



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Improvement's Coming to MLK Equality Trail this Summer

- page 2



www.jacksfamilyguide.com

MICHIGAN MADE
CHECKING™

EARN UP TO **3.50%** APY*

TRUE
Community
CREDIT UNION

*APY = Annual Percentage Yield. APY is accurate as of June 1, 2022. This Account is subject to a Reward-based Tiered Fixed Rate. Rates subject to change. There are no recurring monthly service charges or fees to open or close this account. There is no minimum balance requirement. Rewards Checking Account allows you to control your interest rate reward based on the products/services used during each month. All daily collected balances will earn interest based on the combined rate rewards. Each monthly reward cycle will begin on the last business day of the preceding monthly statement cycle, and end on the day that immediately precedes the last day of the current month's statement cycle (monthly reward cycle). Earned reimbursements will post to Your Account on the last day of each statement cycle, subject to Your meeting the qualifying criteria during the preceding reward cycle. The APY shown on your monthly statement will reflect interest earnings for your entire balance. Interest will be calculated and posted on the last day of each month using an Average Daily Balance Method. If you close your account before interest is paid, you may not receive the accrued interest. Fees may reduce earnings. Limit one Michigan Made Checking Account per Social Security number. Debit cards based on eligibility. Loans based on approval. Membership eligibility guidelines apply.

Online at TRUECCU.com
Federally Insured by NCUA

Welcome to J.A.C.K.S. —

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

Learn more at
www.jacksfamilyguide.com

Stefanie Riggs
Publisher
jacksfamilyguide@gmail.com

Morgan Riggs
Managing Editor

Evan Zigler
Distribution

If your business or organization would like to submit an article for FREE for publication please do so by the 3rd Friday of each month.

Email us at jacksfamilyguide@gmail.com or call 517-474-1422 for advertising information.

It is the responsibility of the submitting business or organization to obtain the proper photo release. The Jackson Area Collaborative Knowledge Source, is a collaborative guide. Stories and articles published herein are not written by us.

FIND US AT ONE OF THESE
AREA BUSINESSES!

ABC Academy, Lansing Ave.
Academy of the Arts
Allskate Fun Center
Ballooney Bin
Bean Elementary School
Biggby Coffee, Horton Rd.
Biggby Coffee, E. Michigan
Biggby Coffee, West Ave.
Biggby Coffee, Spring Arbor
Blue Ox Credit Union
Book Cottage
Brent Family Chiropractic
Career Center
Chilango's Burrito Bar
Christoff & Sons Flooring
Clothing Carousel
Columbia Central Schools
Community Action Agency
Commonwealth Comm. Center
Culver's
Dahlem Center
Dr. Davenport, D.D.S.
Ella Sharp Museum
Francis Street Primary School
Goldsmith & Associates
Habitat ReStore
Hutches
Imagine Planet
I've Been Framed
Jackson Coffee, Downtown
Jackson County Chamber
Jackson County Health Dept.
Jackson District Libraries
Jackson Furniture Outlet
Jackson Pack N Ship
Jackson Public Elementary
Schools

Jackson Symphony Orchestra
JAX 60
JTV
Kibby Cobb Market
Lifeways
Lyle Tarrant Center
Marino's, Parnall
Marino's, Spring Arbor
Maximum Gymnastics
McDonald's, 10 locations
Michigan Theatre
Miller Shoes
Napoleon Elementary
North Star Montessori
Not So Shabby, Oh! So Chic
Paragon Charter Academy
Parlour of Jackson
Parma Elementary School
Personal Images Spa & Salon
Picture This Jackson
Polly's Country Markets
Recovery Technology
Salvation Army
Simple Flooring Solutions
Spring Crest Dental Associates
St. Vincent de Paul Stores
Summit Garden Center
Summit Pointe Dental
The Blue Julep Bakery
The Jackson School of the Arts
The V Spa Beauty Club
TRUE Community CU
United Way
Vito's Espresso
Walton Insurance Group
Warner Elementary School
YMCA

Improvement's Coming to Jackson's Main Pedestrian Trail

By Aaron Dimick,
City of Jackson Public
Information Officer



Jackson's main pedestrian trail is about to see lots of new investment from the City of Jackson. More lighting is coming to the MLK Equality Trail this summer. The City is installing 62 LED lights along the trail from W. Prospect Street to Weatherwax Drive.

This means the entire length of trail will have lighting. The lights will improve safety on the trail, along with allowing residents to use it more frequently during the darker months of the year. The project is partially funded by a grant from the Michigan Department of Natural Resources. Federal funds will be used in the coming years to fully replace the trail surface from MLK Drive to W. Prospect Street starting in 2024.

The current trail has lots of uneven surfaces and is not wide enough for safe sharing of the trail. The new trail will be made of concrete to provide a more consistent surface and widened to accommodate more traffic. These improvements will also make the trail more accessible for people with disabilities. The MLK Equality Trail from MLK Drive to Merriman Street will be reconstructed starting in 2025.

Kelli Hoover, Director of the Parks and Recreation Department, says she'd like to see the entire length of the 3.7 mile trail resurfaced in the coming years. "The MLK Equality Trail is a big asset for residents when it comes to exercise, but also for getting to school and work. Supporting this kind of infrastructure has a long-lasting benefit to the entire community," Hoover said.

The MLK Equality Trail turns into the Falling Waters Trail at Weatherwax Drive, which can be used to reach Lime Lake County Park and the Village of Concord.



JACKSON COUNTY EARLY COLLEGE



Earn credentials, certifications or even a degree in just one additional year.



Six career pathway options and hundreds of major courses to choose from.



Earn program specific credits.



No cost to earn college credits.



Call 517.841.3700
for more information.



Jackson County
Early College

Three Ways to Have a Stress-Free Road Trip This Summer

(BPT) - Vacationing with your family can be stressful when factoring in the logistics of keeping everyone happy. If you are one of the 60% of Americans currently planning summer getaways, here are a few hacks from Hampton by Hilton that will pave the way for a stress-free summer road trip.

Choose a Hotel That Includes Breakfast

The most important meal of the day kick-starts your mood and energy, especially for the 79% of Americans who say they feel more productive after having breakfast. Yet, with only 19% reporting having breakfast every day, booking a getaway at a hotel with breakfast included jumpstarts your day, makes mornings simpler, and puts an end to the hectic morning scramble.

Travelers can head to the lobby to enjoy breakfast favorites while waiting their turn to shower or grab a plate to bring back to their room. Hotel breakfast buffets also eliminate travel and wait times of eating at a restaurant, getting you on the road faster to vacation fun.

Enjoy Your Stay Close to Where You Want to Be

More than three in four travelers (77%) make relaxing and recharging a

priority while on vacation, and 41% say reconnecting with family and friends on trips boosts their overall wellness. With over 2,300 hotels in the U.S., road trippers are, on average, never more than 30 minutes away from a Hampton by Hilton. You won't have to go out of your way to find high-quality, friendly and reliable accommodations, backed by the Hampton 100% Guarantee, everywhere you want to be and close to those you love.

Families can also enjoy some space to spread out by selecting suite guest rooms, when available, for separate living and sleeping areas. These rooms particularly come in handy for family members with varying bedtimes and provide extra space for active pets and kids to sprawl. Plus, having refrigerators and microwaves allow you to make your own quick meals, reheat leftovers and have snacks at the ready at all hours of the day.

Bring Furry Family Members with You

A recent survey revealed that more than half (55%) of people with pets are likely to travel with their furry family member this summer, and with good reason: Not only do we want to spend time with Fido and Fifi, but we want to avoid the stress of boarding or leaving pets be-

hind - for both our pets and us.

Pet-friendly accommodations, such as Hampton by Hilton, ease the burden. Not only do these properties provide safe havens for our dogs and cats, but they also deliver a seamless experience, leaving you able to confidently focus on the moments that matter most. They also offer additional support through a partnership with Mars Petcare, which provides guests expert advice and tips via on-

line chat or phone, tailored to reduce stress and make the travel experience more seamless from planning through hotel stay.

Remember, it's all about having fun and spending time together when it comes to family travel. As you begin to make your plans to hit the road this summer, happy pets, hot breakfast, and finding your space can help keep travel-related stress at bay so you can truly enjoy a much-needed getaway together.



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

Multiple locations in Jackson & Hillsdale

NEW!
SNAP benefits are now accepted for eligibility!

Who Qualifies:

- Families receiving SNAP, TANF-FIP, SSI, or low family income
- Foster children
- Children with disabilities
- Families experiencing homelessness

Community Action Agency
Head Start & Early Head Start

Learn about our programs for the rest of the family at www.caajlh.org

Community Action Agency is an equal opportunity employer and provider.

JACKSON: (517) 888-3768
greatstartjackson.org

HILLSDALE: (517) 257-9287
greatstarthillsdale.com

Scott Clow & Jenny Lewis

6am-9am Weekdays

WORKS WITH amazon alexa

GET IT ON Google Play

Download on the App Store

Captain Steve

10am-2pm Weekdays

Learn to Love Your Hometown

Time to Take a Road Trip Across Your Town

By Val Herr



No one should be surprised by now that I love my hometown of Jackson County.

So much so that I have chosen never to live anywhere else. I have lived in Rives Junction, Blackman Township, Grass Lake, the City of Jackson, and now Brooklyn. Everywhere I have lived, I have found amazing people and local businesses. More than ever, it's vital we build relationships and support each other and our local businesses. When was the last

time you went out of your way to show kindness and support?

June means the end of school and the beginning of summer, and it's the perfect time for a road trip across our great county. Here are a few places I suggest you visit and support.

1. Vito's Express and Doughnation Bakery in Spring Arbor. They should be up and running soon.

These two unique local businesses have come together to share space and

park. Sounds like a perfect day to me!

2. Tiki Sam's Pizza in Horton. Again, they aren't quite open yet, but they will be very soon. Tiki Sam and his family are not only incredible people, but they make truly delicious pizzas. Be sure and

provide outstanding service and products. Stop in, grab some beverages and bread, and hit up a local

stop in and enjoy! 3. Come to my current hometown of Brooklyn and enjoy some local

shopping. There is free parking on Main Street, and you can easily spend an entire afternoon visiting our unique shops. Be sure and check out IDK Creative Décor, Four French Hens, Kelsey's Boutique, Village Peddler Gifts, and Kate's Art School.

Our community is only as beautiful and as strong as we make it. Creating a great community takes time, commitment, support, and kindness. These business owners are doing their part to strengthen our community, and we as individuals need to do our part as well. Next time you are driving and see a local business, pull over, stop in and explore!



Jackson County Animal Shelter's Adoptable Pets: Walden, Barrington & Gary Grey

Contributed by the
Jackson County
Animal Shelter

Walden

This handsome guy is Walden, a 1-year-old American Staffordshire mix. Walden is quiet, potty trained, and good with his canine neighbors. He walks nicely on the leash and wants to stay with his human. Walden is somewhat timid and does not present well in the kennel. Once he sees a leash and goes outside, he is a tail-wagger. He also has wonderful manners for a young dog! Walden does not jump or bark, and it wouldn't take long for him to become your best friend.

Dog adoptions require an application, online link <https://www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF>. The 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, including vaccinations, microchip, and sterilization.

Barrington & Gary Grey

If you love grey cats, here is a double dose of beautiful, big, male short-hairs. Barrington is 3-years-old and his bud Gary Grey is 2-years-old. They are friendly, enjoy being petted, and will roll all over. Gary Grey is polydactyl; he has big mitten feet with extra toes. These two are great friends and love to hang out together. They initially may be somewhat stand-offish in the cage but warm up to attention and affection. Won't you come meet this pair 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, including applicable tests, vaccines, and spay/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources can be found at <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com-Shelter Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



The Importance of Setting Limits & Boundaries with Your Children

*By Allison Wirick,
Community Action Agency*

Why should we set limits and boundaries for our children? Setting limits for children teaches them self-control, which allows them to regulate their behavior to be socially acceptable. It can be difficult for a child to perform in school, have meaningful relationships, and more with socially unacceptable behavior. Setting limits also helps children feel safe as young children do not like to feel out of control. It can be tough to set boundaries as

a parent because we must say 'no' to requests and behaviors. However, by not setting limits, we are doing our children a disservice. Parents need to guide their children by establishing and enforcing rules. With this, follow-through is key! Setting limits will also help build the child's respect for their parents and assist them in determining their own limits as they mature. As a parent, you are not being mean when you say 'no' or set those boundaries. You are teaching your child a valuable life skill!



ALLEGRA®

MARKETING • PRINT • MAIL

Locally Owned & Operated Since 1988

High Impact Printing Services

Full Color Printing

Graphic Design

Bulk Mailing Services

Signs, Banners & Displays

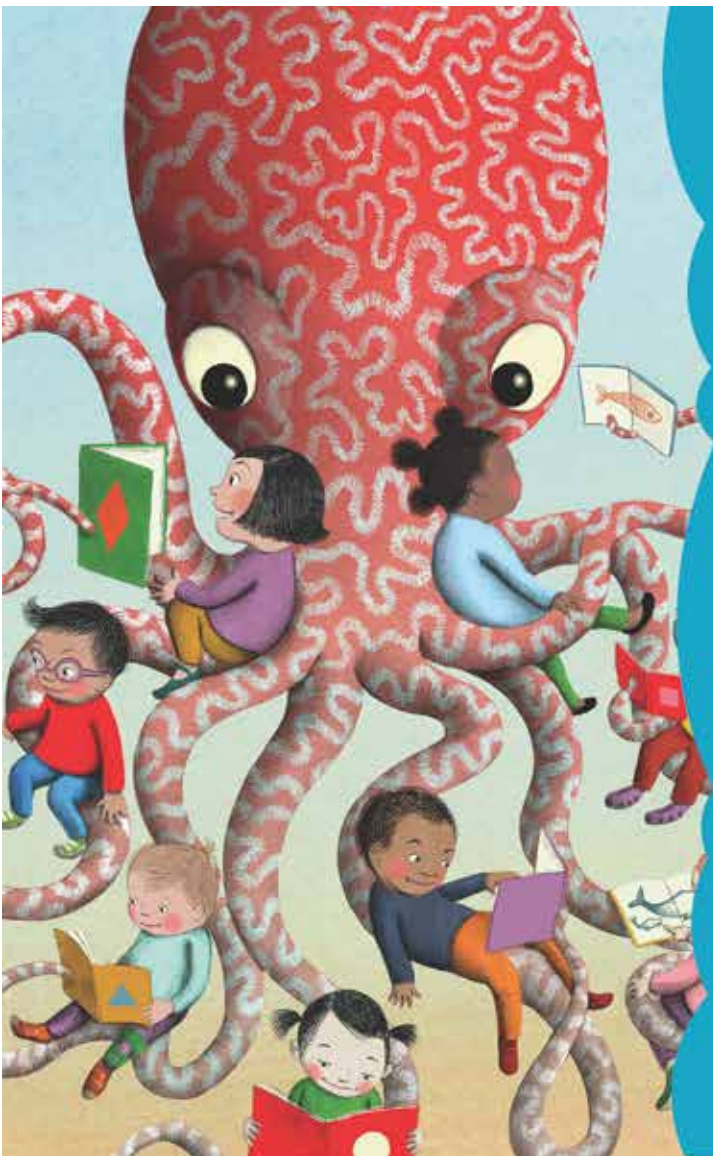
Direct Mail Marketing Campaigns

Marketing Consultation

Website Design

Branded Promotional Products and Apparel

(517) 784-8800
allegrajacksonmi.com



Oceans of Possibilities

SUMMER READING 2022

June 1-July 31 • All ages

Track your reading to win prizes!

Sign up at **myjdl.com/SRP**



JACKSON DISTRICT LIBRARY

Top 6 Resources to Help Pay for College

(BPT) - If your child is college-bound, you probably have questions - including how to pay for their higher education. What may surprise you is how many different sources you'll draw from to cover tuition, room and board - plus expenses like books, fees, travel and more. A recent study revealed over a dozen funding sources parents used to help fund their kids' education. According to the College Ave Student Loans survey, 97% of parents said they're currently helping - or planning to help - their child pay for college.

Here are the most common ways to cover the biggest investment you'll make in your child's future.

1. The FAFSA

The first step to obtaining financial aid is filling out the Free Application for Federal Student Aid (FAFSA) at FAFSA.gov. Filing the FAFSA as early as possible each year is crucial, as some aid is first come, first served. Information you provide on the FAFSA determines your child's eligibility for certain grants, work-study, federal student loans, and more.

2. Scholarships and grants

In the survey, 70% of parents reported their children were using scholar-

ships or grants to help pay for their education. How do you tap into this vital source of funds? First, by filling out the FAFSA to access government-funded grants or school-based scholarships.

However, many scholarships are available from community organizations, your home state or online sources. Your child should ask their high school guidance counselor and their college's financial aid office about other opportunities. Then check out websites like Fastweb, Cappex, and College Board's Big Future. Not all opportunities are scholastic in nature; many are based on things like extracurricular interests, where you're from or even chance. For example, you can apply for \$1,000 monthly scholarship sweepstakes at CollegeAve.com.

Like scholarships, grants do not need to be repaid. Some, like government-funded need-based Pell Grants, will be made available to you by filing your FAFSA. Others may be state-based, so visit your state's Department of Education website.

3. Savings and income

In the College Ave survey, 62% of parents cited regular savings and income as funding sources for their

child's education, with 40% mentioning their 529 savings plan. Use the time now to review your budget and identify where you may find extra money to put toward college expenses. You may also find that you don't have as much flexibility in the budget. Have a candid conversation with your child now about financial concerns which can affect school choice and whether the student must help contribute to their education.

4. Student contributions

Some students may have money saved from working during high school that can help pay for expenses. For many students, holding a part-time job while in college will also help cover costs. Some students also consider working full-time jobs over the summer. As they get older, your child may also look for paid internships in their career field. The study found that 37% of families drew from a student's job to help with finances. Many students qualify for part-time work-study campus jobs by filing the FAFSA.

5. Federal student loans

Over half (55%) of parents surveyed said student loans helped pay for their child's education. How do you qualify for a federal student loan? You guessed it:

the FAFSA.

"Take out federal loans in the student's name first, as these come with low fixed interest rates and unique benefits, like flexible, income-based repayment plans," said student loan expert Mark Kantrowitz. "But federal student loans have annual limits, so you may need additional funds if there's a gap between what you can borrow and your total cost."

6. Private loans

Private student loans can help bridge the gap between financial aid your family receives and the amount you need to cover remaining expenses. Use the student loan calculator at CollegeAve.com to look at possible monthly payment, private loan interest rates, and repayment terms.

You may also consider private parent loans if you have strong credit and are able to take on the debt. Private parent loans such as those at College Ave, offer a choice of fixed and variable rates and no origination fees, unlike federal parent PLUS loan options.

"When looking for a lender, ask questions about the terms of the loan," said Joe DePaulo, co-founder and CEO of College Ave Student Loans. "Make sure you understand everything from the interest rate to the terms of repayment, so you can get the best option for your family."

For more information and tips about financing your child's college education, visit CollegeAveStudentLoans.com.

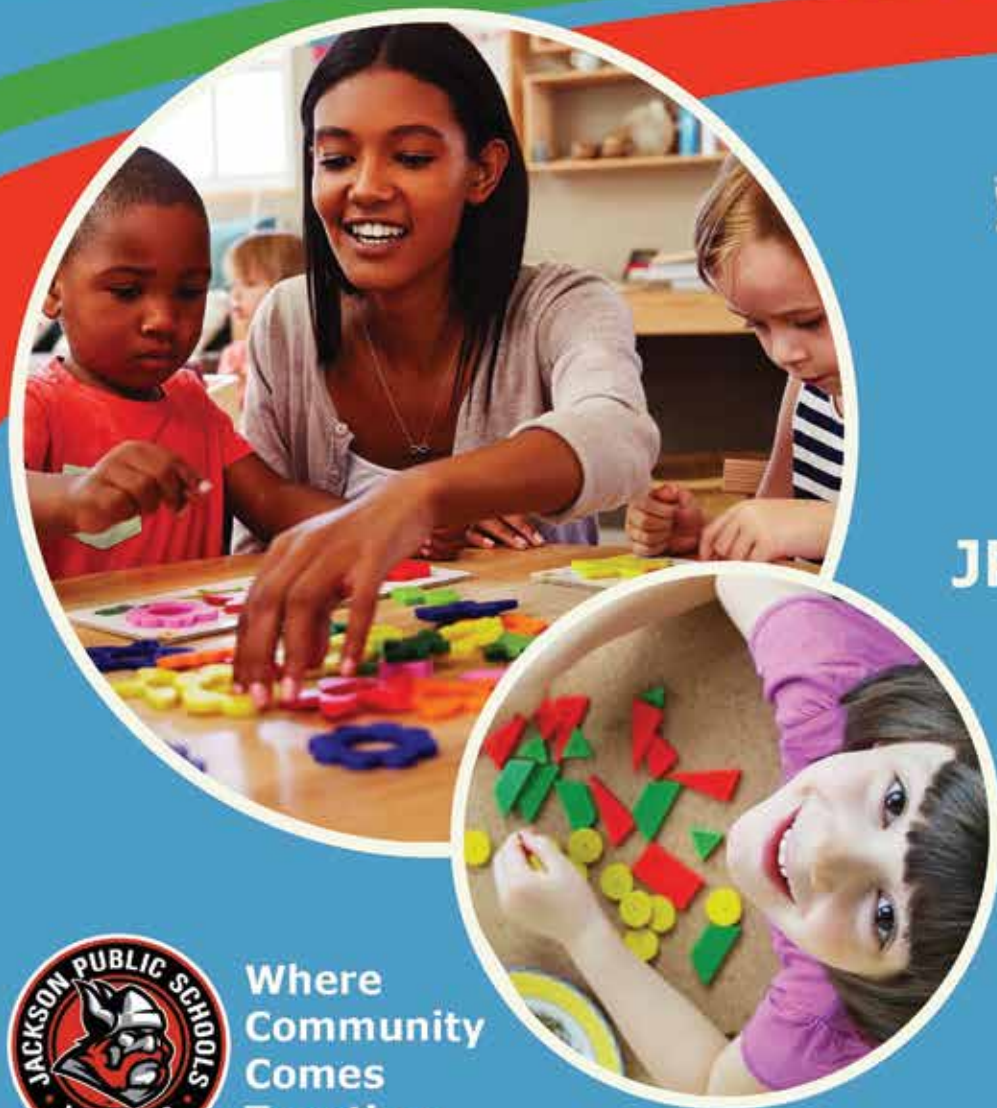
Allskate Birthday Parties are #1



BOOK YOUR PARTY TODAY!

allskate

Call 517-787-8716 or book online at allskate.net



Where
Community
Comes
Together.

ENROLL TODAY!

JPS Free Public Montessori K-5th Grade Program



Montessori Center

517-841-3870 • jpsk12.org

Northwest Student Poetry

*Contributed by Nick Gaffney,
Northwest Schools*

My name is Nick Gaffney, and I teach English Literature and Composition at Northwest High School. Through working and talking with the students at Northwest, I've discovered that there are outstanding poets, storytellers, artists, and essayists at the school. The work of these brilliant students is so outstanding that I felt compelled to share it, and the Jackson Area Collaborative Knowledge Source helps to make that possible each month.

The Love I am Willing to Give *By McKenzie Bruce*

Do not fall for me, for I will fall for you.

Do not fall for me, for I will write you 1000 poems describing the beauty of your crooked teeth, vivid eyes, and wild hair.

Do not fall for me, for I will paint you in mosaics.

Do not fall for me, for I will spend every dime I have to see you smile.

Do not fall for me, for I will take you to my favorite places so they become our favorite places.

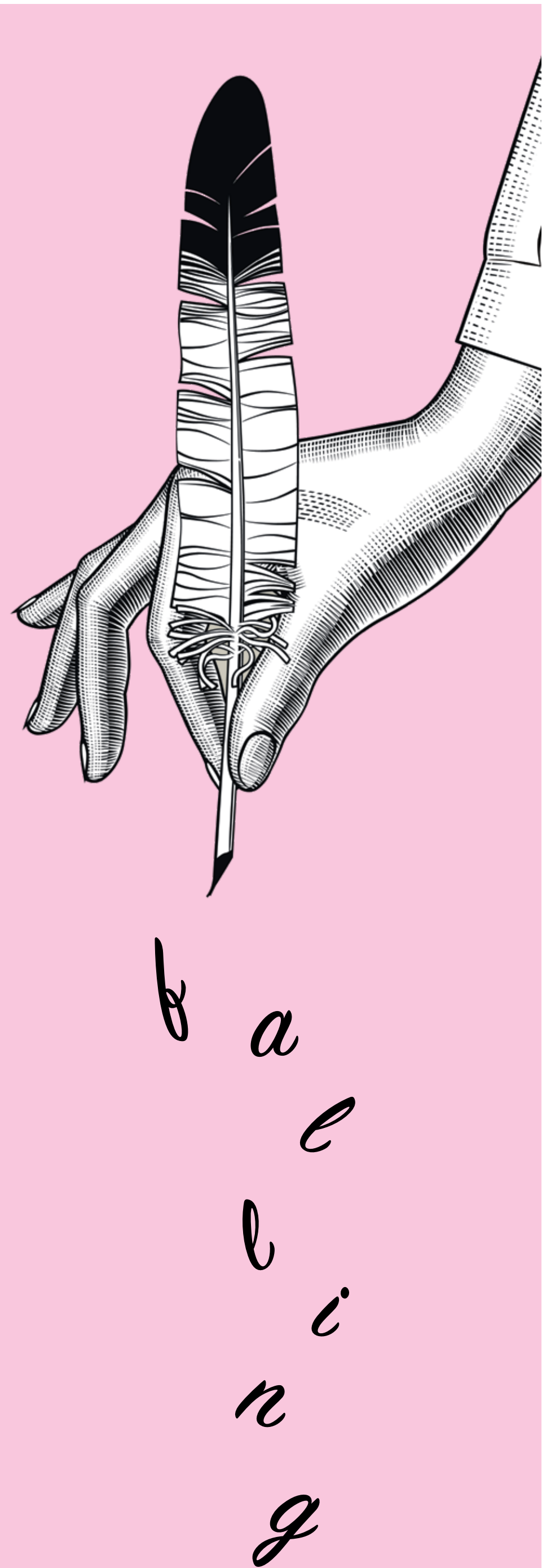
Do not fall for me, for I will tell you all my secrets.

Do not fall for me, for I will give you everything I have and never want it back.

Do not fall for me, for I will paint my god in your image.

Please fall for me, I ... have already fallen for you.

McKenzie Bruce is a junior at Northwest High School. She is also a student at the Jackson Career Center in their Programming course. She is interested in poetry, baking, and tarot card readings. She started writing poetry this year but has been reading poetry for about 3-4 years now and has always been interested in attempting to write her own. She tends to write more spoken words rather than any other type of poetry but she was inspired by someone to write this poem.



Meet Poseidon, the Pueblan Milk Snake

Contributed by
Imagine Planet

Our animal ambassador of the month for June is Poseidon, our Pueblan milk snake (*Lampropeltis triangulum campbelli*). They are called “Pueblan” snakes because they’re native to the Mexican state of Puebla, as well as other dry, arid desert regions throughout Central Mexico. They are striking snakes with bright red, yellow, and black bands.

The Pueblan milk snake has a resemblance to the venomous coral snake and this similarity in color, known as Batesian mimicry, helps protect the snake from potential predators. Another example of this strategy is the Viceroy butterfly which mimics the colorful but bad-tasting monarch butterfly. There is also a king snake that mimics the coral snake. One rhyme used to tell the difference between the snakes is “red touches black, friend to Jack; red touches yellow, kill a fellow.” This rhyme only works in the Western Hemisphere. Additionally, if you see a similar snake in the wild in the Southern United States or Central and South America, do not try to figure out whether the snake is venomous or not. Move away from the snake as quickly as possible.

Generally, the size of a Pueblan Milk Snake, when fully grown, is somewhere between 24 and 48 inches in length. Pueblan Milk Snakes have long lifespans of 20 years or more.

Cages should be escape-proof, complete with water and a hiding area. These snakes are fast and are great escape artists. You would think it would be easy to

spot such a brightly colored snake, but they can get in very small places and often go up. Milk snakes eat mice in captivity but are drawn to and will kill small birds. They are most active at dawn and dusk and otherwise are somewhat shy. Milk snakes must be housed separately because they are cannibalistic. Inexpensive enclosures such as plastic shoe or sweater boxes work well if there are ventilation holes drilled in the sides. Aquariums or homemade enclosures also work well if you want to display the snake. A variety of substrates may be used (aspen shavings, corn-cob-type rodent bedding, or newspaper) to keep the animals clean, warm, and dry.

You can utilize a linear UVB light of 5 to 6 percent, but it’s unnecessary. Unlike other reptiles, Pueblan Milk Snakes don’t need that UVB exposure for calcium.

Humidity levels between 40 and 60 percent are optimal for Pueblan Milk Snakes.

While bites are rare, these snakes do have a rather interesting defense mechanism. They will release a pungent musk that’s difficult to eliminate. While not dangerous, the smell is not something you want wafting through your home!

These colorful and nonaggressive snakes are a beautiful and exciting addition to any snake collection. We adopted Poseidon from Cascades Humane Society about five years ago!

Imagine Planet is open Monday, Tuesday, Thursday, Friday, and Saturday from 12 pm to 5 pm. Come by and visit and check out our Facebook page! As always, admission is free.

Jackson
FURNITURE
OUTLET
Since 1985

Open 7 days
a week

**Sofas, Sectionals, Recliners,
Bedroom Furniture and More!**
In stock and ready to pick up or have us deliver

3030 Lansing Ave., Jackson • 517-783-2782
Mon.-Fri. 10-6; Sat. 10-5; Sun. Noon-4pm www.jacksonfurnitureoutlet.com

I’ve Been Framed!
Custom Framing Design Center

HOURS:

Mon., Fri - 10am-4pm
Tue. - Thur. - 10am - 6pm
Sat. 10am - 2pm
Sun. Closed

**RESIDENTIAL and COMMERCIAL
CUSTOM MATTING and FRAMING**

Areas **LARGEST**
SELECTION of
Ready Made Mats
and Frames

Follow us on
Facebook

IVEBEENFRAMEDJACKSON@GMAIL.COM
(517) 783-3810 866 N Wisner St
Jackson, MI 49202

H E L L O

NEIGHBOR!

Jackson Public Schools is excited to open
JOHN R. LEWIS ELEMENTARY
in your neighborhood!

• **OPEN TO ALL Y5-5TH GRADE STUDENTS** •
154 W. Clark Street, Jackson, MI 49203

#BelievethetheHype

ENROLL TODAY! FOR MORE INFORMATION, VISIT US
ONLINE AT **JPSK12.ORG/LEWIS** OR CALL **517-841-2600**



College & Career Access Center, July Scholarships

Contributed by
College & Career
Access Center

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 Science, Industrial Technology, Kinesiology, LEED Training or Certification, Mechanical Drafting, Machine Technologies, Natural Resources, Conservation, Physical Administration, Physical Education, Physical Rehabilitation or Therapy, Park & Recreation Administration, Small Engine Repair, Sports & Fitness Management, Surveying, Trucking, Wood Sciences.

Description:

For this, 2022-2023 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
- MFMA scholarship application

Award: 5 Awards of \$1,250
Deadline: July 8, 2022
Application: <https://www.maplefloor.org/Programs-Services/Scholarship-Program.aspx>

Baron and Budd
Attorneys Mesothelioma
Cancer Victims Memorial
Scholarships

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 2-3minute 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

Essay and Video Topics:

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 8, 2022
Application: <https://baronandbudd.com/mesothelioma-lawyer/scholarships/#rules>

American Legion
Baseball Scholarship

Eligibility:

The player must:

- Attach a copy of his official high school transcript.
- Have graduated from high school.
- Be on a current roster (American Legion National Baseball Electronic Registration Form) with National Headquarters.
- Be part of a team affiliated with an American Legion post.
- Have three letters of testimony attached to application.

Description: Each Department Baseball Committee

may select a player from their Department to receive this scholarship. The American Legion will award several scholarships this year depending on the number of applicants and interest earned from the trust fund.
Award: \$500 - \$5,000
Deadline: July 15, 2022
Application: <https://www.legion.org/scholarships/baseball>

Annual Financial
Empowerment
Scholarship - Sponsored
by BankMobile

Applicants must:

- Be a citizen of the United States.
- Attend an accredited institution
- Submit a complete 3-part application:
 - 1) Application
 - 2) Transcript
 - 3) Creative Video (30-60 Second Video) explaining the importance of financial empowerment in your life and career. Special consideration will be given towards those who are demonstrating an active role in promoting financial empowerment within their community. We highly encourage creativity! Suggested Format: MP4.
- If you are not in college, you must provide Proof of Enrollment/Acceptance
- Meet a minimum score of 3.0 GPA.

Description: BankMobile Foundation is offering this scholarship to one excellent undergraduate or graduate student who is blazing a trail and shaking things up in the world of financial empowerment. The scholarship is to be used exclusively for school tuition and related expenses. A check for \$1,500 will be made payable to the award recipient's university or college to cover educational expenses.
Award: \$1,500
Deadline: July 15, 2022
Application: <https://www.bankmobile.com/scholarship>

2022 Platt Family
Scholarship Prize Essay
Contest

Eligibility:

- The scholarship essay contest is designed for students who are full-time, undergraduate students at-

tending 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 2022 semester? If the answer is no, you are not eligible.
- The eligibility of entrants will be confirmed by the Lincoln Forum prior.

Our Topic for 2022:

The year 2022 is the anniversary of the dedication of the Lincoln Memorial. How has the whole question of memorializing leading figures of the Civil War, including Lincoln, changed in the hundred years since then?

- 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, 2022) or via e-mail (time stamped before midnight July 31, 2022)
Application: <https://www.thelincolnforum.org/platt-family-essay-contest>

2022 NBCC Foundation
Military Scholarships

Eligibility:

- Applicants must be enrolled, full time in a CACREP-accredited counseling master's program.
- Applicants must be veterans or active-duty U.S. military service members or spouses of a veteran or activeduty U.S. military service member. Veterans must have received an honorable discharge.
- Applicants must be cur-

rently enrolled full time for the fall 2022 semester and be in good standing in a CACREP-accredited counseling master's-level program. Applicants must have taken courses during the spring 2022 semester. Applicants may not have a pending status, deferred status, or other future start date for coursework.

- Applicants are expected to graduate by December 31, 2025
- Eligible applicants must not have an anticipated program completion date before September 1, 2023, which will be verified in writing by their academic department.
- Applicants must demonstrate knowledge of and experience with military personnel and families.
- Applicants must commit to becoming board certified by applying for the National Certified Counselor (NCC) certification prior to graduation and to completing the application process.
- Applicants must commit to providing mental health services to service members and/or veterans within one year of graduation and for the duration of a minimum of at least two years post-graduation.

Description: These scholarships provide financial support to students who are currently enrolled in a Council for Accreditation of Counseling and Related Educational Programs (CACREP)-accredited counseling master's program, live in a rural area, and commit to serve rural populations within one year of graduation for the duration of a minimum of at least two years post-graduation.

Award: Five scholarships in the amount of \$8,000 are available.
Deadline: July 31, 2022
Application: <https://nbccfoundation.submittable.com/submit/b66fc8d2-43f9-444b-86e7-6c6dde54dd8f/2022-nbcc-foundationmilitary-scholarship>

Visit the College & Career Access Center today in the Jackson Crossing! For the complete list of scholarships please visit www.jcisd.org/CCAC.

Go Take a Walk

By Theresa Horne, CPT

No, really, it's good for you. Walking might be one of the most underrated types of physical activity around. In our go-hard or go-home culture, walking provides an accessible, affordable, and achievable form of physical fitness ready to make a comeback. Best of all, walking has three significant benefits that you may be overlooking.



Walking Can Improve Your Sleep

It has been found that walking is relaxing and can promote a good night's sleep. I asked my Facebook readers what they do to unwind, and an overwhelming amount of them responded, "take a walk." In one study specifically aimed to improve sleep, researchers found that walkers increased sleep quality

over four weeks.

Walking Can Improve Heart Health

When looking at the current research and articles on walking, I found several excellent write-ups. One article in American Heart Association News quoted Barry Franklin, Director of Preventive Cardiology and Cardiac Rehabilitation from Beaumont Hospital in Royal Oak, Michigan. "[Walking] lowers your risk factors for cardiovascular disease, decreases body weight and fat stores, decreases blood sugar levels, modestly improves your lipid profile, and reduces chronic stress."

Walking is not a magic bullet, but there is data to back up that is helpful.

Walking Can Reduce Stress

Like many forms of exercise, walking can release chemicals like serotonin and dopamine that lift your mood during and after a workout. If you are walking outside and it's sunny,

you get the added benefit of fresh air and vitamin D.

Wherever you are in your day, try to stand up, take a walk, and drink in the benefits!

References:
<https://health.cleveland-clinic.org/5-great-reasons-you-should-take-a-walk-today/>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3098122/>

As she approached 40 years old, weighing 330 pounds, she had weight loss surgery. It led her on a journey of seeking wholeness and healing: body, mind, and soul, as she learned her weight was not only about the food.

You can follow Theresa @sisterhoodofstrong on Instagram, TikTok, and YouTube or facebook.com/sisterhoodofstrong.



ANDROID APP ON Google play

Available on the App Store

Since 1973

WE PROVIDE...

- ...BUSINESS CONSULTING
- ...ACCOUNTING SERVICES
- ...PAYROLL PREPARATION
- ...TAX SERVICES
- ...RETIREMENT PLANNING
- ...COLLEGE PLANNING
- ...WEALTH MANAGEMENT
- ...FINANCIAL SERVICES

2508 Spring Arbor Road • Jackson

GOLDSMITH & ASSOCIATES

ACCOUNTING & TAX SERVICES

www.goldsmithandassociates.com

517.784.4600

quickbooks Certified ProAdvisor Online



Call **844-252-7268**
or visit us online at
miscmv.org/ReturnToLearn
to enroll today.



Return to learn.

It's Time to Focus on Whole Person Health

(BPT) - The COVID-19 pandemic has shed much-needed light on “whole person health” by highlighting the correlation between behavioral health and overall wellness. Many people with behavioral health challenges experienced worsening symptoms throughout the pandemic, while others struggled with conditions for the first time and didn’t know where to turn.

Understanding whole person health - and where to find resources that can help you support both your mental and physical health - is key to protecting and improving your overall well-being.

Whole person health is the recognition that our mental and physical health are interconnected and that an illness rarely affects a single body part or system. When you consider that nearly one in five U.S. adults live with a mental illness, and six in 10 adults in the U.S. have a chronic disease, it’s easy to consider how one might impact the other.

Benefits of Whole Person Health and How to Take Action

According to Dr. Rhonda Randall, D.O., Chief Medical Officer at UnitedHealthcare, implementing integrated health care approaches has positive outcomes for patients, physicians and caregivers. By exploring health behaviors (like smoking, physical activity and eating habits), the community and environment where we live and work, genetics, behaviors and socioeconomic influences on our health, physicians and patients create a comprehensive picture of the patient’s goals and create a comprehensive plan of care.

Here are three key ways this approach can help you, or someone you love - and how to take

action.

1. Improve one area, improve the rest. Research shows that improving one area of a person’s physical, emotional and mental health can benefit the others. For example, we have long known that gut health is directly linked to mental health, but whole health argues these connections run throughout the entire body.

Take action: Take a moment to reflect on your health - what are you missing, and what



are your goals? Make a list, then talk about it with your care team. Together, you can make a plan to address the changes you’d like to make.

2. Make mental health checks part of your regular health routine. As we age, chronic, or ongoing, conditions such as diabetes, heart disease, chronic pain and others, tend to surface more frequently, but research suggests mentally healthy adults reported the fewest chronic diseases of all ages. By starting to care for your mental and behavioral health as soon as possible, patients can help safeguard the body for its future.

Take action: Just as we make yearly visits

to our primary care physicians, it’s essential to prioritize regular mental health maintenance checks, whether with your physician, a specialist, or free self-assessment tools. It’s no secret that, for many, the pandemic has intensified and worsened mental health issues. The silver lining? Broad recognition has reduced the stigma and more than ever, virtual tools are available to help maintain treatment plans, improve access and remove cost barriers.

3. Prioritize preventive care to reduce health care costs. Chronic conditions, frequent trips to specialists and prescriptions are key drivers behind expensive out-of-pocket healthcare costs. By investing in whole health - examining diet, exercise and mental health, in conjunction with regular primary care visits - you can improve your health as well as your long-term financial health.

Take action: As you build your health team, look for professionals who subscribe to the whole health model and will proactively seek to coordinate care with other providers supporting your physical and mental health. When physician teams communicate effectively, patients become centered in their care.

Taking Charge of Your Whole Health

More and more, patients can be the drivers of their own health care journeys. Minor changes such as investing in self-care, improving lifestyle choices and early behavioral intervention if needed are key steps in ensuring overall wellness.

For more health and wellness information, visit [UHC.com](https://www.ymca.org).





**FIND YOUR FUN.
FIND YOUR Y.**

Jackson YMCA

**SUMMER
DAY CAMP**

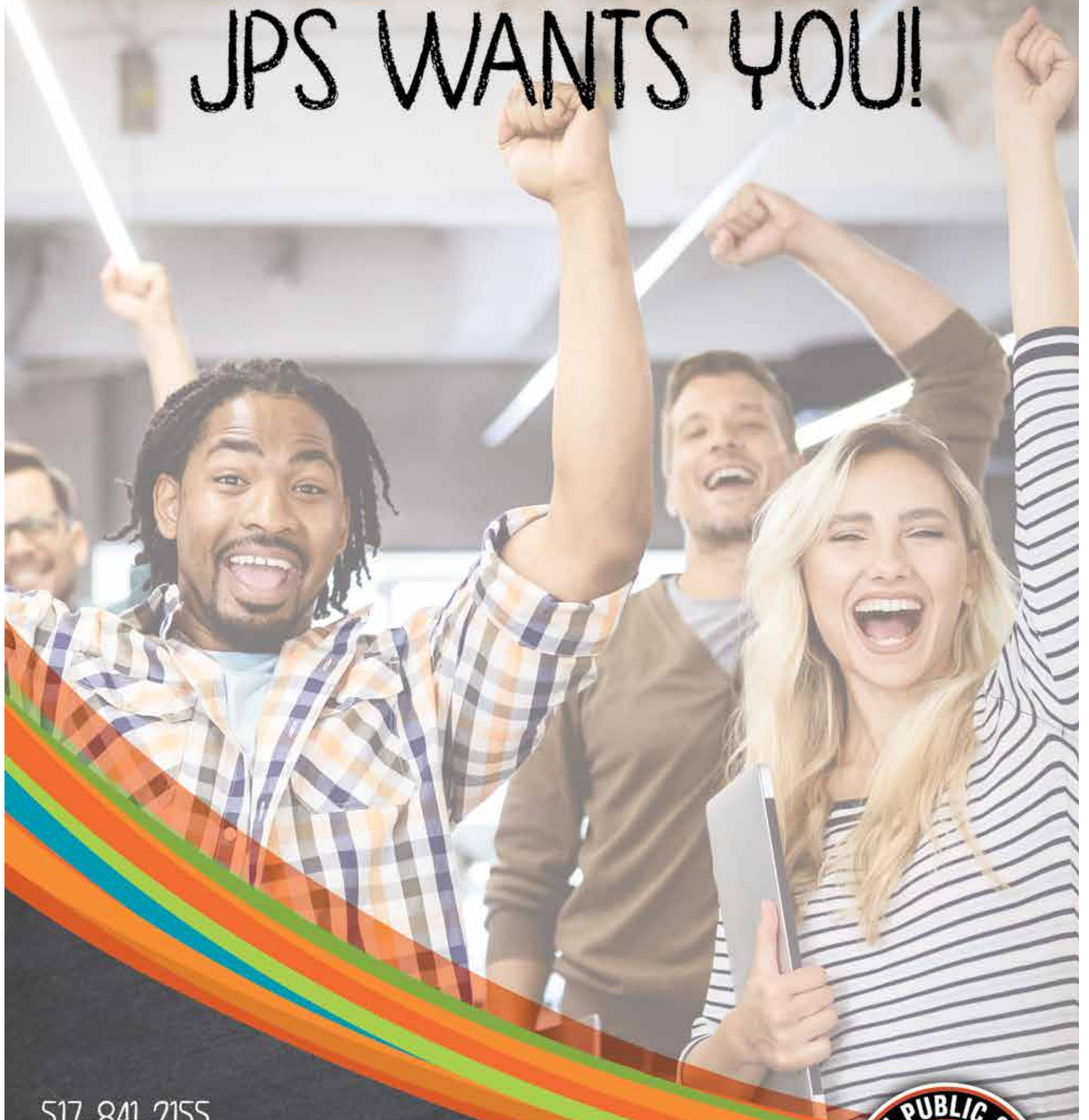
June 13–Aug. 19

Ages 4–14

Sign up today!

[JacksonYMCA.org](https://www.jacksonymca.org)

CALLING ALL TEACHERS, JPS WANTS YOU!



517-841-2155

WWW.JPSK12.ORG/RECRUITMENTFAIR

45-12TH GRADE

\$10K SIGN-ON BONUS!
STUDENT LOAN FORGIVENESS!



BASED ON
COMPLETION OF
CONTRACTUAL
AGREEMENT