

# J.A.C.K.S.O.N

JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



# New Year, New Y

- page 5

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Jackson Area Collaborative Knowledge Source. Our mission is to inspire community unification and promote the voices of organizations and individuals in Jackson County through a collaborative monthly publication.

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**Stefanie Riggs**  
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**EST. 2015**

*Learn to Love Your Hometown*

# New Year's Resolutions

*By Val Herr*

Nearly 40% of Americans make New Year's resolutions, and only about 1% keep them. While the new year is an opportunity for new chances, new opportunities, and growth, it is also a time when people set unobtainable goals. This year,



I suggest we flip the script and instead set small monthly goals that fill your soul rather than goals that deprive you of things. I'm all for getting healthy, being more active, and being financially responsible, and there are ways to accomplish these goals that are growth-oriented.

If you wish to become healthier, instead of focusing on what you can't or shouldn't have, try taking cooking classes, hosting friends for dinner to try new foods, or going to a different grocery store, which forces you to really look instead of just knowing where all your favorite foods are located.

If you wish to become more active, opt for volunteering at one of our local shelters to walk the dogs rather than purchasing a gym membership that often goes unused. Additionally, this is a wonderful way to be more active and give back to your community.

If finances are a goal, don't try doing it alone. Many of our local financial institutions offer classes to help. Set up a friend group to support one another. This group can also come up with creative ways to save money. Here are a few ways to work together: trade babysitting, instead of going out to dinner host dinners for each other, trade books, borrow tools from each other instead of buying new, volunteer as a group instead of going to the movies, or host a clothing swap.

2024 is a new year. Set yourself up for success, not failure. You are important, you have value, and you can accomplish anything. Believe in yourself and make 2024 your year.

the Y

**New Year, Better You!**

Get Started at the Y

**\$0 JOIN FEES**  
through January 31

JacksonYMCA.org

THE Bart Hawley SHOW

THE MORNING SHOW JTV

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# New Central Campus in City of Jackson for Jackson County ISD

By Aaron Dimick,  
City of Jackson

Public Information Officer

When the Jackson County Intermediate School



District (JCISD) set out to find a central location to improve services, they looked to the heart of the Jackson area. "The City of Jackson is geographically in the middle of the county, allowing for more efficient bus- ing and staffing to serve students," said Superintendent Kevin Oxley. Leaders didn't have to look long before they found the perfect opportunity in the City, the former Frost Elementary School on S. Wisner Street. Closed and facing demoli-

tion, district leaders saw the school as a solution for both JCISD and Jackson Public Schools (JPS).

JPS saved the projected \$1 million they would have spent on demolition and put it toward other facility renovations. "JCISD was able to solve our facility problems by renovating the 125,000 square foot facility for a fraction of the cost of what building a new facility would take. This was truly a win-win-win for JPS, JCISD, and county taxpayers," Oxley said. Following a \$1 purchase from JPS in 2021, the ISD launched renovations to make the building a modern and accessible space.

In fall 2023, students were welcomed to the new Central Campus for its first full school year. The rejuvenated facility offers a wide range of special education

services for students ages 3 to 26, along with early childhood education. Maureen Keene, Assistant Superintendent and Director of Special Education, says students are also learning outside the building. "It allows us to take advantage of the bus line to teach our students to use public transportation, as well as makes local businesses more accessible to provide real-life educational opportunities for our students," Keene said.

Oxley says support from the community has helped make the new Central Campus a success. "The City worked with us on appropriate traffic flow, and Jackson County Parks helped by allowing us to park at The Cascades during construction. The intergovernmental cooperation was greatly appreciated," Oxley said.



Photo courtesy of the City of Jackson

Students with Autism Spectrum Disorder learn in a new classroom.




Photo courtesy of the City of Jackson

Front entrance of the Jackson County Intermediate School District (JCISD) Central Campus.




Photo courtesy of the City of Jackson

Teacher guides visually-impaired student in making a blanket.



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# Jackson County Animal Shelter's Adoptable Pets: Nova and Callie

*Contributed by the Jackson County Animal Shelter*

**Nova**

Nova is a cheerful and friendly seven-month-old Shepherd mix puppy. She embodies playfulness, curiosity, and boundless energy and is a joy to watch as she learns about the world around her. Nova enjoys engaging with toys and is currently in the process of learning to retrieve. Weighing about 46 lbs now, she is likely to grow just a bit more. Nova would greatly benefit from leash training and acquiring some basic commands. Come meet this tail-wagger today. Dog adoptions require an application, which you can find online here. The availability date is when the dog becomes JCAS property; however, any necessary medical procedures may

cause a slight delay in the adoption process. A mandatory meet & greet with your dog is essential. A cat room walk-through is available to test reactions. Dogs will be placed with approved applicants, and the adoption fee is \$150 for medium/large dogs and \$250 for puppies/small



dogs, which includes vaccinations, microchip, and sterilization.

**Callie**

Callie is a two-year-old, vibrant calico with beautiful green eyes. She is housed with other cats and gets along great with her feline neighbors. Affectionate and eager to greet visitors, Callie is on the smaller side, weighing just seven

lbs. Her demeanor is delicate and gentle. Won't you come meet this sweet girl today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan? Cat adoption fees are \$60 for one cat and \$80 for two, which includes applicable tests, vaccines, and spaying/neutering.

Any necessary medical procedures may slightly postpone an adoption. While visiting the shelter is always recommended,

you can also submit an online cat application here, fax it to 517-780-4750, or email it to animalshelter@mijackson.org. For more information, visit our website at mijackson.org/579/Animal-Shelter. Find us on Facebook or view all pets on Petango.com-Shelter Details. Current Shelter Hours: Mon, Tue, Wed, Fri 10:00-4:30, Thu 10-7, Sat 10-4:30.





# ENROLL TODAY!

## JPS Free Public Montessori K-5th Grade Program



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*Montessori Center*

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# The Jackson YMCA Project is a Go!

*Contributed by the Jackson YMCA*

After eight years of diligent work, including navigating a global pandemic, the Jackson YMCA is overjoyed to announce that it has successfully completed all necessary steps leading to construction of its transformative new facility in downtown Jackson, Michigan.

Final steps were completed in recent days with securing financing from County National Bank and a final GMP (guaranteed maximum price) agreement from lead contractor Granger Construction. The financing supports YMCA operations while capital campaign donors honor their pledged commitments.

“It is more than appropriate during this holiday season of waiting, hope and promise to express our joyful gratitude to finally announce being ‘construction-ready,’ said Shawna Tello, CEO of the Jackson YMCA since 2017. “While it takes a village to raise a child, this project has truly tapped into the talents, experience, and generosity of hundreds of people, not least of which are our valued members,” she noted.

“CNB is very proud to partner with the YMCA. They are a tremendous and longstanding asset in our community,” Joseph R. Williams, President & CEO, County National Bank

YMCA members are already seeing changes at the current facility as Y leadership temporarily moves offices to a nearby building that it owns on Franklin Street and the wellness center relocating to the small gym. Additional changes prior to the official start of construction on January 8, 2024, will include on-site construction equipment and office trailers. Members can find information on schedule adjustments at the current

facility due to construction at [www.jacksonymca.org](http://www.jacksonymca.org), Facebook, or address specific questions by writing to [construction@jacksonymca.org](mailto:construction@jacksonymca.org).

A brief ceremonial groundbreaking event is scheduled for February 1, 2024, in the large gym at the current YMCA. More information will be released closer to the event.

Collaborating with respected contractors like Granger Construction, GRO, and Colliers Engineering & Design firm, the Jackson YMCA dedicated recent months to streamlining the building project to align with its \$25 million budget. This meticulous effort resulted in significant cost savings, preserving \$5 million while ensuring the continuation of crucial member benefits.

The reimagined Jackson YMCA will include a new 13,000-square-foot

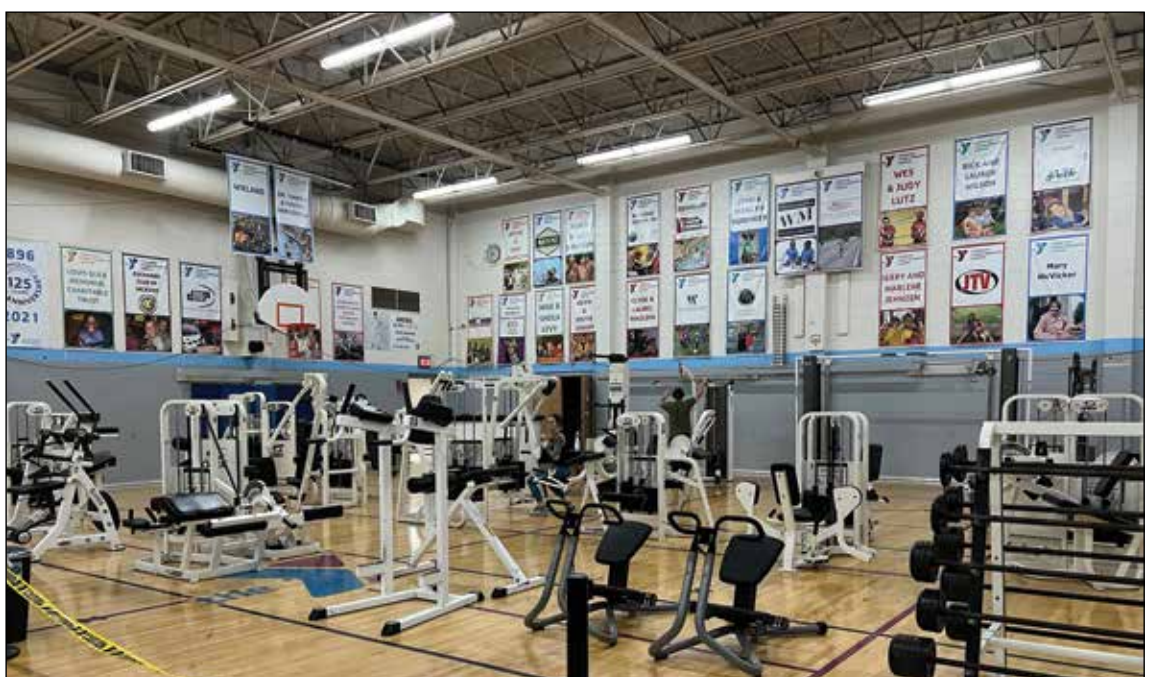
addition featuring a new entry and commons area, Kid’s Zone, wellness space, and improved access to all levels of the building. Renovations will

enhance the track, currently accessed by a narrow spiral staircase and elevator, along with upgrades to the HVAC system, lighting, finishes, overall accessibility, and the ability to provide state-licensed childcare.

### About the Jackson YMCA

The Jackson YMCA is a community-focused organization dedicated to promoting health and wellness through programs and services that nurture the potential of every individual and family in the greater Jackson area. For more information, visit <https://www.jacksonymca.org>.

Jackson YMCA Media Contact: Stefanie Riggs, Executive Director of Development and Community Relations at [stefanie@jacksonymca.org](mailto:stefanie@jacksonymca.org) or 517-782-0537.



# Sleep & Your Child: How You Can Build Healthy Sleep Routines

*Contributed by  
Community Action Agency*

Sleep is essential to your child's learning, growth, and behavior. Children who get enough sleep regularly do better in school and have fewer behavioral issues. A regular bedtime routine can help your child get enough sleep and make bedtime more manageable for you!

## Ideas to Build Your Own Bedtime Routine

- Consider what time the bedtime routine will start
- Turn off screens
- Take a bath
- Brush teeth
- Take a bathroom break
- Read stories
- Head to bed!

## How Much Sleep Does Your Child Need?

- Infants (0-12 months): 14-15 hours throughout the day
- Toddler (1-3 years): 12-14 hours throughout the day
- Preschoolers (3-5 years): 11-13 hours throughout the day
- School-age children (5-12 years): 10-12 hours

## How Do You Know When Your Child Isn't Getting Enough Sleep?

- "He gets really excited and hyper. He wants to run around and won't sit down,

but I know he really needs to rest."

- "Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."

- "He will have a meltdown that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."

- "Moody, he gets really moody. And I check in to ask if he's tired."

- "She just sort of falls apart when she hasn't had enough sleep, and starts acting out."

If your child shows these signs, they may need more sleep or fewer interruptions at night.

## Tips for Building a Bedtime Routine

- Set a regular bedtime: this includes the weekends.
- Start your child's bedtime routine about 30-60 minutes before their bedtime. This allows your child to recognize it's time for bed and for you to spend quiet time together.
- Pick out clothes and other things your child may need.
- Provide an area that is safe, comfortable, and mainly used for sleep so there will be fewer interruptions.

- Offer quiet activities: reading a book or listening to soft music helps if your child is struggling to fall asleep.

- Turn off the TV or video games: these make it harder for your child to fall and stay asleep.

- Limit drinks: beverages high in sugar or caffeine before bed, such as juice, tea, and soft drinks should be avoided.

- Offer time that allows

for quiet conversation: talk about your child's day, favorite things, or sing a quiet song together.

## What Do You Like to Do With Your Child Before Bed?

- "We like to read a few books. Sometimes, she will read them back to me."

- "We sing my favorite song from when I was a child."

- "We like to snuggle a few minutes before bedtime. It is my favorite part of the day."

- "He likes it when I scratch his back for a few minutes. It really helps him calm down."

*Information courtesy of the National Center on Early Childhood Health and Wellness.*

*\*Revised from the February 2022 edition.*

## Picture a Bright Future - **APPLY NOW!**

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SNAP benefits are now accepted for eligibility!

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- Children with disabilities
- Families experiencing homelessness





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[greatstartjackson.org](http://greatstartjackson.org)

**HILLSDALE:** (517) 257-9287  
[greatstarthillsdale.com](http://greatstarthillsdale.com)

# WE ARE HIRING!



**JACKSON PUBLIC SCHOOLS IS LOOKING FOR STAFF TO SUPPORT TEACHERS IN EACH OF OUR BUILDINGS.**

## PARAPROFESSIONALS

Part-Time (5.5 hours per day)  
Aides with instruction of students, oversees recess and lunch  
Starting pay range: \$13.54-\$15.84/hour

## TEACHER ASSISTANTS

Full-Time (7 hours per day)  
Works with Special Education Students throughout the school year, including in the class  
Starting pay: \$16.91/hour

*Both positions include paid holidays, paid time off, and summers off.*

*Interested candidates should visit <https://www.applitrack.com/jpsk/onlineapp/> or contact [sarah.ebersole@jpsk12.org](mailto:sarah.ebersole@jpsk12.org)*



# College & Career Access Center, January Scholarships

## GE-Reagan Foundation Scholarship Program

**Eligibility:**  
Applicants must:

- Demonstrate at school, at the workplace, and within the community the attributes of leadership, drive, integrity, and citizenship;
- Demonstrate strong academic performance (minimum 3.0 GPA/4.0 scale or equivalent);
- Be citizens of the United States of America;
- Be high school seniors attending high school in the United States. Applicants living on a U.S. Armed Forces base are eligible. Home-schooled students are also eligible.
- Plan to enroll in a full-time undergraduate course of study toward a bachelor's degree at an accredited four-year college or university in the United States for the entire upcoming academic year.

**Award:** approximately 20 awards of \$10,000 each will be granted.

**Deadline:** January 4, 2024 at 3:00 PM (CST)

\* If the program reaches 25,000 applications before 3:00 PM CST on January 5, 2023, it will automatically close.

**Application:** <https://www.reaganfoundation.org/education/scholarship-programs/ge-reagan-foundation-scholarship-program/>

## The Sacks for CF Scholarship

**Eligibility:**  
The undergraduate and graduate award is made annually to 30 people who strive for therapy adherence and academic success. Applicants are required to provide all of the following documents in order to be considered:

- Application
- Recent photo
- Letter from physician (on letterhead) confirming CF diagnosis and therapy routine
- Transcript (high school, college and/or graduate school)
- Detailed breakdown of tuition costs from academic institution
- W2 form for both parents

The Sacks for CF Scholarship is related to quarter-back sacks made during the NFL season. For every sack recorded during NFL Monday Night Football games, the Sacks for CF Scholarship Program receives a donation from a Boomer Esiason Foundation corporate partner. Sacks for CF funds are awarded annu-

ally to 30 college students, based on their academic achievements and adherence to daily CF therapy. "Sacks for CF" means money in the bank for college students who have cystic fibrosis.

**Amount:** \$3,000 to \$10,000

**Deadline:** January 5, 2024

**Application:** <https://www.esiason.org/assistance/scholarships/sacks-for-cf-scholarship/>

## Automotive Women's Association Scholarship

**Eligibility:**

- Applicants for consideration of this scholarship must be accepted to an accredited college or university.
- Applicants must have and maintain a minimum of a 3.0 GPA during a scholarship-funded semester.
- If an applicant cannot accept the scholarship or if education is interrupted, the status of funds will be reviewed by AWAFF Scholarship Committee.
- The scholarship funds awarded will be valid at the college or university to be used toward tuition and fees.
- The scholarship check will be awarded in the name of the applicant, student ID, and the educational institution.
- Scholarship awards will be chosen by application. AWAFF Scholarship committee may conduct interviews.

- Applicant must give written or electronic notification of acceptance within five (5) days of award notification.
- This scholarship is open to North American, female citizens.

**Description:**  
AWAFF's mission and vision empowers women in automotive, mobility and related industries through mentorship, professional and educational opportunities. This supports our goal of having a diverse talent pipeline that is more representative of the world around us. Our hope is these education tuition scholarships eases financial burdens, allow more study time, enable the discovery of new technologies and application methods, and affect tangible opportunities and experiences.

**Award:** \$2,500

**Deadline:** January 8, 2024

**Application:** <https://awaffoundation.org/Scholarships>

## APIASF Scholarship Program

**Eligibility:**

- Asian and/or Pacific Islander ethnicity as defined by the U.S. Census
- Citizen, national, or legal permanent resident of the United States. Citizens of the Republic of the Marshall Islands, Federated States of Micronesia and the Republic of Palau are also eligible to apply
- Be enrolling as an undergraduate student in a U.S. accredited college or university in the Fall of 2023.
- Have a minimum cumulative GPA of 2.7 on a 4.0 scale (unweighted) or have earned a GED
- Must apply for federal financial aid using the Free Application for Federal Student Aid (FAFSA)
- Submit one letter of recommendation online.
- Please read the scholarships by supporter details for specific eligibility requirements regarding the academic standing required for each scholarship.

**Description:**  
The APIA Scholarship Program application must

be completed online and submitted electronically once all of the required questions have been answered. You do not have to complete the online application in one sitting. Until you are ready to submit, you may access your application and edit your answers as many times as you like with your login from any computer with internet access.

**Award:** Ranges from one-time \$2,500 awards to multi-year \$20,000 awards.

**Deadline:** January 9, 2024 at 5:00 PM (EST)

**Application:** <https://apiascholars.org/scholarship/apia-scholarship/>

## John F. Kennedy Profile in Courage Essay Contest

**Eligibility:**

- Essays can be no more than 1,000 words but must be a minimum of 700 words. Citations and bibliography are not included in the word count.
- Essays must be the original work of the student.
- John F. Kennedy, Robert F. Kennedy, and Edward M. Kennedy are not eligible

subjects for essays.

- Essays must have a minimum of five sources.
- Essays about past recipients of the Profile in Courage Award will be disqualified unless they describe an act of political courage other than the act for which the award was given.

**Essay Topic:**  
Essays must describe an act of political courage by a U.S. elected official that occurred during or after 1917, the year John F. Kennedy was born. The official may have addressed an issue at the local, state, or national level. John F. Kennedy, Robert F. Kennedy, and Edward M. Kennedy are not eligible subjects for essays.

\*See Contest Information and 'Topic Guidelines' and 'Helpful Tips for Writing Your Essay' for more information.


**Award:** \$10,000 First Prize. Cash awards for the top 15 essays.

**Deadline:** January 12, 2024 at 11:59 PM (EST)


**Application:** <https://www.jfklibrary.org/learn/education/profile-in-courage-essay-contest/getting-started>.

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