

Tips make yard care easier on the body

Oh, our achin' backs. It's no surprise that baby boomers who take care of the yard have plenty to complain about when it comes to aches and pains, including problems with backs, shoulders, arms, legs, hands and feet. And new research confirms what many of us know to be true — that yard care can be tough on the body.

A study by researchers at the Johns Hopkins Bloomberg School of Public Health found that the number one lawn care injury among adults is pain from overstrain. And the number of injuries increased with age, peaking between ages 60 and 69, with adults ages 40 to 59 a close second.

"People tend to really overexert themselves," says Vanessa Costilla, the study's co-author. The good news? Experts say the majority of those backyard injuries are avoidable. "Using common sense is the top thing people need to remember when it comes to lawn mower safety," Costilla says.

It's becoming a bigger issue as baby boomers spend more time working in their yards. The Wall Street Journal even dubbed boomers the "Mow Your Own generation," for the growing number of empty-nesters and retirees opting to care for their own lawns and gardens.

No matter your age, taking steps now to put less strain on muscles and joints can help you avoid problems down the road. Here are four ways to help cut down on yard care's stress and strain:

Know your limits. Simply put, don't overdo it. People with a history of back or joint pain should think twice before overexerting themselves in the yard. And if you start to feel fatigued, take a break.

Ask for help. The Johns Hopkins study found that a considerable number of people are injured while trying to lift their mowers. Never try to load, unload or move heavy equipment by yourself.

Choose body-friendly equipment. Use equipment that adjusts to the human body rather than the other way around. Mower manufacturer Lawn-Boy developed new features to help people avoid muscle or joint injury, including adjustable handles, ergonomic grips, advancements in the self-propel system, reduced mower weight and easy-turn wheels.

Use stand-up tools. Instead of getting down on your hands and knees to weed, plant or till, use ergonomic tools designed to let you take care of the yard and garden from a standing position. If you do need to get near the ground for occasional close-up work, use smartly designed hand tools and a padded garden kneeler with sturdy handles to make getting up and down easier.

For more information, visit www.FindYourMower.com or www.lawn-boy.com.

Courtesy of ARAcontent



What's Going On

Amherst Museum to host student art show

Art work by students of the Williamsville Central School District will be on exhibit at the Amherst Museum, 3755 Tonawanda Creek Road, corner of New Road, from March 18 to April 8. The show will be open during regular museum hours: 9:30 a.m. to 4:30 p.m. Tuesday through Friday. Admission is \$4 for adults, \$1 for children, free for museum members. For more information, visit www.amherstmuseum.org.

CFI to host speaker Jack Davis

Western New York businessman, two-time congressional candidate and Amherst native Jack Davis will address the country's volatile trade situation at 7 p.m. Wednesday, March 19 at the Center for Inquiry, 1310 Sweet Home Road, Amherst. Call 636-4869, ext. 409.

Village Artisans to offer jewelry class

Village Artisans will offer a class in updating old jewelry from 6:30 to 8 p.m. Thursday, March 20 at 5544 Main St., Williamsville, near North Cayuga Road. Participants can bring outdated jewelry to re-invent. For more information, call 633-2384.

Watercolor demo set for March 20

The Niagara Frontier Watercolor Society will be holding a watercolor demonstration by Sandra Bartz at 7 p.m. Thursday, March 20 at the Amherst Community Church, 77 Washington Highway, Snyder. The cost is \$3 for non-members. Call 634-7015.

Ident-A-Kid Day offered at H&R Block

H&R Block is partnering with the IDENT-A-KID program to provide durable ID cards with children's personal information for parents from 11 a.m. to 2 p.m. Saturday, March 22 at the H&R Block University Plaza office lobby, 3500 Main St. (Tops Plaza), Amherst. For more information, call 838-9641. The cards are recognized at the Canadian border, by airlines for air travel, and could help identify children if they were missing. The cost is \$6 per card or three cards per child for \$10.

After 5 to hold dinner on March 24

After 5 of Buffalo will be holding a dinner at 6:30 p.m. Monday, March 24 at the Holiday Inn, 1881 Niagara Falls Blvd., Amherst. The dinner is designed to connect women from the Northtowns. It will feature Chary Robbins of Illusions 3rd Eye Productions and speaker Valery Dunlop talking about "Keeping up Appearances." Tickets are \$17. Reservations are required. For more information, call Joan at 873-1189 or Kathy at 876-8643.

Discussion on ADHD set for March 25

Attention Deficit Disorder Resources, Education and Support Services Inc. presents "ADHD 101," a discussion by Dr. Warren D. Keller, neuropsychologist, from 7 to 9 p.m. Tuesday, March 25 at Ascension Lutheran Church, 4640 Main St., Snyder, near Roycroft Boulevard. For more information, call 829-2244, ext 135.

Audubon Library to host monthly book club

The Audubon Library Book Club will be held from 7 to 8 p.m. the first Thursday of every month through May at the Audubon Library, 350 John James Audubon Parkway, Amherst. April 3 will be "The Summer of 1787" by David O. Stewart. Call 689-4922 or visit www.buffalolib.org.

Zonta Club of Amherst will meet on March 25

Zonta Club of Amherst will meet at 6 p.m. Tuesday, March 25 at Fanny's Restaurant, 3500 Sheridan Drive, Amherst. Sharon Green, author and teacher at Niagara University and the University at Buffalo, will be speaking on how she and three others started the Global African Village in June 2007. The village began after meeting a native of eastern Uganda, and learning about poverty in that area. Call Niki Tarbell at 689-8842.

Springfest fundraiser set for March 28

The Amherst Central Alumni's annual springfest fundraiser will be held from 6 to 10 p.m. Friday, March 28 at Sonoma Grille, 5010 Main St., near Kensington Ave., Snyder. Tickets are \$10. The band "Fools Like Us," which includes Amherst School Board President William Blanford, will perform. Proceeds will benefit the Alumni's grant program and special projects fund. For more information, call 362-8259.

St. Mary's School to hold Vegas Night

St. Mary's School in Swormville will hold a Vegas Night and Night at the Races on Friday, March 28 at 6919 Transit Road, East Amherst. Doors open at 7 p.m. and first post is at 7:30 p.m. In addition, to horse racing on the big screen TV, there will be a big wheel, black jack and bell jar tickets and raffles. Admission is \$5. A horse can be purchased for \$10. Prizes will be awarded to the owners of the winning horses. Winners do not need to be present. For information, contact Rosanne at 688-8570 or Amy at 741-7067.

Meeting set for March 29

The Williams Mills Chapter of the National Society Daughters of the American Revolution will meet at 11 a.m. Saturday, March 29 at the Old Country Buffet at the northeast corner of Main Street and Transit Road. Marlea Crowther will present the program "Quilts Through the Ages." The hostess will be Joan Klenk. Call Elizabeth Baran at 691-8057.

Participants sought for Ideal Weight course

A nine week Ideal Weight course on weight control will be held from 9:45 to 11:15 a.m. beginning Tuesday, April 29 at Amherst Center for Senior Services, 370 John James Audubon Parkway, Amherst. The classes will be taught by weight loss specialist Ida Shapiro. Classes offer help achieving weight-loss goals through personal touch, visualization, mild stretching exercises, guest speakers and group support. Call 636-3055, ext. 109.

Ideal Weight course offered on Thursdays

Ideal Weight classes conducted by Ida Shapiro, a weight loss specialist with more than 40 years of experience are offered at 7 p.m. Thursdays at St. Gregory the Great School, 250 St. Gregory Court, off Maple Road, Amherst. Classes offer help achieving weight-loss goals through personal touch, visualization, guest speakers and group support. For more information, call 636-3698.

St. Gregory to hold Vegas Night

St. Gregory the Great Home School Association will hold Vegas Night at 7 p.m. Saturday, March 29 at the Parish Ministry Center at 250 St. Gregory Court. Tickets are \$15 or \$10 for seniors. Terry Buchwald will be singing Elvis tunes and a buffet, open bar, raffles, games of chance and other activities will be offered. A trip to Las Vegas will also be raffled. Attendees must be 21 or older. Proceeds will benefit the school. Call Kim Gilbert at 632-2395.

College Planning Workshops to be held

Circle of Neighbors will be holding free college planning workshops for parents of college bound students from 6 to 8 p.m. Wednesday, March 26 at Erie Community College, north campus. Reservation is required. Call 276-1165 or visit www.circleofneighbors.org.

Amherst Teen Idol finals set for March 30

The final round of the Amherst Teen Idol Search will be held at noon Saturday, March 29 at the Boulevard Mall Food Court, 730 Alberta Drive, Amherst. Fifteen finalists between the ages of 12 and 20 will compete for a Boulevard Mall gift certificate and "Amherst Teen Idol" trophy. Prizes will also be awarded to the runner up. The contest is sponsored by the Boulevard Mall, Star 102.5 and the Amherst Youth Board. Call the Amherst Youth Board at 631-7215.

Spiritual discussion set for March 30

The New York Satsang Society will be sponsoring a spiritual discussion on "Golden Keys to the Mysteries of Life" from 2 to 3 p.m. Sunday, March 30 at the Comfort Inn, university meeting room, One Flint Road, Amherst, across from the University at Buffalo Flint Road entrance. The NY Satsang Society is a chartered affiliate of Eckankar, Religion of the Light and Sound of God. Call 800-749-7792 or visit www.eckankar-ny.org.

Tables available for WNYMBA bike swap

Western New York Mountain Bicycling Association will be holding its eighth annual Bicycle Swap Meet and Expo Sunday, March 30 at the Main Transit Fire Hall, 6777 Main St., Williamsville. Parking and admission are free. Local bicycle shops and individuals can sell or trade discontinued or close-out items and good used equipment. The swap includes the Bike Corral, where individuals can offer used bicycles for sale. Call Jerrine Neff at 632-1344 or Roger Brath at 634-7570.

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Important Notice

Our regular business and customer service offices will be closed on Friday, March 21, in observance of Good Friday.

However, natural gas emergency personnel are always available.

Call 1-800-444-3130 should an emergency arise.



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