

Muskegon Heights High School classes, 1960-1969

By William Moore

Not too many years ago, those of us in Fruitport, Sullivan, Norton, and surrounding areas did not have our own high schools. We were sent to other near-by schools for our education. Muskegon and Muskegon Heights were the most likely high schools that accommodated our teens and graduated them along with their own "city" kids.

Many "Fruitporters" might like to know that the second reunion of Muskegon Heights High School graduates from 1960-1969 — the decade of the sixties — is in the planning stage right now with an expected gathering some time in August. Your reunion committee wants to contact as many of our fellow graduates as possible to encourage enthusiasm and participation.

Two years ago, we held such an event and had over 400 of us together at Whitlow's where we enjoyed summer food and a chance to renew old friendships and get reacquainted with our high school chums who were once our circle of friends. Good times.

Plans are in the works, details will be available later. Can we count on your being there with us this year? Watch this newspaper for more information. •

Dads make a difference in child development

(Courtesy, AFA Journal, November, 2011)

"Ph.D. candidate Erin Pougnet and her associates at Concordia University in Montreal, Canada, conducted research that revealed the importance of fathers being actively engaged in child rearing. Fathers contribute to their children's cognitive abilities and behavioral functioning.

"The findings come from studying 138 children and their parents in lower to middle income families. Data collection involved IQ tests, questionnaires about spousal conflict, and behavioral reports from teachers.

"Compared with other children with absentee dads, kids whose fathers were active parents in early and middle childhood had fewer behavior problems and higher intellectual abilities as they grew older — even among socio-economically at-risk families," according to the study.

"The research also revealed that a father's absence affects girls more than boys.

"Girls whose fathers were absent during their middle childhood had significantly higher levels of emotional problems at school than girls whose fathers were present," said Pougnet.

"The research team wants the finding to be used to initiate governmental policies that support the role of fathers in families and society." •

N-O-T at Fruitport High School

By Mary Weimer

N-O-T stands for "Not on Tobacco," a teen smoking cessation program sponsored by the American Lung Association. The voluntary program for teens helps them stop smoking (or reduce the number of cigarettes they smoke); increase healthy lifestyle behaviors; and improve their life management skills.

Fruitport High School offers this program through the Muskegon Community Health Project office. Program Director Cyndi Powers holds sessions for one hour, one day per week for 10 weeks at the high school. Although the program is basically supported by funds from the health project, Fruitport High School thought the program worthwhile enough to pay for it and contracted with Powers.

Does the program work? According to the American Lung Association, "studies of 12,000 teens participating in the N-O-T program nationally found that approximately 90 percent of the teens enrolled in the program either quit smoking or cut back."

Powers said the offer of free lunch draws the students in to begin with. The first five weeks, student lunches are typical teen food choices. During the last five weeks, healthier choices are provided for them. Locally, Dominoes and Subway donate half the cost of the food for the teens. The program forces the teens to consider the changes and commitments they need to make to better their lives.

Currently, there are 11 teens enrolled in the program at the high school. Mercy Health Partners has donated pedometers, and the teens are encouraged to walk at least 10,000 steps per day. Pig lungs are used to demonstrate what healthy lungs look like. Then, a second set of pig lungs is used to show the teens what lung cancer and emphysema look like. The Muskegon County Health Department offers a CO₂ machine that measures the amount of carbon dioxide in the students' lungs as a reality check.

Last year, Powers presented the N-O-T program at three alternative education programs at Duck Creek, Muskegon and Whitehall. Based on the success of those programs, Powers has applied for a grant through the Muskegon Community Foundation in order to continue offering N-O-T in all area schools. •

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Morea Chiropractic Wellness Center

Health News by Mike Morea, D.C.

THE HEALING POWER OF THE MIND

Question: What do the spells cast by voodoo practitioners and researchers testing the effectiveness of the latest drug concoction have in common?

Answer: The placebo effect. The placebo effect means the more you believe you'll benefit from a drug or procedure, the more likely it is that you will experience a benefit.

From time to time we encounter skeptics who dismiss the sometimes-amazing results chiropractic patients receive. Writing them off as merely the placebo effect, these cynics virtually ignore the mind/body connection that most forward-thinking health care experts are finally starting to recognize.

Placebo (from the Latin "I will please") is often a sugar pill or some type of sham treatment designed to specifically invoke the beliefs of the patient, and in double blind studies, the beliefs of the doctor. Some studies show that placebos are 30% to 40% effective. And don't overlook the "nocebo" effect!

Nocebo (from the Latin "I will harm") is based on the effects of negative beliefs. Telling someone to get their affairs in order because they have two months to live is almost a death sentence! Being "scared to death" or "worried sick" can be equally powerful expressions of our self-talk.

Is the success that chiropractic patients enjoy merely the placebo effect? Hardly. Chiropractic helps newborns, infants and even pets, for which the power of the believing mind is difficult to explain.

As you may know from personal experience, chiropractic results are real. If you know someone you think could benefit, would you direct him or her our way? We'd love to help! Or better yet be the doctor to "Placebo or Please" their mind and body with better health.

Yours In Health,

Dr. Mike

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