



June 9, 2011
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Issue No. 46

TODAY: Oh My Aching Back

One morning a doctor sees a patient complaining of back pain. He examines him and asks, "OK what happened to your back?"

The patient replies, "Well you know, I work the night shift. This morning, I got home to my apartment early and heard a noise in my bedroom. Upon entering, I knew someone had been with my wife and the balcony door was open. Rushing out to the balcony but seeing no one, I looked down and spied a man running while dressing himself. I grabbed the fridge and threw it at him. That's how I strained my back."

A second patient next arrived looking as if he'd been in a car wreck. Observing his extreme discomfort, doctor comments "My last patient looked bad, but you look terrible. What the heck happened to you?"

"Well Doc, I'd been unemployed, and today was the first day of my new job. I forgot to set my alarm, woke up late and was running out of my building, getting dressed at the same time. Then out of nowhere, you won't believe it I was hit, from above by a refrigerator."

Finally, a third patient arrives looking worse than the other two. The shocked MD inquires, "What in the name of Hippocrates happened to you?"

"Well, I was sitting in a Fridge, and somebody threw it from the third floor..."

It is estimated that 80% of Americans will be afflicted by back pain at some point in their lives. It is the most likely cause of job-related disability, and after headache the most common neurological ailment. Well today, we have good news for all you lumbago suffering Covina Rotarians.

Program Chair, **Jon Teran** has, through not inconsiderable begging, pleading, and perhaps even the promise of a precious bauble or two, secured the appearance of **Dr. Beth Teran, DPT, MSPT.**

Dr. Beth will present us some tips to help us all avoid back pain, and share ways we may improve our overall posture.

She has a Masters of Physical Therapy from Loma Linda University, and a Physical Therapy Doctorate from Western Health Sciences University. She is a Certified Strength and Conditioning Specialist, and for the past eleven years has plied her estimable skills on behalf of Kaiser Outpatient Orthopedic Clinic in Glendale. She has three children, with her Covina Rotary Spouse Jon, and they reside happily in Sierra Madre.

So rest your sacroiliac, but sit up straight, and learn how good posture and correct body mechanics can lead to a healthier spine.

Where's Sue?

With **Sue** somewhere in the Ozarks, our meeting will be officiated by **past-President Shirley**. Expect to hear more from the **Harrison family tree**, a family whose stories are always entertaining.

LAST WEEK

Tenor Tyler Thompson told triumphantly tender tales to the touched troupe tacitly tantalized to typical tomfoolery.

The rumor from the play "Rumors" was that a good time was had by all. Thanks to **Patricia Vagt** for orgaininzine this fun Covina Rotary Social Event.

CALENDAR

June 30th – 6:00PM Covina Rotary's orderly transition of power occurs at **Cal Poly Agriscapes** as we say goodbye and thank you to our most adept Presidential Accountant, at the successful conclusion of a most taxing job.

July 25th – Concert in the Park

Quotebook: Three from the aforementioned Mr. Lombardi:

The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.

I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious.

If you aren't fired with enthusiasm, you will be fired with enthusiasm.