

good life guide

STAY-WELL KIT

VISITING COLLEGES? PACK THESE ESSENTIALS

It's an exciting milestone: You're hitting the highway to visit your kid's top college picks. Be prepared with this checklist of must-haves for the journey.



Plan ahead with smart snacks. To tide you over between rest stops, tuck string cheese, fruit, trail mix and individual yogurts such as Yoplait Greek 100 Whips (don't forget the spoons) neatly into an Igloo Stowe Mini City Cooler (\$14.99, Target).



Stay hydrated. To remain alert and focused on the road, keep sipping water over long stretches of highway. A run-of-the-mill water bottle gets extra credit with a built-in fruit infuser like the one from AdNart Pure Flavour 2 Go Bottle (\$16.84, sold by Wayfair on walmart.com).

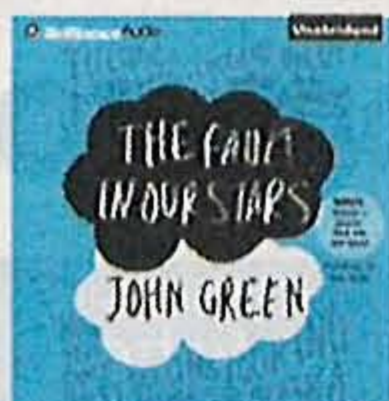
Pack portable cleansers. A small bottle of hand sanitizer such as Bath & Body Works' PocketBac in Raspberry Meringue or Island Margarita (\$5 for 5) is a must, especially for truck stop restrooms. Facial cleansing cloths, like the Pink Grapefruit variety from Burt's Bees (\$5.99, Target), enable you to do a quick swipe to keep neck and hands clean on the go.



Cozy up your car. A long drive means lots of sitting, so why not make your car a little homier? It's easy enough if you toss a Threshold Fuzzy Throw (\$14.99, Target) and Belle Hop Comfort Neck Pillow (\$16.99, Target) into the backseat.



Consider the power of the audiobook. Should the conversation start to lag (and we're pretty sure it will at some point), pop an audiobook into your car's CD player. One conversation-prompting go-to: *The Fault in Our Stars* (\$9.99, Target).



Be prepared for anything. Pack Psi Bands, a drug-free wristband for motion sickness (\$14.99 per set, Target); Urgent Rx powder medication for headache or upset stomach, which dissolves on your tongue, no liquid required (\$5.88 per pack of 10, Walmart); and a Johnson's All Purpose First Aid Kit for unexpected cuts or scrapes (\$8.99, Walmart). —Lambeth Hochwald



AROUND THE HOUSE

ORGANIZING A SMALL CLOTHES CLOSET

Embrace spring cleaning and tackle the smallest space in your house with these helpful tips.

Use the one-year rule. Donate clothes you haven't worn within a year to American Red Cross or Dress for Success, an organization created to provide professional attire for disadvantaged women entering the workplace. Go to dressforsuccess.org to find a location near you.

Categorize. Group clothing by type—pants, shirts, jackets, etc. Arranging by color will make it easy to put outfits together on the fly.

Use wall space. Jennifer Jones, a blogger at iheartorganizing.blogspot.com, suggests storing items used less frequently higher or lower than items used daily. Add hooks to hang items like totes and handbags that are seasonal or rarely used and an over-the-door hanger for accessories and everyday items.

Contain and conquer. Store bulky sweaters, athletic clothing or other items you don't want to hang in plastic bins. Label them or use clear containers so they're easily identified.



Mix and match. Blogger Crystal Light-Faulkner on mrshappyhomemaker.com suggests using soda can tabs to create a double-duty hanger. Slip the tab over the hook of the first hanger, and add another hanger to the other hole of the tab to pair separates into whole outfits. —Lauren Harris

Go to communitytable.com/shoes for a clever shoe storage solution

DOC TALK

Q&A

MARCH 24 DIABETES ALERT DAY

Take the Diabetes Risk Test at Diabetes.org to find out if you are at risk for developing Type 2 diabetes.

Is it true that snoring is dangerous for diabetics?

For people who have diabetes, it's critical to determine whether sleep apnea is to blame for their snoring. Sleep apnea, which also is accompanied by symptoms such as daytime fatigue and wakefulness at night, causes a pause in your breathing while you sleep and increases carbon dioxide in your blood. This leads to:

- Insulin resistance
- A higher incidence of heart problems or cardiovascular disease
- Chronic elevated blood pressure
- Early morning headaches

The inadequate rest that comes from sleep apnea can also lead to lack of motivation to exercise or plan meals, which is important for managing diabetes. Fatigue can even cause people to forget to take their medications. If you have diabetes with daytime sleepiness, depression, irritability, sexual dysfunction or snoring, consider doing a sleep study to learn if you have sleep apnea. You need to manage one condition in order to manage the other. What's more, you'll feel so much better with a good night's rest!

—Sue Cotey, RN, and Andrea Harris, RN, certified diabetes educators at the Lennon Diabetes Center at Cleveland Clinic

Got a question? Send it to editor@communitytable.com and you may get an expert answer from our partners at Cleveland Clinic (health.clevelandclinic.org).