



Church hosted mini Eco-Fair

Acton's mini Eco-Fair was a hit on Sunday, April 27 at Trinity United Church in Acton. Pictured left to right of Community Environmental Alliance are Ranjana Mitra, executive director, Chaya Chengappa, manager, Sarah Verma, intern, and Melinda Brown, a church volunteer. The Community Environmental Alliance was one of many participants, educating the community on recycling electronics.

Photo by Victoria Thoms

How to plant and rake, without the ache

Winter takes a toll on your garden, but spring takes a toll on the gardener. Gardening season and back pain often go hand in hand, but positioning your body correctly reduces the strain on muscles and joints. Use these tips to enjoy your garden to the fullest throughout the season:

- Alternate your tasks. Switch between heavy chores such as digging and lighter, less physically demanding tasks such as planting.

- Do the "scissors" when you rake. Stand with one leg forward and one leg back when you rake. Switch legs and hands every few minutes.

- Kneel to plant and weed. Constant bending can put strain on your back, neck, leg muscles and joints, so kneeling is recommended. Use kneepads or a kneeling mat (with handles) to mini-

mize the amount of bending required, and to make kneeling more comfortable. Keep your back straight.

- Change positions frequently. Make a point of changing position every 10 to 15 minutes. Move from kneeling to standing, from planting to digging.

- Pace yourself. A minimum of three brief breaks each hour is recommended. Take a few moments to move around, stretch your muscles, have a drink or simply sit and relax. Spread the work over several days

- you will still achieve the same great results.

More information on this topic is available at www.chiropractic.on.ca.

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