



St. Mary's hat and mitten trees. St. Mary's school first graders, led by teacher Jan Bator, collected two Christmas trees full of kid-sized hats and mittens for their Christmas community project. Donated items were delivered to St. Mary's Christian Service.



Fifth grade students at St. Mary's School held a successful coat and blanket drive for the Muskegon Rescue Mission.

St. Mary's School students serve their community

(Submitted by St. Mary's School)

The students at St. Mary's School in Spring Lake tackled a number of projects at the end of 2010 to benefit the area community.

Preschool students were asked to search their pantries and grocery store aisles for foods beginning with the letters S, A, T, I, P and N – letters they had studied in school. The students donated their pantry items to the St. Mary's food pantry.

The preschool and young fives classes decorated brown paper lunch bags with positive messages, holiday themes or colorful illustrations. The bags were then donated to the Kids' Food Basket organization in Grand Rapids. The Kids' Food Basket project provides 3,100 sack suppers every day to students of low-income families.

Fifth grade students hosted a drive for new or gently used coats, mittens, gloves, hats and blankets for the Muskegon Rescue Mission. Their donation included 90 coats, 13 hats, eight pairs of gloves, four pair of snow pants, and two blankets.

Coins and Cash for Cancer was the project that sixth-grade teacher Tricia Suchecki suggested. Organized and implemented by the students, the fundraiser gave \$4,725 to the Helen DeVos Children's Hospital in Grand Rapids. •



St. Mary's School preschoolers donated their food items to the St. Mary's food pantry in December.



This check for Helen DeVos Children's Hospital in the amount of \$4,725 represents the efforts of the sixth graders at St. Mary's School.

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THE ECONOMY FROM A WELLNESS PERSPECTIVE

Frustrated With Rising Prices?

Are You Worried the Economy is Going to Affect Your Family?

Dear Friend,

Let me start by explaining this photo and why a chiropractor is talking about rising prices and the economy.

The word on the street is that people are seriously concerned about the welfare of their family, with the price of nearly everything skyrocketing and the news reports about our failing economy.

When I hear people talking about these issues I can't help but think how much more important your health becomes at a time like this. Imagine the economic strain on your family if a health condition was to take you away from your job.

As a chiropractor I talk to people about how to be healthier. The truth is, regardless of our economic times, the best way to protect your family is to stay healthy. Have you ever heard the statement, "An ounce of prevention is worth a pound of cure?" A small investment in your health now will save you money down the road. It's amazing the financial and emotional turmoil that a chronic condition can have on a family.

The good news is that most chronic conditions start as small problems that can easily be fixed. If you already have some health concerns, now is the time to take action. Each day you wait allows the problem to potentially get worse.

Story of Miraculous healing: Due to weightlifting I started to become stiff, less mobile, and started to lose my range of motion in my low back. The pain got progressively worse effecting me physically and mentally. Thankfully, a friend suggested I see a chiropractor.

Making that appointment was one of the best decisions I ever made. I was led through a process of recovery and was once again able to live pain free! It was this experience that actually led me to become a chiropractor.

I know first-hand that optimal health does not come easy. You see, health is a journey! It doesn't happen over night – but if you start now, you can change your health for a lifetime. Yet I often wonder, if everyone wants to be healthy, then why aren't we a healthier nation?



The problem is that most people think that they are "healthy" because they **FEEL** no symptoms or that they are "well" because they take some daily pill to relieve their symptoms. But being truly **WELL** is about peak performance and living life to the fullest! It doesn't come in a pill or lotion...it comes from inside.

Since becoming a chiropractor 9 years ago I have seen many miraculous things. I've seen people's lives change in a matter of weeks. People without hope for feeling good or even close to normal, begin to regain hope. The truth is, in these economic times, the best way to protect your family is to stay healthy.

My qualifications...I attended Michigan State University and graduated with a degree in Biology. I then graduated from Life University as a Doctor of Chiropractic. I am a member of the Michigan Association of Chiropractors and the International Chiropractors' Association. I've been entrusted to care

for individuals ranging from newborns to pro-athletes (many names you may know)!

Our office accepts most health insurance. If you don't have insurance...no worries; care is very affordable in our office. Our office is Morea Chiropractic Wellness Center. We are located in Fruitport. Our phone number is 231-865-7474. Please check out the special opportunity below and stay healthy for less*!

Sincerely,

Dr. Michael Morea

P.S. Don't take our word for it! Here's what one of our patients had to say...

"I have been to several Chiropractors before but from the moment I first met Dr. Mike, I truly believed he could help me. And he has...I have had a reduction in pain but most important, my time with my children isn't spent in pain, or worrying about pain." ~Bill Mastenbrook

Even in this economy...This is your opportunity to stay healthy for less!



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