

FALL FESTIVAL PRESS



Theme Reveal 2022!!

Get excited for Fall Fest 2022! The general foundation of the theme this year is nature, but it is so much more than that. This year is about recognizing the value of connection and togetherness in order to foster growth. Growth is not only an individual process, but it can take place in collaborative spaces as well. Growth can happen anywhere! From exploring a new sport, growing new roots with a friend, or learning something new. There is no one type of growth and we are excited to celebrate it all. This is the message we want to be carried throughout the weekend. So, get ready to grow and thrive, SOPA! When rooted together, we grow even better!

Trail Mix Recipe

Going along with the theme of nature, trail mix is a great quick & easy healthy snack to make!

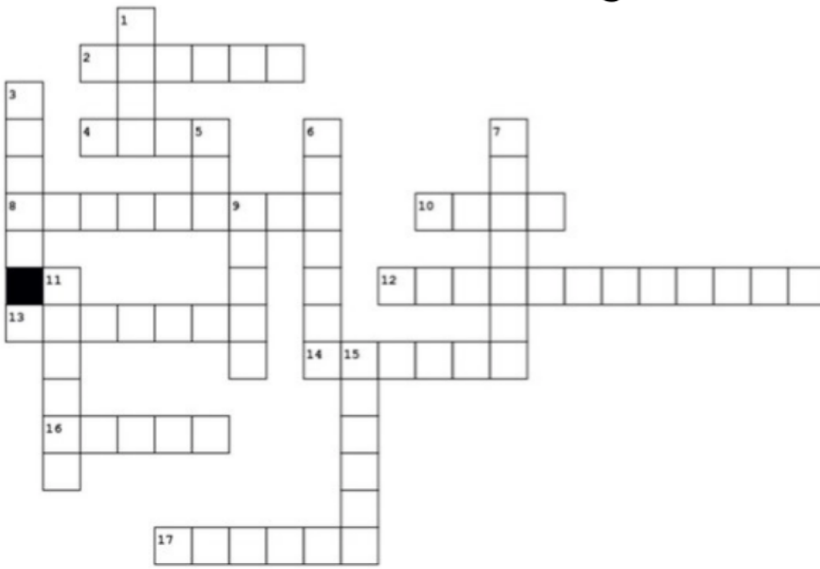
You can add any of your favorite snacks to make a sweet & salty mix to enjoy.

Here are just a few ideas:

- * Dried fruit - apple, banana, mango
- * Raisins
- * Pretzels
- * Cheezits/cheddar crackers
- * Cheerios
- * Chocolate chips
- * Nuts for protein if allergies allow

What's great about trail mix is that all the ingredients can be modified to fit allergy & dietary needs!

Grow Your Knowledge



Down

1. flower associated with romance
3. "Let me win. But if I cannot win, let me be _____ in the attempt."
5. bright and warm during the summer
6. summer, winter, spring, autumn
7. April showers bring May _____
9. area in Fall Fest with carnival games and dancing
11. animal and plant life
15. brightly colored parts of flower

Across

2. sport called football in other parts of the world
4. efficient pollinators
8. university that hosts the best weekend of the year!
10. become larger over time
12. a strength sport
13. "After every storm there is a _____."
14. activities that involve skill and training in which either an individual or a team competes
16. absorbs water for plants
17. mass of condensed water vapor

Nature's Knee-Slappers

Q: What did the trees wear to the pool party?

A: Swimming trunks

Q: What kind of shorts do clouds wear?

A: Thunderwear

Q: What kind of flower grows on your face?

A: Tu(Lips)

Q: Where do rocks sleep?

A: Bedrock

Q: What is the strongest animal in the sea?

Q: A mussel

Fall Festival 2021

My name is Don Haffelfinger, I am from Delaware County I played soccer for 23 years. I am part of the Villanova Fall Festival food committee. I have been on the committee since 2018, and enjoy being part of this committee.

Back in 2020, we did not know that we were going to have a change in our life because of Covid-19. We started our regular meeting in February and by March 2020 we had to go virtual. Then in August 2021 we went back to face to face at Villanova for fall festival to finish the rest of our meeting.

In November of 2021 we had a total of 544 athletes. I think that the athletes at fall fest last year had a great time and were glad they went. We are hoping a lot of teams will back this year.

The 2022-fall festival will be bigger and better than last year. The Athletes will all have a great time.

Fall Festival is the biggest part of Special Olympics.