

INGLESTRIDE SCHEDULED THIS FRIDAY

**Coordinated School Health
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Athens City Schools**

You know it's springtime when the annual walk-a-thon is scheduled at Ingleside! If you want to see happy children, check out the campus on Friday, the 12th. This is an annual fundraiser, spearheaded by the PTO, to raise funds for students. Check it out!

City Park will be welcoming "Mr. Bob and his Animals" tomorrow. Then, on Friday the 12th, there will be a visit from the Easter Bunny for pictures. On Wednesday, the 17th, second graders from City Park get to go to Camp Ooh-Tah-Nee-Noo-Chee for their first time.

Ingleside is having its BOGO Book Fair, beginning on Monday, the 15th. This is a great time to pick up some posters, trinkets, along with some really great books for summer reading. Come out and shop.

ACMS Band students will be part of the annual Spring Band Concert on Tuesday, the 16th. The concert is part of the McMinn County Band Concert Night at the high school. The music begins at 7p.m. Come out and support these talented youngsters.

ACMS sports teams have games lined up until Good Friday. On Thursday, the 11th, the Soccer Team is at Lake Forest for a game at 5 p.m. Golf has a meet with Ocoee, McMinn, and Meigs away at 4 p.m. The Baseball players are home against McMinn Central at 5 and 6:30. They also play Spring City Middle School at Spring City on Friday, the 12th, beginning at 5 p.m.

On Monday, the 15th, Rhea Middle comes to Athens Baseball for games at 5 and 6:30. The Soccer plays Chilhowee here on Tuesday, the 16th at 5p.m. On Wednesday, the 17th, Ocoee Middle will play baseball here at 5 and 7 p.m.

At this time of year, lots of spring fruits and veggies come on the market. For several years, dieticians and food critics make a list of "The Dirty Dozen". These are the fruits and vegetables that have high levels of pesticides and residues from spraying during the growing/shipping season. Here are this year's list:

- 1. Strawberries – number one for last few years, due to pesticides**
- 2. Spinach – 76% of those tested contained brain damaging pesticides**
- 3. Kale –first year on the list: 92% of those tested had cancer causing residues**
- 4. Nectarines – pesticide residues**

5. Apples – samples contain 4 or more residues found
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

We consumers must take time to thoroughly wash, and sometimes peel, these items to remove as much of the pesticides as possible. Next week, we'll look at "The Clean Fifteen." These are foods that are the least ones with pesticide residue.

Easter is just around the corner. Spring is in full bloom in the area. Don't forget: April Showers bring May flowers! Stay healthy!

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