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Its Time to Get More Kids Biking

By Elizabeth Farmer & Sarah Nisenson

(BPT) - For kids, biking is one of the gateways to growing up. Popular films and TV hits such as "E.T. the Extra-Terrestrial" and "Stranger Things" highlight the joy a bike can bring as a fun way to explore or spend time kicking around the neighborhood. Yet, according to a study from the Outdoor Industry Association, bike riding among kids declined 19% between 2007 and 2019.

With the weather getting warmer, there are plenty of good reasons for anyone to get outside and ride a bike. Especially during this time of social distancing, bike riding offers the perfect opportunity to shake off cabin fever and safely enjoy the fresh air.

Benefits of Bike Riding

For tweens and teens in particular, there are many benefits of owning and riding a bike, including:

- It gets kids outside away from screens to enjoy fresh air and vitamin D-giving sunshine.
- It promotes cardiovascular health.
- It builds muscles, while improving balance and coordination.
- It improves mental health by helping to reduce anxiety or stress.
- It is good for the environment, offering an emissions-free mode of transportation.
- It helps build self-confidence and relationships with others who like cycling too.

Help for Foster Kids who Need Bikes

Unfortunately, not every kid has the opportunity to enjoy the many positive aspects of bike riding. Children in foster care, tweens and teens in particular, don't always have access to a bike, so they aren't able to experience this important milestone of growing up.

To help address this issue, Honeycomb cereal is donating \$50,000 to Together We Rise, a national nonprofit dedicated to helping improve the lives of youth in foster care. The donation will provide 600 bicycles to tweens and teens in foster care nationwide, helping them to build their confidence and experience the many physical and emotional benefits that having a bike brings.

Bikes have been part of Honeycomb's history since the 1970s, featured in its advertising and promotions. Kids growing up in the '70s and '80s fondly remember

collecting Honeycomb bike-sized state license plates, which were given away free inside cereal boxes each year. Honeycomb's latest

said Michelle Titus, senior brand manager of Honeycomb cereal. "Throughout its history, Honeycomb has been a champion of the small yet big moments for kids. This donation will make the dream of owning a bike a reality for these kids."

Safety Tips

Kids heading out on their bikes should follow basic guidelines to protect their health and safety. Remind your tween or teen to:

- Always wear a helmet, even for a short trip.
- Be visible by wearing bright clothing and using reflectors or lights to ensure others can see you, especially in the early morning or around sundown.

cially in the early morning or around sundown.

- Always use sunscreen to protect exposed skin from UV rays.
 - Stay hydrated by drinking plenty of fluids.
 - Stick to bike paths, if possible, rather than riding on the street.
 - Obey all traffic laws.
 - Stay alert while riding.
 - Don't use ear buds or headphones that could prevent you from hearing traffic or other dangers.
 - Don't use your phone or text while riding - stop and get off the trail to use any device.
- Now is the perfect time to get your kids biking and consider helping foster kids do the same. For more information about the Together We Rise Bikes for Foster Children program or how to sponsor a bike for kids who need one, visit TogetherWeRise.org.



"Always Be Big" spot features a bicycle with a nostalgic nod to the past.

"We're thrilled to team up with Together We Rise to give kids in foster care the chance to experience the fun and joy that biking brings,"

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City of Jackson Parks & Recreation Department Starting Safe Reopening

By Aaron Dimick
City of Jackson Public
Information Officer



A slow and safe re-opening of Jackson's parks and recreation programs is now underway!

Park facilities had been closed and recreation programs canceled since mid-March because of the COVID-10 pandemic. Due to recent easing of State of Michigan guidelines, the City of Jackson Parks and Recreation Department is once again ready to help improve Jackson's quality of life.

A safe reopening plan began June 6 with the re-opening of outdoor recreation facilities such as playgrounds, basketball courts, athletic fields and picnic shelters. Throughout June, the Ella Sharp Park Golf Course Clubhouse, Mini Golf Course, and Golf Learning Center were reopened. The Nixon Park Pool and Skate Park will not open for the summer 2020 season due to COVID-19 concerns and City budget restrictions.

Outdoor recreation programs are also resuming. The adult softball, adult soccer and youth programs are planned to start in July. Outdoor yoga and pilates classes are being offered in the open air of Jackson's parks through the fall.

Parks and Recreation Director Kelli Hoover says her department is closely following the latest directives from the State on what programs to restart. "We're looking forward to reopening parks and phasing in more recreation programs. Of course, we still encourage our residents to practice safe social distancing and to be aware of COVID-19 concerns. Allowing some outdoor activities will allow residents to participate safely and maintain distances," Hoover said.

It is possible more programs could be added throughout the summer if safety measures continue to ease.



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The Water is Open: 5 Tips to Relax & Recharge on a Boat

(BPT) - Looking to get away this summer while social distancing? With annual traditions such as camps and sporting events cancelled, the best way to seek relief and recharge with your loved ones may be to "Get On Board" for a summer on the water. Recent data suggests that interest in fishing and boating has grown amidst the COVID-19 pandemic. According to a recent Harris poll, 1 in 5 Americans said they're more likely to try these activities than they were prior to the pandemic. And among parents, the statistic is 1 in 4.

Numerous marine dealers across the country are reporting strong spring sales with consumers eager to get on the water, and Discover Boating, the nation's consumer boating resource, is seeing record growth in consumer web traffic and boat searches, signifying a high demand for close-to-home recreation.

With boating restrictions lifting nationwide and the COVID-19 response dictating where and how far people can travel, boating and fishing are ideal activities to de-stress and unwind, while naturally allowing you to abide by social distancing guidelines.

"The outdoors is a welcome remedy to stress and anxiety," said Dr. Sue Varma, a nationally recognized psychiatrist. "Being in nature supports each of the four 'M's of mental health: mindfulness, mastery, meaningful engagement and movement. In particular, being on the water encourages mindfulness by helping you get away from distractions, it supports mastery by teaching you a new skill, it provides meaningful engagement through quality time with others you may be quarantining with, and it promotes physical movement by getting you outside without requiring a strenuous workout. From a psychiatrist's perspective, it's a smart way to follow social distancing guidelines while prioritizing your health and wellness."

There are several easy ways to go boating or fishing, whether you're ready to buy a boat, test

the waters aboard different vessels, or seek solace fishing on water or ashore. Here are tips from Discover Boating to help you find your way to the water this summer.

Purchase your dream boat. Chart your own course to boat ownership by visiting DiscoverBoating.com, where you'll find a boat finder and loan calculator tool to help determine your budget and identify the different types of boats that fit your lifestyle and interests. The site can connect you with manufacturers whose boats best fit your needs and wants, plus learn about new boat shopping processes during COVID-19.

Join a boat club. Find a boat club near you to access a variety of boats. You'll pay a monthly fee and be able book your time on the water online. Most boat clubs take care of docking, cleaning, maintenance, and boat training courses, which all follow new CDC and social distancing guidelines.

Rent a boat. Rental options are available on most waterways and provide hourly, daily or weekly access to a variety of boat types. Rental outfitters give tutorials on operating a boat, provide safety instruction and offer suggestions on destinations.

Share a boat. Another rental option is peer-to-peer boat rentals. You can search by location or type of boat. Peer-to-peer rental services have tens of thousands of different boats available across the nation. You simply connect with the owner, find out what sort of gear is aboard the boat and included in the rental, and other details, and then hit the water. Most arrangements for boat sharing are made on an app or via computer, minimizing personal contact and eliminating the need to enter an office.



You can also inquire with the owners about their boat cleaning and sharing procedures to ensure a healthy transaction.

Go fish. There are thousands of bodies of water where you can cast a line. TakeMeFishing.org is an all-in-one resource to help anyone get started fishing in minutes. Features on the site include how-to guides, an interactive map of places to fish near you, and water access updates to help you fish safely while social distancing. You can even purchase your fishing license on the site.

Whether you're ready to purchase a boat or simply test the waters this summer, all marine businesses have new standard operating procedures following CDC guidelines to ensure the well-being of boaters and their staff. This includes personal protective equipment, socially distant classroom and on-water training, and enhanced sanitation protocol of boats.

Visit DiscoverBoating.com for a host of resources and tips for getting on the water, boat shopping, safe practices amid the pandemic, public access maps and more. Planning to "Get On Board" this summer? Use the social media hashtag #TheWatersIsOpen to share your boating and fishing moments.



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Learn to Be a Tourist in Your Hometown

Day Trip Ideas Close to Home

By Val Herr



I hope you all have been able to enjoy our beautiful Pure Michigan weather. According to places like AAA and tourist bureaus most people this summer will be staying closer to home for vacations. Day trips are a great and cheap way to enjoy family time. Here are a few of my top suggestions for a day trip.

1. Take a trip to Grass Lake. Stop by the Roaming Goat, 115 S Lake St and pick up an amazing beverage and lunch to go. Then head to Waterloo State Recreation Area. This is the third-largest park in Michigan, encompassing over 21,000 acres of forest, lakes and wetlands. Located in northeast Jackson County and parts of Washtenaw County, the park is the largest in the Lower Peninsula of Michigan and features 4 campgrounds, 11 lakes, a nature center, and over 50 miles of trails - some for horses, bicycles, hiking and cross-country skiing.

This is a perfect place to have a picnic lunch and enjoy a beautiful day. There is something here for everyone.

2. Now let's head to Brooklyn! As a new resident of Brooklyn I am excited to explore the breathtaking Irish Hills. A trip to Brooklyn isn't complete without a stop at Cherry Creek Winery. For over 100 years, four generations have been making wine. Based on their European roots, they built a boutique winery that makes award winning wines, using old world hand crafting. Located in a Historic 1870 Schoolhouse, this is one stop you don't want to miss!

3. A quick trip to Tipton MI, just outside of Brooklyn is well worth the drive. Hidden Lake Gardens 6214 Monroe Rd. While the buildings are closed guests can still view their amazing gardens. Hidden Lake Gardens was donated to Michigan State University (then Michigan State College) in 1945 by Harry A. Fee, an Adrian businessman. He had always dreamed of owning a lake, and, upon his retirement in 1926, he purchased Hidden Lake along with 200 acres of land surrounding it. He repaired and refurbished the old farmhouse, built a greenhouse, and began farming. He soon realized that the land was not suitable to conventional farming or raising livestock and so he began to grow nursery stock. Not wanting to compete with local nurseries during the depression he planted the stock on his own land in an effort to create a "series of pictures," a philosophy that we continue to strive for today. Mr. Fee described Hidden Lake Gardens as a "dream as you go development". He built a road in from Hwy. 50 and landscaped it with a shrub and perennial border. The lake was cleaned out and the small pond and rock garden were constructed. Afterwards there are several local restaurants that are sure to satisfy everyone: Jerry's Pub, Harold's Place and Patriot Pub and Grub are just a few.

While we all await the world to be back "to normal" it's important we take this time to make memories with our loved ones. If you had a big trip planned this summer and it can't happen there are still opportunities to travel within your own hometown and make memories that will last a lifetime.

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College & Career Access Center Prioritizes Safety in Reopening

Contributed by College & Career Access Center

We are excited to announce that effective Monday, June 15 2020, our office in the Jackson Crossing is reopen for business. The CCAC is taking greatest precaution in creating a work environment that places health as its highest priority for our clients and advisors. We will observe the following the health and safety guidelines:

- Maximum Office Capacity of 10 Individuals
- 6 Foot Social Distancing

- Protective Face Masks - Provided to Staff and Clients
 - Health and Sanitary Protocols for Team and Clients
- I've also attached some graphics that outline our reopening strategies and guidelines in detail.
- We look very forward to reopening our doors to the public and hope you will come and see us for assistance applying for local and national scholarship opportunities as well as all your post-secondary planning steps.



THE COLLEGE & CAREER ACCESS CENTER
REOPENING - JUNE 15TH

To ensure the safety and well-being of our advisors and clients, the CCAC will be reopening our office in the following phases:

PHASE I - June 15 - July 10
1 Advisor on Site - 10 Person Capacity
Monday - Friday 11a - 6p

PHASE II - July 13 - August 7
Scaled up Advisor and Client Capacity
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PHASE III - August - Continuing
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The Art of Disagreeing

By Alex Cash
Cocreative Life Coaching



Recall the last simple disagreement you had with someone. Maybe it was over the best pizza topping or the best movie of all time. In these situations, we can usually express our opinion and have a fun banter back and forth without any feelings getting hurt. However, when it comes to debating larger issues, such as politics, religion, and moral values, tensions can fly. Why can we so easily accept someone else's view on something simple, the best ice cream flavor, but have intense, Earth shaking disagreements over certain issues?

Disagreeing with people does not have to be as volatile as some make it

out to be. Do you find yourself shying away from hearing other people's opinions that might differ from yours? Do you step away from disagreement, upset and high strung? Follow these tips to make disagreeing with someone less of an emotional rush and learn how to keep your head cool when discussing hot issues.

1. Understand that the truth is not something that exists outside of you. We form our beliefs from our background, experiences, education, and outside influences. Since everyone has a different experience our opinions and beliefs are bound to differ. Many truths are subjective, and once you realize that your beliefs are vastly just your opinion, you may be more open to hearing other people's truths.

2. When a disagreement is happening listen, listen, and listen to the other person. Choose to take in what they are say-

ing with fascination and curiosity. Get them to fully explain where they are coming from so you can get one step closer to understanding them and their beliefs. This makes the person primed for discussion, rather than confrontation.

3. Realize that just because you are listening to the person or nodding, does not mean you are agreeing with them. Just because you are holding space for them to express their thoughts, does not mean they are talking you into anything. If you must express out loud that

you don't share the belief, but want to understand their perspective, politely do so. If a person's language or tone makes you uncomfortable, feel free to tell them let them know.

4. Approach the discussion with a logical mind, rather than an emotional one. Again, be curious about what there might be to learn from the situation. Instead of letting your emotions take you away, take a breath and choose how you'd like to react, instead of letting your emotions react for you.

Sometimes disagree-

ments result in yelling, and talking louder is not the way to be heard. Having the only opinion you deem worthy of hearing is not the way to find solutions for all. Holding space for a person to discuss their beliefs does not mean you believe what you believe less. Being open to listen to others' opinions can make you stronger and confident in your own. Instead of a heated argument, learning and understanding might even take place from one to the other. Check out what Alex has to offer a cocreative life



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