

**EVERGREEN ELEMENTARY PARENTS ASSOCIATION  
ELEMENTARY SCHOOL FAIR**

Friday, March 12, 2010, 5pm-9pm

Evergreen Elementary School  
14844 County Rd. 6  
Metamora, OH 43540

**Bring the Family for a Night of Fun!!!**

50/50 Raffle      Inflatables      Games & Prizes  
Patrick the Magician      Silent Auction

**Purchase a ticket to Win a Nintendo DS or a Nintendo DSi**

**JOIN US FOR DINNER! FOOD AND DRINKS AVAILABLE!**

**Proceeds to benefit the students of Evergreen Elementary**

**Relay For Life  
Fundraiser, Monte  
Carlo Style Night!**

The GB Manufacturing Company, Friends and Family Relay For Life team will be holding their 4<sup>th</sup> Monte Carlo style night, to be held on March 13<sup>th</sup> 2010 at The American Legion Hall, Delta, Ohio. Gaming starts at 7:00pm, with a \$10.00 donation.

Fun table gaming, (Black Jack, Texas Hold 'Em), 50/50 drawings, Bingo, Bingo Boards, Door prizes, etc,...

All proceeds go to The Fulton County Relay For Life and the American Cancer Society. The money raised goes to The American Cancer Society for research, educational programs, advocacy, and patient services, for everyone battling this non-discriminating disease.

For more information call 419-822-5323 and ask for Becky Sattler or Jay Foreman.

**4-H NEW  
GOATS and  
"UDDER" THINGS  
4-H WANTS YOU!**

Just a reminder that Goats and "Udder" Things club meetings will be starting again soon. Our annual Welcome Back meeting and awards banquet will be held on March 7th. Members please remember to bring a covered dish to share.

Enrollment dates are Tuesday, March 23rd and Wednesday, March 24th from 7:00-8:00 pm at the Richfield Township Hall. Family Guides and enrollment forms may be picked up and enrollment turned in on either of these dates.

4-H is a wonderful learning opportunity for youth in addition to taking projects. They develop lead-

ership and communication skills, learn how to work with others, learn the proper procedures to conduct meetings, and they develop a positive self - esteem. It is also a good way to spend family fun time together. For more information on 4-H or Cloverbud requirements, please contact Linda at 419-829-7428 or the Ohio State University, Fulton County Extension at 419-337-9210 or 1-800-686-9211.

**Engagement  
Announcement**



Mr. and Mrs. Frank M. Incorvaia of Assumption, Ohio, announce the engagement of their daughter,

Miss Gena Priscilla Incorvaia, to Mr. Patrick Clement Kane Jr., son of Mr. Patrick Kane Sr. of Panama City, FL and the late Mrs. Joyce Marble-Trzonkowski of Point Place, OH.

A May 2010 wedding is planned. Miss Incorvaia is a graduate of the Toledo Academy of Beauty and is a nail technician at Sandals Nails & Spa in Sylvania, Ohio. Mr. Kane, a graduate of Whitmer High School, is currently employed at PJ's Corrugated in Assumption, OH.

The couple will honeymoon in a little inn on the ocean as they begin their new life as one.

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419-340-7790**

**March is National  
Nutrition Month!**

By Jennifer Conrad, Wellness  
Coordinator

National Nutrition Month is sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is 'Nutrition from the Ground Up.'

**Nutrition for Growing Bodies**  
Do you want to raise happy, healthy and successful kids? Children and teens need the right fuel for growing, learning and developing. This means foods and beverages with plenty of nutrients (protein, fiber, vitamins and minerals) and not too many calories, fats or sugars. When children fill up on the right stuff – high quality nutrition for their bodies and brains – they will naturally have less room for the nutrient-poor choices (soft drinks, chips, candy, desserts).

Here are some quick and easy ways to serve children high-octane choices from every food group, morning, noon and night:

- Whole-Grain Foods with Carbohydrates, Fiber, B-Vitamins and More

Whole grains pack a lot of nutritional value. In recent years, there has been an explosion of new grain products on grocery shelves. With so many options, it's hard to know which ones to pick. Choose items that list whole grains as the first or second ingredient on the label. Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.

- Fruits & Vegetables with Antioxidants, Vitamins A and C, Potassium and Fiber

You can't go wrong with fruits and vegetables: fresh, frozen, canned, dried and 100 percent juice. For kids and adults alike, eating more fruits and vegetables at every meal is important for health. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent or-

ange juice; at lunch, serve crunchy baby carrots or sliced apples; for dinner, put brightly colored vegetables (broccoli, corn, sliced peppers, frozen peas or leafy green salad) at the center of every plate.

- Low-fat Dairy Foods with Protein, Calcium, Potassium, Magnesium and Phosphorus

The nutrients in this group are important for kids, but most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings that children and teens need. There are many nutrient-rich, low-fat dairy products to choose from: an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.

- Lean Meat/Poultry/Fish/Eggs/Beans/Nuts with Protein, Iron, Zinc and B-Vitamins

Whether it's growing muscles or active brains, these nutrients top the list for children. Getting enough protein at every meal and snack helps with extending satiety (feeling comfortably satisfied after eating). While most kids eat plenty of protein at lunch and dinner, they don't necessarily get their protein fix with breakfast or snacks. Start their day with eggs, bean burritos or last night's leftovers. For snacks, provide nuts, peanut butter or other nut butters or sliced deli meat.

For more information, visit [www.eatright.org/nmm](http://www.eatright.org/nmm).

**1-800-538-0936**



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