



# TAKE NOTE

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

MARCH 31, 2016



## Welcome Back!



### Life After Hill: Perspectives from Parents of Hill School Graduates

Sunday, April 3rd from 4pm - 5:30pm  
Hosted by: The Education and School Life Committee

Childcare and pizza will be provided for currently  
enrolled students

Please RSVP by Friday for childcare

[RSVP@thehillschool.org](mailto:RSVP@thehillschool.org) Or call the front desk 687-5897

"Life can only be understood backwards; but must be lived forwards." Soren Kierkegaard

### School's OUTside for Summer!

Registration is now open for Hill School's summer camp!

The summer of 2016 will be filled with adventure, friend-making, and fun as campers explore our 137 acre campus and many of our region's attractions. Campers can explore the world of coding, outdoor sports, drama, the arts, science, and the Civil War.

The Hill School even has a camp for incoming JK and K students!

Camps will start the week of June 20th. Additionally, registration forms will be located at the Front Desk. Visit our website <http://www.thehillschool.org/program/summer-camp/> for more information. Questions can be directed to Bee Stribling at [summerathill@thehillschool.org](mailto:summerathill@thehillschool.org).



### Thank You!

To all the wonderful faculty, staff, and parents who contributed to the Culture Study of Peru. The children participated in multiple creative activities that helped them learn about Peru. The All-School Peruvian Feast was a delicious meal made possible by the many volunteer cooks.

# Coming up at Hill:

- Thurs., April 7  
 V Boys Lacrosse vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm  
 JV Boys Lacrosse vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm  
 JV Green Girls Lacrosse vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm  
 V Girls Lacrosse vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm  
 7 Overnight at the Dornin Science Barn.
- Fri, April 8  
 8 to the Renwick Gallery. Noon to 4:00. Please note: late dismissal
- Sun., April 10  
 Alumni Association Clay Shoot
- Mon., April 11  
 V Girls Lacrosse vs. Flint Hill at Hill. Game at 3:00, dismissal at 4:15 pm  
 JV 7th & 8th Girls Lacrosse vs. Flint Hill at Hill. Game at 3:00, dismissal at 4:15 pm  
 JV 6th Grade Girls Lacrosse vs. Epiphany Catholic at Hill. Game at 4:15, dismissal at 5:30 pm
- Tues., April 12  
 Grade 3 to Williamsburg, depart at 8:30 am  
 JV Boys Lacrosse vs. Edlin at Hill. Game at 3:30, dismissal at 4:45 pm  
 V Boys Lacrosse vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm  
 JV White Girls Lacrosse vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm  
 V Girls Lacrosse vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45 pm
- Wed., April 13  
 Grade 3 returns from Williamsburg at 8:30 pm
- Thurs., April 14  
 Parent - Teacher Conferences - No School
- Fri., April 15  
 Spring Holiday - No School  
 Camp Out at the Ayer's—sponsored by the 6th Grade. See page 5 .
- Sat., April 16  
 V Girls Lacrosse vs. Foxcroft at Foxcroft. Start at 11:15 am.

MIDDLEBURG COMMUNITY CENTER  
 LOUDOUN COUNTY PARKS, RECREATION, AND COMMUNITY SERVICES

**PROGRAMS IN APRIL**

**JEDI ACADEMY (Ages 5-12)** \$89.95 Wednesdays 5:15-6:00 PM 4/6-5/11  
 Learn FOCUS, DISCIPLINE, DETERMINATION, CONTROL, BALANCE, MOVES and most importantly - when to use the FORCE with your own take home LIGHT SABER.

**School's Out (Ages 5-12)** \$55.00 Friday 7:30 AM- 5:00 PM 4/15  
 Days off doesn't mean you have to stay home! We will have a full day of cooking, crafts, projects and games related to DIY projects and gardening. Register by Friday 4/8.

**Pilot School (Grades 3-5)** \$49.00 Friday 9:00 AM- 12:00 PM 4/15  
 This course will be flight simulator intensive! Students will learn the basics of flight and apply their skills in Aviation Ed's Mobile Flight Lab. Other hands-on learning activities include calculating rate, time, speed and distance in addition to a culminating flight-planning project. Students will learn the fundamentals of flight, axes of motion, airport operations, night flying, navigation and much more!

**Pre-K Robotics (Ages 3-5)** \$90.00 Wednesdays 12:15-1:15 PM 4/20-5/25  
 In this class, students will explore mechanisms and structural design through the use of LEGO® Technology. They will build out of LEGO® bricks, enhancing their spatial awareness, hand-eye coordination, and reinforce basic understanding of shapes and colors.

**KUNDALINI YOGA ADDED**

*Kundalini yoga has been added to our yoga program. Kundalini yoga uses asanas (postures), movement, breath, and meditation to relax and heal your mind and body, giving you a greater awareness of mind, body, and spirit.*

*Our Gentle yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way.*

<i>Gentle Yoga</i>	<i>Tuesdays</i>	<i>Noon-1 PM</i>
<i>Kundalini Yoga</i>	<i>Thursdays</i>	<i>8-9 AM</i>

*8 classes - \$96; sessions are prorated with later registrations*





LIFEGUARD  
OPPORTUNITY

MIDDLEBURG COMMUNITY  
CENTER POOL

PREFERRED QUALIFICATIONS:  
 CPR, FIRST AID & LIFEGUARD CERTIFIED  
 START DATE: MAY 29TH  
 WITH TRAINING PRIOR TO 5/29/2016

EMAIL RESUME :  
 MIDDLEBURGCC@MIDDLEBURGCOMMUNITYCENTER.COM

**FOR RENT:** Pristine white brick rambler on 5 wooded acres off Zulla Road. New carpet and freshly painted. 3+ bedrooms and 3 full baths on main level. Spacious Kitchen, formal Dining Room, formal Living Room with built-ins and fireplace, and separate Family Room. One bedroom and full bath in basement with separate walkout entrance and small kitchen area. Two car attached garage, large rear deck for entertaining, fenced back lawn area and a large detached workshop. Move in ready. No Smokers. References and credit check required. Please call Cricket Bedford at Thomas & Talbot Real Estate (540) 229-3201. \$2,750.

**AVAILABLE:** 8th grader Abby All, daughter of Kindergarten teacher, Denise All, available for babysitting local families. Either call or text mom's cell (540) 905-9796 or Abby's cell (540) 336-6648 for more info.

**FOR RENT:** Newly renovated 1880 house for rent near Lincoln. Located on the farm of former Hill parents. Two bedrooms + den, two new bathrooms, porch, new kitchen, new insulation, air conditioning, wood-burning stove and washer and dryer. Yard work included. No dogs – would consider a cat. \$1,750/month plus utilities. Available May 1st. Please call 540-338-3514 or susan@hedgewoodfarm.com.

**FOR RENT:** Charming, historic home in the village of Upperville - 3 to 4 BR, 2.5 bath, large yard, garage, storage, garden shed, lawn care included. \$2,000.00. Available immediately. Call 703-581-7168.

**AVAILABLE:** Retired, former meeting planner, seeking part time, general office duties position in the local area. Computer and internet proficient, customer service oriented. Please contact Mary Judkins by e mail at maryjud@aol.com, or by phone at 540-454-7654.

**SEEKING:** 2011 Hill School graduate on a budget desperately seeking an inexpensive used-car to purchase. Nothing fancy - just safe, runs, and passes inspection. Please contact Connor Mulherin at 703-554-9481 or cmulherin96@gmail.com.

**FOR SALE:** Old Town Guide model 147 - 14' green canoe in good to excellent condition, used lightly. Comes with detachable out-riggers for stability with young children aboard. Asking \$450 - half the price of a brand new model. Call the Burkes at 540-592-3001.

**FOR RENT:** 2 bedroom, 1 bath cottage at Old Denton Farm, 10 minutes to Middleburg or I66. , The cottage was completely renovated for a family member a few years ago with very nice finishes and all the upgrades. \$1,500. mo. Call Okey Turner at 540-270-9363 or okeyturner@gmail.com.

**WANTED:** Old printer/scanners to be disassembled and re-purposed by Mrs. Burke's summer campers. (We hope try to use the mini motors that are inside printer/scanners while building our water powered generators this summer!) Leave at front desk or contact Mrs. Burke with details at: mburke@thehillsschool.org.

**FOR SALE:** Great Pyrenees Puppy, 9 weeks, 1 left from litter of 9. All white, female. Incredible with children and other dogs, inside or outside dogs, protector of chickens, sheep, goats, sick horses etc. Incredible breed. 70-80 lbs at full maturity, fully health checked, vaccinated, wormed, etc. Matt 303-324-5195.

**FOR SALE:** Sheep - Lambs, Ewes and Rams. Katahdin and Il de France flocks. Excellent sweet meat and pets. Matt 303-324-5195.

**AVAILABLE:** Miniature horses - 3 (1 male, 2 females). Great child's pet, therapy, companion animal. Very friendly Matt 303-324-5195.

**FOR RENT/SUBLEASE:** 3 Bedroom Cottage on horse property available for sublease. Furnished. May 1 - Oct 31. \$1200 plus utilities. For more info please call: 540-687-1183.

**FOR SALE:** Queen size bed: Hand Crafted Wrought Iron Queen Canopy bed. \$600 OBO. In excellent condition. Pictures available on request. For more info: call 540-687-1183 or email: koedijk65@gmail.com.

**SEEKING ROOM MATE / HOUSE SHARE:** Newly renovated house near Unison. Elizabeth 610-656-2927

## Conference on Islam, the Middle East and Christian Engagement with the Middle East

Sat., April 2nd , 1- 6 pm  
in the Hill School Theatre

Open to the public--no charge  
Sponsored by Trinity Church

MIDDLEBURG ACADEMY  
2016 TENNIS CAMP



Session I – June 13-17  
Session II – June 20-24  
9:00 am to 12:00 pm  
\$135

The 2016 Middleburg Academy Tennis Camp is open to boys and girls Boys & Girls of all levels ages 4-13. Please email [cadgate@middleburgacademy.org](mailto:cadgate@middleburgacademy.org). Space is reserved on a first come first serve basis and will be limited so sign up now. Camp is held on the beautiful campus of Middleburg Academy, located at 35321 Notre Dame Lane in Middleburg, VA and directed by Carla Adgate, a USPTR Certified Professional since 1994.



Do you want **MORE** for your child?

**Karate, Fitness & Life Skills**

WEDNESDAYS AT  
MIDDLEBURG COMMUNITY CENTER

PRESCHOOL(2PM)  
K - 2ND(3:15)

**NINJAS**  
**BLACK BELT**  
**LEADERSHIP**  
**TRAINING**

REGISTER ONLINE  
[WWW.WEBTRAC.LOUDOUN.GOV](http://WWW.WEBTRAC.LOUDOUN.GOV)  
540-687-6375



DIETRICH

## Shakespeare in the 'Burg Returns!

Friday – April 1, 6-8 pm **FREE**

Middleburg Library, 101 Reed Street

To mark the 400<sup>th</sup> anniversary of Shakespeare's death, Jill Beifuss and Hunt Lyman will deliver a special presentation on the enduring legacy of the Bard's language. The presentation will include a performance aspect.

Refreshments will be served.

---

### Performances by the American Shakespeare Center

Saturday – April 2, 2 pm

#### THE IMPORTANCE OF BEING EARNEST

by Oscar Wilde

Doors open at 1:30 for a musical prelude

7:30 pm

#### THE LIFE OF KING HENRY V

by William Shakespeare

Doors open at 7:00 for a musical prelude

---

Sunday, April 3, 11 am

Champagne brunch and a performance of *Billings*, the winning play from our playwriting competition.

For tickets to all events, go to:

[www.shakespeareintheburg.com](http://www.shakespeareintheburg.com)

[info@shakespeareintheburg.com](mailto:info@shakespeareintheburg.com)

540-687-3448

All performances at the Middleburg Community Center  
301 W. Washington Street, Middleburg, VA

**a farm**  
**LESS ORDINARY**

A Farm Less Ordinary provides employment and a welcoming community to people with developmental disabilities, while sustainably growing organic food for the metropolitan DC area.

<https://www.generosity.com/community-fundraising/a-farm-less-ordinary-jobs-pride-disability/x/13480898>



7th ANNUAL FAMILY

# CAMP OUT

WHEN: FRIDAY APRIL 15TH

WHERE: Ayers' Family High Meadows Farm 3367 Landmark Rd, The Plains, VA 20198

Please join us for Great food on the Grill and Family fun!  
Stay for dinner only or bring a tent and camp out



For more information email: [jennifer\\_wince@yahoo.com](mailto:jennifer_wince@yahoo.com)

Suggested packing list

- Tent and sleeping bag
- Warm sleeping clothes
- Toothbrush
- Flashlight
- Water

6th GRADE CAMPOUT TICKET FORM

FAMILY NAME: \_\_\_\_\_

CAMPING OVERNIGHT: Adults # \_\_\_\_\_ Children # \_\_\_\_\_ Children 5 and under # \_\_\_\_\_ Faculty/Staff member # \_\_\_\_\_

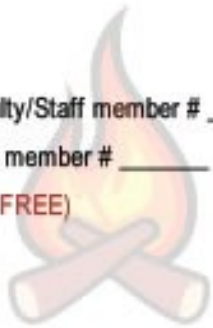
\*DINNER ONLY: Adults # \_\_\_\_\_ Children # \_\_\_\_\_ Children 5 and under # \_\_\_\_\_ Faculty/Staff member # \_\_\_\_\_

TOTAL # PEOPLE \_\_\_\_\_ x \$35 per person = \$ \_\_\_\_\_ (Faculty, Staff & Children 5 and under FREE)

\*Per person price is the same (\$35) for Dinner Only Option.

Complete this form, include payment and drop off at front desk.

Checks payable to Hill School Class of 2018 (Please write CAMPOUT on the memo line)





## AUCTION UPDATE!

**Thank you, Thank You, Thank you...**

Thank you to all our parents who donated items to this year's Auction. And thank you to those parents, whose cash donations help us fund the purchase of additional items.

Invitations will be mailed this Friday! Please be looking for yours and return your RSVP card as soon as possible!

Seating is limited and we don't want anyone to be left out! Please plan on attending... The Auction's success depends on the other two A's~Acquisitions and Attendance!  
You brought the Acquisitions... Now we hope you will Attend!

We are still tabulating the parent participation by class and will announce the winner of the Pizza Party soon!

Please watch this space each week for exciting Auction item previews!

Join us in the Biergarten on May 7<sup>th</sup>!

Deutschland...A Bavarian Celebration  
(is right around the corner!)

# *Mac'n Cheese 4th Grade Lunch!*



***Thursday April 21st 2016***

*This includes:*

*Mac'n Cheese  
Grapes  
and  
a Brownie!*

*Please drop off your order at the front desk by Tuesday April 19th*

---

**Single Portion (\$7) \_\_\_\_**

**Double Portion (\$10) \_\_\_\_**

**Name: \_\_\_\_\_**

**Grade: \_\_\_\_\_**

## Nutrition Nuggets



### Going Green with BROCCOLI

March is often celebrated with the color green in honor of the dawn of spring, fresh produce, and St. Patrick's Day! As March comes to an end, let's take one more moment to celebrate one of MY favorite vegetables that is so nutritious it may leave other veggies feeling *green* with envy - Broccoli. This cruciferous vegetable is truly a superstar food. Broccoli contains the phytonutrient *sulforaphane*, which helps the body's detoxification enzymes prevent abnormal cell growth, providing tremendous anti-cancer effects. The nutrients in broccoli also help reduce the risk of heart disease, cataracts, and osteoporosis, while promoting a healthy immune system and well-functioning liver. So what are these powerhouse nutrients that make this vegetable so amazing? Broccoli is an excellent source of **vitamins A, C, and K, folate, and fiber**. Its résumé can also boast that it provides **potassium, phosphorus, magnesium, protein** (vegetable protein), and **omega-3 fatty acids** (healthy fats). Broccoli also contains many **B vitamins, iron, calcium, zinc, and vitamin E**. And although the florets are more aesthetically pleasing, do not toss those stalks! They have just as much nutrient value as the florets. Try cutting them into strips or add julienned pieces into sauces or main dishes.

When purchasing broccoli select bunches with tightly closed buds, crisp leaves, and a deep emerald color or purplish tinge. Cooked broccoli often emits an unpleasant smell due to the release of sulfur compounds, but the flavor will be unaffected, so do not let the smell deter you. Your cooking method is very important in retaining the nutrient quality of the vegetable. Boiling can result in significant nutrient loss (the nutrients seep into the water), and may cause a loss of flavor as well. For better nutrient retention, try steaming, sautéing, or roasting broccoli. Eating it raw is also an option. If your Rachael Ray skills aren't up-to-snuff and boiling is your method of choice, try to incorporate the water into your dish elsewhere, such as adding it to a sauce or mixing it into a salad dressing. Be creative!

\* Reference: Experience Life Magazine and <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>

\*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?*

Broccoli originated in Italy.  
Its Latin name is *brachium*, which means branch or arm.

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

To your health,  
Cristin Wipfler, MPH, RD, CPT

