



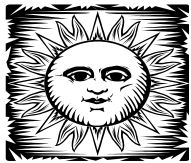
TAKE NOTE

The Hill School
(540) 687-5897
www.thehillschool.org

APRIL 3, 2014



Welcome Back!



Don't forget to sign up for summer camp at Hill School!
A list of camps is attached and registration forms are available at the front desk or www.thehillschool.org.

**ROCK THE KASBAH...
A NIGHT IN MOROCCO**

The Auction office extends its thanks and applause for the tremendous spirited response to the room parent's acquisition requests. We went from half-empty to over-flowing! We will be offering something for everyone.

Every acquisition is appreciated and treasured. Invitations will be mailed this Friday and we can't wait for everyone to see the results of their combined efforts.

Mark your Calendar:
"Minute to Win It" Carnival
Tomorrow
Friday, April 4th 3:00 – 4:00

- Dozens of games and challenges!
- \$5 Admission - pre-register at the Front Desk or Pay at the Door
- All proceeds benefit Seven Loaves Food Pantry
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym





THE HILL SCHOOL CAR RAFFLE

www.thehillschool.org

**PRIZE IS \$25,000 VOUCHER TOWARD CAR OF CHOICE
AT ANY POHANKA DEALERSHIP**

**TICKET PRICE is \$50/Total of 2,500 tickets can be sold
All Proceeds Support Hill's Financial Aid Program**

**DRAWING TO BE HELD AT THE HILL SCHOOL AUCTION
MAY 10th, 2014 at 8:30 pm
WINNER NEED NOT BE PRESENT TO WIN**

Coming up at Hill:

- Tues., April 8 JV Boys lacrosse vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15.
JV Girls lacrosse vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45.
V Girls lacrosse vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45.
- Thurs., April 10 Grade 7 to Stratford Hall. Depart 11:
- Fri., April 11 Grade 7 returns from Stratford Hall at 4:30.
- Tues., April 15 V Girls lacrosse vs. Highland at Highland. Game at 3:30, dismissal at 5:15.
V Boys lacrosse vs. Highland at Hill. Game 3:30, dismissal at 4:45.
- Thurs., April 17 Parent-Teacher Conferences - No School
- Fri., April 18 No School. Good Friday.

FOR RENT: UPPERVILLE HOME: Charming 3.5 BR and 2.5 bath historic home in the village of Upperville. Recently renovated, the house features a large living room, full dining room, sun room, utility room, breakfast area off the kitchen, sunny back yard and four-bay garage with garden and storage sheds. High-speed internet available. \$2250 per month. Available June 1, 2014. No smokers. 540-592-3107.

WANTED: Used 4WD truck - long bed - for farm only - some rust ok - hopefully inexpensive! (540) 687 - 5695.

AVAILABLE: Graduation is fast approaching! I have a pair of Vineyard Vines boy's white pants size 30x32 that have been worn only once and are fresh from the dry cleaners. Please call if you are interested, contact Liz at 703-628-7402.

FOR RENT: Near Rectortown. New construction and lovely setting. Nicely furnished spacious apartment above detached garage. Immaculate condition, granite counters, kitchen table, living room, washer and dryer, 2 large bedrooms. Room for 2 people. Very nice 4-stall barn w/ tack & feed room. Ample turnout for horses. \$1,600 per month. Call Chip White at 540-454-4240.

WANTED: Old sheepskin saddle pads for recycling into super comfortable bicycle seat covers. Call Reddy at 540-687-4124.

WANTED: Inexpensive apartment or house rental through August for mother, college-age daughter, and a few small pets. Please call 540-454-6569.

FREE: Free to a good home: One very slightly used recumbent bicycle. Please call Chet (703) 203-5032 if you are interested.



Bingo For Books!!

Friday April 11, 2014

5:30pm-8:30pm

Sponsored by the 8th
grade class



Come spend a fun evening eating grilled hamburgers & hot dogs with your family while getting to yell BINGO!! We have lots of great books as prizes! See you there!!

\$10.00/person for dinner and Bingo

First Grade
needs egg
cartons, toilet
paper and paper
towel rolls.
Thank you!





LINDAMOOD-BELL LEARNING CENTERS

We Teach Reading, Comprehension, and Math

Our research-validated instruction is successful for individuals with learning difficulties, including those previously diagnosed with Autism Spectrum Disorders. We go beyond traditional tutoring with:

- The Right Evaluation
- The Right Instruction
- The Right Learning Environment



"Our careful, thought-out decision (to come to Lindamood-Bell) was a difficult one, but it has **CHANGED HIS LIFE**. We will never have a moment of regret."
~ T.J.'s Father

Join Us for an Informational Overview
Be our guest and discover how our research-validated programs can provide solutions for reading, comprehension, and math difficulties.

Wednesday, April 23rd
6:00 p.m. to 7:00 p.m.
at The Hill School

(888) 324-4401
middleburg.info@lindamoodbell.com
www.LindamoodBell.com

native barre

Offering New Classes
for Spring!

T, Th 7-7:30am
30 minute speed barre
M, T, Th, F 8:30-9:45am
mixed level
W night class 6:30-7:45pm
mixed level
Sunday 8:30-9:45am
mixed level



For detailed information, please visit
www.nativebarre.com or call 540-454-6304

Art and Your Home

Saturday, April 5th
11:30 am

Tom Neel, Creighton Farm's Artist in Residence, will walk through the many facets of finding the right art for your home.

Come join us for a talk about utilizing focal points, framing to complement décor, choosing styles that suit your home and personality, and how to buy art.

Q&A after the presentation and a light lunch served after the talk.

RSVP appreciated to
Connie O'Brien
703.957.4819
cobrien@creightonfarms.com



Please join
the Middleburg Community Center
for

"A STEP ABOVE"

Art Auction
of
Footstools painted by local Artists

Friday, April 11, 2014
5:30-7:30 pm

300 West Washington Street • Middleburg, Virginia 20117
Light Fare Provided R.S.V.P 540-687-6373



2014 Festival Sponsored by
The Middleburg Business & Professional Association

Time to Sign-up for Workshops in Stagecraft and Acting
taught by The American Shakespeare Center

Saturday, April 5th
At The Emmanuel Church Parish House, 105 E. Washington Street, Middleburg VA 20117

Buy Tickets online at: www.ShakespeareintheBurg.com
\$25 Adults - \$15 Students



Join us for the First Annual
Rabbit Run 5k, 1k Fun Run
and Children's Festival!

Sunday, April 6, 2014
race starts 9:00 AM

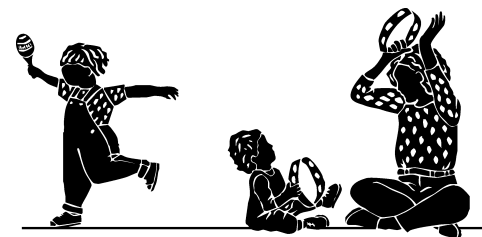
Location:
Ida Lee Park Recreation Center
Leesburg, VA

5k: \$30 until April 4, \$35 on race day

1k: \$20 up through race day

USATF Certified Course • Pet Real Bunnies • Win Tickets to
a Washington Capitals Game • Fun Races and Games for All
Children • Face Painting • Make Your Own Bunny Ears
and More Fun and Prizes. • Register at Potomac River Runners
Come Help Northern VA Families!

For more information or questions, please contact
casandra.oldh@tacanow.org or katie.mcdaniel@tacanow.org



MUSIC TOGETHER®

BRINGING HARMONY HOME.®

Family Music Classes for
Children Ages Birth-Kindergarten

Music and Movement for
You and Your Child

Spring Session begins April 24th!

Emmanuel Church

105 E. Washington Street
Middleburg, VA



(540) 592-3040

www.piedmontmusic.org

Nutrition Nuggets



Fresh Herbs

Adding fresh herbs to your food is an excellent way to add flavor, color, and concentrated nutritional power to your meals. Believe it or not, the herbs that we often take for granted, parsley for instance, are packed with nutrients and heart healthy, immune boosting compounds - so much so, that you might find yourself asking for 'extra garnish please.' Fresh herbs are more beneficial than dried and should be added at the end of the cooking process to help maximize the essence and flavor.

Basil: After reading this, you will want to make your pesto from scratch to get all of the nutritional benefits of this delicious herb! Basil is an excellent source of vitamin K, iron, calcium, and vitamin A. It is also high in fiber, manganese, magnesium, vitamin C, and potassium. Not only this, but it also is full of flavonoids that provide protection to the body at the cellular level. Those aromatic leaves contain volatile oils that help to restrict the growth of many harmful bacteria, including *Staphylococcus aureus* (Staph) and *Escherichia coli* (E. Coli).

Oregano: The name means "mountain joy" and like its relative, basil, the leaves of oregano have bacteria fighting volatile oils. Including this herb into your meal will provide an excellent source of vitamin K, manganese, iron, fiber, and omega-3 fatty acids (who knew?!), as well as a good amount of calcium, vitamin A, and vitamin C. This flavorful herb also contains phytonutrients that serve as potent antioxidants to protect your body. In fact, on a per gram fresh weight basis, oregano has 42 times the amount of antioxidants compared to apples, 30 times more than potatoes, 12 times more than oranges, and 4 times more than blueberries.

Parsley: Not just a garnish! The name "parsley" comes from the Greek word meaning "rock celery," as this herb is a distant relative to the stringy vegetable itself. If you toss your parsley garnish away you will be missing out on its high levels of vitamins A, C, and K, as well as its beneficial amounts of folate and iron. You will also be sacrificing the volatile oils that help neutralize particular kinds of cancer-causing carcinogens and its health promoting antioxidants.

*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?

Spices also add many powerful health benefits. For example, turmeric has powerful anti-inflammatory properties that have shown to be comparable to potent prescription and over-the-counter medicines.

Questions or comments? Please email me at
Cristin@myCompleatNutrition.com.



To your health,
Cristin Wipfler, MPH, RD

2014 SPRING GAME SCHEDULE UPDATED 4-2

Please checkTake Note to confirm games and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Tue, April 1	JV Boys	<i>Lacrosse</i>	Powhatan	Hill	3:30	4:45
	JV Girls	<i>Lacrosse</i>	Powhatan	Powhatan	3:30	5:15
	V Girls	<i>Lacrosse</i>	Powhatan	Powhatan	4:30	6:15
Thu, April 3	V Boys	<i>Lacrosse</i>	Wakefield	Hill	3:30	4:45
	V Girls	<i>Lacrosse</i>	Wakefield	Wakefield	3:30	5:00
Tue, April 8	JV Boys	<i>Lacrosse</i>	Powhatan	Powhatan	3:30	5:15
	JV Girls	<i>Lacrosse</i>	Powhatan	Hill	3:30	4:45
	V Girls	<i>Lacrosse</i>	Powhatan	Hill	4:30	5:45
Tue, April 15	V Girls	<i>Lacrosse</i>	Highland	Highland	3:30	5:15
	V Boys	<i>Lacrosse</i>	Highland	Hill	3:30	4:45
Tue, April 22	V Boys	<i>Lacrosse</i>	Highland	Highland	3:15	5:00
	JV Boys	<i>Lacrosse</i>	Highland	Highland	4:15	6:00
	V Girls	<i>Lacrosse</i>	Highland	Hill	3:30	4:45
Wed, April 23	4-5 Play Day	<i>Lacrosse</i>	LCDS	TBD	1:00 - 2:00	regular
Thu, April 24	JV Boys	<i>Lacrosse</i>	LCDS	Hill	3:30	4:45
	V Boys	<i>Lacrosse</i>	LCDS	Hill	4:30	5:45
	JV Girls	<i>Lacrosse</i>	LCDS	LCDS	3:30	5:15
	V Girls	<i>Lacrosse</i>	LCDS	LCDS	4:30	6:15
Tue, April 29	JV Play Day <i>Boys at Hill, Girls at LCDS 3:00 -</i>					
Thu, May 1	V Tournament <i>Boys at Hill, Girls at LCDS 3:00 -</i>					
Fri, May 24	TRACK MEET at Hill School May 23 (12:00-3:00)					

Summer 2014 at Hill

Nature Camp

July 7 - 11

9am-noon Ages 3-5

\$150

Join science teacher Susan McCaskey for a morning of discovering nature on the Hill Campus.

Soccer Mornings

July 7 - 11

9am-noon Rising 1st - 4th

\$150

Join Jack Dunlap (Hill '12) and other soccer enthusiasts for a morning of fundamentals and fun.

Kiddie Kamp

July 14 - 18

9am-noon Rising JK & Kindergarteners \$150

Get ready for the exciting fall at Hill with Claire Nichols. Meet other new students, get to know your school, and have tons of fun.

AM Art Camp

July 14 - 18

9am-noon Rising 2nd and up \$150

Join art teacher Mary Woodruff for a morning of art projects and activities. Includes all supplies.

Basketball Mornings (coed) July 14 - 18

9am-noon Rising 2nd-8th graders \$150

Our coaches and director Don Woodruff will guide boys and girls through a challenging and rewarding week of learning the individual and team fundamentals of basketball.

Engineers

July 21-25

9am-3pm Rising 4th-8th graders \$275

Always wanted to engineer your own structures? Here is your big chance. Join Susan McCaskey and start building.

Lego World I

July 21 - 25

Lego World II

Aug. 4 - 8

9am-noon Rising 2nd - 8th graders \$150/week

Denise All brings great enthusiasm and expertise in Lego construction back for a morning of "you do it" with Legos. WOW!

Lions Roaring Afternoons I July 21 - 25

Lions Roaring Afternoons II Aug. 4 - 8

12:30-3pm Rising 1st - 8th graders \$130/week

Limited to 20 participants.

Is the Hill Campus big enough to contain your madcap adventures? Find out just how much fun an afternoon can be. One or two weeks.

Lacrosse Mornings (coed) July 28- Aug.1

9am-noon Rising 2nd - 8th graders \$150

Develop the basic skills and the fundamentals of the original American game with coaches Harry Ware, Don Woodruff and more.

Lions Day Camp I July 28- Aug.1

Lions Day Camp I Aug. 11-15

9am-3pm Rising 2nd - 8th graders \$275

It's time for FUN! From capture the flag to ultimate water balloon challenge and all the stops along the way you will need lots and lots of energy. A great week of activities with Ms. Bartz and Mrs. All.

Civil War Trails Aug. 4-8

9am-4pm Rising 5th - 8th graders \$275

Limited to 8 participants

Spend five days visiting key CW battlefields -Manassas, Ball's Bluff, Antietam, and Gettysburg - with the Cliosoph (Don Woodruff). Bring your lunch, interest, and a good pair of shoes. Includes all fees.

Dates to be determined:

Culinary Capers

9am-3pm Rising 4th and up \$275/week **Limited to 12 participants** (plus \$10 supplies)

Join master chefs Emily Tyler & Christie Roberts for a week of creating delicious dishes & desserts you are bound to enjoy. Afternoons of swimming and other activities.

Field Hockey Camp

9am-1:00 Rising 5th - 12th graders \$175

In this camp, Sydney Bowers and Cricket Bedford will guide players through a skill building program based on fundamentals, game situations, and conditioning sure to be helpful and fun for girls of all skill levels.