

Green, I see green again! No, no, not money. I see green grass, green trees and green grass stains on my work clothes!



PUT A SPRING IN YOUR STEP

It's that magical time of year in the Bluff City. Wherever you look, something beautiful is in bloom. Life seems just a bit better. To celebrate our favorite season, we're offering 5 things you probably didn't know about spring.



1. If you stand at the equator on the first day of spring, you will see the sun pass directly over head. This is only true two times a year; the first day of spring and the first day of Autumn.
2. Benjamin Franklin was the first American to propose Daylight Saving Time in 1784. However, it wasn't fully implemented in the U.S. until after the Second World War.
3. Children grow faster in spring.
4. Spring fever is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens.
5. According to studies by the US Department of Transportation, Daylight Savings Time saves about 1% of electricity a day.

MEAN GREEN JUICE

Lately I have started getting into the whole healthy eating craze. Now I have even started drinking weird combinations of fruits and vegetables. But I have to say, it's taste so much better than it actually sounds! It all

started while watching Joe Cross and his documentary ["Fat, Sick and Nearly Dead."](#) If you haven't seen it, I suggest you check it out. It's pretty interesting. This is one of his recipes. Let me know what you think!

INGREDIENTS:

- 2 cucumbers
- 8 celery stalks
- 4 apples
- 16 leaves kale with stalks
- 1 lemon
- 2 in (5 cm) piece of ginger

DIRECTIONS:

1. Wash all produce well.
2. Peel the lemon and core apple.
3. Add all ingredients through juicer and enjoy!



Information provided by: <http://www.rebootwithjoe.com/mean-green-juice/>

MAY THE COURSE BE WITH YOU!

Fun for the whole family! The 3rd Annual Running of the Rams 5K Run/Walk is hosted by Oak Elementary PTO. This event will assist the school in raising funds for their Fine Arts & P.E. Programs. The 5K Run/Walk is designed to be a "family friendly" event in which young and old, beginner and advanced runners can participate.

Custom-made Finisher Medals to the first 800 participants who cross the Finish Line!

Post-Race:

Live Music by Kathryn Stallins Band
Food Catered By: Marco's

Register at - <https://runningoftherams.racesonline.com/>



OUR GARDENER

Yes, I am planting flowers at our

shop. I have done this several years now and not once have I had any success with my efforts. I have planted begonias, impatiens and this year it's petunias. They say gardening is one of the healthiest habits you can have. And if that's true, I am just going to enjoy my time outdoors and not worry about all the plants that might die in the process. If you have a basketful of advice for me, I'd love to hear it. [Email me!](#)



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