



# TAKE NOTE

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

## FEBRUARY 4, 2016



### SKI CLUB will meet tomorrow, February 5th at Bryce Resort Dismissal: 11:50



**Pick up times for bus riders:** Upperville Trinity Church: 6:30 p.m. / Hill School: 6:45 p.m.

On Friday, February, 12, 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 next week's Take Note.

**Special Request From Pan Benefield (Ski Club Coordinator):** Please bring to Mini Olympics your favorite sweet (homemade or store bought) to be given to the instructors and staff at Bryce. Any questions, please call Pan (540) 878-6931.

### Student re-enrollment for the 2016-2017 school year

- Re-enrollment for the 2016-17 school year is under way!
- The financial aid online application process (FAST) is open until February 19th.
- The FAST application icon is located on the home page of Hill's website under Helpful Links.
- If you have any questions about financial aid, please contact Vickie Ralph.

### BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

## Bingo For Books!

### March 4, 2015

### 5:30pm-8:30pm

Sponsored by the 8<sup>th</sup> grade class

If you have any books you would like to donate please bring them to the front desk. We would love to have books for adults i.e. cookbooks, gardening, as well as books for children of all ages.

### BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73



### 2016 TALENT SHOW

Friday, February  
19th

1:00-3:00 pm

Sign-up forms are now available in the front office.

They must be completed and turned in by Friday, Feb. 12th.

# Coming up at Hill:

- Fri., Feb. 5      Ski Club, dismissal at 11:50 am.
- Tues., Feb 9      JV Boys Basketball Tournament at Wakefield. Games begin at 2:00. Dismissal at 5:30. Schedule below.  
 JV (only 8th grade) Girls Basketball Tournament at Foxcroft. Games begin at 2:00. Dismissal at 4:15. Schedule below.
- Thurs., Feb 11    V Boys Basketball Tournament at Wakefield. Games begin at 2:00. Dismissal at 5:00. See schedule below.  
 V Girls Basketball Tournament at Foxcroft. Games begin at 2:00. Dismissal at 5:00. See schedule below.
- Fri., Feb 12      No School, all day ski, Mini Olympics.

**FOR RENT:** At Oak Hill Farm, Aldie. Renovation just completed on house with one bedroom, one bathroom, office, den area, kitchen, living room, dining room, large porch. All appliances new, central air. Bucolic quiet setting. Well behaved pets welcome. \$1700 per month. Security deposit and credit check required. Available 2/1. Email oakhillhub@aol.com.

**WANTED:** Looking for Spanish language tutor to provide lessons for a 5 year old who already has some basics. Please contact Ana at anatom80@hotmail.com.

**FOR RENT:** Stone & cedar cottage with beautiful views on 30-acre horse farm located in Piedmont Hunt country. Features 3+ bedrooms, 4 full baths, country Kitchen & additional small Kitchen, formal Living Room with fireplace, Dining Room with slate flooring and Family Room with large stone fireplace and built-in bookshelves. Separate Den/Office on the main level can also serve as 4th bedroom. Unique design links two historic stone cottages together and offers option of creating two connected but separate houses, each with their own kitchen. Mostly hardwood flooring throughout. Covered front porch, side porch and large rear deck ideal for entertaining. House can be offered furnished: \$2,950 or unfurnished: \$2,650. Security Deposit, References and credit report required. Pets on a case-by case basis. No smokers. Please call or text Cricket Bedford at Thomas & Talbot Real Estate (540) 229-3201.

**FOR RENT:** Newly renovated stucco & stone cottage on large working horse farm off Atoka Road. Two Bedrooms & one full bath - with Master Bedroom on main level, 2<sup>nd</sup> Bedroom on upper level. Newly designed Kitchen with picture window, granite & all new appliances. Refinished hardwood flooring in the large Living Room with stone fireplace. New HVAC heating & cooling system. W/D. Separate parking area. Electricity, internet and lawn care are included. Asking \$2,395. Security Deposit, References and Credit Check required. Pets on a case-by-case basis. No smokers. Please call or text Cricket Bedford at Thomas & Talbot Real Estate at (540) 229-3201.

**FREE TO A GOOD HOME:** Art desk/drafting table with adjustable slant top and storage tray for art supplies. Very good condition, folds flat for storage, white. Comes with simple swivel desk chair. You come collect -- we live just outside of town. Email megcatwood1@gmail.com.

**FOR RENT:** Charming, historic home in the village of Upperville - 3 to 4 BR, 2.5 bath, large yard, garage, storage, garden shed, lawn care included. \$2,250.00. Available immediately. Call 703-581-7168.

**VACATION RENTAL:** Two-bed, two-bath Suite at the Ritz Carlton Club in St. Thomas. World-class resort with exceptional amenities. April 1-8, 2016. Asking \$5,500, but will consider any reasonable offer. Currently listed to the public at \$6,500. Can be exchanged for a later date if requested by Tuesday, February 9<sup>th</sup>. 571-274-0839.

**FREE TO A GOOD HOME:** Two wonderful female guinea pigs. They are 2 year olds and very nice. Contact lisa@middleburg.com.

## Basketball Tournaments Schedules

**Tuesday, February 9**

**JV Girls (8th Graders Only) at Foxcroft**

Game Times	Foxcroft 1	Foxcroft 2
2:00	Wakefield vs Highland	Hill vs LCDS
2:35	Wakefield vs LCDS	Hill vs Highland
3:10	Highland vs LCDS	Wakefield vs Hill

**Tuesday, February 9**

**JV Boys at Wakefield**

Game Times	Upper Gym	Lower Gym
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	Wakefield vs LCDS	Highland vs Hill
3:30	None	LCDS vs Highland
4:15	None	Wakefield vs Hill

**Thursday, February 11**

**Varsity Girls at Foxcroft**

Game Times	Foxcroft 1	Foxcroft 2
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	Wakefield vs LCDS	Hill vs Highland
3:30	Highland vs LCDS	Hill vs Wakefield

**Thursday, February 11**

**Varsity Boys at Wakefield**

Game Times	Upper Gym	Lower Gym
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	Wakefield vs LCDS	Hill vs Highland
3:30	Highland vs LCDS	Hill vs Wakefield

Please join me for SUNDAY SKETCH

February 7, 2016

Sunday from 2:00 – 4:00PM

At the NATIONAL SPORTING LIBRARY

Free and open to the public

Topic: COMPOSITION: SIMPLE TO COMPLEX

Suitable for all artists and art appreciators.

I will lead the group in a hands-on session which will address approaches to composition such as vignettes, the ground plane and multi figure composition.

Spread the word and invite a friend.

Please RSVP to Anne Marie Barnes,

Educational Programs Manager & Fellowship Advisor,

at [ABarnes@NationalSporting.org](mailto:ABarnes@NationalSporting.org)

or (540) 687-6542 or feel free to contact me for future classes in my studio, Alice Porter, [aporterart@yahoo.com](mailto:aporterart@yahoo.com)

 Vint Hill  
Educational  
Services

Vint Hill Educational Services is offering a free upper level practice SSAT on May 21<sup>st</sup>. The testing location is in Warrenton, VA. Parents will receive a free SSAT score report with a breakdown of the reading, verbal, and math scores.

Go to <http://www.vinthilles.com/sat-act-ssat-mock-practice-test/virginia-tutoring-service/> to sign up for the mock SSAT.

Learn more about one-to-one SSAT prep and subject-based tutoring through Vint Hill Educational Services at <http://www.vinthilles.com/ssat-prep/northern-va-richmond-va-fredericksburg-va-charlottesville-va>



Join the Teddy Bear Brigade!

Do you have old stuffed animals that need a new purpose? Please let them join the Teddy Bear Brigade! The Teddy Bear Brigade

brings comfort and security to children facing tough situations all over the world through the gift of a stuffed animal. Please bring the new recruits to the box at the front office before next Friday. All sizes, new or old stuffed animals are welcome - the organization can wash them. Unfortunately they cannot accept anything that has hard/electronic parts, plastic faces, or that makes noise.

More information at: [gftw.org/current-projects/teddybearbrigade](http://gftw.org/current-projects/teddybearbrigade) or contact Rose (Hill '17) at [rosemaepotter@gmail.com](mailto:rosemaepotter@gmail.com)



Grade 3 and 4

Gymnastics Club

Mondays from

4:00-5:00

(2/8, 2/15, 2/22, 2/29)

This club will be organized by Mrs. Bowers with enthusiastic and talented 8th graders, (Joan Stetson and Brooklyn Ramos).

Please contact Mrs. Bowers to let her know if your 3rd or 4th grader is interested.

## YOUNGBLOOD ART STUDIO

6480 Main St. • The Plains VA 20198  
[youngbloodartstudio@gmail.com](mailto:youngbloodartstudio@gmail.com)  
540-253-5667



Where romance reigns supreme this February. Join us for a fanciful night of cocktails and color.  
**February 6, 2016 4-7 p.m.**



Meet Tia and enjoy new artwork inspired by her recent travels.

[Tiamaggio@gmail.com](mailto:Tiamaggio@gmail.com)  
202-738-2373

With stone sculptures by  
Chilean artist Carlos Edwards  
[carlosedwardsbott@gmail.com](mailto:carlosedwardsbott@gmail.com)

[www.carlosedwardsbott.wix.com/sculpture](http://www.carlosedwardsbott.wix.com/sculpture)



With special exhibit of Hill School Alumni, parents' and kids' work in the style of beloved art teacher Em Sharp.

The 5<sup>th</sup> Grade Presents a



**Lunch**

on Thursday, February 11<sup>th</sup>

Includes:

1 or 2 Chick-fil-A Chicken Sandwiches

Chips

Apple Sauce

Dessert

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

Grade: \_\_\_\_\_

1 Sandwich (\$7.00): \_\_\_\_\_ 2 Sandwiches (\$10.00): \_\_\_\_\_

Please drop your order at the front desk with a check to Hill School for either \$7 or \$10 (for 1 or 2 sandwiches) and "Class of 2019" in the memo line by Wednesday, February 10. Thank you!

# Market Salamander Valentine's Day Dinner for Two

- Crab Imperial**  
with Rustic Baguette
- Caprese Salad**  
with Balsamic Reduction & Extra Virgin Olive Oil
- Filet Mignon Wrapped in Bacon (8 oz.)**  
with Lobster Mac and Cheese & Lemon Roasted Asparagus
- Red Velvet Cheesecake**  
with White Chocolate-Cream Cheese Sauce & Fresh Mint
- Chateau Saint Nabor, Gris de Nabor Rosé**

Name: \_\_\_\_\_ Card Type: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 Email: \_\_\_\_\_ Card Number: \_\_\_\_\_  
 Phone: (\_\_\_\_\_) \_\_\_\_\_ Total Amount Due: \_\_\_\_\_ \$130 per couple + Tax

♥ Pick Up Date (please circle):  
 Feb.12    Feb.13    Feb.14    Feb.15

♥ Pick Up Time (please circle):  
 2 pm    3 pm    4 pm    5 pm    6 pm

\*Pre-order by Thursday, February 11  
 Contact amontelegone@market-salamander.com | 571.465.6505 for details!

## MIDDLEBURG COMMUNITY CENTER

LOUDOUN COUNTY PARKS, RECREATION, AND COMMUNITY SERVICES

### CHILI DINNER



HEAR YE! HEAR YE!

WE ARE TIRED OF WINTER!

WE WANT TO DO SOMETHING FUN!

THE PRESIDENT MAY NOT STOP BY, BUT WE HAVE  
 BETTY AND HER CHIPS & SALSA AND THAT IS  
 PRETTY DARN AWESOME!



THURSDAY FEBRUARY 25, 2016

STARTS AT 6:00 PM

\$20 PER FAMILY

PLEASE RSVP BY MONDAY FEBRUARY 22ND  
 TO 540-687-6375



### GENTLE YOGA

*This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way.*

Tuesdays Noon-1 PM

Thursdays 8-9 AM

Call us at 540-687-6375 to register

### SAVE THE DATE

- \* 2/10- Intro to Fermentation
- \* 2/15- School's Out Camp
- \* 2/25- Chili Dinner
- \* 2/26- Parent's Night Out
- \* 2/29-3/4 last week of ASE classes

### TAKE BACK YOUR PANTRY

Learn how to ferment your own fruits and vegetables safely at home.

Maria Sohail, MS from the Virginia Cooperative Extension will teach you the process while you create one jar of your own during this hands-on workshop.

Wednesday, February 10 Noon to 3:00 PM

\$20 per participant (includes all handouts and materials)

Please RSVP by Friday, February 5th at 540-687-6375



\*Please note that we will not be covering fermentation of alcoholic beverages such as beer and wine.



**Popcorn Monkey**  
 PUT SOME FLAVOR IN YOUR MOUTH!

www.popcornmonkeyllc.com Middleburg, VA

Popcorn Monkey LLC located at 2 1/2 E.  
 Federal St Middleburg, VA is having a  
 special for The Hill School!

We all know Skiing is fun and it takes a lot of energy. Why not stop  
 in and refuel with a tasty treat! Popcorn Club Card is here!

Purchase a pre paid card  
 and save \$2 off each bag.

Or Buy 1 bag and get a butter popcorn bag for \$2 .

Every Friday from  
 January 8th until February 12  
 11 until 4:30 P.M.

\*excludes gourmet flavors  
 \*Friday's only & please mention ad

## Nutrition Nuggets



### Peel Appeal

Go ahead and put your peeler in the back of the drawer because many of your favorite fruits are even better for you *with* the peel. The protective skin of fruits (and veggies) is packed with antioxidants and nutrients that the inner-portion may not include. Some of these peels may surprise you (kiwi?!?!), but if you want to truly reap all of the benefits that fruits have to offer, try to include the peel, even in small amounts. Here are five examples of fruits that have nutritionally packed-peels. So before you throw away the skin on your next apple, think about what you'll be tossing out.

*\* Always remember to wash your produce thoroughly before enjoying it.*

- **Eggplant** - There are more than 200 milligrams of muscle-cramp-preventing potassium, 13 milligrams of immunity-building magnesium, and 3 grams of heart-healthy fiber in the skin of these purple powerhouses. Plus, the skin contains about 300 milligrams of the antioxidant nasunin, which may prevent brain-cell damage.
- **Kiwi** - Who knew that the fuzzy peel of the kiwi was edible? Although it may not sound particularly appetizing, the peel has chemical compounds that have been found to fight bugs like staph and E. coli. If you'd rather not bite into the fuzz, try blending the entire fruit into a smoothie.
- **Cucumber** - Yes, the cucumber is a fruit! The peel is made of silica, which is a building block of skin because of its collagen content. Cukes are also 90% water, which makes them an excellent source of natural hydration. So toss some into your next salad or enjoy them with dips or hummus - just remember to include the skin!
- **Apple** - There is truth to the old adage, "an apple a day keeps the doctor away" - but that daily apple needs to include the skin! The crunchy peel packs up to 87% more cancer-fighting phytochemicals than the inside.
- **Orange** - The peel on the famous fruit of the Sunshine State contains d-limonene, a defender against UV rays. Studies indicate that eating one teaspoon of orange peel a week may reduce skin cancer. Rather than just biting into the rind, try adding orange peel zest to salads, fish, or chicken dishes.

\*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?*



Potatoes are packed with vitamins and minerals but most of the good stuff is found just under the skin.

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

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

