

The Scoop

Happenings from Howell Plaza Shopping Center



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Green Thumbs with a Sore Back

Springtime and the gardening is easy — until back pain strikes. How to reduce or avoid back fatigue and related aches and pains? According to **Chris Beltran**, physical therapist at **Atlantic Physical Therapy Center (APTC)**, it's not the weight of the soil you're digging up, it's that our bodies just aren't designed to twist and turn while holding gardening equipment for an extended period of time.

How to reduce or avoid back fatigue and related aches and pains? Chris recommends:

Warm Up

Generate some gentle heat in the muscles you'll be using through squatting, stretching and loosening up tendons.

Stop by Atlantic Physical Therapy Center for a free screening.

Visit www.HowellPlaza.com for more tips and to view www.bit.ly/APTLiftingTips.

Think Before you Move

- Squat or kneel when planting or weeding for comfort and use a cushion or knee pads instead of standing
- Lift with your legs — start from a crouching position with your legs bent and your back straight
- Keep objects close to your body when lifting.

Pace Yourself!

- Take breaks and stretch.
- Switch up gardening activities to avoid muscle exhaustion
- Afterwards, take a warm bath or take a shower

Celebrate
**National
Pretzel Day**
on April 26th

Drop by **Philly Pretzel
Factory** for a free pretzel
bite that day or order a
personalized \$2 pretzel
in the shape you'd like
two days in advance.
(732) 994-5554

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New Virtual Reality Arcade Captures Imaginations



Fun! Exciting! Amazing! All describe the virtual reality realm experience. This immersive technology has been gaining momentum in recent years, and, for the first time, Ctrl V, has ventured outside of Canada and into the United States. After researching the field and concluding that the company offers the best virtual reality arcade, **Ken Richlin** opened **Ctrl V Howell** in February 2018 to resounding success.

It's not just young men, but moms, organizations like the Girl Scouts and even grandparents are enthusiastic and interested. Ken is devising ways to bring in even more diversity through tournaments, theme nights, Buy One Get One (BOGO) Tuesdays and corporate/nonprofit get-togethers. He's also considering introducing a yoga morning.

Ctrl V offers 18 booths with cutting-edge hardware and multimedia technology and a comprehensive collection of games. Individuals of all ages, families and groups can engage in the immersive gaming. Ken chuckles as he recalls a recent guest, *"I watched as this six-year-old kept cooking 17 cans of soup in the Job Simulator. Clearly she really likes soup!"*

Through special glasses, headphones and handheld controllers, Ctrl-V Howell replicates an environment that simulates a physical presence in places in the real world or an imagined world, allowing the user to interact in that world. It offers an escape from the everyday, stress relief and just a fun day out. Certainly for a family day, a date night, a team outing or a birthday party, Ctrl-V is an adventure not to be missed!

To reserve a timeslot, visit <http://bit.ly/CtrlVHowellNJ> or drop by in person, but check out www.HowellPlaza.com for hours.

For tips and to read the entire article at www.HowellPlaza.com



May 9th is Lost Sock Memorial Day

Missing a sock? Time to make a sock puppet with its partner. Next time, skip the wash and have **Shore Suds Laundromat** do it for you!

