

Big Day for Bass Team

Saturday was a huge day for the Russell County Bass Team. Winds of up to 25 m.p.h. didn't slow these

athletes down! Lucas & Will represented Russell County High School and took second place. Tate & Blane

represented juniors (Russell County Middle School) and took first. (Photos, info submitted)



Second place



First Place Juniors



Brandon - Four fish, over nine pounds



Tate and Blane - Five fish, 12.96 pounds



Evan and Gabe - Three fish, 3.5 pounds.



Lucas and Will - Five fish, 16.7 pounds



Emily Hart




The "Reel" Deal!




Showing the colors


Reading the Newspaper Helps Your Brain Grow!



THE CHAMPS ARE BACK IN TOWN!
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NATIONAL NUTRITION MONTH MARCH



Healthy Tips
Prioritize Lean Protein

- Foods that are high in protein and low in fat
- Contributes to weight loss, muscle building and repair, reduced risk of cardiovascular disease, decreased blood pressure, helps you feel fuller longer
- Great source of B vitamins and zinc (immune system)
- Examples: Chicken, Fish, Turkey, Lean Ground Beef, Greek Yogurt



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