

## Health Notes

### Snow Shoveling: What Can You Do?

by Craft Chiropractic Associates, PC

☛ Before you start your snow removal, stretch and loosen up. Muscles that are "warmed up" work better and are less likely to be injured.

☛ Use a long-handled or crooked-handled "back saver" shovel.

☛ Move the snow back far enough to give yourself enough room for the snow of the next storm.

☛ Clean up the snow several times during a storm. Each load will be lighter, and your body will appreciate that.

☛ Alternate sides from right to left when shoveling or pushing snow.

☛ Use your shovel like a snowplow; instead of shoveling, push the snow out of the way.

☛ If you are going to lift the snow with your shovel, bend at the knees.

☛ Keep your back as straight as possible.

☛ If you do not use a shovel often, try not to throw the snow off your shovel. You will more than likely throw your back out along with the snow.

☛ Do not twist at the waist with a shovel full of snow.

# THERE'S NO WAY TO GET YOUR REFUND ANY FASTER

## PERIOD.

When you have a refund coming, soon is never soon enough. Get it back fast when you file electronically. To learn more, call 1-800-HRBLOCK or visit [www.hrblock.com](http://www.hrblock.com)



75 Center St., Ellenville, NY 12428  
845-647-6980

☛ Move your feet and drop the snow.

☛ Stop and take a break once in a while. Stand up straight and take a few deep breaths.

☛ The best advice: Make friends with your neighbor who has a snowblower and stand back! ❄️

## Katherine's Korner

Natural Herbs ~ Candles  
Oils ~ Personal Care Products  
Gift Baskets ~ Rare Gems  
Goat Milk Products  
American Sterling Silver

*Unique Products for  
Unique Individuals*

Valley Mall Plaza • Route 209  
Napanoch, NY 12458 • 647-1076

Coming Soon:  
[www.Spruce-Valley.com](http://www.Spruce-Valley.com)

## Valley Mall Wines & Liquors, Inc.

*Your Source for Most  
Celebrated Wines and  
Spirits*

*~ Wine Tasting Daily ~*

Specializing in  
Organically-Grown Wines  
We Ship in New York State

Valley Mall Plaza • Route 209  
Napanoch, NY • 1-800-780-1709

[www.valley.toastnetwork.com](http://www.valley.toastnetwork.com)  
[www.winegivers.com](http://www.winegivers.com)

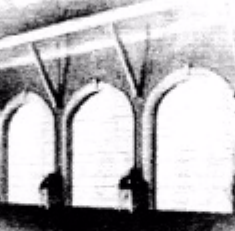
TEL/FAX: 845-647-4362

**\$50**

Save \$50 Off  
Your Purchase of  
a Garage Door  
Installed thru  
January 31, 2003

**Clipay**

**Mid-Hudson Overhead Doors  
Mid-Hudson Bucks**



Clipay Authorized Dealer

**Clipay**  
PRO-SERIES

America's Favorite Garage Doors

RESIDENTIAL  
COMMERCIAL  
INSTALLATIONS

SATISFACTION  
GUARANTEED

International  
Door Association  
Member IDA

**SAVE: \$50.00 OFF YOUR PURCHASE OF A GARAGE DOOR INSTALLED THRU JANUARY 31, 2003.**

★ Free Estimates ★ **Mid-Hudson Overhead Doors** Tel/Fax: 845-647-4362

★★★ Serving The Hudson Valley ★★★