

## ~ Trojan Tributes ~

### Fruitport Community Schools fall preschool registration open

(Submitted by Fruitport Community Schools)

The Early Childhood Center is currently registering preschoolers for this fall. If you have a child or know of a family with a child who will be three or four by December 1, 2012, please have them contact the Early Childhood Center office at (231) 865-4102.

Fruitport Community Schools offers three exceptional preschool programs: Head Start, Great Start Readiness and Child's World Tuition Preschool. All of our preschool programs will offer your child a safe and nurturing environment to grow and learn in. We look forward to hearing from you. •

### Final chance this school year to support Edgewood at B.C.

By Mary Weimer

The staff at Burger Crest in Fruitport invites you to enjoy a delicious meal to benefit the students at Edgewood Elementary School. This is the last opportunity for this school year to support the school while enjoying those wonderful french fries and other menu items.

Burger Crest will donate a portion of their sales between 4 and 7 p.m. to the school on selected dates. Staff members from the school will be serving the meals and cleaning up.

The dates are as follows:

Date	Supports
May 21	PTO budget

Make sure you mark this date on your calendar so you can support local business and our elementary students at Edgewood as well. •

### Business Professionals of America students compete in national conference

Four Business Professionals of America students attended the National Leadership Conference in Chicago Thursday, April 26 through Sunday, April 29. The students are Cathy Griffith, Jacob Clendenon, Emily Rollins and Andrea Ritz. Each of the students competed in their individual events at the national level after medaling at the region and state levels. Andrea competed in Advanced Word Processing and Integrated Office applications, Cathy in Integrated Office Applications, and both Emily and Jacob competed in Basic Office Systems and Procedures. Both Cathy and Emily were state finalists in their events by placing in the top ten.



**Fruitport's future business professionals:** Cathy Griffith, Jacob Clendenon, Emily Rollins and Andrea Ritz

### Local families needed for cultural exchange students

(Submitted by ASSE International Student Exchange Programs)

ASSE International Student Exchange Programs (ASSE), in cooperation with the local high school, is seeking local families to host boys and girls between the ages of 15 to 18 from a variety of countries around the world.

Students come with an enthusiasm to practice their English and experience American culture — food, sports, shopping and more. They will also share their own culture with host families. Host families welcome these students into their family, not as a guest, but as a family member, giving both the students and families a rich cultural experience.

In addition, students have pocket money for personal expenses and full health, accident and liability insurance. Students are academically selected for the program, and host families can choose their students from a wide variety of backgrounds, countries and personal interests.

To become a host family or to find out how to become involved with ASSE in your community, please call the local representative, Mark Lewison at (616) 772-9143 or go to [www.assehosts.com](http://www.assehosts.com) to begin your host family application. There are many students to choose from, so begin the process of welcoming your new son or daughter into your family today! •

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## Morea Chiropractic Wellness Center

### Health News by Mike Morea, D.C.

#### WHAT KIND OF HEADACHE?

Any headache is too many!

You feel a pounding headache coming on, but what kind of headache is it? Are you aware that there are many different types, each with a unique set of causes and symptoms? The most common types of headaches include:

#### **Tension-type Headaches**

There are two types, episodic and chronic. Someone with chronic headaches often wakes up and goes to sleep with a headache and feels a constant tightness or ache in the head and neck areas.

#### **Migraine Headaches**

A vascular-type headache, migraines are debilitating and often are accompanied by nausea/vomiting and acute sensitivity to sound and light. Women suffer more from migraines than men, possibly due to frequent hormonal changes.

#### **Cluster Headaches**

Occurring more often in men, cluster headaches may actually be the most severe of all headaches. They usually only last 30-60 minutes, however, they may recur several times throughout the day. Chronic smoking and alcohol use often contribute to the onset of cluster headaches.

#### **Hormone Headaches**

More frequent among women, hormone headaches usually occur in conjunction with PMS and menstruation. Women who take birth control pills may also experience hormone headaches with greater frequency. Symptoms are similar to those associated with a migraine – a one-sided, throbbing headache that includes light/noise sensitivity.

#### **Rebound Headaches**

Caused by the over use/abuse of over-the-counter and prescribed headache remedies that often contain caffeine. Headache sufferers tend to use the medications in higher dosages or more frequently than prescribed, causing a headache "rebound effect."

Do you know someone who complains frequently of headaches? Based on the success our practice enjoys with all types of headaches, improperly moving bones of the upper neck are common culprits. Direct them to our practice! Life is too short to live without your full potential.

Yours In Health,

**"Headaches are not a symptom of an aspirin deficiency!"**

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Ruth's daughter and son-in-law

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– Geri

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– Al

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