



# Saint Hilary School

Where faith, family, and academics thrive!

Dear Parent/Guardian,

December 16, 2015

Christmas is a time for cherishing those who bring so many blessings to our lives. May your heart feel that love this Christmas and throughout the New Year ahead. St. Hilary is truly blessed with amazing children and families, know that you are thought of throughout this season of joy.

Congratulations to the 2<sup>nd</sup> graders who received the Sacrament of Reconciliation last week. Thank you to Mrs. Maria Martin for preparing the children to understand and receive the sacrament. Thank you to Ms. Mia Montemurro for assisting in place of Mrs. Castle. I ask that you continue to keep them in your prayers.

**Thank you:**

Thank you for Mrs. Czuba for serving us wonderful traditional Pilipino foods as we celebrated Simbang Gabi today. Thank you to the Czuba, Julio, Labatete, Murphy, Oduca, De Leon, Tabanero families and Care Advocate, Inc. for funding these delicious treats. Everyone is invited to join our Pilipino community in the Parish Simbang Gabi celebration beginning with the 5:00 p.m. mass on Saturday, December 19<sup>th</sup>, in church with a reception following in the cafeteria.

**Safety:**

It has come to my attention that a number of parents are entering the alley, between the parking lot and the bank, from California Ave. Signs clearly mark that this alley is one way and do not enter. Many children walk through this alley and keeping our children safe is always our first priority. I ask that you abide by the signs, follow the law, and help to keep our children safe. Parents should only be entering Fairfield off of Lincoln Ave. I appreciate your understanding and cooperation.

Safety on social media is a reality that all parents must face and be aware of. Many of our children are very active on social media including instagram and snapchat. There have been more than a few instances where inappropriate words and comments have been posted by our students. The faculty, staff, and I work very hard to embrace a family and community atmosphere at St. Hilary. We need your vigilance to help our

students continue this while they are at home. Please take some time over the Christmas break to review your child's social media activity, have a conversation with them about the dangers in what they post, and set some boundaries for these activities. Help us keep our children safe in every sense of the word. Thank you.

### **Reminder:**

Don't forget our 3rd Annual St. Hilary School and Parish Concert on Thursday, December 17<sup>th</sup>, at 7:00 p.m. in the church. Students are asked to dress in Christmas clothes and to arrive by 6:45 p.m. They will be sitting at the back of the church with their teachers. We hope that you are able to bring your family and friends to experience this incredible evening of talented musicians and singers. If you are not in the Christmas spirit, you will be once the concert has finished.

Basketball season is also in full stride. We encourage participation at our games to show our school spirit. The basketball schedule is available on the school website. Also located on the website are the Archdiocesan and St. Hilary Athletic Handbooks. Both handbooks clearly state that students must meet eligibility requirements to play an extracurricular sport. The following two quotes can be found in these handbooks:

"The student must perform satisfactorily in the areas of academic effort, behavior, and attitude."

"The athlete must exhibit academic progress as determined by the classroom teacher(s)."

Teachers have been asked to notify me if there are athletes who are in danger of losing their eligibility due to academic performance. Upon this notification, I will contact the parent and the child will receive a one week warning. At the conclusion of that week I will review the current status of eligibility and determine if the athlete is able to continue playing and practicing or if they need to be suspended until progress in their studies improves. As a parent you make great sacrifices to send your child to St. Hilary. Academics is a high priority for all of us. We look forward to working with you and your child so that they are able to enjoy the many activities that we offer.

### **Important News:**

On Wednesday, January 6th we will not be able to access our parking lot. The production staff and extras for the tv series, "Chicago PD" have, once again, asked to use our lot for a generous payment. I do realize that this will be an inconvenience; however it will only be for one day. Morning drop off will be on Fairfield at the main

entrance, please pull up to the cones where our patrol will help your child out and they will proceed directly into their classroom. Please be patient as I foresee a line of cars spilling onto Lincoln Ave. We will dismiss from the main entrance on Fairfield as we did previously in October. I appreciate your cooperation and understanding.

**Contents of this Wednesday's envelope:**

- SCP flyer
- Bricks 4 Kids flyer
- FSA Pancake Breakfast flyer
- Christmas concert flyer
- Paint & Sing flyer
- January lunch menu

**Mark your calendars:**

- December 17<sup>th</sup> – St. Hilary School and Parish Christmas Concert 7:00 p.m. in the church.
- December 18<sup>th</sup> – 10:45 Advent/Christmas Prayer Service. All are welcome! 11:30 dismissal, Christmas vacation begins.
- December 25<sup>th</sup> – Merry Christmas!
- January 1<sup>st</sup> – Happy New Year!
- School resumes on Monday, January 4, 2016.
- January 9<sup>th</sup> – Catholic High School placement exams – Please keep our 8<sup>th</sup> graders in your prayers.

**Emergency Closing/Cold Weather**

Cold weather: Students will be kept in for indoor recess when the temperature is below 25 degrees (actually or with wind chill) or in wet rainy/snowy conditions. Please make sure your child comes prepared to go outdoors – gloves, scarf, hat or hood. This is especially true of those who are on patrol.

**Emergency Closing Information**



Our SchoolReach system will notify you either by phone or email in the event of our school closing due to weather. In addition, emergency closing information will be

announced on WBBM Radio Newsradio 780 and WGN Radio 720. The television stations to watch are CBS Channel 2 Chicago, Channel 5, ABC Channel 7 Chicago, WGN Morning News, Fox 32 and CLTV News. On-line you may access information at [www.EmergencyClosings.com](http://www.EmergencyClosings.com). Our website [www.sthilarychicago.org](http://www.sthilarychicago.org) will also have closing information. We will close if the Archdiocese closes and if CPS Closes – extremely rare events. **You should choose, based on your own judgment and situation, whether or not to keep your child(ren) home.**

Please check out the Peek at the Week for a look at the week ahead.

As always, if you have any questions please feel free to contact me at school 773-561-5885 or by email [donovan@sthilarychicago.org](mailto:donovan@sthilarychicago.org).

Gratefully,  
*Mrs. Kathie Donovan*  
Mrs. Kathie Donovan  
Principal

 **May peace, happiness and goodwill be with you and your family not only on Christmas, but throughout the year and beyond.** 

**Wishing you a Merry Christmas and Happy New Year!**

# A Peek at the Week

**Week of January 4 - 8**

*St. Hilary where faith, family, and academics thrive!*

## **MONDAY: January 4<sup>th</sup>**

### **Altar Servers:**

- ✓ **Classes Resume – Happy 2016!**
- ✓ Religious Education classes
- ✓ Cadet Band 7 – 7:45 a.m.
- ✓ Concert Band 3 – 4 p.m.

## **TUESDAY: January 5<sup>th</sup>**

### **Altar Servers:**

- ✓ Student Council meeting – officers and representatives
- ✓ School Advisory Board meeting 7:00 p.m. in rectory

## **WEDNESDAY: January 6<sup>th</sup> the Epiphany**

### **Altar Servers:**

- ✓ 1:45 dismissal - Faculty Meeting
- ✓ 8:30 all school liturgy
- ✓ Cadet Band 7 – 7:45 a.m.

## **THURSDAY: January 7<sup>th</sup>**

### **Altar Servers:**

- ✓ Cardinal Choir Practice 3:00 – 4:00 p.m. in Room 109
- ✓ Concert Band 7 – 7:45 a.m.

## **FRIDAY: January 8<sup>th</sup>**

### **Altar Servers:**

**High School Placement Tests on Saturday, January 9<sup>th</sup>,**  
**Good luck to our 8<sup>th</sup> graders!**



"The best way to spread Christmas cheer is singing loud  
for all to hear!"- Buddy the Elf.

# Bring US Light St. Hilary Christmas Concert

**When:** Thursday, December 17th 7:00pm  
6:30pm call time for students

**Where:** St. Hilary Church

**Who:** ALL St. Hilary students are performing! Parents, friends, relatives, prospective families, and everyone are invited!

**Dress:** Nice, Semi-Formal clothes. Dresses, dress shirts, slacks, ties, blouses, skirts, suits, etc. Dress shoes and Christmas colors are encouraged. All school dress code rules apply. NO JEANS!

**This is a MANDATORY event.** If your child cannot attend please send a note or an email to Ms. Lamorena at [lamorena@sthilarychicago.org](mailto:lamorena@sthilarychicago.org) by Monday, Dec. 14.

Your child will complete an alternate assignment

Make sure you check out our Facebook event! Spread the word and use our hashtag to spread the excitement!

**#SHBringUSLight**

# HELP THE ARTS WITH ART!

## PAINT & SING

GATHER. LEARN. PAINT. EAT. DRINK. AND BE MERRY!

St. Hilary is hosting its first ever paint party! Like to socialize? Like to relax? Always wanted to be artsy? Like to let loose? This is what the Paint & Sing is all about!

Mrs. Karma Rhodes will be teaching and demonstrating on how to paint your own masterpiece! And to make it even better, it's **BYOB**! Bring your own beverages and snacks to enjoy while you get down with artsy self! The cherry on top? There will be optional Karaoke available in between art instruction and letting the paint dry!

**What:** Paint & Sing – The first party at St. Hilary for 2016

**Who:** All 21yr. and older hip people looking to help the art program at St. Hilary School

**When:** Saturday, January 23rd 7pm - 10pm

**Where:** St. Hilary Cafeteria

**Why:**

- You want to support the art program!
- You have always wanted to go to a paint party place
- You need new decor in your home
- You want to bond with the St. Hilary Community
- You NEED to have a night away from the kiddos
- You are a karaoke star
- Other \_\_\_\_\_



Admission is \$30 for a single ticket and \$50 for two. The majority of the fee covers supplies (paint, brushes, canvas, etc) and the remaining proceeds will help the St. Hilary School art program.

Please return the bottom part of this form to St. Hilary School to reserve your spot. **YOU MUST PRE-REGISTER TO ATTEND THIS EVENT IN ORDER FOR US TO PURCHASE THE NEEDED SUPPLIES FOR YOU. No tickets will be sold at the door.**

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Name \_\_\_\_\_ Phone/Email \_\_\_\_\_

No. of Tickets \_\_\_\_\_ Total amount \_\_\_\_\_

Please make checks payable to St. Hilary School. Questions? [rhodes@sthilarychicago.org](mailto:rhodes@sthilarychicago.org)

SAVE THE DATE • SAVE THE DATE • SAVE THE DATE

# Pancake Breakfast

**Sunday, Jan. 31 • 9a.m. – noon**

**St. Hilary School Cafeteria**



**enjoy an all-you-can-eat BREAKFAST and  
CELEBRATE CATHOLIC SCHOOLS WEEK**

**Please come and support this event  
and our fantastic school!**

Sponsored by the St. Hilary Family & School Association





# HAPPY HOLIDAYS!

## FROM SCP

(KATHY and MARY)

**2015 WAS GREAT. LET'S MAKE 2016 BETTER!**

**All Special SCP orders must be placed no later than noon on Monday Dec 14<sup>th</sup> and the 15<sup>th</sup> will be the final day for any orders to be filled.**

**Bonus Rebate Offers in December: Lettuce Entertain You (9%) Oct 31<sup>st</sup> - Dec 25<sup>th</sup> and Carson's (5.5%) Dec 5<sup>th</sup> - Dec 18<sup>th</sup>.**

You can now use your rebate towards reducing your tuition, your book fee, purchase gym uniforms, after school care, or add to your lunch card and as always you can buy more certificates, or donate your rebate to the school which would be used towards the school technology program

**Remember, no order too Big or too Small. It all goes to benefit our children.**

- ❖ USE THEM TO SHOP INSTEAD OF CASH, CHECK OR CREDIT.
- ❖ ST. HILARY RECEIVES A COMMISSION ON EACH CERTIFICATE SOLD.
- ❖ WE WILL SPLIT THAT COMMISSION "50-50" ON YOUR TOTAL PURCHASE FOR EACH QUARTER. IT CAN BE USED TOWARDS TUITION, BUY MORE CERTIFICATES OR DONATE IT TO THE SCHOOL.
- ❖ "FACTS" PARTICIPANTS ARE ELIGIBLE FOR ALL THE BENEFITS OF THE SCP PROGRAM.

FOR MORE INFORMATION ON SCP\* Email KATHY ERNST @  
ernst@sthilarychicago.org

# CERTIFICATES USUALLY ON HAND:

CERTIFICATE ORDERS RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

## RESTAURANTS:

Burger King (2% rebate)	\$10 ____
Chili's (5.5% rebate)	\$25 ____
Chipotle (5.5% rebate)	\$10 ____
Dunkin Donuts (1.5% rebate)	\$10 ____
I Hop (4%rebate)	\$25 ____
Kentucky Fried Chicken (4.5% rebate)	\$5 ____
Lettuce Entertain You Restaurants (6.5% rebate)	\$25 ____
Lou Malnatis (3.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Olive Garden/Red Lobster (4.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Pizza Hut (4% rebate)	\$10 ____
Starbucks Coffee (3.5% rebate)	\$10 ____
Subway (1.5% rebate)	\$10 ____
Wendy's (2% rebate)	\$10 ____

## SPECIALTY:

AMC-Cineplex-Sony-Lowes Theaters (4% rebate)	\$25 ____
AMC-Cineplex-Sony-Lowes Theaters (4.5% rebate)	\$9 ____
Fannie May (12% rebate)	\$20 ____
I Tunes (1.5% rebate)	\$25 ____
Mobil/Exxon (0.50% rebate)	\$50 ____
Shell Debit Card (1% rebate)	\$25 ____
Shell Debit Card (1% rebate)	\$100 ____
U.S. Postage Stamps 20 @ .49¢ (0% rebate)	8.8 ____

## RETAIL:

Bath & Body Works (6.5% rebate)	\$10 ____
Best Buy (1.5% rebate)	\$25 ____
Carson Pirie Scott (4.5% rebate)	\$25 ____
Claire's (4.5% rebate)	\$10 ____
Dick's Sporting Goods (3% rebate)	\$25 ____
Gordon Food Service (1.5% rebate)	\$25 ____
Home Depot (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$100 ____
Lowe's Home (2% rebate)	\$25 ____
Marianos (2% rebate)	\$25 ____
Marshall's/T J Maxx(3.5% rebate)	\$25 ____
Muller Meats (3% rebate)	\$20 ____
Old Navy,Gap,Banana Republic (2% rebate)	\$25 ____
Ross (5% rebate)	\$25 ____
Toy-R-Us (1.5% rebate)	\$20 ____
Walgreens (3% rebate)	\$25 ____
Wal-mart (1.25% rebate)	\$25 ____

## ST. HILARY GIFT CERTIFICATE

CHOOSE THE AMOUNT \$\_\_\_\_\_

CERTIFICATE ORDERS (FROM BOTTOM SECTION) RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

## RESTAURANTS:

	\$10 ____
	\$10 ____
Boston Market (6.5% rebate)	\$10 ____
Buffalo Wild Wings (3.5% rebate)	\$25 ____
Eduardo's Pizza (4% rebate)	\$10 ____
Houlihan's (4% rebate)	\$25 ____
Mrs. Fields Cookies (9% rebate)	\$10 ____
Outback Steakhouse (4% rebate)	\$25 ____
Red Robin (4.5% rebate)	\$25 ____

## SPECIALTY:

Barnes & Noble (4% rebate)	\$10 ____
B P Gas (.50% rebate)	\$50 ____
Chuck E. Cheese (4% rebate)	\$20 ____
Honey Baked Ham (4.5% rebate)	\$25 ____
Hyatt Hotels (4% rebate)	\$25 ____
Oberweis (4.5% rebate)	\$10 ____
Timber Ridge Lodge (4.5% rebate)	\$25 ____

## RETAIL:

Bed, Bath & Beyond (3% rebate)	\$25 ____
Build A Bear (4% rebate)	\$25 ____
Crate & Barrel (3% rebate)	\$25 ____
CVS Pharmacy (2% rebate)	\$25 ____
Eddie Bauer (4.5% rebate)	\$25 ____
Express (5.0% rebate)	\$25 ____
Foot Locker (4% rebate)	\$25 ____
Hair Cuttery (4% rebate)	\$10 ____
J C Penneys (2% rebate)	\$25 ____
Land's End (7% rebate)	\$25 ____
Lane Bryant (4% rebate)	\$25 ____
Mario Tricoci (4% rebate)	\$25 ____
Menard's (1.5% rebate)	\$25 ____
Office Depot (2% rebate)	\$25 ____
Office Max (2.5% rebate)	\$25 ____
Payless Shoes (6.5% rebate)	\$10 ____
Pier 1 Imports (4.5% rebate)	\$20 ____
Pottery Barn/Wm. Sonoma (4% rebate)	\$25 ____
Shutterfly (4.5% rebate)	\$25 ____
Sports Authority (4% rebate)	\$25 ____
Target (1.00% rebate)	\$25 ____
Target (1.00% rebate)	\$100 ____

Please note: When one or more companies are listed together, the certificates are good at either store.

NAME \_\_\_\_\_

ORDER TOTAL \$ \_\_\_\_\_

SEND WITH STUDENT \* \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

WILL PICK-UP AT SCHOOL \_\_\_\_\_

Please make checks payable to: St. Hilary School

\*PLEASE NOTE: St. Hilary School & its Board cannot be held responsible for any loss that may occur in transit.

Any Questions, Call Kathy Ernst (773) 989-9249.

ROOM # \_\_\_\_\_



# bricks

# 4 kidz

WE LEARN, WE BUILD, WE PLAY...WITH LEGO® BRICKS

**NOW ENROLLING  
FOR OUR WINTER AFTER-SCHOOL ENRICHMENT AT**

**ST. HILARY!**

**Class begins Tuesday, January 5th**



**Fuel your mind with Energy is Everywhere!**

Energy is essential to almost everything we do, from the lights in our homes and classrooms to the gasoline that fuels our cars. Introduce your students to the world of energy in all its amazing forms. This unit explores many sources of energy from wind and solar power to biofuel and fossil fuel. Students will define terms like renewable, landfill, greenhouse effect and generator and build moving models of just some of the awesome ways we power our world. Don't miss out, register today!

Enroll online at <http://www.bricks4kidz.com/chicagonorth>

**Early Bird Special! Register by December 18th for 15% off!**

Info for St. Hilary:

Class on Tuesdays, 3:05 p.m. to 4:05 p.m.

Winter 2015 dates: 1/5, 1/12, 1/19, 1/26, 2/2,  
2/9, 2/16, 2/23, 3/1, 3/8

Minimum enrollment 6, maximum 16

Cost for 10 classes: \$125, or discounted to  
\$106 if registered by 12/18

**For ages 5-11 (K-5<sup>th</sup> grade)**

For questions or more information, contact:

Michael Hench

(773) 383-5211

[mhench@bricks4kidz.com](mailto:mhench@bricks4kidz.com)

[www.bricks4kidz.com/chicagonorth](http://www.bricks4kidz.com/chicagonorth)

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Creative Learning Corporation common shares are listed on OTCBB under the ticker symbol CLCN.  
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## Bricks 4 Kidz Registration

Student Name: \_\_\_\_\_ Boy / Girl Birthdate: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ Room #: \_\_\_\_\_

Dismissal (i.e. parent pickup, walk home, extended care, etc.): \_\_\_\_\_

Allergies or Medical awareness: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_ Alternate Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Relationship: \_\_\_\_\_

Tuition: **\$125 for 10 classes**      Payment Method (circle):    **Cash**    **Check**    **Credit Card**

Make checks payable to "**Bricks 4 Kidz**"; contact us or register online for credit card payment

Send form and payment to school addressed to "**Bricks 4 Kidz**"

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# St. Hilary School

## K-8 LunchSmart Menu January 2016

HAPPY NEW YEAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 4</b> <b>BBQ Turkey Burger on a Bun*</b> Mashed Potatoes Peaches	<b>January 5</b> <b>Toasted Cheese Sandwich*</b> Baby Carrots Mixed Fruit	<b>January 6</b> <b>Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup &amp; Salsa</b> Pineapple	<b>January 7</b> <b>BBQ Chicken Sliders on a Bun*</b> Kettle-Baked Beans Applesauce	<b>January 8</b> <b>Handcrafted Mac &amp; Cheese*</b> Broccoli Florets Pears Breadstick* Snickerdoodle Cookie*
<b>Weekly Salad Special: Chef Salad with Croutons &amp; Breadstick* / Spotlight Fruit of the Week: Clementine + Other Fruits as Shown on Menu</b>				
<b>January 11</b> <b>Jumbo Cheese Ravioli* with Marinara Sauce</b> Green Beans Peaches Garlic Bread*	<b>January 12</b> <b>Teriyaki Chicken</b> Brown Rice* Sliced Carrots Mixed Fruit	<b>January 13</b> <b>Turkey Ham &amp; Cheese Melt*</b> Broccoli Florets Pineapple Snickerdoodle Cookie*	<b>January 14</b> <b>Chicken Bowl with Mashed Potatoes &amp; Corn*</b> Applesauce Dinner Roll*	<b>January 15</b> <b>All-Beef Hot Dog on a Bun*</b> Kettle-Baked Beans Pears
<b>Weekly Salad Special: Chicken Caesar Salad with Croutons &amp; Breadstick* / Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu</b>				
<b>January 18</b> No school	<b>January 19</b> <b>Turkey Soft Tacos* with Salsa &amp; Garnish Cup</b> Refried Beans Mixed Fruit	<b>January 20</b> <b>Chicken Tikka Masala</b> Cholay (curried chickpeas) Indian Sweet Rice Pineapple Naan-Inspired Bread	<b>January 21</b> <b>Spaghetti* with Homemade Meat Sauce</b> Broccoli Florets Applesauce	<b>January 22</b> <b>Cheesy Pizza*</b> Baby Carrots Pears
<b>Weekly Salad Special: Crispy Chicken Salad &amp; Breadstick* / Spotlight Fruit of the Week: Fresh Melon + Other Fruits as Shown on Menu</b>				
<b>January 25</b> <b>Chicken Tenders* with BBQ Dipping Sauce</b> Sliced Carrots Peaches Breadstick*	<b>January 26</b> <b>All-Beef Hot Dog on a Bun*</b> Sweet Potato Waffle Fries Mixed Fruit	<b>January 27</b> <b>Turkey Ham &amp; Cheese Melt*</b> Oven-Baked Crinkle-Cut French Fries Pineapple	<b>January 28</b> <b>BBQ Chicken Sandwich on a Bun*</b> Kettle-Baked Beans Applesauce	<b>January 29</b> <b>Lasagna Roll-Up*</b> Broccoli Pears Garlic Bread*
<b>Weekly Salad Special: Chef Salad with Croutons &amp; Breadstick* / Spotlight Fruit of the Week: Fresh Pear + Other Fruits as Shown on Menu</b>				

### Additional Entrées Offered Daily

**Monday** – Pepperoni French Bread Pizza\* / **Tuesday** – Chicken Nuggets\* with Twisted Breadstick & BBQ Dipping Sauce / **Wednesday** – All-American Cheeseburger on a Bun\* / **Thursday** – Chicken Corn Dog\* / **Friday** – Breaded Chicken Sandwich\* / Sunbutter & Jelly Sandwich with a Yogurt Cup **available every day**

### Salad and Fresh Fruit Available Each Day

\*=Item contains whole grains / Milk contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items  
This institution is an equal opportunity provider

### Around the World in a Lunch Period – India

The **Culinary Explorations** team invites you to start 2016 in the Republic of India (a.k.a. India). It's the next stop on our international tour. India is located in South Asia. Neighboring countries include Bangladesh, Pakistan, Bhutan, Nepal, Burma (Myanmar), and China. India has a storied past as a region of trade routes, vast empires, and kingdoms. Gradually, India came under British rule. The country is known for attaining its independence, through non-violent resistance led by Mahatma Gandhi, on August 15, 1947. It is now the largest democracy in the world. Did you know:

- India is the world's second-most populous country even though it is about one-third the size of the United States?
- Cricket is the country's most popular sport?
- Many different languages are spoken including Hindi, Bengali, and Urdu?
- Indian cooking techniques and food items vary according to region?



Let's talk about the food. Diverse groups have influenced Indian cuisine over time. The Arabs, Chinese, Persians, Mongols, Turks, British, and Portuguese all left their mark. Vegetarianism is practiced widely, but meat and seafood are eaten in some areas. Spices, herbs, vegetables, and fruits are commonly used in recipes. On January 20, you will get a taste of Chicken Tikka Masala, roasted chicken with slightly spicy sauce. Its origins are unknown; however, its roots are in Indian cooking. How does this menu selection compare to other chicken dishes you have tried in your travels? Cholay (curried chickpeas), naan-inspired bread, and Indian sweet rice are also part of your meal. अच्छी भूख

### Great Grains

Grains are an excellent addition to your diet. There are two types of grains: whole grains and refined grains. Whole grains contain the entire grain kernel and offer more nutrients. At least half of all grains eaten should be whole grains. Examples include whole cornmeal, brown rice, oatmeal, and even popcorn. If you eat popcorn, make sure it has little to no added salt or butter. The amount of grains you should eat depends upon your level of physical activity, gender, and age.

