



# TAKE NOTE

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

## NOVEMBER 20, 2014

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

The Thanksgiving Holiday begins at noon on Wednesday, November 26th. K-8 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 K-3 (and their older siblings) will be dismissed from the main circle.



School will re-open on Monday, December 1st.

Dear Members of the Hill Community,

I am delighted to report that the Car Raffle--which concluded with the drawing of the winning ticket and the "Concours d' Elegance" last Saturday--was a resounding success.

Mr. Geoffrey Pohanka, President of the Pohanka Auto Group, donated \$25,000 to Hill School before he drew the winning ticket. His extraordinarily generous donation combined with the sale of over six hundred raffle tickets will make a significant contribution to the school's need-based financial aid program.

In making this donation, Mr. Pohanka, recognized Don and Mary Woodruff, who taught and coached him during his years at St. James School in Hagerstown, Maryland as well as the excellence of Hill's students, faculty, and program.

Congratulations to Fred Geary, First Grade teacher Susan Price's fiancée, who won the \$25,000 voucher (with all taxes paid) for a car of his choice from any Pohanka dealership.

We are especially grateful for Mr. Pohanka's contribution, to everyone who purchased tickets, and for the good work of all of our volunteers: those who worked on the Raffle and the Car Show and those who displayed cars in the Concours. Additionally, the Highland School Jazz Ensemble, directed by David Fatula, added a festive touch to the day.

Sincerely,  
Trevor Lord

Special Thanks to:

Staff Members	Parent Volunteers	Concours d' Elegance Participants	
		Hill Families	Community Members
Tom Northrup	Matt Cahir	Lavinia Currier	Bill Ebert
Jennifer Sirianni	Matt Foosaner	Jimmy Harris	Dave Olimpi
Vickie Ralph	Tod Jones	Quang Le	Allen Richards
Don Woodruff	Ned Quinn	Chris Ohrstrom	Doug Teague
	Mat Rowley	Leslie & Wayne VanSant	Shawn Wells
	Jens Scott	Alex Vogel	
	Jesse White	Brian Wilson	



## FIDDLER ON THE ROOF

Presented by The Hill School 8th Grade

The Hill School

Middleburg, VA

**THREE SHOWS! ADMISSION IS FREE!**

Friday, November 21st at 7:00 pm

Saturday, November 22nd at 7:00 pm

Sunday, November 23rd at 2:00 pm

Тысяч, а в роу Янваск мѣлким нѣтъ нѣтъ дѣтским, зѣлѣние твои чѣстою ое твои Яисе ни твои Русскн скитни ое Анавика ми 1905, зѣри твои ливе ами ас вѣлароус ас твои вѣрч ое а фидлер он а роу ("Fiddler"). АТ Тыиѣд: жѣме, ивѣрѣне не оеи вѣларѣне вѣр твои Сѣватк мѣл. Жѣс скарѣ-тоиѣдѣ зѣме, Гѣлѣ, оѣдѣс твои дѣтским, Тыиѣд, Жѣме, Чѣва, Сѣлѣнни аѣд Бѣлѣд, аѣдѣ твои тѣкс, Тыиѣд, твои вѣлѣти мѣтѣмѣлѣ, ивѣрѣне то твои Гѣлѣ твои Лѣар оѣ, твои вѣлѣтѣ оѣтѣмѣ, а мѣлѣмѣ оѣдѣ твои Тыиѣд, нѣнѣ то твои Тыиѣд, твои ивѣлѣт дѣтским, Тѣи нѣдѣ твои дѣтским, Жѣме аѣд Чѣва, аѣд зѣлѣнѣ аѣд Тыиѣдѣ вѣлѣт, оѣт Тыиѣдѣ не вѣнѣтѣмѣлѣ аѣд ("Мѣтѣмѣлѣ, Мѣтѣмѣлѣ"). А

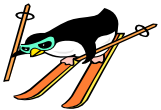


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Book by Joseph Stein • Music by Jerry Bock  
Lyrics by Sheldon Harnick • Poster Art by Bettina Corbin

# Coming up at Hill:

Fri. and Sat., Nov. 21-22	8th Grade Play, <i>Fiddler on the Roof</i> , 7:00 pm in the Performing Arts Center.
Sun., Nov 23	8th Grade Play, <i>Fiddler on the Roof</i> , 2:00pm in the Performing Arts Center.
Tue., Nov. 25	8th Grade vs Alumni Green & White field hockey/soccer games. Games at 3:00, dismissal at 4:30pm
Wed., Nov 26	Alumni Pancake Breakfast, 9:45-10:45am Thanksgiving Assembly (K-8) at the Middleburg Methodist Church. Dismissal from Hill at NOON Thanksgiving Vacation begins at NOON
Mon., Dec. 1	School re-opens
Tue.-Thurs., Dec. 2-4	Book Fair, for the schedule and additional information, please see page 7
Wed.-Fri., Dec. 3-5	Grade 7 to Williamsburg. Return at 3:00 on Friday.
Sat., Dec. 6	Christmas in Middleburg Parade (see below for more information on the Hill School Float)
Thurs., Dec. 11	JV2 Boys Basketball vs. LCDS at LCDS. Game at 3:00, dismissal at 4:45 pm JV1 Boys Basketball vs. LCDS at LCDS. Game at 4:00, dismissal at 5:45 pm V Boys Basketball vs. LCDS at LCDS. Game at 5:00, dismissal at 6:45 pm V Girls Basketball vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm JV2 Girls Basketball vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm



## Ski season is coming!

Sign up forms are attached and are due to the office by **Friday, Dec. 12.**

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.



**December** lunch order forms were attached to last week's Take Note. Orders are due **Tomorrow, November 21.**

The "ECYCLE" recycling program *collection ends TODAY, November 20.* Place your items on the pallets located by the dumpster at the art circle parking lot. No items can be accepted after *TODAY, November 20.*



## Join the Hill School Float for Christmas in Middleburg

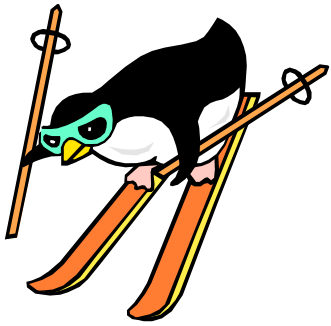
Christmas in Middleburg is Saturday, December 6th. All JK-3 children are invited to ride along with the Hill School lion on our float in the Christmas in Middleburg Parade. Please sign up at the front desk if you plan to participate. You will need to dress warmly and meet at the float along the Hill School's Cross-Campus Road between 1:30 and 1:45. Pick up will be immediately after the parade at the Hill School's back traffic circle (near Art room).

To ensure the safety of our children, all children must be on the float by 1:45. No children will be allowed to join the float once we start moving, or be picked up from the float before we return to the art circle.

Questions? Contact Donna Potter at [montog@aol.com](mailto:montog@aol.com).

More about Christmas in Middleburg is at their website <http://www.christmasinmiddleburg.org/>





# Ski Club 2015

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 at school know as soon as possible.

Siblings not enrolled at Hill and younger siblings 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, \$17 on full days). Equipment rentals for parents are also available (\$14 per day).

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 (\$84), 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. Helmets are available for rent at the Ski Shop (\$5/day).

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 2015

The 2015 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 9   | (Extra early dismissal from school: JK-8 11:00)          |
| 2. | Friday, January 16  | School will dismiss at 11:50 for JK-8                    |
| 3. | Friday, January 23  | Full day of Skiing (Faculty Retreat)                     |
| 4. | Friday, January 30  | School will dismiss at 11:50 for JK-8                    |
| 5. | Friday, February 6  | School will dismiss at 11:50 for JK-8                    |
| 6. | Friday, February 13 | 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).**

B. **COST:** Option #1: With Ski or Snowboard Rental: **\$235** (includes lessons, slope fees, skis or board, and boot rental)  
Option #2: Without Rental: **\$150** (includes lessons, slope fees)

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

If you choose options #1 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: \_\_\_\_\_

<p><b>Skiing:</b></p> <p>Ski Rental: ___ no ___ yes (If yes, obtain rental form in the front office and return it before <b>Christmas break.</b>)</p> <p>___ Participated last year in Hill Ski Club - no significant <u>new</u> experience since last winter</p> <p>___ Participated last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)</p> <p>___ New participant ___ beginner ___ intermediate (please attach list of experience)</p>
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<p><b>Snow Boarding</b></p> <p>(Grades 4 and above):</p> <p>Snow Board Rental: ___ no ___ yes (If yes, obtain rental form in the front office and return it before <b>Christmas break.</b>)</p> <p>___ Snow Boarded last year in Hill Ski Club - no significant <u>new</u> experience since last winter</p> <p>___ Snow Boarded last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)</p> <p>___ New Snow Boarder in Hill Ski Club ___ beginner, ___ intermediate (please list experience)</p>
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**NEEDED:** Looking to borrow a stroller for my granddaughter over the Christmas holiday. Dec 18 to Dec 28. Call Linda Hart, 703-727-1950 or e-mail dogwalker8@mac.com

**WANTED:** Native Barre Studios is looking for experienced and licensed hair blow out specialists, manicurists and threading experts. Please contact Native Barre Studios at 540-687-4643 for more information.

**FOR RENT:** Apartment on beautiful horse farm in Philomont. Conveniently located between Purcellville & Middleburg, 25 mins to Leesburg. Light-filled, spacious & open floor plan. Pets possible, including two horse stalls available. Full kitchen & bath, washer & dryer, central heat & A/C. French doors, deck, breakfast nook, porch swing. Non-smoker, best for one person or a couple. Comcast high-speed internet & TV, fire & security system. Tile & berber flooring. Peaceful neighborhood & pastoral views. \$1550 includes ALL UTILITIES: high-speed internet, TV, trash, lawn service, security & fire system, electric, water. Call: (703) 431-3563.

## Announcing the 23rd Annual Middleburg Cotillion

Grades 4 - 5 Club Cotillion  
Grades 6 - 7 Social Skills Essentials

Registration opened at [www.cotillion.com](http://www.cotillion.com)  
on Tuesday, November 11 at 10:00 a.m.

Classes will be held  
at the Middleburg Community Center  
on Sunday evenings, beginning January 11, 2015

Please note: class size is limited.  
All registrations are taken on a first-come, first-served basis, so  
register early to ensure a space in the program.

For further information, please call  
Carol Jahnke at 540.687.6269 or  
Gail Wofford at 540.592.3755

## Wakefield School Hosts Speaker Joe Ehrman

Monday, December 8, 2014  
beginning at 6:30 pm.

He will be offering us his thoughts on character education, respect, positive role modeling and support for one another, and responsibilities of parents. This discussion will be appropriate for students and parents (grades 8 and above).

Please RSVP to Betty Beamon  
[bbeamon@wakefieldschool.org](mailto:bbeamon@wakefieldschool.org),  
540-253-7540 if you are able to attend.

Wakefield School  
4439 Old Tavern Rd  
The Plains, VA 20198

## Candy Donations Needed for Hill School Parade Float

It is tradition for the children that walk with the Hill School Float during Christmas in Middleburg to pass out candy to the crowd gathered to watch the parade. This takes a LOT of bags of candy, so we are asking families to please consider donating a bag of individually wrapped candy for the parade. Please send it in with your child by December 1. There will be a collection box at the front desk.

Thank you for the help!

P.S. This donation box is also a great home for any leftover Halloween candy.



Save the Date  
Saturday, December 13  
10:00 am - 4:00 pm



## Hill Holiday Marketplace !

in the Sheila C. Johnson Performing Arts Center

Now accepting vendors and artisans with items to sell at the marketplace.

- \* Come browse and shop for unique items.
- \* Great place for children to shop too!
- \* Hill School Art Teacher, Linda Conti, will be selling her mixed up stuffed animals along with other fun and imaginative items.
- \* Food Vendor: Betty's Chips and Salsa.

Please Contact Haley Walsh  
[hwalsh@thehillsschool.org](mailto:hwalsh@thehillsschool.org) or  
540.687.5897  
with questions and interest



## CHRISTMAS MINI-AUCTION RETURNS!

Mark Your Calendars, the always popular Christmas  
Mini-Auction Returns on  
December 9th thru December 12th  
in the Alumni Room!  
Great Shopping and Great Bargains

Please join the Acquisition Team on  
Tuesday, December 9th at 8:30 In the Alumni Room  
For a Holiday Breakfast and Sneak-Peak of the  
Mini-Auction

Learn about **"THAT NIGHT IN RIO"**  
and how you can be included!  
Please RSVP to the Auction Office

Come to the Mini-Auction  
and Get in the Holiday Spirit

**"THAT NIGHT IN RIO"**



# Book Fair!

The Hill School Book Fair will be held  
Tuesday, December 2nd through Thursday, December 4th  
In the Performing Arts Center

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

### Tuesday, December 2

8:45-9:15	1
9:15-9:30	1 & 7 (as mentors)
9:30-10:10	7
10:30-11:15	Assembly
11:15-11:45	JK, K
11:45-12:00	JK, K & 6 (as mentors)
12:00-12:30	6
1:00-1:30	3
1:40-2:10	8
2:10-2:30	2 & 8 (as mentors)
2:30-3:00	2
3:00-3:30	4
3:30-4:00	5

### Wednesday, December 3

8:30-9:00	JK
9:00-9:30	K
9:30-10:10	8
10:30-11:00	1
11:10-11:40	4
11:40-12:10	5
12:20-1:00	3
1:00-1:40	6
2:20-3:00	2

## Wish List/Permission Slip Information

**LOWER SCHOOL:** Parents of JK-3, please do not fill out the attached form. Students will bring home a "Wish List" after their first visit on Tuesday. Parents may approve all or parts of this list, which will serve as a permission slip for the child to purchase the books the next day.

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

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## Grades 4 - 8 Book Fair Permission Slip

### Please Return by Dec. 1st.

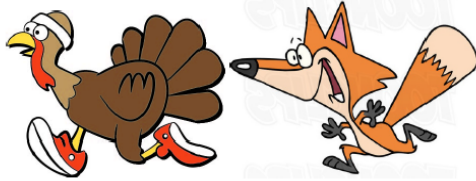
\_\_\_\_\_ (student's name and grade) has my permission to charge up to \$\_\_\_\_\_ to my Hill School account at the 2014 Hill School Book Fair.

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 \_\_\_\_\_



## First Annual Middleburg Turkey Trot

Put on your running shoes, shake out your tail feathers and come earn your Thanksgiving dinner at the First Annual Middleburg Turkey Trot!

The inaugural Middleburg Turkey Trot will be held on **Thursday November 27th** at **10am** at Hill School. At this family friendly event, we'll take a run/stroll/walk/jaunt/skip/gallop around the famous Hill School loop.

While participation in the Turkey Trot is free, we are welcoming with open wings donations to the Middleburg Humane Foundation.

While donations of any kind are appreciated, their biggest needs at the moment are dry cat food, paper towels, large rawhides and medium/large dog harnesses. Check out their website <http://www.middleburghumane.com/wishlist.htm> to see what else you can bring!

No matter how big or small your contribution might be you can feel good knowing how thankful the animals will be this holiday season.

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

Gobble, gobble!

LOUDOUN BALLET COMPANY

invites you to a special

# Nutcracker Tea Party!

SAT DEC 13th @ 2PM

Salamander Resort  
500 N. Pendleton St.  
Middleburg, VA

RESERVATIONS  
REQUIRED BY 12/9

Adults \$59  
Children 12 & Under \$49

INFORMATION &  
RESERVATIONS

[www.loudounballet.org](http://www.loudounballet.org)

Scones,  
Tea Sandwiches,  
Hot Chocolate & Tea.  
Live Dance Excerpts,  
Photos with the  
Characters.

Loudoun Ballet Company (LBC)  
is a 501(c)(3) non-profit  
performing arts organization.



Saturday December 6 • 8:00 am -10:30 am  
Middleburg Community Charter School



## Breakfast with Santa

\$10.00 per adult  
\$5 per child 12 & under

PROCEEDS BENEFIT MCCS PTO STUDENT ENRICHMENT EFFORTS

Stop by the Kravitz Orthodontics Coffee & Croissants to-go tent. It's a great place to watch the 11:00 Hunt & Hounds Review while waiting for your prizes!

### PHOTOS WITH SANTA

\$10.00 per print  
\$5.00 per e-mailed digital image

### MORE FUN

Pick-a-Prize Raffle  
50/50 Drawings  
Cookie Decorating & Movie  
Silent Auction  
Plate Decorating



**MENU**  
Pancakes  
Sausage  
Eggs  
Fresh fruit  
Pastries  
Coffee, Tea, and Juice



## COMMUNITY THANKSGIVING SERVICE

Wednesday, November 26  
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 HILL SCHOOL 2014 GREENS ORDER FORM

All greens are provided by local greenhouse Abernathy and Spencer and are excellent quality.  
Order by Monday, November 24th

Name \_\_\_\_\_ Phone \_\_\_\_\_  
\*Delivery Address \_\_\_\_\_

## WREATHS and ROPING

Size based on outside diameter, single faced combinations of Boxwood, White Pine, Cedar, Spruce and Holly.

20"-24" Mixed Green Wreath	_____ x\$24.00 = _____
42" Mixed Green Wreath	_____ x\$80.00 = _____
75 feet White Pine Roping	_____ x\$36.00 = _____

## POINTSETTIAS

7" pot (8-12 blooms)	
Red	_____ x\$14.00 = _____
Pink	_____ x\$14.00 = _____
White	_____ x\$14.00 = _____
Marble (cream and pink)	_____ x\$14.00 = _____
Jingle Bell (red and white)	_____ x\$14.00 = _____
10" pot (20 plus blooms)	
Red	_____ x\$40.00 = _____
Pink	_____ x\$40.00 = _____
White	_____ x\$40.00 = _____

## POTTED PLANTS/BULBS

Paper Whites (6" pot)	_____ x\$14.00 = _____
Amaryllis (7" terra cotta pot)	
Red	_____ x\$20.00 = _____
White	_____ x\$20.00 = _____
Cyclamen (4" terra cotta pot)	
Red	_____ x\$ 7.00 = _____
Pink	_____ x\$ 7.00 = _____
White	_____ x\$ 7.00 = _____
Cyclamen (7" terra cotta pot)	
Red	_____ x\$20.00 = _____
Pink	_____ x\$20.00 = _____
White	_____ x\$20.00 = _____
*Optional Delivery Service (see below)	_____ x\$ 8.00 = _____

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

**Please indicate your pickup/delivery preference below:**

\_\_\_\_ Pick up at Hill School Dec. 4 or 5

\_\_\_\_ Pick up at Hill School Dec. 11 or 12

\_\_\_\_ \*Have items delivered between Dec. 4 and Dec. 6 (\$8 charge applies, only for those within 12 mile radius).

\_\_\_\_ \*Have items delivered between Dec. 11 and Dec. 13 (\$8 charge applies, only for those within 12 mile radius).

Please make checks payable to: The Hill School, memo: "Class of 2021"

The Greens Sale benefits our current Second Grade class. Thank you sincerely for your support.

**Questions?** Please contact Wendy Heuer at [wendyheuer@live.com](mailto:wendyheuer@live.com)

## Nutrition Nuggets



### Some Thanksgiving Favorites

With Turkey Day now just around the corner, your thoughts may be turning to menu planning. Here are two very popular Thanksgiving Day foods that are also highly nutritious, especially when prepared in a healthy way!

#### Cranberries

Cranberry sauce is a staple on many Thanksgiving tables - but this year you might want to consider ditching the canned variety and going for the real thing. Made from fresh (or frozen) cranberries, this holiday favorite can supply an excellent dose of nutrients without the added sugar of canned sauces. This brightly colored berry has received great attention for its ability to help prevent and treat urinary tract infections. This is because the cranberry contains an antibacterial agent called hippuric acid, as well as numerous antioxidants, which help inhibit the growth of infection-causing bacteria on the walls of the urinary tract. These antioxidants also help prevent cancers, kidney stones, and tooth decay. They keep blood vessels healthy by decreasing LDL (bad) cholesterol levels and raising HDL (good) cholesterol levels. Cranberries are also a good source of fiber and an excellent source of vitamin C!

#### Yams

Yams are another Thanksgiving favorite and are packed with nutrients, making them a great side dish. Their B6 and C vitamins help keep your heart healthy by decreasing your risk of heart disease and lowering cholesterol. Yams are also high in potassium and are a good source of fiber. They are complex-carbohydrates, meaning that their sugars are broken down slowly and absorbed into the bloodstream gradually, helping to avoid the dreaded "sugar-high." Some yams have purple flesh, which is high in the phytonutrient anthocyanin ~ linked to better brain function and antioxidant activity.

So if these foods end up on your Thanksgiving table this year, "gobble" (sorry, bad Thanksgiving joke) them up because they are a healthy addition to any spread.

\*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?*

The yam is a tropical plant!



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

To your health,  
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