



It's the first official month of fall. You and your students have settled into a routine, and you've started introducing so many important facts and concepts. No doubt your school calendar is filling fast with events and holidays.

Here's an October observance you may not have heard of: **World Stroke Day** on **October 29**. Its purpose is to raise awareness of the prevention and treatment of stroke. Every 40 seconds, someone in the United States has a stroke. Every four minutes, someone dies of stroke. Read on to learn the critical warning signs of stroke.



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Make One Change for the Better

Here's a change that's a real yawner: **Get quality sleep**. Really! Lack of sleep is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Shoot for a good 7-8 hours of sleep each night.

Did You Know?

When it comes to the signs of a stroke, the key is to think **FAST**.

Face drooping. The face may also be numb, and the smile may be uneven.

Arm weakness and numbness. One arm may drift downward when both arms are raised.

Speech difficulty. Speech may be slurred, or the person may not be able to speak.

Time to call 9-1-1. Any or all of these symptoms—even if they go away—mean you should call for emergency help immediately.

Test your knowledge of brain health at brainhealth.strokeassociation.org.

This **ranch-chive popcorn** recipe is perfect for October, which is also known as National Popcorn Poppin' Month.



Ranch-Chive Popcorn

Serves 6 184 Calories 100 mg Sodium

Ingredients

- 4 Tbsp. canola oil or safflower oil, divided
- $\frac{3}{4}$ cup popcorn kernels
- 1 $\frac{1}{2}$ Tbsp. dried chives
- 1 Tbsp. dried parsley
- 1 tsp. dried dill
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Directions

- In a large pot, warm 1 tablespoon canola oil and a few popcorn kernels over high heat. Wait a few minutes until kernels have popped.
- As quickly as possible, add remaining popcorn kernels and cover with a lid. Reduce heat to medium-high. Using potholders, shake the pot constantly until the popping slows down, about 3 to 4 minutes. Remove the pot from heat but keep the lid on; some remaining kernels may pop.
- Stir together oil and seasonings. Drizzle the mixture onto the popcorn and toss so all the popcorn is coated.

