



Inside This Issue:



Autumn Equinox 1

Coenzyme Q10 2

Knee Strengthening Tibialis Raise 2

6 Ingredient Frozen Blackberry Yogurt Bark 3

IRS Message for September, National Preparedness Month3

It Happened In September4

A First Look At The Inflation Reduction Act4



The first day of fall is marked by the Autumn Equinox which will happen on Thursday, September 22, 2022, at 9:04 p.m. EDT.



The name equinox comes from the Latin word aequus, meaning equal, and nox, meaning night. At points in the Fall and Spring, day and night are approximately equal in length as the Sun crosses the Equator.

In the Fall, those of us living in the Northern Hemisphere will begin to see more darkness than daylight. Nature responds to this signal and prepares for winter: birds fly south and

leaves change colors as temperatures get cooler.

The day-to-day change in day length is greatest around the days of the equinoxes. After the fall equinox, days still get shorter, but at an ever-

decreasing rate until the winter solstice, when the change becomes zero.

Because of its elliptical (oval) orbit, Earth's seasons are not of equal length. On average, fall lasts for 89.8 days in the Northern Hemisphere and 92.8 days in the Southern Hemisphere.

farmersalmanac.com/fall-equinox-first-day-of-fall

timeanddate.com/calendar/autumnal-equinox.html

Coenzyme Q10



Coenzyme Q10 (CoQ10) is an antioxidant that your body produces naturally. Your cells use CoQ10 for growth and maintenance.

Levels of CoQ10 in your body decrease as you age. CoQ10 levels have also been found to be lower in people with certain conditions, such as heart disease, and in those who take cholesterol-lowering drugs called statins.

CoQ10 is found in meat, fish and nuts. The amount of CoQ10 found in these dietary sources, however, isn't enough to significantly increase CoQ10 levels in your body.

CoQ10 dietary supplements might help prevent or treat certain heart conditions, as well as migraine headaches.

mayoclinic.org/drugs-supplements-coenzyme-q10/art-20362602

Knee Strengthening Tibialis Raise

Your tibialis anterior muscle is on the front of your lower leg.

It acts both to flex your toes up, and to decelerate your foot when you walk, stop running, and jump. Whatever force is not handled by the tibialis goes directly up to your knee.

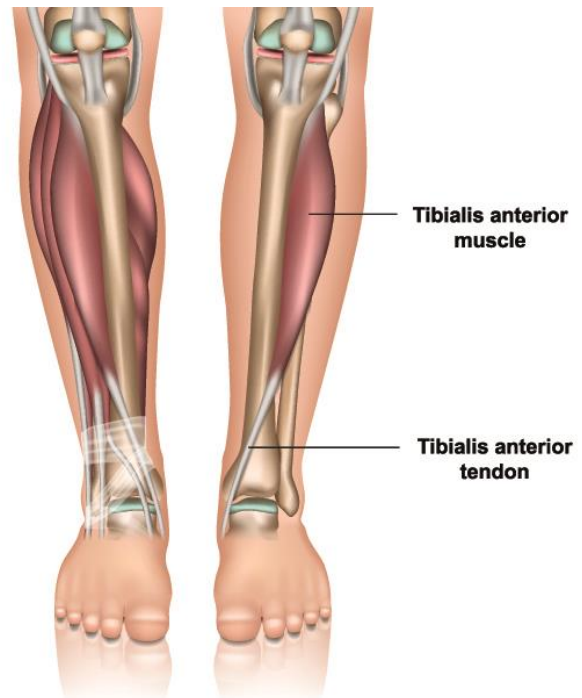
Your tibialis is your first line of defense against both chronic and acute lower body injuries.

The tibialis raise is an essential part of the Knees Over Toes Guy's program for knee fitness, and only requires a wall and some time every day to build your strength and stability.

Find a wall and make sure you have safe footing - no socks or slippery floor.

Stand with your butt against the wall, with legs straight and feet at a comfortable distance.

Without letting your knees bend, flex your toes up and hold for 2 seconds before lowering back down.



To make the exercise easier, simply stand closer to the wall.

To make the exercise harder, stand farther from the wall.

You can find a step by step guide with images and more knee strength exercises at ATG Online Coaching.

atgonlinecoaching.com/articles/knee-ability-zero-ch-1

6 Ingredient Frozen Blackberry Yogurt Bark



Plain Greek yogurt, swirled with sweet blackberry jam, and vanilla. Then topped with fresh berries, white chocolate, and a sprinkle of brown rice crisp cereal. This swirled frozen berry yogurt is nothing short of delicious.

2 c. plain Greek yogurt
1 tbsp vanilla extract
1/2 c. blackberry jam
1 1/2 c. fresh blackberries
2 oz white chocolate, melted
1/2 c. rice crisp cereal

Line a baking sheet with parchment paper.

Stir the yogurt and vanilla in a bowl. Add 1/4 cup to 1/2 cup cold water to thin the yogurt out a little. Spread onto the prepared baking sheet in a thin layer. Add dollops of the jam, gently swirling into the yogurt. Scatter the blackberries on top. Drizzle over the white chocolate, then sprinkle on the brown rice crisp cereal.

Freeze until very firm, at least 3 hours. Break into pieces. Keep in the freezer.

halfbakedharvest.com/blackberry-yogurt-bark/

IRS Message for September, National Preparedness Month

With the height of hurricane season fast approaching and the ongoing threat of wildfires in many places, the Internal Revenue Service urges everyone to develop an emergency preparedness plan, or if they already have one, update it for 2022.



In the aftermath of a disaster, having the updated documents and other information readily available can help victims apply for the relief available from the IRS and other agencies. Disaster assistance and emergency relief may help taxpayers and businesses recover financially from the impact of a disaster, especially when the federal government declares their location to be a major disaster area.

The IRS urges individuals, organizations, and businesses to start now by securing and

duplicating essential tax and financial documents, creating lists of property, and knowing where to find information once a disaster occurs.

Taxpayers should keep critical original documents inside waterproof containers in a

secure space. These include tax returns, birth certificates, deeds, titles, insurance policies and other similarly important items. In addition, consider having a relative, friend or other trusted person retain duplicate copies of these documents at a location outside the potentially impacted disaster area.

More information and advice is available at the IRS Web site and Ready.gov/September.

[irs.gov/newsroom/september-is-national-preparedness-month-irs-urges-everyone-to-update-and-secure-their-records-to-prepare-now-for-natural-disasters](https://www.irs.gov/newsroom/september-is-national-preparedness-month-irs-urges-everyone-to-update-and-secure-their-records-to-prepare-now-for-natural-disasters)

It Happened In ...



September 5, 1774 – The First Continental Congress assembled in Philadelphia. Attending were 56 delegates, representing every colony but Georgia, including Patrick Henry, George Washington, Sam Adams and John Hancock.

September 12, 1953 – In a ceremony before 750 guests at St. Mary's Church in Newport, Rhode Island, John F. Kennedy, aged 36, married Jacqueline Bouvier, aged 24 conducted by Archbishop Richard Cushing of Boston.

September 22, 1862 – President Abraham Lincoln issued an Emancipation Proclamation which freed the slaves in Confederate territories, effective January 1, 1863.

September 30, 1955 – James Dean, who starred in Rebel Without a Cause, East of Eden and Giant was killed in a car crash in California at age 24.

<https://www.historyplace.com/specials/calendar/september.htm>

A First Look At The Inflation Reduction Act

The new tax, climate, and healthcare legislation that President Biden signed into law on August 16th has promised to reduce inflation, provide for prescription drug price reforms, and invest in energy security as well as climate change mitigation. Key features include:

- A 15% minimum tax rate for corporations earning over \$1 billion in income and 1% excise tax on stock buybacks by corporations.
- Prescription drug price reforms.
- IRS budget increase over the next 10 years.
- Affordable Care Act (ACA) subsidy extension through 2025.
- Energy security and climate change investments.

While the full impact of this new legislation is yet to be realized, the initial assessment by the Congressional Budget Office suggests the Act will have a negligible effect on inflation in 2022, and in 2023 could increase or decrease the current inflation rate by 0.1 percentage point. ¹

The IRS will receive \$80 billion in additional funding over the

next 10 years. This investment will be targeted toward upgrading software, customer support, and audits of high earners. The Congressional Budget Office estimates a potential revenue increase of \$204 billion over the next 10 years from this provision. ^{1*}

The legislation is projected to reduce the federal deficit by more than \$100 billion over the next ten years, and also includes tax credits for households to offset energy costs, along with investments in clean energy production and tax credits that seek to reduce carbon emissions. The Wilderness Society has described the Inflation Reduction Act as a “breakthrough” on climate policy. ²

1 - [cbo.gov/system/files/2022-08/hr5376_IR_Act_8-3-22.pdf](https://www.cbo.gov/system/files/2022-08/hr5376_IR_Act_8-3-22.pdf)
1* - pg 4, footnote c



2 - [forbes.com/advisor/personal-finance/inflation-reduction-act/](https://www.forbes.com/advisor/personal-finance/inflation-reduction-act/)