



Helping You Live Better

Newsletter - January 2020

Letter from the *The Front Desk*

Hello Everyone!

My name is Mary Stackpool, and you might have seen me at the front desk. I have been here for 2 years now, and I love helping people live their best lives through chiropractic care! I plan on going to chiropractic school next Fall to be the 2nd generation chiropractor in my family.

January is the month of making and breaking New Year's resolutions. I'm sure most of us have made resolutions in your lives at some point, only to find out that the magic of the new year that was supposed to push us to our goal, quickly dwindles. We push our goals to that Monday, or after that birthday party, or after the holiday when we think we will have time.

Have you ever heard of the life calendar?

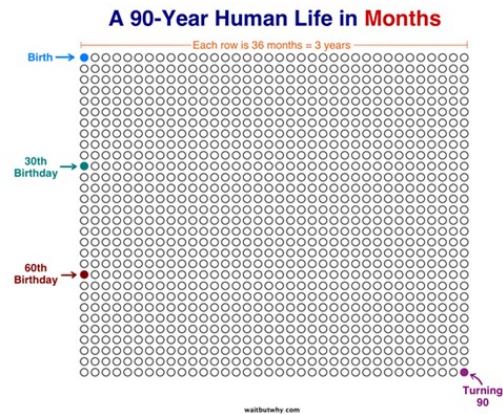
If not, look at the picture to the right. Each box represents one month of a 90-year life span! No matter how many boxes you have checked off already, you still have more boxes to go, and how will you spend them? Putting off your goals, or achieving them so you can live the life you've always wanted? To me, looking at a diagram of my entire life (that's if I even live to 90) makes me realize I have no time to waste at all!

Something that the Excel Family does every month is read a book together, and recently it was [The Seven Habits of Highly Effective People](#). The first rule is simple: be proactive. We learned the difference between being reactive and proactive, which is to take responsibility for your life's direction instead of letting life happen to you. I encourage you to use this rule heading into the New Year, and don't wait for those changes to happen, because they never will by themselves!

This January 14th, I am hosting a "Juicing with Mary" class to show how juicing fruits and vegetables can cleanse your body, make you feel great, and add significant nutrients to your daily regimen! Everyone is welcome to come kick off the new year in a healthy way.

See you soon

Mary





Upcoming Events

1/9 Dr. Brown open 2:30 - 5:30 pm ~ Massage all day

1/14 Juicing with Mary Class at 9:30 am

1/21 Dr. Brown closed ~ Massage open all day

2/1 Dr. Brown open 8-10 am ~ Thermography 8 am - 12 pm



Office News

Donation List for 2019

"Helping us Helping Others!" Congratulations!

Only with your help, were we able to make contributions to the following organizations in 2019.

Thank you for helping us, help others in need.

The Time is Now to Give
Wisconsin United for Freedom
Lakeland Community Church
Mount Zion Church
Agape House
NVIC

Open Arms Free Clinic
Rising Stars Foundation
Project Canaan and the Khutsala Artisans

A Letter of Thanks.

Khutsala Artisans is a Heart for Africa initiative designed to provide training and valuable employment to local Swazi people. They currently employ 110 Swazi men and women, training

them in the art of jewelry making, bead craft, pottery and woodworking.

In a country with a 70% unemployment rate, our desire is to provide HOPE and help the people of this nation break the cycle of poverty and provide for their families. 100% of the profit from Khutsala Artisans goes to the Care and Education of the Project Canaan children.

On behalf of the Khutsala Artisans and the people of Project Canaan in eSwatini(formerly Swaziland) I would like to thank all those who purchased the beautiful hand beaded ornaments and key rings during the month of December. A portion of each sale not only benefit Project Canaan but also locally, here in our community. Your support of this project is greatly appreciated.

Linda Skiles



“We can complain
because rose bushes
have thorns,
or rejoice because thorns
have roses.”

— Alphonse Karr, *A Tour Round My Garden*

Rose and her twin brother Gabriel are the two oldest children at Project Canaan. My son embedded her face in the tree above as a reminder of how adversity, with love, can be overcome.



"Did you miss past month's issues of our newsletter?"

You can view them all here!"

[Newsletter Archive](#)



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