



**Special
Olympics**
Pennsylvania

FALL FEST PRESS

APRIL 2021



THIS ISSUE

Breakfast Cookie recipe

Basketball Bananza

Fun Fact

Eat the rainbow

COMMITTEE SPOTLIGHT:

FOOD!

We are the committee who handles all the food for Villanova Special Olympics, and we are so excited to be helping to put together Fall Fest this year! During the weekend of Fall Fest, we coordinate with dining services to make sure everyone gets lunch and dinner.

The rest of the year, we help with food at various events that the Villanova committee puts on. Finally, we also make this Newsletter! Through it we hope to bring you some fun features and content to learn from and enjoy!

LET YOUR COLORS SHINE THROUGH, BE VIBRANTLY YOU!

This Fall Fest is about to get vibrant! Get excited! The general foundation of the theme is colors, but it is so much more than that. Every person represents their own color, which is unique according to their own traits, talents, and characteristics. Let's celebrate these! Our colors are all beautiful on their own, but when they come together with others, we can create a masterpiece. That is the message we want to be carried throughout the weekend. So, get ready for a colorful, lively weekend, SOPA! Let your color shine through, be vibrantly you!

CHEWY CHOCOLATE CHIP OATMEAL BREAKFAST COOKIE



These cookies are a great healthy option when you are craving a sweet treat! Super easy to make and come out so delicious. The total time it takes to make is under a half an hour so it's super fast as well.

Ingredients:

- 2 Medium Ripe Bananas
- 1 Cup Uncooked Quick Oats (can use gluten free oats as well)
- ¼ Cup Chocolate Chips

Directions:

1. Preheat oven to 350° and spray a non-stick cookie sheet with cooking spray
2. Mash the two bananas in a bowl
3. Combine the bananas and oats together
4. Put in the chocolate chips and mix around
5. Place about a tablespoon of the mix onto the cookie sheet
6. Bake for 15 minutes

BASKETBALL BANANZA!

Did you know that Villanova participated in the very first March Madness Tournament held in 1939? There were only 8 teams in this tournament, and Oregon became the first NCAA tournament champion! Since this first tournament, March Madness has grown in both size and popularity with over 100 million people tuning in to watch in 2019. Your odds of filling out a perfect bracket are 1 in 9.2 quintillion, which is 9,200,000,000,000,000,000. Maybe one day you could be the one to fill out a perfect bracket!

Villanova is the lowest seed to ever win the tournament in 1985 when they were ranked no. 8. Although Villanova was not as fortunate this year, losing 62 to 51 to Baylor, there is always room for improvement and a chance at the title again next year. This past tournament was filled with upsets and underdogs letting their bravery shine through! The most surprising upset of the tournament was seed no. 15 Oral Roberts taking down seed no. 2 Ohio State with a final score of 75 to 72. Their success continued when they defeated Florida, however lost to Arkansas in the Sweet 16. Ultimately, Baylor claimed the title beating Gonzaga with a final score of 86-70.



EAT THE RAINBOW

This means eating fruits and vegetables of different colors every day. Adding color to your meals can help you live a longer and healthier life. Each color provides different health benefits which is why it is important to consume a variety of foods to maintain a balanced diet. What is a food you could try this week to add some color to your plate?

- Red fruits and vegetables, such as strawberries and tomatoes protect our hearts.
- Yellow/orange fruits and vegetables, including carrots and pineapple can also boost the immune system and enhance vision.
- Mushrooms, bananas, and other white fruits and vegetables help to control cholesterol levels.
- Green includes heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health and strong bones and teeth.
- Blue/purple fruits and vegetables, including purple grapes and eggplant, boost urinary tract health and memory function

HEALTHY HABIT OF THE MONTH

April's Healthy Habit of the Month is all about getting good sleep! With the stresses of daily life along with the heightened stress of COVID-19, it is important to make sure to get enough sleep each night in order to be your best self throughout the day. We have all experienced the problem of struggling to fall asleep from time to time, so here is a quick, easy breathing exercise to try at home when you're going to sleep at night, called the 4-7-8 breathing technique.

For the 4-7-8 breathing technique, breathe in through your nose for 4 seconds, hold your breath for 7 seconds, and slowly exhale through your mouth for 8 seconds. Repeat this pattern 4 times before falling asleep. This technique works to slow and focus your breathing to help you relax and gain a much needed, restful sleep.

FOOD FUN FACT

Scientists can turn peanut butter into diamonds!

WORD SEARCH!

Find the fruits and veggies!

V	N	Y	B	K	G	S
R	O	R	A	N	G	E
E	T	R	N	X	W	P
L	A	E	A	L	K	A
P	M	H	N	W	M	R
P	O	C	A	X	B	G
A	T	N	O	M	E	L

APPLE
BANANA
CHERRY
GRAPES
LEMON
ORANGE
TOMATO