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Summer with Pets

- pages 2 , 4, & 7



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EST. 2015

Mutts in the Mitten: Making Your Summer Pup Friendly

By Morgan Riggs

In the Great Lake State, one of the summer activities many of us most look forward to is - you guessed it - lake days! Check out these tips if you want to bring your pup along for fun in the sun!

1. Plan your trip. While there are many pet-friendly places in our beautiful state, being mindful of where you can and cannot bring your furry friend can save you a headache later on. Using a site such as bringfido.com or calling potential stops on your trip prior to departing can help you plan the best route and find activities to make your summer unforgettable.

2. Pack for your pup. Packing may not be at the top of fun things on your list, but trying to find supplies in a new place can put a damper on your day. Ensure you have food, water, bowls, collars/leashes/harnesses, waste bags, and fun additions such as toys or life jackets!

3. Watch the weather. Depending on your dog's breed, age, coat length, and other individualized characteristics, heat may affect them in different ways. Research symptoms related to heat exhaustion, be conscientious of ground temperature, and have water accessible while you are out

and about. The American Red Cross and ASPCA have information on their websites to help keep your pets safe in the summer!

Whether your dog loves swimming, kayaking, dock diving, playing fetch or frisbee, or just taking a nap under the shade of a tree, enjoy summer together!

Pure Michigan's List of Dog-Friendly Destinations

- Baraga State Park
- Belle Isle Dog Beach
- Grand Haven City Beach
- Grand Mere State Park
- Kirk Park & Dog Beach
- Mackinac Island
- Marquette South Beach
- McLain State Park
- Orion Oaks Dog Park Beach
- Otsego Lake State Park
- Pictured Rocks National Lakeshore
- Port Crescent State Park
- Sleeping Bear National Lakeshore
- Tannery Beach
- Twin Lakes State Park
- Warren Dunes State Park
- Zoll Street Beach

Find the full list at michigan.gov/dnr/places/state-parks/pet-friendly.



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Learn to Love Your Hometown

Spend Your Summer on the Falling Waters Trail

By Val Herr



It is officially summertime in Michigan! That means time spent at the lake, picnics, park visits, and hitting the trails. Jackson County is fortunate to have a wide variety of trails, and I encourage you to visit several this summer. This month, I am talking about my personal favorite: the Falling Waters Trail.

Having lived just off the trail for a number of years, I can share from personal experience the numerous reasons why I chose to feature this community space. This paved trail is excellent for a walk, bike ride, or pushing a stroller. It is a wide, paved, relatively flat path, so you do not have to worry about pushing your stroller or pulling a wagon. At 10.5 miles long, there are many areas to explore and various access points along the way.

Here is a bit of history courteous of Jackson

County's website:

The Falling Waters Trail has Native American History. The earliest recorded inhabitants of the



Falling Waters Trails were the Pottawatomie natives, who had major encampments near the trail, as well as burial sites and council grounds. The

name, Falling Waters Trail, honors the Pottawatomie village of the "Kitch-ti'ki-pi" or Big Springs. Jackson County is the headwaters to four Michigan rivers, and the Land of Falling Waters was the Native American name for this area.

Don't have a bike but want to take a bike ride? Falling Waters Trail can help you out. You can purchase a day pass from the kiosk with a credit card. It is \$6 for 3 hours. The bicycle kiosk is located at the east end of the Falling Waters Trails, 3720 Weatherwax Dr.

Here are a few trail rules and courtesies:

- The trail is open every day dawn to dusk
- Please pay attention to and follow trail and traffic signs
- No horses or motor vehicles
- Please pick up after yourselves and pets
- Stay on the right side of the trail

Over the years, I have met people that come from out of town to enjoy this trail. It is truly a gem in Jackson. Pack up the family and a picnic lunch and enjoy all that Jackson has to offer.

Lomar's Highly Skilled Machinist Solves Set Up Time Challenge!

By Becky Dorian,

Lomar Machine & Tool Company

In an effort to increase part change over time on a new CNC Machine, Mike Jeppesen, a machinist and programmer at Lomar, designed a custom table that has resulted in incredible time savings. Mike has been with Lomar for 30 years and has solved a vast number of critical challenges during his tenure. The new HAAS VF-8 Machine had only been on the shop floor for a few days, working in conjunction with the other machines when an opportunity for a better way was apparent. Mike created his design for a custom table with perfectly spaced hold-downs for plates and vices, then worked with our Fabrication Department to pro-

duce the custom piece. Immediately, change over time and effort was eased! Lomar is now better leveraging the new dimension of high-speed machining for our customers with greater machining potential and speed, particularly to a variety of specialty 3-dimensional parts. By utilizing the new table to increase turnover and the higher horsepower of this machine model, our metal-cutting processes are now benefiting from rapid speed and feed rates to enhance productivity and surface quality.

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Mike Jeppesen, Lomar Machinist and Programmer



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Jenny Lewis
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Captain Steve
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Jackson County Animal Shelter's Adoptable Pets: Leaf and Abby

*Contributed by the
Jackson County
Animal Shelter*

Leaf

Meet Leaf, a four-year-old American Staffordshire mix that came in as a stray. He has a beautiful brown brindle coat, and while he came to us significantly underweight, he is growing healthier by the day. Just an easygoing guy, Leaf is mellow and gets along with everyone. He is also house-trained and walks nicely on a leash. Dog adoptions require an application that can be found at co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF. 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, and

a cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 for medium/large dogs and \$250 for puppies/small dogs, which includes vaccinations, microchips, and sterilization..



Abby

Abby is a sweet, three-year-old orange and white kitty with a medium-length coat. She was surrendered by her owner, who could no longer afford her. Somewhat like a big kitten herself, Abby is on the smaller side, weighing in at just 7 lbs. She had a litter of kittens, but now they are grown, and she is ready for her forever home. Abby is super friendly

and has a soft, gentle nature. Meet her today at the Jackson County Animal Shelter at 3370 Spring Arbor Road. The adoption fee is \$60 for one cat and \$80 for two, including applicable tests, vaccines, and spaying/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but you can complete an online application at co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF. Completed applications can be faxed to 517-780-4750 or emailed to animalshelter@mijackson.org. See our website for more information at jacksoncountyanimalshelter.org, and stay up to date by following us on Facebook. Current shelter hours are M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



Four Reasons Pet Parents Should Shop Local this Summer

(BPT) - There's been a resurgence of interest in supporting local businesses lately as more consumers realize the crucial role these businesses play within their communities - and the valuable personal connections gained from patronizing smaller, sometimes family-owned companies. This is especially true for your neighborhood pet store, where the staff and owners get to know you and your pets, providing a unique level of connection and care for your pet's health.

Here are the four main reasons to support your local businesses - especially neighborhood pet stores - and what you (and your furry friend) gain in return.

Neighborhood Pet Stores Help Foster Connection

What better place to chat about your pet's quirks, charms, and needs than at your neighborhood pet store? Many pet store owners, staff, and shoppers are fellow pet parents who understand the raw, unadulterated love we all share with our pets, providing a real sense of connection, camaraderie, and mutual support. You can lean on this community to care for your pet like you do because they know that you show your furry friends you care by choosing the best nutritional options for your pets..

Your Neighborhood Pet Store Cares About You

Shopping at your neighborhood pet stores means the staff can get to know your pet and their unique needs, ensuring you find the exact products to help them thrive. Many neighbor-

hood pet stores are founded by people committed to providing the highest quality products and services for their own pets and are eager to share their knowledge and experience with you. They hire and train people who are equally compassionate and educated on the products they carry, as well as the basic welfare of animals, and they make a point of carrying high-quality food and well-crafted pet products.



Photo by Mathew Coulton on Unsplash

Shopping Local for Pet Food Provides Great Perks and Rewards

Shopping local for your pets can reap benefits! For example, when you shop for Stella & Chewy's high-quality raw and real pet food at participating local pet stores, you can enter their new Petfluencer Contest for the chance to win a year's supply of Stella & Chewy's products and have your pet's picture on billboards across the nation. Entering is easy! From June 5th through

July 23rd, pet parents across the U.S. and Canada can visit participating stores nationwide and enter by scanning the in-store QR code to submit a photo of their dog or cat. Four semi-finalists will be selected to receive a special prize pack, and one grand prize winner will receive a photo-shoot of their pet to appear on Stella & Chewy's billboards to celebrate the raw love we share with our pets, plus a year's supply of Stella & Chewy's products and more. A long-standing partner to neighborhood pet stores, Stella & Chewy's is excited to work with them to find their first-ever Petfluencer!

To learn more about Stella & Chewy's Petfluencer Contest and find a participating local neighborhood pet store, visit StellaAndChewys.com/petfluencer-contest-info.

Local Stores are Committed to Your Community

Beyond providing jobs for local residents, keeping tax dollars within the community, and offering a convenient shopping venue for the area, neighborhood stores have an ongoing interest in the continued well-being and growth of their communities. They often get involved in local events and support area organizations. For example, many neighborhood pet stores help support local animal rescues and shelters by participating in pet food drives, fundraisers, adoption events, and more. Because they understand the needs of their communities, they are in a unique position to offer their help. Supporting local businesses also ensures that new products and services will continue to be available to you and your neighbors..

New Houses Taking Shape on Vacant Lots Across Jackson

By Aaron Dimick,
City of Jackson

Public Information Officer

Hundreds of new homes are set to be built in Jackson in the coming years, and the Powell-Lepards will be the first family to move in. "It's exciting. I think it's going to be a great thing for the City and families like ours," said Kristin

Powell-Lepard. The family, who currently lives outside Lansing, was looking for a new place to call home and saw a listing for new builds in Jackson. "It made more sense to go for a new house than continue renting, especially how high rent is everywhere," Powell-Lepard said.

The first-time home buyers are getting ready to enjoy a newly constructed three-bedroom, two-and-a-half-bath home on Maltby Street. Earlier this year, a real estate developer bought four vacant City-owned properties to build new single-family homes. Along with the Maltby house, another is under construction on E. Ganson Street with a listing price of \$189,900.

City administration is responding to the need for more affordable housing. In recent months, the City Council authorized the construction of more than 200 single-family homes on vacant lots. Plans call for making these rental and own-

er-occupied houses affordable for residents who have a low-to-moderate income.

Community Development Director Shane LaPorte says there has been considerable interest from developers looking to build on the City's lots. "The demolition of blighted homes in the previous decade has created a blank canvas for builders to construct modern homes that will reinvigorate neighborhoods," LaPorte said. The City is also offering discounts on water hookups, sidewalk repairs, and new driveways for the homes.

Powell-Lepard currently resides in a rural area and is excited to live in an established neighborhood close to schools, parks, and businesses. "I love all the breweries, awesome restaurants, and the art that's everywhere downtown. Being able to walk and go grab dinner just blows my mind because where we live right now, it's a 20-minute drive to go anywhere," Powell-Lepard said.

Mayor Daniel Mahoney says new homes being built show the City's affordable housing efforts are working. "In the coming years, we are going to build the most homes in Jackson since the end of World War II. I'm excited to see this growth for our community," Mayor Mahoney said.

The Powell-Lepards are looking forward to moving in later this summer. "Moving to Jackson will definitely provide a fresh start for our family," Powell-Lepard said.



Kristin Powell-Lepard in front of new house on Maltby Street



New house on E. Ganson

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Design Phase Extended for Transformational Jackson YMCA

Final Design Refinements Underway Before Project Start

Contributed by
the Jackson YMCA

Progress continues on the transformational Jackson YMCA, with final design refinements underway, similar to final choices being made before the start of new home construction. The Jackson YMCA Board, Leadership, and external consultants all express confidence in the transformational project.

“We are committed to being good stewards of community funds. By increasing time for design and breaking down the sub-contractor work differently, we hope to make the project more accessible and attractive to local bidders, increase transparency and

reduce costs,” said Jackson YMCA CEO Shawna Tello. She also noted that as a result of this bid refinement process, the groundbreaking event expected for May could not occur. That event will take place prior to the start of construction.

Kyle Oberdorf, Project Manager for Granger Construction, noted that once the design refinement, funding, bidding, and contract awards schedule are established, Granger will revise the construction milestone schedule and re-bid some of the work. That process is now underway. Oberdorf added that with these proposed shifts in schedule, phasing, and bid scopes, contractors who did

not bid initially might be in a better position to bid. The project team also intends to expand the bid invitation to more potential bidders to increase engagement.

Separately, “Gro, a company nationally recognized for YMCA facility design and development consulting, continues to support our new YMCA project. Gro was recently re-engaged to collaborate with Granger in this final stage of design. Gro officials recently came to Jackson again and toured our facility to get additional first-hand knowledge of our members’ evolving needs,” said Tello.

Granger remains in contact with Michigan companies interested in bidding on

respective trade categories. All interested parties are encouraged to reach out to Granger Project Manager, Kyle Oberdorf (koberdorf@grangerconstruction.com), to ensure they are included in the distribution of bidding documents.

The YMCA’s successful capital campaign supports reimagined use of its current, large facility, with the vision of a healthy living campus in the heart of downtown Jackson. The YMCA recently celebrated its 127th year of service in Jackson and raised more than \$25 million in pledges and contributions, the largest amount for a Y in Michigan’s history. Donations to the Y’s capital cam-

paign are still appreciated. For more information, visit www.JacksonYMCA.org or contact Shawna Tello.

About the Jackson YMCA

Since 1896 the Jackson YMCA has worked to provide opportunities for individuals from all walks of life. The Y serves men and women of all ages, religions, and economic backgrounds through programs focused on youth development, healthy living, and social responsibility. A volunteer board of directors provides leadership to the Association, a member of the national organization: The YMCA of the USA. Visit www.JacksonYMCA.org.

Big Plans Coming for JAX 60

Contributed by the
Jackson County
Chamber of Commerce

JAX 60 has been a Jackson staple for decades. You may have once known it as Airport Lanes, maybe even back when it had just 36 lanes. Since then, it has had an additional 24 lanes added on, hosted multiple PBA tours, and has had a total refresh and update. If you haven’t stepped into JAX 60 lately, it may not be the same bowling alley you once remembered as a kid.

Airport Lanes was built in 1959, long before it was owned by David Small’s Fun Time Centers. Since then, it has been added onto twice, the last being in 1972, with a total of 60 lanes, hence, the JAX 60 name. The name shifted to JAX 60 on July 1, 2018, and is currently overseen by Josh Solomon, General Manager.

Josh grew up in a bowling town in Youngstown, Ohio. He took his first job at 14 in a bowling center as a

pin chaser. From there, he moved on to the pro shop, then managed a bowling center. Josh even grew up in a bowling family, and Youngstown was known as an industrial bowling town with local companies all having a team, much like Jackson. “Bowling’s always been my thing. It’s in my blood,” Josh stated when discussing his background.

Since then, Josh has won state championships for bowling and even coached. When he moved to Jackson, the first thing he noticed was that Jackson reminded him of the bowling town he grew up in and that our local bowling alley had tournament potential. Over the years, there have been many conversations with owner David Small, surrounding what kind of updates could happen and what the bowling alley could be. Renovations started with new keypads, scoring systems, ball returns, and more.

The original renovation, before its most recent, started the day Josh and David Small took over. New paint, new floors, and historical photos that lined the alleys made a huge impact on the bowling alley. Conversations about the most recent renovation, which has completely upgraded the entire facility, began in 2020. This upgrade happened because Josh and David wanted to give bowlers more space. When bowling alleys were designed in the 50s-70s, they were meant strictly for teams. Since then, bowling has transitioned into a family event. JAX 60 now provides Jackson locals with a place where a group of any size can have fun and enjoy themselves.

Mavrix Bar and Lounge has an expanded menu with the homemade, freshly fired pizza customers have always loved. It has a more inviting floor plan, with more TVs for entertainment and a custom-built bar, making

it the perfect place to relax and have a drink between games. If you’re at JAX 60 for more than just bowling, their newly expanded arcade, Top Gun Arcade, now has 56 games, which are all waiting for you behind lanes five and six.

The new design of JAX 60 offers a balance between groups looking for a fun way to spend a day and avid tournament bowlers. JAX 60’s new and improved atmosphere proves a quality product that Jackson didn’t have before for friends and families to enjoy while providing a venue for professional bowlers. Josh explained that the renovations “give Jackson a place to come that is safe, clean, and invites you to spend some time.”

JAX 60 has hosted four PBA 50 tour stops. In 2022, the PBA National Tour started at JAX 60 and came back in 2023 from March 6-9. Hosting tournaments such as these is something that

both Josh and David have always wanted to do, as two people who grew up watching the PBA tour on Saturday afternoons. They want to give as much as they can back to the bowlers they’ve watched for years on TV. Josh shared that the PBA 50 tour is much different than it has been in the past. In fact, the first-ever PBA 50 World Series of Bowling is going to be hosted at JAX 60 this month, “putting Jackson in the history books,” as Josh said.

Being from Youngstown, Ohio, I was defined by the bowling community. When we moved to Jackson, a place that was already a bowling community similar to where I grew up, I told my wife, ‘I’m home.’

If you’ve been looking for a spot your friends, co-workers, or the entire family can enjoy, consider reserving a lane at JAX 60. What seems like a fun activity will quickly become an experience worth so much more.

THANK YOU
SO MUCH!



Volunteers are vital to the Jackson County Animal Shelter. The animals that come to us need many hands to help provide for their well-being; this includes: walking dogs, socializing cats, playtime and grooming both cats and dogs, sharing treats and toys, and assisting with cleaning, laundry, and dishes.

Our community businesses have been generous in helping us treat our volunteers and pets by giving generously. Please help us thank these businesses!

- One North
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- Michigan Theatre
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- Vito's Espresso
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- International Dog House



3370 Spring Arbor Road, Jackson, MI 49203

How Climbing Temperatures Affect Your Pet, Part I

By Jean McKim,
Imagine Planet

We think of many animals as responding to heat the way humans do, but most do not. Humans sweat, and fans help evaporate the sweat and water if we get wet. Most animals do not sweat like we do, and fans do not help much. So what do we do when temperatures get very hot, air conditioning is unavailable, or when there is a power outage?

There are many good sources of advice for cats and dogs, many of which are applicable to all types of pets. For all animals, one possibility is to move them to the basement, which is generally cooler than the rest of the house, or into air conditioning at another location if need be. When doing so, be sure to set a light timer to keep the bird's regular day/night schedule, as a sudden change can tax the immune system. Avoid sudden temperature changes. Additionally, NEVER LEAVE YOUR PET IN THE CAR! Now that that is out of the way, let's see how some animals react to extreme heat.

There are two main types of pet animals: cold-blooded, or ectothermic, and warm-blooded, or endothermic. Cold-blooded animals are not always cold; they are the same temperature as the air or water around them. If it's 90 degrees in your house, your snake is 90 degrees. Your fish are at the same temperature as the water they are in. Warm-blooded animals like mammals and birds maintain a constant temperature, able to heat up in the cold and cool off in the heat. Humans have an average temperature of about 98 degrees, and we are able to regulate our temperature by sweating to cool off or burning calories to heat up. Every animal has an optimal temperature at which to function, which varies among species. Be sure to consult your veterinarian to find out the optimal temperature for your pet.

We found out during this past winter when many people lost electricity how dangerous cold can be for many animals. Now we are finding out how dangerous heat can be. This month we will address "warm-blooded" pets.

Mammals

It's important to remember that it's not just the ambient temperature but also the humidity that can affect

your pet. Mammals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels - very quickly.

Symptoms: In mammals, Early signs of heatstroke include lethargy, heavy panting and rapid breathing, excessive drooling, dry mucous membranes, bright red gums or tongue, skin that's hot to the touch, and an elevated heart rate. Some mammals will send heat to their ears to get rid of excess heat, which is most noticeable in animals with light-colored ears.

The mammals at Imagine Planet feeling the heat the most are our ferrets and chinchillas. Since chinchillas have the thickest fur of any land animal, should not get wet, and come from mountain ranges and high altitudes, they are most vulnerable to high temperatures.

Typically, the room of your house that your chinchilla is in is no more than 70 degrees Fahrenheit and no less than 64°. While chinchillas can withstand degrees up to 75° and down to 55° for very brief periods, we cannot recommend keeping the room they are in outside of the sweet spot. Ferrets start showing signs of being too hot at 80 degrees.

Birds

Birds maintain higher internal temperatures than people - 105 degrees Fahrenheit for most species and up to 108° for some. So, if you are uncomfortable with the temperature, your bird will likely be as well. Birds lose heat to the environment in two basic ways. Sensible heat loss refers to the passive loss of heat that occurs because the bird is (usually) warmer than its environment. This is similar to what occurs when a hot bowl of soup is left out at room temperature. Birds lose more heat when the air temperature is cool, less as it warms up.

Heat is also carried away from the bird via the evaporation of water produced by the respiratory system. This process is known as latent heat loss. Humid air slows the loss of heat via this process; dry air speeds it up. Birds do not sweat as they lack sweat glands.

A bird with fluffed feathers and drooped wings accompanied by open-beak panting is showing signs of

heat stress, which is much more than simply feeling uncomfortable during hot weather. As temperatures rise or time goes on, the bird will become listless and weak and may sit on the cage bottom. A bird displaying this behavior needs to be taken to a cool area right away and misted with cool (think room temperature, not frigid) water, but take care not to startle the bird. Your pet's immune system will already be in a weakened state, and thrashing

about the cage in response to a shower will make matters worse. A vet visit is also in order if you lower the temperature, but your bird does not behave normally shortly thereafter.

Air conditioners set at moderate levels and fans are useful; even if the air being circulated is warm, it will help pull heat from the bird's body. Be careful not to direct the airflow directly at the bird, and bear in mind that lowering the humidity will also assist your bird's

natural cooling system. Cool water for drinking and bathing should always be available.

Remember: When in doubt, consult a veterinarian!

As always, Imagine Planet is open with no admission fee Mondays, Tuesdays, Thursdays, Fridays, and Saturdays from 12-5 PM. Thanks so much to MACI and Charles Gougeon for making our air conditioning possible. Our animals are forever in your debt.

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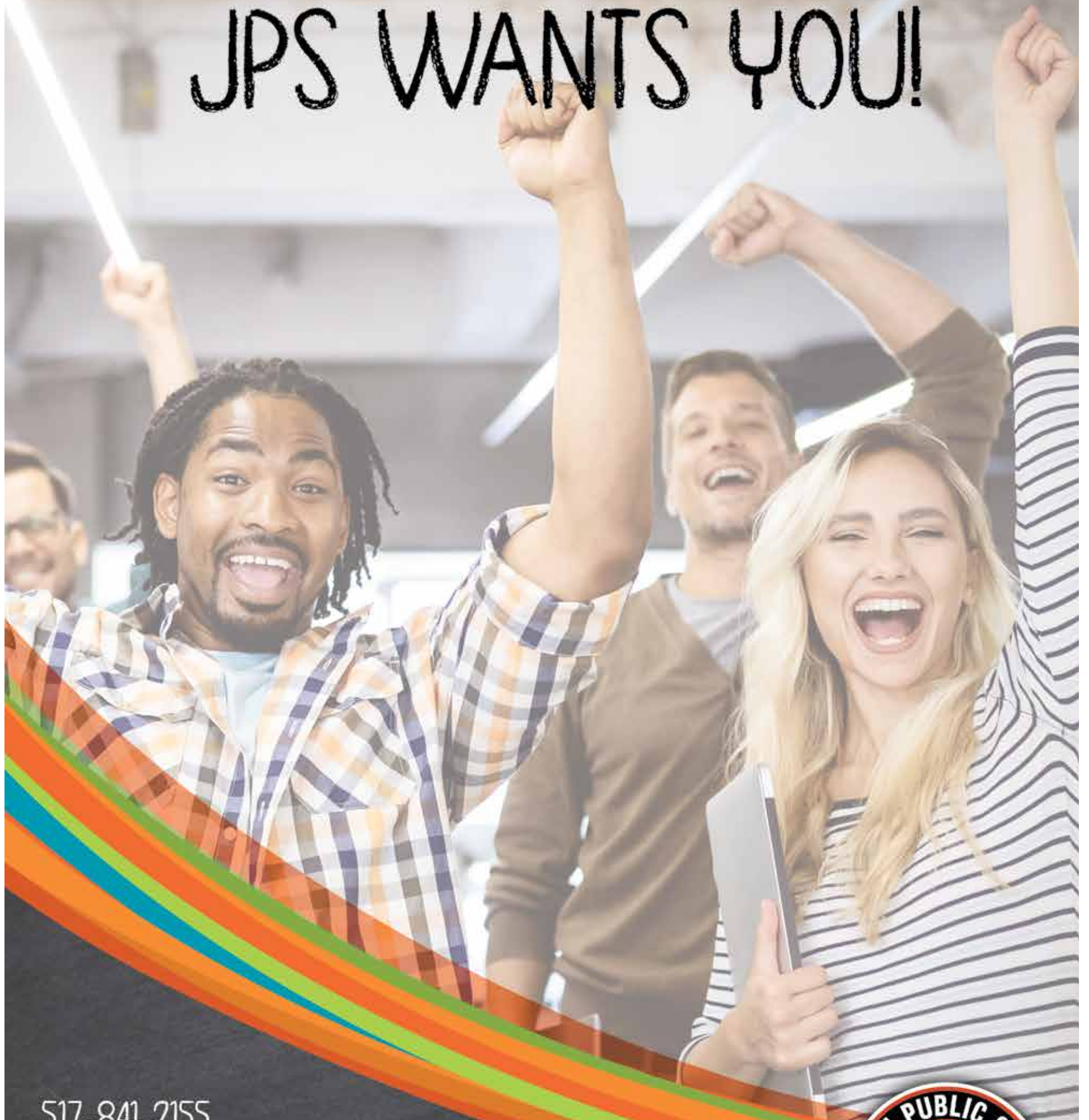


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Baron and Budd Attorneys Mesothelioma Cancer Victims Memorial Scholarship

Eligibility:

- Open to entering Freshman only, any major field of study, or undecided major
- Must be entering a US-based four-year university or college or a two-year college
- Must provide two letters of recommendation
- You may submit either a written essay or video
- Written essay must be between 800-1,250 words
- Video essay must be a 2-3 minute YouTube video
- YouTube videos must link back to <https://www.baronandbudd.com/mesothelioma-lawyers/scholarships/>
- Cannot be an employee or family member of an employee of Baron and Budd

Description:

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How has cancer impacted your life? (cancer of any form) Mesothelioma cancers, as well as other terminal cancers, have an impact well beyond the victim alone. How has a type of cancer of your loved one impacted your life? How did it impact you while you or your loved one was fighting their illness? What hardships did you or your family experience? How will this scholarship help you to reach your academic goals?

Award: \$2,500 Top Essay - \$2,500 Top Video

Deadline: July 12, 2023

Application: <https://baronandbudd.com/mesothelioma-lawyer/scholarships/#rules>

Maple Flooring Manufacturers Association Scholarship

Eligibility:

- Recipient must be a legal resident of USA and must attend school in the USA
- Applicants must be accepted into one of the following fields of study: Architecture, Athletic Administration, Athletics, Boiler Inspection, Biological Conservation, Biomechanical Sciences, Building Construction, Civil Engineering, Coaching, Commercial Driving, Construction Sciences or Management, Dance Education, Forest Science, Forestry Studies, Engineering Technology, Environmental Resource Management, Exercise

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Description:

For this 2023-2024 academic year and in celebration of the MFMA's 125th Anniversary, Maple Flooring Manufacturers Association offers five scholarships in the amount of \$1,250 each for secondary, advanced, or trade school education. Applicants will be considered based on academic achievement, field of study, and written essay responses.

Applications must include the following:

- Copy of the applicant's high school or college transcript
- 500 word typed essay on one of the topics listed on the application website
- Acceptance letter from college, university or trade school indicating specific field of study
- MFMA scholarship application

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Application: <https://www.maplefloor.org/en/guidelines/>

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Eligibility:

- Students in good standing and enrolled at an accredited college or university
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- The National Science Foundation defines STEM majors as life sciences, physical sciences, social sciences, computer sciences and mathematics.
- Open to international students.

Description:

GeneTex believes in accelerating scientific advancement and the notion that the genesis of future discoveries begins with the support of young scientists now. The GeneTex Scholarship Program will award a \$2000 (USD) scholarship to students pursuing

a STEM undergraduate or graduate degree. The scholarship will be awarded to one student twice a year.

Award: \$2,000

Deadline: July 14, 2023

Application: <https://www.genetex.com/Article/Company/Index/Scholarship>

2023 Platt Family Scholarship Prize Essay Contest

Eligibility:

- The scholarship essay contest is designed for students who are full-time, undergraduate students attending an American college or university during the Spring 2022 semester. The July 31 deadline is designed to give these students time to finish their essays, if necessary, after final exams.
- You do not have to be an American citizen, but you do need to be attending an American college or university during the eligibility period.
- The scholarship is not open to high school students. Key question to consider; when we contact your college or university registrar will they be able to confirm that you were enrolled as a full-time college student during the Spring 2023 semester? If the answer is no, you are not eligible.
- The eligibility of entrants will be confirmed by the Lincoln Forum prior to the awarding of prizes.
- Entries will be judged by the essay committee of The Lincoln Forum.

Our Topic for 2023:

2023 is the 160th anniversary of the Emancipation Proclamation. Does Abraham Lincoln deserve the title of 'The Great Emancipator'? Why or why not?

- Entries must contain a minimum of 1,500 and a maximum of 5,000 words.
- The essay must be typed and include a works-cited page or bibliography. End notes are suggested but not required.

Award: 1st Prize \$1500 | 2nd Prize \$750 | 3rd Prize \$500

Deadline:

Essays may be submitted via regular mail (postmarked before July 31, 2023) or via e-mail (time stamped before midnight July 31, 2023)

Application: <https://www.thelincolnforum.org/platt-family-essay-contest>

Gen and Kelly Tanabe Scholarship

Eligibility:

- 9th-12th grade high school, college, or graduate students including adult students.
- Legal resident of the U.S.
- Currently in school or planning to start school within the next 12 months.

Description:

The Gen and Kelly Tanabe Scholarship is a merit-based program that helps students fulfill their dreams of a higher education. The scholarship is named for Gen and Kelly Tanabe, best-selling authors on education, whose generous donations fund this program.

Award: \$1,000

Deadline: July 31st, 2023

Application: <http://www.genkellyscholarship.com/>

Avonte Oquendo Memorial Scholarship for Autism

Eligibility:

- Either you or a close family member has been diagnosed with a form of autism, including Asperger syndrome, and
- Applicant must be an enrolled student at an accredited college, university, or vocational school, or be accepted to begin school at an accredited college, university, or vocational school in the semester for which the application is being offered.
- Additionally, applicants should submit an essay on one of the topics listed below with a minimum of 500 words and maximum of 1,000 words.

1. Tell us about a time that you have had to overcome an obstacle as a person with autism that other people would not have had to face.
2. Explain how your loved one's autism has affected you and how you have adapted to help them.
3. Answer this question: What do you feel is the biggest obstacle holding back people with autism today?

Description:

The Perecman Firm, P.L.L.C. was touched by the story of 14-year-old Avonte Oquendo, an autistic boy who went missing after he wandered away from school in 2013. The

outpouring of support and assistance that accompanied the search for Avonte was unprecedented. Although Avonte tragically did not make it home alive, we want to show the same support for the autistic community in memory of this extraordinary young man.

Award: \$5,000

Deadline: July 31st, 2023

Michael Moody Fitness Scholarship 2023

Eligibility:

Scholarship applicants must:

- be United States citizens or legal residents living or claiming residency in one of the 50 united states, Washington, D.C. or Puerto Rico.
- be current high school Senior, undergraduate, or graduate students who plan to enroll full-time in an accredited 2-year or 4-year college or university in the U.S. for the entire 2022-2023 academic year.
- demonstrate ambition and self-drive as evidenced by outstanding achievement in school, and participation and leadership in school activities and work experience.
- demonstrate interest in pursuing a career and enrolled in the following majors:

Athletic Training, Psychology, Biology, Kinesiology, Nursing, General Medicine, Dentistry, Behavioral Sciences, Personal Training, Physical Education Teaching and Coaching, Health and Physical Fitness, Exercise Science, Sports and Recreation Mgmt, Health Sciences, Physical Therapist, or related major.

Description:

The Michael Moody Fitness Scholarship is awarded to a high school senior, undergraduate, or graduate student who has demonstrated outstanding achievement, participation and leadership in school activities and work experience, and interest in pursuing a career in the health and fitness related fields.

Award: \$1,500

Deadline: until 1,000 applications submitted or until August 1st, 2023 (whichever comes first)

Application: <http://www.michaelmoodyfitness.com/student-scholarship-chicago>

Jackson High School Welcomes Jillian Bowe as New Band Director

*Contributed by
Jackson Public Schools*

Jackson Public Schools is pleased to announce Ms. Jillian Bowe as the new Band Director at Jackson High School starting July 1, 2023.

Ms. Bowe graduated from Michigan State University in 2023 with a Bachelor of Arts in Music Education with a Minor in Spanish. During her time there, she was the president of the MSU Slam Poetry Club, a member of the MSU Collegiate Chapter of the National Association for Music Education, a co-founder of the MSU College of Music Student Coalition, and a resident of the MSU Running Start Educational Engagement Residency. She was involved with the MSU concert band, symphony band, Mosaic SSAA choir, and the Spartan Marching Band.

Ms. Bowe lives in East Lansing with her partner and their four animals: two cats and two rabbits and is planning on relocating to the Jackson area in the future! She currently works as the sole private trumpet instructor and early education music teacher for the Michigan State Community Music School. Additionally, since 2018, she has worked in the public school setting with various marching, jazz, and concert bands in the Lansing area.

"I am so honored and excited to join the Jackson Public Schools family as the new director of bands! Working with these amazing students and staff is a dream come true. I would like to extend my deepest gratitude to Joel Shaner for his dedication and contribution to the program. I am humbled to follow in his footsteps and build upon

the solid foundation he has laid," said Bowe. "I am confident that, with the support of the incredible faculty, staff, and community at Jackson High School, we will continue to achieve new heights of musical excellence. Go Vikings!"

Jeff Beal, JPS Superintendent, said, "Jackson Public Schools is thrilled to have Jillian Bowe join our Viking family. She was the clear-cut choice for JPS after an exhaustive interview process that included parents and staff, but, more importantly, included a classroom session working with our students where her energy and enthusiasm really set her apart. I am confident that she is going to do great things and that she will take our program forward creating wonderfully rich and diverse learning opportunities for all of our Viking musicians."

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- Children with disabilities
- Families experiencing homelessness





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Preparing Your Children for Kindergarten

Family Features - Being ready for kindergarten is about far more than writing names and reciting the ABCs. It is also about building a foundation for deeper conceptual thinking, curiosity, creativity, and social and emotional skills that can help children during their early school days and also in life.

For parents, this transition can be nerve-wracking and raise questions about how to best prepare their children for the next step in their educational journeys.

Dr. Lauren Starnes, senior vice president and chief academic officer at The Goddard School, and Lee Scott, chairperson of The Goddard School's Educational Advisory Board, recommend helping children prepare for kindergarten through:

Building Strong Routines and Foundations for Learning

- Language and literacy: Practice writing by making place cards for the dinner table. For younger children, it can be the first letter of each person's name or fun scribbles on the card. Early scribbles are part of developing writing skills.
- Mathematics: Count while you work. Ask your children to put away toys. As they work, you can count the toys together.
- Science: Make yard cleanup fun. As you clean the yard, talk about the leaves and why they turn colors and fall to the ground. Pile them up and jump in.
- Executive function: Incorporate your children in planning for the family. Help

- your children stay organized with a daily or weekly chart. Have your children make the chart with you. For younger children, you can use drawings or pictures instead of words.
- Creative expression: Sing and dance while you work. Make up songs or repeat favorites as your children go through a few basic chores, such as putting clothes away.
 - Social-emotional development: Build a sense of responsibility and caring for others with real or pretend pets. Take the dog for a walk, feed the cat, or water the pet rock. Taking care of a pet can help children develop a sense of responsibility and empathy for others.
 - Healthy development and well-being: Daily rou-

tines help your children practice fine motor skills while doing a few chores, such as setting a table, helping you cook by mixing or stirring, putting their clothes on, or brushing their teeth.

Incorporating Playful Experiences

- Puzzles: Solving puzzles supports the development of skills such as concentration, self-regulation, critical thinking, and spatial recognition.
- Board games: Playing games provides a number of benefits for children, including supporting memory and critical thinking, helping them learn to take turns and count, and developing early language skills.
- Blocks: Block building supports creativity, cognitive

- flexibility, planning, and organization. Take some time to build with blocks using different shapes and colors.
- Clay: Children need to develop fine motor skills beyond using devices. Few things are better for developing fine motor skills than modeling clay. Learning to sculpt with clay also builds creativity, artistic expression, and strategic thinking.
 - Recycled materials: Inspire creativity by finding things around the house to build with, such as cardboard, paper, paper towel rolls, and plastic bottles.

For more actionable parenting insights, guidance, and resources – including a webinar with Scott focused on kindergarten readiness – visit GoddardSchool.com.

The Benefits of Hide-And-Seek

*Contributed by
Community Action Agency*

Have you ever wanted to do something fun with your child, but that's cost-effective? I have just the fun game for you: Hide-And-Seek! The game is fun and simple! Hide-And-Seek is played with a group of children. One player that is chosen at random tries to find the other players. There are numerous steps that children can follow to play the game. First, the players must recruit other people to play. Second, make sure everyone knows the rules! For example, you determine what you do once you find the person (e.g., hide with them or run to the safe zone), how long to count for, etc. Most importantly, we want everyone to stay

safe. Third, find a location. Decide if the game should be played indoors or outdoors. If the game is played more than once, remember to try to find different spots to hide in.

Now for playing the game. There are numerous variations of this game. The version I like the best is the following: First, determine who will be the counter. Normally, you can do oldest to youngest or at random. Second, begin the game. The player that's counting should have their eyes closed and count to 50. Third, go hide. All the players will run and try to find a hiding spot. Once you're in your spot, be silent and still. Fourth, begin seeking. Once the counter finishes counting, they yell, "Ready

or not, here I come!" Now the counter tries to find all the other players, and the fun begins!

Hide-And-Seek has numerous benefits for your children. The game helps children learn to count, including understanding the word equivalent for numbers and the correct sequence of numbers. The game will also help with spatial awareness. Having your child hide will show the difference between small and big spaces. In addition, Hide-And-Seek will help your child learn social skills. But, most importantly, this game teaches problem-solving skills when children try to find the other players! Get out there and play Hide-And-Seek this summer!.




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Henry Ford Milk Bank - Jackson Opens Doors and Provides Safe, Pasteurized Human Donor Milk for Babies

New breast milk bank is one of just two in the state; donors sought for vital community resource

**Contributed by
Henry Ford Health**

Henry Ford Milk Bank-Jackson staff delivered their first batch of safe, pasteurized human donor breast milk to Henry Ford Jackson Hospital today, after successfully completing the Human Milk Banking Association of North America accreditation process (HMBANA).

The non-profit Henry Ford Milk Bank-Jackson is only the second human donor milk bank in Michigan, and the most convenient location for donors in central and southeast Michigan. Henry Ford Health leaders and state and local officials celebrated the accomplishment by participating in a ceremonial ribbon cutting Friday afternoon.

"We're so very proud to be one of the few health systems in the country that provide this service," said Bob Riney, President & CEO of Henry Ford Health. "Having our own milk bank improves our ability to promote the health and well-being of vulnerable infants in Henry Ford hospitals and our communities in a new and exciting capacity."

According to HMBANA, there are approximately 30 other accredited milk banks in the United States; only eight are affiliated with a hospital or health system. "The milk bank is so important for promoting breastfeeding and improving infant health in our community. As we open our doors, we expand the potential to reduce social disparities and decrease overall health care costs by increasing access to breast milk for those in need," said Emily Moorhead, President of Henry Ford Jackson Hospital.

In instances when a mother would like to breast feed but can't, the Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend donor human milk as the best alternative.

Breast milk's short- and long-term health benefits to infants are well established by the American Academy of Pediatrics. It's proven to reduce the risk of sudden infant death syndrome and

is especially important for premature babies in need of additional hormones and growth factors to assist in their development. Babies who consume breastmilk are also less likely to have earaches, stomachaches, and colds or develop chronic illnesses, including obesity, asthma, and diabetes.

The need for donor human breast milk in Jackson is especially great. The city of Jackson and Jackson County consistently report some of the highest infant mortality rates in the state of Michigan. Almost 12 percent of people in Jackson County live in poverty. "Some mothers don't have the ability to breast-feed for as long as or as often as they'd like, or at all. They may have to go back to work or are unable to pump due to societal constraints," said LeTishia Hill, director of Women and Children Services at Henry Ford Jackson Hospital. "By providing safe, pasteurized donor human milk in our hospital, and eventually on an outpatient basis, we are able to give babies the best possible start in life."

The Jackson Community Foundation's Community Needs Endowment Fund awarded Henry Ford Health a grant to begin the process of establishing the milk bank in 2019. U.S. Senator Debbie Stabenow, (D)-Michigan, secured \$700,000 in federal funding to make the non-profit milk bank possible.

"There's nothing in the world more important than making sure our youngest Michiganders have a strong, healthy start in life," Senator Stabenow said. "This wonderful, innovative facility is a source of pride for Jackson and an incredible resource for so many families and babies. Thank you to Henry Ford Health and to the generous moms who are donating their milk and making this all possible."

"We're exceptionally grateful to our community partners, particularly Senator Stabenow, for their steadfast support and recognition of the important role donor milk banks play

in the health of our communities," said Wendy Kim, DNP, R.N., NEA-BC, Vice President and Chief Nursing Officer for Henry Ford Health's Central Market. "I'm also extremely grateful for our team members whose passion and commitment to promoting breastfeeding made the milk bank possible."

The milk bank will first supply donor milk to infant patients at Henry Ford hospitals, which currently source donor milk from milk banks in Kalamazoo and Indiana. Once Henry Ford Milk Bank-Jackson donor volumes are large enough, the milk will be made available to outpatients with a prescription.

"The mothers who open their hearts to donate their extra milk to Henry Ford Milk Bank-Jackson are helping their neighbors," said milk bank manager Erin McGreal-Miller. "We are excited to let donors in the community know we're here and ready to help as many babies and families

as possible."

To qualify to be a milk donor, a lactating mother must be generally healthy; a non-smoker; consume limited amounts of alcohol; have the approval of their healthcare provider; be willing to donate at least 100 ounces of breastmilk; undergo a screening process like that for giving blood; and have labs drawn, the cost of which will be covered by the milk bank. Donors are not paid.

Brittany Ganton, a mother of two from Concord, Mich., is among the first donors to the milk bank. "I am raising a family alongside my closest friends who love and support each other. I know how important it is for women to help and encourage one another, especially in our most vulnerable stages of life," Ganton said. "Donating my extra milk helps me extend that support to women and families outside of my circle."

Once donors pass the screening process, they can drop their milk off at

the milk bank at 200 S. East Avenue in Jackson or work with staff to ship their frozen milk.

Henry Ford Milk Bank-Jackson has the capacity to process approximately 1,000 ounces of donor milk per day. Upon receiving donations, milk bank staff screen, pool, and pasteurize milk in the on-site processing facility, which is registered with the Food and Drug Administration. Pasteurization eliminates harmful bacteria or other potential infecting organisms. Pooling milk from multiple donors ensures the nutritional value of each serving of donor milk. Milk is stored on-site in commercial freezers.

People who want to donate their milk can reach out to Henry Ford Milk Bank - Jackson at milkbank@hfhs.org. More information about Henry Ford Milk Bank - Jackson and answers to frequently asked questions about human donor milk can be found at henryford.com/milkbank.

**Tie-Dye Workshop:
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Dyeing**

July 10, 2023

**Macramé
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Workshop**

July 11, 2023 5-7pm

**Soft Pastels
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with Sharon Emdin

July 12, 2023
4-8PM

**Monotype Printing
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