



**Elmira**  
Farm Service

*Annual* **OSPRINGE**  
**Open House**

**Saturday, May 25th ~ 9 am-4 pm**

- Residential
- Commercial

FREE  
Draws

Demonstrations

BBQ

Ride &  
Drive  
Area

**Junction of  
Hwy 24 & Hwy 25, Ospringe  
(519) 833-9332 1-800-685-3835**



It can be a real workout

**Protect your back when gardening**

**R**aking, hoeing, lifting, digging, kneeling, planting— almost enough activity to qualify for an international medal competition.

Gardening may not be an Olympic sport, but it is strenuous physical activity and merits the same attention to avoid back and muscle pain and injury. When you get out the rake, the shovel or the trowel, keep these tips in mind.

**Do the "scissors" when you rake:** Stand with your right leg forward and your left leg back while you rake. Switch every few minutes. This will keep you from bending and twisting your way into a sore back.

**Change hands frequently:** Changing hands when raking and hoeing prevents muscle strain on one side of the body. Try to stand as straight as possible with your head upright.

**Use long-handled tools:** Long-handled tools let you avoid bending forward and sideways as you work which can cause you to strain your neck or lower back.

**Lift properly:** Face the object you plan to lift, bend your knees, and draw the load close to your body. Use the muscle power of your legs to lift. Don't lift heavy objects above your waist.

**Kneel to weed and plant:** Constant bending and squatting can put strain on your back, neck and leg muscles. You can buy special kneepads and mats that make kneeling on the ground more comfortable.

And finally, like all good athletes, drink plenty of fluids throughout your



workday. Cool down at the end of your garden workout by doing some stretches or take a short walk around the block.

For more information on how to avoid, manage and treat back pain, contact the Ontario Chiropractic Association 905-629-8211 or 1-877-327-2273, or visit the Web site at [www.chiropractic.on.ca](http://www.chiropractic.on.ca).

**Wrong number**

Due to incorrect information supplied to *The Independent & Free Press*, an incorrect phone number was published for Decorating Den Interiors in the May 1 Home, Lawn and Garden section.

The correct number is 519-941-8639.

**Randall  
Brandford  
Design**

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Interiors

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- all tapers
- all pillars
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- all gift ware
- all garden ware
- all home fragrance
- all soap/bath items



**May 16 to 19th - noon to 5pm**

**OPEN Thursday to Sunday only**

H.H.E. candle store located:  
8175 Winston Churchill Blvd., Norval  
(just inside the country market greenhouse  
of Maple Lodge Farms)