

THE UNIVERSAL TIMES “IN HONOR OF JERRY’S LEGACY”

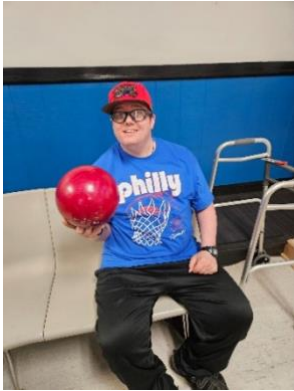


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Recognition SPECIAL THANK YOU to everyone who helped and all the great ideas for the Spring into Action Edition.

HUMBLE HIGHLIGHTS



Natalie – Was born on July 1st (Cancer) and is originally from Tamaqua, Pa. Her interests include Listening to Music and Playing Yahtzee! Natalie’s favorite subject in school was History, and she continues to love learning more about Art History. Her top hobbies include Shopping and word games on her phone. Natalie says her all time favorite food will always be her mother’s

homemade chicken cordon bleu with mashed potatoes and creamed corn on the side! A Quote that she lives by is “Sometimes I laugh to keep from crying.” Nat says her favorite type of Music genre is Reggae especially music from Bob Marley she also really enjoys country music from artists like Dierks Bentley. She says her perfect day consists of “Being in Pjs with my boyfriend watching Netflix and cuddled up on the couch!”



Corey- Was born on November 27th (Sagittarius) and is originally from Queens, NY. His interests include Music and Philosophy. Corey’s favorite subject in school was Science. His top hobby is Roller Skating! Corey says his favorite food is Spaghetti with Chicken Parm. A

Quote that he lives by is “Poverty is a lesson you will repeat until you learn that your value doesn’t come from money.” Corey describes his perfect day as being very productive before 12pm so he can enjoy the rest of his day doing whatever he wants!

Tom Talks

Cannabis interacts with your brain by hijacking your endocannabinoid system (ECS), a widespread biological signaling network that regulates memory, mood, movement, and appetite. The primary psychoactive compound in cannabis, delta-9-tetrahydrocannabinol (THC), mimics your brain's natural chemical messengers but delivers a much stronger, more disruptive signal.

The Neuronal “Dimmer Switch”

Your brain communicates using natural endocannabinoids like anandamide, which act like a precise volume or dimmer control for neurotransmitters. They tell your cells when to slow down or speed up the flow of information. THC binds to CB1 receptors in various parts of your brain telling your brain to slow down or speed up neuronal firing. Unlike natural endocannabinoids that are released in small, localized amounts and rapidly broken down, THC floods the entire brain. It turns the "dimmer switch" all the way up, throwing the brain's delicate communication balance out of sync.

Impact on Specific Brain Regions

Because CB1 receptors are in many different areas of the brain, THC alters a wide variety of cognitive, emotional and physical functions.

The Reward System (Nucleus Accumbens):

THC alters normal signaling to indirectly disinhibit dopamine neurons. This triggers a surge of dopamine, creating the hallmark feelings of euphoria and relaxation.

Memory & Learning (Hippocampus):

THC disrupts how memories are formed and retrieved. Heavy use is associated with significantly lower brain activity during working memory tasks.

Judgment & Focus (Prefrontal Cortex):

This area handles decision-making and attention. THC slows down processing times, altering your perception of time and impairing executive functions like judgement and reasoning.

Movement & Balance (Cerebellum & Basal Ganglia):

When THC binds to these motor hubs, it slows down reaction times, impairs physical coordination, and affects stability.

Emotion & Fear (Amygdala):

THC can overwhelm receptors in the limbic system which can trigger anxiety, panic, or paranoia.

In conclusion, cannabis is harmful to the brain because of its ability to permanently alter neural architecture, disrupt neurotransmitter balance, and impair memory and recall.

Thank you for listening to (reading) my “Tom Talk”

Sports

- **NBA** : The Knicks have reached their first NBA finals since 1999!
- **NHL** : The Stanley cup playoffs are entering their most intense rounds as teams battle for the ultimate prize on the ice!
- **MLB** : The regular season is in high gear! Track stats and standings on MLB.com
- **Soccer** : FIFA World Cup
The men's FIFA World Cup is currently taking center stage, captivating global audiences with the highest level of international soccer competition.

Community Look Ahead

. Strawberry Festival

Opening day May 30th Running till June
6100 Locust Rd, Bath, PA 18014

. Taco Fest

May 31st 2026
101 Founders Ct
Bethlehem, PA

. Foodees Fest

June 19th – 21st
Lehigh Valley Mall

. Bethlehem Rose Garden Farmer's Market

Bethlehem Rose Garden
8th Ave. Bethlehem
Every Saturday May - October
9am – 1pm

Recipe of the Month: Carrot Cake Balls

Ingredients:

- 15.25 oz Carrot Cake Mix
- 8 oz Block of Cream Cheese
- ½ cup Chopped Walnuts
- 10 oz Ghirardelli Vanilla Melting Wafers
- ½ cup Wilton's Orange Candy Melts
- ¼ cup Wilton's Green Candy Melts



Instructions:

1. Heat-treating the dry cake mix: Preheat the oven to 350°F and line a baking sheet with parchment paper or a silicon mat. Sprinkle the cake mix on top of the baking sheet.

Once the oven is heated, bake the dry cake mix for 5 minutes. Remove it from the oven and allow it to cool for 5-10 minutes.

Alternatively, you may heat treat the dry cake mix in a microwave-safe bowl and microwave it in 30-second increments for 2-3 minutes. Make sure to stir it at every interval. Then set aside to allow the cake mix to cool for 5-10 minutes.

2. In a medium mixing using a hand mixer or stand mixer bowl, beat the cream cheese on medium-high speed until smooth and creamy.
3. Add the cooled cake mix to the bowl and beat it on medium speed until you get a dough consistency. Then fold in the chopped walnuts until evenly distributed
4. Cover the cake ball mixture with plastic wrap and place in the refrigerator to chill for 2 hours.
5. Once chilled, line two baking sheets with parchment paper and scoop out 1 tablespoon-sized scoop and roll each into balls using the palms of your hands.
6. Repeat with all of the mixture. Place each ball on the baking sheet about 2 inches apart.
7. Heat a double boiler over low heat and melt the vanilla melting wafers, stirring occasionally until smooth.

8. Alternatively, you may use a microwave by placing the melts in a microwave-safe bowl and microwaving on a low setting in 30-second intervals, stirring at each interval until melted and smooth.
9. Place one cake ball on a fork and dip it into the vanilla melting wafers, completely covering the cake ball. Remove it and gently tap the fork to remove any excess coating and to help smooth it out. Then place it onto the lined baking sheet. Repeat until all cake balls are coated.
10. As the white chocolate coating is setting up, place the orange and green candy melts in separate microwaveable piping bags and twist them shut. Then microwave it in 30-second increments, massaging the bag at each interval until fully melted.
11. Snip off a small piece of the tip and then decorate the cake balls by making a carrot design (a zig-zag pattern for the carrot and three lines coming up from the top of the carrot to make the stem) or by drizzling the colors on top of the cake balls.
12. Let it set completely before serving. You can place it in the refrigerator for 10 minutes to speed up the process. Enjoy!

Notes

Do not skip chilling the cake mixture as it helps the balls keep their shape when dipping them in the melts.

Make sure to move quickly as the melts will begin to set fast.

Always heat the melts on a low setting to help prevent it from seizing and clumping up.

Any flavor cake mix can be used in this recipe.

Instead of Ghirardelli vanilla melting wafers, you can use milk or dark chocolate. Make sure to use a quality brand

KAYLA'S CORNER

Hydrating Fruits/veggies

- Hydration is important for proper body function including waste processes, temperature control, and cognitive function.
- Water intake is the best way to ensure we are hydrated however there are many fruits and veggies that contain water content that we can add to our diets.
- Fruits and veggies also contain nutrients that assist with our electrolyte balance which aids in our overall hydration.
- Veggies- Cucumber, lettuce, spinach, broccoli, Tomatoes, carrots, celery
- Fruits- Watermelon, berries, orange, pears, apples,

Food for Energy

- Food is Energy so we should consider all food energizing.
- We often take for granted how our food intake affects our body.
- Mindful eating helps with our ability to see food as more than pleasure and allows proper nutrition to energize our bodies for best performance.
- Following MyPlate guidelines will help energize our body and remember to eat a wide variety of foods to ensure intake of necessary vitamins and nutrients.



Residential Round Up



Spot the Difference

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Universal Funnies

1. Why is the Letter A like a Flower?
2. Did you hear the one about the gardener who couldn't wait for spring?
3. Does February march?
4. How do you plant a kiss in spring?
5. What do you call an emergency in Spring?
6. Why did the Man try to fix his bed?

- | | |
|----|--------------------------------------|
| 1. | Because a B comes after it |
| 2. | He was so excited he wet his Plants! |
| 3. | No!....but April May |
| 4. | Tulips |
| 5. | MayDay |
| 6. | He heard a SpringBreak |

POET-TREE



Spring wakes softly through the trees,
Carried in on gentle breeze.
Blossoms open, bright and new,
Painted pink with drops of dew.

Robins sing at break of day,
Calling winter far away.
Rivers sparkle, skies grow wide,
Wildflowers bloom on every side.

Butterflies drift light and free,
Dancing past the budding tree.
Golden sunlight warms the land,
Life returns with careful hand.

The earth feels fresh, the air feels sweet,
With petals scattered at our feet.
Spring reminds the world once more
How beautiful nature is at its core



U.I Mementos



Employee Of the Month! Cheryl!



Some Team bonding time at Board & Brush!



Jess showing us all that "A Mime is a terrible thing to waste"

Phil Hitting the New High Score in Wii Bowling!



Our Winners from our 2nd Annual Derrick Shaw Memorial Beard Beauty Pageant! Matt-Seun-Mike



Guess Who!?

Can you guess the baby picture for the client!

