

CROSS BOARDERS

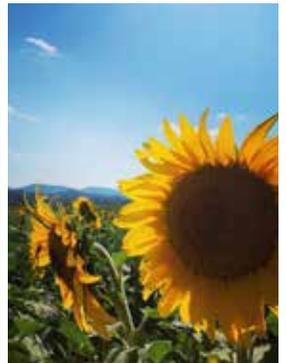
VOL. 1 | NO. 1 FALL 2019

A NEWSLETTER FROM NORTH CROSS SCHOOL'S RESIDENTIAL LIFE PROGRAM

FIRST WEEKS WERE BUSY!



Clockwise from left: The dorm takes it easy on the river; Emma and Hanna (Vietnam) and Ms. Emma at the Sunflower festival; Sunflower; Scavenger hunt in downtown Roanoke; Dorm staff eager to welcome new residents; and the view was well worth the long hike.



TRUE CONFESSIONS:



"I'm not going to lie. The first week was really tiresome. The work is mountainous, just three days in. But, I've met a lot of cool people. My ambassador, Sam, is a good guy; and Mr. Robillard—they just seem like cool people. I think it will take no time for me to get used to life here."

Kevin, Ho Chi Minh City, Vietnam

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DORM POLL

Students share their favorite class so far at North Cross.

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SCRAPBOOK

Pictures of every-day life for our dorm students.

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MAKE IT!

Ms. Emma shares a favorite recipe she recently baked with students.

Dorm Poll:

WHAT IS YOUR FAVORITE CLASS SO FAR?



On Campus...



Out & About



Dorm students got a taste of college life by attending a Virginia Tech Football game!



“It was great! I loved it. It was crowded and the first time I’ve ever been to a stadium. It was a lot of fun!”

Lan, Hanoi, Vietnam (above, rooting for VirginiaTech)

9th Grade Orientation Trip



The ninth grade made their annual orientation trip to Wilderness Adventures, an outdoor education facility. Groups of students developed team skills, enjoyed zip lining, canoeing, and the chance to be together as a group outside of school.

Clockwise from top: This group of girls had to make it through the spiderweb without letting each other's hands go; fire pit at the end of a long day; the boys get ready for zip lining; after tipping their canoe, these guys worked together to right it.



Around the dorm...



Clockwise from left: Paint Night at Ms. Emma's and the finished products; decorating lanterns for Fall Festival celebration; tie-dye night; and, sometimes, you just have to do some homework.



Baking with Ms. Emma!

Healthier Greek Yogurt Cheesecake

This delicious treat we baked up for Cassidy's birthday. Try it yourself!

INGREDIENTS

For the Crust

1 1/2 cups (192 grams), graham cracker crumbs, (about 10–11 sheets)
5 Tbsp. (2.5 oz) unsalted butter, melted
1 Tbsp. (14 grams) granulated sugar

For the Filling

(2) 8 oz. blocks cream cheese, room temperature (low fat or regular)
1 3/4 cups (14 oz.) plain Greek yogurt, room temperature (2% preferred)

2/3 cup (85 grams) granulated sugar

3 large eggs

1 teaspoon vanilla extract

2 teaspoon lemon juice

Simple Berry Compote

1 1/2 cups (12 oz.) total strawberries and blueberries (or mix with raspberries)

2 (1 oz.) lemon or orange juice

1/2 TBS chia seeds (optional)

INSTRUCTIONS

- Preheat oven to 350°F (175°C).
- In medium bowl combine graham cracker crumbs with melted butter and sugar; stir until thoroughly mixed. Press evenly into bottom of 9" or 10" springform pan, use back of measuring cup to flatten. Bake for 8 minutes; remove from oven to cool before wrapping edges/bottom tightly in foil. Reduce oven temperature to 325°F
- Meanwhile prepare the cheesecake filling; using paddle attachment of stand mixer or electric hand mixer, beat together cream cheese until smooth for about 2 minutes. Add in granulated sugar, greek yogurt, vanilla and lemon juice, beating again until completely smooth.
- Add in eggs one at a time, mixing on low-medium speed. Try not to overmix here. Stop mixing as soon as last egg is incorporated.
- Pour cheesecake filling onto pre-baked crust in foil-wrapped springform pan; place pan in bottom of roasting pan with 1 hot water. Carefully transfer to oven and bake at 325°F for 45-55 minutes or until middle has just set. The middle should jiggle slightly (like jell-o) but look firm.
- Turn off oven, crack door, and allow cheesecake to cool in oven for 1 hour before covering and transferring to fridge and chilling for 8 hours.
- For the simple berry compote, bring berries and juice in small saucepan to simmer and cook down for about 10-15 minutes. Remove from heat and stir in chia seeds to thicken if desired. Serve with greek yogurt cheesecake.



Above: Kevin starts mixing the ingredients for the filling as Ms. Emma looks on.



Cheesecake recipe and food photo from: www.fitmittenkitchen.com/healthier-greek-yogurt-cheesecake/

HOMEcoming 2019: A ROYAL WELCOME



Left: This year's Homecoming Court was crowned during our Homecoming football game's half-time (we won 70-28!). Additionally, our very own resident Christina Yu was declared Homecoming Queen next to Isaac Harris who was named King. **Center:** The dorm girls had fun getting ready for the dance later that night! **Right:** The theme was Hollywood Nights, complete with a red carpet walk to meet the Papazzii!