



## Gardening and injury prevention

By Dr. Neal Stumpf, D.C.  
Special to The Asian Reporter

With daffodils and other flowers blooming in the Pacific Northwest, Portlanders know spring is here and it's time to start working in the yard. Gardening is a healthy pastime for a lot of people, but like many activities, there is a chance of getting hurt. Back, shoulder, and arm injuries are potential ailments, but by following some preventative steps, the chance of strains or injuries may be lessened greatly or eliminated.

Common tasks that could lead to an injury while gardening include pulling weeds; lifting and moving heavy items; bending and reaching; operating machinery; and using hand tools. An injury could also result from stress or fatigue of the body due to overuse or gardening for long stretches of time.

### Mowing the lawn

One of the more dangerous landscaping tasks is pulling a cord to start a lawnmower. Pulling with full strength without first warming up could injure the shoulder. This is especially important at the beginning of the season, when the machinery has been sitting unused over the winter and one's body is not yet used to the pulling motion. The first step is to avoid starting a lawnmower or other machinery with a cord while exerting one's full strength, the second is to be sure to stretch or warm up beforehand. Gentle exercises such as stretching your arm across the body and behind the back may help prevent muscle strains or tears when starting machinery with pull cords.

### Weeding & using garden tools

Bending to pull weeds often causes repetitive stress on the back and may lead to pain. When using a hoe, try one with a longer handle and avoid leaning forward or hunching over.

The use of clippers can also cause fatigue, but longer handled loppers and ratchet tools may help decrease the amount of strain placed on the hands and fingers. Additionally, try to avoid reaching far above your head, as this can cause pinching in the shoulders.

### Lifting properly

A common culprit of gardening injuries is lifting. Lifting heavy items or moving them while in an awkward position puts a lot of pressure on the back. It is important to use proper lifting techniques such as keeping your back straight and lifting with the knees.

With all activities, be sure to regularly alternate between tasks to avoid overuse, especially when gardening at the beginning of the season or on an inconsistent schedule.

Some of us already have chronic conditions we may deal with, but still want to enjoy gardening without pain. These prevention tips may help reduce the strain on muscles and joints or the aggravation of existing injuries. For others, utilizing a brace may be helpful. People with low-back issues might consider wearing an abdominal brace or a back brace. For those with shoulder impingement, holding a water bottle or small weight while relaxing the shoulder of the affected arm may help relieve pressure on the muscles. In addition, applying ice wrapped in a towel to an inflamed area immediately after gardening or exercise may help alleviate symptoms.

Gardening is a healthy hobby, but strains can be serious and long lasting. Contact a chiropractor if you are hurt while gardening or have been unable to garden due to injury.

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## DisOrient Asian American Film Festival begins April 17 in Eugene

The DisOrient Asian American Film Festival, a social-justice film fest showcasing the work of independent filmmakers, begins April 17 in Eugene, Oregon. The annual event highlights portrayals of Asian American and Pacific Islander experiences at seven venues for five days. People of color are featured in every film and 18 are written or directed by women. In addition, 29 filmmakers from Hong Kong, Canada, and the United States will be in attendance.

The curated film program brings the diversity of underrepresented voices and stories to Oregon. Among this year's featured films are *The Chinese Exclusion Act*, *Badass Beauty Queen*, *The Jade Pendant*, *Find Me*, and *Who Is Arthur Chu?*

Filmmaker question-and-answer sessions will promote meaningful dialog about social justice, immigration, and what it means to be American.

Accompanying the festival this year is "Architecture of Internment: The Buildup to Wartime Incarceration," a travelling display highlighting the role of Oregonians in the decision to incarcerate Japanese Americans during World War II.

The exhibit features personal letters and proclamations from Oregonians to then-governor Charles Sprague in 1941 and 1942 advocating for the exclusion and incarceration of Japanese-American Oregonians, along with his responses; blueprints of potential "Assembly Center" and "Relocation Camp" locations such as race tracks and fairgrounds; letters from Japanese Americans expressing outrage about the injustice; and more. "Architecture of Internment," which is free and open to the public, is on view April 17 through 23 at Straub Hall on the campus of the University of Oregon (UO).

Some events held as part of this year's DisOrient Asian American Film Festival include:

### **The Chinese Exclusion Act**

April 17, 6:00pm

Bijou Art Cinemas

*The Chinese Exclusion Act*, a pre-opening night film, allows viewers to see the United States grappling with deep, existential questions — Who gets to be American? How do we define citizenship? When and why ought people be blocked from coming to the U.S.? The screening also features a question-and-answer session with UO ethnic studies faculty member Lynn Fujiwara.

### **The Jade Pendant**

April 19, 6:30pm

Bijou Art Cinemas

*The Jade Pendant*, the film featured on opening night, follows the journey of a young girl named Peony who escapes from an arranged marriage and lands on the foreign shores of America. A tragic love story unfolds, set against the historical lynching of 18 Chinese immigrants in Los Angeles in 1871. Following the screening is a question-and-answer session with Hong Kong director Po-Chih Leong and author L.P. Leung.

### **Opening night gala**

April 19, 9:30pm

Jordan Schnitzer Museum of Art  
Following the screening of *The Jade Pendant*, festival-goers are invited to attend the opening night gala emceed by Brady Wakayama. The evening features the introduction of filmmakers, entertainment by



**DISORIENT FILM FEST.** View portrayals of the Asian-American experience and support Asian-American artists at the 2018 DisOrient Asian American Film Festival, this year held April 17 through 22. Pictured is an image from *The Chinese Exclusion Act*, which is screening on Tuesday, April 17 at 6:00pm. (Photo courtesy of the DisOrient Asian American Film Festival)

Alex Dang and ChinYi Chen, and special guest speaker Vishavjit Singh — the Sikh Captain America. Refreshments are served.

### **Badass Beauty Queen**

April 20, 11:00am & 4:30pm

Broadway Metro

*Badass Beauty Queen* tells the story of Anastasia Lin. Winning the title of Miss World Canada 2015, Lin was celebrated both in Canada and her birthplace of China. But when she uses her platform to speak out against China's human-rights injustices, she comes to realize the extent of the penalties and ramifications to her and her family. A question-and-answer session with Anastasia Lin follows the screening.

### **"Race and Place:**

### **Racism and Resilience in Oregon Past and Future"**

April 20, 1:30pm

Lane Community College

Downtown Campus, Room 114

"Race and Place: Racism and Resilience in Oregon Past and Future" is a free talk with Anita Yap and Traci Price, facilitators of the "Conversation Project." Yap and Price lead participants in a discussion that looks at how Oregon's history of racism influences our present and asks how understanding historic and current impacts of racism in Oregon can contribute to a sense of place, the vision of the future, and how diversity and inclusion help create thriving communities.

### **"Asian Americans in Film & Media"**

April 20, 3:30pm

Lane Community College

Downtown Campus, Room 114

"Asian Americans in Film & Media," a panel discussion with filmmakers from this year's festival, addresses Asian-American representation during the production process and in the media landscape in general. Questions from the audience are welcomed.

### **The Sakada Series &**

### **Proof of Loyalty**

April 21, 5:00pm

University of Oregon

Redwood Auditorium

Two documentaries — *The Sakada Series* and *Proof of Loyalty* — are screening together as part of the Saturday program. *Sakadas* are Filipino contract workers who immigrated to Hawai'i between 1906 and 1946 to work as laborers for the state's sugar and pineapple plantations. The three short films in *The Sakada Series* capture personal stories, struggles, and successes.

*Proof of Loyalty* tells the story of Kazuo Yamane, a Japanese American who played a strategic role in World War II. He and his fellow Nisei from Hawai'i endured prejudice and discrimination while loyally serving their country — and ultimately changed the course of U.S. history. A question-and-answer session with the directors follows.

### **Who Is Arthur Chu?**

April 21, 7:05pm

University of Oregon

Redwood Auditorium

*Who Is Arthur Chu?* tells the story of Arthur Chu, who hacked the American institution that is the Jeopardy! game show — and won big. Leveraging his newfound online celebrity, he speaks out about social-justice issues, from misogyny to online racism in America. Director Yu Gu is featured in a question-and-answer session after the film screening.

### **Kuleana**

April 22, 5:10pm

University of Oregon

Redwood Auditorium

*Kuleana: Protect our Family, Defend this Land* is a mystery/drama in which two childhood friends discover the true meaning of *kuleana*, the Hawaiian word for responsibility. One, a disabled Vietnam vet, must protect his family, defend their land, and clear his father's name, while the other, who tragically disappeared at age 10, mysteriously returns to her childhood home on a mission of her own. Director Brian Kohne is in attendance for a question-and-answer session.

### **Find Me**

April 22, 7:20pm

University of Oregon

Redwood Auditorium

*Find Me*, the closing night film, follows a recently divorced accountant who decides to get out into the world again to look for a co-worker who has mysteriously disappeared, leaving clues for him in National Parks across the west. The film shows the beauty, wonder, and accessibility of the outdoors as well as how these places can heal, nurture, and inspire. Director Tom Huang and producer Randy Kulina are featured in a question-and-answer session after the screening.

For more information, or to obtain a full schedule of free and ticketed events, call (541) 954-1798 or visit <[www.disorientfilm.org](http://www.disorientfilm.org)>. To purchase tickets, visit <[www.brownpapertickets.com/producer/2220](http://www.brownpapertickets.com/producer/2220)>.



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