



FALL FEST PRESS

SEPTEMBER 2021

THIS ISSUE

Buffalo Cauliflower Bites
Tokyo 2020 Paralympic Games
Healthy Habit
How Green is Your Thumb?

COMMITTEE SPOTLIGHT: HEALTHY ATHLETES!

Since officially launching in 1997 as a Special Olympics program, Healthy Athletes has grown to provide a multitude of educational and interactive health resources for Special Olympics athletes. Fall Fest weekend will consist of Healthy Habits booths that focus on topics relating to wellness, sustainability, and more. In addition, we will be introducing Performance Stations at competition venues. These stations will focus on physical and mental readiness for competition. We are so excited to see you all soon!

LET YOUR COLORS SHINE THROUGH, BE VIBRANTLY YOU!

Villanova students are beyond excited to host an in-person Fall Fest this year! Mark your calendars because November 5-7th Villanova's campus will be transformed. We are so excited to be back together again on campus to experience the magic of Fall Fest!

This year the focus is about celebrating our unique colors! Our colors are all beautiful on their own, but when they come together with others, we can create a masterpiece. We hope you are as excited as we are to be reunited once again and form new friendships. Get ready SOPA!

BUFFALO CAULIFLOWER BITES



These cauliflower bites are easy to make and a nice snack when you're in the mood for something a little spicy! Feel free to modify based on how much spice you enjoy!

Ingredients:

- 8 cups of cauliflower florets
- 4 tablespoons of garlic powder
- 2 teaspoons garlic powder
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ⅓ cup hot sauce

Directions:

1. Preheat the oven to 475 F and place rack in lowest position
2. Place cauliflower on baking sheet
3. Drizzle 3 teaspoons of olive oil over it
4. Sprinkle the garlic powder, salt, and pepper and toss/mix up the pan
5. Place baking sheet in the oven for 15 minutes or until slightly golden
6. Remove baking sheet from oven
7. Whisk the hot sauce and 1 teaspoon of oil together and pour the hot sauce on the cauliflower and mix
8. Place baking sheet back in the oven for 5-10 minutes or until desired crispiness
9. Time to eat!

TOKYO 2020 PARALYMPIC GAMES



The Tokyo Paralympic Games will be held from August 21st through September 5th. A total of 23 sports are scheduled for athletes to compete in, including the newest additions of Badminton and Taekwondo. To watch all of the excitement and to cheer on the athletes, NBCOlympics.com, the NBC Sports app and Peacock will live stream all TV coverage. NBC Universal will air a record 1,200 hours of Paralympic coverage which includes the first NBC primetime broadcasts in history! There are several athletes who are competing in the games who are from Pennsylvania so make sure to tune in and be on the lookout. In the Tokyo Paralympic Games, the Paralympic Torch Relay concept is "Share Your Light". The idea behind this concept is the light emitted from encounters with new people will grow to illuminate a society where people live in harmony. Always remember to Share Your Light!

HEALTHY HABIT OF THE MONTH

September's healthy habit is about making sure to eat a good breakfast! A lot of people have the misconception that it is better to skip breakfast in the morning and wait to eat until lunch. This is not true! Breakfast has so many benefits that everyone should try to incorporate it into their daily routine. Breakfast kick-starts your metabolism and prevents you from overeating later in the day! Studies show that consuming breakfast also allows people to do better on tests as well as be more productive during work days. It doesn't always have to be a large meal, even a small granola bar is much better than nothing! Starting to consistently eat breakfast will greatly improve your day and how you feel throughout it. Try a combination of whole grain cereals, low-fat yogurt, or fresh fruits to kickstart your day!

FOOD FUN FACT

A typical ear of corn has an even number of rows, which is usually 16!

HOW GREEN IS YOUR THUMB?

Gardening is a fun activity to do outside and can have rewarding (and delicious) results! While it may seem intimidating if you have not gardened before, there are lots of resources available online to help get you started! One of the most important things to determine when starting a garden is the location. Plants require sunlight to grow, so ideally your garden will be in an area where there is abundant sun. Plants also require water to grow! The easiest way to tell if plants need watering is to push a finger an inch down into the soil, which is about one knuckle deep. If it's dry, that means it is time to water! Snap peas, cherry tomatoes, sunflowers, and basil are some of the easiest plants to grow so consider trying those if it is your first time gardening! Succulents are great plants to grow indoors because they require little water and are low maintenance.

SPOTIFY PLAYLIST

Songs you won't be able to resist dancing to!

Scan the QR code below or search "Villanova Spo Favorites!" on Spotify

