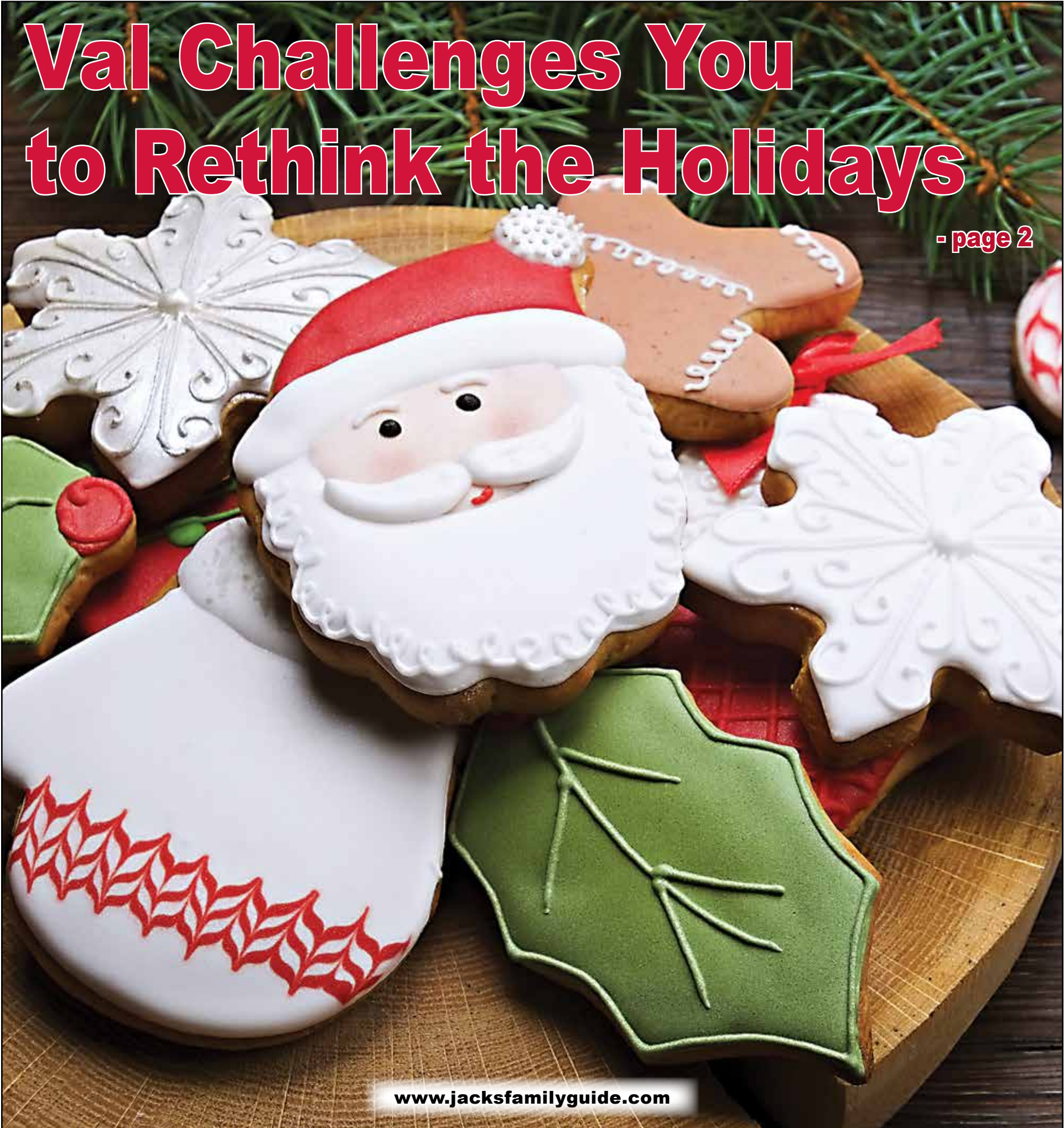




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Val Challenges You to Rethink the Holidays

- page 2



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Learn to Be a Tourist in Your Hometown

Challenge - Rethinking the Holidays

By Val Herr

We are about to enter the holiday season and like everything else in 2020 it is going to look incredibly unique. I am one of those people who loves to go shopping during the rush and being a part of the holiday spirit. I especially enjoy the craziness of Black Friday, the crowds, the 6am



lines, all to find that special present in the hustle and bustle of the stores. While Amazon is great it doesn't quite fill my need to support local and find special gifts. I believe the gift should be as unique as the person that receives it.

While I will always advocate to buy local my gifting plans will look a little different this year and I am challenging you to rethink yours. What if instead of that amazing sweater that you know mom would love, you bought her tickets to a Jackson Symphony Orchestra concert? What if instead of a gift card for your dad you buy him a membership at the Ella Sharp Museum? What if instead of a board game for her niece you pay for an art class at Jackson School of the Arts?


What if instead of that amazing smelling lotion for your sister who is an animal lover you make a donation in her name to the Cascades Humane Society? Do you have a family member who loves popcorn? What about sponsoring the Michigan Theatres popcorn giveaway in their name? Swim lessons at the YMCA? What about an art class at Kate's Art School? What about cookie decorating kits from The Blue Julep? Jackson is full of amazing organizations and businesses that need our support.

Thinking outside of the box this year can help our community and provides my favorite type of gift, giving of an experience instead of a tangible gift. Just because the holidays will be different this year, does not mean they will lack any special moments. Our business and nonprofit community is struggling, and it will be for a while and they need our support. I am challenging you to rethink your gift ideas and

come up with ways that show your friends and family how much they mean to you and that supports our community.


I would love to hear your ideas for ways to celebrate the holidays and support local. Feel free to post ideas on our Facebook page.





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College & Career Access Center, December Scholarships

Contributed by

College & Career Access Center

The College & Career Access Center is grant funded; receiving financial support from local, state, and private donors. We are located at the The Jackson Crossing Mall. Each month we make available scholarship information for area students.

National Honor's Society Scholarship

Eligibility:

- Must be a current high school senior graduating with the class of 2021
- Must be an active NHS member in good standing with a verified student account
- Must be enrolled at a school with an active NHS chapter
- Must be planning to enroll at a U.S. college or university in Fall, 2021
- All applications must be accompanied by one recommendation, and certification by the NHS adviser by the deadline in order to be considered complete. Incomplete applications are not evaluated.

Description:

Since 1946, more than \$15 million in scholarships has been awarded to outstanding NHS senior mem-

bers. The scholarship program is supported by the parent organization of NHS, the National Association of Secondary School Principals (NASSP).

Award: 1 National Winner – \$25,000, 24 national finalists – \$5,625, 575 national semifinalists – \$3,200

Deadline: December 1, 2020

Application: <https://www.nhs.us/students/the-nhs-scholarship/>

Dell Scholars Program

Eligibility:

- U.S. citizenship
- Participating in a Dell Scholars approved college readiness program in grades 11 and 12
- Graduating from an accredited high school this academic year
- Earning a minimum of a 2.4 GPA
- Eligible to receive a Federal Pell Grant in first year of college
- Planning to enroll full-time in a bachelor's degree program at an accredited higher education institution in the fall directly after your graduation from high school

Description:

The Dell program includes a support network made up of students, peer mentors, and the Dell Scholars staff to help scholars succeed. Dell created a financial award that is very flexible, so scholars can use their

award money for the many costs that arise during their college career. We offer an online community to meet scholars where they are connect them with fellow scholars. We are constantly evolving our program to serve our scholars all the way to college graduation.

Today, the Dell Scholars program offers personalized, multifaceted support to our scholars that extends beyond the financial support of \$20,000, a laptop, and textbook credits. We offer students and their families services and solutions to address individual and systemic issues that can create major barriers to student success

Award: \$20,000

Deadline: December 1, 2020

Application: <https://www.dellscholars.org/scholarship/>

Google Lime Scholarship

Eligibility:

Students must:

- have a visible or invisible disability.
- be enrolled as an undergraduate or graduate student at a university for the upcoming school year.
- plan to enroll as a full-time student at a university in the US or Canada for the upcoming school year.
- be pursuing a degree in comput-

er science, computer engineering or a degree in a closely related technical field.

- maintain a strong academic performance.

- exemplify leadership and demonstrate passion for computer science and technology.

Description:

Google's education and scholarship programs aim to inspire and help students become future leaders in computing and technology by breaking down the barriers that prevent them from entering these fields. As part of our commitment, we've partnered with Lime Connect, a nonprofit organization that supports students with disabilities while they pursue education and promising careers, to help university students with disabilities work toward their academic goals in the field of computer science.

Award: \$10,000

Deadline: December 5, 2020


Application:


https://buildyourfuture.with-google.com/scholarships/google-lime-scholarship/#!?detail-content-tabby_activeEl=detailoverview-content

For the complete list of December scholarships please visit www.jcisd.org/CCAC.

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\$1.9 Million Renovation of MLK Center complete in Jackson

By Aaron Dimick,
City of Jackson
Public Information Officer



The Jackson community celebrated the completion of a \$1.9 million renovation of the Martin

Luther King Jr. Recreation Center with an outdoor ribbon cutting on Friday, Oct. 23. The ribbon cutting event, which was attended by local officials and community members, marked the end of a seven-month effort to rejuvenate an important part of Jackson's south side neighborhood.

This was the first major renovation the MLK Center has seen since it was built in 1968. When recreation programs resume at the center, residents will see new signage, a new roof, improved parking lot, bigger windows and a new entrance. Inside, residents will experience a larger commercial kitchen, more office space for staff,



expanded exercise room, renovated classrooms, improved bathrooms, a new lounge area and resurfaced gym floor.

Vice Mayor Arlene Robinson, who serves this area on the City Council, spoke at the ribbon cutting and said the King Center has been an important part of the community for 52 years. "We thank the City of Jackson for this big investment in our south side neighborhood. This multi-million dollar investment means a lot to us," Robinson said.

Antonio Parker, a long-time Parks and Recreation Department employee, recently assumed the role of

MLK Center Director. Parker says he's honored to be involved in a center that's done so much for the community over the years. "This renovation will ensure that the MLK Center will be here for the next 52 years to help us further serve the community," Parker said at the event.

The new director says the Parks and Recreation Department will consider what kind of programming will be offered at the center later this fall. A video tour of the renovated recreation center can be watched on the City's YouTube page under the "City of Jackson, MI" username.

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McIntosh Family Adds \$100K to YMCA Capital Campaign

By Bonnie Gretzner,
Director of Marketing &
Communication,
Jackson YMCA

To support not only a new Jackson YMCA facility but also the burgeoning downtown, Scott and Nicole McIntosh are donating \$100,000 to the Y campaign for a contemporary new building in Jackson. Scott, the Vice President of Tax for Consumers Energy, also serves as a YMCA board member and chair of the capital campaign.

"We're big fans of what's going on downtown with the rebirth of Jackson, and we see the Y as being a catalyst for collaboration and positive change," said Scott of the city's new restaurants, housing and development projects. "I love the Y and the great things that are going on, but even bigger than that I see the new Y being a big part of the continued transformation downtown."

In January, the Consumers Energy Foundation announced a matching

capital campaign grant of up to \$3 million. The McIntosh family gift counts toward that match, which is at over \$2.2 million. The Jackson YMCA continues to progress in its fundraising efforts to replace its nearly 60-year-old building and has raised more than \$18 million in contributions and pledges.

Scott joined the YMCA's Board of Directors in 2018. Since then Nicole says they have learned more about the critical role the Y plays in Jackson. "Scott and I grew up here, and this is our family's decision to invest in the community that has given us so much," she said. "We sent our daughter to Y summer camp many years ago, and at the time that was I all knew of the Y. Through Scott's volunteer work I've learned how many families the Y touches and how vital it is that the Y stay downtown and serve the community."

Jackson YMCA CEO Shawna Tello expressed her gratitude for not only

the significant capital investment but also the time the McIntosh family has devoted to the YMCA and Jackson.

"Scott has spent countless hours away from his family leading meetings and attending events, as well as fine-tuning strategy and drafting plans. Nicole has been so supportive from the very beginning, including hosting events for the campaign leadership team," she said. "Scott's entire family is truly vested in this project and committed to supporting him and our Y until our shared vision comes to fruition."

Jackson Y Board President Matt Curfman of Richmond Brothers echoed that appreciation. "Beyond personal resources, Scott and Nicole have both committed themselves to the success of this campaign for the Jackson community," he said, "I am honored to work with Scott as well as the numerous other volunteers and donors who are selflessly collaborating to make



this happen for Jackson."

Scott added that the Y is a tremendous community resource, needed now more than ever. "In these very political times we are more divided than ever. There are few places left in our community that are truly 'for all.' Inclusivity and accessibility are at the heart of the Y's mission and this project. I can't think of a better thing to preserve and perpetuate than the Jackson YMCA."

For more information, visit www.JacksonYMCA.org.

About the Jackson YMCA

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

A Healthy Secure Attachment

Contributed by Community Action Agency

Bonding with your baby is something that is frequently talked about, and the reason why is important: your relationship with your baby lays the foundation for their attachment style, something that carries with them as they grow older and affects how they interact with the world around them. Having a healthy, or secure, attachment has many positive effects on a child; it is essential for their overall healthy brain development, helps them to establish love and trust, strengthens their ability to manage stress in their life, and contributes to them having a healthy sense of self, among other positives.

So of course we all want our child to develop a healthy attachment style, but how do we do that? As your child's primary caregiver, your relationship with your infant is the basis for their attachment, and there are a number of things that you can do in order to facilitate a healthy attachment style. One of the most basic things you can do is to simply interact with your child on a daily basis and be present with them while you are with them. Talk to them and smile at them while you are changing their diaper, feeding them, and playing with them. The more you do this, the

more you will be able to pick up on their cues, and being able to do that and then respond in a warm manner will also help facilitate a healthy attachment. It is also important to comfort your baby when they are upset in a timely manner, letting them know that they can trust you to care for them consistently, quickly, and lovingly.

When it comes to developing a healthy attachment for your child, it is important to know that there is no such thing as spoiling your baby, especially while they are still young. Children need all of your love and comfort, and there is no way to give them too much. You cannot spoil your baby with your love and affection, there are no negative consequences to always being there for them. Doing so actually helps your child to develop a healthy attachment, which is what you want for them. Holding your baby, talking to them, smiling at them, and comforting them when they are upset are all things that cannot be overdone. The more they receive, the better chances of them developing a healthy attachment.

If your child has a healthy attachment, there are certain signs that you can look for in their behavior. You will know that your baby has a secure attachment when they want to be near you



as much as they can. Children with a healthy attachment will also get upset when you leave but become very happy when you return again. They will pay attention to you when you are playing with them, want you to watch them whenever they are doing something, and make eye contact with you.

A healthy attachment is also something that is an ongoing process that develops over time. Your baby is constantly reading the cues that you are giving them; whether you are stressed, distracted, or loving and attentive, they will notice and take on those same qualities in their behavior, which shapes their attachment. So use these tips to help build a healthy attachment with your child, and watch them flourish.

LIVE LOCAL
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COVERAGE



Henry Ford Allegiance Health Opens Hybrid Operating Room for Advanced Heart Procedures

Contributed by Henry Ford Allegiance Health

Henry Ford Allegiance Health's new, technologically advanced hybrid operating room combines the powerful imaging equipment of a cardiac catheterization lab with the specialized features of an operating room designated for open-heart surgery.

Highly specialized imaging equipment allows surgeons and interventional cardiologists to perform complex minimally invasive heart and vascular procedures guided by precise, real-time pictures of the heart and circulatory system. The hybrid operating room can also accommodate a change of clinical teams and approaches if a patient requires conversion from a minimally invasive procedure to traditional open-heart surgery.

"The enhanced imaging and surgical capabilities of the new

hybrid operating room ensure complex cardiac patients receive optimal care in a single location. Previously, if a patient needed conversion from a minimally invasive cardiac procedure to open-heart surgery, it required transportation to an operating room," said Henry Ford Allegiance Health Interventional Cardiologist Matthew Jonovich, MD. "Having a technologically equipped hybrid operating room eliminates the need for patient transfer, which can be life-saving."

The opening of a hybrid operating room was a critical step in creating Henry Ford Allegiance Health's Structural Heart Program. The Program provides minimally invasive treatment for disease of the heart's valves, muscles and walls—including heart valve replacement and repair. Also valuable for the performance of complex, minimally invasive vascular procedures, the Hybrid OR can accommodate repairs to aortic aneurysms and repairs and stenting of

blocked carotid arteries.

To bring these essential services to local communities, Henry Ford Allegiance Health interventional cardiologists studied with experts from Henry Ford's Center for Structural Heart Disease for nearly two years. This video provides a view of the new Hybrid OR.

About Henry Ford Allegiance Health

Henry Ford Allegiance Health (HFAH) is a 475-bed health system in Jackson, Michigan. HFAH complements traditional acute care services with primary and community-based to support patients across the health continuum at every stage of life. With its Level II Trauma Center, Henry Ford

Allegiance Health provides comprehensive care for severely injured patients. As a teaching hospital, Henry Ford Allegiance Health continually looks to the future

with its Center for Health Innovation & Education and Graduate Medical Education program. Through its Health Improvement Organization (HIO), HFAH is also a national leader in forming community partnerships that innovatively address wellness and prevention needs across the region. Visit HenryFord.com/Allegiance to learn more.

About Henry Ford Health System

Henry Ford Health System (HFHS) is a six-hospital system headquartered in Detroit, Michigan. HFHS is one of the nation's leading comprehensive, integrated health systems, recognized for clinical excellence and innovation. It provides health insurance and health care delivery, including acute, specialty, primary and preventive care services backed by excellence in research and education. HFHS is a 2011 Malcolm Baldrige National Quality Award recipient. Visit henryford.com to learn more.

"Having a technologically equipped hybrid operating room eliminates the need for patient transfer, which can be lifesaving."

- Henry Ford Allegiance Health Interventional Cardiologist Matthew Jonovich, MD.

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The 25 Worst Offenders in Your Home that Cause Pre-Mature Aging & Disease Pt. 3

By Victoria Beaman
Owner, The VSpa



This is a lot of information to take in so I'm preparing this article in 5 parts, this is part 3. We will address cosmetics and skin care in this section. Let's begin.

Your home is your sanctuary, your safe spot, your haven.

That is why the LAST thing you likely want to think about is whether it could cause you harm.

The truth is, though, products in your home, including those you may love and use daily, could be a source of toxins that contribute to premature aging and chronic disease.

Below is a list of the top 25 (with the next 5) worst offenders.

These are ranked in countdown order to the worst-of-the-worst, though please keep in mind there is a fair amount of subjective interpretation in any such ranking. Factors such as your own current health, the prevalence of these in your home, and more certainly comes into play.

So after reading through these, you should decide for yourself which may be your own "worst offenders."

With that noted, this is important: Please "scan your own emotions" during and after reading this, and make sure you do NOT feel anxious or guilty.

Don't feel like you have to empty your home of everything or go find some cave to live in. And by all means, don't feel guilty if you didn't know some or all of this.

The companies behind these products have no requirement to let you know their products can cause cancer, diabetes, premature skin aging and more.

And of course they'll fight these facts tooth and nail, including shooting the messenger (that's us)... because your awareness of this is not exactly good for their business.

The truth is, though, there is no such thing as a toxin-free world. The best you can do is to, one, eliminate and reduce your exposure to them in a reasonable way.

Start with those that feel most concerning to you and your loved ones, and work your way through the list. As you'll see, there are plenty of alternatives out there.

And two, and even more importantly, take the right steps to detoxify your body and optimize your immune system with the healthiest diet and lifestyle choices.

This provides the most powerful "shield" against toxins so you can look your best, feel your best, and live a long life doing it.

Start making changes where you feel it is most necessary, and work your way forward.

Because when you keep taking small steps, they do add up to big progress.

And YES, please do feel free to share this report with others you care about.

15. PFAS-CONTAINING COSMETICS

After you check your sunscreen, turn your attention to cosmetics like foundation, moisturizer, mascara, anti-aging products, eye shadow and more, scouring them for "fluoro" ingredients including: Perfluorononyl Dimethicone Phosphate Perfluorodecalin C9-15 Fluoroalcohol

Octafluoropentyl Methacrylate Perfluorohexane Pentafluoropropane

Polyperfluoroethoxymethoxy Difluoroethyl Peg

Phosphate Polyperfluoroethoxymethoxy Peg-2 Phosphate Methyl

Perfluorobutyl Ether Perfluorononylethyl

Carboxydecyl Peg-10 Di-

methicone Perfluorodimethylcyclohexae

Perfluoroperhydrophenanthre Polytetrafluoroethylene (PTFE)

Polyperfluoromethylisopropyl Ether

DEA-C8-18 Perfluoroalkylethyl Phosphate

Teflon

These ingredients are indicative of PFASs in your cosmetics — the same ones found in nonstick cookware — and they've been linked to a concerning variety of health effects including cancer, thyroid disease, developmental damage, immune system effects and more. When EWG evaluated thousands of different cosmetics, they identified PFAS chemicals in 200 products from 28 popular brands. These chemicals are now found in the majority of Americans, so take a look and ditch your personal care products that contain them.

14. SCENTED CANDLES AND AIR FRESHENERS

Your favorite scented candles may emit more than 100 VOCs, and the chemicals can interact with ozone in your home's air to form additional "secondary" pollutants that are equally as dangerous, like formaldehyde. This applies not only to scented candles but also to ANY scented product in your home, such as laundry products, cleaners, personal care products and air fresheners.

When researchers from the University of Washington tested 25 such products, they found an average of 17 VOCs emitted from each, and noted:

"Each product emitted 1–8 toxic or hazardous chemicals, and close to half (44%) generated at least 1 of 24 carcinogenic hazardous air pollutants, such as acetaldehyde, 1,4-dioxane, formaldehyde, or methylene chloride.

These hazardous air pollutants have no safe exposure

level, according to the U.S. Environmental Protection Agency. A simple fix?

Choose fragrance-free home goods whenever possible, and if you want to enjoy a favorite scent, use pure essential oils in a diffuser.

13. FOOD CONTAINERS

Are you still storing your food in plastic? Worse yet, are you microwaving in plastic? Switching to glass instead will reduce your exposure to dangerous plastics chemicals like the endocrine disrupter bisphenol-A (BPA). Other dangerous types of food containers to avoid include:

- Microwave popcorn bags, which may contain PFASs28

- Fast-food wrappers, bags and boxes, which may also contain PFASs

- Canned foods, which are a major source of BPA, perhaps even greater than plastic.

12. KITCHEN CABINETS

Remodeling your kitchen anytime soon?

Steer clear of composite wood products like medium-density fiberboard (MDF), particleboard or pressboard.

These products are often used to make cabinet boxes, and sometimes doors, and they're usually glued with toxic adhesives that can emit cancer-causing formaldehyde fumes into your home's air. Alternatives include:

- Safer composite wood products that guarantee low formaldehyde emissions

- Solid wood cabinet doors (and drawer fronts)

- Aluminum cabinets

- Open shelving made from solid wood, glass or metal

- Mycoboard, which uses formaldehyde-free plant-based binders

11. LAMINATE COUNTERTOPS

Similar to kitchen cabinets made from composite wood products, laminate countertops may use toxic formalde-

hyde-emitting adhesives.

Although there are low-emitting laminate countertops available, consumer non-profit Environmental Working Group (EWG) states they're not very durable.

"If available, salvaged stone — like granite or slate — and salvaged wood are the most sustainable low-emitting materials," according to EWG. Concrete,

stainless steel and recycled glass (set in cement, not with epoxy) are other outside-of-the-box options for your countertops that are both durable and nontoxic.

10. DE-GREASERS, OVEN CLEANERS AND TOILET CLEANERS

These common cleaning products often contain hydrochloric acid, phosphoric acid, sodium or potassium hydroxide or ethanolamines, which are caustic chemicals that may lead to burns if you get them on your skin, blindness if you get them in your eyes and lung irritation and inflammation if you inhale their fumes.

To clean your oven safely, try a paste made out of baking soda and water (let it sit overnight for best results).

Toilets can be cleaned using a homemade spray of vinegar, water and essential oils.

Baking soda sprinkled in the bowl acts as an abrasive to help remove stains safely.


Stay tuned to learn more about Toxic Homes in part 4 and 5.

XXOO, Victoria

As one of Michigan's premier makeup artists, Victoria has brought a wealth of knowledge about natural beauty to the Jackson area. With all genres of work under her belt, she continues to enhance her given talent with on-going education, as well as guest teaching at local aesthetic and cosmetology schools.



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Hyduron Pen Lip Filler
Eyelash Extensions
Microneedling
Permanent Makeup
Microblading
Tattoo Removal
RF Facelift Facials
Rapid Spray Tan
Hydro Facials
B.B. Glow
Peels

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