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 fiancé, 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,
Treavor Lord

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<table>
<thead>
<tr>
<th>Staff Members</th>
<th>Parent Volunteers</th>
<th>Hill Families</th>
<th>Community Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Northrup</td>
<td>Matt Cahir</td>
<td>Lavinia Currier</td>
<td>Bill Ebert</td>
</tr>
<tr>
<td>Jennifer Sirianni</td>
<td>Matt Fooseaner</td>
<td>Jimmy Harris</td>
<td>Dave Olimpi</td>
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<tr>
<td>Vickie Ralph</td>
<td>Tod Jones</td>
<td>Quang Le</td>
<td>Allen Richards</td>
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<tr>
<td>Don Woodruff</td>
<td>Ned Quinn</td>
<td>Chris Ohstrom</td>
<td>Doug Teague</td>
</tr>
<tr>
<td>Mat Rowley</td>
<td>Leslie &amp; Wayne VanSant</td>
<td>Alex Vogel</td>
<td>Shawn Wells</td>
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<tr>
<td>Jens Scott</td>
<td>Jesse White</td>
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</tbody>
</table>

SPECIAL THANKS TO:

- Concours d’Elegance Participants
- Hill Families
- Community Members

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FIDDLER ON THE ROOF
Presented by The Hill School 8th Grade

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

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Back by Joseph Bene. • Music by Jerry Black

- Directed by Shannon Vincent. • Photos by Matthew Curran.
Coming up at Hill:
Fri. and Sat., Nov. 21-22  8th Grade Play, Fiddler on the Roof, 7:00 pm in the Performing Arts Center.
Sun., Nov 23  8th Grade Play, Fiddler on the Roof, 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

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

Ski season is coming!
Sign up forms are 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.
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 snowboarding 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

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 (4th 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: __________

Skiing:

Ski 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)
Announcing the 23rd Annual Middleburg Cotillion

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

Registration opened at 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

Candy Donations Needed for Hill School Parade Float
It is tradition for the children that walk with the Hill School Float during Christmas in Middelburg 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.

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, 540-253-7540 if you are able to attend.

Wakefield School
4439 Old Tavern Rd
The Plains, VA 20198

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

3rd Annual 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@thehillschool.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.

<table>
<thead>
<tr>
<th>Tuesday, December 2</th>
<th>Wednesday, December 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-9:15 1</td>
<td>8:30-9:00 JK</td>
</tr>
<tr>
<td>9:15-9:30 1 &amp; 7 (as mentors)</td>
<td>9:00-9:30 K</td>
</tr>
<tr>
<td>9:30-10:10 7</td>
<td>9:30-10:10 8</td>
</tr>
<tr>
<td>10:30-11:15 Assembly</td>
<td>10:30-11:00 1</td>
</tr>
<tr>
<td>11:15-11:45 JK, K</td>
<td>11:10-11:40 4</td>
</tr>
<tr>
<td>11:45-12:00 JK, K &amp; 6 (as mentors)</td>
<td>11:40-12:10 5</td>
</tr>
<tr>
<td>12:00-12:30 6</td>
<td>12:20-1:00 3</td>
</tr>
<tr>
<td>1:00-1:30 3</td>
<td>1:00-1:40 6</td>
</tr>
<tr>
<td>1:40-2:10 8</td>
<td>2:20-3:00 2</td>
</tr>
<tr>
<td>2:10-2:30 2 &amp; 8 (as mentors)</td>
<td></td>
</tr>
<tr>
<td>2:30-3:00 2</td>
<td></td>
</tr>
<tr>
<td>3:00-3:30 4</td>
<td></td>
</tr>
<tr>
<td>3:30-4:00 5</td>
<td></td>
</tr>
</tbody>
</table>

**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 ____________________________
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/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.html](http://www.middleburghumane.com/wishlist.html) 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 Lisa Eldredge at middleburgturkeytrot@gmail.com

Gobble, gobble!

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**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.

<table>
<thead>
<tr>
<th>Wreath Type</th>
<th>Quantity</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>20”-24” Mixed Green Wreath</td>
<td></td>
<td>$24.00</td>
</tr>
<tr>
<td>42” Mixed Green Wreath</td>
<td></td>
<td>$80.00</td>
</tr>
<tr>
<td>75 feet White Pine Roping</td>
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<td>$36.00</td>
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POINTSETTIAS
7” pot (8-12 blooms)
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<thead>
<tr>
<th>Color</th>
<th>Quantity</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Red</td>
<td></td>
<td>$14.00</td>
</tr>
<tr>
<td>Pink</td>
<td></td>
<td>$14.00</td>
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<tr>
<td>White</td>
<td></td>
<td>$14.00</td>
</tr>
<tr>
<td>Marble (cream and pink)</td>
<td></td>
<td>$14.00</td>
</tr>
<tr>
<td>Jingle Bell (red and white)</td>
<td></td>
<td>$14.00</td>
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</tbody>
</table>

10” pot (20 plus blooms)
<table>
<thead>
<tr>
<th>Color</th>
<th>Quantity</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Red</td>
<td></td>
<td>$40.00</td>
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<tr>
<td>Pink</td>
<td></td>
<td>$40.00</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td>$40.00</td>
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</tbody>
</table>

POTTED PLANTS/BULBS

<table>
<thead>
<tr>
<th>Plant Type</th>
<th>Quantity</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper Whites (6” pot)</td>
<td></td>
<td>$14.00</td>
</tr>
<tr>
<td>Amaryllis (7” terra cotta pot)</td>
<td></td>
<td>$20.00</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td>$20.00</td>
</tr>
<tr>
<td>Cyclamen (4” terra cotta pot)</td>
<td></td>
<td>$7.00</td>
</tr>
<tr>
<td>Red</td>
<td></td>
<td>$7.00</td>
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<tr>
<td>Pink</td>
<td></td>
<td>$7.00</td>
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<tr>
<td>White</td>
<td></td>
<td>$7.00</td>
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<tr>
<td>Cyclamen (7” terra cotta pot)</td>
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<td>Red</td>
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<td>Pink</td>
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<td>$20.00</td>
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<tr>
<td>White</td>
<td></td>
<td>$20.00</td>
</tr>
</tbody>
</table>

*Optional Delivery Service (see below)

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 Heneg at wendyheneg@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.

To your health,
Cristin Wipfler, MPH, RD