



**ALIEF
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Michael Morningstar was an energizing influence during his presentation to a group of students, parents, and teachers at Alief Kerr High School. The feedback received from participants indicated that they "wanted more." His goal for the night was to plant a seed on the importance of living healthy. He took the approach that health involves the mind, body, and spirit. His main focus for a healthy lifestyle is to educate his audience about healthful foods and foods that are detrimental to a long life. Many people are reluctant to change old eating habits, but Michael made it easy to understand his theories because of his extensive research for over ten years. He was able to back up his statements and provide many helpful references for those who were interested in delving deeper in a certain topic. Information he shared was relevant to everyone in the room and after his presentation, members of the audience held him "captive" because they were anxious to explore other areas of his expertise. He told his audience that he wanted to help them be healthy, and his delivery indicated that he sincerely meant what he said. He is passionate about what he believes, and his accumulated knowledge, and practical experiences make the information he shares with his audience much more authenticated. His enthusiastic presentation was not only informative, but also very motivating as he captivated his audience with numerous narratives. Michael Morningstar has a valuable message and his wealth of knowledge he willingly shares makes him a speaker worth hearing.

Charlotte J. Guettner
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