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health
livin

NO SWEAT!

Don't worry, there's help if you perspire excessively

JERRY CARINO @NJHOOPSHAVEN

Job interviews were terrifying for Kylie Ranck. Not the question-and-answer part, but the inevitable handshake that followed. ♦ No one likes a clammy handshake, but Ranck's went beyond clammy. Her hands would drip with sweat. ♦ "That was the worst," the 20-year-old from Atlantic County said. "During job interviews, I would sit there with a paper towel in my hands, and after a minute the paper towel would be soaking wet."

♦ It wasn't because of nerves. Ranck suffered from palmar hyperhidrosis, excessive sweating triggered by the nervous system.

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It's summer and time to get moving



JOY ALLISON
HEALTHY DECISIONS

We all know the benefits of exercise when it comes to burning body fat, conditioning heart and lungs, and improving strength and endurance, but, according to a group of researchers led by

Charlotte Ling of Lund University in Sweden, there's even more to it.

Ling's research is in epigenetics, a developing branch of biology that focuses on how particular genes behave in specific adipose (fat) cells. The research has found that exercise actually alters the way genes work in the tissues that store body fat. The cells changed, becoming more efficient at processing and depositing fat. These findings are still in development, but science is dis-

covering more and more important links to exercise and weight control.

If you are still struggling to lose weight, remember that your exercise routine can make a big difference, especially for individuals who have been sedentary or nearly so.

That's the good news for you couch potatoes! As soon as you incorporate a consistent routine, and the key word here is "consistent," your body will respond. So, the more overweight you are, and the less active you've been, the more changes you'll see right away.

As you progress toward your ideal body weight and become fit, the changes will come more slowly, but that's OK, you'll be loving the new you! More energy, looser clothing and more stamina, what could be better?

I've mentioned before the impor-

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Accessible garden created at RVCC



LAURA DE PRADO
HORTICULTURAL THERAPY

BRANCHBURG - If you have visited Raritan Valley Community College (RVCC) this month, you may have noticed a garden build is underway next to the college's Conference Center.

Last October, RVCC, in partnership with the Rotary Club of Branchburg, broke ground on an enabling garden, or accessible, barrier-free garden at the college's Branchburg Campus. The garden is being created in part as an Eagle Scout project by Patrick O'Rourke of Pittstown.

The 15-year-old Life Scout of Troop 119 in Hunterdon County is the son of Brian O'Rourke, the college's executive director of facilities and grounds.

Patrick is manager of the project as required by Eagle Scout, and he is focused and determined to see the 27-gabion planter configurations to completion, one stone at a time.

According to Patrick, "I am helping to make this project from the Branchburg Rotary Club and the School come true. Together, we came up with what we thought would best help the project which will ultimately help the community. This project is fun, beautiful, creative, unique and challenging."

He added, "For example, the gabion planters that we used was one of the biggest struggles for the project. At first, we had to figure out where and how many we wanted. We originally came up with 40 planters spread out throughout the path mainly in five different sections. Over time, we saw how much work was

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Find the source of your neck pain and get relief 2B