.org/program/summer-camp/> or [Click Here](#) for more information. Questions can be directed to Bee Stribling or by email at [summerathill@thehillschool.org](mailto:summerathill@thehillschool.org).

#### "Minute to Win it" Carnival

- Dozens of games and challenges!
- Friday, April 10th 3:00 – 4:00
- \$5 Admission
  - pay in advance at the front desk or at the door
- All proceeds benefit Seven Loaves Food Pantry
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym



Many thanks to all of the volunteers for the amazing amount of time, expertise, and creativity they offered to make our unit on gymnastics a success. Parents who helped with the lower school: Monique and John Lynch, Amy Goins, Nettie Wheatstone, and Ali Pejacsevich. Volunteers who helped with the upper school: Jens Scott created and taught an innovative obstacle course utilizing the gymnastics equipment for the 6-8 boys. Kristin Quinn created and taught a rigorous fitness routine inspiring our 6-8 girls and boys. Megan Hasse, class of 2010, helped create a dance with interested 6-8 students. Kelly Wick supported the Hill dance group during each practice. Tal Mack, coached 4-8 grade rings.



April Lunch Forms were attached to last week's Take Note.  
Orders are due at the front desk TOMORROW (3/13).



## Coming up at Hill:

Fri. March 13                      Spring Break begins. Noon dismissal for all grades.  
Mon., March 30                    School re-opens,.

**FOR RENT:** Charming, Large, 1 BR Apartment, Sam Fred Rd at Rt. 50. Recently renovated. Hardwood floors, Deck with great views, nice kitchen with stove, fridge, dishwasher, w/d. \$1000 per month, available immediately. Call 540-687-3200 or email [deedee@middleburg.com](mailto:deedee@middleburg.com) to see.

**FOR RENT:** Cottage on beautiful horse farm 10 minutes from Middleburg and I66. 2 bedrooms , one bath, recently renovated with a/c, w/d, internet. Pets considered on an individual basis. Possible stall space for a horse. \$1,500. mo. Call 540-270-9363.

**INTERNSHIP OPPORTUNITIES:** The National Sporting Library & Museum has summer internships in the curatorial, library, or education departments that are geared towards college students or recent grads. Please contact [nstribling@nsl.org](mailto:nstribling@nsl.org) for more information.

**HIRING:** Front Desk Attendant, National Sporting Library & Museum, Middleburg, VA. Part Time/Administrative/Visitor Services. The Front Desk Attendant is the first point of contact for all visitors to the National Sporting Library & Museum. Ideal candidate will be comfortable with greeting visitors, answering questions and sharing information about NSLM programming, events and membership. Primary duties include monitoring all visitors; processing book and merchandise sales; answering phones and helping with other administrative tasks. Basic computer skills required. Proficiency in Microsoft Word required. Proficiency in Microsoft Excel and Access preferred. Requires use of multi-line phone system. Previous volunteer or work experience with a non-profit institution, library or museum preferred but not required. Experience with collections database or non-profit software helpful but not required. Hours: Part-time, weekends. Salary: \$12/hour. To Apply submit cover letter, resume and two references names with contact information, via email to [nstribling@nsl.org](mailto:nstribling@nsl.org) . No phone calls, please.

**SEEKING:** Farm Manager position needed -11 years experience running a farm, I have knowledge of tractors, and equipment. Experience in all aspects of horses. Repairs, painting, gardening etc. Please call Sergio 703-608-9812 .

**IN SEARCH OF:** 1 or 2 nice roosters, preferably NOT Rhode Island Red. Please call or email Kate if you have a rooster you would like to re-home. Contact [assistant@roland-farm.com](mailto:assistant@roland-farm.com) or 703-754-8713.

**SELLING:** Yamaha baby grand piano. Excellent condition and only 1 owner. Text me if interested: 540-272-3295.



A little frog told me that  
\***THAT NIGHT IN RIO**\*  
**DEADLINE IS HERE!**

Don't let your chance to participate hop away.  
See Page 4 for more information.

Piedmont Child Care Center Presents...

## Spaghetti Dinner and Raffle

Dinner generously donated by  
The French Hound

There will be a raffle for a "Pot-of-Gold"  
(a basket full of Va. scratch off tickets). This  
is open to the public. All the proceeds go  
towards class room supplies.

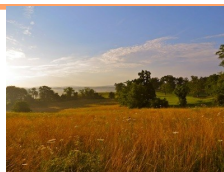
**Friday, March 20th**

From 6:00 - 8:00PM

At Trinity Church Parish Hall,  
on Route 50 in Upperville

\$7 all you can eat

Call PCCC for details 540-592-3908



## "Land Observations"

Sunday, March 22nd

4:00 pm

An Artful Life® Gallery presents  
"Land Observation" with Tom Neel.

As one of this region's acclaimed landscape painters, artist Tom  
Neel has spent countless hours observing the  
Piedmont. Through this first ever talk, Tom will share his  
thoughts in what he kiddingly calls - land watching. If you love  
the outdoors or a good country drive, this is for you. It will be a  
photographical journey and discussion sure to enlighten you on  
the beauty of open space. His talk will discuss light, land and  
water, sky, seasons and more.

Just \$15. which includes refreshments and a donation to  
The Land Trust of Virginia.

Space is limited so call 540-253-9797 to register today.  
The gallery is located at 6474 Main Street  
The Plains, VA 20198

## Youngblood Art Studio Spring Classes Announced

Drawing Your Line Level 1

Basic Hand Building in Clay (ages 10 and up)

Making Monsters From Mud (ages 8 to 12)

Art Class for Students With a Serious Interest in  
Developing Skills (ages 10 and up)

Sculpting a Self Portrait in Clay  
(adults 21 and over)

To sign up for classes, call 540-270-0402 or  
email [youngbloodartstudio@gmail.com](mailto:youngbloodartstudio@gmail.com).

For more information, visit:  
[youngbloodartstudio.wordpress.com](http://youngbloodartstudio.wordpress.com)

## Parents Council of Washington

Presents

### How to Talk to Your Kids About Money

**Keynote speaker: Ron Lieber**

**Tuesday, April 7, 2015**

8:30 a.m. – 9:00 a.m. ~ Light breakfast

9:00 a.m. – 10:30 a.m. ~ Program

National Cathedral School

Hearst Hall

3612 Woodley Road, N.W.

Washington, D.C.

## April Happenings at Middleburg Community Center

Fly a Kite Day- Thursday April 2nd Noon to 2 pm

Dog Obedience Classes- Tuesdays April 7- May 26 6 to 7 pm

Running Club- Tuesdays and Wednesdays April 7- June 9 2:45 to 4 pm

Challenger Soccer: First Kicks-Thursdays April 9- May28 3:15 to 4:15 pm

Challenger Soccer: Mini Soccer- Thursdays April 9- May 28 4:30 to 5:30 pm

Hello Pony @ Stonelea Farm- Saturday April 11 & Wednesday April 15 10 to 11 am

Horsemanship Camp @ Stonelea Farm - Saturday April 11 1 to 3 pm

Jr. Chef Classes- Mondays April 13- May18 3 to 4 pm

Home Based Business Expo- Saturday, April 25th Noon to 4 pm

Call 540-687-6375 or sign up on WebTrac today to register!

Sponsored by Loudoun County Parks, Recreation and Community Services at Middleburg Community Center



## AFTER-SCHOOL CHESS AT THE HILL SCHOOL Chess Makes Kids Smart!

**What:** After-School Chess Program

**When:** Every Thursday at 4:15-5:15 pm  
(starting April 9th)

**\$170 for 8 sessions/weeks**

**We will provide all materials.  
Each student will receive chess  
hand-outs and/or workbook.**

**Learn from a chess expert!**

**CONTACT INFO:**

**E-mail: [vcchesskids@gmail.com](mailto:vcchesskids@gmail.com)  
Mobile number: 703-577-2320**



**"THAT NIGHT IN RIO"  
DEADLINE IS HERE!**

Well, the deadline is here! But there is still time for you to donate tomorrow, March 13th. Thank you to everyone who has come forward this week to participate. We are still shy of our goal of 100% parent participation, but it's not too late to be involved!

**TRULY...EVERYONE CAN PARTICIPATE AT SOME LEVEL!**

**PLEASE...let us hear from you!  
Time is ticking, don't be left out!**



**GO to Hill's Website.  
Under Helpful Links, click Auction.  
The Acquisition Form is right there!  
Your donation is just a click away!**



**"THAT NIGHT IN RIO"  
JOIN IN THE CELEBRATION OF CARNIVAL**





Junior Kindergarten presents lunch

from



Thursday, April 9th

chicken sandwich with carrots, chips and freeze pop

one sandwich \$7.00

two sandwiches \$9.00

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Cash or checks made payable to The Hill School, with "Class of 2024" in the memo line.

**Orders must be received no later than Wednesday, April, 8th.**

Please contact Melanie Blunt at [melanieblunt315@gmail.com](mailto:melanieblunt315@gmail.com) with any questions.

## Nutrition Nuggets



### **Bok Choy**

This week the Hill community has been studying China, so what better time than now to talk about Bok Choy, or Chinese cabbage? Bok choy is a member of the cruciferous family along with vegetables like broccoli, kale, and Brussels sprouts. It hosts great nutritional acclaim as being one of the most nutrient-dense vegetables, with 21 nutrients overall. High in vitamin C and zinc, bok choy is high in antioxidants and phytonutrients. It is also an excellent source of the fat- soluble vitamins A and K, as well as Omega-3 fatty acids (ALA) making this vegetable a terrific anti-inflammatory agent. Other prominent nutrients include potassium, folate, calcium, iron, and fiber. Enjoyed in Asia for over 1,500 years, it is used regionally as an herbal remedy as well for the common cold, cough, or as a detoxification method.

Bok choy is known for its distinct appearance of individual leaves that cluster together, similar to celery stalks. It is available year-round but at its peak between mid-winter and the beginning of spring. When selecting, look for firm, bright green colored leaves and moist, hardy stems. Leaves should look fresh, be unwilted and be free of any discoloration or small holes. To store, seal in a plastic bag (removing as much air as possible) in a cool place. Warm air causes wilting and alterations in flavor, so best to store bok choy in the fridge.

\*Nutrition Nuggets is intended to provide information and ideas on health and nutrition topics. Please remember that any major changes in lifestyle or diet should first be discussed with your physician.

### ***Did You Know?***

When green house planting was not common in Northern China, bok choy was the main vegetable on the dinner table during the winter months, along with potato and radish.

Questions or comments? Please email me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

To your health,  
Cristin Wipfler, MPH, RD

