

# RCMS Volleyball Teams in Action



**Seventh Grade Volleyball Team**

The RCMS Volleyball team traveled to Lindsey Wilson College on Saturday

for a tournament. The seventh grade team went undefeated all day. The eighth grade

team won the silver bracket of their pool. Congratulations ladies, parents, and coaches.



**Eighth Grade Volleyball Team**

# 2022 IS GOING TO BE YOUR YEAR!

Call today to build your business back up with an advertisement in the Times Journal!  
(270) 866-3191

Make plans to attend the next Russell County Health and Wellness Coalition meeting.

“Come Be a Part of the Change!”

For more information call: Shirley Roberson Daulton at 270-343-2181 ext, 6233 or visit the coalitions facebook page (Russell County Health and Wellness Coalition)



The Coalition meets every 4th Thursday at Noon.



## NATIONAL NUTRITION MONTH MARCH

### Healthy Tips

### Eat the Rainbow

Fruits and vegetables provide so many vitamins and minerals, but it is important to consume a variety of them. Check out the nutrients provided based on color scheme!

- **Blue/Purple:** Anthocyanins (Antioxidants) [Cancer-fighting!]  
-Examples: Blueberries, Blackberries, Eggplant
- **Green:** Vitamin K (blood clotting), Potassium, Carotenoids (eye health), Folic Acid, Omega-3 Fatty Acids (brain health)  
-Examples: Brussel Sprouts, Broccoli, Kale, Cabbage
- **Yellow/Green:** Lutein (eye health)  
-Examples: Spinach, Kiwi, Avocado
- **Red:** Folate, Vitamin C (immune health), Lycopene (Antioxidant), Flavanoids (less inflammation!)  
-Examples: Watermelon, Grape Fruit, Tomatoes, Cranberries
- **Yellow/Orange:** Beta-Carotene (Antioxidant), Vitamin C, Vitamin A (eye health)  
-Examples: Cantaloupe, Sweet Potatoes, Carrots, Mangos

**Abigail Eads**  
RDN, LDN, CN

RCH Registered Dietitian Nutritionist



**RUSSELL COUNTY HOSPITAL**  
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