

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 39

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## Hitting *the* Trails

*Tips and tricks for exploring  
nature locally | PAGE 04*



## Front of Tear Out Card 1

### ROASTED LEEK, POMEGRANATE, WALNUTS, GREENS



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## Back of Tear Out Card 1

**SERVES 6**

### *make*

- ½ c. walnuts
- 3 leeks
- Extra virgin olive oil, for drizzling
- Sea salt flakes
- 1 pomegranate, seeds removed
- 2 spring onions (scallions), sliced on the diagonal
- Small handful of dill fronds
- Small handful of torn mint leaves
- Juice of ½ lemon

Recipes from *Very Good Salads* by Shuki Rosenboim and Louisa Allan, Smith Street Books, 2022. Photography © Madz Rehorek.

### *measure*

1. Preheat the oven to 320°F fan-forced. Lightly grease a baking dish.
2. Spread the walnuts over a baking tray and bake for 15 minutes or until fragrant and lightly colored. Cool and chop the walnuts.
3. Trim the leeks by cutting off the dark-green ends, but keeping the root end attached.
4. Bring a wide deep frying pan of water to the boil over high heat, add the leeks, then reduce the heat to a simmer and poach for 10 minutes. Drain.
5. Once cool enough to handle, cut each leek in half lengthways, then shake in a bowl of cold water to get rid of any soil that might be hiding in the layers of leek.
6. Place the leek, cut-side up, in the prepared dish, drizzle with olive oil and sprinkle with salt, then transfer to the oven and roast for about 35 minutes, until tender and golden.
7. Meanwhile, mix the pomegranate seeds, spring onion, dill, mint and roasted walnuts in a bowl and season with salt and a little olive oil.
8. Transfer the leek to a serving dish and spread the pomegranate mixture on top. Squeeze over the lemon juice and serve.





Dear Bill and Judy,

The sun paints the world in golden hues, and the call of the wild whispers on the warm breeze. This edition of Start Healthy embraces the season’s adventurous spirit, offering a potent mix of physical exploration, financial and emotional grounding, and the electrifying pulse of community.

First, lace up your boots, grab your compass, and hit the trails. The enclosed article on the transformative power of putting one foot in front of the other is a must-read. You’ll learn how to choose accessible trails near you, pack essentials for the journey, and savor the unique connections you forge with nature.

Next, shift gears for a journey of a different kind with a guide to the financial and emotional aspects of retirement planning. This insightful piece lays bare the secrets to taking charge of your finances, from crafting a budget that reflects your dreams to defining your life’s purpose.

Finally, ignite your inner cheerleader by delving into the fascinating world of sports fandom. Sports psychologist Dan Wann explains how shared passion fosters identity and fuels resilience.

Whether you’re hiking mountain peaks, charting your financial course, or cheering on your beloved team, let this issue be your guide to a season brimming with joyful discovery. As always, it’s a pleasure to send you this magazine.

Stacey Shanner



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***Hidden Treasures of  
the Petrified Forest***

Hike among the stone  
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# INTUITIVE EATING:

## *A Food-Positive Trend*

written by: *lauren kim*

Are you tired of yo-yo dieting? Then consider trying intuitive eating—a practice that shuns calorie counting and instead relies on using your bodily intuition to help you make appropriate and healthy food choices.

### INTUITIVE EATING DEFINED

This lifestyle option, which dates to 1995, eschews sticking to a rigid diet. Instead, it encourages following your body's own feelings of hunger and fullness to determine what, when, and how much to consume.

### DITCH DIETING

Intuitive eating can be a welcome escape from calorie counting. While weight loss isn't its goal, it can promote shedding pounds since it can allow you to develop a healthier relationship with food.

### EAT WELL

To make intuitive eating work, you must understand your body's cues, such as hunger pangs or a drop in energy, to understand when to enjoy a snack or meal. To avoid overeating, you also need to recognize when you're craving food for the wrong reasons, including if you're feeling bored, sad, stressed, or lonely.

Reserve at least twenty minutes for each meal so there's enough time for your brain to get the signal from your stomach that it's starting to feel full.

### A FEW CAVEATS

Intuitive eating isn't for everyone, especially those who have a medical condition and must strictly regulate their diet. Also, as with any health program, it's best to talk to your physician before giving it a try.



For more info, visit [intuitiveeating.org](https://intuitiveeating.org)

*start*HEALTHY



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# Hitting *the* Trails

**written by:** *allison gomes*

**photos by:** *getty images, unless noted*

**E**xploring local trails is a fantastic way of forging a connection with nature, maintaining an active lifestyle, and uncovering the inherent beauty of your surroundings. And your options for how to do so are plentiful, including hiking, running, and mountain biking. To help you embrace the great outdoors, here's a closer look at three exhilarating methods, including essential tips and safety measures to ensure that you maximize the benefits of your excursions.

## HIKING HOW-TOS

Hiking is a simple yet invigorating activity that's ideal for novices and experts alike. These types of trails vary in difficulty, so it's important to do some research before setting out on your first trek; this can give you a better idea of which options may be best suited for your physical abilities. Visit the AllTrails website for more information about your local trails and their difficulties.

The right gear can make all the difference when hiking, so if it's something you plan on doing often, it's worth investing in a good pair of hiking boots or trail shoes that provide proper support. You may also want to dress in layers to better accommodate any changing weather conditions, and don't forget to wear a hat, sunglasses, and sunscreen to help keep you protected in unshaded areas.

Additionally, pack hiking essentials in a small backpack, including a simple first aid kit, a headlamp or flashlight for low-light conditions, a multipurpose tool, and a navigational device such as a map, compass, or GPS. Most importantly,



bring enough water and energy-rich snacks like trail mix, granola bars, and dried fruit to keep you hydrated and fueled throughout your hike since dehydration and low blood sugar can lead to fatigue and discomfort.

When hiking, make sure to follow the Leave No Trace principles, which are guidelines to help minimize your environmental impact. Don't take anything from the trail and surrounding areas, dispose of your trash, and keep your distance from any wildlife you may encounter. As proper etiquette, yield the trail to uphill hikers, talk in a quiet voice if with a companion, and keep your cell phone silenced. And always let someone know where you're going and when you expect to return. These practices can help create a positive experience that energizes you, gets your heart rate up, and keeps you coming back for more.

### TRAIL-RUNNING TACTICS

If you're looking to jazz up your exercise routine, trail running may be just the thing you need. This activity combines cardio and the beauty of nature for a unique workout, but it does require some specific equipment and strategies for a safe and enjoyable experience. Since it typically involves running on dirt, single-track, or forest trails, footwear plays an essential part in keeping you secure. While you can use your road shoes, they won't have the same amount of traction as ones designed specifically for trail running. Trail-running shoes provide additional grip, protection, and support, thereby reducing the risk of injury on any uneven surfaces you may encounter.

For newbies, REI co-op, a recreation services corporation, recommends starting with a dirt or gravel trail at a city or state park since such places are typically low-commitment areas, which can help you adjust to the different terrain. The uneven landscape can be challenging to maneuver,



so be sure to pace yourself, perhaps even running slower than you otherwise would. You may even want to pick a trail that's a shorter distance than you typically run since the rougher surface can make it take longer to traverse. To find trails near you, check out the American Trail Running Association's website for more information.

While running, always be mindful of your surroundings, keeping your eyes on the trail rather than on your feet so you can adjust your footing and avoid any rocks, roots, or other obstacles that could appear. If you're running in the wilderness, stay alert for potential animal encounters. And make sure to keep hydrated by carrying a water pack, especially if you plan on running for an extended period. Much like hiking, you may also want to bring energy-boosting snacks to help maintain your stamina throughout your run.



photo courtesy of: becky timbers

“  
When some people think  
of mountain biking,  
**they think of riders  
going Mach 10 down the  
side of a mountain,**  
but that’s just one style  
of mountain biking.

## MOUNTAIN-BIKING BASICS

Mountain biking may seem like an extreme sport, but that’s not always the case. “It can be whatever you want it to be,” says Becky Timbers, also known as the Two Wheeled Wanderer. “When some people think of mountain biking, they think of riders going Mach 10 down the side of a mountain, but that’s just one style of mountain biking.” If you’re new to riding, Timbers recommends using an app like Trailforks or MTB Project to find trails that suit your skill level, or you can stop by your local bike shop for recommendations. It’s also a good idea to opt for a shorter trail for your first ride so you don’t exhaust yourself and lose interest in the activity before giving it a real shot.

Apart from a bike to ride, you’ll want to invest in a helmet with a multidirectional impact protection system, which helps protect your head from the impact of twists and rotations. Bring a hydration backpack or hip pack to make sure you’re adequately hydrating throughout the entirety of your ride and a plug kit for tubeless tires, tire levers, and a hand pump in case you should have any issues while out riding.

To learn how to use these bike-repair items as well as basic bike-handling techniques, consider attending a beginner’s clinic with a coach or business. Timbers also recommends finding a local biking group to ride with. “One of the things that made me a better rider is riding with people better than me,” she says. By watching someone more experienced, you can learn how to maneuver trails and build more confidence in yourself and your abilities. Your local bike shop may have a group you can join, but you can also find one by visiting the MTB Project website or searching on Facebook.

*Exploring local trails can be a fulfilling and enjoyable experience, whether you’re hiking, trail running, or mountain biking. So don your hiking gear, lace up your shoes, or hop on your bike and start exploring the beauty that’s waiting right outside your door.*





written by: *bonnie joffe*

# *the power of* RETIREMENT PLANNING

Retirement marks a significant life transition, offering the promise of newfound freedom. Yet to optimize these golden years, it's essential to realize the impact of the financial, emotional, and mental health aspects as you prepare for this new phase. Whether it's starting a business or spending time volunteering, retirement is about embarking on a personal journey on your own terms.

## *Financial preparedness*

There is no clear-cut way to know precisely the amount of money you'll need to secure a comfortable retirement. External factors like inflation, medical issues, and personal goals like your desired lifestyle can all impact your future expenses. There are various strategies you can use to assist you in the years leading up to and during your retirement, whether you plan to leave the workforce soon or later.

## *Establish an investment and savings plan*

Gaining a clear understanding of your current financial standing is crucial for developing a sound retirement plan. This requires reviewing your income, savings, investments, and debts to establish a baseline. Consider seeking guidance from a financial advisor, whose expertise can help you navigate the complexities of retirement planning, set realistic goals, and tailor your strategy to fit your financial capacity.

## *Create a budget*

Once you're armed with a clear picture of your financial standing and investment strategy, you should begin saving as soon as you can. Devise a budget that accounts for your anticipated living expenses, insurance premiums, and health-care costs. You'll also want to decide how to allocate funds for discretionary spending, including traveling, dining, and entertainment.





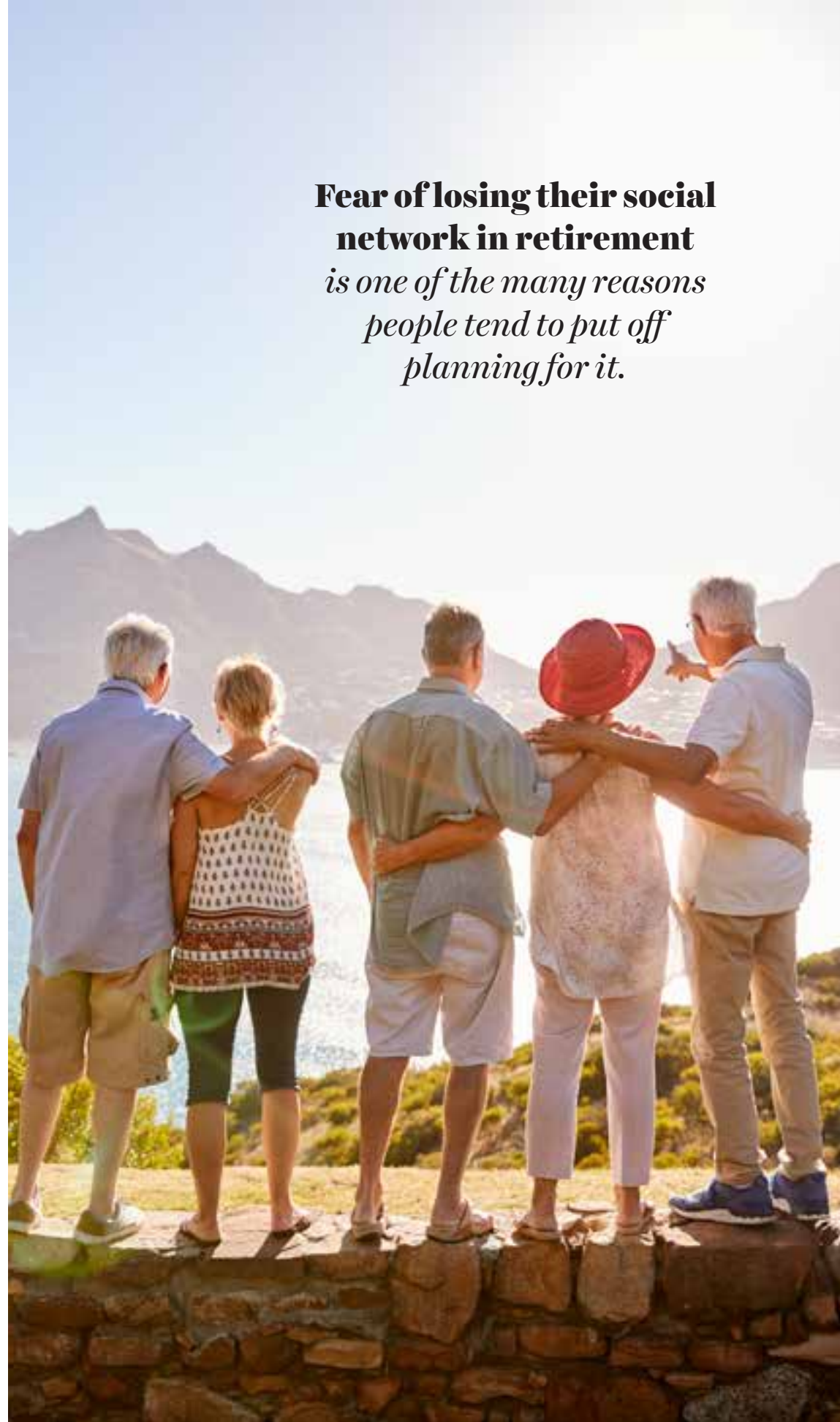
#### ***Know your social security payout***

Understanding how your social security benefits can add to your retirement funds is essential in crafting an effective long-term strategy. Make sure to research ahead of time when you can and should start collecting your payments to receive the maximum amount—beginning at seventy years old rather than sixty-seven will yield a higher payout, for instance. To assist you in this, consider utilizing an online calculator to estimate your benefits or consulting with a financial advisor, who can help you assess and determine the payout you can anticipate.

#### ***Research your pensions and benefits***

Depending on your job, you may be getting a pension—an employer-funded defined-benefit plan—in which your employer will pay you a fixed amount of money each month based on your income and length of employment. Be sure to check with your employer about what would happen should you change jobs to eliminate any surprises down the road.

**Fear of losing their social network in retirement**  
*is one of the many reasons people tend to put off planning for it.*



### ***Emotional preparedness***

Retirement marks not only the conclusion of a career but also the beginning of a new life chapter, yet many American adults have never given a thought to planning for the emotional aspects of it. However, once the excitement of retirement begins to wane, it's not uncommon to experience a loss of identity and concerns about changing social connections. If you're mindful that your identity extends beyond your career and professional achievements, retirement presents great opportunities for personal growth and fulfillment. Here are some proactive measures you can adopt to prepare emotionally for life without a job.

#### ***Cultivate and strengthen your social connections***

Fear of losing their social network in retirement is one of the many reasons people tend to put off planning for it. To help ensure that your work relationships continue to thrive, arrange to stay connected through regular communication, whether scheduling occasional lunches or video calls or engaging in fun activities. Additionally, you can cultivate new relationships by volunteering in your local community or joining clubs based on shared interests, in turn fostering a supportive network.

#### ***Define your purpose***

While retirement itself may be positive, the transition is not always seamless; it can take time to adjust and navigate the shift from a structured work routine to a more flexible lifestyle. Consider what will bring you joy and fulfillment. It could



be engaging in a hobby you’ve always wanted to pursue but didn’t have the time or resources for or perhaps even starting a new business venture. Establishing short-term and long-term objectives can help you create a vision for a rewarding retirement life.

#### *Implement a wellness plan*

It’s crucial to integrate and prioritize your health and well-being by keeping an active lifestyle in retirement. Devise a plan to exercise regularly, if possible, and consume a well-balanced diet to maintain a healthy weight and reduce your chances of developing certain health conditions. Also, consult with your doctor to review your medical history, current health status, and any potential risk factors, creating a personalized plan as needed to protect your health in the coming years.

#### *Mental preparedness*

Establishing new routines and social connections can trigger feelings of stress, anxiety, and depression as you move into retirement. To preserve your mental well-being, foster a positive mindset, be adaptable to change, and identify in advance activities that keep you intellectually engaged. Whether it’s taking up a new language, exploring artistic endeavors, or enrolling in courses, continuous learning can help keep your mind sharp to help prevent age-related memory decline and enhance your problem-solving abilities. Moreover, engaging in mentally stimulating activities can help reduce stress levels, improve mood, and enhance sleep quality, all of which contribute to mental sharpness.

Preparing for and adjusting to retirement will likely require you to revisit and rethink your strategies along the way. Seek the expertise of a financial advisor and a retirement counselor, who can help you facilitate a smooth and successful transition into your golden years.







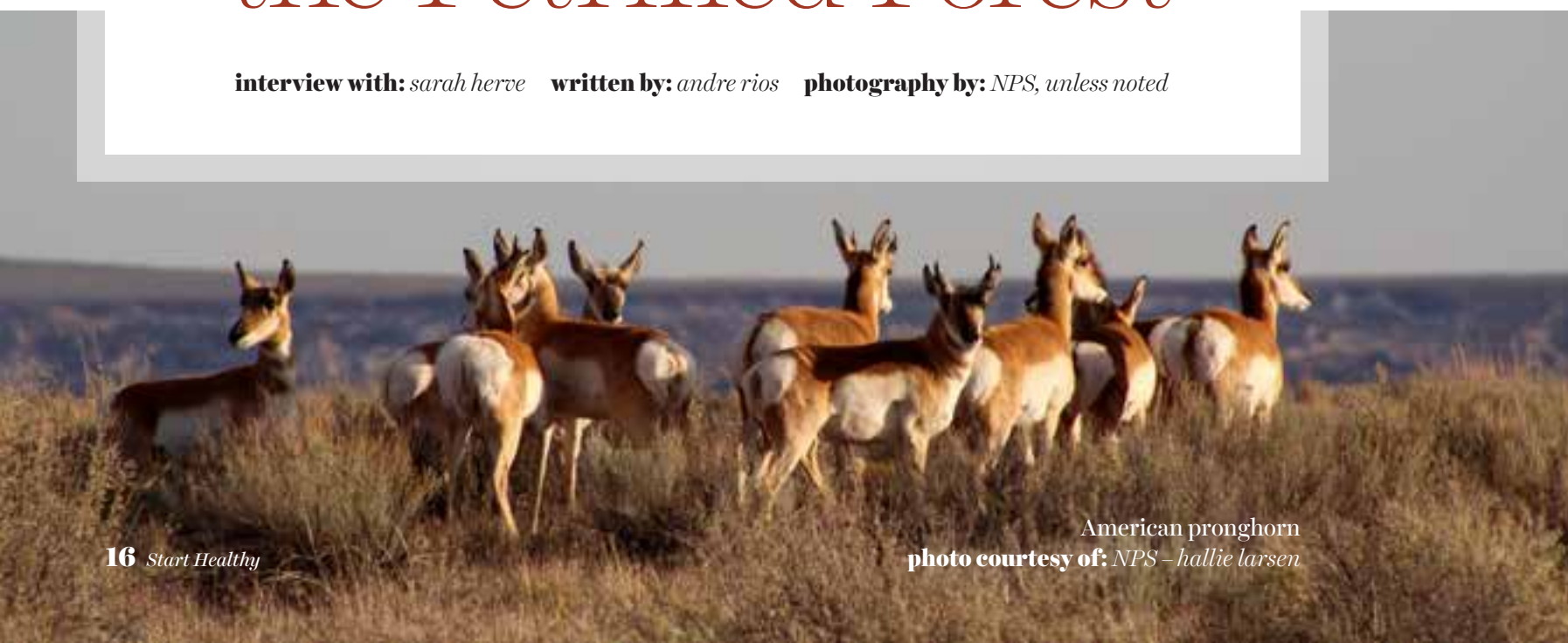
Indian paintbrush

# Hidden Treasures *of* the Petrified Forest

**interview with:** *sarah herve*   **written by:** *andre rios*   **photography by:** *NPS, unless noted*



Petrified wood



American pronghorn  
**photo courtesy of:** *NPS – hallie larsen*

**I**n the dry, rugged canyons of northeast Arizona sits a gateway to other eras: vibrant ruins of an ancient village spin tales of rich histories, while waves of red sand disperse to reveal ancient fossils and hiking trails through practically alien-like landscapes that summon thoughtful travelers to stroll and speculate about what else is out there. But the greatest

attractions to this site are unusual gems formed from prehistoric trees, which give Petrified Forest National Park its name.

Sarah Herve, chief of interpretation at the park, shares the greatest marvels to explore in this remarkable destination and offers advice for active travelers looking to stomp their boots across its most rugged trails.



***Would you give us an overview of the park?***

Petrified Forest National Park was established in 1962 and has some of the largest concentrations of colorful petrified wood in the world, alongside fossils of other life-forms from the Late Triassic period (about 200 million years ago). Modern species that we’re familiar with today, including crocodiles and alligators, originated in this era, and we can find fossils of their distant cousins in the park grounds.

***Why does this site hold so many fossils?***

It comes down to the geology of the region, the Colorado Plateau. During the Triassic period, this land was a more tropical ecosystem near the equator, probably near current-day Costa Rica, and different plants and animals thrived here. As the continents shifted and the climate changed, organisms died and were preserved and buried. And now erosion via wind and rain reveals their fossilized remains.



Puerco Pueblo petroglyph



Flat Iron petroglyph

That’s also why we have so much petrified wood here—especially what we call “rainbow wood,” which is rich in colorful minerals like iron and manganese. Visitors will find a forest of these formations in the southern area of the park, where they can hike and get up close with many of the formations; there’s also a museum where people can learn more about them.

We usually recommend that visitors start their exploration at the southern entrance to the park because that will put them right in the petrified wood deposits immediately. We also recommend visiting Jasper Forest for its fossils. It offers some of our more impressive views of beautiful, giant logs.

***What other sights can people experience in your park?*** The park has an amazing archaeological history. It boasts 13,000 years of continual human occupation, and we retain a close relationship with indigenous tribes in the area—the descendants of people who lived here for thousands of years. People from the nearby Navajo, Zuni, and Hopi communities work at the park, and they are striving to decolonize their tribes’ histories. We’ve learned so much about this land from them. It’s a wonderful place to learn about different indigenous cultures of the Southwest and experience archaeological sites like petroglyphs, or rock art, and agate houses: remains of old structures that were built

out of petrified wood thousands of years ago. This area is still considered sacred to many tribes today, and, thankfully, these lands are protected. There’s also a beautiful building here called the Painted Desert Inn. It was once a hotel, but it now hosts cultural demonstrations by silversmiths and ceramists. Visitors can talk with them about their work and also purchase their goods.

Our visitor center serves as an orientation building where people can get maps, talk to rangers, and learn more about daily activities. It provides plenty of fun activities for kids, such as the popular Junior Ranger Program, a little booklet full of tasks kids can complete to earn ranger badges.

***What safety tips would you recommend to anyone touring the park?*** Bring plenty of water. We are at an elevation and in a desert grassland environment, so there’s very little shade and it can get very hot—you’ll be surprised by how much water you’ll go through. Wear a hat and sun protection too. Closed-toe shoes or boots are recommended because of the rocky surfaces, but we do have paved trails for people who want a shorter, easier walk.

We lead guided experiences so you don’t have to wander alone, but if you’re solo hiking, it’s a good idea to let someone in the visitor center know where you’re heading



as a safety precaution. Carry a cell phone and some snacks, which are helpful in case you wander farther than you expect. We also have a restaurant and snack stations in the park that sell extra provisions.

***Should visitors be concerned with wildlife in the park?*** If you mean the living species, not the fossilized ones, not at all! The park’s painted desert landscape and grasslands support huge ecosystems, which include pronghorn antelope, mountain lions, bobcats, bears, elk, deer, coyotes, badgers, and prairie dogs. Many people come here just for bird-watching because the park is on a migratory pathway. We also have several species of snakes—which I know some people have strong feelings about—as well as lizards, toads, and salamanders.

You’re highly unlikely to have an encounter with a large predator. There’s so much land here that they don’t generally spend time hanging around people. If you’re lucky, you might get a glimpse of a bear, for example, making its way across the landscape. You may see a rattlesnake, but don’t worry—they’re not aggressive and won’t bite you so long as you give them space. Coyotes, meanwhile, are actually very shy. They’re not going to approach or attack you. If you do have a wildlife encounter, just provide a respectful distance. Don’t pet the porcupines or offer food to the ravens.

Much of the park is beautifully intact western grassland. With ranching and the introduction of invasive species, many of America’s native grasslands have disappeared. Our animals are really lucky to live in this protected environment.

***What is your favorite feature of the park?***  
I really love the Blue Mesa area, where you can explore canyons with beautiful layers of colors like purple, green, and blue. Walk in and immerse yourself—it’s very serene.

One thing that’s unique about this park is that you can easily get to places where you can experience solitude, which is very hard to find these days. I love driving through the park, playing music, and watching the grass move in the wind. That’s so soothing to me.

*For more info, visit [nps.gov/pefo](https://nps.gov/pefo)*



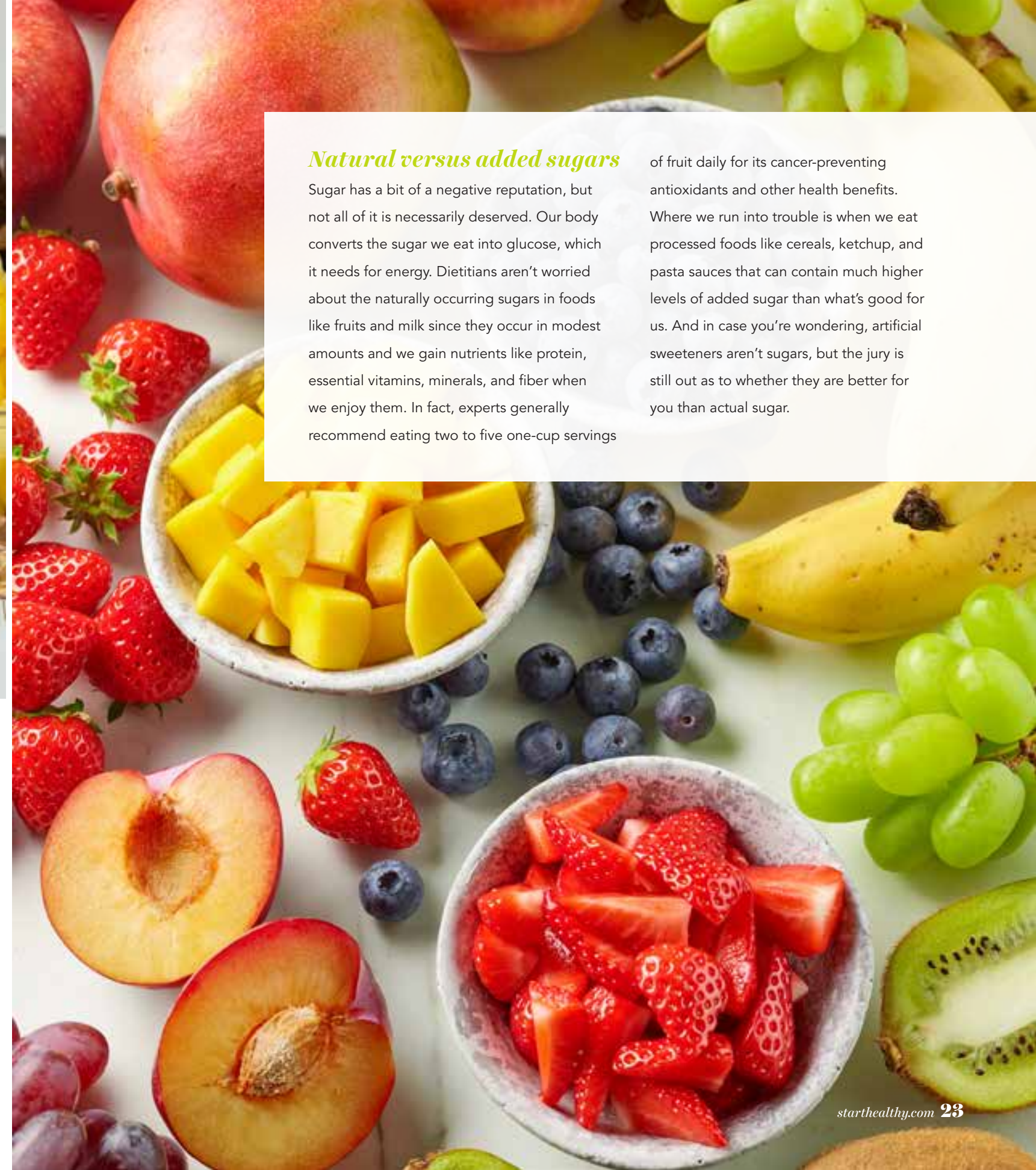




# SUGAR'S *not-so-sweet* SECRET

written by: *lauren kim*

Americans, as a whole, love sugar—for instance, one in six of us enjoy dessert daily. But even if you don't have a sweet tooth, it's likely you're still consuming more sugar than you should, especially since it's often added to preprepared foods to make them more appealing. Follow this guide to learn about this common's ingredient's basic properties, the impact it can have, and ways you can cut back and take full control of your intake.



## *Natural versus added sugars*

Sugar has a bit of a negative reputation, but not all of it is necessarily deserved. Our body converts the sugar we eat into glucose, which it needs for energy. Dietitians aren't worried about the naturally occurring sugars in foods like fruits and milk since they occur in modest amounts and we gain nutrients like protein, essential vitamins, minerals, and fiber when we enjoy them. In fact, experts generally recommend eating two to five one-cup servings

of fruit daily for its cancer-preventing antioxidants and other health benefits. Where we run into trouble is when we eat processed foods like cereals, ketchup, and pasta sauces that can contain much higher levels of added sugar than what's good for us. And in case you're wondering, artificial sweeteners aren't sugars, but the jury is still out as to whether they are better for you than actual sugar.



## ***Sugar overload***

Americans reportedly consume around seventeen teaspoons—or 270 calories' worth—of added sugar a day, which is almost double the maximum men should eat and three times what women and kids should, according to the American Heart Association. The leading sources of added sugars in our diet are beverages like sodas, fruit and sports drinks, and sweetened coffees and teas; snacks and sweets also contribute a substantial amount. For instance, one regular can of soda can have over eight teaspoons of

sugar and a 20-ounce sports drink can have as much as nine teaspoons.

Eating too much sugar can be problematic for several reasons: it is high in calories, can promote weight gain, and can lead to both tooth decay and chronic inflammation, a detrimental immunological condition linked to health problems like heart disease, type 2 diabetes, some cancers, and Alzheimer's disease. Some foods high in refined or processed sugars can also lack essential nutrients, vitamins, and minerals.



## *How to cut back*

It can seem almost impossible to reduce the sugar in your diet since it's in so many foods and drinks, but it can be done. A good place to start is by limiting how much you add to your meals yourself, whether it's the sugar in your coffee or the syrup on your pancakes. Instead, use unsweetened plant-based milk or some cinnamon in your morning beverage and add fruit to your breakfast. If you enjoy baking, you can cut the sugar in your recipes by one-third to one-half and still have them taste just as delicious. Another simple step is swapping sugary beverages like colas, energy drinks, and iced teas for water; if you love fizzy drinks, sip carbonated water.

When it comes to processed foods, consult their Nutrition Facts labels so you can spot how many grams of added sugar they contain. Men should consume less than thirty-six grams daily, while women should have fewer than twenty-five, according to the AHA. (Four grams equals approximately one teaspoon.) A product's daily value (DV) for added sugars is also a good indication of its sugar content—it's low if the DV is 5 percent or less and high if it's 20 percent or more. Also pay attention to a product's serving size and how many servings there are per package so you can be careful you aren't consuming more than you think. Finally, scan foods' ingredients for sugars; anything that ends in -ose

is likely one. (As a helpful tip, if a product's label lists sugar within the first few ingredients, that means it's mostly made of sugar.)

Overall, it's a good idea to buy fewer processed items, make more homemade foods (going light on the sugar when preparing them) whenever you can, and enjoy natural foods like vegetables, fruits, whole grains, lean meats, eggs, nuts, beans, and seeds.

You can also reduce your cravings for sugar by getting enough sleep. Studies show getting less than the recommended seven to nine hours of sleep a night

can affect your appetite-regulating hormones, making you crave sugary foods to help you feel more awake. If you get adequate sleep, your urge to eat sweet foods can subside.

Considering how prevalent added sugar is in our diet, it's important to take steps to wean yourself off it. By doing so, you'll feel better and improve your overall health—you may even find you don't miss its tempting sweetness.

***\*Be sure to consult your doctor for specific concerns about your health and diet.***





# VERY GOOD VEGAN EATING

recipes by: *shuki rosenboim and louisa allan*

photography by: *madz rehorek*

Recipes from *Very Good Salads* by  
Shuki Rosenboim and Louisa Allan.  
Smith Street Books, 2022.  
Photography © Madz Rehorek.



Meatless cuisine comes in many mouthwatering forms, as illustrated in the *Very Good Salads* cookbook. Boasting an impressive array of fresh ingredients and Middle Eastern flavors, the following selections will be welcome additions to your healthy-eating menu.

Looking for more  
salad ideas?  
Purchase the  
cookbook [here!](#)



## PUMPKIN SLICES, SPICED CHICKPEAS

SERVES 6

measure

- 1 cup dried chickpeas (garbanzo beans), soaked in cold water overnight
- ½ butternut pumpkin (acorn squash), cut into ¾ in. thick slices
- Extra virgin olive oil, for drizzling
- Sea salt flakes
- ¼ cup vegetable or sunflower oil
- 5 garlic cloves, sliced
- 1 roasted red capsicum (bell pepper), cut into ½ in. pieces
- 1 tablespoon ground cumin
- 1 tablespoon sweet paprika
- ½ teaspoon smoked paprika
- ½ teaspoon freshly ground black pepper
- ½ lemon
- Coriander (cilantro) leaves, to garnish

make

1. Preheat the oven to 320°F fan-forced.
2. Bring a large saucepan of water to the boil over high heat. Drain the chickpeas and add them to the pan, then reduce the heat to a simmer and cook for about 45 minutes, until tender. Drain.
3. Meanwhile, place the pumpkin in a roasting tin, drizzle with olive oil and sprinkle with a little salt, then transfer to the oven and roast for about 40 minutes or until the pumpkin is soft and caramelized.
4. Heat the vegetable or sunflower oil in a large frying pan over medium–high heat and fry the garlic for 2 minutes until golden. Reduce the heat to medium and add the capsicum, cumin, paprikas, 1 teaspoon of salt and the black pepper. Cook, stirring, for 30–60 seconds, until fragrant, then add the chickpeas. Toss together for 1–2 minutes, then remove from the heat and squeeze in the lemon juice.
5. Arrange the pumpkin on a plate, spoon over the chickpeas and garnish with coriander leaves.



# MASHWIYA **SALAD**

SERVES 6

measure

- 6 tomatoes
- 2 red capsicums (bell peppers)
- 1 green capsicum (bell pepper)
- 1 brown onion, unpeeled
- 3 long green chilies
- 6 garlic cloves, crushed
- ½ teaspoon ground cumin
- ⅓ cup extra virgin olive oil
- Sea salt flakes
- Challah, to serve

make

1. Prepare a charcoal barbecue and let the coals burn down to a coating of white ash.
2. Place the tomatoes, capsicums, onion and chilies over the charcoal and cook, turning often, for 30–40 minutes, until the skins are burnt and the insides are soft. The time this takes will depend on the strength of the heat. The tomatoes and chilies will cook more quickly than the onion and capsicums, so remove them when they are ready.
3. Once cooked, set aside to cool, then peel and discard the skins (you don't need to peel too perfectly as a bit of charred vegetable skin is good).
4. Chop the vegetables one by one into a chunky dip texture (this can also be done in a food processor using the pulse button). Transfer to a bowl and stir in the garlic, cumin and olive oil. Season with salt to taste.
5. Serve with fresh challah.







# ROASTED LEEK, POMEGRANATE, WALNUTS, GREENS

SERVES 6

measure

- ½ cup walnuts
- 3 leeks
- Extra virgin olive oil, for drizzling
- Sea salt flakes
- 1 pomegranate, seeds removed
- 2 spring onions (scallions), sliced on the diagonal
- Small handful of dill fronds
- Small handful of torn mint leaves
- Juice of ½ lemon

make

1. Preheat the oven to 320°F fan-forced. Lightly grease a baking dish.
2. Spread the walnuts over a baking tray and bake for 15 minutes or until fragrant and lightly colored. Cool and chop the walnuts.
3. Trim the leeks by cutting off the dark-green ends, but keeping the root end attached.
4. Bring a wide deep frying pan of water to the boil over high heat, add the leeks, then reduce the heat to a simmer and poach for 10 minutes. Drain.
5. Once cool enough to handle, cut each leek in half lengthways, then shake in a bowl of cold water to get rid of any soil that might be hiding in the layers of leek.
6. Place the leek, cut-side up, in the prepared dish, drizzle with olive oil and sprinkle with salt, then transfer to the oven and roast for about 35 minutes, until tender and golden.
7. Meanwhile, mix the pomegranate seeds, spring onion, dill, mint and roasted walnuts in a bowl and season with salt and a little olive oil.
8. Transfer the leek to a serving dish and spread the pomegranate mixture on top. Squeeze over the lemon juice and serve.



# STUFFED FIGS

MAKES 12

measure

- 2 tablespoons extra virgin olive oil, plus extra for drizzling
- 1 red onion, diced
- 1 garlic clove, crushed
- 1 tablespoon grape molasses
- ½ teaspoon baharat spice mix
- 1 cup cracked freekeh, soaked in water for 1 hour
- Sea salt flakes and freshly ground black pepper
- 12 large figs
- 1 tablespoon chopped mint leaves

make

1. Preheat the oven to 350°F fan-forced. Lightly grease a baking dish.
2. Heat the olive oil in a saucepan over medium heat. Add the onion and sauté for 10 minutes, until lightly golden. Add the garlic, grape molasses, baharat, freekeh and ½ cup of water. Cook, uncovered and stirring occasionally, for 10 minutes or until the freekeh is tender. Season to taste with salt and pepper.
3. Hollow out the figs by carefully cutting off the tops and using a teaspoon to scoop out a teaspoon's worth of fig flesh (keep the fig tops and flesh).
4. Stuff the figs with the freekeh mixture, then place their tops back on and transfer to the prepared tray. Sprinkle with salt and pepper, drizzle with extra olive oil and bake for 10 minutes or until the figs are browned. Sprinkle the mint over the top and serve with any leftover freekeh and the reserved fig flesh scattered around the figs.





# The Top Insurance Risks *in Autumn*

written by:  
*andre rios*

Summer's intense weather and busy outdoor gatherings present unique insurance risks, including backyard grill fires that may spread and leaky air conditioners that could freeze up from overuse. Although you may be tempted to take a deep breath and welcome autumn's arrival, continue practicing some healthy vigilance as well. After all, fall brings its own unique perils, leaving insurance claim adjusters with their hands full with specific seasonal filings from their policyholders. Look out for the following common offenders to help keep your home, vehicle, and loved ones safe.

## Home *theft*

The insurance professionals at PropertyCasual360 report a 25 percent increase in home thefts during autumn. These crimes can not only result in property losses but also feel like a serious violation of your privacy and safety. To reduce your risk of being targeted, engage in some proven safety measures: always lock your doors, garage, and windows, even while at home, and upgrade your house with as much security tech as you can reasonably afford. Smart locks, cameras, and sensor lights can all help deter criminals from helping themselves to your home goods.





## Animal *collisions*

Fall may bring some friendly sights into unwelcome proximity, including deer and moose; these creatures are more likely to wander into roadways during mating season, generally October through December. Farmers Insurance reports that drivers in Pennsylvania, Michigan, Texas, North Carolina, and Ohio file the greatest number of claims in this category. Such collisions can actually be as dangerous as crashing into another vehicle, but swerving or skidding recklessly to prevent impact can also lead to accidents.

To minimize this problem, try to avoid traveling during dawn and dusk hours, when critters like foxes and raccoons may be more active. Stay focused on the road as you drive so you can immediately respond to sudden crossings, and if you spot an animal, Geico recommends that you “brake firmly and calmly and stay in your lane.” A long honk of the horn can spook it out of the road, but keep an eye out for other members of the herd.

*Surprisingly,  
wet leaves on  
roadways can be  
as slippery as ice  
under your tires.*



## Weather *woes*

Depending on your region, you may have difficulties with fall leaves and first frost (a sudden icy freeze), both of which can pose safety risks for your home and vehicle. The US Department of Transportation reports that 24 percent of weather-related car accidents occur on snowy, slushy, or icy roads. And, surprisingly, wet leaves on roadways can be as slippery as ice under your tires. If you notice a frosty gleam or matted leaves on your driveway one morning, remember these safe-driving tips:

- Accelerate slowly, and press the gas and brake pedals gently to factor in reduced traction.
- Resist the urge to tailgate, and increase your following distance to six seconds.
- Don't use the cruise control setting on risky roads.
- Avoid driving during icy weather or on roads littered with wet leaves when possible.

Fall weather can play some unwelcome tricks on your home as well. Ice may cause pipes to burst, while fallen leaves can clog gutters and lead to drainage issues. According to the Insurance Information Institute, water damage and freezing caused nearly a quarter of homeowners insurance losses in 2021, so, to mitigate your risk, schedule a comprehensive plumbing inspection before the first frost arrives and be sure to keep your gutters clean. To get a jump on ice, check the *Farmer's Almanac* website to find approximate freezing dates for your region.





### Fearsome *fires*

Fire and smoke are among Mother Nature’s favorite feats of destruction, and fall presents some unique risks beyond usual, yearlong hazards like stovetop mishaps. As the weather starts to cool, you may find yourself spending more time indoors and using more heat sources like furnaces, fireplaces, or candles. To prevent fires, store flammables such as paper or blankets away from heat, keep an eye on cooking appliances and candles when they’re in use, and stock fire extinguishers in high-risk areas like the kitchen and bedrooms. It’s also crucial to develop a home fire-safety plan—the National Fire Prevention Association has a comprehensive guide on its website that every home should follow to the letter.

*While this list isn’t exhaustive, it compiles some of the season’s worst offenders. Certain fall hazards vary by region—for example, homeowners in the Southwest may have fewer freeze fears, but drier conditions may increase their risk of fires. To stay clued in to local fall hazards, review resources such as your insurer’s newsletter or request guidance based on your zip code from an insurance agent or broker. Learning about regional conditions can help you prevent potentially costly issues and enjoy a safer, claim-free season.*





# the psychology of sports fandom

interview with: *dr. dan wann*    written by: *matthew brady*

**Sports psychologist and Murray State University professor Dan Wann discusses the mindset of fans.**

***What makes sports fans so passionate about their teams?*** It's mostly about identity. The more an individual identifies as a fan of a team, the more intense their thoughts and behaviors are about it. Their team's actions are not separate from their own—how it performs has consequences for how they feel about themselves. When the team wins, the fan wins and has high self-esteem. When it loses, they lose, so they're depressed. That's why people often say "we" when referencing their teams.

Think about it. Where else are you going to pay \$12 for a warm, flat beer and be happy? Only at a sporting event. It can cost over \$100 to park at a football game—not to see the game, just to have the privilege of parking! When the Cubs finally made the World Series, tickets were going for tens of thousands of dollars and people were in bidding wars to get them.







*Some fans also root for individual players. How does that impact their loyalties?* Where one's loyalty lies is a fascinating psychological phenomenon. It's somewhat of a gamble rooting for the name on the back of the uniform rather than the one on the front because you're bound to be conflicted when a player switches teams. This wasn't the case when you and I were growing up, but free agency changed everything.

Also consider geographical rivalry, which lends to the mystique of Red Sox-Yankees, Bears-Packers, and Michigan-Ohio State games. In college sports now, though, that's recently been blown up: teams from the West Coast are playing interconference games in Maryland and New Jersey. Those fans' longtime point of attachment—associating with their regional conference—has been disrupted, which runs the risk of alienating them.

*Why do fans put athletes on pedestals?*

Athletes have long been role models to emulate because they're exceptional at their craft; they epitomize what's possible. But decades ago, if athletes had indiscretions, they were largely hidden from fans to maintain the hero worship. That's not possible now.

As a result, today's sports fans have an incredible ability to look the other way, explain away, and find excuses for their favorite players. When a player gets a DUI, their fans will say, "They're only human," yet if a rival player faces the same charge, they'll dub that player a criminal.

And it's not just the athletes they'll make excuses for. They will also do so for a coach, the owner, and even other fans—

basically, anybody associated with their team—because the other person's actions feel like a reflection of their own morals. I always say that sports fans didn't invent these psychological processes; they just perfected them. The same is true in politics, for example.

*Would you talk about the bonding experience of rooting for a team?* Sports fandom can provide a sense of well-being and unite people as a community, regardless of factors like age, race, or socioeconomic status. For example, my mom's family is from Nebraska. In fall, life would just stop on Saturday afternoons because Nebraska football was such a phenomenon there—it was the whole state's team, and residents had such pride about it. Going to a Cornhuskers game was an event in itself.







Sports psychologists also theorize that identifying with sports teams is on the rise because other traditional sources of identification are on the way down. For example, more people are switching jobs frequently, not going to church, and not living as close to their relatives as they used to. Those holes must be filled somewhere, and a lot are doing so through sports.

***Why does fandom go too far at times?*** Simply put, for many sports fans, it's not just a game—it's their life. Think of famous examples of fans overdoing it. Umpire Don Denkinger received death threats after missing a call in the 1985 World Series. Red Sox first baseman Bill Buckner had to move out of Boston after he misplayed a ground ball in the 1986 World Series. Steve Bartman, a Cubs fan, practically had to go into hiding for months after he interfered with a ball in play during a playoff game at Wrigley Field.

The deflection is virtually endless. It's Bartman's fault, Denkinger's fault, bad weather's fault, karma's fault, etc.

Coping mechanisms are needed because, for any given game, half of the fan base watching is not going to be happy with the outcome. That's the nature of competition. With those odds, you're not going to keep going back unless you figure out a way to deal with the losses. How could there otherwise be Cubs fans like me? The team was bad for a century! [Laughs]

***Fans today seem to root against other teams as much as they root for theirs. Why?*** Cody Havard, a colleague of mine at the University of Memphis, is the guru of research on rivalries, not only in sports but also in things like Coke versus Pepsi and Democrat versus Republican. He'd tell you that when it comes to sports, we want people to know the teams we love—but immediately after that, we want people to know the teams we hate.

In fact, people are often happier when their rival team loses than when their favorite team wins. My wife, Michelle, is an example. She's an Ohio State grad, and I swear she gets

more joy out of watching Michigan lose than she does out of Ohio State winning. That's because a fan's identity is a function of both who they are and who they are not.

***Is sports fandom simply inherent to the human experience?*** To be human is to be an observer, and sports are no different. Researchers will next be looking at sports fandom from an evolutionary perspective, which is exciting. You've got billions of people on this planet from all walks of life and cultures that regularly, if not fervently, follow sports. There must be a reason—statistically, you can't have something that universal by chance.

We're also finding that in addition to providing camaraderie, entertainment, and escapism, being a sports fan helps people meet basic psychological needs of belonging, structure, and meaning. Everybody looks for purpose in their life, and sports can provide it.







# BREATHE YOUR WAY TO BETTER HEALTH

written by:  
allison gomes

As one of the body’s most natural acts, breathing is often an afterthought. But it’s more than just a process that keeps us alive—it’s a tool we can utilize to actively better our lives. Engaging in breath-work techniques, such as diaphragmic and alternate-nostril breathing, allows you to consciously change your breathing patterns for small periods, which, in turn, can greatly enhance your physical, mental, and emotional well-being.

## THE BENEFITS OF BREATH WORK

Breath work, the deliberate manipulation of your breathing patterns, offers a myriad of benefits. Focusing on how you’re breathing allows you to tap into the innate connection between your mind and body, reducing your general stress levels. By taking intentional and controlled breaths, you calm your central nervous system, which may lead you to experience a greater sense of tranquility and mental clarity.

Further, breath work can help you manage feelings of anxiety and depression since it redirects your attention from intrusive

thoughts and cultivates a heightened awareness of the present moment. Specifically, techniques like diaphragmic breathing can potentially deepen relaxation, decrease blood pressure, and soothe your emotional state.

Beyond the mental and emotional realms, breath work can have profound effects on physical health. Deep and intentional breathing increases the oxygen supply to your body, promoting better circulation and oxygenating your vital organs. This can then increase your energy levels, boost your immunity, and strengthen your respiratory functions, ultimately contributing to better cardiovascular health.

*By focusing on your breathing and practicing breath-work techniques each day, you may unlock a path to a more balanced, resilient, and fulfilling life. It’s a simple yet effective way of taking control of and transforming your well-being.*

# &

## recommendations & referrals

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## Front of Tear Out Card 2

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## Back of Tear Out Card 2

**SERVES 6**

*make*

- 1 c. dried chickpeas (garbanzo beans), soaked in cold water overnight
- ½ butternut pumpkin (acorn squash), cut into ¾ in. thick slices
- Extra virgin olive oil, for drizzling
- Sea salt flakes
- ¼ c. vegetable or sunflower oil
- 5 garlic cloves, sliced
- 1 roasted red capsicum (bell pepper), cut into ½ in. pieces
- 1 tbsp. ground cumin
- 1 tbsp. sweet paprika
- ½ tsp. smoked paprika
- ½ tsp. freshly ground black pepper
- ½ lemon
- Coriander (cilantro) leaves, to garnish

*measure*

1. Preheat the oven to 320°F fan-forced.
2. Bring a large saucepan of water to the boil over high heat. Drain the chickpeas and add them to the pan, then reduce the heat to a simmer and cook for about 45 minutes, until tender. Drain.
3. Meanwhile, place the pumpkin in a roasting tin, drizzle with olive oil and sprinkle with a little salt, then transfer to the oven and roast for about 40 minutes or until the pumpkin is soft and caramelized.
4. Heat the vegetable or sunflower oil in a large frying pan over medium-high heat and fry the garlic for 2 minutes until golden. Reduce the heat to medium and add the capsicum, cumin, paprikas, 1 teaspoon of salt and the black pepper. Cook, stirring, for 30–60 seconds, until fragrant, then add the chickpeas. Toss together for 1–2 minutes, then remove from the heat and squeeze in the lemon juice.
5. Arrange the pumpkin on a plate, spoon over the chickpeas and garnish with coriander leaves.

Recipes from *Very Good Salads* by Shuki Rosenboim and Louisa Allan. Smith Street Books, 2022. Photography © Madz Rehorek.



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