

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

JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Meet Me at Vito's

- pages 6 & 7



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

**Learn more at
www.jacksfamilyguide.org**

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Celebrating Our Eighth Year

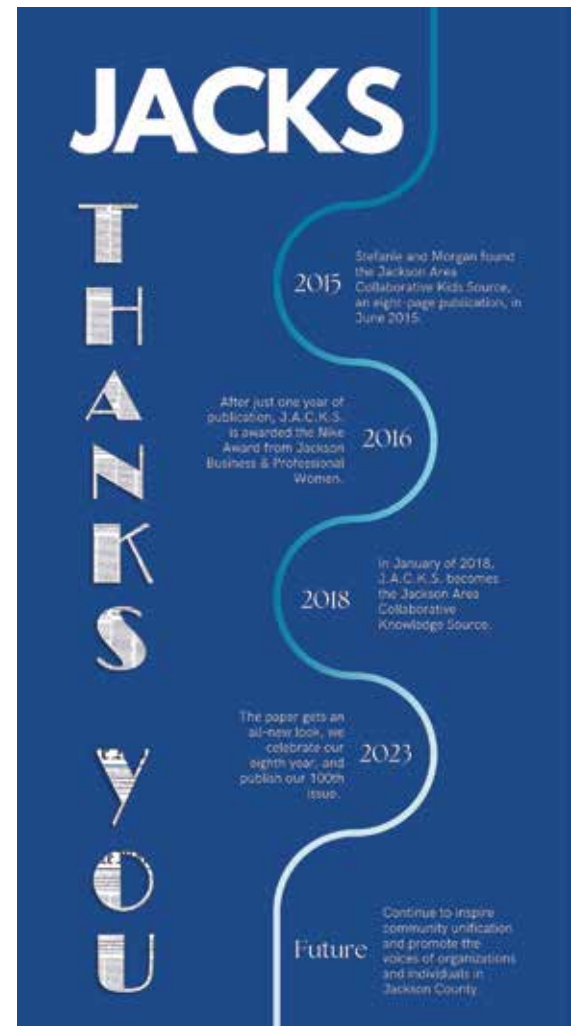
*By Stefanie Riggs,
Publisher, Jackson Area
Collaborative Knowledge Source*

The Jackson Area Collaborative Knowledge Source was established in 2015 to inspire community unification and promote the voices of organizations and individuals in Jackson County through a collaborative monthly publication. Our goal was to be a vehicle for sharing positive news in our community. With this issue, we celebrate eight years of business in Jackson — sharing events, knowledge, businesses, ideas, expertise, and so much more.

The unique part of our publication is we publish your story, your way. You have been the writer, the author, the narrator of your news. You have helped each and every one of us grow and learn to love the community we call home.

With each year that has come and gone, we have evolved to fit the needs of Jackson. Moving forward, we hope to continually serve in the best way that we can.

Thank you for being a part of our publication. We look forward to sharing more of your stories about the good work you are doing in our community. Here's to more stories, shares, laughs, and memories.



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Learn to Love Your Hometown

Jackson Offers Plenty to Fill Your Summer Days & Nights

By Val Herr



"I'm bored. It's hot outside, and there is nothing to do!" Those are the sounds of summer that some of us know all too well! But never fear; our amazing hometown of Jackson, Michigan, has more than enough to fill our days and nights and keep even the pickiest of kids busy.

Here are just a few of the amazing opportunities available this summer.

1. Jackson District Library is once again holding a summer reading program: Summer Discover. By reading anything, yes, anything between June 1 and July 31, you can enter to win a wide variety of prizes. For details and to sign up, visit myjdl.com

2. Go for a bike ride. Don't have a bike? No worries! You can rent one on the Falling Waters Trail. They even offer a membership service. To learn more, visit co.jackson.mi.us.

3. Enjoy the FREE Jackson County Parks

events sponsored by Alro Steel:

- The Cascades Falls for Memorial Day Weekend
- Saturday evening concerts at the Cascades Bandshell
- Fridays at the Cascades Splash Pad
- Movie night in the park on Aug. 4
- Wild World of Animals at the Jackson County Fair
- Entertainment at the small stage at the Jackson County Fair

4. Volunteer. Not only will this help fill your time, but it also teaches your kids the importance of giving back and supports our community. Here is a short list of volunteer opportunities:

- The People for Parks and Trails
- The Cascades Humane Society
- Habitat for Humanity
- Grow Jackson

5. Take a hike. Visit the Dahlem Center for a wonderful experience enjoying nature.

6. Visit Kids 'N' Stuff Children's Museum in Albion. Yes, it's a little outside of Jackson, but

it's absolutely worth the drive. This museum provides fun, hands-on learning experiences for families. If you wish to stay local, don't forget about Ella Sharp Museum. With multiple exhibit spaces, there is something for everyone.

7. Enjoy the free Summer Concert Series presented by Jackson College. Concert dates are June 8, 15, 18, 20, and 29. Visit jccmi.edu to learn more.

8. Capri Drive-In. Coldwater is a bit further than the rest, but have your kids ever been to a drive-in? With two screens, there is always something family-friendly.

9. Tap into your creative side. Everyone has one! Keep an eye out for fun activities from Essa Arts and Jackson School of the Arts.

10. Check out Aviation Day. For the second year, Jackson County Airport will host an Aviation Day. Learn how to fly, ride in a classic WWII air transport, check out modern-day military aircraft, or fly a helicopter simulator. *Information provided by Experience Jackson.*

Whatever you may choose, enjoy summer in our wonderful town!

Lomar Treats its Employees to an Evening at the Ball Game!

*By Becky Dorian,
Lomar Machine
& Tool Company*

Nothing says spring like warm weather, a cold drink, hot dogs, and baseball! Lomar was excited to treat our employees with tickets, t-shirts, and transportation for their entire family to an evening Lugnuts game on May 19. The ball game offered all the opportunity to meet one another's families. We left behind the daily grind and traded it for an evening of relaxation and connection. Employee outings are a long-standing tradition at

Lomar that has led to lasting memories, strengthened friendships, and created resilient, trusting teams upon returning to the office. Other outings have included company dinners, picnics, trips to the casino, and trips to Detroit to catch the Lions and the Tigers!

The appreciation Lomar has for its employees is deeply rooted throughout the company's history. A simple evening out is a small way to celebrate the amazing people that continue to shape our company and products.



Employees and their families enjoy a Lugnuts game courtesy of Lomar Machine & Tool Company

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Jackson County Animal Shelter's Adoptable Pets: Kela and Joannie

Contributed by the
Jackson County
Animal Shelter

Kela

Meet Kela, a three-year-old Great Dane mix who came to the shelter pregnant. She had her puppies, who are now weaned and on their own, and became somewhat of a celebrity when she chose to adopt an abandoned kitten as one of her own. She nurtured the kitten as if it were one of her pups, making the paper and local news in the process.

Kela can be selective about who she chooses to be her friend; because of this, she is not recommended for a home with children. She is housetrained and would likely be a territorial dog which is true for the Great Dane breed. 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



Jackson County
Animal Shelter

and \$250 for puppies/small dogs, which includes vaccinations, microchips, and sterilization.

Joannie

This little girl is Joannie, a four-year-old Tortie who was surrendered by her owner. Joannie is very friendly and enjoys attention. She likes treats and will roll over on her back for your entertain-

ment. Joannie is not fond of other cats in her home and would do best as an only cat. 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.



8 Ways to Make Your Pet Feel Like Part of the Family

Family Features - It's said that pets can be people's best friends, but the relationships between people and their four-legged friends often run even deeper. In fact, many consider pets to be an integral part of their families.

From eating and playing together to matching outfits and more, consider these practical ways to make dogs and cats feel like they're important members of your household so you can become two peas in a pod.

Play Often

Playtime is an easy (and fun) way to bond with pets, whether your furry friends prefer fetch, tug-of-war, or any other game that keeps you both active. On top of the emotional benefits, it can help keep them in better physical shape – you might even be able to get a little exercise, too.

Feed Human-Grade Food

Sharing a meal with people is a common way to connect, and that same connection can be made with pets. Feeding them at the same time you sit down for a meal can create a special bond. Though it's tempting to feed them off your plate, consider a human-grade food option like Freshly Crafted from Full Moon Pet. Created for pet parents who seek homemade quality ingredients free from additives or preservatives, this fresh frozen food includes 100% human-grade ingredients like real USDA chicken breast and blueberries, meaning it looks, smells, and tastes just like food you would cook in your own kitchen while providing complete nutritional benefits pets need to thrive.

With flavors including Homestead Turkey, Ranch-Raised Beef, and Free-Range Chicken, these curated meals promote skin and coat health, support immune health, and encourage

muscle growth.

Set Up a Special Space

Just like humans, pets need a little quiet time now and then. Creating an area they can retreat to with a bed, blankets, and favorite toys offers a "safe space" where they can be comfortable. Plus, it's a perfect spot for them to nap when you're away and the house is empty.



Photo by Jamie Street on Unsplash

Schedule Regular Wellness Visits

The veterinarian's office may not be your furry friend's favorite hangout, but scheduling regular checkups is an important part of owning pets. A balanced, quality diet can reduce trips to the vet to just essential visits – often annually or bi-annually – and help your pets live happy and healthy lives.

Show Affection

Belly rubs, freshly brushed coats, and simply spending time together are all effective ways to

show pets your affection. Another way to share your love is to reward dogs with their favorite treats like Full Moon Chicken Jerky, which is a high-protein, meaty treat made with few ingredients, including USDA chicken breast, so you can feel good about providing your pets with a treat that tastes good and is good for them.

Take Pets on Vacation

Skip the anxiety of leaving pets behind during your next trip by letting them join in on the fun. Exploring the world together is an exciting way to bond as you can visit new places, find dog parks, and discover pet-friendly restaurants. If it's your pet's first road trip, consider a shorter excursion to ensure he or she is comfortable in the car, and make sure to bring all the essentials like food, water, bowls, bedding, toys and medications.

Wear Matching Clothes

When you're dressed to feel your best, you're likely to feel more confident in yourself. Provide that same feeling of satisfaction to pets by dressing them in the same clothes you plan to wear for a walk around the block or a trip to the dog park. Next time there's a family photo session, plan to include furry friends in matching outfits so everyone can be dressed to impress.

Celebrate Special Occasions

Birthdays, "gotcha days," or holidays are perfect moments for celebrating your bond with your pets. Make the day extra special by indulging in favorites like going for a walk, heading to the dog park, gifting a new toy, enjoying specialty treats, and more.

To find more ways to bond with your pets, visit FullMoonPet.com.

New Playground Opens in Jackson's Loomis Park

By Aaron Dimick,
City of Jackson
Public Information Officer



Jackson families have a new playground to enjoy! Construction wrapped up at the new Loomis Park playground in May. A year-long construction project reshaped the north side of the park, providing a new landscape, playground, walking path, exercise equipment, pavilion, and entrance to the Boos Recreation Center. The City Council allocated \$1 million in federal funds to this substantial investment for Jackson's east side.

The new playground is a modern, open playscape with durable materials

that's accessible to people with disabilities. The former wood playground structure required constant maintenance and was becoming unsafe to use. The new landscape improves safety by adding more lighting and increasing visibility. These improvements are in addition to the new walking path, basketball court, and sledding hill installed at Loomis Park in recent years.

"These updates improve quality of life for everyone in the community and help make Jackson a more attractive place to live," said Parks and Recreation Director Kelli Hoover.

With the outside of the building refreshed, construction will now focus on the interior of the Boos Recreation Center. Renovations inside the center will take place through the rest of 2023.



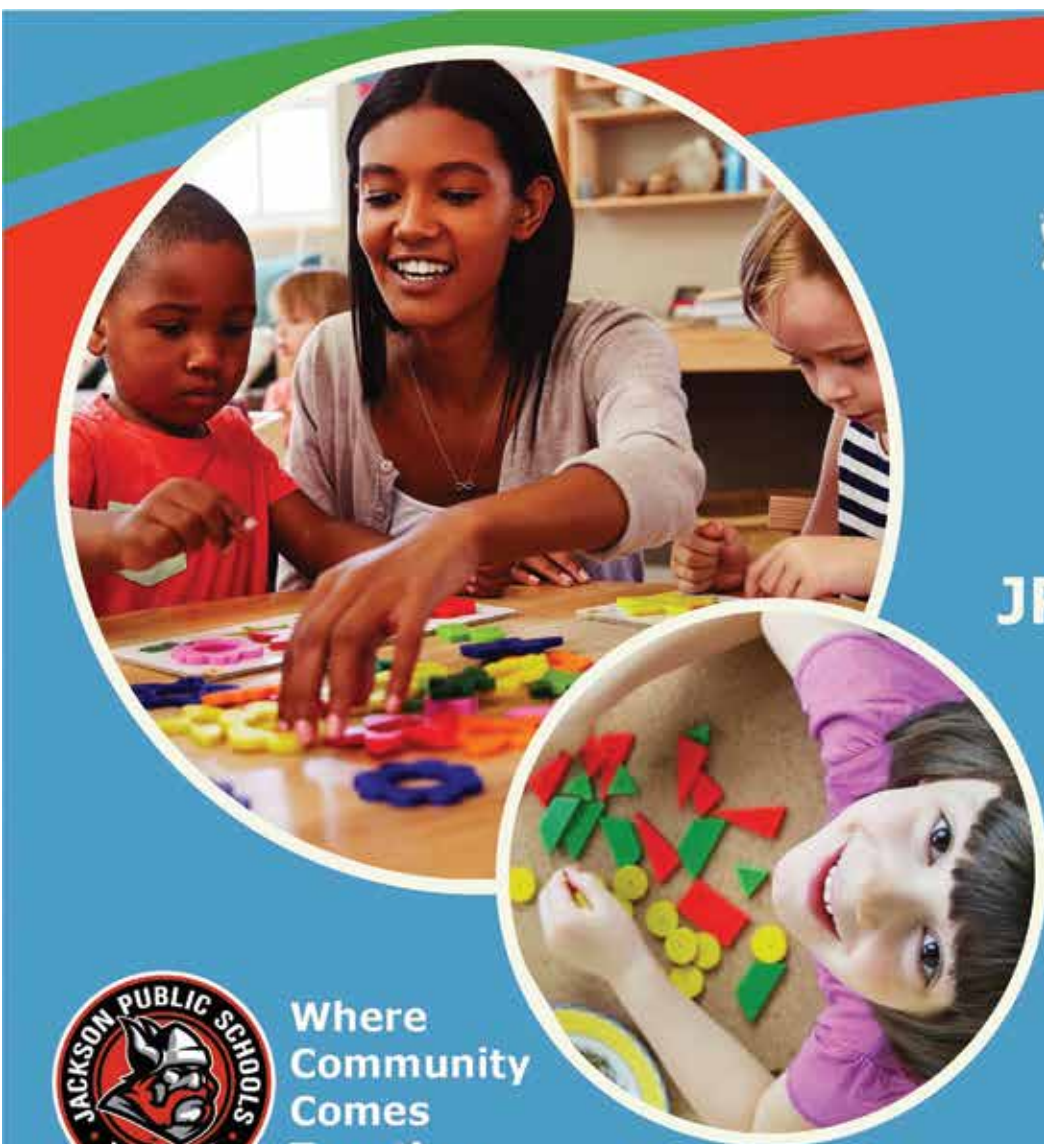
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Meet Me at Vito's: A Third-Wave, Locally-Owned

By Morgan Riggs

This past month, I had the privilege of sitting down with the owners of Vito's Espresso: Vic and Linda Schiro. As you enter the building, a stunning mosaic behind the counter provides pieces of their story, from the sun representing their slogan, "Be Somebody's Sunshine," to their unmistakable logo with a rich family connection. Tiles representing the people who helped build and contribute to their presence in the community hang above the door, and coffee mugs spilling out into the mosaic serve as a reminder of the service they provide: not just coffee but connection. Our conversation was punctuated with personalized greetings, smiles, and first names as each newcomer and regular alike came through the door. From Wildwood to Sky Suites to Spring Arbor, the third-wave, locally-owned business has had a profound impact on our community since its beginning in December of 2017. Take an inside look at this Jackson staple!

Morgan: You cannot help but notice the resemblance between yourself and the logo. Where did the idea for the logo and the name come from?

Vic: So Vito is short for Victor, and my grandma called me that as I was growing up. Typically I would hear it as a yell. When we started this place, it was a nod to my grandma and part of my heritage. As for the logo, one of our sons - he was sixteen or seventeen at the time - was sitting in my office at the camp where I worked. There was a whiteboard and a portrait of me on Linda's desk.

Linda: He drew his dad - just the hair - with whiteboard markers, and we took a picture of it. Fast forward some years, we were looking for a logo for this place. I knew we already had it. Vic had been using a photo of the whiteboard drawing for his Facebook profile picture, and everyone knew who it was! Our son updated it and wrote Vito's Espresso under it, and that is the logo we use today. We wanted espresso in the name because we are not as much about coffee drinks as we are about espresso drinks.

Vic: When looking at espresso-based drinks, if you start out with subpar espresso, all you are doing is covering it up. When I have someone come in here and order an espresso, I'm excited because I know it's good. I am proud of my espresso because I put work into it.



M: Speaking of your espresso, I noticed your portafilter is bottomless.

V: Yes! That is how you diagnose your shot. You watch as it forms. The choice also helps keep the shot tasting great. When you use a diverter, coffee oils stay in it, and then you are pulling fresh shots on top of oil remnants from earlier on.

M: Sipping on an espresso-based beverage right now, I can testify that your espresso is phenomenal! But everyone has to start somewhere. How did you get into the coffee industry?

V: I learned coffee at a camp that I was working at in Nebraska. One of my coworkers was a barista and believed that a coffee shop was what the camp needed. I was the one who found the espresso machine, and I eventually became the manager of that coffee shop. The woman who came up with the idea left, and I became *the guy*. I was okay with that. It was a 25-year-old espresso machine, and the education started for me at the mechanics shop while we were having work done on it. I pulled my first shot at his shop.



M: From your first shot to owning a third-wave coffee shop. What made you want to open a third-wave coffee shop in Jackson?

V: I felt it was right. I wanted to get back to the roots of coffee. The third wave is all about relationships and care for quality; when I say relationship, I mean all the way back to the farmer. We chose Populace Coffee Roasters out in Bay City - a Michigan-based company - because of the attention they place on quality and because they truly understand the community.

M: You speak frequently of community. How has the community received Vito's and vice versa?

L: We had help from people who come in all of the time. They buy in; they just do. They feel at home. We had a guy that made himself a sweatshirt that says, "Vito's is my Cheers."

V: Our regulars who came to the place when it was on Wildwood in Jackson still come in even if they are relegated to coming on Saturdays because of the distance. We love that they still come!

L: When we moved, it cost a lot more than we were prepared for. A buddy of ours, Ru-

benn Lanphear at R. L. Coatings, who makes the mugs for the Mug Club, said, "I made a new cup." He showed it to us, and it was gold with *Founders* written across it. What he was trying to do was provide a way for those people who really wanted to help us open to be able to, without trying to hand us money.



V: And the outpouring of that was phenomenal to me. That's community.

L: You asked if we had regulars. We have regulars who had the Mug Club mugs, but they came in to buy the Founder's Mugs as well.

V: We had people we didn't even know, that didn't have a deep relationship with us yet, pop down \$250 for a Founders mug. I thought, "I don't know who this person is, but I have to get to know them because they are investing in us." So now we know Anne and Fran, and they are becoming friends.

M: The sense of connection here is undeniable. Seeing how many people you have said hello to just during our conversation is indicative of the level of care you both have put into this place. It is incredible to see what a coffee shop can do for a community.

L: So then consider the art community. There are people who have art at home who love to create it but can't show it or don't want to place it in a gallery and pay the gallery for a sale. We allow them to display their work here for a month!

V: We display their work and purchase pieces if we can. There are a few pieces in here that we have purchased from local artists.

L: Art and coffee just go together; it just does. We are going to host Inktober in October, where a couple of artists will add a new piece every day. We also sponsor a group of local art teachers.



Coffee Shop Inspires Community & Connection

M: I have heard coffee referred to as an art in and of itself. Do you relate to that statement?

V: Coffee is most certainly a craft. It's a mixture of art and science. What's the most important thing in coffee? It's the collective beverage! The water, the grind consistency... With water, for example, you have to look at the TDS levels. Depending on your community, you then have to treat it. Here, we soften the water, use a reverse osmosis filter, and then remineralize the water to have the correct TDS level. I'm looking for around 140 ppm to best extract the flavor and caffeine from the coffee. Some part of you just wants the numbers. How many grams? How long to pull the shot? But when you do everything right and then you feel there is something just a bit off, that is where the craft, the art, comes into it.

M: As you have fine-tuned everything over the years, what kept you wanting to stay in coffee?



V: I started to really enjoy the process of coffee but more so, what we are doing right now. Interacting with the customer. I like coffee, but my passion is for people; coffee is the vehicle.

M: Let's talk people. On your website and at the bottom of your menu, reads the phrase "Be Somebody's Sunshine." Where did you come up with this, and what does it mean to the people walking in here?

V: I found out I had Seasonal Affective Disorder or seasonal depression, and I hated it, and I know other people have it. The sun is so important, and in Michigan, it's not so present in the winter. I thought throughout the bad weather, "What can I do to make someone else feel better?" and I encouraged my customers to do that. Before I started getting into coffee, I knew very little about it. Before 2011 - I liked it, but all I knew was that fresh ground was better than pre-ground, French press was better than Mr. Coffee, and that was it. When we went to some coffee shops, we were turned off by an attitude surrounding coffee knowledge, or our lack of it. When we created Vito's, we wanted the place to feel inclusive and welcoming, to

help customers figure out what they enjoy and make their day a bit brighter.

M: Moving toward food and ingredient preparation, you place emphasis on making things from scratch. What was the origin of that emphasis?



V: It is how we grew up! My wife, Linda, grew up in the thumb of Michigan on a farm where everything was canned, and if she was going to make biscuits, she didn't crack open the tube, she made real biscuits. It was a lineage - her mother and her mother before her made things from scratch. My underlying philosophy is I'm going to make it myself unless somebody else can do it better than me. For the sauces - caramel, chocolate, thick flavors - a Ghiradelli or a Monin does it really well. Our syrups, on the other hand, we make in-house. We try to source the extracts and other materials from the highest quality source we can. For our lavender syrup, we work with Nellie's Lavender Estate in Jackson. We get the dried flowers from them and use our own extraction process to pull out the best flavor possible. The bottom line is how it tastes and how it stays integrated. We shift as we learn.

M: If you had to describe the atmosphere of this place in one word, what would it be?

V: Diverse. Really that is the first one that came to mind because we have college kids, we have families, and we do have the retired community. I love being in a college town.



M: If someone is looking to try something new, what would you recommend?

V: Well, it depends on what's new to them, but if they are looking for a cold beverage, I always go for root beer or tonic espresso. There's a story behind root beer espresso: We were in a convenience store, and the proprietor was boasting about his craft soda and how he had the largest selection in southern Michigan. One of the first ones I saw was root beer espresso. I was like, "It's going to be horrible!" but I had to try it, and it was so good! So I came back home and tried making it. The espresso immediately took over the root beer. I broke it down

and used sparkling water, root beer syrup, and our espresso, and the espresso still overtook it. So then I used concentrated cold brew, and that was it! It brought out different notes and was so tasty. We could talk for another hour on cold brew, probably. We have people who come in who have problems with acid reflux from regular coffee. Cold brew has low acidity, so we steam our cold brew to give them a low-



acid hot coffee beverage. People appreciate that kind of problem-solving. A true macchiato or a good cortado are some of my favorites. We don't make them with milk; we make them with half and half because it is delicious. Linda enjoys a breve' every day.

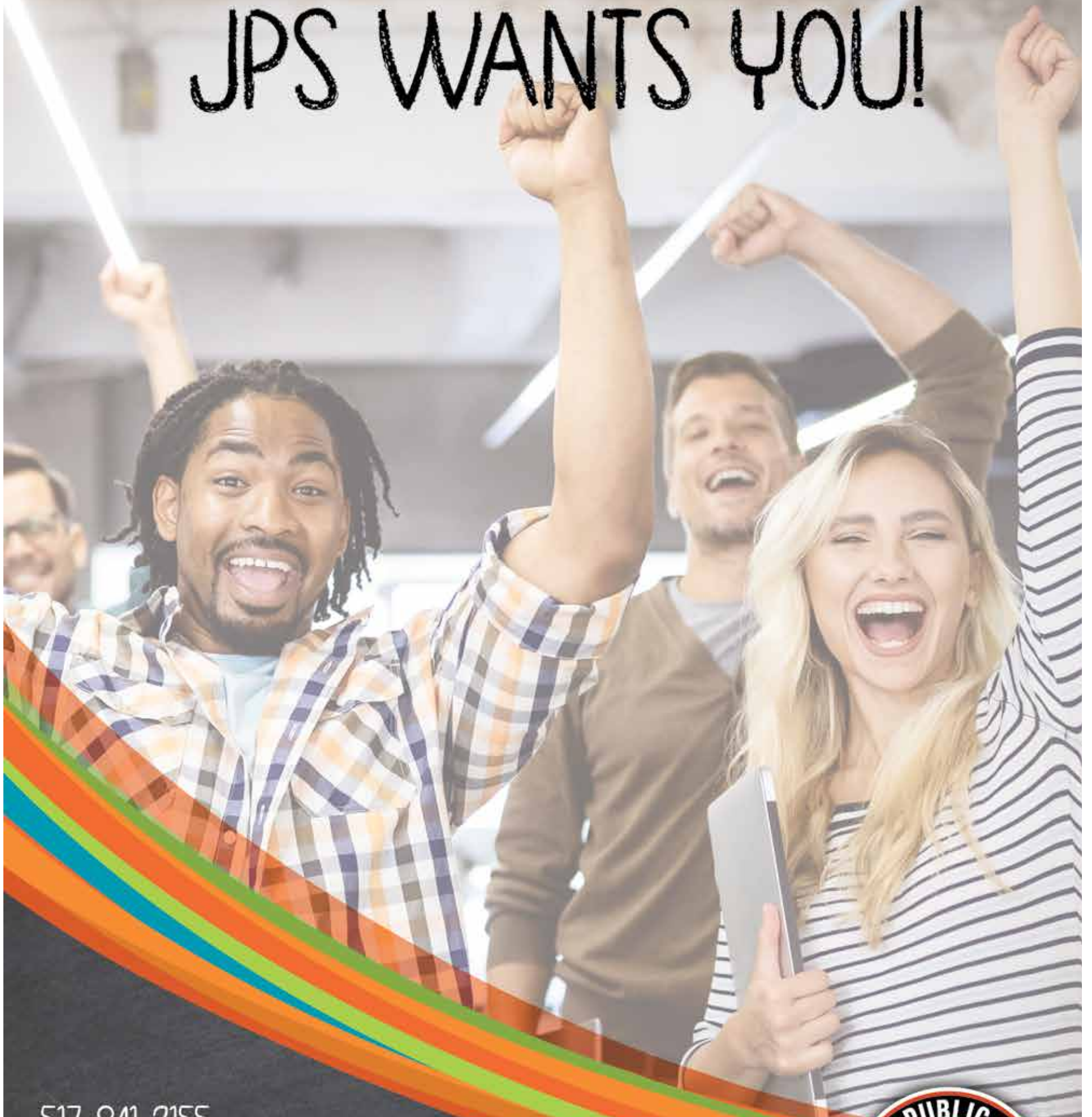


M: I'll have to keep those in mind next time I'm here! Finally, what do you hope for Vito's moving forward?

V: We hope to be part of this Spring Arbor, Jackson County community for many years to come. They say if you are visionary, and you're not afraid of hard work, you can go far. I would say that at some time during that process, you're going to come to the end of your resources, the end of your knowledge, or just the end of your strength. When that happens, I hope you live in Jackson County. We couldn't have asked for a better place to live and grow our business.



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College & Career Access Center, July Scholarships

ABC Humane Wildlife Control & Prevention, Inc. Academic Scholarship

Eligibility:

To apply for the scholarship, applicant must be:

- a student currently enrolled at a college or university recognized by the U.S. Department of Education in the United States.

- studying or planning to study the fields of science (excluding social sciences i.e., economics), engineering, mathematics, or technology.

- a person who identifies as female

If the applicant or the applicant's parent/legal guardian is employed by ABC Wildlife, Inc. at the time of award, the student is not eligible for the scholarship. Eligibility of finalists will be verified before winners are selected. Applicant must include "Women in STEM Scholarship" in the subject line of the submission email. (submission to be sent to: grants@abc-wildlife.com)

Description:

This scholarship was created by Urban Wildlife Manager Rebecca Fyffe, an entrepreneur who is unique in her industry as a female business owner, as only 3% of pest control & management firms are owned by women. Fyffe credits her business acumen and cutting-edge research-based methods to her STEM background and wishes for more women to have the opportunity to engage STEM programs and science-based education.

Essay Prompt:

Why are you passionate about science, technology, engineering, or math, and how will your pursuit of these fields help preserve biodiversity, improve the health of our planet, or alleviate human suffering?

Award: \$1,000

Deadline: July 1, 2023

Application: <https://abc-wildlife.com/abc-humane-wildlife-control-prevention-inc-s-academic-scholarship>

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:

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 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 Science, Industrial Technology, Kinesiology, LEED Training or Certification, Mechanical Drafting, Machine Technologies, Natural Resources, Conservation, Physical Administration, Physical Education, Physical Rehabilitation or Thera-

py, Park & Recreation Administration, Small Engine Repair, Sports & Fitness Management, Surveying, Trucking, Wood Sciences.

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

Award: 5 Awards of \$1,250

Deadline: July 14, 2023

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

GeneTex Scholarship Program

Eligibility:

- Students in good standing and enrolled at an accredited college or university

- Students who have declared a STEM major or are enrolled in a STEM graduate program

- * 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>

com/Article/Company/Index/Scholarship

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 Perceman 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>

Meet Imagine Planet's Hamsters: Hammy & Teddy

By Jean McKim,
Imagine Planet

Imagine Planet will be out and about this summer, so keep an eye out at Southside Summerfest, Chalet Terrace, Shahan, the Learning Fair, and other places around town for our animal ambassadors. Our gift shop has new items, and we have resumed our sticker program that allows kids to earn one sticker for each visit. When they reach five stickers, they can choose anything \$3 or under from the gift shop. Ask about it next time you come.

This month we will be talking hamsters. Imagine Planet currently has two hamsters: Hammy, the Roberovski Hamster (*Phodopus roborovskii*), and Teddy, the Teddy Bear Syrian Hamster (*Mesocricetus auratus*). They live in separate housing as hamsters are strictly solitary. Babies are grown at three weeks and, in captivity, must be separated from their mom as she could eat them. While hamsters are solitary, we may refer to multiple hamsters simultaneously with the collective noun "horde."

Hamsters are rodents and are more awake at dawn and dusk than at night. In the wild, they remain underground during the day to avoid being caught by predators. They feed primarily on seeds, fruits, and vegetation and will occasionally eat burrowing insects. Hamsters are typically stout-bodied, with tails shorter than body length (about 1/6 the length of the body), and have small, furry ears, short, stocky legs, and wide feet. Distinguishing features include elongated cheek pouches extending

to their shoulders, which they use to carry food back to their burrows, as well as fur-covered feet. They have thick, silky fur, which can be long or short, and colored black, grey, honey, white, brown, yellow, red, or a mix, depending on the species.

Their evolutionary history is recorded by 15 extinct fossil genera and extends back 11.2 million to 16.4 million years to the Middle Miocene Epoch in Europe and North Africa; in Asia, it extends 6 million to 11 million years. The best-known species of hamster is the golden or Syrian hamster, which is the type most commonly kept as pets. Their natural geographical range is in an arid region of northern Syria and southern Turkey. Their numbers have been declining in the wild due to a loss of habitat from agriculture and deliberate elimination by humans. Thus, wild golden hamsters are now considered endangered by the International Union for Conservation of Nature. Adult golden hamsters can reach around 6 in long, with a body mass of around 3.5–5.3 oz. Syrian hamsters typically live no more than two to three years in captivity.

Although the Syrian hamster was first described scientifically in 1839, researchers were not able to successfully breed and domesticate hamsters until 1939. The entire laboratory and pet populations of Syrian hamsters appear to be descendants of a single brother-sister pairing. These littermates were captured and imported in 1930 from Aleppo in Syria.

The Roberovski hamster (*Phodopus roborovskii*)

is a type of dwarf hamster that lives in the deserts of Central Asia, averaging 1.9 in and 0.42–0.85 oz during adulthood. The smaller Roberovski hamster often lives for three years in captivity.

Hamsters are omnivores, which means they can eat meat and vegetables. Hamsters that live in the wild eat seeds, grass, and even insects. Although pet hamsters can survive on a diet of exclusively commercial hamster food, other items, such as vegetables, fruits, seeds, and nuts, can be given. Although store-bought food is good for hamsters, it is best if fruits and vegetables are also in their diet because it keeps them healthier. Even though hamsters are allowed to have both fruits and vegetables, it is important to understand exactly which ones they can have and how much. Ham-

sters do best with fruits that don't have citrus in them and most green leafy vegetables. Hamsters should never be fed junk food, chocolate, garlic, or any salty/sugary foods. Hamsters tend to love peanut butter, but it is important to feed it to them carefully because this sticky food can get stuck in their cheeks. In the wild, most commonly in the Middle East, hamsters have been known to hunt in packs to find insects for food. They are considered hindgut fermenters and often eat their own feces (coprophagy) to recover nutrients digested but not absorbed in the hindgut.

A behavioral characteristic of hamsters is food hoarding. They carry food in their spacious cheek pouches to their underground storage chambers. When full, the cheeks can make

their heads double or even triple in size.

All hamsters are excellent diggers, constructing burrows with one or more entrances. As with any pet animal, the largest enclosure for them is best. They are not recommended as pets for small children as they are small and easily hurt, and their front teeth give a painful bite.

Visit Teddy and Hammy at Imagine Planet Monday, Tuesday, Thursday, Friday, and Saturday from 12 pm to 5 pm. We are closed Wednesday and Sunday. Admission is free, with a small charge for special group programs. Programs can be arranged in the mornings or on our closed days with an appointment. We also go to outreach places for a small fee as well. Let us know what you need!

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7 Garden Growing Basics for Beginners

Family Features - Growing your own produce is an all-around smart practice, from the money you'll save at the grocery store to the contributions you can make toward a cleaner planet.

Maintaining a garden takes some effort, but it's a project even a beginner can tackle with ease. Consider these tips to start growing your at-home garden:

Select a Perfect Spot

You'll want to place your garden in an area where you see it often so you're reminded to weed and care for it regularly. Find a flat area you can access easily, where erosion and other pitfalls (including hungry wildlife) won't be a problem.

Choose Between Ground and Containers

There are pros and cons to gardening in containers vs. the ground, and there's no universally right choice. Rather, the best garden depends on your goals and preferences. A ground garden usually offers more space and may provide a better growth environment for roots. However, a container garden is often easier to maintain and may be all you need if you wish to grow just a few plants.

Understand the Importance of Quality Soil

You may think any dirt will do, but keep in mind the soil you plant in will be the primary source of nutrients

for your produce. Not only that, but quality soil provides stability so plants can root firmly and grow healthy and sturdy to support their bounty. Quality soil also allows for ample drainage. Organic matter like compost, leaf mold, or aged manure all help improve soil quality.

Keep Water Close

Lugging water can quickly eliminate the pleasure of tending your garden, so be sure you're situated near a hose. You'll know it's time to water when the soil is dry about an inch below the surface.

Plan for Plenty of Sun

A bright, sunny spot is

a must, since most vegetables, herbs, and fruits depend on six or more hours of sun every day. Remember, the sun's path changes throughout the year, and as trees and foliage grow, they may produce more shade with each growing season.

Consider What You'll Grow

Starting with veggies you know you like is a smart starting point since you'll be pouring sweat equity into making them grow. Over time, you might add new varieties, but early on, keep your focus on foods you know you like so you can see a meaningful return and avoid waste. You'll also need to consider what you can grow to maturity

within your area's growing season. If necessary, you might want to start transplants you can nurture indoors before moving them outside when the temperatures allow.

Plant According to a Calendar

Knowing how long it takes different foods to mature will help you create a planting calendar. You don't want to harvest everything at once, and if you stagger planting and replant what you can, you'll have a garden that produces food for your family for a longer period of time.

Find more helpful tips for managing your home and garden at eLivingtoday.com.

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Questions? Contact Marla Gilpin • marlagilpin05@gmail.com • 517.499.4442

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