



# TAKE NOTE

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

## September 27, 2012

### Parent Teacher Club (PTC) Back-to-School Night

**Thursday, October 4**  
**7:00 – 8:30 p.m.**



The evening will begin at 7:00 p.m. with a brief All-School meeting in the Athletic Center.

After this meeting, parents will go to their child(ren)'s homeroom(s) for a presentation by the homeroom teachers of this year's curriculum and events. The evening will conclude at approximately 8:30 p.m.

Please Note: We will not have childcare available during the meeting.



### Hill School Country Fair

Save the date: Saturday Oct. 13th  
at the Hill School Dornin Science Barn

Come join us for a fun morning of activities with something for everyone. Followed by an all school luncheon at 12:30, ending with a big family game of kick-ball.


#### Horse & Pony classes and games

- 8:00 Registration
- 8:30 Equitation Class
- 9:30 Cross Country
- 10:30 Start Games, end at 11:30
- 12:30 Awards and Lunch

#### Country Fair begins at 9:00

- ◆ Dog agility with prizes
- ◆ Games & Relay races for Lower, Middle and Upper school
- ◆ Face Painting
- ◆ Pony Beads
- ◆ Mountain bike trail with small obstacles
- ◆ Pet parade with costumes if you like
- ◆ Bake sale with the faculty as judges

Any questions, please contact:  
Mary Looney, Pam Haefner (Fair Co-chairs)



### PTC Parent Dinners


*Thank you to Ali & Peter Pejacsevich and Tara & Ben Wegdam for hosting such a wonderful 3-5 Dinner last night!*



Ice Cream for Sale!  
Every Wednesday at lunch

**\$1.00**


Proceeds support the 5th grade



### Hill School Country Fair

School Picnic provided by all Hill School Families:

|                                  |                        |
|----------------------------------|------------------------|
| <b>A-F</b> Pasta or Potato salad | <b>N-P</b> Green Salad |
| <b>G-J</b> Fruit                 | <b>Q-S</b> Cookies     |
| <b>K-M</b> Kid's Sandwiches      | <b>T-Z</b> Brownies    |



Each family should provide approximately 15 to 20 servings. There is no refrigeration at the picnic area, so please bring any perishable items in a cooler marked with your name. Foods should be table ready. Fried Chicken to be provided by PTC.

- ◆ **Grades K-3:** Help with picnic set up
- ◆ **Grades 4-5:** Provide "Bee-Proof" drinks and coolers
- ◆ **Grades 6-8:** Help with clean up

# Coming up at Hill:

Thurs.-Fri. Sept. 27-28      Grade 6 overnight on campus. Set up Thursday after school, regular 3:00 dismissal on Friday

Tues. Oct. 2                      JV Boys soccer vs. LCDS at Hill. Game at 3:00, dismissal at 4:15.  
V Boys soccer vs. LCDS at Hill. Game at 3:00, dismissal at 4:15.  
JV Girls field hockey vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15.  
V Girls field hockey vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15.

Thurs. Oct. 4                      PTC Back to School Night, 7:00pm-8:30pm.  
JV Girls field hockey vs. Edlin at Hill. Game at 3:00, dismissal at 4:15.

Tues. Oct. 9                      JV Boys soccer vs. Highland at Hill. Game at 3:30, dismissal at 4:45.  
V Boys soccer vs. Highland at Hill. Game at 4:30, dismissal at 5:45.  
JV Girls field hockey vs. Metz at Hill. Game at 4:30, dismissal 5:45.  
V Girls field hockey vs. Highland at Highland. Game at 3:00, dismissal at 4:45.

Thurs. Oct. 11                    JV Boys soccer vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45.  
V Boys soccer vs. Powhatan at Hill. Game at 4:30, dismissal 5:45.  
JV Girls field hockey vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15.  
V Girls field hockey vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15.

Sat. Oct. 13                      Country Fair and All school picnic

**AVAILABLE:** Lucy Zimmerman, Babysitting - Weekends and after 6 during the week. Please contact Lucy at 540-312-3715 or lucy1186@gmail.com.



Hill School is offering an electronics "ECYCLE" recycling program!

We will begin collecting electronic equipment for our annual recycling event on October 1st. Please place your items on the pallets located by the dumpster at the Art Circle parking lot.



Please join  
The Hill School Alumni Association Board  
at the Virginia Fall Races

Glenwood Park, Middleburg  
Saturday, October 6th 1-4 p.m.

We will be at patron parking space #15/16B (against the stone wall.) Food and refreshments will be provided.

All Hill School alumni, friends and families are welcome!

Questions? Please contact Haley Walsh at 540-687-5897

## BIG HIT!

### Hill's Invitational Field Hockey Tournament

This year the Big Hit Tournament t-shirts are black long sleeve T-shirts with lime green print. BIG HIT in lime green will be stacked on the right sleeve. The cost per shirt is \$15. Orders are due by Friday, October 5th.

Name \_\_\_\_\_

Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_

Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult X-  
Large \_\_\_\_\_

Check Amount \_\_\_\_\_

(made out to The Hill School with Big Hit shirts written on the memo)

Register now!  
Don't miss your opportunity to play in

## The Hill School Open Golf Tournament

Tuesday October 16, 2012  
12:00 noon Shot Gun Start  
Rain date Tuesday October 23  
\$125 per player Includes Dinner and Prizes

Organized by the Alumni Association  
Proceeds from this event support Hill School financial aid.

Sponsorships Available  
**It's a great way to promote your business,**  
support a very good cause, and have an enjoyable day golfing!

Please contact Haley Walsh for more details.  
alumni@thehillsschool.org or 540-687-5897

## Daum Adventures From 5th Grade Teacher, John Daum

10 or 14 Day trips to Europe for single or multiple families, grandparents & friends.

London, Paris, Amsterdam, Rome, Venice, D-Day beaches.

I custom design the trip to suit your and your children's ages and interests.

I give lectures in your home to prepare everyone for the trip before we go. I also create independent reading assignments of books related to the places we will see.

On the trip, I am your tour guide 24/7!

**More info:**  
**WWW.DAUMADVENTURES.COM**



## 2012 Nanette's Walk & 5K Run

hosted by the  
Cherry Blossom Breast Cancer Foundation

Sunday, September 30th  
at 1:00 p.m. in Middleburg

Walks/Runs will also be held at the same time in Leesburg and Warrenton.

Registration forms are available at the front desk or online at  
[www.CherryBlossomBreastCancerFoundation.org](http://www.CherryBlossomBreastCancerFoundation.org).  
Children 11 and under are free and dogs with leashes are welcome!



## Raise a Dog, Change a Life

*At Tuesday's 4-8 assembly, Carina Elgin introduced her daughter's canine companion and assistant. Julie Coles (mother of Hill alumni Fraley '00, Peyton '00, Sloane '03), and Jen & Alex ('00) Fleming are currently hosting puppies for the organization, and they spoke of the joys and challenges of raising a future service dog.*

If your family is interested to find out more, please join us on **Wednesday, October 17th**, to learn about Canine Companions for Independence Puppy Raising program and how you can become involved. Meet local puppy raisers & observe training class.  
Location: American Legion Building, 111 The Plains Road, Middleburg

For more information visit [cci.org](http://cci.org) or call  
1-800-572-BARK(2275)

**7<sup>TH</sup> GRADE**  
**OCTOBER 11<sup>TH</sup>**  
**LASAGNA LUNCH!!**



**\$7.00 INCLUDES LASAGNA, GARLIC BREAD,  
SALAD, BROWNIE**

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**OCTOBER 11<sup>TH</sup> LASAGNA LUNCH**

**NAME:**

**GRADE:**

**PLEASE MAKE CHECKS OUT TO THE HILL  
SCHOOL, CLASS OF 2014 IN THE MEMO LINE.**

**PLEASE TURN INTO FRONT DESK BEFORE**

**OCTOBER 9TH**

## Nutrition Nuggets



### Artichokes

Artichokes are an excellent source of *potassium, magnesium, manganese, iron, and calcium*. Plus, they are rich in *vitamin C* and *vitamin B* (particularly folate), and high in dietary *fiber*, which is often lacking in our diets. Not only is this delicious veggie nutrient-packed, but it is also a superstar for being a fat-free and cholesterol-free food, and very low in calories and sodium! Artichokes contain high levels of several phytonutrients, including Cynarin and Silymarin, which have been shown to have positive effects on the health of the liver. Lutein is another compound found within the artichoke and this helps to maintain eye health, proper functioning of the circulatory system, and may prevent or delay the onset of atherosclerosis (hardening of the arteries). Last, but certainly not least, artichokes are exceptionally high in protective antioxidants. In fact, the United States Department of Agriculture (USDA) has named them as one of the top 10 antioxidant-rich foods. Not too shabby!

Often in peak season during the spring, artichokes also have an early autumn season, so take advantage by adding them to your grocery list soon!

#### *Preparation Tips:*

Before cooking fresh artichokes, wash thoroughly under cold water while slightly opening the leaves to ensure that bugs have not found a home inside. If using canned or jarred artichokes, rinse before using to remove brine, excess sodium, and oil.

Boil - remove the tough outer leaves to expose the light green leaves (this will be under the first layer and ring or two around the stem). Place in salted water with 1 or 2 cut lemons (for flavoring) and let boil for 30-45 minutes or until the bottom can be pierced with a knife or fork. Serve whole and remove leaves individually. Dip in your favorite vinaigrette or butter (use in moderation to avoid added fat and calories). Scrape the tender inside of the artichoke out with your front teeth.

Steam - Remove the outer leaves as described above. Place in steamer basket or over 2-4 inches of boiling water for 30-50 minutes. Serve as detailed above.

\* Reference: <http://www.artichokes.org/health.html>, Experience Life Magazine, May 2009.

\*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?*

Artichokes are flower buds and are part of the lettuce family

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

To your health,  
Cristin Wipfler, MPH, RD

The National Sporting Library  
of Middleburg  
is offering two kid friendly programs.  
Both are free of charge!

The first is this Sunday, September 30th  
from 2:00-4:00.

The event is called *Sunday Sketch* and it  
is led by Hill School parents Tony and  
Misia Barham. All are welcome.

On Sunday, October 7th from  
noon – 2:00 p.m.

we have a Kids Framing Workshop, Show  
and Prizes lead by William Adair, a  
frame historian and conservator. Ages 8-  
12 will learn to decorate a mirror and will  
exhibit their creation.

For the Framing Workshop we would like  
the parents to sign their children up with  
us. Please email [hreuter@nsl.org](mailto:hreuter@nsl.org).

### Barn Yard Sale

Looking to buy or sell used tack, equipment or  
equestrian services? Loudoun County Parks,  
Recreation and Community Services at Middleburg  
Community Center will be holding a Barn Yard Sale  
and Vendor Expo on November 3, 2012 from 10am  
to 3pm. Located at Middleburg Community Center,  
300 West Washington St. Middleburg, VA

Public attendance is free. Vendor Tables are available  
at a cost of \$15.00 to sellers or equestrian businesses.  
Proceeds will benefit the LCPRCS @ Middleburg  
Community Center Activities and Scholarship Fund.  
To reserve a space, or for more information call  
540-687-6375 or email [sheri.conrad@loudoun.gov](mailto:sheri.conrad@loudoun.gov).

### Middleburg Elementary Fundraiser

Family Dinner Night at The Blackthorne Inn

**When:** 5:00-9:00 pm Tuesday, October 2nd, 2012

**Where:** The Blackthorne Inn, Upperville, VA

**Who:** Everyone is welcome (not just Middleburg  
Elementary Families)

**What:** Fundraising event for the MES PTO. 10% of the  
sales from anyone who mentions the fundraiser will be  
donated to the Middleburg Elementary PTO by the  
owners of The Blackthorne Inn.

**How:** Reservations are recommended and appreciated,  
but not required. Walk-ins are welcome. Call the Black-  
thorne Inn directly to make reservations at 540-592-3848.  
Be sure to tell them you are with the MES group. Take  
Out included in the fundraising.

For more info: contact Katie Turner , PTO Vice-President  
at 703-727-8124, [Y2KRTurner@aol.com](mailto:Y2KRTurner@aol.com)

### Personal Concierge for people & pet/farm animals

**Service highlights include:**

- Personal/Business support
- Bed & Bone Boarding
- Pre/post surgery support
- Property management,
- Research & Referral services
- Virtual Assistance



Please go to [www.beckncallservice.com](http://www.beckncallservice.com) to learn more about all our  
services.

Lived in the area my whole life and my siblings are alumni of Hill  
School.

Licensed, Bonded & Insured. Reference upon request

Looking forward to your call! 540-454-7252

### Information Sessions for Local Independent High Schools

Seventh and eighth graders and their parents are  
invited to hear representatives speak about their  
schools and to ask questions.

All sessions are held at Hill School in the Alumni  
Room at 4:00.

Wednesday, October 10—Wakefield

Monday, October 15—Highland

Wednesday, October 17—Middleburg Academy

Also of note:

**Secondary School Fair:** Monday, October 1, 6:00-  
8:00 at the Norwood School in Bethesda, MD

**Madeira**—a girls' boarding school in McLean, VA  
Visit on Sunday, October 14 at 1:00, or Sunday, N  
ovember 11 at 1:00.

E-mail: [admissions@madeira.org](mailto:admissions@madeira.org)