

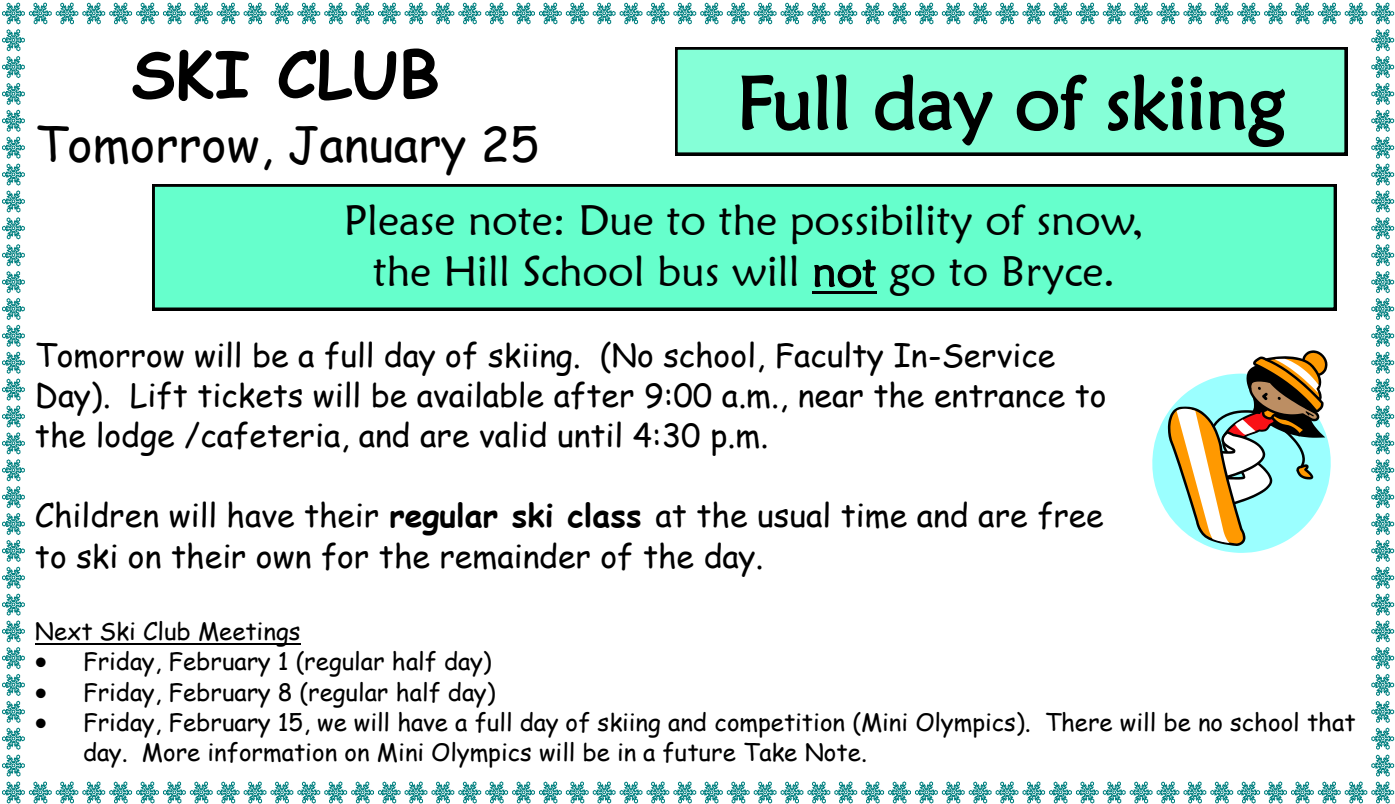


TAKE NOTE

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

JANUARY 24, 2013

No School Tomorrow, January 25 (Faculty In-Service Day)



SKI CLUB

Tomorrow, January 25

Full day of skiing

Please note: Due to the possibility of snow, the Hill School bus will not go to Bryce.

Tomorrow will be a full day of skiing. (No school, Faculty In-Service Day). Lift tickets will be available after 9:00 a.m., near the entrance to the lodge /cafeteria, and are valid until 4:30 p.m.



Children will have their **regular ski class** at the usual time and are free to ski on their own for the remainder of the day.

Next Ski Club Meetings

- Friday, February 1 (regular half day)
- Friday, February 8 (regular half day)
- Friday, February 15, we will have a full day of skiing and competition (Mini Olympics). There will be no school that day. More information on Mini Olympics will be in a future Take Note.

As you may have been aware, there have been a number of break-ins all around Middleburg. The Police Department has posted a link on their website with some helpful tips.
<http://www.middleburgpolice.org/>

Bingo for Books is coming soon!
Save the Date!
Friday, March 1



In addition to marking your calendars, we would appreciate any and all donations of gently used books. Donations can be all level of books. K-8 and young adult—adult. Please leave donations at the book cart at the Front Desk.

Thank You!

Parent Coffee with Kasia Daum
Thursday, January 31 at 8:30
“The Science of Compliance:
Getting Your Child to Follow
Directions.”

Coming up at Hill:

Fri, January 25	Full Day of Skiing. Faculty Retreat. NO SCHOOL
Tues, January 29	V Boys Basketball Tournament at Wakefield. Games start at 2:00, Dismissal at 4:45 JV Girls basketball vs Highland at Hill. Game at 3:00, Dismissal at 4:15 V Girls Basketball vs Highland at Hill. Game at 4:00, Dismissal at 5:15
Thurs, January 31	Parent Coffee with Kasia Daum on <i>The Science of Compliance: Getting your Child to Follow Directions</i> Alumni Room 8:30 JV Boys Basketball vs Highland at Highland. Game at 3:00, Dismissal at 4:45 V Boys Basketball vs Highland at Highland. Game at 4:00, Dismissal at 5:45 V Girls Basketball Tournament at Foxcroft. Games start at 3:00, Dismissal 5:45
Wed. February 13	Forum on Hill's Foreign Language program. 5:00-6:30 PM
Fri. February 15	Mini Olympics - No School



Bake Sale

Sponsored by the Tree
Huggers (Hill's
Environmental Club)
Wednesday, January 30
(recess & lunch)
All baked goods \$1

\$ 100 iTunes raffle!

1 ticket for \$5

Help Support **Pencils of Promise** for the last few
weeks

Tickets available at the front desk

The winner will be drawn Wednesday January 30th and announced on
the 31st at the all school assembly.



21st Hunt Country Winter Antiques Show

Where: The Hill School Athletic Center

When: January 26-27, 2013

Hours: Sat. 10-5, Sun. 11-4

Admission: \$10

Invest in the future by recycling the past!

Fabulous antiques dealers from New England to Colorado to Florida will offer for sale formal and country furniture, fine art, folk art, porcelains, silver, jewelry, decorative accessories and so much more. All items are guaranteed to be authentic.

For more information please visit www.dfshows.com

AVAILABLE: Recently updated two bedroom, one bath apartment on a quiet street in Middleburg. Walk to shopping, restaurants, the library and the local farmers market. Washer, dryer, air conditioning, fenced backyard, off street parking. Rent is \$975 per month, utilities not included. Lawn maintenance provided by landlord. One month deposit and credit check required. Pets considered on a case by case basis, with additional security deposit of \$150. If interested please call Andrea 540-454-7252.

FOR SALE: size 8 women's Burton snowboard boots EC. Size 10 1/2-11 men's ski boots Lange. EC. Élan magfire 74 skis, 150s, VGC. Best offer. Contact Lara Dunlap 703-999-6268.

AVAILABLE: Lovely 3 bedroom, 3 1/2 bath townhouse available for rent or sale. Gourmet kitchen, gas furnace, fireplace, whirlpool bathtub, hardwood flooring and tile throughout. Located in the Town of Middleburg. Available in March. Rents for \$2500/month. Contact me for sale price. Lisa at (540) 454-2826 orlisa@marshmellos.com

AVAILABLE: House for rent : \$1,400 monthly rental in Middleburg next to Sporting Library across from Hill School athletic fields. Well maintained and freshly painted. 3 bedrooms, 1 1/2 baths, private parking in driveway, storage unit in back Call 540-454-4240.

"High octane playing from first note to last."
—Washington Post



TIME FOR THREE
Sun Jan 27 @ 5
The Ballroom at Barton Oaks
The Plains, Virginia

6th Annual Candlelight Concert
The Community Music School of the Piedmont



tj3

SAVE THE DATE!

Make time for **TIME FOR THREE**
Sunday, January 27th at 5:00 PM
The Ballroom at Barton Oaks
2750 Landmark School Road
The Plains, Virginia 20198



6th Annual Candlelight Concert to benefit
Community Music School of the Piedmont
Tickets \$125 each.
To order tickets and info:
piedmontmusic.org or 540.592.3040

Nol Putnam Art Show
The Nol Putnam Art Show
will remain at Youngblood
Art Studio until the end of
January! If you haven't seen
it already, be sure to call to
schedule an appointment
at 540-270-0402.

Spring 2013



Spring registration is now open!!

All children with the league age of 5-12 (as of April 30, 2013) are eligible to play.

Regular registration is open until January 31, 2013. Late registrations will be accepted until March 3, 2013, and will be placed on a waiting list until team placement is determined. Walk-in registrations will take place on January 26, 2013 (9am-12pm) at the Purcellville Train Station.

The league is also in need of volunteer managers, coaches, and team parents. Interested? Check the website for the volunteer form. All volunteers need to complete the volunteer application and must pass a background check prior to receiving approval to participate in any volunteer capacity.

See www.ULLL.org for registration details

Questions? email MiddleburgRep@ulll.org

Nutrition Nuggets



Boosting Immunity

Flu season is here and it is hitting hard! What can you do to increase your chances of staying healthy? Get a flu shot, wash your hands (a lot!), get extra rest, stay physically active, and pay special attention to your diet! Many vitamins, minerals, and other nutrients found in foods are natural immune boosters that will gladly work overtime during this time of year!

Vitamins A, C, and E are natural antioxidants and can be found in:

Vitamin A: sweet potato, carrots, collard greens, kale, spinach, cantaloupe, cayenne pepper

Vitamin C: red bell pepper, oranges, strawberries, kiwi, cantaloupe, parsley, broccoli, Brussels sprouts

Vitamin E: almonds, hazelnuts, whole grain products, wheat germ, fortified cereals/breads, seeds

Vitamin D may help in identifying and destroying the bacteria and viruses that make us sick. The best source of vitamin D is the sunshine, but during these winter months when we are bundled-up, you can also get it from fatty fish, fortified milk/juice/cereal, and supplements

B vitamins, in particular B6 and folate also have immune-boosting powers:

Vitamin B6: chicken (light meat, skinless), pork, peanut butter, black beans, whole wheat pasta

Folate: fortified cereals/breads/pastas, spinach, navy beans, OJ, wheat germ, avocado

Selenium is a potent antioxidant that increases the number of natural killer cells in the body. It can be found in: seafood (tuna, red snapper, lobster, shrimp), whole grains, egg yolk, brown rice, cottage cheese

Zinc is very important to the immune response and increases the production of white blood cells that fight infection. Zinc can be found in: meat, wheat germ, crab (canned), milk, sunflower seeds, peanut butter

Prebiotics and Probiotics work together to stimulate the growth of friendly bacteria in your gut.

Prebiotics: strawberries, honey, garlic, barley, leeks, asparagus, onions

Probiotics: yogurt with the active cultures *Lactobacillus casei* and *Lactobacillus reuteri*, sauerkraut, kefir

Soluble fiber helps fight inflammation. Look for this type of fiber in: citrus fruits, apples, carrots, dried beans and peas, oats, barley, flaxseed

Two great immune boosters to also add to your routine are mushrooms and green tea. Mushrooms contain the compounds Beta-glucans, which have been shown to help prevent infections.

Green Tea contains catechins, which may kill the influenza virus.

*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?

You lose the immune-boosting powers of green tea when you add milk because the milk proteins bind with the polyphenols and make them ineffective.

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



To your health,
Cristin Wipfler, MPH, RD

AUCTION NEWS FLASH

Share your talents, skills and contacts! Acquisition forms are in the mail. Stumped, need an idea, have great contacts, not sure where to start? Maybe you only have one piece of a possible acquisition, let us help you put it together and combine efforts!



AUCTION WISH LIST!!!!

- **Tickets**-Sporting Events, Concerts, Symphony, Opera, Theatre...
- **Special Services**-Babysitting, Spring, Gardening and Window Cleaning , Car Detailing, Flower Arranging...
- **Share Your Special Interests & Talents**-Cook in someone's home, knitting, harp playing, bread-baking...