



TAKE NOTE

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

NOVEMBER 5, 2015



Please Come Preview
The Hill School

“2015 Christmas Boutique”

Tuesday, November 17th
Thru Friday, November 20th
In the Alumni Room

Featuring Tickets to Holiday Shows,
Hostess Gifts, Jewelry, Holiday Decor,
Stocking Stuffers and More!

No Shipping Charges and No Lines!



The Hill School Greens Sale!

Sponsored by the 2nd Grade. Please see page 4 for an order form.

Many thanks to all who helped with last week's Halloween Parties:

To the PTC for organizing and supervising the "halloweenie" lunch, and to the **wonderful volunteers** who worked in the kitchen preparing plates of hot dogs and black bean burgers.

To the volunteers, who helped run parties in JK-Kindergarten, first, second and third grades.

To the eighth graders, who ran the costume parade and organized the party and haunted house.

To the seventh graders, who hosted the first and third grade parties.

And to all the seventh and eighth graders: great job cleaning up after all the fun!



Many thanks to Hill parents for their generous contributions of candy for Halloween festivities in Middleburg! Parent generosity helped teachers provide children with a scary and happy local celebration.

Hunt Lyman





**Have Leftover Candy?
We Can Help!**

Hill School would love to have any leftover candy (or candy you choose to donate) to pass out during the Christmas in Middleburg Parade. Please drop off your donations to the front desk. Thank you!

P.S. Save the date – Christmas in Middleburg is December 5th.
More information about our parade float will be in the next Take Note.

Coming up at Hill:

Fri., Nov. 6	Grade 6 to Old Rag. Dismissal at 6:00 pm.
Wed., Nov. 11	Regular School Day Picture Make-Up Day - 10:30 am to 11:30 am.
Mon., Nov. 16	No School - Teacher Development Day
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.

FOR RENT: Lovely stone house, 5 bedrooms, 4 full baths. 5 minutes from Hill School. \$3,500 per month. Contact John Coles 540-270-0094.

NEEDED: Hi Hill community, I am seeking a rental home/apartment for a fantastic family who needs our help! Time is pressing as they need to find a home as soon as possible. This is a beautiful, kind, hardworking family of Mom, Dad, 6th grade daughter, and 3 yr old daughter (severely disabled). They also have a 20 yr old daughter in college who has been a camp counselor at A Place To Be when their 6th grader was a participant. I can vouch for this being an authentically kind, warm, loving family! 2-3 bedrooms would be ideal, but they will work with whatever they can find. Must be extremely affordable as they have very high medical bills for their 3 year old. (I have a family willing to co-sign a lease for them if needed!). If you have or know of an opportunity to help this family find a home, please contact me, Kim Tapper: kim@aptblifecoaching.org, 540-687-6740.

FOR RENT: Large, one bedroom apartment available for rent on Bull Run Mountain in Aldie. Newly renovated with more than 1,500 sq. feet of living space. Hardwood floors throughout, washer/dryer, and plenty of storage space. Only 10 minutes to Middleburg and 15 to South Riding. Rent \$950 including utilities. Avail Nov. 1. Non-smokers, pets a possibility. Call Catherine at 703-597-1508.

SEEKING: Live-In housekeeper "only". Experience as a "live-in" housekeeper. References required. Driving a plus. Competitive salary. No care giving or health experience needed. Duties include: ironing, laundry, prep in kitchen. 703-980-8109. Middleburg area.

SEEKING: Looking to hire someone with "secretarial skills" on a part time basis. Flexible hours. Familiar with Excel program, Microsoft & data entry, etc. 703-980-8109 Middleburg area.

FOR RENT: 3 bedroom, 1 bath cottage (full kitchen, living room, dining room, garage) for rent. 10 minutes to village of Middleburg. Please contact janet@cowgillco.com.

FOR RENT: Lovely three bedroom, two bath stone house with almost an acre fenced in back yard, minutes from Middleburg. Hard wood floors and gorgeous views. \$2200 / mo includes landscaping and mowing. Email gshannonoc@hotmail.com for more information.



The 8th Grade musical The Sound of Music is coming quick! We are in need of a few items for our props and costumes. Please contact Enza Giannone-Hosig ASAP if you

can donate or let us borrow the following items. eghosig@thehillsschool.org; 540-687-5897.

- | | |
|---|---|
| Props: | Costumes: |
| <ul style="list-style-type: none"> • Vintage guitar case • Vintage Pre-WW II bicycle • Small vintage dolls (2) • Vintage microphone stand • Lightweight garden archway | <ul style="list-style-type: none"> • 1930s-1940s era ballgowns and boy's/men's tailcoat tuxedos • Black knee high soldier's boots |

Thanksgiving Baskets for Families in Need

Sponsored by the Student Council

The collection for our traditional Thanksgiving food baskets is underway. Each grade has been assigned a non-perishable item to be collected in the homeroom.

- | | |
|------|---|
| JK-K | 2 bags or boxes of stuffing |
| 1st | 2 cans of peas |
| 2nd | 2 cans of green beans |
| 3rd | 1 box dried potatoes and 1 jar of gravy |
| 4th | 2 cans of fruit |
| 5th | 2 cans applesauce |
| 6th | 1 can of sweet potatoes |
| 7th | 1 container of cookies or canned nuts |
| 8th | 2 cans of cranberry sauce |



Faculty- Pumpkin Pie ingredients

If anyone wishes to contribute to a turkey donation, you may purchase \$10.00 gift certificates at the Middleburg Safeway and add them to your class's collection basket. Interfaith Relief will redeem them to purchase perishable items for distribution.

Donations for Interfaith Relief should be turned in by **Friday, Nov. 13, 2015.**

Anything collected after this date will be taken to Seven Loaves in Middleburg. Thank you for your help!
The Hill School Student Council



Ki Aikido classes for beginners age 10 to 100. Adults encouraged to train with their children.

Ki Aikido is a Japanese discipline that encompasses mind-body development through the

non-violent, effective martial art of Aikido. Practices are performed in a non-competitive fashion, by means of harmonizing with your partner's intention with no conflict. The aim is not to injure your opponent but neutralize the aggression using a relaxed internal power.

Class is held every Saturday 12.30 to 1.30 at Blue Ridge Tae Kwon Do, 9151 John S Mosby Hwy, Upperville, VA 20184, taught by Tony Barham and son Ted Barham.

For more information call Tony at 540-687-5947.

To learn more about Ki Aikido visit <http://www.easternkifederation.com/>

Pamela J Donehower

Box 1565, Middleburg, VA 20118
571-271-4177
pampac99@yahoo.com

Town – Country Animal / Estate Sitting



Solid enthusiastic references

~
30 years experience

~
Long or short term availability

~
Gifted in animal communication

~
Extensive experience coordinating home-farm-estate-stable operations

~
Former VA realtor-Recognized hunt member sensitive to land conservation/owner relations

24th Annual MIDDLEBURG COTILLION 2016

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

Online registration began
November 3, 2015 at 10:00 AM EST
<https://www.cotillion.com/jdw>

Classes start January 10, 2016.

We highly recommend you register early as class sizes are limited and filled on a *first-come, first-served* basis.

For assistance please call our Customer Relations Department at [303-789-1447](tel:303-789-1447).



Break Out of Your Shell

Oyster Roast 2015

Saturday, Nov. 7th 4-7pm

Piedmont Child Care Center
Upperville, VA

Oysters from the Northern Neck
BBQ Country - Wine & Beer

Tickets are still available.

\$35 for adults/\$5 for kids under 12

Contact Susan McCaskey for tickets
smccaskey@thehillsschool.org
or Piedmont Child Care at
PCCC@piedmontchildcare.org
(540) 592-3908






VSA LOUDOUN
presents
ELECTION 3000 BC
A New Original Musical

November 13th at 7:00pm
November 14th at 7:00pm 
November 15th at 3:00pm

Franklin Park Arts Center
36441 Blueridge View Lane
Purcellville, VA 20132

\$15 Adults
\$10 Students & Seniors

Tickets & Information:
540-338-7973
or
www.vsaloudoun.org

ELECTION 3000 BC
A New Musical Comedy!



**VSA Loudoun's
Fall 2015 Musical**




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 = _____

POINTSETTIAS

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 = _____
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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

Thursday, November 12th Lunch

Too busy to make lunch?
Support the 2nd grade lunch,
prepared by the Arellano family!

Menu

3 or 5 Taquitos
Chips w/ guacamole & salsa
Carrot sticks and grapes
Brownie

\$6 or \$8 Make check payable to Hill School, Class of 2022 in the memo line.

Name _____

Grade _____

_____ 3 Taquitos (\$6) or _____ 5 Taquitos (\$8)

Inova Loudoun Hospital Foundation and the Middleburg Community Center invite you to:



**Inova
Community Health
Event Series**

Wednesday, November 18, 2015
5:30 pm - 7:00 pm

Middleburg Community Center
300 West Washington Street
Middleburg, VA 20118

CONCUSSIONS

Hosted by Bundles Murdock, President, Middleburg Community Center and Cricket Bedford, Inova Loudoun Hospital Foundation Board of Trustees

Please join us for a panel discussion and Q&A session on concussions. Complimentary concussion baseline screenings will be offered for guests ages 12 and above.

GUEST SPEAKERS:

Jill McCabe, MD, Medical Director of Pediatric ER, and the Outpatient Concussion Program at Inova Loudoun Hospital

Anne Blackstone, MSPT, Rehabilitation Clinic Coordinator

Cassandra Good, Concussion Clinic Patient and Local Equestrian

Hors d'oeuvres and refreshments will be served.



Space is limited. Kindly RSVP to Leigh Wolf at 703.289.2078 or leigh.wolf@inova.org no later than November 11th.



Mark your
calendars!

NOVEMBER WINE TASTINGS @ Market Salamander

Saturday November 14
Noon-3:00pm

GB IMPORTERS  **Bulgariana**

BULGARIAN WINES
FEATURED BY GRAPES
& BARLEY IMPORTERS

Friday November 20
Noon-3:00pm



OLD HILL CIDER
FROM
TIMBERVILLE, VA

*No reservation necessary, just stop in and enjoy!

Want to have a stress free holiday?
Then let us take care of the cooking!

MARKET SALAMANDER THANKSGIVING TO GO MENU

Order form is available online at www.marketsalamander.com
OR

contact Amy Monteleone-Catering Manager
571.465.6505 | amonteleone@market-salamander.com

Let the 1st grade fundraiser provide delicious
PIES for your Thanksgiving feast!



1st grade has teamed up with the **Little Apple Pastry Shop!**
Pies will be delivered to you at school on Monday, Nov. 23.

Don't need any pies? Consider buying a pie for **donation!** Donated pies will be delivered to Seven Loaves for holiday meal distribution on Monday, Nov. 23, as well.

Order Form

Name: _____ Phone/Email: _____

Pie Type	Quantity Ordered	Quantity Donated	Price per Pie	Subtotal
Pumpkin			\$25	
Apple			\$25	
Dutch Apple (crumb topping)			\$25	
Rustic Apple (a little more crust on top)			\$25	
Candy Apple (topped w/caramel & walnuts)			\$25	
Pecan			\$25	
Sugar-Free Pumpkin			\$25	
Grand Total:				

***** All orders must be received by Thursday, Nov. 12.**

Please drop off orders with cash or check (checks written to The Hill School with "Class of 2023" in the notes line please) in the main office. Please contact Monique Lynch (drmlynch@yahoo.com or 703-728-9522) with any questions. **Thank you!**

Nutrition Nuggets



Baked Apples w/ Cinnamon-Oat Topping

As the weather continues to cool, try this tasty (and seasonal!) dessert recipe to warm you up! Warm apples, crispy topping, and a house that smells deliciously autumnal ☺ This delicious treat includes many nutrient-packed powerhouses such as apples, oats, nuts (optional), cranberries, and cinnamon! For extra protein, serve with a scoop of vanilla Greek yogurt (or live-it-up with a scoop of vanilla ice cream!).

Ingredients:

2 medium sweet red apples (e.g. Gala or Braeburn)	1 Tbs cold butter, finely chopped
3 Tbs. finely chopped pecans or walnuts (optional)	$\frac{1}{4}$ tsp. ground cinnamon
2 Tbs. uncooked quick-cooking oats	1/8 tsp. salt
2 Tbs. packed dark brown sugar	$\frac{1}{2}$ cup 100% apple juice
1 Tbs. chopped dried cranberries	

Directions: Preheat oven to 350° F

1. Cut each apple in half horizontally. Use a melon baller or spoon to remove the core from each half, creating a rounded hole. (I recommend leaving the skin on to add more fiber to the dessert)
2. Combine nuts (optional), oats, brown sugar, cranberries, butter, cinnamon and salt. Use your fingers or a fork to mix until mixture resembles coarse meal. Fill each apple half with about 2 Tbs of oat mixture.
3. Place apples in an 8-inch baking dish; pour apple juice around apples in dish. Cover dish with aluminum foil.
4. Bake 30 minutes or until apples are tender and topping is golden brown. (Note: Baking times may vary depending on variety, size and ripeness of the apples. Apples are ready when they can be easily pierced with a toothpick).

Nutrition Information: (Serving size - 1 stuffed apple; serves 4)

Calories: 151; Total Fat: 7g; Sat Fat: 2g; Cholesterol: 8mg; Sodium: 100mg; Total Carbohydrate: 24g; Dietary Fiber: 3g; Protein: 1g.

* Reference: Kids Eat Right, of the Academy of Nutrition and Dietetics -- Recipe by Jessica Cox, RD

*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?

Cinnamon is so rich in health benefits, that in Ancient Egypt it was considered to be more precious than gold!

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

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

