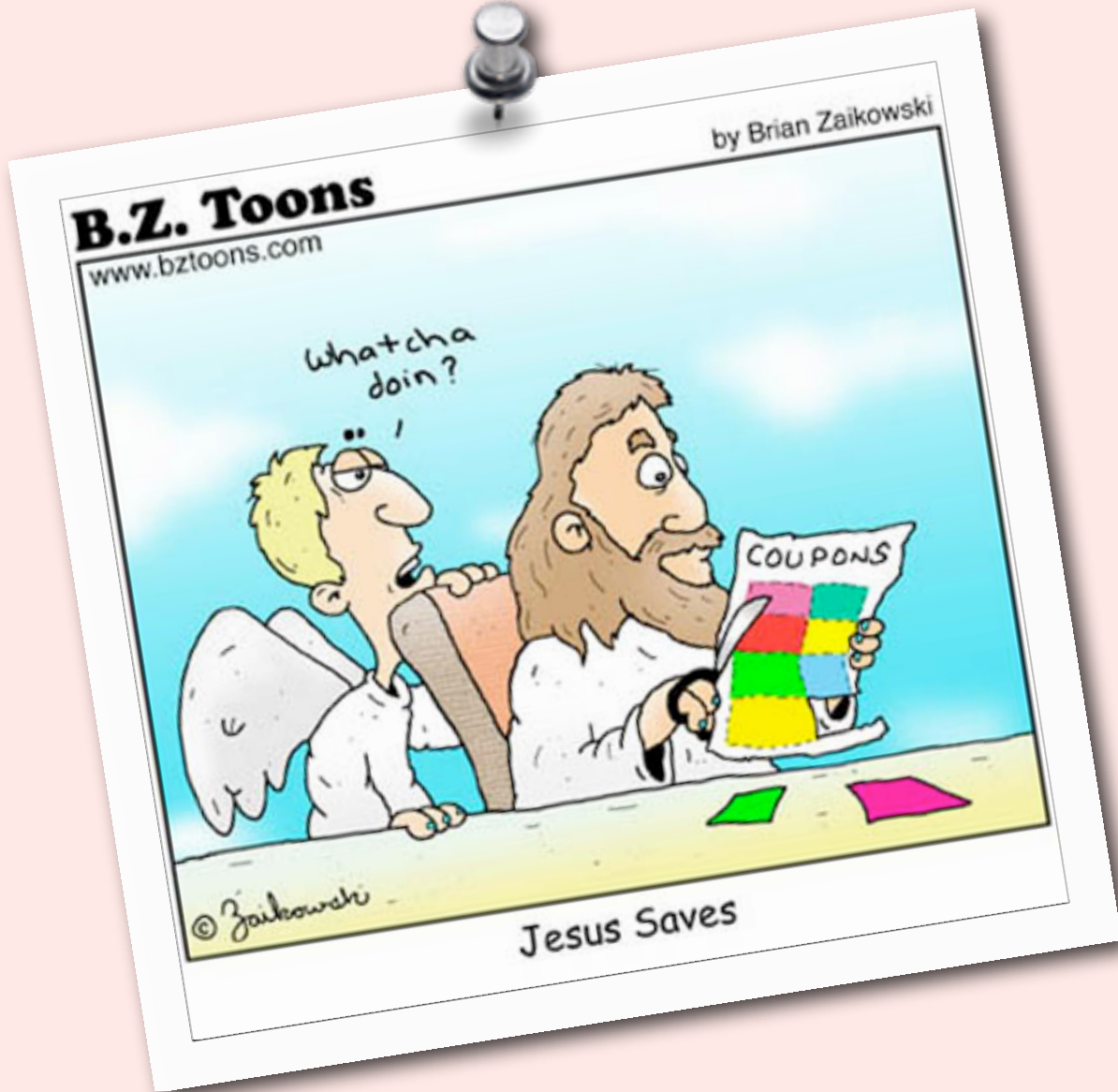


WHEENK! LA-HA-HA-AUGHS



SHARED BY, WHEENK!

THINK WE'RE FUNNY?
WELL, LOOKS AREN'T
EVERYTHING! VISIT
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WHEENK! LA-HA-HA-AUGHS

13. SOMETIMES, I CARRY A CLIPBOARD. SOMETIMES, I DRESS LIKE A LAWN GLY AND CARRY A RAKE. I DO MY BEST TO NEVER, EVER LOOK LIKE A CROOK.

14. THE TWO THINGS I HATE MOST: LOUD DOGS AND NOSY NEIGHBORS.

15. I'LL BREAK A WINDOW TO GET IN, EVEN IF IT MAKES A LITTLE NOISE. IF YOUR NEIGHBOR HEARS ONE LOUD SOUND, HE'LL STOP WHAT HE'S DOING AND WAIT TO HEAR IT AGAIN. IF HE DOESN'T HEAR IT AGAIN, HE'LL GO BACK TO WHAT HE WAS DOING. CALL THE POLICE WHEN YOU THINK YOU HEARD A WINDOW BREAK.

16. I'M NOT COMPLAINING, BUT WHY WOULD YOU PAY ALL THAT MONEY FOR A FANCY ALARM SYSTEM AND LEAVE YOUR HOUSE WITHOUT SETTING IT?

17. I LOVE PEEKING INTO WINDOWS, LOOKING FOR SIGNS THAT YOU'RE HOME AND FOR FLAT SCREEN TVS OR GAMING SYSTEMS. I CALL THIS "WINDOW SHOPPING FOR LATER," WHEN I PICK MY TARGETS.

18. AVOID ANNOUNCING YOUR VACATION ON YOUR FACEBOOK PAGE. IT'S EASIER THAN YOU THINK TO LOOK UP YOUR ADDRESS.

19. TO YOU, LEAVING THAT WINDOW OPEN JUST A CRACK DURING THE DAY IS A WAY TO LET IN A LITTLE FRESH AIR. TO ME, IT'S AN INVITATION.

20. IF YOU DON'T ANSWER WHEN I KNOCK, I TRY THE DOOR. OCCASIONALLY, I HIT THE JACKPOT AND WALK RIGHT IN.

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WHEENK! HEALTH

JOKES FOR YOUR NEXT MAMMOGRAM

PINK IS EVERYWHERE THIS MONTH -- PINK RIBBONS, PINK HATS -- EVEN NFL PLAYERS ARE WEARING PINK CLEATS -- TO LOVINGLY REMIND WOMEN TO GET THEIR ANNUAL MAMMOGRAMS. WE NEED TO BE COAXED BECAUSE THERE ISN'T A WOMAN IN THE WORLD WHO LOOKS FORWARD TO IT -- AND I'M NOT JUST TALKING ABOUT THOSE AWFUL ROBES THEY MAKE US WEAR. THE PROCEDURE ITSELF IS NOT ONLY PAINFUL AND A BIT DEMORALIZING, BUT THE EXPERIENCE IS DOWNRIGHT SCARY. IN FACT, THE ONLY THING SCARIER IS WAITING FOR THE RESULTS -- OR, EVEN WORSE, WAITING TOO LONG FOR THE APPOINTMENT AND GETTING BAD NEWS THAT COULD HAVE BEEN AVERTED.

MANY WOMEN (MYSELF INCLUDED) FIND IT EASIER TO GO TO THE APPOINTMENT WITH A FRIEND. ABOUT TEN YEARS AGO MY BEST (AND VERY FUNNY) FRIEND AND I DECIDED TO MAKE AN ANNUAL DATE OF IT. AND WE'VE KEPT TO THAT PLAN. WE BLOCK OUT THE AFTERNOON, HEAD OFF TO THE LAB TOGETHER, THEN HUDDLE NEXT TO EACH OTHER IN OUR PAPER GOWNS -- ALL THE WHILE CRACKING JOKES ABOUT THOSE FREEZING MACHINES THAT WILL SOON BE "EMBRACING" US (EVEN THOUGH EMBRACING IS A VERY KIND WORD FOR WHAT ACTUALLY FEELS LIKE A TRAIN WRECK ACROSS YOUR CHEST).

SO FAR, THE NEWS HAS ALWAYS BEEN GOOD FOR MY FRIEND AND ME, AND WITH GREAT RELIEF, WE TRADITIONALLY GO OUT FOR LUNCH AFTERWARD, HAVE A MUCH NEEDED GLASS OF WINE (IT'S MEDICINAL, WE INSIST!) AND, OF COURSE, MAKE MORE JOKES.

YET AS COMFORTING AS IT IS TO BE TOGETHER, IT'S EVEN MORE COMFORTING KNOWING THAT WE'RE BEING WATCHFUL -- ABOUT EACH OTHER, AND ABOUT OUR OWN LIVES. FOR ALL OUR JOKING, WE BOTH FEEL THAT WE HAVE SOME SEMBLANCE OF POWER OVER THIS SCARY THING BY TAKING CHARGE OF OUR BODIES AND OUR HEALTH. AND WE KNOW THAT OUR CONSCIENTIOUSNESS BRINGS WITH IT A GREAT REWARD -- THE POSSIBILITY THAT, IF THERE IS A DETECTION OF ANYTHING WRONG IN OUR BREASTS, WE CAN HEAD IT OFF AT THE PASS.

FOR ME, THE ABILITY TO LAUGH AT SOMETHING IS THE BEST WAY TO GET MY ANXIETY OFF MY CHEST (SO TO SPEAK). SO I WAS DELIGHTED LAST YEAR -- JUST BEFORE MY ANNUAL MAMMOGRAM DATE -- WHEN A FRIEND SENT ME THIS VERY FUNNY ESSAY CALLED "HOW TO PREPARE FOR YOUR MAMMOGRAM." MOST GUYS WON'T GET THIS, BUT ANY WOMAN WHO HAS EVER SUFFERED THROUGH A MAMMOGRAM WILL TRULY LOL. I'VE PASTED IT BELOW. TAKE IT WITH YOU WHEN YOU'RE GETTING READY FOR YOUR APPOINTMENT. TRUST ME, YOU'LL LAUGH SO HARD YOUR ROBE WILL CRINKLE.

IF YOU'RE NOT SURE IF A WOMAN YOU CARE ABOUT HAS HAD A MAMMOGRAM LATELY, WHY NOT MAKE A BEST FRIEND DATE WITH HER? TELL HER THAT SHE LOOKS FABULOUS IN TISSUE PAPER, AND THAT YOU ACTUALLY READ SOMEWHERE THAT GETTING YOUR BOOBS SMASHED BETWEEN TWO COLD METAL PLATES BURNS EXTRA CALORIES.

AND TELL HER THAT YOU CAN'T IMAGINE LIFE WITHOUT HER.

CONTINUED ON NEXT PAGE...

LIKE THIS TIP? ASK AND DISCUSS MORE HEALTH AND INJURY QUESTIONS AT HEALTH.WHEENK.COM

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WHEENK! HEALTH

HOW TO PREPARE FOR A MAMMOGRAM

(MANY THANKS TO HYSTERSISTERS.COM)

MANY WOMEN ARE AFRAID OF THEIR FIRST MAMMOGRAM, AND EVEN IF THEY HAVE HAD THEM BEFORE, THERE IS FEAR. BUT THERE IS NO NEED TO WORRY. BY TAKING A FEW MINUTES EACH DAY FOR A WEEK PRECEDING THE EXAM AND DOING THE FOLLOWING PRACTICE EXERCISES, YOU WILL BE TOTALLY PREPARED FOR THE TEST, AND BEST OF ALL, YOU CAN DO THESE SIMPLE PRACTICE EXERCISES RIGHT IN YOUR HOME.

EXERCISE 1: *OPEN YOUR REFRIGERATOR DOOR, AND INSERT ONE BREAST BETWEEN THE DOOR AND THE MAIN BOX. HAVE ONE OF YOUR STRONGEST FRIENDS SLAM THE DOOR SHUT AS HARD AS POSSIBLE AND LEAN ON THE DOOR FOR GOOD MEASURE. HOLD THAT POSITION FOR FIVE SECONDS. REPEAT (JUST IN CASE THE FIRST TIME WASN'T EFFECTIVE).*

EXERCISE 2: *VISIT YOUR GARAGE AT 3 A.M. WHEN THE TEMPERATURE OF THE CEMENT FLOOR IS JUST PERFECT. TAKE OFF ALL YOUR CLOTHES AND LIE COMFORTABLY ON THE FLOOR SIDEWAYS WITH ONE BREAST WEDGED UNDER THE REAR TIRE OF THE CAR. ASK A FRIEND TO SLOWLY BACK THE CAR UP UNTIL YOUR BREAST IS SUFFICIENTLY FLATTENED AND CHILLED. SWITCH SIDES, AND REPEAT FOR THE OTHER BREAST.*

EXERCISE 3: *FREEZE TWO METAL BOOKENDS OVERNIGHT. STRIP TO THE WAIST. INVITE A STRANGER INTO THE ROOM. HAVE THE STRANGER PRESS THE BOOKENDS AGAINST EITHER SIDE OF ONE OF YOUR BREASTS AND SMASH THE BOOKENDS TOGETHER AS HARD AS HE/SHE CAN. SET AN APPOINTMENT WITH THE STRANGER TO MEET NEXT YEAR TO DO IT AGAIN. YOU ARE NOW PROPERLY PREPARED!*

FROM HUFFPOST FOR WOMEN

BY MARLO THOMAS

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WHEENK! SERVICE

Haiti Relief - Donate your shoes

The Earthquake in Haiti is a reminder of just how fragile our world is. In response to the devastation that affected so many, Sport Chalet is partnering with Soles4Souls to lend a helping hand. Soles4Souls has a simple mission" To impact as many lives as possible with the gift of shoes.

Soles4Souls is a charity that collects shoes from the warehouses of footwear companies and the closets of people like you. The charity distributes these shoes free of charge to people in need, regardless of race, religion, class, or any other criteria.

To learn more about **Soles4Souls**, please visit www.giveshoes.org.

With this in mind, [Wheenk! Physical Therapy](#) has decided to organize a local shoe drive within our community. **Starting today, Wheenk! will be accepting gently worn men's, women's & kids' shoes at both our San Clemente and Chula Vista locations until noon on Friday, January 29.** All the shoes collected will be taken to our local Sport Chalet to be sent directly to Soles4Souls for distribution to the Haitian people.

Please stop by Wheenk! and drop off one, two or even three pairs of shoes and help some one in need.

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COME WORK AT WHEENK!

ARE YOU OR SOMEONE YOU KNOW LOOKING FOR A PART-TIME JOB? WE ARE LOOKING FOR A FRONT OFFICE SUPPORT PERSON FOR OUR BUSY PHYSICAL THERAPY OFFICE IN DOWNTOWN SAN CLEMENTE.

INTERESTED? PLEASE REPLY TO THIS EMAIL AND INCLUDE ALL THE INFORMATION YOU FEEL WOULD BE RELEVANT. ALSO SHARE WITH US WHAT YOU THINK ARE YOUR TWO GREATEST GIFTS.

DUTIES INCLUDE, BUT ARE NOT LIMITED TO:

- PROVIDE OVERALL SUPPORT FOR THERAPISTS AND OFFICE OPERATIONS.
- SCHEDULE PATIENT APPOINTMENTS.
- ANSWER TELEPHONE CALLS.
- CHECK INSURANCE BENEFITS AND PREPARE NECESSARY AUTHORIZATIONS.
- MANAGE NEW PATIENT INTAKE.
- STAY TRUE TO OUR WHEENK! FAMILY CORE VALUES.

EXPERIENCE REQUIRED:

- PREFERABLY SKILLED / COMFORTABLE USING COMPUTERS AS WE ARE MOSTLY A PAPERLESS OFFICE AND UTILIZE ELECTRONIC MEDICAL RECORDS. EXPERIENCE WITH MAC COMPUTERS A PLUS!
- MUST BE FRIENDLY AND PROFESSIONAL ON THE PHONE AND IN PERSON. WILLING TO DEVELOP AND NURTURE RELATIONSHIPS WITH OUR PATIENTS, STAFF AND REFERRAL SOURCES.
- MUST BE ABLE TO MULTI-TASK WITH A SMILE.
- MUST BE CREATIVE, OPEN-MINDED AND ADVENTUROUS.
- MUST LOVE CHICKEN TORTILLA SOUP AND FROZEN YOGURT AND MUSIC OF ALL KINDS.
- WE ARE LOOKING TO FILL A PART TIME POSITION. HOURS ARE SOMEWHAT FLEXIBLE BUT WE ARE LOOKING PRIMARILY FOR AFTERNOON AND VACATION COVERAGE.
- POSITION IS OPEN IMMEDIATELY.

WHEENK! FAMILY CORE VALUES:

1. DISCOVER AND SHARE GOD-GIVEN GIFTS WITH OTHERS.
2. COMMUNICATE OPENLY AND IN A CARING WAY.
3. DEVELOP AND NURTURE FRIENDSHIPS.
4. PLAY, LAUGH AND HAVE FUN.
5. BE CREATIVE, OPEN-MINDED AND ADVENTUROUS.
6. SERVE.
7. DO WHAT YOU SAY.
8. EXERCISE YOUR SOUL, BODY AND MIND.
9. LET DOWN YOUR GUARD.
10. BE HUMBLE.

LEARN MORE ABOUT WHEENK! AT WWW.WHEENK.COM

STILL INTERESTED? PLEASE REPLY TO THIS EMAIL AND INCLUDE ALL THE INFORMATION YOU FEEL WOULD BE RELEVANT. ALSO SHARE WITH US WHAT YOU THINK ARE YOUR TWO GREATEST GIFTS.

WHEENK ON!

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W! FOOD FOR THOUGHT

WHEENK! PHYSICAL THERAPY HARVEST SALSA

Combine the following ingredients:

1 jar Trader Joe's Spicy Smoky Peach Salsa

1 jar Trader Joe's Corn and Chile Tomato-less Salsa

2 cans Black Beans

Serve with chips or pita bread triangles.

Shared by, Wheenk! Physical Therapy

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