



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

# Gear up for Gardening

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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.

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How to Decide What Kind of  
Garden You Want this Year

(BPT) - Gardening has become a very popular pastime over the past two years, and that trend shows no sign of slowing down. According to last year's Axiom Gardening Insights Survey, 62% of their respondents said they will plant even more in 2022. Whether you're one of the many who plan to expand your garden or it's your first attempt, there are plenty of tools and resources available to help you succeed.

Winter is the perfect time to dream of warmer days - and gardening. Developing a concrete plan can help you focus on how to make your dream become a reality.

Here are steps to help determine what you want from your garden before the planting season is underway.

Figure Out Your Gardening Goals

You could have more than one motivation for gardening, ranging from just enjoying being outdoors to specific results. Your reasons might include:

- Growing veggies, fruits and/or herbs you can eat or use in cooking
  - Boosting your home's curb appeal with beautiful flowers
  - Attracting butterflies and/or bees with a pollinator garden
  - Creating a pretty backyard sanctuary
- Determining which goal is most important to you can help you make choices about what and where to plant.

Utilize Help Getting Started

Enlist family members or friends to share tasks like planting, watering, weeding and fertilizing. Gardening is a great hobby for all ages, and children can have fun learning about nature from planting things and watching them grow.

One easy way to get started is with Ferry-Morse Plantlings: live healthy baby plants delivered from the Ferry-Morse nursery directly to your door. With over 100 varieties of herb, vegetable, shrub, tree and flower Plantlings available, ready-to-plant seedlings are an easy way to get the summer growing season started. Plantlings are a popular option to begin your gardening early, with established root systems that will yield a healthier garden - and leave you with a shorter to-do list come time for spring planting.

Know Your Space and Time Limitations

It's easy to be overwhelmed by all the amazing available choices, especially

when you're new to gardening. But even homes with limited space can benefit from the beauty of plants or flowers in a planter, window box or raised garden bed. Choose low-maintenance plants and flowers to save on time.

Consider using what you already have to maximize your efforts - are there flowers and plants you already love in your yard? You could space them out if they are spreading varieties, moving some to other areas of your yard. Look up which plants need more sun or shade, so you know they'll thrive where you transplant them.

Yearning to start growing indoors before the season begins? Jiffy Peat Pellets can help you get your seeds off to a healthy start and establish root systems so your seedlings are ready to be planted directly into the ground at the start of the season.

Know Your Zone

Learn what plants are native to your geographical zone and hardiest where you live before purchasing seeds or Plantlings. Learning the best times to plant specific species will also help your gardening efforts succeed. Your local agricultural extension office is a wonderful source of information on what plants grow best in your area.

Know Your Level of Expertise

Gardening rookie? You'll enjoy your efforts even more if you limit the number of varieties you plant. Focus on just a few at a time, then expand what you plant later in the year, or next year.

Even if you're an experienced gardener, it still helps to have a list of goals. Don't feel you have to do it all at once. To enjoy watching your garden transform its beauty throughout the growing season, plan for some early blooming plants, then arrange for different areas of your garden to feature mid-summer or late blooming flowers.

"Gardening is something anyone can enjoy, at any level of expertise, no matter how much space you have," said Rebecca Sears, chief gardening guru for Ferry-Morse. "Start with a few plants or flowers you love, and learn what you can about them. There's nothing more satisfying than watching your garden grow and thrive."

Visit FerryMorse.com for everything you need to get started, plus tips and resources to help you enjoy your garden more than ever this year.



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# Jackson YMCA 24/7 Summit Branch Grand Opening and Ribbon Cutting

*Contributed by  
The Jackson County  
Chamber of Commerce &  
The Jackson YMCA*

The Jackson County Chamber of Commerce is pleased to announce the ribbon-cutting ceremony and grand opening event for the Jackson YMCA Summit Branch, Jackson's newest 24/7 fitness center. Access is available as an add-on for Jackson YMCA members. This will be hosted on Friday, March 4th from 11:30 am – 12:30 pm, located at 2151 Ferguson Rd., Jackson, in the Polly's Country Market Plaza. Ribbon will be cut at approximately noon (12 pm).

The Jackson YMCA expanded to a second location at the Summit Branch in 2014, where it held group exercise classes and programs. Although the location still offers fitness classes, Jackson YMCA CEO Shawna Tello said having round-the-clock access has been the top member request for years.

"Whether it's through

surveys we've done or just in conversation with our members, they have said being able to work out when it's convenient for them is the top of their wish list," Tello said. "Our Summit Branch is perfect to accommodate this service all while maintaining a safe and secure environment that is under 24/7 video surveillance."

Join us to celebrate the new 24/7 Jackson YMCA Summit Branch at 11:30 am on 3/4/22.

The Jackson County Chamber of Commerce is a non-profit association of businesses and non-profits, committed to strengthening their businesses and the Jackson Community. With a proud history reaching back to 1909, the Jackson County Chamber of Commerce supports its members through promotion, advocacy, collaboration, networking events and education. For more information about the ribbon cutting, contact the Jackson County Chamber at (517) 782-8221.

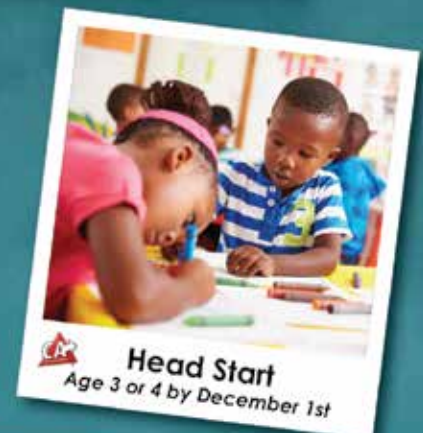
*New equipment pictured*

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## Kindergarten & Young Fives 2022

# ROUND-UP

### Join us at one of our JPS Elementary Schools!

- |                             |                        |                 |
|-----------------------------|------------------------|-----------------|
| • Cascades Elementary       | April 21 <sup>st</sup> | 5:00 - 7:00 pm  |
| • Dibble Elementary         | April 19 <sup>th</sup> | 5:00 - 7:00 pm  |
| • Hunt Elementary           | April 19 <sup>th</sup> | 9:30 - 11:00 am |
| • John R. Lewis Elementary  | April 18 <sup>th</sup> | 5:00 - 7:00 pm  |
| • JPS Montessori Elementary | April 27 <sup>th</sup> | 5:00 - 7:00 pm  |
| • Northeast Elementary      | April 26 <sup>th</sup> | 5:00 - 7:00 pm  |
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# March Madness: Let's Do it All Before Spring

By Val Herr



It's March! While for some, March Madness means basketball, in my eyes, March Madness is about trying to finish up everything I wanted to do or try before spring hits. Despite my best efforts, I still ended up with a bout of winter blues. However, March is a new month, which means a new month full of endless possibilities.

Despite living in Jackson my entire life, I am always amazed when I learn about something new here. For instance, I just learned that at Dahlem, I can rent cross-county skis and ski around their

beautiful property. While I am not known for my love of cold weather, I am absolutely going to try this, and I think you should too. What better way to say goodbye to winter and hello spring than to ski around one of Jackson's treasures? I have spent many hours on their trails enjoying spring, summer, and fall, but now to be able to not only try something new like skiing but to experience the wonder of nature in winter - I'm in!

Next, I'm committing to learning even more about my hometown. I'm starting with the Underground Railroad Tour. <https://www.experiencejackson.com/blog/the-underground-railroad-in-jackson-michigan>. Hidden in plain view are local landmarks that bear witness to a

secret past so well concealed, it has only recently been discovered. A church, train depot, and several bronze plaques are among spots throughout town that were once connected to the Underground Railroad, a system of transporting fugitives from slave states in the South to Free states in the North and Canada during the early and mid-1800's. #experiencejackson.

Lastly, I'm going to take some me-time. I'm going to download books from our wonderful Jackson District Library and spend some quality/quiet time reading and being grateful for everything I have and blessed to be able to live in my hometown that I dearly love.

Many of you probably know that I no longer work in Jackson. While

I love my job and sleep well every night knowing that I am making a difference in the lives of people with different abilities, I genuinely miss working in my hometown. I miss seeing familiar faces at events, I miss seeing colleagues who became friends and figuring out together how we will change the world, I miss Jackson! I have always been honest that Jackson isn't perfect - no place is. But Jackson is my hometown, and I truly believe it has the best people in the world working hard every day to make it even better. While I may no longer work in Jackson, I still volunteer to do my small part in ensuring Jackson is a great place to live, work, and play. What are you doing?

## Jackson County Animal Shelter's Adoptable Pets: Brady & Tabitha

Contributed by the  
Jackson County Animal  
Shelter

### Brady

Brady is a 3-year-old, 50 lb American Staffordshire mix. He is good with other animals, likes children, and is potty trained. Brady is just excited about life and looking forward to a new home.

Dog adoptions require an application, online link <https://www.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, including vaccinations, microchips, and sterilization.

### Tabitha

When I entered the room, Tabitha got right up

and came over to greet me. She is a pretty, 3-year-old Tortoiseshell with big green eyes. Tabitha gets along with other cats. She was surrendered after her owner passed away. Won't you come and meet her 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 include the online cat application: <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: [animalshelter@mijackson.org](mailto:animalshelter@mijackson.org). See our website for more information at: [mijackson.org/579/Animal-Shelter](http://mijackson.org/579/Animal-Shelter). Find us on Facebook or view all pets on [Petango.com-Shelter](http://Petango.com-Shelter) Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



# Time Out Time

*Contributed by  
Community Action Agency*

I'm sure that we all are familiar with the concept of the time out. It's a practice that has been around for generations, and it is a standard go-to for dealing with a young child that is misbehaving. The way your family does it may be different from how your neighbors do it, but it is a widely accepted tool for managing children and their behavior. Often though, when parents attempt to use a time out with their child, they find it to be a fight that leads to more stress and misbehavior than the original behavior they were dealing with. This is because as well known as the time out is for parents, what is often less known is that there is a right way to do a time out for a child.

The first thing to understand about a time out is that its purpose is to give the child a chance to calm down and get back to a state of emotional regulation and calm. Until they come out of the heightened state of arousal causing the misbehavior, nothing that you do to talk with them or change their behavior will be effective. Giving them a chance to step away from the environment in which

the behavior is happening will allow you to be able to engage with them in a more meaningful way, and will enable them to step away from the temptation of the bad behavior.

Once your child is away from the environment where the bad behavior was occurring and is in a more calm state of mind, now you as the parent have a chance to talk with your

stand why they shouldn't be doing a certain behavior gives them an opportunity to learn. Children are able to understand a lot more than they are often given credit for, and being able to engage with them around what they should or shouldn't be doing and the reason why gives them a better understanding and a better chance at the behavior changing.

Once you have gotten your child calm away from whatever the bad behavior was connected to, and you've been able to explain to them, you can affirm to them that you still love them. You want to make sure they know that they are not bad for what they did, it was simply a bad choice, and now they have the tools to make a better choice.

Some other tips for making a time out

as effective and healthy as possible:

- If your child is young, like three or under, you should sit with them while they are in the time-out
- Stay calm, and avoid getting angry with your child
- Be as consistent as possible with the routine you use for your child

Try implementing these strategies for a more beneficial time out time.



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SCHEDULED FOR:

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APRIL 13, 2022 - 9 AM - 12:30 PM AND 4:30 PM - 6:30 PM

APRIL 14, 2022 - 9 AM - 12:30 PM

# How Much a Lifetime of Care Costs Most Pet Parents

(BPT) - If you're one of the more than 90 million American households with a pet - congratulations! No matter which breed you've adopted or rescued, it's likely your furry friend is an important member of the family. In fact, studies have shown that pets can help keep you healthy because they offer:

- Companionship
- Unconditional love
- Motivation to exercise

If you've already added a pet to the family or are considering adopting one, the rewards of pet parenthood are many, but it's also important to understand the realistic costs of lifelong pet care and be financially prepared. Luckily, a recent study commissioned by Synchrony entitled "Lifetime of Care," looked at the cost of the lifetime of care for pets, which ranges from \$20,000-\$55,000 for dogs and \$15,000-\$45,000 for cats. The findings were based on responses by 1,200 pet owners and 100 veterinarians and offers consumers clear insights, verified by veterinary practices, into the lifetime of care cost for a dog or cat.

"Millions of Americans choose to share life with a pet, yet the true cost of ownership has historically been incredibly vague. Our Lifetime of Care study serves as a helpful

tool to prepare prospective pet parents," said Jonathan Wainberg, senior vice president and general manager, Pet, Synchrony. "We want pet parents to have a deeper understanding of what to expect financially, and knowledge of the flexible payment solutions that are available to help them manage the costs of care throughout their pet's lifetime."

The first year of pet ownership tends to be the most expensive and includes adoption costs, vaccinations, spaying or neutering, new accessories, toys, pet carriers, and more. The "Lifetime of Care" research revealed that dog owners can expect to spend between \$1,300-\$2,800 and cat owners approximately \$960-\$2,500 in the first year. Maintenance costs after the first year can vary greatly depending on the animal's breed, whether it's a cat or dog, and whether it's an indoor or outdoor cat.

## Plan for Pet Expenses

Just like human members of the family, pets need routine wellness checks to stay healthy and can also get sick or injured unexpectedly. And that can impact your budget. The "Lifetime of Care" study found that pet owners who receive a \$250 vet bill may have difficulty paying. In addition, the research indicated

approximately half of all pet owners who thought they were financially ready for unexpected pet expenses were not, and would consider a solution dedicated to financing care for their pet.

Rather than be surprised by the cost of your pet's care, you can prepare for potential health care expenses before they become a reality. Two budget-friendly solutions for both routine and unexpected costs are pet financing solutions, like CareCredit, and pet health insurance, like Pets Best. The two solutions work independently or together as a comprehensive safety net.

Pet owners can use their CareCredit credit card to pay up-front vet costs at the time of their pets' visit, and later apply the reimbursement from Pets Best toward their CareCredit account.

## Pet Health Care Tips: Embrace Proactive Care

Being proactive about your pet's routine and preventative care not only keeps them healthy, but it can also help keep costs down. Dr. Chris Roth, DVM recommends:

- Scheduling yearly veterinary examinations - they are one of the best ways to help stay ahead of emerging health issues.
- Keeping your pet current on

recommended vaccinations to avoid preventable disease.

• Ensuring proper use of preventive medications to avoid Heartworm, intestinal parasites, Tick-borne disease, and flea infestation.

• Neutering or spaying your pet to avoid unwanted, and expensive, pregnancies.

• Feeding your pet the right nutritional mix with a side of exercise to maintain a healthy weight.

• Offering affection and play with your pet to help protect its physical and emotional health.

• Outfitting your dog or cat with an ID tag or microchip with its name, address and phone number in case it gets lost.

As you embark on pet parenthood, take some simple steps to ensure that you can cover pet costs through every stage of life. Develop a plan that works for you, like creating a budget that includes provisions for basic pet care like food, annual exams, toys and other costs. Also, start an emergency fund just in case the unthinkable happens. Finally, consider getting a pet credit card and pet insurance for peace of mind when your pet needs health care.

Whatever you choose, it's all about having peace of mind that you're prepared to care for the family member you love.

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**VIKINGS**  
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# 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 come to discover that there are outstanding poets, storytellers, artists, and essayists at the school. The work of these brilliant students is so wonderful that I felt compelled to share it, and the Jackson Area Collaborative Knowledge Source helps to make that possible each month.



## The Taken By Kaitlyn Hurley

Water collides with the toughest of skins  
Slowly breaking what I call home  
But I know I'm never alone.

What is this thing called forever?  
Where did you go?

Fallen pieces of the irreplaceable  
You took the breath of my happiness  
Sitting in blackened cloth drowned in agony.

Why do this to me?  
How did you take everything from me?

I am broken because of you  
You lay there and say words of nothing  
I ended up here with a different version of you,  
And the one that I miss is gone...

*Kaitlyn Hurley is a ninth-grade student at Northwest High School. She just started to find a passion for poetry this year, as she's realized it's a way to express herself without speaking the words out loud. Kaitlyn has done ballet at Grace School of Dance for 8 years, plays the flute, plays in the school Jazz Band, and is also a painter.*



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Where Community Comes Together.

# Mudskippers & Michigan Mineral Show

Contributed by  
Imagine Planet

When you love animals like I do, it is dangerous to have a daughter who works in a local pet store. For Christmas, my present from her was a pair of Atlantic mudskippers; these fish re-side at Imagine Planet.

Mudskippers are a very odd fish. Their natural habitat is brackish (a mix of salt and fresh water) mudflats and mangrove swamps. They can breathe through their skin, although the skin does have to be wet. They also have gills, but do not have lungs. They spend much of their time out of the water and can only eat while on land. They have two large protruding eyes which stick up out of the water and can swivel to give them a wide field of vision. They crawl, skip, and climb by using their fins!

Their scientific name is *Periophthalmus barbarus*, and they are a tropical West African species that can grow up to 10 inches long. They are carnivores in the wild, eating worms, crickets, flies, mealworms, beetles, small fish, and small crustaceans. Mudskippers kept as pets can eat frozen fare such as bloodworm or artemia and flakes. However, they cannot eat dried food because their stomachs will swell. It is recommended to feed them frozen food for a healthy diet.

Mudskippers can live up to 5 years! They are hard to breed, and all mudskippers are wild-caught. They are very territorial, and the males, in particular, will fight to guard their territory. They require brackish water and lots of places to get out of the water. They are interested in everything that goes

on outside the tank and quickly learn where their food comes from. Come to Imagine Planet to see these fish that act like amphibians alongside our axolotls, the amphibians that act like fish.

Be sure not to miss the Michigan Gem and Mineral Show at the fairgrounds here in Jackson on March 18th from 10-7, March 19th from 10-6, and March 20th from 11-5. Also, keep watching the James Webb Telescope as it starts to send images back to Earth. Follow and Like our Facebook page for information on these and other events and science news, as well as updates about Imagine Planet. Our hours are Monday, Tuesday, Thursday, Friday, and Saturday from 12 pm to 5 pm at 632 E Michigan Ave. Hope to see you soon!

## Women’s Club of Jackson Scholarship Opportunity!

The Woman’s Club of Jackson is accepting applications for scholarships to be used for post-secondary studies. It is a one-time grant for high school graduates who are residents of Jackson County, including home school graduates, and can be used to attend institutes of higher education and trade schools where certification can be earned. Application forms are available from high school counselors, or by calling 517-414-5199 or 517-782-5823. Applications will be accepted until April. Winners will be announced in May.



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ANNIVERSARY**

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College & Career Access Center, April Scholarships

Contributed by  
College & Career  
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Frame My Future  
Scholarship Contest  
2022

Eligibility:

- Attending a US college or university full-time for the 2022-2023 academic year (including community college, undergraduate, or graduate school).
- A legal US resident

Description:

- The original creation must be your own work and must convey the theme, This Is How I Frame My Future.
- Finalists will be selected based on the creativity of the full entry, including the entry image and accompanying description (maximum of 500 characters).
- Your entry piece MUST be in a JPG/JPEG format or PNG file format.

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2nd Runner Up: \$1,000 and a custom frame.  
3rd Runner Up: \$500 and a custom frame.  
Deadline: April 1, 2022 @ 11:59 p.m. ET  
Application: <https://www.diplomaframe.com/contests/frame-my-future-scholarship.aspx>

**Curtis E. Huntington Memorial Scholarship**  
Students must:

- Be enrolled as a full-time student at a U.S. accredited educational institution.
- Have successfully completed at least one actuarial examination.
- Have a minimum cumulative GPA of 3.0 (on 4.0 scale).
- Be nominated by a professor at their school.

Description: The Curtis E. Huntington, FSA, MAAA, FCA, MSPA (1942-2013) Memorial Scholarship (formerly the John Culver Woody Scholarship) was established to recognize the remarkably positive impact Huntington had on the actuarial profession. He worked tirelessly to help students receive the financial assistance they needed. Given Huntington's 30 years of service to the actuarial profession and his students, it is only fitting that the scholarship continues in his name. The Scholarship is awarded annually to undergraduate Seniors who

are enrolled as a full-time student at a U.S. accredited educational institution, have successfully completed at least one actuarial examination, have a minimum cumulative GPA of 3.0 (on 4.0 scale) and must be nominated by a professor at their school. Each year, selected students receive a \$3,000 scholarship award.  
Award: \$3,000  
Deadline: April 1st, 2022  
Application: <https://theactuarialfoundation.submit-table.com/submit/171087/curtis-e-huntington-memorial-scholarship>

Michigan Retailers  
Association Scholarship  
2022

Those eligible to apply are high school seniors and college freshmen, sophomores and juniors who are:

- dependent sons and daughters of owners of MRA member businesses, or of full-time employees of Michigan Retailers Association member firms. The parent-employee must have been employed by a Michigan Retailers Association member firm for at least one year as of January 1 of the year in which the scholarships are awarded.
- part-time employees of MRA member businesses who are full-time students. Part-time employees must have been employed by a Michigan Retailers Association member firm for at least six months as of January 1 of the year in which the scholarships are awarded.

Description: Michigan Retailers Foundation, established in 1968, provides college scholarships annually to benefit retailers and their employees and families. The foundation is a non-profit educational organization established by MRA  
Award: \$1,500 for four-year colleges and \$1,000 for community colleges or training institutes.  
Deadline: April 1, 2022  
Application: <https://www.retailers.com/member-benefits/scholarship-program/>

**The Peters Foundation**  
Eligibility:

- Applicants must attend colleges located in Michigan, Illinois, Wisconsin, Arizona, or Colorado.
- Applicant must be a high school senior pursuing studies in the field of environment, conservation, and

forestry at an accredited college or studies in primary or secondary education at a Christian college.  
• Award based on financial need, academic potential  
Description: The Peters Foundation provides a limited amount of scholarship grants to high school seniors graduating in 2022 and pursuing studies in the field of environment, conservation, and forestry at any accredited college or studies in primary or secondary education at a Christian college  
Award: \$2,500-\$5,000 per year (for a total of \$10,000-\$20,000)  
Deadline: April 1, 2022  
Application: <http://www.petersfoundation.org/scholarshipapplication.html>

ABA Academic Merit  
Scholarship

Applicants must be:

- be a freshman, sophomore, junior, senior, or graduate student at an accredited university
- have a declared major or course of study relevant to the transportation, travel, and tourism industry. Transportation, travel, and tourism encompass a varying range of professions from accounting to hospitality management and everything in between.
- submit a short essay – which must include a description of how their major or course of study is relevant to the transportation, travel, and tourism industries.
- must maintain a minimum GPA of 3.4 on a 4.0 scale.

Description: Applicants are judged on their high level of academic achievement, character, leadership, financial need, and commitment to advancing the transportation, travel, and tourism industry. Applicants are required to submit a 500-word essay discussing the role they hope to play in advancing the future of the transportation, motorcoach, travel, and tourism/hospitality industry.  
Award: \$5,000  
Deadline: April 1, 2022  
Application: <https://www.buses.org/aba-foundation/scholarship>

Benjy Grinberg  
Scholarship

Eligibility:  
Applicants must either be currently enrolled in an undergraduate or graduate program or a high school

senior that has been accepted into a college or university.  
Description: Applicants must prepare a 500-word essay that answers the following: *“Many often find music comforting during difficult times. How has music played an impact in your life and educational journey?”*  
Award: \$1,000  
Deadline: April 1, 2022  
Application: <https://benjygrinbergscholarship.com/>

Alpha Kappa Alpha  
Sorority Foundation  
Scholarships

Applicants must:

- be a full-time, sophomore, or beyond;
- be currently enrolled in an accredited degree-granting institution;
- maintain a minimum GPA: Merit Scholarships: 3.0 P.A.C.: 3.0 Financial Need: 2.5
- demonstrate community service and involvement.

Description: Scholarships are the primary means by which Educational Advancement Foundation carries out its mission. The Foundation awards Merit, Financial Need, and Youth Partners Accessing Capital (P.A.C.) scholarships. The Educational Advancement Foundation and Alpha Kappa Alpha seek to ensure that there will always be support for education, its oldest program of service. Today, the Foundation, a financially strong and viable organization, is a powerful tool for good, pooling the resources of others who share this vision of providing a perpetual source of support for education.  
Award: Varies by specific institutions' tuition and living expenses  
Deadline: April 15, 2022  
Application: <https://akaeaf.org/scholarships>

The Women's Retail  
Network Scholarship

Eligibility:  
The program is open to women enrolled in undergraduate, graduate, or non-traditional educational programs in automotive retail areas; or who are currently employed in an automotive dealership and enrolled in an educational program that advances their career within automotive retail.

- Must be female
- Must possess a high school diploma or GED
- Must be able to verify enrollment at the beginning of

the 2022 Fall term

- Must be a citizen of the United States or Canada.

Description: The GM Women's Retail Network has established a scholarship program designed to encourage more women to consider and pursue a career in automotive retail with the ultimate goal of increasing the number of women assuming key management roles in automobile dealerships. Must be enrolled in an educational institution that offers formal programs or certifications in automotive retail and/or automotive service; or, currently employed at an automotive dealership and enrolled in an educational institution that offers formal programs or certifications that advance your career within automotive retail.  
Award: Up to \$5,000  
Deadline: April 15, 2022  
Application: <https://www.gmwomensretailnetwork.com/business-priorities/scholarship/>

Ayn Rand  
'The Fountainhead'  
Essay Contest 2022

Eligibility:  
This contest is open to any 11th or 12th grade student, including: home-schooled students, foreign students, and previous applicants.  
Description: Have you read one of Ayn Rand's thought-provoking novels? Now's the time! Enter an Ayn Rand Institute essay contest for your chance to win thousands of dollars in cash prizes. ARI has held worldwide essay contests for students on Ayn Rand's fiction for thirty years. This year we will award over 750 prizes totaling more than \$130,000.  
Essay requirements: must be no fewer than 800 and no more than 1,600 words in length, double-spaced. Spelling errors and/or written corrections found on the essay will count against the final grade and should be omitted before submission.  
Award: \$500-5,000  
Deadline: April 28, 2022  
Application: <https://aynrand.org/students/essay-contests/#tab-3-the-fountainhead>

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

# Movement: A Pillar of Health with Many Benefits

By Theresa Horne, CPT  
Creating a habit of move-



ment is a pillar of health. Cultivating and sustaining a frequent movement habit helps us maintain a healthy weight, build immunity, lower blood pressure and improve heart health, to name a few of the benefits. In addition, a good movement habit provides also promotes these three positive benefits.

### Movement Improves Your Mood

Whether you walk to your favorite song or take a boxing class, movement provides an emotional pick me up. Need to blow off some steam after a stressful day? Shadowboxing to your favorite songs or going for a long bike ride can help. Physical activity stimulates various chemicals in the brain that may leave you feeling happier, more relaxed, and less anxious. Very rarely will you ever regret making time for movement.

### Movement Increases Your Energy Level

If you get winded walking to the top of the stairs or shopping at the store, a habit of movement can help. Regular physical activity can improve your muscle strength and boost



your endurance.

Planned movement improves the efficiency of oxygen delivery and other nutrients to your tissue and throughout your cardiovascular system. As you become consistent with movement, your capacity and endurance will grow. It's always exciting to hear client stories of how they are no longer winded when they go up the stairs or to watch them improve in class!

### Movement Promotes Better Sleep

A steep hike, restorative pilates class, or game of pickleball can have you sleeping like a baby. Regular movement promotes falling asleep faster and achieving more restful

don't want the energy from exercise to infringe on your sleep time.

Do you have a regular movement plan? Are you looking forward to moving more this spring? Send me an email at [clientcare@sisterhoodofstrong](mailto:clientcare@sisterhoodofstrong) to let me

Theresa is a Certified Personal Trainer, Fitness Nutrition Specialist, certified group fitness instructor, and soul care practitioner.

As she approached 40 years old, weighing 330 pounds, she made the decision to have 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 about the food.

Theresa has always supported women and families as they embrace and step into their strength. Her passion is to assist others as they embrace their God-given strengths, assignments, and passions. You can follow Theresa @ [sisterhoodofstrong](https://www.instagram.com/sisterhoodofstrong) on Instagram or [facebook.com/sisterhoodofstrong](https://www.facebook.com/sisterhoodofstrong).

sleep. The only caution I have is this: do not work out too close to bedtime! You

know how you like to get your activity in! I would love to hear from you.



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# Top 8 Ways to Improve Heart Health

(BPT) - Most of us know that maintaining optimal heart health is essential to living a long, healthy life. Yet still, in the United States, heart disease is the leading cause of death, and we are not putting adequate attention toward prevention.

Fortunately, cardiologists, heart health experts, and new research have made it easier to take care of our health by providing simple guidelines on how to maintain optimal heart health even as we age.

Renowned Interventional Cardiologist and author Dr. Heather Shenkman emphasizes the importance of “making small, easy adjustments to your daily lifestyle that add up to transformative health benefits.”

**Go for Daily Walks**

Yes, just going on one walk a day is enough exercise to do your body good. Considering how busy our lives can be, it can be challenging to engage in intense workouts every day.

But thankfully, according to cardiologists and health experts, a moderate, quick 15-minute walk around the

neighborhood is enough to contribute to a healthy heart and body as a whole.

“Benefits of a quick walk around the neighborhood are enormous,” said Metabolic Health & Vitality Specialist Tafiq Akhir. “The advantages go far beyond heart health; they include improved mood, reduced back pain, lower risk of blood clots, ease joint discomfort and so on.”

**Get Enough Sleep**

You likely already know how important sleep is for our overall health, but it’s also crucial to leading a heart-healthy lifestyle in particular. Poor sleep can negatively affect our cardiovascular health by interrupting our body’s natural recovery processes, causing changes in the blood vessels, slowing metabolism, and putting stress on our immune system.

**Stay Hydrated**

Drinking enough water isn’t just necessary when we’re thirsty, or when it’s hot outside. Dehydration can negatively impact our cardiovascular system by reducing the amount of

blood circulating throughout our body. Keeping our bodies hydrated helps the heart more easily pump blood through the blood vessels to the muscles allowing them to work more efficiently.

“I usually recommend drinking half your body weight in ounces to stay hydrated,” says Registered Dietician Lauren Cornell.

**Limit Your Salt Intake**

The American Heart Association recommends no more than 2,300 milligrams a day, but ideally, daily sodium consumption should be limited under 1,500 milligrams. This is much less than the amount most Americans consume; an average of over 3,400 milligrams each day. By reducing your daily salt intake, you can lower your blood pressure significantly. An easy strategy is to increase your potassium intake, which lessens the effect of salt. Include potassium-rich foods like fish, fruits and vegetables in your diet to balance your salt intake.

**Cut Out Fried Foods**

While eating fried foods can be appealing to our

taste buds, it can also be a complete heart health destroyer. According to a new study, eating fried food is tied to an increased risk of heart disease and stroke. The greatest way to avoid these harmful effects is to reduce - or even eliminate - our intake of fried foods.

**Consume Probiotics**

Those who consume probiotic foods such as yogurt or who take probiotic supplements have been shown to have lower blood pressure and cholesterol levels. Fortifying and increasing your digestive capacity with probiotic-rich foods and supplements will help maintain great heart and whole body health, plus it will provide the essential nutrients you need to receive from your food.

**Eat More Beetroot**

The benefits of beetroot come from its ability to raise nitric oxide levels in the body. Nitric oxide is a natural chemical produced by the body to widen arteries. The production of nitric oxide in the body can help lower blood pressure, promote healthy circulation,

and give you better overall energy and heart health. Nitric oxide synthesis begins to slow as a part of normal aging, which is why many people turn to beetroot supplements to maintain healthy nitric oxide levels.

**Take a Supplement Rich in Fiber and Essential Vitamins**

It can easily become overwhelming to ensure optimal heart health with the many requirements expected of us. That’s why adding a supplement that contains vitamins specifically designed for heart health can be the most effective way to promote heart and brain health, maintain appropriate weight levels, and encourage healthy circulation.

“In my practice, I combine healthy eating and exercise with an integrative approach to health by recommending CardioFitMD daily superfoods to my patients,” Shenkman explains. “It has all the vitamins and minerals, pre- and probiotics, nitric oxide, and fiber we are most deficient in, in one great-tasting daily drink.”



CenterforFamilyHealth.org

Community Health Centers like the Center for Family Health are vital in providing top-notch care to anyone who walks through the door, regardless of race, color, creed or financial status.

Hometown  
HEROES

We are grateful for our talented team of medical professionals, our hometown heroes who work hard every day to keep us healthy and help better our community, one patient at a time.



Center for Family Health



# Join a Community of Caregivers: Learn to Overcome Challenges & Become Stronger Together

By Liz Storey



While caregiving can be a rewarding journey, it also comes with many additional challenges that can be stressful and overwhelming to face without support. If you are providing care for a loved one, I encourage you to join this community of compassionate support. It's important to remember as caregivers that we need support as well. This is your safe space to connect and share with others who will understand the unique feelings and experiences that caregiving can pose. We are stronger together. Please come as you are and lean on one another.

**Who**

All caregivers are welcome!

**When**

2nd Monday of the month  
5:30 - 6:30 pm.

**Where**

YMCA, Downtown Branch

Feel free to contact me at StoreyElizabethM@jccmi.edu, with any questions or for alternative or virtual caregiving needs.



## KINDERGARTEN ROUNDUP

**Young Five Kindergarten & Kindergarten**  
**April 12 • 8:30 a.m.- 7:00 p.m.**  
**April 13 • 8:30 a.m.- 11:30 a.m.**

**Paragon Charter Academy**  
**3750 McCain Road, Jackson, Mich.**  
**Call 517-750-9500 for an appointment.**





### March Speakers

## WINTER LEARNING SERIES

We are excited to bring this FREE series to our members and the Jackson community. This series will take place every Monday through March. All are welcome; topics are geared for active older adults but can benefit others. Snacks, beverages and prizes.

 Mondays in March 2022  
 11:30 AM - 12:30 PM  
 127 W. Wesley St., Jackson, MI  
 517.782.0537  
 [www.JacksonYMCA.org](http://www.JacksonYMCA.org)



**March 7**  
**TOPIC:**  
Quality of Life: What it is? How Do You Define Quality of Life?

**LEE PATON, PhD, RN**  
ProMedica  
(formerly Heartland Home Health & Hospice)



**March 14**  
**TOPIC:**  
Parkinson's Programs at the Y

**MAILYNN PRATT**  
Certified Fitness Instructor, Parkinson's Coordinator  
Jackson YMCA



**March 21**  
**TOPIC:**  
Hearing Testing & Equipment

**JOHNENE GASTON, BC-HIS**  
Board Certified, Hearing Instrument Specialist, Owner & Dispenser, Quality Life Hearing Center



**March 28**  
**TOPIC:**  
Technology that can improve safety and independence

**GLEN ASHLOCK**  
Assistive Technology Manager  
Region 2 Area Agency on Aging



## Scott Clow & Jenny Lewis

6am-9am Weekdays





## Captain Steve

10am-2pm Weekdays



