



# TAKE NOTE

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

## NOVEMBER 19, 2015

**There will be no Take Note next week. Happy Thanksgiving!**

The Thanksgiving Holiday begins at noon on Wednesday, November 25th. 1st-8th grade students participate in our traditional Thanksgiving Service at the United Methodist Church in Middleburg from 11:00 to 11:50 a.m. The eighth grade students will be leading this service. Due to space limitations, we ask that only eighth grade parents attend.

### DISMISSAL at NOON

8th graders and their siblings may leave with their parents directly from the church. All other students will walk back to Hill School for dismissal. Students in Grades 4-7: pick up at the Art Circle. Students in Grades 1-3 (and their older siblings) will be dismissed from the main circle.



School will re-open on Monday, November 30th.

 The Book Fair 4-8 grade permission slips are on Page 5.

 **Ski season is coming!**  
Sign up forms are attached and are due to the office by **Friday, Dec. 11.**  
Parents and students renting equipment need to pick up rental forms at the front desk or download them from The Hill School website. Completed rental forms need to be returned to Hill School **before** Winter Break.

#### Health Notice

A couple of cases of possible Pertussis (Whooping Cough) have been reported in the community. Children with the symptoms tested negative but are staying out of school to be on the safe side.

**All** children are vaccinated against this disease as part of their DTP or DtaP (plus a Tdap booster before 6<sup>th</sup> grade) immunization. However, the Center for Disease Control and Prevention (CDC) reports that breakthrough cases are on the rise in the US.

While we believe that there is no immediate threat to any Hill School student, we ask you to be vigilant. Please report unusual symptoms—such as a persistent cough to your doctor.

You can learn more at <http://www.cdc.gov/pertussis/>  
Please let Silvia Fleming know if you have any questions.

 **December lunch forms were attached last week. Orders are due before Thanksgiving.**



PRESENTED BY THE HILL SCHOOL 8TH GRADE

**Three Shows! Admission is Free!**

**Friday, November 20th at 7:00 p.m.**  
**Saturday, November 21st at 7:00 p.m.**  
**Sunday, November 22nd at 2:00 p.m.**

The Sheila C. Johnson Performing Arts Center  
At The Hill School  
Middleburg, Virginia

Book by Howard Lindsay & Russel Crouse | Music by Richard Rodgers | Lyrics by Oscar Hammerstein II  
Suggested by the "The Trapp Family Singers" by Maria von Trapp

# Coming up at Hill:

Fri. and Sat., Nov. 20-21	8th Grade Play, <i>The Sound of Music</i> , 7:00 pm in the Performing Arts Center.
Sun., Nov. 22	8th Grade Play, <i>The Sound of Music</i> , 2:00 pm in the Performing Arts Center.
Tue. Nov. 24	8th Grade vs. Alumni Games. Green & White field hockey/soccer games. Game time: 3:00, dismissal for 8th Graders at 4:30pm
Wed., Nov 25	Alumni Pancake Breakfast, 9:45-10:45 am. Thanksgiving Assembly (Grades 1-8) at the Middleburg Methodist Church. Dismissal from Hill at NOON. Thanksgiving Vacation begin at NOON.
Mon., Nov. 30	School re-opens
Mon.-Thurs., Nov. 30 – Dec. 3	Book Fair, for additional information, please see page 5.
Wed.-Fri., Dec. 2-4	Grade 7 to Williamsburg. Return at 3:00 on Friday.
Sat., Dec. 5	Christmas in Middleburg Parade

**AVAILABLE:** Licensed VA Teacher available for tutoring for all grade levels in the following subjects: Science, Math, Reading, English, Social Studies. No Foreign Languages. Please contact at [rigglem@comcast.net](mailto:rigglem@comcast.net) or (540) 533-4030.

**FOR RENT: Aylor House:** Lovely white brick rambler on 5 wooded acres off Zulla Road. All new carpet, new appliances and freshly painted. 3+ bedrooms and 3 full baths on main level. 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. Two car attached garage, a large deck for entertaining, and the back lawn area is fenced for pets. In pristine condition. References, security deposit & credit check required. Pets on a case-by-case basis. Available immediately for \$ 2,750. For more details call Cricket Bedford at (540) 229-3201.

**FOR RENT: Carr Lane:** Upperville - Sun-filled chalet-style home in a spectacular hilltop setting with gorgeous views. Located off a quaint dirt road on a large cattle farm just south of the village of Upperville. This 3 bedroom, 2 1/2 bath home features hardwood floors, country kitchen, separate dining area, and a two-story Living Room with a wood burning fireplace, skylights and lots of windows. The Master Bedroom suite is located on the first floor. Wrap-around porches provide ideal spaces for entertaining. Also includes a full walk-out basement with laundry area and an attached two car garage. Ideal commuter location for both I-66 and Route 50. Tenant responsible for all utilities. References, credit check & security deposit required. Pets on a case-by-case basis. Available 12/01/15 for \$ 1,950. For more details call Cricket Bedford at (540) 229-3201.

**FOR SALE:** Wrought Iron Canopy Queen Size bed. Beautifully handcrafted and in excellent condition. \$800 OBO. Photos available upon request. Please contact, Text preferred, Barbara @ 540-687-1183.

**FOR SALE:** For Sale Boys 2013 Burton Custom Snowboard (154cm) with Burton Custom EST bindings. Board is in very good condition. All mountain board, great for cruising, carving and the park. Perfect for a 6<sup>th</sup>-8<sup>th</sup> grader - \$200. The word from Burton "The Burton Custom is the yardstick that all other models are measured by. Team riders and testers are backing the Squeezebox core design, which transitions from thinner and more maneuverable underfoot to thicker and more powerful between and outside the feet—delivering added pop, snap, and handling." Please see or call Kelly Johnson – [kjohnson@thehillsschool.org](mailto:kjohnson@thehillsschool.org) or 540-687-5897.

**FOR RENT:** Small c.1760, 3 bedroom cottage on Historic Landmark Estate, \$1000 a month including utilities. 540 687-5695.

**FOR RENT:** 1 bedroom charming cottage very private, fields/forest – 3 miles to Warrenton, central AC, Washer/Dryer, Deck - \$1100 a month. 540 687-5695.

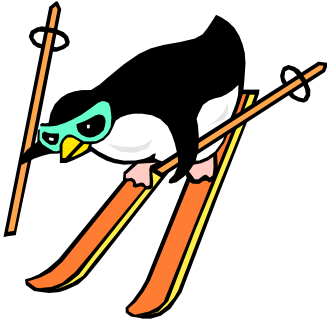
**AVAILABLE:** Joshua Fox, a 2012 Hill graduate and current Loudoun Valley High School Senior, is available for childcare, transport to after-school activities, etc. He has a clean driving record, and is a beloved, and sought-after playmate with our local kids. Please call Carol Jahnke for a reference at 540.687.6269 or text Josh directly at 703.409.5033 for his availability. Josh lives locally and has time during the Thanksgiving, and Christmas to New Year's breaks as well as some evenings and weekends throughout the school year.

**WANTED:** Reliable house sitter wanted in 2016. Former Hill family near Halfway. Responsibilities include horses, dogs & chickens. Live-in or out, your pets welcome. Contact Betsy Manierre, 540.687.5420.

## Parent Coffee

Wed., December 9th  
8:30 am  
Alumni Room  
"Keeping Your Kids  
Safe Online"

Discussion Description - Keeping Your Kids Safe Online is a seminar designed to provide parents with an understanding of the online threats to our children and how to identify key tools for parents to ensure kids are as safe as possible. The seminar takes a serious look at these threats and candidly addresses difficult but important themes. Matt Foosaner is a proud Hill School parent of Sammy '19, Joey '21 and Abby '23. He has over 20 years of experience designing and delivering Mission Critical Technologies to government agencies. Matt has a passion for facilitating the safe use of technology amongst our children and since 2005 he has served on the Law Enforcement Committee and Development Committee for the Board of Directors at the National Center for Missing & Exploited Children. He has created the Keeping Your Kids Safe Online Child seminar to ensure that all parents are empowered to help their kids be safe.



# Ski Club 2016

Sign Up Sheet is on reverse side!

Ski Club will meet every Friday (weather permitting) during January through mid-February at Bryce. If your child participated in Ski Club last year but will not be skiing or snow boarding this year, please let Silvia Fleming (540) 687-5897 know as soon as possible.

Siblings not enrolled at Hill are welcome to join us, however, the minimum age for ski class is four years. Family friends who wish to ski with us are welcome, but only children signed up for the season have space in the ski classes.

Parents who ski may purchase their ski lift tickets at the counter at a discount group rate (\$14 on half-days, \$19 on full days). Equipment rentals for parents are also available (\$15 per day, \$7 for helmets).

Rental information: Students and parents may sign up for the whole season and have their equipment set up in advance. All rentals charged to Hill School will be billed for the whole season (\$90 ski and snowboard only, \$130 including helmet), regardless of how often the equipment is used. No charges to the Hill School account will be accepted by Bryce at the counter, ONLY rental forms completed before Christmas, approved and submitted by the School, are allowed. All forms at the counter at Bryce are on a cash-only basis. If you or your child are renting the equipment, please obtain the rental form as soon as possible and return BEFORE CHRISTMAS BREAK.

Rental forms are also available through a link on the Hill School webpage.  
See [www.thehillschool.org](http://www.thehillschool.org)



**Please note:** ALL Hill School students and ALL Ski Club participants are required to wear helmets on the ski slopes.

Snow Boarding is open to children in Grades 4 through 8. Spaces in the classes are limited and will be filled on a first come-first served basis.

New participants in the program should list their ski experiences and attach them to the sign-up sheet. If you have any questions, please feel free to discuss them with Silvia Fleming.

Previous participants in the Ski Program received a skill-level rating at the end of the season from their instructors. This year's ski classes will be formed based on these ratings. This can be an inexact science, since different instructors often rate differently. If, after the first lesson, you feel that your child is in the wrong group, please talk to Pan Benefield or Silvia. If the instructor's observations are similar to yours, adjustments will be made. Often instructors also suggest changes. Please remember: Ski Club is for having fun skiing, learning the basics, and for being with your friends.



# HILL SCHOOL SKI CLUB 2016

The 2016 Ski Club will again be held at Bryce Resort in Basye, Virginia. The Ski Club offers a series of five 50-minute lessons and a Mini-Olympic race. Half of the ski classes will meet at 2:15; the remaining classes will meet at 3:30. Before and after the lessons the students are allowed to ski on their own.

**SNOW BOARDING:** Bryce will offer snow boarding classes (for beginners and for advanced boarders) parallel to the regular ski school classes. These snow boarding classes are open to children 10 years and older (4<sup>th</sup> grade and up). Classes have only a limited number of openings; the slots will be filled on a first come-first served basis.

1. **Friday, January 8** (Extra early dismissal from school: JK-8 11:00)
2. **Friday, January 15** School will dismiss at 11:50 for JK-8
3. **Friday, January 22** Full day of Skiing (Faculty Retreat)
4. **Friday, January 29** School will dismiss at 11:50 for JK-8
5. **Friday, February 5** School will dismiss at 11:50 for JK-8
6. **Friday, February 12** MINI-OLYMPICS (More information will be sent home later)

**Miscellaneous Information**

A. **ELIGIBILITY:** All Hill School students are welcome to participate. **Children in Grades JK-3 must be accompanied by a parent or an adult who is responsible for them and is willing to assist the children during and after their classes (especially beginner skiers).**

**COST:**  
 Option #1: Without rental: **\$155** (includes lessons, slope fees)  
 Option #2: With ski or snowboard rental: **\$245** (includes lessons, slope fees, skis or board, and boot rental)  
 Option #3: With equipment plus helmet rental: **\$285** (includes all of the above plus a helmet rental)

*Prices are for the entire season. Adjustments will be made only for sessions cancelled by Hill School or Bryce Resort .*

If you choose option #2 or #3 and turn in your rental forms before Christmas break, your equipment will be ready for your pick-up at the beginning of each Ski Club session. You may also rent your equipment individually every week, but for CASH only (cannot be charged to your Hill School account).

C. **TRANSPORTATION:** Private car or Hill School Ski Bus. Hill School bus ticket is \$15 per round-trip. Students should be in the 4th grade or above to ride the bus without supervision of an older student or adult. (Riders should sign up for the bus the mornings of the ski trips). Parents of younger students who would like their child to ride the bus should contact Mrs. Fleming to arrange for supervision.

D. **ENROLLMENT:** If you wish to enroll, please complete the form below and return it to the office no later than Friday, December 12. **YOUR ACCOUNT WILL BE BILLED.**

E. **MINI-OLYMPICS:** Competition will begin in mid-morning and continue into the afternoon. The schedule for each class will be published the preceding week. More information will be published in a future Take Note.

**If your child(ren) are renting equipment this year, you must complete a special form, and it must be returned to the office before Christmas Break. Forms may be obtained in the Front Office or via the Hill School Website.**

\*\*\*\*\*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

## Skiing:

Ski Rental: \_\_\_ no \_\_\_ yes (If yes, obtain rental form in the front office and return it before **Christmas break.**)

Helmet Rental: \_\_\_ no \_\_\_ yes (If yes, obtain rental form in the front office and return it before **Christmas break.**)

\_\_\_ Participated last year in Hill Ski Club - no significant new experience since last winter

\_\_\_ Participated last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)

\_\_\_ New participant

\_\_\_ beginner \_\_\_ intermediate  
 (please attach list of experience)

## Snow Boarding

*(Grades 4 and above):*

Snow Board Rental: \_\_\_ no \_\_\_ yes (If yes, obtain rental form in the front office and return it before **Christmas break.**)

\_\_\_ Snow Boarded last year in Hill Ski Club - no significant new experience since last winter

\_\_\_ Snow Boarded last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)

\_\_\_ New Snow Boarder in Hill Ski Club  
 \_\_\_ beginner, \_\_\_ intermediate  
 (please list experience)



# Book Fair!

The Hill School Book Fair will be held  
Monday, November 30th through Thursday, December 3rd  
In the Performing Arts Center

## Permission Slip Information

**LOWER SCHOOL: PARENTS OF JK-3, PLEASE DO NOT FILL OUT THIS FORM!!!** JK-3 grade students will bring home a "Wish List" after their first visit. Parents may approve all or parts of this list, which will serve as a permission slip for the JK-3 grade child to purchase the books the next day.

Please email Carmen Arwine (longacre618@aol.com) with any questions.

Parents of younger students are encouraged to visit the Book Fair with their children. Classes will visit the Book Fair at the following times.

### Monday, November 30

10:10-10:40 4 (preview)  
12:30-1:00 1 with 7 mentors (preview, lists)  
2:35-3:00 2 with 8 mentors (preview, lists)

### Tuesday, December 1

8:45-9:30 2 with parents  
10:30-11:00 5 (preview)  
11:00-11:30 K with 6 mentors  
11:30-12:00 JK with 6 mentors  
12:00-1:00 7-1  
1:30-2:30 7-2  
2:30-3:00 3 (preview)

### Wednesday, December 2

8:30-9:15 JK and K with parents  
9:40-10:10 8-1  
10:10-10:40 8-2  
11:00-11:45 3  
12:00-12:30 6 Boys  
12:30-1:00 6 Girls  
2:35-3:15 4-1  
3:15-3:55 4-2

### Thursday, December 3

8:30-9:15 1 with parents  
10:00-10:40 5-1  
11:00-12:00 5-2

## Grades 4 - 8 Book Fair Permission Slip Please Return by Wed., November 25th.

\_\_\_\_\_ in \_\_\_\_\_ has my permission to charge up to \$ \_\_\_\_\_ to  
Student's Name Grade

my Hill School account at the 2015 Hill School Book Fair.

If a child does not have a permission slip, we will allow him or her to charge ONE book up to 15.00 to your account unless you check the space below.

\_\_\_\_\_ My child may NOT charge any books to my account.

Parents' Signature \_\_\_\_\_



Hill School Student Council Supports Windy Hill for the Holidays



Dear  
Parents,  
Hill School's  
Student Council

is asking our school community  
to help brighten the holidays for residents of  
Middleburg's Windy Hill neighborhood. \*

Please consider supporting the Student Council by  
providing Holiday gifts for Windy Hill children. \*

Our faculty will be helping to support this program as well. \*

To make the process as easy as possible for families to  
participate, Room Parents have been given the entire wish list  
to distribute to parents. \* For those wanting to participate, here is how:\*

Select a gift from the wish list and confirm with the front desk to  
avoid duplications. \* You will be given a certificate with the child's name  
and gift details \* Consider including your child in the process of selecting and  
purchasing the gift. \* Wrap and bring gift with the certificate attached to the front desk  
by December 16th. \*We will place it under Hill's giving tree in the front lobby.

Anyone wishing to provide additional support or gifts,  
please contact Emily Tyler or Ann Northrup. \*

Many thanks for your continued  
support and generosity,  
The Student  
Council



**Christmas In Middleburg Is Coming!**

Save the date, because Christmas in Middleburg is coming! All JK-3 children are invited to ride along with the Hill School Lion on our float in the annual Christmas in Middleburg Parade on Saturday, December 5<sup>th</sup>. More information on drop-off and pick-up will be in a future Take Note.

More information about Christmas in Middleburg and all the fun weekend events is available at:

<http://www.christmasinmiddleburg.org/>



# THE HILL SCHOOL 2015 GREENS ORDER FORM

All greens are provided by local greenhouse, Abernethy and Spencer, and are excellent quality.

**LIMITED QUANTITIES. ORDER EARLY TO GUARANTEE !!!**

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## WREATHS/GREENS

Size based on outside diameter, mixed greens and custom made.

20"-24" Mixed Green Wreath \_\_\_\_\_ x\$30.00 = \_\_\_\_\_  
42" Mixed Green Wreath \_\_\_\_\_ x\$80.00 = \_\_\_\_\_  
75 feet White Pine Roping \_\_\_\_\_ x\$32.00 = \_\_\_\_\_

## POINSETTIAS

4" pot (2-3 blooms)  
Red \_\_\_\_\_ x\$7.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$7.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$7.00 = \_\_\_\_\_

7" pot (8-12 blooms)  
Red \_\_\_\_\_ x\$16.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$16.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$16.00 = \_\_\_\_\_  
Marble \_\_\_\_\_ x\$16.00 = \_\_\_\_\_  
Jingle \_\_\_\_\_ x\$16.00 = \_\_\_\_\_

10" pot (20 plus blooms)  
Red \_\_\_\_\_ x\$40.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$40.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$40.00 = \_\_\_\_\_

## POTTED PLANTS/BULBS

Paper Whites (6" terra cotta pot) White \_\_\_\_\_ x\$14.00 = \_\_\_\_\_

Amaryllis (7" terra cotta pot)  
Red \_\_\_\_\_ x\$20.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$20.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$20.00 = \_\_\_\_\_

Cyclamen (4" terra cotta pot)  
Red \_\_\_\_\_ x\$8.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$8.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$8.00 = \_\_\_\_\_

Cyclamen (7" terra cotta pot)  
Red \_\_\_\_\_ x\$15.00 = \_\_\_\_\_  
Pink \_\_\_\_\_ x\$15.00 = \_\_\_\_\_  
White \_\_\_\_\_ x\$15.00 = \_\_\_\_\_

**TOTAL ENCLOSED: \$** \_\_\_\_\_

Please indicate your pickup preference below:

\_\_\_\_\_ pick up at Hill School Dec. 3 or 4

\_\_\_\_\_ pick up at Hill School Dec. 10 or 11

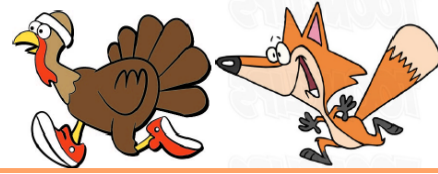
Please make checks payable to: The Hill School, memo: Class of 2022  
The Greens Sale benefits our current Second Grade class. Thank you sincerely for your support.  
**Questions?** Please contact Sheila Harrell at sheilalucy2001@yahoo.com

## 24th Annual Middleburg Cotillion

*As the holidays are approaching, we all look forward to celebrating with family and friends! In addition to counting our blessings it's a great time for adults to model etiquette and table manners and for our young ladies and gentlemen to demonstrate what they've learned at home, school and Middleburg Cotillion.*

*We hope your 4th-7th grader can join classmates and students from other local schools this year to build confidence in a fun and festive setting!*

*To register or for more information, please contact [Middleburg@Cotillion.com](mailto:Middleburg@Cotillion.com) or visit the website <https://www.cotillion.com/jdw>*



The 2nd Annual Middleburg Turkey Trot will be held on Thursday, November 26th at 10 am starting at The Middleburg Professional Center. At this family friendly event, we'll take a run/stroll/walk around the Hill School loop (once or twice it's up to you!).

While participation in the Turkey Trot is free, we are encouraging everyone to help us support the Middleburg Humane Foundation with either monetary donations or supplies.

Anyone who is interested in volunteering or has any questions, please contact Cara Leepson and Liza Eldredge at [middleburgturkeytrot@gmail.com](mailto:middleburgturkeytrot@gmail.com)



### COMMUNITY THANKSGIVING SERVICE

Please Join Us

**WEDNESDAY, NOVEMBER 25 AT 7:30 PM**

**Upperville Baptist Church**  
9070 John S. Mosby Highway, Upperville

Enjoy a Great Evening with your Neighbors



Trinity Bell-Ringers, Mt. Pisgah Choir & More Local Talent

**Everyone is Welcome!**

The Offering Benefits:  
The Churches of Upperville Outreach Program  
*Providing food during this holiday season and throughout the year to those families who need help in our community!*



*The Orlean Community Trail System and the Village of Orlean  
present ... "An Orlean Christmas"*

**5 Dec, from 3:00 – 10:00 p.m. throughout the Village of Orlean.**

- All day ...Open House at the Village Green Gift Shop
- 3:00 -- 6:00 ... Christmas Dinner (served at Providence Baptist Church; United Methodist & Orlean Baptist churches and OCTS also supporting this event) \* *ticket required for a donation*
- 4:00 -- Dusk... Piedmont Driving Club (horse & carriage)
- 4:00 -- 7:15 ... Quilt display (Providence Baptist Church)
- 4:00 -- 7:15 ... Christmas Craft Show\* (United Methodist Church)
  - Debbie Cornwall (hand-painted decorative items)
  - Helen Riley (crochet crafts)
  - David Jeck and Ann Anderson (hand crafted wooden items and gifts, knitted crafts and jewelry)
  - Megan Ferguson from Hope Hill Farm (soaps, lotions, and more, all homemade from natural ingredients)
  - Brenda Melton (floral wreaths and centerpieces, scarves, and jewelry)
  - Cyndie Kisner (centerpieces and lanterns)
  - The Orlean Market (jams, local produce, and more)
- 4:00 -- 7:15 ... Christmas Concert by local musicians (United Methodist Church)
  - Ross D'Urso & Angela Gibson ... 4:00 – 4:45
  - Blue Ridge Barbershoppers ... 5:00 – 5:45
  - Pairadocs (Hill School's Hunt Lyman and Paul Haefner) ... 5:45 – 6:15
  - Daniel Carter ... 6:15 – 6:45
  - Providence Baptist Church Choir ... 6:45 – 7:15
- 4:00 -- 7:15 ... Santa's Bake Shoppe and Santa Claus (the Fire Station)
- 7:30 -- 8:00 ... Christmas caroling at bonfire (Orlean Market)
- 8:00 – 10:00+ ... The Celebration Continues (Orlean Market)

*For more detail, please see [orleantrailssystem.org](http://orleantrailssystem.org)*

### Celebrating the Holiday Season in Middleburg

Second Chapter Books invites children of **all ages** to join us for **Storytime at the Bookstore**.

**Sundays 2:00 to 4:00**

#### November 29th

Dickens' *A Christmas Carol* (Children's version)  
Read by **Cyndi Ellis** of Common Grounds  
Crafts with Bookstore staff

#### December 13<sup>th</sup>

Gentile's *The Mouse in the Manger*  
Read by **Till Smith**  
Crafts with **Mary Woodruff** and **Denise All**

#### December 20<sup>th</sup>

Moore's *The Night Before Christmas*  
Read by **Chief AJ** of Middleburg, Police Dept.  
Crafts with **Shannon Ellis** of Common Grounds

**Cupcakes** from **Lillybakes** following the craft activities  
Space is limited, so please reserve your place.

Call the bookstore at 687-7016 or email with date(s) and number of attendee(s) [secondchapterbks@gmail.com](mailto:secondchapterbks@gmail.com)



Come join us for a special 4 week Native Jump/Native Barre Kid session!

This four week session will include a 30 minute jump class on Tuesday's at 4:15 pm and a 45 min Native Barre class on Wednesday's at 4:15pm. Classes will take place in our new studio located at, 8 Jay St. Kids will increase their endurance and flexibility, while learning about these fun new exercise methods and having a blast with their friends! This session is recommended for 7th and 8th grade boys and girls. Both classes are available as a package, however if your child only wants to participate in one or the other we can make arrangements. (Session will begin next Tuesday, November 24th) Sign up now online at: [nativebarre.com](http://nativebarre.com) or call the shop at: 540-687-4643.  
Cost: \$120 Native Jump/Barre.



## Nutrition Nuggets



### Top Ten Turkey-Time Tips for 2015

One week from today we will be celebrating one of my favorite holidays, Thanksgiving! Here are my top ten tips to help make your turkey dinner just as delicious and joyful, while allowing you to be thankful for more than just elastic waistbands post dinnertime ☺

1. Have a healthy snack before the big dinner. It will help keep you from overindulging from hunger.
2. Get some activity before the meal. Whether you go for a run, play a game of touch football in the yard, or spend the morning cleaning-up for your guests, expending those extra calories will help you feel more guilt-free and it may even curb your appetite a bit.
3. Drink a big glass of water before the meal (as well as water throughout the day). Water makes you feel full so you may be less inclined to eat more than you really need.
4. In addition to water, start your meal with a salad, soup, or some of the lighter dishes. Fill-up on the healthy stuff first and if you still have room you can dive into the higher fat options.
5. Add lots of veggies! Sweet potatoes, yams, squash, and green beans are a great way to add more vegetable side dishes.
6. If you have a say in the matter, speak-up and swap some of the unhealthier dishes with new, healthier recipes. There are tons of great healthy Thanksgiving recipes online - see what you can find and impress your guests with delicious AND healthy foods!
7. Bring on the pumpkin pie!! Pumpkin is high in Vitamin A and fiber. One word of advice - make your own crust if you can. The store-bought versions are high in trans-fats (the bad kind).
8. As hard as it may be, try starting with smaller portions on your plate. You can always go back for more. It takes about 20 minutes for your body to recognize that it is full, so eat slowly and you may not need that second helping. More leftovers for tomorrow!
9. Nothing feels better after Thanksgiving dinner than a nice nap, but try getting a little activity. Go for a walk or a bike ride (nothing too strenuous - we don't want to see the turkey again).
10. Last and most importantly, enjoy the time with family and friends. Take time to reflect on all that we have to be thankful for in our lives.

Happy Thanksgiving!

\*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?***

Make sure that you are thawing and cooking your turkey the right way to prevent foodborne illness. Visit the Home Food Safety website for a quick cheat-sheet:  
<http://homefoodsafety.org/downloads/Turkey-Tips>

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

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





Items Selling Fast!!!

## The Christmas Boutique is Open!

Start your online bidding now!

<http://bidpal.net/thehillsschoolboutique2015>

Join us for tea, cookies and popcorn

Tuesday, Nov. 17 ~ Monday, Nov. 23

### Holiday Decor



### Alumni Room

Raffle Tickets  
for



Marchesa "Lilly Stone Clutch"  
(\$3,000 value)  
only 150 tickets will be sold

Stocking Stuffers,  
Hostess Gifts & More!

No shipping charges - no lines - free wrapping!

Shop early - Shop often!

Bid remotely or Buy It Now!

### Jewelry

