

Land Lawn Garden

"Grow With Us"

TUITMAN'S GARDEN CENTRE

GRAND OPENING
of our Georgetown location!

375 GUELPH STREET
(Beside Georgetown Motor Inn)

FRIDAY, MAY 14 NOON
"Golden" OPENING SPECIALS
May 14 - 24 (or while quantities last)

DART'S GOLDEN NINEBARK 80 cm. Reg. \$15.95 NOW \$7.50	GOLDFLAME SPIREA 60 cm. Reg. \$17.95 NOW \$9.95
GOLDMOUND SPIREA 50 cm. Reg. \$15.95 NOW \$9.50	OLD GOLD JUNIPER 50 cm. Reg. \$24.95 NOW \$10.95

NOW TWO LOCATIONS
For Your Convenience
375 Guelph St. Georgetown.
(Beside Georgetown Motor Inn.)
and Hwy #25,
1 1/2 Miles South of Acton
853-2480



Karl Carlisle of Carlisle Interlocking and Landscaping checks out a job his company completed last fall in town. Karl says that follow up is very important to his company's success.

THE TOUGH LITTLE GARDEN HOSE NOZZLE

IS AVAILABLE AGAIN THIS YEAR AT THE FOLLOWING LOCATIONS



- DOMINION GARDEN CENTRE
- FENDLEY FLORIST
- GEORGETOWN RENT-ALL
- HOME HARDWARE
- SHERIDAN NURSERIES

LOOK FOR THEM IN THE GREEN AND WHITE DISPLAY BOX.
MADE IN GEORGETOWN BY



Gardening shouldn't be a pain

by Dr. Sandra Simpson
Special

Spring has sprung and once again it's time to garden. Gardening can be fun and relaxing unless you're one of the many individuals that suffer from "regular" aches and pains. Occasionally, aches and pains are simply caused by over-worked and fatigued musculature, but in many cases, pain signals the presence of a much more complicated process.

With constant minor abuse to our bodies, we often create conditions in our spine that chiropractors refer to as subluxations. The term subluxation simply means a minor misalignment of the vertebrae (bone of the spine), which results in direct or indirect pressure on the nervous system.

Since the nervous system is responsible for controlling every tissue, organ and system in the body, any interference to it can result in a variety of problems. These problems can be as diverse as low back stiffness or pain, leg numbness, upper back discomfort, headaches and arm pain, to name just a few.

If you are experiencing any sort of physical problem, you owe it to yourself to have a complete chiropractic exam. This will allow the doctor to assess your situation and recommend an appropriate course of action.

In any case, prevention is the best solution. While gardening, make sure you take frequent breaks. Get up, move around and stretch your body. If you have to do any heavy physical work, make sure you have someone to help you. The same rule applies when trying to lift something heavy - get help. Always ensure that your back is straight while lifting and that your knees are bent. You must use your legs to lift and avoid both twisting/lifting actions and overhead lifting.



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