

FALL FEST PRESS

WELCOME TO THE VERY FIRST EDITION OF THE FALL FEST PRESS



Featured Committee:

FOOD COMMITTEE

ADDISON DRONE

Usual Fall Fest Role: We are the ones that are organizing all of the Food for Fall Festival. We work with dining services to get everyone lunch and dinner. Additionally, we help with Food at various fundraising events such as the Strides 5K

Virtual Fall Fest Role: This year, we are making this newsletter, which we are SOOOO excited about! We want to have interesting features on SOPA Athletes, Fall Festival Committees, and numerous other topics such as tradition, nutrition, and leisure. We hope you enjoy it!!

Weekly Motivation:

"Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will"

Believing in yourself is the most important form of motivation! You are strong, brave, and incredible, and you should affirm these qualities in yourself daily.

Recipe of the Week: DATE ENERGY BALLS

KEELY LIKOSKY

Hi everyone!! Today I thought I would share one of my favorite recipes for an on-the-go kind of day.

These date energy balls only have 5 ingredients, but offer protein, fiber, and natural sweetness for a perfect post practice or pre-game snack. These are gluten free, vegan, and dairy free which makes them a great option for everyone! They are also incredibly customizable: chia seeds can be subbed for flax seeds or hemp hearts, peanut butter for almond butter or sun butter, and chocolate chips for cocoa powder or cocoa nibs!

I recorded a video tutorial on how to make these for you all, I hope you enjoy!

Ingredients:

- 1 cup dates (pitted // if dry, soak in warm water for 10 minutes, then drain well)
 - 3 Tbsp all-natural salted peanut or almond butter
 - 1/4 cup dairy-free dark chocolate (roughly chopped)
 - 1 Tbsp chia seeds (or sub flax or hemp seeds)
 - 2/3 cup gluten-free rolled oats
1. Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball
 2. Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
 3. Carefully roll into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. Should yield 14-15 balls (amount as original recipe is written // adjust if altering batch size).
 4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.

IS THERE AN ARTICLE THAT YOU'D LIKE TO CONTRIBUTE?

**WE WOULD LOVE TO
INCLUDE YOU**

**JUST FILL OUT THE
GOOGLE DOC!**



HEALTHY HABIT OF THE WEEK:
HYDRATION IMPORTANCE

KENZIE ANDRA

Did you know that your body is 60% water? This is why it is so important to hydrate yourself throughout the day! The Institute of Medicine recommends that biological males drink 13 cups and biological females drink 9 cups of water each day. However, people are different, and their target amounts may stray from the standard recommendations. It is also really important to try to limit sugary and caffeinated drinks. Try replacing coffee and sodas with vitamin water!

If you are having trouble remembering to drink water throughout the day, set reminders! There are also helpful apps (i.e. Plant Nanny 2) that will send you notifications to drink water. Every time you take a sip of fluids, you get to water your own custom plant! As you drink throughout the day, your plant will grow too. This is a fun and interactive way to promote hydration!



Word Finder:

WORDS OF THE WEEK

Volleyball, Olympics, running, team, brave, inclusion, leader, spotlight, empower, powerlifting

Can you find them all?

N S D A L H Z J Y L L B R W M R U N O H
K N P P N U M T C L X U W Q L I N F L N
Y J W O M R F X A I N C L U S I O N Y N
O Y W A T N E B Z N I P S O N Q Y Z M H
L N E P S L Y D I N L S B Z W D S J P V
G T R P A E I N A D Z H G S R G S R I T
D U H P L S G G Y E M N X X F N J G C G
N I Y L Y N G L H J L J H H P T E Q S S
E D O L N H N D Q T S R Q Q S A M O O X
B V I D S K I L N O Z I Z Z N W N H V E
B N T N G R T L F E H V P O Q J L Y T V
H Y R H Z G F A V C I X D J A O E L K A
O T C K B Z I M M J M W X R H O W B R R
Y F U M Y G L U K Q U L X E M P X X K B
W F S W C Y R S O C B F T T O R A G K G
Y O H K I G E C S J K Z D I C L I J S Y
F O R O B H W R E W O P M E S U M V X Z
V D G R Y V O M F V T A W C I I A C P G
K P B Z D X P E Z I R W H Q M J X L N K
S P I G M O B Q A I U H T F F G O E N Z

There is nothing more electric than the high fives, the fist bumps, the hugs, and the smiles that you see in that line as athletes show off their various metals and accomplishments from their competitions. I think both for people cheering in the line as well as the athletes, coaches, and parents who go through, it’s really a time to reflect on the weekend and the pure happiness that is felt for the full 72 hours. No one has a voice, everyone is definitely running on pure adrenaline, and the athletes get to now relax after pushing themselves in competition and being rewarded for their impressive efforts.

Food Fun Fact:
PEANUT BUTTER

Fun Fact: Scientists in Germany have discovered that since peanut butter is so rich in carbon, it is possible to turn it into diamonds through a chemical reaction and under significant pressure!

Fun Fact: It takes about 540 peanuts to make a 12-ounce jar of peanut butter

Fun Fact: The average person will eat almost 3,000 PB&Js in their lifetime

Nutritional Value: Peanut butter is a great source of protein and also has numerous essential minerals such as magnesium and zinc. It is beneficial for heart health due to the presence of strong fatty acids and magnesium.



I have been both on the side of cheering in the line as an LPH and on Special Events, but also getting to run back and forth trying to organize it while on Support Services, and the energy that it brings is something truly hard to describe. There is never a moment where you can wipe the smile off of your face, and while each part of Fall Fast has its own magic, when you are in any way part of that line- there’s nothing like it. It’s bittersweet because the weekend has to end, but so exciting to think that before you know it everyone will be back and ready to go for next year’s competition. While that spirit line may look a little bit different this year, I am truly so pumped to see how the athletes, coaches, volunteers, and committee members bring that crazy amazing atmosphere and joy to this year’s event.

Favorite Fall Fest
Memory:

NICOLE TRACY ‘19

I think one of my favorite parts about Fall Festival is that I have been trying all day to land on one stand-out memory that I loved most, and after 4 years there are absolutely just too many to choose from. If I had to pick, one event that really stands out for me will always be the spirit line that takes athletes out of closing ceremonies and to their cars to close out the weekend.