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![C:\Users\Nancy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SBV13UVD\gehen-kalorienverbrauch-kalorien-verbrennen-spazieren-gehen-kalorienverbrauch[1].jpg]()Do you have cabin fever yet? With the beginning of April tomorrow, temperatures will continue to warm giving you opportunities to get some much-needed fresh air. My new routine is 3 walks each day at 10:00, 1:00, and 4:00; 2 listening to podcasts recommended by my son and one with a friend. Try to get outside several times each day. It’s good for your physical and mental health!

**ELA** Let’s look closer at Gary Soto’s “One Last Time”. On page 840, Soto describes vivid memories of both his parents and grandparents and how incredibly hard they had to work to provide for their families. Think about your own family; what do you know about your parents’ jobs? What do/did your grandparents do for a living? What dreams do they have for you? What dreams do you have for yourself? Have you thought about what you will need to do to reach those dreams? How hard are you willing to work?

On pages 842,3 Soto recounts his introduction to grape picking with his mother. He uses his 5 senses to describe the experience. You can feel the sweat, smell the dust, hear the heavy breathing. When have you worked that hard? Is that the type of job you want to avoid? Thousands of people pick grapes in California and other states each year. If you could meet one, what questions would you ask?

**SUPPLEMENTAL READING**  <https://www.medicalnewstoday.com/articles/271156> Read this article to find out why grapes should be a part of your healthy diet. Do you eat fruits and vegetables each day? And no, I’m not talking about fries and ketchup! Right now, in my refrigerator, I have apples, oranges, and strawberries. My veggies are lettuce, carrots, celery, cherry tomatoes, and frozen cauliflower and broccoli. Look in your frig…what do you see?