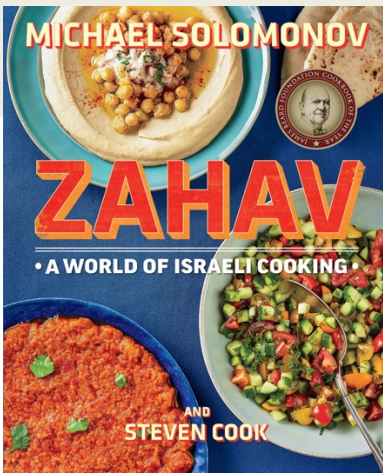
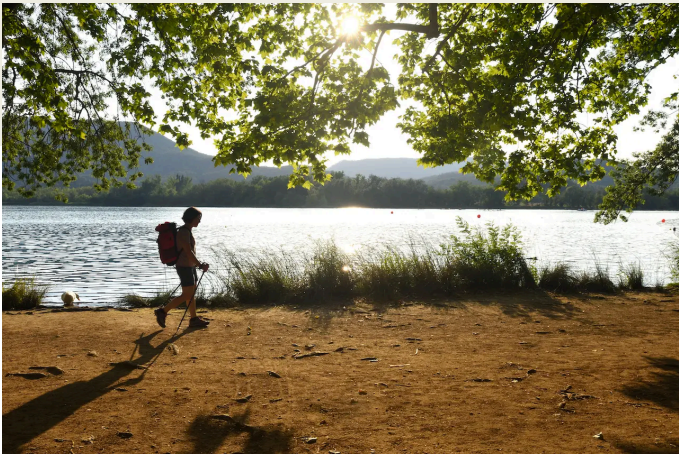


# FALL FEST PRESS

## WELCOME TO THE SECOND EDITION OF THE FALL FEST PRESS



### Healthy Habit of the Week:

#### GETTING STEPS IN

##### LAUREN LEFAUCI ‘22

Did you know that many popular television shows including *Friends*, *Modern Family*, and *SpongeBob* are only 30 minutes long?! That is also the amount of time that the CDC recommends that you walk every day. Walking is a great way to get some exercise, improve cardiovascular health, and help you live longer.

Fall is right around the corner, and walking is a noble excuse to get out of the house, take a look at the fall foliage, and get some fresh air! You can do it anytime and anywhere! You can go by yourself, take your family members, or a friend (and your mask!). If you want to get away from your neighborhood, spice it up, and look up nearby state parks and popular trails to walk through. You can discover a beautiful waterfall, listen to the birds, and admire the plant life. Try walking to nearby stores if you are completing errands and if you don’t have 30 minutes to spare, try 15 or 10! Get up and get moving!

### Recipe of the Week: 5 MINUTE HUMMUS

#### KEELY LIKOSKY ‘23

Today I am bringing you a hummus recipe!! Hummus is truly one of my favorite snacks ever and can be added to all kinds of meals for a quick protein boost! This hummus is from a chef in Philadelphia who has an entire restaurant dedicated to hummus and pita! Although he uses a few more ingredients in the restaurant as well as a few more hours, this 5-minute version with only 7 ingredients (including salt and water). It makes a large batch that is perfect to keep through the week, but I promise it’ll be gone fast! My favorite ways to enjoy this hummus is with carrots and cucumbers as a dip, spread on pita, and layered into a falafel sandwich. I hope you all enjoy this recipe! If you make it, leave a comment with what you thought.

- Ingredients:
- 1 garlic clove
  - Juice of 1 lemon (about 2 tablespoons)
  - 1 (16-ounce) jar tahini
  - 1 tablespoon kosher salt, or to taste
  - 1 teaspoon ground cumin
  - 1 to 1 1/2 cups ice water
  - 2 (15-ounce) cans chickpeas, drained and rinsed
1. Nick off a piece of the garlic clove and drop it into a food processor
  2. Squeeze the lemon juice into the food processor. Pour the tahini on top, making sure to scrape it all out of the container, and add the salt and cumin
  3. Process until the mixture looks peanut-buttery, about 1 minute
  4. Stream in the ice water, a little at a time, with the motor running. Process just until the mixture is smooth and creamy and lightens to the color of dry sand (it will look ugly and clumpy before it smooths out)
  5. Add the chickpeas and process for about 3 minutes, scraping the sides of the bowl as you go, until the chickpeas are completely blended, and the hummus is smooth and uniform.
  6. To hold or store any leftovers: press plastic wrap onto the surface of the hummus and refrigerate until serving

### COMING UP...

#### PLAYLIST OF THE WEEK

#### MOVIE REVIEW

#### FOOD FUN FACT



## INTERESTING SPORTS FACTS:

### BOBAN MARJANOVIC

He is a Serbian basketball player who moved to the NBA to play on teams such as the 76ers, the Spurs, the Pistons, the Clippers, and now the Dallas Mavericks. He is currently the second tallest player in the NBA standing at 7 ft 4 in. One of the most interesting things about Boban is that his parents are 5 ft 9 in and 5 ft tall. He also likes to eat soup every day as a Serbian tradition and played a role in the movie ‘John Wick 3’. He also ranks among the top five players in his Player Efficiency Rating (PER). The only people that are ahead of him are players such as LeBron James, Michael Jordan, and Anthony Davis. He may not get as much playing time as these guys, but he is definitely one of the most interesting players in the game today!



### Playlist of the Week:

This week’s playlist is brought to you by HOUSING COMMITTEE!! They are so excited for you to jam out to these songs and think of all of us as you listen!  
Just open your camera and scan the link below to access the playlist!



### Food Fun Fact:

#### BANANAS



Here are some interesting facts about bananas for your day!

Bananas float in water because they are less dense

Bananas are actually classified as berries

Bananas are great pre-workout snacks because they are loaded with potassium that aids in maintaining nerve and muscle function during work outs.

### Favorite Fall Fest Memory:

#### RYAN RAMSTHALER ‘20

My favorite memory from Fall Fest was during Victory Dance last year. During the dance, I ran into an athlete who witnessed my attempt at dancing and decided that I could use some lessons. He took the time to walk me through several dance moves and even gave some tips on how to be a gentleman. After the lessons, we got to dance with some other athletes and volunteers. Although the lessons weren’t that effective for me, it was really fun to watch him kill it on the dance floor and make a fool of myself as I tried to follow along.

#### AILEEN MANION ‘21

My favorite memory from Fall Fest was when my friend and I walked past the dinner line, and she encountered a Deaf athlete who she had met before. This athlete utilized American Sign Language to communicate, something my friend and I were both familiar with. I introduced myself to the athlete with my friend’s help, and we were all very excited to be able to communicate with each other.

### Movie Review:

#### THE FELLOWSHIP OF THE RING

MATTHEW HOFFMANN

I personally love the Lord of the Rings movies as a whole group. This is the first of the trilogy and I think it may be one of my favorite story lines.

Essentially, Frodo Baggins (a hobbit) starts on a trek to rid the world of this extremely powerful ring. There is only one place that he can dispose of the ring and he chooses a group of other hobbits, humans, elves, and dwarves to help him get there.

The special effects and creatures that are made in the movie are very well done for being from 2001. I personally think that it rivals the Harry Potter movies. It is well worth the watch! Along with the other movies in the series of course!



### Weekly Motivation:

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do"  
- Derek Jeter, NY Yankees

Hard work beats talent when talent fails to work hard! You can accomplish anything that you set your mind to if you’re willing to give it your all. Stay positive, stay motivated, stay hungry for more.

Want to contribute to next week’s newsletter?  
Scan here!

