



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Discover your Love Language

- page 2



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Jackson Area Collaborative Knowledge Source. This community resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

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From Amore to L'amour: This Valentine's Day, Discover your Language of Love

(BPT) - No topic gets the heart pumping like love. And despite plenty of advice from experts, not everyone shows affection in the same way. This Valentine's Day, why not try to communicate with your paramour like you never have before? Instead of saying "I love you," say "je t'aime" or "ich liebe dich" instead - show your special someone that you love them in another language!

If you're not too savvy with languages, but you still want to do something amazing this Feb. 14, there are still plenty of ways to express your feelings. Here are fun, creative tips on showing your passion this holiday.

1. Celebrate your loved one's travel dream

Maybe your sweetheart has been saving up to visit Machu Picchu in Peru. Perhaps they can't wait to float down the Danube River in Europe or climb Mount Fuji in Japan. While you may not be able to make these dream trips a reality right now, you can take time to learn more about the places your loved one wants to visit - and how you'd get there if you had the chance.

Plan out an imaginary trip with the object of your affection, all the way down to what sites you'd visit after arriving at your destination. Take things a step further by gifting your loved one with an immersive language program. This will help them prepare for future international adventures!

Rosetta Stone is a convenient language-learning software that allows you to see, hear, speak, read and write while learning new words and phrases, right on your desktop, laptop, tablet or phone. Rosetta Stone uses a Dynamic Immersion approach that ensures you'll be immersed in your new language from the start, with reading, writing, listening and speaking exercises that work with your brain's natural language processing ability to help you learn any of their 25 languages fast.

With Rosetta Stone, you and your loved one will intuitively learn through a series of photos, spoken words and written words. Just download the Rosetta Stone app and

begin learning a new language!

2. Explore a new activity or skill together

To express your love beyond words, why not give your special someone the gift of a shared experience? Way more engaging and longer lasting than a pricey dinner or a bouquet of roses, choosing something you and your loved one can do together will not just deepen your bond, but open the door to more fun and meaningful interactions in years to come.

Take up a new instrument, enroll in an art class or tackle a foreign language as part of your Valentine's Day celebration. The great news is there are plenty of on-line classes, programs and tutorials for just about any hobby, game or life skill you'd like to explore with your partner.

3. Explore your loved one's background

It doesn't really matter if you share a cultural background with your loved one - you can always make Valentine's Day meaningful by exploring your partner's heritage. Here are just a few ways to show your special someone that you're extremely interested in what makes them unique:

* Get them an ancestry kit so they can learn more about their own ethnic background.

* Help them discover their family background by enlisting their older relatives into creating a family tree.

* Find out how to make a dish (or where to order one) from your sweetheart's culture and surprise them with a special meal.

* Use a language learning app like Rosetta Stone to memorize ways to express your love to your partner in the language of their parents, grandparents or even great-great-grandparents.

This Valentine's Day, choose a unique, easily downloadable gift with Rosetta Stone and reveal your new language skill as a surprise, or make your gift the experience of exploring a new vernacular. Whatever you choose, there's nothing more romantic than saying "I love you" in a language that speaks to the heart.

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Who Qualifies:

- Children age 3 or 4 by December 1
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The Formula for Direct Mail Marketing Success

*Contributed by
Allegra Printing*

Many marketers in “essential” businesses have rediscovered and embraced the power of direct mail over the past year. Stay-at-home orders and social distancing have consumers longing for something tangible and touchable – already proven, positive attributes of print.

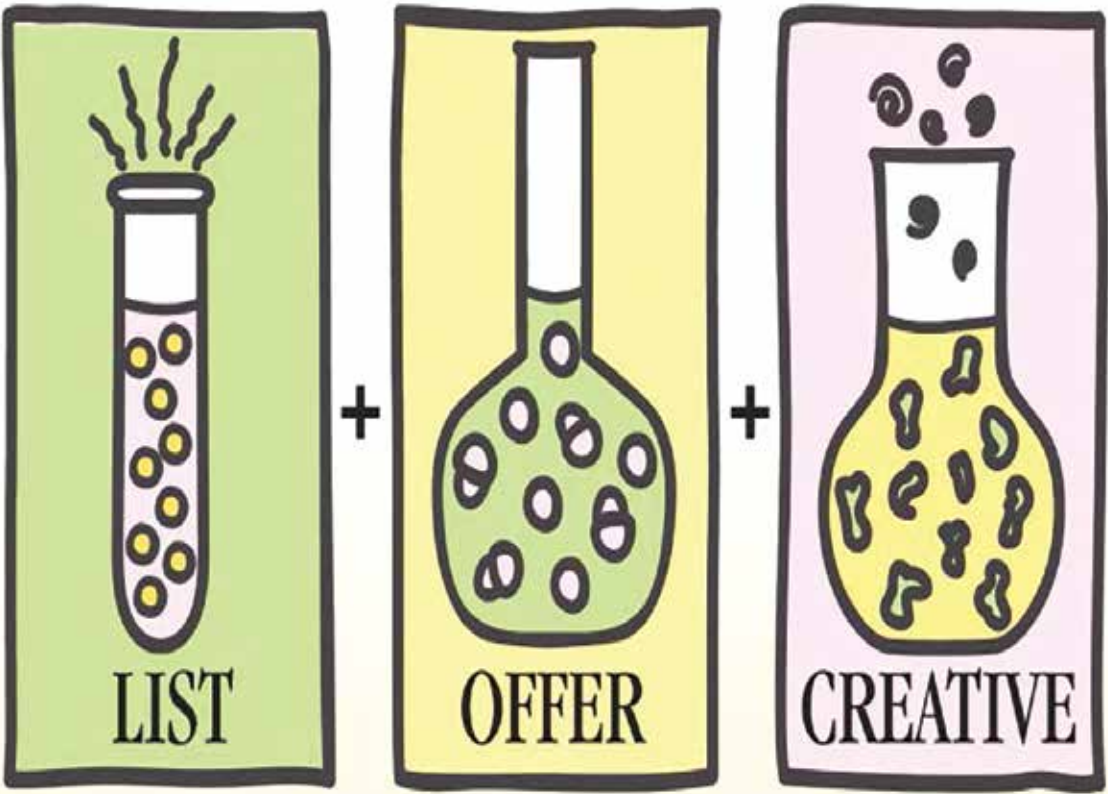
According to direct mail archiving service Who's Mailing What!, the top five

categories of mail volume in June 2020 were the same in September: retail, finance, nonprofit, internet/telecom and healthcare.

What can we surmise? In challenging times, companies that know the value of mail in their mix were among those who used direct marketing to their advantage. The Formula for Success: List, Offer and Creative.

Having a strong and relevant offer to make,

presented with compelling copy and visuals, is every direct mail marketer's goal. Yet the real potency in the formula for campaign success lies with your mailing list data. Whether you're marketing to prospects or customers, your mailing list is responsible for up to 60% of your campaign's response. Of course, good data is a powerful business asset and essential for more than marketing campaigns.



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Meet Willy, The Veiled Chameleon

*Contributed by
Imagine Planet*

In 2020, even with COVID quarantine, there were still animals that needed a special home. In September one of those was Willy, our new veiled chameleon. Willy was in pretty rough shape when he came to us from someone who rescued him. The people who had him didn't know how to take care of him and had him in an enclosure which was much too small with inadequate UV light. We built him a new enclosure and he now lives in our back room with the other reptiles.

Veiled chameleons are found in the wild in Saudi Arabia and Yemen in the Middle East. While its native range may produce images of dry deserts, the veiled chameleon actually lives among coastal mountain slopes that experience significant rainfall, or in slightly more

arid valleys with year-round water and vegetation. More recently, the veiled chameleon has been introduced to the island of Maui in Hawaii and in Florida where it has established small invasive populations.

Willy's growth was stunted by metabolic bone disease caused by lack of UVB light and calcium. He is about 10 inches long and should be closer to 2 feet. We don't know if he will grow in length or not, although he is much fatter than he was. Females, in comparison, are a bit smaller.

A well cared for and healthy pet male veiled chameleon can be expected to live six to eight years. Willy is 2-3 years old according to owner information.

It is best to keep adult veiled chameleons individually in their own enclosures to avoid potential stress and fighting. Veiled chameleons

do best in screen-sided enclosures because of the increased airflow. Glass aquariums, on the other hand, are difficult to find in the appropriate sizes, and they create stagnant air that can lead to upper-respiratory infections in veiled chameleons.

Veiled chameleons need two forms of light for approximately 12 hours a day. First, they need a light that will serve as a heat source, so they can bask and regulate their body temperature. Heat rocks, heat tape, ceramic heat emitters and other similar heating devices will not provide veiled chameleons with a heat source they will recognize, so it is important to provide them with a basking spot using a heat bulb and an incandescent fixture.

They also need lighting that will provide UVB, to ensure proper calcium absorp-



tion and avoid conditions such as metabolic bone disease (MBD).

Veiled chameleons do well with a nighttime temperature drop, so no additional heat source is needed at night. Being tree dwellers, they drink water from morning dew and rain that has fallen onto leaves, so it is important to mist your veiled chameleon enclosure with a spray bottle twice a day for approximately two minutes, including all the leaves and branches in the enclosure. Your chameleon will lap water up from the leaves. You

can also purchase a spray system.

Acknowledgement to reptilemagazine.com for this information.

Willy will not be able to be handled or travel much as he has had a very hard life already. He is adapting well to life here at Imagine Planet and we are looking forward to the public getting a chance to see him when we reopen. Please keep an eye on our Facebook page for more information on re-opening and for science videos and information. We miss you all!

Jackson County Animal Shelter's Adoptable Pets: Bones & Ferris

Contributed by the Jackson County Animal Shelter

The Jackson County Animal Shelter has pets available for adoption! Meet two residents looking for their forever homes today: Bones & Ferris.

Bones

Bones is a solid grey, 9 month old, male domestic shorthair. His big beautiful gold eyes look like moonlight. He will need a bit of time and attention. Bones is very fearful at the shelter and will take a calm, patient person to build his confidence. Won't you come meet him today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. Cat Adoption Fees are \$60 for one cat, \$80 for two,

which will include applicable tests, vaccines and spay/neutering.

Ferris

This handsome black brindle is Ferris, the Boxer/Staffordshire mix. This 3 year old pooch has skills galore; sit, shake, high five and sit pretty are just a few. He is happy, friendly and looking for a forever home. Dog adoptions require an application. Availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adoption. A meet & greet with your dog is mandatory. A cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 medium/large

dogs, \$250 puppies/small dogs which includes vaccinations, microchip, and sterilization.

Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include: Online applications: <https://www.co.jackson.mi.us/DocumentCenter/View/803>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



LIVE LOCAL
COMMUNITY
COVERAGE



Learn to Love Your Hometown

Embrace February in Your Hometown

By Val Herr



Yes, I did change the name of my monthly article. I feel that over time my topics have evolved. I will continue to highlight people, places, and businesses in Jackson that make our county a wonderful place to live, work, and play, but this is also my opportunity to share ways we can all make a difference and make Jackson an even greater community. My good friend Ben at the Dahlem Center said to me not long ago we need more people to be givers than takers. I told him I loved this idea and was going to steal it...and so I have!

February has a lot to of-

fer us. This month is Black History Month, Valentine's Day is coming up, and as of February 1, indoor dining can begin again! Just like everything else since March 2020, this month and events will look a little different. Different is not always a bad thing though. It is all about what we make of it. Here are a few ways we can embrace February 2021.

Valentine's Day or Singles Awareness Day

1. Create Valentine Cards for our care homes and/or health care workers. We all know they could use extra love right now.

2. As schools may not be having parties, consider having a drive to collect supplies for our local animal rescues. Kids can bring in pet toys/food and make Valentine cards for the pets that are looking for their for-

ever homes.

Black History Month

1. As a family, spend time learning about Jackson's Black History. The City of Jackson and Ella Sharp Museum will be featuring items every week that help tell the story of Jackson's Black History.

2. Join Jackson District Library for their Voice It: Black Poetry Discussion Panel on February 18, 6:00 pm. This virtual integration panel will engage in discussion on how themes from the new Library of America Anthology, African American Poetry: 250 Years of Struggle & Song edited by Kevin Young, reflect lived experience. Go to myjdl.com for more information.

Jackson is a great community. But it can always be better. It is up to us, everyone of us to do our part.



Even small gestures make a difference. We are not all cut out for public office, but volunteering to serve on a committee, organizing a community garden, or supporting local businesses can leave a positive impact on

our community. While one person may not be able to change our world, together, we can all make a change. Ask yourself this one question: what are you going to do this month to make a difference?

Head Start on Trauma Smart®

Contributed by

Community Action Agency

Community Action Agency Children's Programs has been partnering with Trauma Smart®. Trauma Smart® is a program created by Crittenton Children's Center of Kansas City, Missouri, that supports caregivers as they help children manage difficult experiences and build resiliency for social and academic success. Through our partnership with Trauma Smart®, our agency has participated in, and will continue with, the following:

- A consultant who works with our Trauma-Informed Care (TIC) Team
- Our TIC Team includes staff who are passionate about supporting our agency as we sustain our trauma-informed journey.
- All staff have received or will receive 20 hours of trauma-informed training.

Modules cover: understanding what trauma is and what it looks like in children, caregiver self-care and awareness, the importance of safety through routines and consistent caregiver responses, the importance of helping children identify and self-regulate big emotions. In addition, there are specific focuses on grief, loss, and traumatic grief. Staff develop a common language and understanding of trauma.

When one child experiences trauma, it impacts the entire community. The good news is the community can have a positive impact on that one child. One in every four children experiences violence, abuse or some other traumatic event by the age of four. These experiences can do lasting harm to a child's mental and physical health. By teaching kids early, we can help them heal and improve their chances for success. A key component includes view-

ing situations through a Trauma Lens – instead of asking what is wrong with this child, we need to ask what has happened to this child and how can we help.

You might be wondering – How will this impact children at school? How will this impact families? We are so glad you asked!

- Trauma Smart® strengthens the whole learning environment to help children develop skills, manage difficult experiences, and succeed in school and life.
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Five Reasons your Kid will Love Remote Learning at the YMCA!

By Bonnie Gretzner,
Director of Marketing & Communication,
Jackson YMCA

It seems nearly every student has a different schedule these days. Some kids are learning remotely five days a week. Others share time at home and school. And some students are preparing for learning in the classroom five days a week.

Whether parents need full-day care all week, a day here and there, or even just a couple of hours after school, the Jackson YMCA has the right solution. The YMCA School-Age Child Care program offers homework support and fun activities for elementary and middle school students in a safe environment that follows federal, state and local health guidelines.

Wondering if you should give the Y a try? Here are five reasons you and your child will love the Y's school-age program:

1. Help with Zoom calls: Learning new technology can be a challenge for everyone (and look out if your Wi-Fi is unreliable). Why stress about those online calls when the Y's experienced staff is here to take care of that for you?

2. Pool time: The YMCA is the only place in town to swim, and kids have a great time playing and swimming in the two heated pools.

3. Gym time: When asked what their favorite activities were, many kids picked the gym. "I love going to the gym to play Gaga ball, basketball and playing on the scooters," said Layla, who comes to the Y a couple of times a week.

4. Meal planning: Planning breakfast and lunch every day is exhausting! The Y has that covered, as the school-age kids get breakfast, lunch and snacks, thanks to a partnership with Jackson Public Schools.

5. Friends: As kids learn, study, and play together, they quickly form bonds and make new friends. Those social connections are even more important in these times of physical distancing.

The YMCA program features daily and weekly rates and financial assistance is available. To register or for more information, visit www.JacksonYMCA.org, call 517-782-0537 or email lindsay@jacksonymca.org.



JACKSON YMCA

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How to Handle Self-Help Overload

By Alex Cash

Have you ever been in a state where you are very excited about your own personal growth and development? You enjoy reading different self-help books and articles. You listen to motivational and productivity podcasts. You watch inspirational videos and try to take in as much advice as you possibly can.

Then you start to feel overloaded by this. Too much self-help can become toxic. Too much reliance on other peoples' ideas to find answers to your issues can leave you drowning in a sea of advice. It is just as important to look deep within yourself for the answers.

If you find yourself taking on too much self-help this time of year, here are some tips to help you take it in at a more palatable pace:

1. Jot down notes after each chapter, or when you've finished the book. There may be points you want to remember amidst the bulk of the rest of the information thrown your way. Just take what you need and leave the rest.

2. Don't feel compelled to adopt certain practices or mindsets they suggest immediately. It may take time for new ideas and concepts to work their way into your lifestyle. Let things marinate and don't feel rushed to fully adopt new thoughts.

3. Read the book at a pace that allows you to digest the material fully. Even though the book might be very good, perhaps go through a chapter every couple weeks or so to fully take in the lessons of each section. Maybe read a second book in tandem so that there is something to read in between.

Some things to keep in mind:

- Self-help gurus don't have all the answers. They have found what works for them. Once they share that, it is up to you to glean what you'd like from their teachings and leave the rest.

- Everyone starts with their own set of beliefs, values, and background experiences. What works for one person, based on their own lifestyle may be very difficult to translate to another person's lifestyle.

- Beware of taking on too much at once. Changing mindsets can be an uncomfortable process no matter how much the change is welcomed and wanted. It's alright to fall back into familiar thought pattern sometimes when you are trying to adopt improved mindsets.

Alex helps people improve mindsets they want to shift on an individual basis, focusing intently on each person at hand. You can learn more about her and read her blog at cocreativelife coaching.com.



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Throughout February, the registration fee is only \$15 per child when you sign up for at least one week - saving more than 50 percent off the registration fee!

Register today at JacksonYMCA.org!

Questions? Contact Lindsay Wood at lindsay@jacksonymca.org

127 W. Wesley St. 517.782.0537 JacksonYMCA.org



Consumers Energy, City of Jackson Announce 'Our Town' to Support Local Restaurants, Provide Meals to Community

*Contributed by
Consumers Energy &
The City of Jackson*

JACKSON, Mich., Jan. 19, 2021 -- Consumers Energy and the City of Jackson today announced the start of the Our Town meal distribution program, a one-of-a-kind collaboration in Michigan to support local restaurants and provide free meals to community members.

The new Our Town program will distribute thousands of meals to Jackson families in need for 10 weeks, starting Feb. 1. Nearly \$500,000 contributed by Consumers Energy and several community partners will pay over 20 locally owned restaurants to prepare healthy meals. Restaurants also will ensure that over half of the food is locally sourced, creating more economic value for the community.

"We are excited this innovative and collaborative effort will assist those in need in our hometown," said Roger Curtis, Consumers Energy's vice president for public affairs. "We have been so touched by the generosity of our friends with the City of Jackson and community partners who are stepping up to ensure our local restaurants stay in business and our neighbors do not go hungry."

The Jackson effort is inspired by Everyone Eats, a program in Brattleboro, Vt., that used federal fund-

ing to support restaurants and provide thousands of meals. Consumers Energy and Jackson city officials hope the Our Town approach can lead to more donor-driven efforts across Michigan.

City of Jackson Mayor Derek Dobies applauded the quick work of city staff to collaborate with Consumers Energy and others. The effort also is supported by the Dream Maker Fund, the Jackson Community Foundation and the Enterprise Group Community Ventures Corporation.

"Our amazing City of Jackson staff have been instrumental in getting this much-needed program going," Dobies said. "This partnership with Consumers Energy really speaks to the commitment of our community to make sure everyone is cared for during this ongoing pandemic and hunger issues are kept at the forefront."

Meals will be distributed at the King Recreation Center, 1107 Adrian St., from 4 to 6 p.m. on Mondays, Wednesdays and Fridays starting Feb. 1. Meals will be distributed on a first-come, first-serve basis. Community members, potential volunteers and restaurants interested in the program can learn more at cityofjackson.org/ourtown.

The first Jackson restaurants taking part in Our Town are:

- Bella Notte Ristoran-

te, 137 W. Michigan Ave.

- 308 Brass Rail, 308 W. Prospect St.

- Big Guy Catering, 309 S. Jackson St.

- Candi's BZB Café, 225 S. Mechanic St.

- Gene Davis & Sons Catering, 3575 Francis St.

- Grand River Brewery, 117 W. Louis Glick Highway

- Ixcanul, 7851 Spring Arbor Road

- Jackson Coney Island, 615 E. Michigan Ave.

- Knight's Steakhouse & Grill, 2125 Horton Road

- WestEnd Farm to Table, 414 W. Michigan Ave.

"The Enterprise Group, through its Community Ventures Corp. foundation, is proud to be a partner in addressing the challenges facing restaurant owners in Jackson County," said Tim Rogers, president and CEO of The Enterprise Group of Jackson. "Throughout the past year we have continuously worked to identify how we can help alleviate some of the pressure businesses face due to the pandemic. Our community's generosity in supporting Our Town indicates how Jackson can come together in a time of need. As the fiduciary for Our Town funds, the EG/CVC will manage the disbursement of funds to the restaurants so that they receive payments for the meals they provide."

The Our Town effort joins other recent efforts by Consumers Energy to support Michigan businesses.

In December, the company provided \$850,000 in matching gift cards for small businesses in over 55 communities. The company's charitable foundation has provided nearly another \$2.5 million in support to Michigan businesses.

"This is a hopeful time for our state as Michiganders start to receive the COVID-19 vaccine and the governor announcing plans to reopen restaurants next month," Curtis said. "We still need to support our town, and every town, until our restaurants get completely back on their feet."

People are encouraged to donate to the Our Town campaign by going to the Jackson Community Foundation website, www.jacksoncf.org. Click the "Donate" tab and enter "Dream Maker/Restaurant Initiative" as the fund name to make a donation.

Consumers Energy, Michigan's largest energy provider, is the principal subsidiary of CMS Energy (NYSE: CMS), providing natural gas and/or electricity to 6.7 million of the state's 10 million residents in all 68 Lower Peninsula counties.

How to Get Free Meals



OUR
TOWN

MEAL DISTRIBUTION
PROGRAM

- Come to the MLK Center at 1107 Adrian St. from 4-6 p.m. on Mondays, Wednesdays and Fridays starting Feb. 1.
- If you come in a vehicle, please stay in your vehicle and follow signs to the distribution area.
- Walk-ups are welcome, but please be prepared to wait in line and social distance.
- Healthy meals from local restaurants are given to anyone who needs a meal.
- Meals are available on a first come, first serve basis.
- Volunteers in the distribution area will assist you.
- Meals are pre-packaged and can be reheated at home.



Learn more by visiting cityofjackson.org/ourtown



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