



TAKE NOTE

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

FEBRUARY 5, 2015

Tomorrow, February 6th, dismissal at 11:50

SKI CLUB will meet tomorrow, February 6 at Bryce Resort

Pick up times for bus riders: Upperville Trinity Church: 6:30 p.m.
Hill School: 6:45 p.m.



On *Friday, February 13*, we will have a full day of skiing and competition (Mini Olympics). There will be no school that day. The Hill School bus transporting students to Bryce will leave Hill at 7:30 a.m., and depart from Bryce after the ceremony at approximately 4:00. The bus will return to Hill at approximately 5:45 p.m. Lift tickets will be available after 9:00 a.m. on the deck in front of the cafeteria. Medals will be awarded in a small ceremony at the conclusion of the day. The ceremony will begin at approximately 3:00 p.m. A schedule of classes and race times will be in next week's Take Note.

Special Request From Pan Benefield: Please bring to Mini Olympics your favorite sweet (homemade or store bought) to be given to the instructors and staff at Bryce. Any questions, please call Pan (540) 878-6931.



Student re-enrollment for the 2015-2016 school year

Re-enrollment for the 2015-2016 is beginning in early February. The financial aid on-line application process (FAST) opened Friday, January 30th and stays open through the month of February. Deadline for applying for financial aid is Friday, March 6th. The FAST application icon is located on the home page of Hill's website under Helpful Links. If you are interested in learning more about applying for financial aid for the 2015-16 school year, please see Ethan Loufield or Vickie Ralph.



Family Movie Night at Hill

on Saturday February 7th

Featuring :

4:00 pm **Lion King**

8:00 pm **Casablanca**

A donation of \$5 per person is appreciated.
Concessions will be available for purchase.



2015 TALENT SHOW

Friday, February 27th

1:00-3:00 pm

Sign-up forms are now available in the front office. They must be completed and turned in by Friday, Feb. 20th.

Coming up at Hill:

Fri., Feb. 6	Ski Club, dismissal at 11:50 am.
Tues., Feb 10	Varsity Boys Basketball Tournament at Wakefield. See schedule below. Dismissal at 5:15pm. Varsity Girls Basketball Tournament at Wakefield. See schedule below. Dismissal at 5:15pm.
Thurs., Feb. 12	3rd Grade Strings Assembly at 11:10 am.
Fri., Feb 13	No School, all day ski, Mini Olympics.
Fri., Feb 20	3rd Grade to Jamestown. Depart 8:30 am, return 8:30 pm.

Assembly Schedule:

Tuesday, Feb. 10	5-8 Assembly—Daniel Hasse (Hill '06) presents Shakespeare at 10:30 am
Thurs., Feb. 12	All School Assembly - 3rd Grade Strings Assembly at 11:10 am
Thurs., Feb. 19	All School Assembly—Chinese New Year (Linda Conti) at 11:10 am

AVAILABLE: Available for housecleaning Mondays and Tuesdays. Hill School family references available. Contact Brenda 540-532-0122.

FREE TO LOVING HOME: Antique New England Federal Ladies Writing Desk. Mahogany. Inlaid. Beautiful, valuable piece suffered an in-home accident and requires some restoration/repairs. Sadly, no longer suits current family's lifestyle. Easily moved; you come collect. Will go to first taker who promises TLC. Contact megcatwood1@gmail.com.

WANTED: Overnight weekend companion wanted for elderly relative. Driving not necessary, but helpful. References required. Contact Wendy Heuer @540-454-1724 for inquiries.

AVAILABLE: Extremely competitively priced filming for your anything! Events, advertisements, or making an idea come to life, I will work with you in a cooperative and timely fashion to get the right product produced! Email me at finsta7@gmail.com or text/call me at (540)219-7336.

MISSING: Two jackets – 1) Olive Green Patagonia (may have Michael's name in it); 2) Black North Face. Please call 703-754-8713 to let us know or return to Michael McCleary, if found.

HIRING: Part-time position available with Josephine's Cleaning Service. Work three days a week, 8 hours a day. Please contact Josephine, 540-687-4140.

WANTED: Looking for a rental in Florida, near Orlando, for March 28 - April 4. Please contact Josephine 540-687-4140.

AVAILABLE: Available for baby- and/or pet sitting: Stefanie (Hill '13, Highland '17). First Aid, CPR certified; licensed, though inexperienced driver. Available early evenings and weekends. Please call 540-226-6690.

HOUSEKEEPING Want a clean house every Friday?! Sandra Boyd is available for Friday work only. Call (540) 247-5633. References: Jo Byington of Josphine's Cleaning Service - 540.270.2144 and Shannon Davis - 540.454.3401.

AVAILABLE: Experienced housekeeper currently working for three Hill School families is available for housecleaning Tuesdays and Thursdays and every other Wednesday and Friday. Excellent references. Please call Patty at 540-454-7237.

Varsity Basketball Tournaments at Wakefield Tuesday, February 10

Game Times	V Boys - Upper Gym	V Girls - Lower Gym
1:30	Wakefield vs Highland	Wakefield vs Highland
2:00	Hill vs Highland	Hill vs Highland
2:30	Hill vs LCDS	Hill vs LCDS
3:00	Wakefield vs LCDS	Wakefield vs LCDS
3:30	Highland vs LCDS	Highland vs LCDS
4:00	Hill vs Wakefield	Hill vs Wakefield

You're invited to our 4th Annual Sporting Clay Shoot

Hosted by The Hill School Alumni Association

Saturday, March 7th 9 am-12 noon
at Prospect Hall, Kearneysville, WV

Teams of 5 with 50 Targets (clays) per person

Extra: 5 Stand Available, Pay As You Go

Brunch provided

\$75 per person

Space is limited and fills up fast!

To register, please contact Haley Walsh at
hwalsh@thehillsschool.org or (540) 687-5897



Kingswood Camp For Boys:
Information Session



Tuesday, February 17 in the Hill School Alumni Room

Kingswood Camp is a traditional boys summer camp located on Lake Tarleton in Piermont, New Hampshire. Run by the Wipfler family, Kingswood features a dynamic program set in a friendly and welcoming community. Boys choose their own schedules from a wide array of activities including sports, hiking/trips, waterfront activities, unique games, and much more.

5:00 to 5:30 PM: Informal Meet and Greet
Light refreshments will be served.

5:30-6:30: Slideshow and Question & Answer Session

www.kingswoodcamp.com

RSVP to wipfler@kingswoodcamp.com

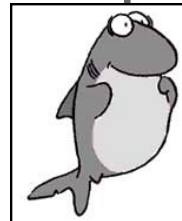
603-795-2235

Hunt Country Transportation

Airport Connections
Hunt Country & Wine Tours
Local & Long Distance Driving

Contact
Ted Eldredge
571-233-9978
explorehuntcountry@gmail.com

Autographed Jim Toomey Books Available!



Jim Toomey, author of Sherman's Lagoon, was kind enough to sign several books while he was here on campus. We have a few of these books left at the Front Desk for purchase. The books are \$14.99 and can be charged to your account with a parent's permission.

Youngblood Art Studio invites you to register for classes

Drawing your line level 1. What can you make of the marks you make?

Location: Native Barre Studio, Middleburg VA.

Dates: Sundays February 8, 15, 22 and March 8

Time 3:30-5:00

Fee: \$100 for 4-class workshop must have at least 6 people for class to run

Lilla Ohrstrom is offering a beginner to advanced drawing class. This class is designed to help you find or rediscover your personal drawing lines.

Materials.

1. A board to draw on with a clip to mount paper
2. Sketch book
3. Drawing charcoal, white chalk, 6B pencil. Gummy eraser.

Hand building in clay.

Location: Youngblood Art Studio

Book your sessions through YAS call 540-270-0402

Dates: Tuesdays, February 3, 10, 17, 24 and March 3

Time 1:30-3:30

Fee \$350 for the 5-week workshop, includes Clay, glaze and firing. Clay tools can be purchased ahead or ordered through Lilla \$20.00 No experience needed, all ages welcome. (Some open studio time included as needed). Must have at least 4 people for class to run.

If you want, private classes times can be arranged through Lilla 540-270-0402

January 26th through March 9th. Available one or two hour time slots Mondays – Fridays (not Thursdays) between 12:00-3:30. \$80 per hour

Art Classes for Children, Clay or drawing

Time is available from 4:15 to 5:00 Monday-Thursday

Price \$60 for private for one child, \$80 for 2 children, \$100 for 3 etc.

Studio Art Lessons

*

AFTER SCHOOL ART

Introduction to Sculpture

Grades 1&2

Mondays 3:15 – 4:45

Two sessions; February 9 & 23

Drawing Skills for Junior Draftsmen

Grades 3-5

Thursdays 4:15 – 5:45

February 5, 12, 18, 26

FRIDAY WORKSHOPS

Sculpture Workshop

grades 3 – 5

February 6th, 2:00 – 5:00

Symbols and Symmetry

grades 3 – 5

February 13th, 2:00 – 5:00

Preregistration required by February 3
aporterart@yahoo.com

THE DRAWING ROOM

101 WEST FEDERAL STREET, MIDDLEBURG

"THAT NIGHT IN RIO"

Acquisition forms were mailed to you this past weekend and we are eagerly awaiting your response! We know you are filled with fabulous ideas, delightful treasures, and surprising talents! And we want them ALL to be a part of our Auction.

We are busily preparing for our event. Please mark your calendars for May 9th and plan on attending!

A Few Auction Facts:

The Auction is a critical element of our school's operating budget, providing funding for Faculty Development, Financial Aid, Faculty Housing, the Endowment and more.

In addition, Auction Funds have purchased "special" items such as the climbing wall, smartboards, buses, and computer labs, just to name a few! Every dollar raised benefits your children!

How can you be involved?

Be a Sponsor

Donate an Item or Service

Be Part of a Purchasing Group

Join a Committee and help us put on a wonderful event

Attend the Auction

We welcome any and all ideas! Not sure what to give? Please contact Kim Medica, our Auction Chair directly, or come into the Auction Office and speak with Chris Johnson or Jennifer Sirianni. We have a lot of suggestions.

Please watch this space for updates on the Auction Registry... a new way to be involved.

"THAT NIGHT IN RIO"

JOIN THE CELEBRATION OF CARNIVAL

Nutrition Nuggets



HEARTS of Palm

February is National Heart Month, so in honor of hearts, let's take a closer look at the hearts of the palm tree (I'm also wishing I were on an island with palm trees right now too! How about you?!).

Hearts of palm come from the palmetto tree, and while once dubbed as "swamp cabbage," have now made a comeback and can often be referred to as "millionaire's salad." They are a good source of protein, carbohydrates, and both soluble and insoluble fiber. Hearts of palm are also low in fat, cholesterol free, and low in salt and sugar, making them a healthy option to snack on or to throw in a salad or stir-fry.

Among their other nutritional benefits, hearts of palm are rich in vitamins and minerals, including calcium, phosphorus, and large amounts of potassium and zinc. The trace minerals copper, manganese and selenium are also present. In addition to these minerals, hearts of palm provide the antioxidants of Vitamins A, C, and E, as well as niacin (B3) and pyridoxine (B6),

If selecting fresh hearts of palm, look for unblemished produce with a firm consistency. Stalks should have a fresh color and strong stalk. If the outer husks are still intact, they will need to be peeled before storing and cooking. Hearts of palm can be stored in a plastic bag in the refrigerator, but should be used promptly to avoid deterioration and loss of nutrients. But, let's be honest here...I don't know about you, but if you are like me, you are getting your hearts of palm already packaged. If this is the route you go, opt for those in a jar (with minimal oil, if an option) instead of a can, as the can may leave a metallic taste.

These delicate vegetables are best served raw or steamed.

How will you add them to your next vegetable dish?

*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?

A serving of hearts of palm provides 2,637 milligrams of potassium, which is equal to SIX bananas. Good to keep in mind for muscle cramps.

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

To your health,
Cristin Wipfler, MPH, RD

