

Thank You News

February 2011

A fun, free Monthly Newsletter from Your Friends at Always Chiropractic & Wellness, PLLC

Hey, you...



Thank You!

Thank You for Continuing to Choose ACW!

How time flies when you're having fun! And ACW is having A LOT of fun! We recently passed our 6th year in business. Sixth! Seems like only last month we were choosing paint colors and furnishings!

So, THANK YOU to every person receiving this newsletter. You, individually, have helped us pass the six year milestone. We've been truly blessed to have helped hundreds of people, just like you, live healthier and happier lives.

As we can't repeat enough, **YOU'RE THE MOST IMPORTANT PERSON** to our practice.

So, thank you for continuing to choose ACW. And if you haven't already, make sure you attend one of our upcoming wellness workshops. They're free, and can improve your life quickly and easily.

Also, remember we provide these free services:

- **professional referrals** (to our network of physicians, therapists, other professionals, etc.)
- **ergonomic evaluations** (showing you how to properly setup your workstation and chair)
- **nutritional supplement counseling** (even if you buy your supplements elsewhere)

The Lighter Side

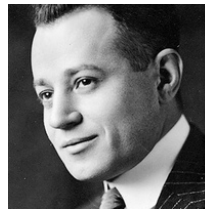
Strange But True Facts:

- Donald Duck comics were banned in Finland because he doesn't wear pants.
- Shakespeare invented the word "assassination" and "bump."
- A rhinoceros horn is made of compacted hair.
- The longest word in the English language is 1909 letters long and it refers to a distinct part of DNA.
- The average secretary's left hand does 56% of the typing.
- The strongest muscle in the body is the TONGUE.
- Women blink nearly twice as much as men.
- A snail can sleep for 3 years. Sharks can live up to 100 years.
- 315 entries in Webster's 1996 Dictionary were misspelled.
- Elephant teeth can weigh as much as 9 pounds.
- The word 'set' has the most definitions in the English language: 192.
- The most commonest English nouns are time, person, and year.
- The dot over the letter "i" is called a "tittle".
- There are no words in the dictionary that rhyme with orange, purple and silver.
- The Earth weighs—about—6,588,000,000,000,000,000,000,000 tons!

Good News Stories!

Great Depression \$5 Hero Honored At Reunion

CANTON, Ohio—During the most difficult financial time in American history, the Great Depression, one Canton, Ohio businessman did the implausible: he gave money—and lots of it—to people in need. And he did so anonymously.



Recently, relatives of those families he helped survive held a reunion to remember and celebrate the man's generosity and compassion.

Samuel J. Stone, using the alias "B. Virdot", placed an ad in *The Canton Repository* offering cash to families in need, no strings attached.

"I am writing this because I need clothing," wrote Helen Palm. "And sometimes we run out of food."

Palm received the money she needed from B. Virdot—and, 77 years later, she's finally sharing her appreciation for the help with the world.

While Palm is the only surviving recipient of Virdot's charity, more than 400 relatives of those he helped came together last week to talk about the hard times and how the money had helped them.

Stone helped hundreds of families, if not thousands, in sending \$5 checks to each. (This is about \$70 dollars in today's dollars.)

The event was planned by Canton native Ted Gup, a former *Washington Post* journalist. Gup had recently discovered that his grandfather, Samuel J. Stone, had been the mysterious Virdot.

So he wrote a book about the letters he'd found and the good created by his grandfather's donations.

Homeless Man Returns Thousands in Lost Cash

TEMPE, Ariz.—If the business and banking leaders of America possessed even an ounce of the personal character and integrity as Dave Tally, the country would be far better for it.

Tally, a Tempe, Arizona resident, recently happened across what, to him, was equivalent to a winning lottery ticket and could change his life dramatically, immediately.

Tally found a backpack stuffed with \$3,300 in cash. Cash that, at the time, belonged to no one, and was "free" for anyone to take and spend.

And, there is a lot Tally could have spent it on. Things like a security deposit on an apartment, new clothes, fixing his bike, even a week's worth of food, which would be an eternal buffet to someone who rarely has enough food to eat daily.

You see, Tally is homeless; has been for some time. He lost his job and house more than a decade ago after a drunk driving conviction, and hasn't recovered, something he readily admits.

Yet, rather than do the expected and celebrate his new-found fortune with a spending spree, Tally did the unexpected: he turned the money into the Tempe Community Action Agency, where he volunteers.

Fortunately for the young college student who had lost the pack en route to buying his first car, the agency somehow located him.

For Tally, however, the story didn't end there. You see, word of his of integrity-forged act quickly spread like wildfire; first through the Tempe community, then across the country, coast-to-coast.

—story continued inside on pg. 2

Technology and You: The Nook Color Reader

Barnes & Noble's new Nook Color is a luxury model in the e-reader world. At \$249, it packs many features into its 1-pound case, including a big color touch screen, experts say.

It connects to the Web using only Wi-Fi. Its browser is great for tasks like reading favorite sites and checking Facebook. And its digital bookstore is redesigned to make shopping for books enjoyable.

The Nook Color is aimed at people who are, "primarily focused on reading but crave some of the iPad's color and versatility," according to *The Wall Street Journal's* Katherine Boehret.

Its library has 2 million downloadable books and over 100 magazines and newspapers. Users can highlight passages from books and share them with friends through Facebook or Twitter. For kids, there is a feature where popular stories are read aloud by people rather than a computer voice.

The unit is built on the Android 2.1 operating system, the same system used to run many smart-phones. It was to be upgraded to Android 2.2 shortly, allowing it to play Flash videos. It also has apps for Pandora Internet Radio, chess and Sudoku. It lets you listen to the music you choose while working a Sudoku or doing a crossword puzzle.

Microsoft's Quickoffice for Word, Excel and PowerPoint comes built into the Nook Color. Users of these programs can view documents.



—continued, Dave Tally, man of honor

And people—many, many people—who'd yet to meet Tally, mailed donations by the bag full to help secure food, housing and health care.

And it didn't stop there. A local dentist offered to provide a new set of teeth; many companies offered jobs; an attorney offered to clear-up an old court case; and the Mayor of Tempe even proclaimed a recent Thursday, "Dave Tally Day."

While Tally appreciates the monetary rewards he's received, he said his biggest reward, and what he's most proud of, is the increased respect and goodwill that's developed for Tempe's homeless.

In the words to Tally from one of his friends on the street, "Thanks, man. You made us all look good."

No, Dave. You made humanity good. Well done, and best wishes.

8	4	6	2	5	7	9	1	3
2	1	7	9	4	3	6	5	8
9	5	3	1	8	6	2	4	7
3	7	4	5	2	8	1	6	9
5	9	2	6	3	1	7	8	4
1	6	8	4	7	9	5	3	2
7	8	5	3	1	2	4	9	6
4	2	9	8	6	5	3	7	1
6	3	1	7	9	4	8	2	5

Sudoku Answer Key

Puzzle at Right !

Do Puzzle First!

12 Life Lessons I Learned From Swimming

As a life long swimmer who recently took-up the activity after a decades long absence, Anne Presuel shares valuable lessons.

- 1. Relax.** You cannot float unless you relax.
- 2. Breathe.** When you're swimming, you've got to breathe. Part of being able to swim laps in particular is to be able to adapt your breath to your body's needs. When you're swimming faster and your heart is pumping harder, you need bigger breaths, and when you're meandering across the pool, you can hold your breath longer. Well, when you're in a situation where you're anxious and stressed, what is the first thing your body needs? More breath. A deep breath. Several deep breaths.
- 3. Find your rhythm.** Getting into your rhythm allows you to move into a space of surrender and peacefulness. And it leads you into #4...
- 4. Be present in the moment.** When you are present in the moment, you will be aware the water against your skin, your muscles moving, the sound of your breath blowing out under the water, and the beauty of the sun. It is in this space of peace and joy that co-creation occurs.
- 5. Be persistent.** When you can't find your rhythm (or don't even know what that feels like), keep trying. Sometimes when I go, I am distracted and just cannot get into it (particularly if there are other people in the pool crossing in front of me). Go another day. Try again. You'll get it.
- 6. Focus.** This is related to my example of people crossing in front of me. When that happens, I find that I get irritated. Then I lose my breath and my rhythm. I've lost my focus. I have to consciously move them out of my mind, and refocus on my movement and my breath and the side of the pool that I'm heading to. Let other people do what they will; you pay attention to you and what you are doing.
- 7. Pay attention to where you are going.** Sometimes when I'm in the flow of the movement, I close my eyes as I swim. And sometimes when I do that, I run into the wall. Not good. Watch where you are going. And on a much larger scale, pay attention to what you are doing now, because it affects where you end up.
- 8. Pay attention to the details.** What kind of kick am I using? How far am I reaching with my arms? Are my hands cupped? Are my feet pointed? These details impact efficiency and in how I feel when I'm done.
- 9. Challenge yourself.** Can you go faster? Can you go longer? Can you try a different stroke? My favorite stroke is the Breast Stroke. I also love the American Crawl. However, I try out the Butterfly every now and then just because I like the challenge of it.
- 10. Try something new.** When I learned to turn at the end of the lane, I learned to turn to the right. So, for years, I've always turned to the right. And it's always felt a little strange to me for some reason. Then one day, I decided to see what happened if I turned to the left. It felt so right, and it was easier. Now, my turns are more smooth and fluid.
- 11. Celebrate your accomplishments.** That I'm swimming an hour each time I go to the pool is an accomplishment! And when I made my goal of 44 laps I felt so proud! Today, I swam 15 of the laps faster than I've ever done it before. Celebrate!
- 12. Have fun!** Life is meant to be fun. When you are having fun, you are vibrating in a feeling space of joy. And when you are vibrating in a feeling space of joy, you are then drawing to you all kinds of wonderfulness.

About the Author

Rev. Anne Presuel, Interfaith Minister, and master energy therapist, coaches conscious, heart-centered entrepreneurs to tune into their sixth sense while building successful businesses. Her approach uses Law of Attraction principles, affirmations, and subtle energy techniques. Learn more at thinkitbeitseeit.com

Comical Criminal Files

[Sometimes, real life is more entertaining than Hollywood. Here are a few stories to make you laugh, and feel just a bit better about yourself!]

My Ex Girlfriend is Sooo Hot!

Moronic boyfriend nearly burns down house while burning photos of ex

PITTSBURGH, Pa.—There's dumb, then there's Leonard Spagnolo. Spagnolo, 33, became so angry during an argument with his current girlfriend that he shoved her against a wall.

Instantly feeling remorse, and in his lone, fleeting moment of clarity, he pleaded with the woman to forgive him. She didn't.

Undeterred, Spagnolo set-out to prove just how hot his love ran. Later that day, he gathered all the photos he could find of his ex-girlfriend, over which the two had been arguing, and set the pile ablaze... inside... on the carpet of his bedroom floor... while his girlfriend slept.

Fortunately, Spagnolo's girlfriend woke-up, escaped unharmed, and firefighters put out the blaze before the house burned down.

Unfortunately for Spagnolo, rather than winning over his girlfriend, she dumped him. And he was arrested and charged with arson, simple assault,

reckless endangerment and causing or risking catastrophe.

Melt In Mouth, Not In Hand

Candy addict eats M&M stash rather than dashing with bank's cash

TAYLOR, Texas—What's worse: 1. Breaking into a bank? 2. Through the front door? 3. Setting off the burglar alarm? 4. Giving in to a sugar craving once inside and robbing the candy dish instead of the vault? 5. Getting arrested with a full belly?

Meet M&M fan, and aspiring bank robber, Joshua Vargas. Vargas, 21, accomplished all five, and instantly established his candidacy for America's dumbest criminal, ever.

Vargas recently broke into a Taylor bank at 3 a.m., setting off the burglar alarm. But, thinking no one would be awake that early, not even the police, Vargas didn't rush for the money; after all, it wasn't leaving without him.

Executing the heist, Vargas spotted a big, unguarded bowl full of M&Ms that stopped him dead in his tracks... before reaching even the first teller drawer.

Police arrived in less than five minutes, and found Vargas eating M&Ms, one-by-one.

Vargas was arrested and charged with burglary and possession of marijuana, which very likely explains the untimely case of the munchies.

Birthday Suit Delivery

Mailman sheds uniform to deliver mail in the buff to legal office

WHITEFISH BAY, Wis.—David Goodman, a Wisconsin letter carrier, claims he was dared into delivering mail while nude to a legal office, even though doing so violates postal worker uniform policy; and indecent exposure laws.

Goodman, 52, claims he had an ongoing friendly banter with legal office administrative assistant, Tiffany Washington.

Goodman says that Washington, 21, "seemed a little stressed out." So, to lighten things up, he told her he would deliver the rest of her firm's mail while nude.

Goodman claims Washington then told him, "Oh, come on. You wouldn't do that."

Goodman took that as a request, and dare, returning ten minutes later, naked, mail in hand.

Unfortunately, Washington wasn't laughing. She reportedly ordered Goodman to, "Give me the mail and get out of here," then called police.

Goodman was arrested and charged with indecent exposure. There was no word on his job status, though the local postmaster reportedly tried to cover up the incident.



February Birthdays

- 1 Michael Hall, actor in TV's Dexter, Raleigh, NC, 1971
- 2 Christie Brinkley, model, Monroe, MI, 1953
- 3 Bob Griese, Football Hall of Fame, Evansville, IN, 1945
- 4 Oscar De La Hoya, boxer, Los Angeles, 1973
- 5 Jane Bryant Quinn, finance writer, Niagara Falls, NY, 1941
- 6 Fabian, singer and actor, Philadelphia, 1943
- 7 Chris Rock, actor/comedian, Brooklyn, NY, 1960
- 8 Nick Nolte, actor, Omaha, NE, 1941
- 9 Shakira, singer/actress, Colombia, 1977
- 10 Mark Spitz, Olympic swimmer, Modesto, CA, 1950
- 11 Burt Reynolds, actor, Waycross, GA, 1936
- 12 Josh Brolin, actor, Los Angeles, 1968
- 13 Kelly Hu, actress, Honolulu, HI, 1967
- 14 Michael Bloomberg, NYC mayor, Brighton, MA, 1942
- 15 Amber Riley, actress, Los Angeles, 1986
- 16 Ice T, rapper/actor, Newark, NY, 1959
- 17 Paris Hilton, socialite, New York City, 1981
- 18 John Travolta, actor, Englewood, NJ, 1955
- 19 Benicio Del Toro, actor, Puerto Rico, 1967
- 20 Sidney Poitier, actor, Miami, 1927
- 21 Kelsey Grammer, actor, Virgin Islands, 1955
- 22 Vijay Singh, professional golfer, Fiji, 1963
- 23 Emily Blunt, actress, England, 1983
- 24 Steve Jobs, Apple computer founder, Los Angeles, 1955
- 25 Sean Austin, actor, Los Angeles, 1971
- 26 Fats Domino, singer/songwriter, New Orleans, 1928
- 27 Josh Groban, singer, Los Angeles, 1981
- 28 Robert Sean Leonard, actor, Westwood, NJ, 1969
- 31 Vanilla Ice, rapper, Miami, 1967
- 31 Chris Tucker, actor, Atlanta, 1972

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

Presidents Day Sudoku

			5					
	1	9		3	6			
9		3	1		2			
3	7				1			
	9		6	1		8		
		8					3	2
		5		2	4		6	
		9	8		5		7	
				9				

Winter Garb Crossword

Across

1. Word said with a salute
4. "___ We Dance"
9. Yoko ___
10. Eagle's nest
11. Jersey call
12. Fancy fabrics
13. Respond
15. "Give ___ a hug"
16. Seed coat
18. Hence
20. High standards
23. Boxing venue
25. "Look here!"
26. Carp
27. Authorize
28. Aerodynamic
29. Conditions

Down

1. Body
2. ___ a good thing
3. Fowl place
4. Business pitch
5. Fireside
6. Escort's offering
7. In ___ of
8. Minus
14. Wimp
17. Garlicky mayonnaise
18. Pouches
19. Face-to-face exam
21. Head cook
22. Drunkards
24. Night before

Note: The title is a clue to the word in the shaded diagonal.

S	E	L	E	E	T	S	
A	B	T	I	L	A	V	O
O	H	O	V	N	E	R	S
S	O	I	H	I	E	O	S
S	V	I	S	E	L	S	
S	E	W	V	T	O	O	N
S	I	N	E	V	O	N	O
T	L	V	H	S			

B.Z. Toons by Brian Zaikowski

www.bztoons.com

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A Fun, Free Monthly Newsletter
for the Practice Members of

Always Chiropractic & Wellness, PLLC

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RETURN SERVICE REQUESTED

Monthly Inspiration

“Treat people as if they were what they ought to be, and you help them to become what they are capable of being.”

— Johann Wolfgang von Goethe



**ALWAYS CHIROPRACTIC
& WELLNESS**

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Thank You News - February 2011

Here's Your Monthly “Thank You” Reward

\$10

Off your next \$50 purchase

Good towards all
nutritional supplements
and wellness care supplies.

*Expires Friday, April 1, 2011.
One \$10 and one \$20 credit per family.*

\$20

Off your next \$100 purchase

Good towards all
nutritional supplements
and wellness care supplies.

*Expires Friday, April 1, 2011.
One \$10 and one \$20 credit per family.*

Expires Friday, April 1, 2011

Must present voucher to receive credit.
One \$10 and one \$20 credit per family.

Now, for the boring but required legal stuff...

(By law, cannot be used: (1) in combination with insurance in any form: co-pays, deductibles, Medicare, etc.; (2) in any ongoing injury case (L&I, auto accident, etc.); (3) as a credit towards existing balances owed; (4) 1/20th one cent value.)

FREE Workshop

Improve Your Mood, Increase Your
Energy and Burn 5-10+ Pounds
Through a 21-Day Cleanse

Are you feeling tired, sluggish, “heavy” or just a little “off”? If “yes”, then you’re body might be telling you **—VERY LOUDLY—** that it’s full of harmful toxins and needs to be cleansed!

Dr. Ellison has experienced terrific results through cleansing and has helped many patients do the same. So she’s created this workshop that details the **Standard Process 21-Day Cleanse** and how it can increase your energy, improve your mood and help you to burn 5-10 pounds or more of excess body fat easily and safely.

Note: Space is very limited. Please RSVP early.

Upcoming Workshops:
Select Thursday's @ 5:30pm
Please call for date(s).