

**IS THIS YOUR OFFICE?** (continued from page 22)

HOW ABOUT YOUR CHAIR. Did you know you put 30 percent more pressure on your spinal discs when you are sitting? So the type of chair you use is critical for both comfort and support. Your chair should fully adjust to height and tilt and be able to rotate in a complete circle. Chairs of this type help reduce muscle tension.

Your chair height should be adjusted so your feet can rest comfortably on the floor. A chair with rollers is preferable so you can move around the work area without having to stand up. A chair should be easily adjusted. There should be no need to call in your mechanic with his tool box or welder.

Office work does not have to be a strain on you. We have enough strains maintaining the golf course and dealing with the many day-to-day agonies. With careful planning you can design a comfortable and efficient work area.

## Cougar Game Recap

On August 21, over 90 people enjoyed a family picnic and Kane County Cougar baseball game sponsored by the MAGCS. A wonderful picnic was prepared by the staff of the Kane County Cougars. Games for the kids followed the picnic. A special thanks goes to Cindy Cross, Peggy Czerkies, and Marilyn Taylow for arranging the games for more than 30 kids. Kerry Blatteau has volunteered to run the games next year.

The only casualty was to Ed Braunsky when he suffered a bloody nose after being hit in the face by a shaving cream laced sponge. Boy, Ed, that must have hurt.

There were 8,127 people at the baseball game. Out of all these people, Jim Reed was deemed, by the Cougars staff, to have the dirtiest car in the parking lot. He won a free car wash. Congratulations, Jim.

A good time was had by all even though the Cougars lost 2-0. Thanks to all who supported this event.

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