

The Post-Standard

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THIS JUST IN

Staff and news service reports

PAIN-FREE GARDENING

Gardening is therapeutic, yet at the same time can stress the knees and lower back.

The garden kneeler from **Yard Butler** and the Oxo Good Grips garden kneeling mat let you work in the yard in cushioned comfort.

The kneeler (\$48; in lawn and garden stores and at www.yardbutlerstore.com) is two products in one: It converts from a kneeler to a bench, holds up to 250 pounds and folds flat for storage and portability.