



Cougar Daily's "The Potty Mouth" 9/30-10/4

The Bathroom Sensation That's Sweeping the Nation

Clubs and club representatives, if you missed last week's edition of the Potty Mouth and you need the information, please check the Cougar Daily as the edition will be uploaded there. Onto other news, it's now October! Autumn is setting in, the leaves are changing color, and it's finally getting cold!

Things To Do in Autumn

Now that we're leaving summer and hot weather, there's lots of fun things to look forward to!

- Watch the leaves change on the trees. The aspens in the mountains changed color in mid-September, but now aspens on lower elevations will also be changing colors.
- As the temperatures drop, you can start layering and wearing heavier clothing!
- As it gets colder, you can also enjoy more seasonal drinks, like pumpkin spice, hot chocolate, and apple cider.
- Go to a pumpkin patch and carve pumpkins with your family, your significant other, and/or your friends!
- Plan something for Halloween with your friends! Be it a party, trick-or-treating, or maybe even both! Spend time with the people important to you.
- Watch a horror movie! There are lots of good horror movies out there for everyone!

Each type of weather has its pros and cons, especially for those who feel those pros and cons more strongly, like those with chronic conditions, but colder weather (not extremely cold, mind you) tends to be a lot more bearable than the heat. Instead of having to lose layers, you can just keep adding.

Those with pollen allergies also suffer less from their allergies, and inflammation is reduced because of the cold (though, for some conditions, the cold can exacerbate it). Disease spreading insects and microorganisms die in the cold, so the spread of some diseases is lessened.

Though being cold is unpleasant, a little bit of exposure can help improve our blood circulation by keeping our blood vessels responsive. The cold also improves brain function!

The cold is a vital part of the environment's health, too. It allows our water sources to be refreshed through snow, and even helps crops and the soil (in a somewhat roundabout way).

Why Cold Weather is Better than Hot Weather

Upcoming Events

Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4	Saturday 10/5
Girls Flag Football v Ellicot and Vista Ridge @ Home (4pm) Boys JV Soccer v Discovery Canyon @ Discovery Canyon (4pm) Boys Varsity Soccer v Discovery Canyon @ Pine Creek (6pm)	Official Count Day Orchestra Concert (7pm) Boys Varsity Golf Regionals @ Black Canyon Golf Course (8am) Varsity Bowling Jamboree @ Peak Bowl (9:30am) JV & Varsity Softball v Canon City @ Rouse Park (4pm) Boys JV Tennis v Canon City @ Canon City (4pm) Boys Varsity Tennis v Canon City @ Home (4pm) Girls Volleyball v Mesa Ridge @ Home (4pm)	Boys C-team Soccer v Cheyenne Mountain @ Home (4:30pm)	JV & Varsity Soccer v Widefield @ Widefield Community Center (3:30pm) Girls Volleyball v Widefield @ Home (4pm)	Varsity Cross Country @ Vanguard School (3pm) JV & Varsity Softball v Mesa Ridge @ Mesa Ridge (3:30pm)	

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