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JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Happy New Year

- pages 2 & 12



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EST. 2015

Learn to Love Your Hometown

2023 is the Year of Intention

By Val Herr

Well, we made it through the holidays! Whether you love the holidays or dread them, they can be hard on the spirit. We often set unrealistic ideals for ourselves and others during this season. The desire to have the “perfect” holiday where everyone is together and happy while also missing those that are no longer with us can create expectations that simply cannot be met.

For 2023 instead of adding the stress of a New Year’s Resolution - and let’s be honest, most of them fail - try instead to make 2023 an intentional year. What do I mean by this? I mean that when you make a decision, make an intentional one. If it does not fill your cup, don’t do it. I realize that I make it sound simple, and many of you are thinking, *if only it were that easy*. I am here to tell you that it is! Saying no should be just as easy as saying yes. You are only responsible for yourself, your actions, and your feelings. You are not responsible for others’ actions, choices, or feelings.

If you don’t want to bake cookies for the

school bake sale, say so. Offer to buy the ingredients for another parent who loves to bake, offer to sit an extra shift, or purchase a large number of cookies from the bake sale and give them away. There are ways to participate that don’t involve you doing something that empties your cup.

Being intentional not only fills your cup, but also helps you be in the moment. You’re not just going through the motions when you intentionally choose to do something. Focus on being 100% present in your activities. If it’s hosting a party, volunteering at your favorite nonprofit, taking a music lesson or an art class, or curling up and reading a book, be there in the moment. Don’t feel guilty about doing things you love.

When your cup is packed with people and activities that bring you joy, it will spill over into other parts of your life and your community. We can’t improve our community when our own cup is empty or filled with things we do not enjoy.

In 2023, give yourself permission to say no so you can say yes to what truly matters, makes you happy, and causes your cup to overflow with joy.

Make 2023 the year of INTENTION!



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The City of Jackson Sponsors Six New Chamber Members

*Contributed by the
Jackson County
Chamber of Commerce*

Imagine this: you are As a Community Champion Level Member of the Chamber, the City of Jackson has committed to sponsoring six Chamber Memberships for the next year. Jackson's City Manager, Jonathan Greene, recently sat down with three of the six business owners whose Memberships they will be sponsoring. From businesses that have been with Jackson for over one hundred years, to startups that are just setting up their brick-and-mortar storefronts. Of the six, Peggy Russell (Peggy's Custom Floral Designs), SharRonnie Garrett (SharRonnie Garrett Photography), and Latoya Smith (First Crown Hair & Beauty) met Jonathan Greene at City Hall to share a bit of background on what their businesses have to offer.

Peggy Russell, founder of Peggy's Custom Floral Designs, specializes in silk floral arrangements. Her passion began when she created her own floral arrangements for her wedding. Then, during her 30-year career at Macy's, she created arrangements for clients. Upon her and her husband's retirement, Peggy decided it was finally time to pursue her longtime dream. After many thoughts and many prayers, she's recently started her business and has even secured a spot in the Jackson Crossing Mall.

Like Peggy, SharRonnie Garrett has also been working on a storefront of her own, which she is in the process of remodeling. As the owner of SharRonnie Garrett Photography, she specializes in family and senior photos. She says kids are her niche, as she shoots a lot of milestone photos and birthdays. Some of her clients have stuck with her since their newborn shoot, continuously coming back to document each milestone. In her new studio, which she is remodeling with her husband, she is excited to have a creative space to play around. Even at public events, SharRonnie likes to

pop in to shoot some photos for her portfolio. She has been spending the past couple of years continuously practicing and perfecting her art, and with the help of her mentor, Miam Jarrett, she has been able to find her own style. SharRonnie shared that her family never did any sort of photoshoots or portraits growing up, and she wished she had those photos to look back on. Now, as a business owner, she aims to reach people who can't afford nice family photos and provide a service to them that is affordable.

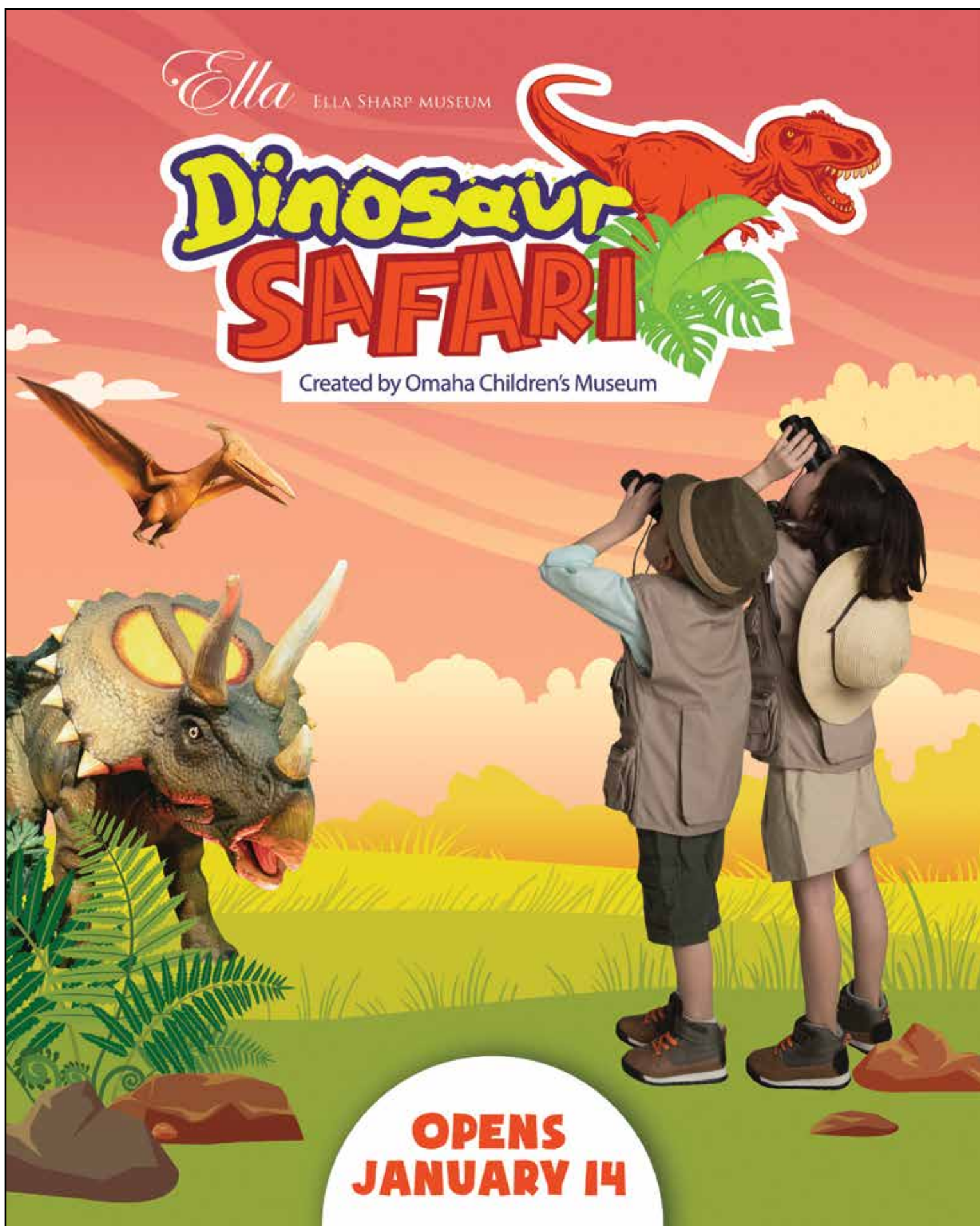
Unlike Peggy, who started her business after retirement, or SharRonnie, whose hobby turned into her career, Latoya Smith founded her business when she was homeless. First Crown Hair & Beauty consists of all-natural skin and hair care products that Latoya makes herself. Many of the everyday products we use contain harsh chemicals and toxins, which, in the long run, can be harmful to our health. She uses a variety of natural ingredients, like avocado and coconut oil, all of which she uses on her-

self and her kids to ensure that she feels safe giving a product to a customer. Some of her products include calming agents, like lavender, which help calm and relax your senses. She even shared that her lavender products help her kids sleep. She currently works the occasional pop-up shop and hopes to have a website to sell her products online soon.

In addition to those three businesses, the City of Jackson is also sponsoring one year of Chamber Membership for Isaiah's Hub, Blue Julep, and Gil-

bert Chocolates.

In response to talking with each business owner, Jonathan explained that in his role as City Manager that, "We want to improve people's lives. The City belongs to the people; I get to make it happen." Investing in local businesses and helping new business owners get their businesses off the ground is a great way for the City to play a part in Jackson's economic development. Both the Chamber and the City of Jackson are excited for what's to come for these businesses in the coming year.



Jackson County Animal Shelter's Adoptable Pets: Felix & Milly

Contributed by the
Jackson County
Animal Shelter

Felix & Milly

Felix and Milly were surrendered together by their owner. A bonded pair and the best of friends, where one goes, the other follows. Felix is a three-year-old male orange tabby with bright ginger fur and a bevy of striped patterns. As a laid-back guy, he enjoys his naps and cannot wait for a cozy home to relax in. His best friend, Milly, is a two-year-old grey female with lighter-colored tortie-type markings. She is a sweet

girl who adores attention and a good pet. Together, they would like to find a new home and a family that loves them. Won't you come meet these two buddies today at the Jackson County Animal Shelter, 3370 Spring

slightly postpone an adoption. Visiting the shelter is always best, but other resources include the online cat adoption application at co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF.

Once completed, this form can be faxed to 517-780-4750 or emailed to animalshelter@mijackson.org. See our website for more information at mijackson.org/579/Animal-Shelter.

Shelter, find us on Facebook, or view all pets on petango.com/JacksonCountyMI. Current shelter hours are M, Tu, W, F, 10:00-4:30, Thu 10-7, and Sat 10-4.



6 Tips for Pet Parents to Be Environmentally Friendly

(Family Features) For many people, "going green" means walking rather than driving, ditching single-use plastics, and conserving energy. To go above and beyond, pet parents can follow additional measures that aid the planet while also supporting their furry friends.

Consider these eco-friendly ideas from Freshpet's Nature's Fresh line to support your pets and those in your community while also being environmentally friendly.

Explore Locally

An easy way to reduce your carbon footprint is to visit dog parks and other pet-friendly locations within walking distance rather than driving. It's a perfect opportunity to explore new hiking or walking trails, contribute to pet-friendly establishments and get a little exercise for both you and your furry friend.

Opt for Eco-Friendly Foods

There are planet-friendly food choices available for pets, like Freshpet's Nature's Fresh, which sustainably sources ingredients with regenerative farming

methods and offers certified humanely raised proteins. All of the recipes are produced with the planet in mind as waste is reused, recycled, or transformed into energy. The kitchens in which the food is made and



the refrigerators where customers find it use electricity generated by renewable wind or solar energy.

Swap Out Single-Use Products

When you're out for a walk with your pet, bring Earth-friendly products like

a reusable water bottle rather than a single-use plastic bottle that may one day become a pollutant in waterways or food sources. For your furry friend, a water bowl that collapses completely makes the item

Support Local Shelters

If you're not yet a pet parent but would like to become one, consider turning to local shelters. Adopting versus buying helps control

overpopulation and its environmental impact. Another way you can contribute to local shelters is by donating gently used blankets, towels, water dishes, leashes, collars, grooming tools, and beds. This gives items

Use Compostable Pet Waste Bags

Picking up after your pet doesn't have to create additional waste. Use compostable bags to avoid adding single-use baggies to

landfills. Made from natural plant starch without toxic materials, compostable bags are an eco-friendly option for disposing of pet waste. If you have a compost pile used for plants you don't plan on eating, simply toss the bag in that pile. Alternately, if your compost pile is used for fruits and veggies in a garden, be sure to bury the waste bags elsewhere – pet excrement can contain pathogens that are harmful to humans.

Go Digital with Pet Health Records

Many veterinarians still utilize paper records, but these records are easily lost and can be harmful to the environment. Consider creating a digital record of all your pet's health documents via the cloud so you and your family can access it anywhere. Pet parents can be sure the documents are always on-hand if they have their smartphones and can recycle the paper documents once they've been saved digitally or reuse the documents as scratch paper.

Find more environmentally friendly advice for pet parents at Freshpet.com/NaturesFresh.

Preparing for Winter Weather Events in Jackson

By Aaron Dimick,
City of Jackson

Public Information Officer

When winter weather hits Jackson, crews from the Department of Public Works (DPW) are out in salt and plow trucks making sure streets are safe for drivers. The DPW first targets major roads and emergency snow routes and then starts clearing neighborhood streets.

When there is a winter weather event, the City of Jackson asks residents to please remove parked vehicles from streets, so crews

have enough space to safely clear roadways. Residents should also be prepared for a City Snow Emergency. An official Snow Emergency declaration from the City means residents are asked to remove parked vehicles or, in some extreme cases, stay off the streets entirely until they can be cleared. The City will inform residents about these emergencies through local media outlets, the City website, social media, and the CodeRED mass communication system.

It's also important for drivers to give plow/salt trucks plenty of room when they're out on the road. Keeping a safe distance will provide safer driving conditions for you, the truck driver, and those around you.



Meet CNB's New President & CEO, Joe Williams

Contributed by the
Jackson County
Chamber of Commerce

On October 10, 2022, the board of County National Bank instated a new President and CEO, Joe Williams. Joe has 40 years of banking experience under his belt, starting when he was in high school. In fact, about a week before signing the paperwork to join the marines, the bank Joe had been working at offered a position for him to stay while getting a finance degree. From there, Joe proceeded to stay in banking, working within organizations such as United Banking Trust of Lenawee, and eventually joining the CNB Board of Directors in August 2020.

When CNB was in search of a new President earlier this year, Joe was not the one who initially thought to have his name be considered. It was members of the board and the Chairman who asked Joe to put his name into consideration. As someone who has been a very active community

member and in many leadership roles, Joe was the perfect fit to lead an organization like CNB.

When asked what being President & CEO of CNB meant to Joe, he referred to a card with a statement that he has carried with him every day for 25 years: a reminder to choose your attitude every day and tell yourself, "It's not about me."

When I don't make it about me, it's about whoever I'm in front of that day: an associate, a client, or someone in the community. I come in every day and serve every associate. They are not here to serve me; I'm here to serve them.

Joe strives for those within CNB and outside of CNB to understand their "why." He shared that CNB does not exist to grow revenue; he truly believes that their "why" is to improve the lives of associates, clients, and the community, and ultimately have a positive impact.

There are three things Joe finds most important

when it comes to leading the future of CNB:

1. People matter (Creating a career path or positive work environment for CNB associates)
2. Clients matter (Giving clients the best experience)
3. Community matters (Being active and giving back)

Joe is extremely value-driven and wants his values to align with his company and community values. Hoping that, if they all align, they can come alive and make CNB an attractive place for people to work and bank. He sees his position as one to come in each day and inspire those around him to do their job and do it well, thinking that if he creates a great work environment, his employees are going to be inspired to come back to work tomorrow. No matter what position, Joe wants them to feel as if they can lead from wherever they are.

On Joe's first day, he gave action cards to each of the approximately 200 em-

ployees. On the front, it had an acronym:

C – Choose a positive attitude every day

N – Never settle. Always do the right thing.

B – Believe in one another. Be an encourager.

On the back, there was a quote that Joe sees as his "life quote." He passed it on to his employees in order to be a mantra for every associate, especially those who are client-facing:

People won't remember what you said. People won't remember what you did. People will always, always remember how you made them feel. – Maya Angelou

Joe explained that his

family and his faith serve as his moral compass. "It's not about me," he repeated, "but what I'm doing for others. I've discovered what my purpose is, and it's to be the best encourager on planet Earth."

*People won't remember what you said. People won't remember what you did. People will always, always remember how you made them feel.
– Maya Angelou*

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Strategies to Sneak Vegetables into Your Children's Diet

By Natalie Emerick, Intern,
Community Action Agency

Kids can be wonderfully picky eaters, which can make ensuring they are getting enough fruits and vegetables difficult. Children need micronutrients from fruits and vegetables to help them grow. It can take up to 10 exposures to a new food item before a child agrees to try the item. This can be frustrating as a parent, especially if this means food is being wasted. However, there are tips that may be helpful to sneak vegetables into your kid's diets to allow them to get the nutrients and fiber from them.

This should be used as a strategy until the child begins to eat the vegetables on their own. It is important to keep exposing them to new vegetables and give them the option to eat them. Also, it is important to eat the vegetables you are presenting to your child. Parent modeling can inspire a child to try something new and may help them like the vegetable long-term!

Strategies to Disguise Vegetables in Food:

- Add leafy greens to a fruit smoothie (spinach, kale, lettuce, etc.). Tip: blueberries' natural dark purple pigment help hide the green!

- Swap spaghetti squash or zucchini noodles in place of regular pasta.

- Swap cauliflower rice in place of regular rice.

- Finely shred vegetables and add them to casseroles, scrambled eggs, pizza, pasta dishes, sandwiches, burger meat, etc.

- Add mashed cauliflower-

er to mashed potatoes.

- Add pureed broccoli, spinach, or kale to basil pesto.

- Add pureed vegetables to soups.

- Add veggies to desserts!

Example veggie dessert recipes: sweet potato brownies, avocado pudding, apple cauliflower cupcakes, chocolate beet cupcakes, carrot cake oatmeal cookies, avocado chocolate cupcakes, zucchini brownies, and zucchini bread. Tip: Chocolate helps hide the colors from vegetables!

To find these recipes, do a google search! There are also many other desserts with vegetables and other great recipes with vegetables in them online. You can even try to develop your own recipe if you are feeling adventurous!

Here are a few websites with great recipes to help get you started:

1. greatist.com/eat/dessert-recipes-with-vegetables#Other-Treats

2. greatist.com/health/40-unexpected-ways-add-veggies-meal#2

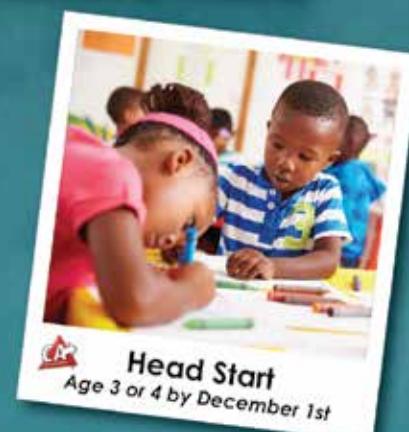
3. thrivinghomeblog.com/50-ways-to-sneak-vegetables-and-fruits-into-kid-favorites/

Hopefully, as your children grow up, they will begin to eat vegetables and fruits more regularly, and you will no longer need to weasel vegetables into foods. As a temporary measure, while still introducing vegetables, hiding vegetables in other dishes can help your children accept vegetables as a part of a healthy, balanced diet for life!



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Jackson District Library Welcomes Liz Breed as the New Director

*Contributed by the
Jackson District Library*

The Jackson District Library Board of Directors recently voted to hire Liz Breed as JDL’s new director, following a month-long search. Breed was previously JDL’s assistant director.

“We are delighted and looking forward to Liz taking over as JDL’s Director,” JDL Board President Jacqueline Barber said. “With her wealth of experience, we are confident that we made the right choice in hiring her. Welcome aboard, Liz.”

Breed will replace retiring director Sara Tackett beginning Dec. 16. Breed worked as the assistant director at JDL from 2016-2018 prior to a stint as the eLibrary coordinator at the Library of Michigan. She returned to JDL as the assistant director in 2021.

Tackett started her employment at JDL as the youth services coordinator in 1998 after working for nine years as a children’s librarian at the

Hunterdon County Library in Flemington, New Jersey. She served as JDL’s assistant director from 2012 to 2016 and began her stint as director in March 2016.

“I have big shoes to fill and hope I can do



JACKSON
DISTRICT
LIBRARY

half as good a job as Sara has done,” Breed said. “Jackson District Library is an amazing and strong library system. I have a lot of pride in the work we do and the way we show up for our community.”

A public open house to celebrate Tackett’s

career at JDL is scheduled at the Carnegie Library in downtown Jackson from 4:30-7:30 p.m. Friday, Dec. 2. The event will be on the second floor.

“I will miss the staff at the library the most,” Tackett said. “Over the years, their hard work and creativity have led to the library being seen as an important asset to the community. All of us working together to continue to provide library services for the last two years speaks to everyone’s dedication to Jackson County.”

Breed said her first order of business will be to reach out to community residents and organizations to see how the library can help everyone achieve their goals.

“It has been 12 years since I’ve lived in Jackson, and I’m most interested in getting out into the community to get reacquainted,” Breed said. “I’d like to hear what’s important to our residents and find out more about how the library can help.”

Jackson District Library’s Spring Arbor Branch Closes, New Location to Open in January

*Contributed by the
Jackson District Library*

Library staff closed the Spring Arbor Branch of the Jackson District Library Monday, Nov. 28, as they work to move to a new building. Officials expect to open the new location to the public sometime in January 2023.

Jackson District Library officials purchased the former Spring Arbor Senior Center from Spring Arbor Township in March, paying \$400,000 for the parcel, which will expand the library’s footprint and allow for more material and more

meeting spaces, JDL officials said.

The Spring Arbor Branch of the library is currently located on the south side of the township maintenance garage at 113 East Main Street. The former senior center is located at 122 Star Road in Spring Arbor, within walking distance of the library’s current location. The current branch is 1,845 square feet, while the new building is roughly 5,000 square feet.

“The Spring Arbor Branch of JDL is one that has always had high foot traffic, and a number of local community organizations use the

space for programs and events,” JDL Director Sara Tackett said. “We’ve looked for options to expand at this location for years, and we’re excited to be able to open up the larger location soon.”

JDL staff will begin to move the materials and equipment from the old branch to the new over the course of December and January. Area residents who need to return materials can still do so when the branch is closed, using the drop box at the old location. However, patrons will be unable to place holds for pick up at the Spring Arbor

Branch when the branch is closed.

To find open hours for nearby branches, including the Concord, Hanover, and Parma branches, visit myjdl.com/locations.

Jackson District Library officials plan to renovate other branches across the county in the next couple of years, adding to a growing list of renovations, including expanding the Brooklyn Branch in 2020 and introducing a new bookmobile in 2021, among other initiatives.

“We’re always looking for ways to improve access for Jackson County residents,” Tackett said.

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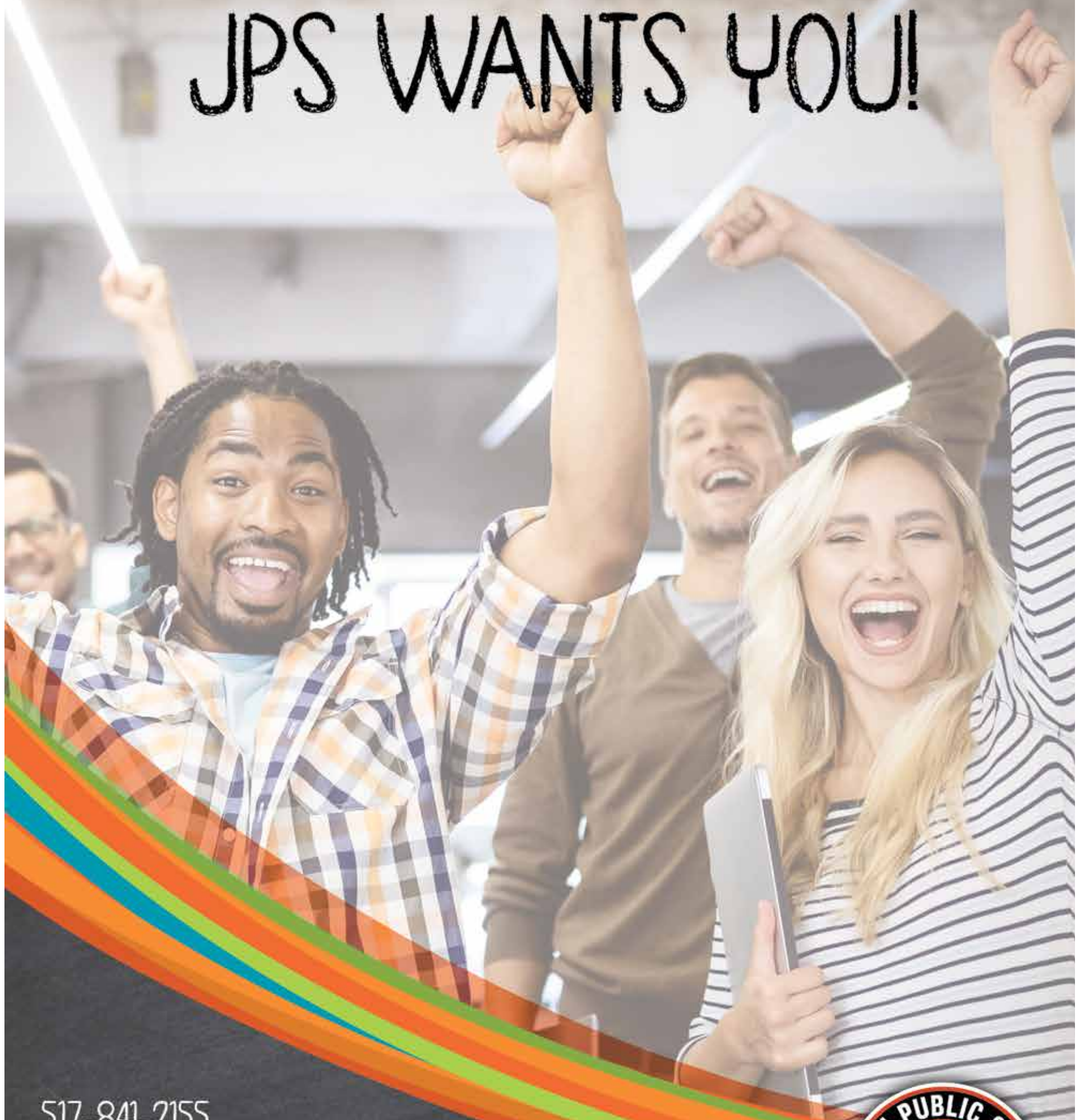
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Application: <https://www.kettering.edu/admissions/scholarships-kettering>

The John F. and Anna Lee Stacey Scholarship Fund
Eligibility:
The scholarship is open to United States citizens only, both men and women, single or married, irrespective of race, creed or color. The age limit is between 18 and 35 years.

Description:
The purpose of the Scholarship, in accordance with the clear stipulation of the Stacey's will, is to foster high standard in the study of form, color, drawing, painting, design, and technique, as these are expressed in modes showing patent affinity with the classical tradition of Western culture.

Here are some suggested subject categories for artworks. It is not necessary to provide something from each category:

- Painting from life
- Drawing from the figure (nude)
- Composition
- Landscape
- Any other examples of your work which you think advisable

Award: Vary from \$500 to \$5,000
Deadline: February 1, 2023
Application: <https://nationalcowboymuseum.org/learn-discover/stacey-scholarship-fund/>

ANS John & Muriel Landis Scholarship
Eligibility:
• Undergraduate and graduate scholarships are open to ANS student members enrolled in a course of study relating to a degree in nuclear science or nuclear engineering.
• All applications must be sponsored by a faculty advisor of an ANS Student Section or an individual ANS member.
• U.S. and non-U.S. residents may apply if they are enrolled in and attending an accredited institution in the United States with an established ANS Student Section or Alpha Nu Sigma chapter.
• Incoming freshmen awards are open to gradu-

ating high-school seniors who have enrolled, full-time, in college courses and are pursuing a degree in nuclear engineering or have the intent to pursue a degree in nuclear engineering.
Description:
The American Nuclear Society believes in rewarding its members for their academic, services and leadership excellence. To do so, scholarships are granted to qualified student members of ANS Student Sections who have demonstrated a high commitment to the standards set by the Society's constituents.
Award: \$5,000
Deadline: February 1, 2023
Application: <https://www.ans.org/scholarships/landis/>

Society of Women Engineers Sophomore - Graduate Scholarships
Eligibility:
• Only candidates who identify as female may apply.
• Undergraduate/community college applicants must be planning to study an ABET-accredited program in engineering, technology, or computing in the upcoming academic year.
• Masters and PhD candidates must be enrolled or accepted at a school with ABET-accredited programs in engineering, computing, or technology.
• Applicants must be planning to attend full time (exceptions are made for re-entry and non-traditional applicants).
• Applicants must not be fully funded for tuition, fees, and books and equivalent.

Description:
The SWE Scholarship Program provides financial assistance to women studying community college, baccalaureate, or graduate programs, in preparation for careers in engineering, engineering technology and computer science. In 2018, SWE awarded approximately 260 new and renewed scholarships valued at over \$1,000,000.
Award: \$3,000
Deadline: February 1, 2023 for sophomores and above and March 20, 2023 for freshmen 5:00 PM Central time.
Application: <https://scholarships.swe.org/applications/login.asp>

Army ROTC Scholarships
Eligibility:
• Be a U.S. citizen between the ages of 17 and 26
• Have a high school diploma or equivalent and a GPA of at least 2.50
• Score a minimum of 1000 on the SAT (math/verbal) or 19 on the ACT (excluding the required writing test scores)
• Meet physical standards
• Agree to accept a commission and serve in the Army on Active Duty or in a Reserve Component (Army Reserve or Army National Guard)
Description:
The Four-Year High School Scholarship is for high school students planning on attending a four-year college program. Contact your high school academic advisor or campus Military Science department for more information.

Award: See Instruction and application
Deadline: The application must be started by February 4, 2023 @ 11:59pm EST. If the applicant has started an application by February 4, 2023, the applicant has until March 6, 2023 @ 11:59pm EST to complete all requirements.
Application: <https://www.goarmy.com/rotc/high-school-students/four-year-scholarship.html>

Calvin J. Peterson Memorial Scholarship
Eligibility:
Applicant must be:
• a member of Service 1 Federal Credit Union or the child or grandchild of a member of Service 1 Federal Credit Union.
• a high school or college student who plans to enroll or is already enrolled in an undergraduate course of study at an accredited 2 or 4-year college or university.
Description:
College is expensive. Service 1 FCU can help! The 2021 Calvin J. Peterson Memorial Scholarship application period is open to Service 1 Federal Credit Union members and their families. College-bound high school and current college students can apply for a \$1,000 scholarship to help with education expenses for the 2023-2024 academic year.
Award: Two \$1000

awards
Deadline: February 3, 2023
Application: <https://www.service1fcu.com/youth/scholarship-program>

AMS Freshman Undergraduate Scholarships
Eligibility:
To be eligible to apply for this scholarship:
• Applicants must be U.S. citizens or hold permanent resident status.
• Applicants must have a GPA of 3.0 on a 4.0 scale.
• Applicants must be entering their freshman year of college in the fall of 2023 as a full-time student and plan to pursue a degree in the atmospheric or related oceanic or hydrologic sciences. Marine biology does not meet this requirement.
Description:
The American Meteorological Society is pleased to announce the AMS Freshman Undergraduate Scholarship program, open to all high school students and designed to encourage study in the atmospheric and related sciences. Serving as a unique example of various sectors of our field joining together to support young, talented minds, the scholarships are being sponsored by partners in industry, as well as through named scholarships either established by an AMS member or in memory of someone.

Award: \$5,000 - awarding \$2,500 each year for freshman and sophomore years
Deadline: February 3, 2023
Application: <https://www.ametsoc.org/index.cfm/ams/information-for/students/ams-scholarships-and-fellowships/ams-freshman-undergraduate-scholarship/>

Drive2Life PSA Contest
Eligibility:
This national contest is open to all students from grades 6 - 12.
Description:
Challenge your students to enter the Drive2Life Contest by creating a script or storyboard for a 30-second public service announcement (PSA) to help prevent distracted walking. Applicants must be in grades 6-12 and must create a storyboard or written script

on 8.5x11-inch paper for a 30-second public service announcement to help prevent distracted driving. The grand prize will be a \$1,000 scholarship and a plus a chance to produce his or her PSA with a New York City area-based Emmy Award-winning producer, which will be featured on Teen Kids News
Award:
One Grand Prize: \$1,000 plus a chance to produce his or her PSA with a New York City area-based Emmy Award-winning producer, which will be featured on Teen Kids News.
Four Runner-Up Awards: \$500 each.
Deadline: Check the new deadline announced in January 2023.
Application: <https://www.nrsf.org/contests/drive2life>

Vegetarian Resource Group Scholarships
Eligibility:
• Students must be in their Senior year attending high schools in the U.S.
• Students must demonstrate an active role and a strong commitment in promoting a vegetarian/vegan diet and lifestyle (vegetarians do not eat meat, fish, or fowl).
• Students must attend a college or university in the U.S.

Description:
Students must submit an essay, a copy of their transcripts for the last two years of high school, a minimum of three recommendations of which at least one recommendation must come from a teacher, and documentation regarding their passion and promotion of vegetarianism (such as published articles, photos, and newspaper stories).
Applicants will be judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegetarian diet/lifestyle. Winners of the scholarships give permission to release their names to the media. Applications and essays become property of The Vegetarian Resource Group. We may ask finalists for more information
Award: One award of \$10,000 and two awards of \$5,000
Deadline: February 20, 2023
Application: <http://www.vrg.org/student/scholar.htm>

Weather vs. Climate

By Jean McKim,
Imagine Planet

Interesting weather we've been having. As I write this, we have just endured a frigid snowstorm and blizzard. My car's doors even iced shut! As winter weather is at the forefront of our minds, it is fitting to talk about weather and climate this month.

Weather and climate are two different things. Weather is defined as the state of the atmosphere at a place and time as regards heat, dryness, sunshine, wind, rain, etc. Climate, however, is defined as the weather conditions prevailing in an area in general or over a long period. The best way I have heard it explained is that weather tells you what to wear that day and climate tells you what clothes to buy. So on a cold day, you might want to wear a winter coat (weather), but the climate helped you expect cold weather and buy one beforehand (hopefully on sale). Weather is measured with a thermometer and precise measurements, whereas averages describe climate.

Average is a confusing term as it can measure the mean, the mode, or the median. These are fundamentally different numbers and explain some of the variations in numbers that

people use. A data point is one particular temperature at a specific time at a defined place. This should be the same regardless of what thermometer you use.

We generally measure temperature in degrees Fahrenheit, but remember, the rest of the world measures in degrees Celsius. When we talk about climate, we are using averages. So one very cold day here in Jackson does not disprove global warming since global warming is a trend based on average temperatures at many locations worldwide.

Many measurements influence an area's climate, but temperature and precipitation are the most important. Factors that affect temperature include latitude (closeness to the equator), prevailing wind, altitude, and distance from the sea (or a Great Lake). The amount of carbon dioxide and other greenhouse gases determines the average temperature of the earth. The geography of an area, such as mountains and large bodies of water, can influence precipitation.

We have been measuring temperatures around the world for a few hundred years, but temperatures can be calculated from ice cores, oxygen ratios, and other methods like fossil plants. NOAA at [climate.gov](https://www.climate.gov)

has a fascinating summary of temperatures through geologic time (<https://www.climate.gov/news-features/climate-qa/whats-hottest-earths-ever-been>). The fact that we are in a cooler period and the earth has been much hotter does not mean that global warming is not a problem. Modern human civilization, with its permanent agriculture and settlements, has developed over just the past 10,000 years or so. As the continents have been moving through time, which affects mountain ranges and distance from water, it is hard to compare the same place over hundreds of millions of years.

Science is a way of looking at things that are based on data. Interpreting the data is the trickier part. Scientists make predictions based on models, and when these predictions come true, the model is considered a good one. Many predictions about climate made in the 1970s are now coming true. I hope we listen in time.

This winter, learn about weather through a fun, at-home activity. Put black construction paper in the freezer and then catch snowflakes on it. The cold surface keeps the snowflakes just a little longer. See how many different snowflakes you can find!



Adult Education at Jackson Area Career Center Expands Options for Medical Programs

Contributed by the
Jackson Area Career Center

The Jackson Area Career Center's Adult Career Education program is making it easier for people to reach their career goals and build professional skills related to the health-care industry.

Starting in January 2023, health career classes will be offered in various formats, including online, in-person, and a hybrid of both. The revised delivery of curriculum is based on feedback from working students and those with families who wanted more options to meet their needs.

Classes include Medical Assistant, Medical Office Assistant, Medical Insurance Billing & Coding, Phlebotomy, Electrocardiography, and Patient Care Technician. The revised curriculum also means shorter and more frequent classes while keeping the overall length of the program the same.

Pricing has also been revamped and now includes books, a blood pressure kit, and national testing review materials.

All classes offered take less than a year to complete, with some taking as little as a couple of months. Upon completion, students will be prepared with the latest skills and tools to start a new career or add to a resume. Students are also prepared to test for industry-approved national credentialing exams.

In addition to many medical classes, the Career Center's Adult Career Education program also offers classes to enhance a hobby or passion, like welding and auto body. All classes are offered in the evenings. For more information, visit the Adult Career Education at the Jackson Area Career Center's website at <https://www.jcisid.org/adultcareered> or on Facebook at <https://www.facebook.com/jaccadultcareered>.

Henry Ford Health Names New President of Henry Ford Jackson Hospital

Contributed by
Henry Ford Health

Henry Ford Health System has announced the new president for Henry Ford Jackson Hospital in Jackson, MI. Emily Moorhead, FACHE, has accepted the key position, effective immediately. Moorhead served as interim president since February 2022, and prior to that, she was the Chief Operating Officer.

Moorhead will lead the Henry Ford Jackson campus in collaboration with the executive leadership team and oversee the hospital's planning and operations. She will continue the focus on providing a high-quality, safe environment while emphasizing patient, team member, and physician engagement.

"I am continually inspired by the strength and heart of this organization," said Moorhead. "It is truly an honor to continue to work with such a strong team and committed community."

A seasoned executive leader, Moorhead brings more than 15 years of ex-

perience to the role. Before coming to Henry Ford Health, she held leadership positions in hospital operations and health system strategy at Tenet and Trinity Health.

"Emily is a transformational leader," said Denise Brooks-Williams, Henry Ford Health's Senior Vice President and Chief Executive Officer of Market Operations. "We are so pleased she will have the opportunity to build on the momentum she's already inspired in this critical leadership role, both for the hospital and the communities that count on us for care."

Henry Ford Jackson Hospital Board Chair Martha Fuerstenau, President/CEO, American 1 Credit Union, said, "Emily has consistently demonstrated her passion for improving the overall health of the communities we serve and the well-being of the team who serves them. That passion, coupled with her proven ability to lead strategic direction and operational improvements, make her the ideal fit."

A graduate of Michigan State University, Moorhead went on to complete a master's degree in business administration—with a specialty in Strategy and Organizational Development—at the University of Michigan. She holds numerous certifications. Most notably, Moorhead is a Fellow in the American College of Healthcare Executive and is proficient in Lean, Six Sigma, Workflow PI, Change Management, and the Theory of Constraints. She is an active volunteer for Junior Achievement and Detroit Rescue Mission and has received the Health Leaders Fellowship Award for Civic Engagement with local, state, and national public policy experts. Moorhead also graduated from the Carol Emmott Fellowship in 2022, a non-profit organization committed to the advancement of gender equity in healthcare leadership.

About Henry Ford Health
Serving communities across Michigan and be-

yond, Henry Ford Health is committed to partnering with patients and members along their entire health journey. Henry Ford Health provides a full continuum of services – from primary and preventative care, to complex and specialty care, health insurance, a full suite of home health offerings, virtual care, pharmacy, eye care, and other healthcare retail.

It is one of the nation's leading academic medical centers, recognized for clinical excellence in cancer care, cardiology and cardiovascular surgery, neurology and neurosurgery, orthopedics and sports medicine, and multi-organ transplants. Consistently ranked among the top five NIH-funded institutions in Michigan, Henry Ford Health engages in more than 2,000 research projects annually. Equally committed to educating the next generation of health professionals, Henry Ford Health trains more than 4,000 medical students, residents, and fellows every year across 50+ accredited programs.



With more than 33,000 valued team members, Henry Ford Health is also among Michigan's largest and most diverse employers, including nearly 6,000 physicians and researchers from the Henry Ford Medical Group, Henry Ford Physician Network, and Jackson Health Network.

The health system is led by President and CEO Robert G. Riney and serves a growing number of customers across 250+ locations throughout Michigan, including five acute care hospitals, two destination facilities for complex cancer and orthopedics and sports medicine care, three behavioral health facilities, primary care, and urgent care centers.



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New Year, Better You: 5 Achievable Goals for Your 2023 Resolutions

(BPT) - A new year is just around the corner, so it's time to brainstorm resolutions and goals for 2023. If you've made resolutions in the past and haven't stuck to them, you might be discouraged from even trying to make one for the coming year. It's likely that the goals you picked weren't attainable or sustainable for your life.

Instead of making lofty promises that are unachievable, start with small, modest changes that you can accomplish and build upon in years to come. Not sure where to start? Check out these five achievable goals for 2023.

1. Learn or resume a hobby

If you don't have a hobby or have let it go by the wayside, dedicate some time this year to doing something you enjoy. Hobbies aren't just activities we do for fun; they can have immense mental and physical health benefits.

According to VeryWell Mind, enjoyable activities can help you reduce stress, lower blood pressure, and combat depression. You don't have to engage in your hobbies every day to reap the benefits. One study showed that engaging in a physical leisure activity for 20 minutes a week helped people feel less fatigued.

Whether you get back into knitting or playing guitar, or pick up a new hobby like painting or ballroom dancing, you're carving out time for yourself that can take your mind off the stresses of everyday life.

2. Move your body

This year, make it a goal to get your body moving. That doesn't mean you

have to exercise every day for hours at a time. According to the Centers for Disease Control and Prevention, adults need 150 minutes of moderate-intensity activity each week. That may sound like a lot, but it breaks down to 30 minutes a day, five days a week.

Take it slow if you're new to working out or it's been a while since you've exercised. You can even break up 30 minutes of daily activity into smaller chunks. For example, you can do 10 minutes of brisk walking or aerobic exercises three times a day or 15 minutes twice a day. By breaking up your movement goal into smaller chunks, you can naturally find breaks throughout your day to get moving.

3. Invest in your health

If you want to live a long healthy life, you need to invest in your health. Nicole Avena, PhD, Associate Professor of Neuroscience, Mount Sinai School of Medicine and Author of Why Diets Fail, says, "In addition to a healthy and balanced diet and getting an adequate amount of exercise, it's important to cover all your bases like adding daily vitamins to your health regimen. Each person's dietary needs will vary slightly. While most people can get enough from diet alone, others may need to take a supplement, and nowadays, there are many vitamin options for men and women of all ages."

To ensure that you receive essential nutrients, consider taking a daily multivitamin like vita fusion MultiVites which is an excellent source of 12 vitamins and minerals. Offering a

selection of multivitamin gummies to support the consumer's unique needs, vita fusion is America's #1 adult gummy vitamin brand and the only gummy vitamin brand with a fusion of natural fruit flavors. To learn more, visit vita fusion.com.

4. Mindfulness

You've probably heard about mindfulness, but do you know what it is and its benefits? Simply put, mindfulness is being aware and fully present in your body, mind, and environment. According to the National Institutes of Health, practicing mindfulness can have several positive impacts on your health and well-being, including reducing anxiety and depression, lowering blood pressure, and im-

proving sleep.

A popular way to practice mindfulness is meditation, but it's not the only way. You can practice breathing or grounding exercises, go on a walk or take stock of how your body is feeling in the present moment. Mindfulness practices can be short or long, but to start, you can carve out five minutes a day in the morning or at night to get in touch with your awareness.

5. Improve your finances

A common New Year's resolution is to be better about saving and spending. According to the American Psychological Association (APA), 72% of adults report feeling stressed about money at least some of the time. While there isn't

a one-size-fits-all plan for improving your financial well-being, there are simple ways to assess your finances and target areas for improvement.

In January, track all your income and expenses. You can do this by using an expense sheet, or you can download an app to make things easier. Once you know where your money is coming from and where it's going, you can identify areas where you could be spending less and saving more and set financial goals for the year.

Small changes can add up quickly and turn into lifelong habits. Using these five tips, you can start the year on the right foot and invest in yourself now and for years to come.



GAME TIME!

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVES
FOR SOCIAL RESPONSIBILITY



WINTER 2023 YOUTH SPORTS


The Y is the starting point for many youths to learn about becoming and staying active and developing healthy habits. Youth sports help build stronger skills and self-confidence.

Youth Sports


Held Saturday mornings
Session I: Jan. 21 - Feb. 25
Session II: Mar. 4 - April 15
Ages 3-12
See reverse side for complete details

Soccer & Intro to Tumbling
Session I and II: At the YMCA at 9-10 AM
Basketball & Rock Climbing
Session I and II: At the YMCA at 10:15-11:15 AM
Each Saturday starts with team warm-ups and drills followed by a 30 minute game.
Coaches Needed
Give back by coaching youth soccer or basketball. Y coaching swag will ensure you are ready to play!
Contact sam@jacksonymca.org to sign up.

Register: Call 517.782.0537 or online at JacksonYMCA.org



THE MORNING SHOW



LIVE LOCAL POSITIVE COMMUNITY COVERAGE

