



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



# Tips for the Holiday Season

- pages 2, 4, &11

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# 5 Ways to Enjoy the Holidays Without Breaking Your Budget

(BPT) - A new survey reveals that Americans say the holidays will give them something positive to look forward to, after many people had to curtail last year's holiday celebrations due to the pandemic. In the new 2021 Coinstar Holiday Survey, respondents said that while gift buying may go down this year (one-third plan to buy fewer gifts), people overall are looking for more activities that bring them holiday joy - as they still manage their budgets.

Here are tips to help boost your holiday spirit, without breaking the bank.

1. Embrace regifting

If you've ever thought about regifting a present to someone who might actually enjoy it, you're not alone. According to the survey, more than one-fourth (28%) said they're likely to regift something this holiday season. There's nothing wrong with regifting, and here's why:

- It saves you money
- Reusing is good for the environment
- Your closet gets a little less cluttered
- You may be giving the absolute perfect gift to someone else

Be sure to regift with care, and not give the gift back to the same person who gave it to you!

2. Use spare change to stretch your budget

When finances are tight, you may be surprised to learn that you have more spare change lying around than you think! Check your purse, couch cushions, car or change jar for loose change. Survey respondents estimate they have approximately \$123 in spare change at home, and over half (52%) said they are likely to cash in or use their spare change this holiday season. This newfound cash can be used for buying gifts, decorations or donating to others.

It's easy to cash in your spare change at a Coinstar kiosk in your local supermarket. At the kiosk, you can convert your spare change to cash, a no-fee eGift card - or even donate to charity, which makes it perfect for boosting the spirit of giving.

3. Deck the halls with holiday spirit

Nothing brings back your childhood sense of holiday wonder and magic better than beautiful colored lights and holiday decorations, whether at your own home or around your neighborhood. Over 90% of the people surveyed plan to decorate their homes this season, and three out of four say they will start or increase their tradition of driving around to enjoy decorations and lights nearby - a fun and no-cost activity to delight your whole family.

4. Bake a little joy for the holidays

Baking is one of the most fun and inexpensive ways to spend time with your family, as well as being a great way to create giftable treats. In the survey, 80% of Americans said they will start or increase their home baking this holiday season. Find festive tins, jars or holiday-themed plates to load up with goodies, wrap in foil, then stick on a colorful ribbon and voila! A tasty gift anyone would love to receive.

Baking not your strong suit? No worries. You can find pre-made refrigerated or frozen cookie dough in most stores, so you can still have the fun - and delicious aroma - of homemade cookies without all the fuss and muss.

5. Bring joy to others by giving

Giving to others can bring unexpected holiday joy. After more than a year of challenges, nearly two-thirds of Americans (61%) say they'll start or increase their donations of money or volunteering time to charity this holiday season.

Another way to feel the warm glow of giving to others is by tipping service providers who help you throughout the year, from your childcare provider to your mail carrier. Well over half (57%) of Americans say they tip service providers during the holidays.

It doesn't take a lot of cash to make the season bright. Revisit the traditions you have with friends and family and perhaps create a few new ones to make this year memorable. Approaching the holiday with an attitude of creativity and gratitude will go a long way toward capturing the joy of the holiday season.

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# Raise Hope & Foster Dreams:

## Change a Child's Life & Become a Foster Parent

*Contributed by the Michigan Department of Health & Human Services*

The Jackson County Licensing Coalition hosted their annual trunk-or-treat event at First Presbyterian Church. Over 100 children enjoyed trick-or-treating, science experiments, snacks, and refreshments. The event is held each year to provide a safe, fun Halloween activity for biological, foster, relative, and kinship providers throughout Jackson County.

Currently, there are over 150 Jackson County children being serviced by foster

care. Each agency strives to ensure relative or kinship placement, but in cases where this is not a viable option, non-relative foster homes are often needed. If you are a committed individual who would like to provide a safe and stable home for a child in the foster care program, or you would like to help, reach out to 855-MICHKIDS or your local MDHHS or private agency. You can also visit [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs) and head to the foster care page for steps on how to become a foster parent today!



### BECOME A FOSTER PARENT

Children in foster care need supportive adults to provide loving homes until they can be safely reunited with their family. A loving family can help a child cope with separation and make sure they have opportunities to be a kid.

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*Learn to Love Your Hometown*

# Enhance Your Holiday Season with Heartfelt Moments

*By Val Herr*

By Val Herr  
I can't believe I'm ready to talk about Christmas! Wasn't it just the 4th of July? This year has flown by, even though we are dealing with many problems

we faced in 2020. Covid hasn't gone away, store shelves aren't fully stocked, and every place is hiring and experiencing staffing shortages. Are we sure it's 2021 and not just a repeat of 2020???

Okay, on to positive thoughts, ideas, and some fun. Even if stores

suddenly become full of toys and gadgets, I challenge all of us to continue to rethink holiday gifts. Let's consider a quote from the Grinch: "Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas, perhaps...means a little bit more!" There is nothing wrong with presents; I like to receive gifts, but I most enjoy the presence of those I love.

Here are a few ideas I have to enhance your holiday season.

1. Host a cookie/baking day with loved ones and donate your baked goods to a local shelter.

2. Instead of a gift exchange at work or with family, have everyone bring an item that can be donated

to your local animal shelter.

3. Give the gift of time. Do you have a grandparent, great aunt, or favorite uncle that you never know what to get them? I know you do! We all do! Instead of another pair of slippers, spend an afternoon with them. Ask them about their life, what it was like growing up, and what they have learned over the years. Put this together in a scrapbook to share with future generations.

4. Have an animal lover in your family. Sponsor the adoption fee at your local animal shelter in their name.

5. Go on a family outing instead of gifts. Get everyone together and visit a museum.

6. Go on a scavenger hunt at your local thrift stores for items you can turn into a DIY decoration.

7. Host a book exchange instead of a gift exchange. Have everyone bring a copy of their favorite book and share reasons why they love it. Then everyone exchanges books.

8. Gather the family and volunteer together at your local homeless shelter.

Whatever you choose to do, choose it with your heart and not out of obligation or the feeling of guilt. You don't have to purchase a ton of gifts to have a fantastic holiday. People want your presence, not your presents.

## Jackson County Animal Shelter's Adoptable Pets: Osiris & Lucky #13

*Contributed by the  
Jackson County Animal Shelter*

**Osiris**

This senior guy is Osiris. He is a tan and white, 9 year old, American Staffordshire mix who came in as a stray. Osiris is a big guy, but rather slow-moving and mellow. No barking, no jumping up, he just enjoys a good nap. If you are looking for that seasoned, quiet, not much bothers me kind of dog... here is your guy.

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. A cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 medium/large dogs, \$250 puppies/small dogs which includes vaccinations, microchip, and sterilization. Come visit him today at 3370 Spring Arbor Rd, Jackson, MI.

**#13**

This little sweetie is lucky #13, a solid black cat with bright orange eyes. #13 came in with 42 other cats from a hoarding situation. She will be the first to greet you with lots of paw kneading and purring. Currently she is recovering from some hair loss and putting on some weight, all she needs now is a loving home. Cat Adoption Fees are \$60 for one cat, \$80 for two, which will include 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: 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). Come 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.



JACKSON YMCA

## YOUR GIFT OF HEALTH

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127 W. Wesley St.  
Jackson, MI 49201

517.782.0537  
[JacksonYMCA.org](http://JacksonYMCA.org)

# Have Some Fun When the School Day is Done

By Bonnie Gretzner,  
Director of Marketing  
and Communications,  
Jackson YMCA

The Jackson YMCA has launched a new after-school program for elementary students. One day a week, the YMCA blue bus will pick kids up from school and bring them to the Y for their choice of activity – swimming, rock wall climbing, or STEM activities.

Sessions run for six weeks, so parents and their kids can choose a new activity for each session. The program runs from after school until 5:30 pm.

“We wanted to offer something fun for the kids that didn’t intrude on family time,” said Jackson YMCA School Age Coordinator Lindsay Wood. “This way kids can do a fun activity after school, burn off some energy, but still be home in

time for family dinner.”

### Activities

Kids and parents choose between these activities:

- Swim IQ: Learn Splash Grow
- Skills and Thrills: Rock Climbing
- Mad Scientist: Create and Discover

The pick-up schedule is as follows:

- Monday: Sharp Park Academy, Dibble Elementary
- Tuesday: Keicher and Arnold (Michigan Center)
- Wednesday: Northwest, Western schools
- Thursday: Queens, St. Mary, St. John

Although the program begins Nov. 1, parents are welcome to sign up for the remainder of the session. Sign up in person or at JacksonYMCA.org. Questions? Call 517-782-0537 or email [lindsay@jacksonymca.org](mailto:lindsay@jacksonymca.org).



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# New Trail in Ella Sharp Park Connecting Neighborhoods and Schools

By Aaron Dimick,  
City of Jackson Public  
Information Officer



Jackson is celebrating the official opening of a new trail that increases pedestrian access and creates safe walks to school! A ribbon-cutting event for the new Ella Sharp Park Trail was held earlier this fall, and was attended by residents, City of Jackson officials, and representatives from Jackson Public Schools (JPS).

The new trail along Elmdale Drive through Ella Sharp Park replaces a 30-year-old pedestrian trail that had deteriorating surfaces, flooding issues, and was close to vehicle traffic. Now that the 1-mile long trail is officially open, walkers, runners, and bikers can enjoy a new path that's wider, further set back from the street, and has a dedicated bridge over a drain.

The improved trail also goes beyond the original

length of the old trail, creating a new stretch along S. Jackson Street that better connects Ella Sharp Park to Jackson's south side neighborhood. Because students often use this trail to reach Middle School at Parkside and the Sharp Park Academy, the City used a Safe Routes to School grant from the State of Michigan to fund most of the project.

The City of Jackson has been planning this improvement for several years with the school district. JPS Superintendent Jeff Beal expects this trail to increase the number of students walking and biking to school. "As we build up schools to support our community, we love the fact that our partnership with the City allows Jackson to create a more walkable environment. The trail system here is second to none, and we're thrilled to be a part of that," Beal said at the ribbon-cutting.

Parks and Recreation Director, Kelli Hoover, says she is excited to see Jackson's trail system expand. "The trail system for the

City of Jackson is a lifeline to residents. People use it for exercise, commuting to work, getting to school, and to reach everyday services," Hoover said at the ribbon-cutting.

"This is a project six years in the making. I thank JPS and the City's Engineering Division for helping make it happen."

The new Ella Sharp

Park Trail connects to the MLK Equality Trail, the City's main pedestrian trail that starts in Downtown Jackson and cuts across the city's southern half.



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**Where Community Comes Together.**



# Managing the Ups & Downs: Your Brain as a Car

Contributed by  
Community Action Agency

Let me say this first: "It is okay NOT to be okay!" No one is winning any parenting awards through this, so if you are struggling, CONGRATULATIONS, you are normal! You may be thinking to yourself, "then WHY is this SOOOOO hard???" The most basic answer: because you are HUMAN!

I want to share with you a way to understand what happens in your and/or your child's brain that might help make sense of what you are experiencing. Think of your brain as a car: there are three parts (FRONT SEAT, BACK SEAT, & TRUNK).

Let's consider how these parts of your brain respond to anxiety.

The front seat is your thinking brain, where you problem-solve, learn, and respond.

- Even if you are feeling anxious, you can better manage how you will respond and act.

- Children in the front seat are curious, active, and better able to respond to you.

- In the front seat, you can learn and seek meaning.

The back seat of the car is your feeling brain, where

your feelings and memories are stored. You have less capacity to manage your behavior and emotions.

- So when you are feeling anxious, you may be more irritable, have less patience, and find yourself raising your voice more often.

- Your kids may be whiny or uncooperative while in the back seat.

- To get to the front seat, you need to seek connection and relationship.

Your trunk is called the survival brain, so when you feel threatened, your brain automatically goes into fight, flight, or freeze mode.

- You may explode over small things, sleep all day, or become withdrawn if anxiety becomes too threatening.

- Your child in the trunk may have tantrums, scream, hide, numb out on technology.

- To move forward in the car, you are seeking safety through connection.

Knowing where you are in the car helps you identify what you or your child needs in order to move to the front seat. It can be a signal to you that you are getting low in self-care!

*Information Courtesy of Trauma Smart and Crittenton Children's Center.*

## Equity vs. Equality

By Allison Wirick,  
Community Action Agency

We have all heard the saying, "We are all created equal." I am not sure where this saying came from, but I don't believe it to be true. We are all unique. Equality means that each individual is given the same resources and opportunities. As an early childhood educator, we provide children with the resources and opportunities they need to be successful, not only in Kindergarten but also in life.

When a child is born, they provide you with resources that say, "Your child should be doing this by this age." However, we know that not all children are the same. Each child develops at their own pace. This is where equity comes in. Equity recognizes that each person has different circumstances and may need different resources and op-

portunities to reach an equal outcome. For example, when teaching children to write, you give children a pencil. The first child picks up the pencil, holds it correctly, and writes the letter A. The second child picks up the pencil and holds it in a grip. To help the second child learn to write, you provide them with a pencil grip that shows them how to hold the pencil correctly. The first child didn't need the grip because they had already developed that skill. But, for the second child to be equal to the first, they needed an extra resource.

When I think of equity vs. equality, I think of the word fair. Growing up, I thought the word fair meant everyone got the same thing. As I entered the world of education, I learned that fair meant everyone getting what they need in order to be successful.

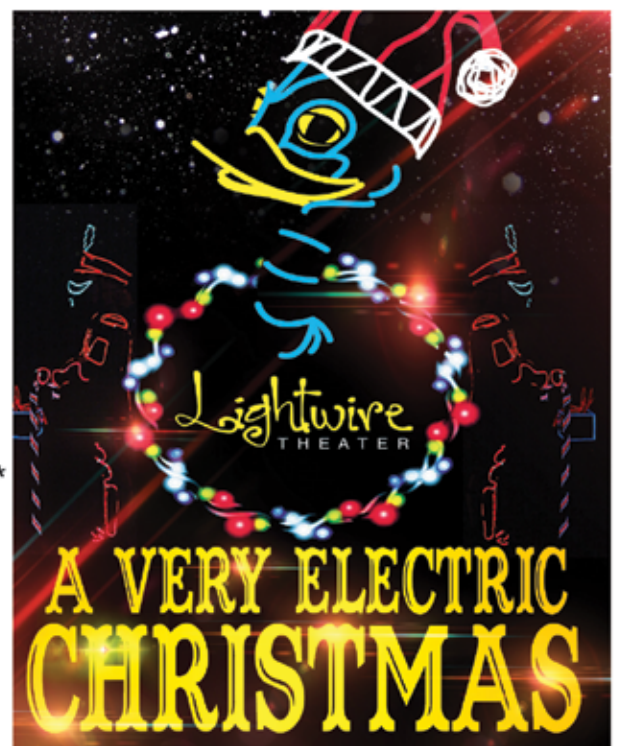
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For tickets call 517.786.8600 or online at [www.jccmi.edu/pottercenter](http://www.jccmi.edu/pottercenter)

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*for Christmas*  
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# Say Hello to the Woolly Bear Caterpillar

Contributed by  
Imagine Planet

Imagine Planet is a small museum, and a hospitalization or COVID exposure can really put a kink in our operations. Thank you for your patience, and keep an eye on our Facebook page for updates on when we will be open. The animals are well cared for, and my family is doing well thanks to science. We will be planning special occasions on Saturdays and during winter break. If you have any suggestions, drop us a line.

This month we are collecting data for an experiment. We are testing whether the amount of brown and black on woolly bear caterpillars can predict the kind of winter we will have. To do so, I am asking you all to take pictures with a coin or ruler of the woolly bear caterpillars you see. One picture per caterpillar, please. Send the picture by Facebook, Messenger, or text to 734-358-9893. If we get enough data, we will measure the amount of brown and black on each caterpillar and see if there is a pattern. We will also collect written descriptions of caterpillars you have seen, although a picture is better.

Let's find out more about woolly bear caterpillars.

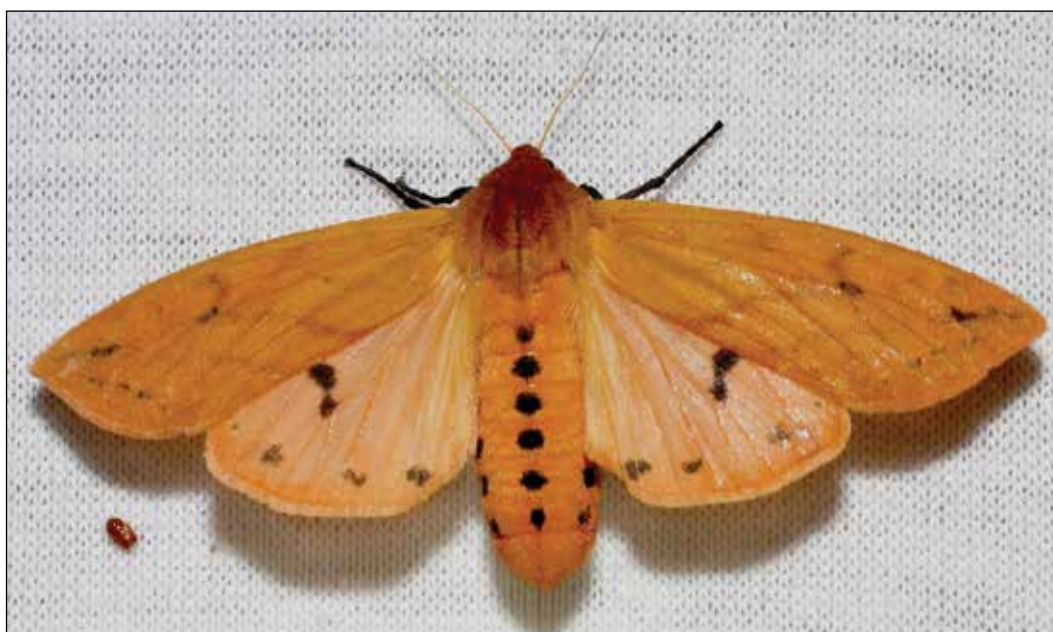
*Pyrrharctia isabella*

These caterpillars occur in plain brown, rusty, tan, or blonde morphs, generally with black ends. They are distinguished from the similar larvae of other tiger moths by the uniform length of all of their bristles, rather than having some longer than others.

The "banded" woolly bear caterpillar (distinct from the yellow

woolly bear—a different species) is the larval form of the Isabella Tiger Moth. The moths have a wingspan of 4-5 cm. Their wings are yellow-brown with a series of small, black dots; their hind wings are slightly

55 mm, and the typical color pattern is a rusty red body with black anterior and posterior ends. However, as mentioned above, they have a variety of different color morphs. In the black-ended caterpillars, the



paler and pinkish with gray spots. The abdomen has three black dots on the rear edge of each segment.

The caterpillars, however, are distinctive and quite well-known. They are generally no larger than

black bands shrink while the red part grows as they age. Thus, an older caterpillar would have smaller black bands. The caterpillars are generally very docile and are popular with humans. Unlike other simi-

larly barbed caterpillars, they cannot sting or inject venom with their bristles.

The caterpillars feed on almost any kind of vegetation; they explore many human areas. They are inquisitive, but some will curl up and play dead if threatened. There are two generations of caterpillars each year; one in May and one in August. Caterpillars that have overwintered emerge in the spring, grow, pupate, become moths, mate, and lay eggs that will hatch in time for the August generation. These caterpillars develop into larvae that overwinter in their caterpillar form. The caterpillars can produce an "antifreeze" in their tissues that enables them to survive the winter. Upon the arrival of warm weather, they promptly eat as much as they can before pupating to become the May generation.

There is evidence that Woolly Bear caterpillars eat alkaloid-laden leaves to help combat a parasite in their abdomen. This is, among insects, a highly unusual example of self-medication.

Thanks to the University of Virginia website for this information.

There have been studies about woolly bears and weather, but I want to go through the whole process of setting up a hypothesis and testing it to show how science works. I hope you can be my eyes and legs in this endeavor. Check

out our Facebook page for more information. Happy woolly bear hunting! Remember not to hurt them.

Fuzzy wuzzy was a bear, fuzzy wuzzy had no hair, fuzzy wuzzy wasn't very fuzzy, was he?

## JACKSON COUNTY EARLY COLLEGE



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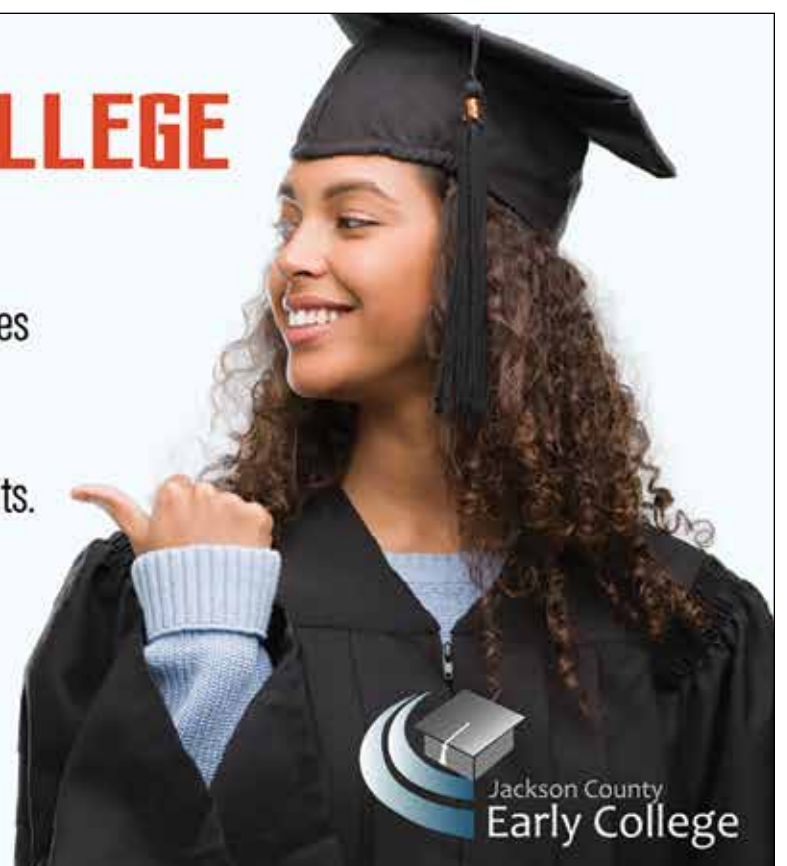
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# College & Career Access Center, December Scholarships

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- 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 and connect them with fellow scholars. We are constantly evolving our program to serve our scholars through 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, 2021

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

## The Ted Rollins Eco Scholarship 2021

Eligibility:

- Open to high school Seniors and college undergraduate students.
- Majoring (or planning to major) in a field related to Business, Sustainability or Marketing.

• Must plan to take at least 10 credit hours during the Spring 2022 semester.

Description: Ted Rollins and Valeo Groupe Americas award a \$1,000 scholarship twice each year to

one talented student who is majoring in a field related to business, sustainability or marketing. This money may be used to pay for tuition, books or living expenses.

Students will write an essay that details your interests, experience and goals related to the advancement of sustainability and ecopreneurism.

Award: \$1,000

Deadline: December 1, 2021

Application: <https://www.tedrollinsecoscholars.com/ted-rollins-eco-scholarship-application-details/>

## The Barbara Lotze Scholarship for Future Physics Teachers

Eligibility: Applicants must declare their intent to prepare for, and engage in, a career in physics teaching at the high school level and must, at the time the scholarship funds are received, be:

- a citizen of the U.S. who is pursuing undergraduate studies at an accredited two-year college, four-year college or a university. (or a high school Senior accepted for such enrollment).
- pursuing, or planning to pursue, a course of study leading toward a career in teaching Physics teaching
- showing promise of success in their studies,

Description: Applications can be submitted online and will be considered for recommendation to the Board of Directors at each AAPT Winter Meeting. Applications containing all required materials (see website for details) will be considered for recommendation at the winter meeting of the AAPT Board of Directors.

Award: \$2,000

Deadline: December 1, 2021

Application: <https://www.aapt.org/programs/grants/lotze.cfm>

## Stephen J. Brady Stop Hunger Scholarship

Eligibility:

- Open to students at the ages of 5-25 years of age.
- Applicants must have demonstrated on-going commitment to their community by performing unpaid volunteer services impacting hunger in the United States at least within the last 12 months.

Added consideration is given to students working to fight childhood hunger.

• Volunteer services must be helping non-family members.

• Multiple applications of the same student will not be accepted; if more than one application for an individual is received, the first application received will be the application accepted and reviewed.

• Applicants must obtain a Community Service Recommendation as part of the application process.

• Recommenders must be at least 21 years of age, may NOT be your parent, guardian or family member.

• All applicants and recommenders must be citizens or permanent residents of the United States.

• Employees of Sodexo are not eligible to apply for the Stephen J. Brady Stop Hunger Scholarships; but they may refer family members who are not employees of Sodexo.

• Previous national Stop Hunger Scholarship recipients are not eligible to apply.

• Previous regional Stop Hunger Honorees are eligible to apply.

Description: The Stephen J. Brady Stop Hunger Scholarships recognize and reward students who have made a significant impact in the fight against hunger. Scholarship recipients receive \$5,000 for their education and a matching grant in their name for the hunger-related charity of their choice. This scholarship is named for the Sodexo Foundation's founder and former president, who was an unstoppable champion in the fight to end hunger.

Award: \$5,000

Deadline: December 5, 2021 (application opens October 5th)

Application: <http://us.stop-hunger.org/home.html>

## AXA Achievement Scholarship

Eligibility:

- Ambition, drive, and determination to set and reach goals
- Respect for self, family, and community and ability to succeed in college

• United States citizen or legal residents living or claiming residency in one of the 50 U.S. States, District of Columbia, or Puerto Rico.

• Current high school seniors who plan to enroll full-time in an accredited two-year or four-year college/university in the United States for the entire 2021-2022 academic year. Enrollment at an accredited institution outside of the US will be considered

on a case-by-case basis.

• Special consideration will be given to achievements that empower society to better face risk through education and action in areas such as financial, environmental, health and/or emergency preparedness.

Instructions: Applicants must complete an application to provide demographic information, a list of school and community activities, work experience, GPA, and details of your outstanding achievement. Only electronic applications will be accepted. Do not send any materials (transcript, letters of recommendation) until notified.

Award: 52 students will receive \$10,000. Ten of the 52 will be selected to receive an additional \$15,000 scholarship.

Deadline: December 15, 2021

Application: <https://us.axa.com/axa-foundation/AXA-achievement-scholarship.html>

## Burger King Scholarship

Eligibility:

- Be living in the United States, Canada or Puerto Rico
- Be graduating high school seniors (U.S. and Puerto Rico), graduating from grade 12 (Canada) or graduating from home school education in the U.S., Puerto Rico or Canada

• Have a cumulative high school grade point average of 2.5 or higher on a 4.0 scale, or the equivalent

• Plan to enroll full-time, without interruption, for the entire 2022-23 academic year at an accredited two or four-year college, university or vocational-technical school in the U.S., Canada or Puerto Rico

Description: The BURGER KING McLAMORE Foundation is a U.S. based 501(c)(3) public nonprofit that believes

without education you limit your potential to be your own way. It is our mission to create brighter futures by empowering individuals and feeding potential through education and emergency relief.

Award: Range from \$1,000 to \$50,000

Deadline: December 15, 2021

Application: <https://scholarshipamerica.org/scholarship/burger-king-scholarship-program/>

## The Top Ten List Scholarship

Eligibility:

- Must be at least 13 years of age.
- Must be a legal United States resident.
- Must be a resident of one of the 50 United States or the District of Columbia.
- Must be enrolled in an accredited post-secondary institution of higher education by Fall 2024.

Description: There are many scholarships and colleges that want to know the number one thing you want people to know about you. Just one? That's it? "But, I'm amazing," you say. We hear you, and we know that it's tough to narrow down your awesomeness into one measly reason. So, inspired by David Letterman and his top ten lists, we created the Top Ten List Scholarship.

With so many awards based on grades and extracurricular activities, this unique scholarship gives you the chance to show us what's truly special and different about you. Get creative, be serious, or tug at our heart strings. Whatever you do, you only have ten reasons to convince us, so make each one count.

Award: \$1,500

Deadline: December 31, 2021

Application: <https://www.unigo.com/scholarships/our-scholarships/top-ten-list-scholarship>

## Best Price Nutrition and Health Scholarship

Eligibility:

- Currently residing in the United States, Brazil, India, South Korea, Australia, Japan, United Kingdom or Canada.
- All eligible participants must be a currently enrolled full-time in college or be an alumnus/alumna
- Students must provide the address of the college's Financial Aid Office.
- Students must provide college student identification number.

Award: \$1,000

Deadline: December 31, 2021

Application: <https://big-future.collegeboard.org/scholarships/best-price-nutrition-and-health-scholarship>

Visit the College & Career Access Center today in the Jackson Crossing!

For the complete list of scholarships please visit [www.jcisid.org/CCAC](http://www.jcisid.org/CCAC).

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# Jackson YMCA Receives \$224K in State Funding for New Facility Site Work

*Contributed by  
The Jackson YMCA*

The Jackson YMCA will receive \$224,000 in state funding for soil remediation at the site of the planned new downtown YMCA building. The office of State Senator Mike Shirkey recently announced the state budget bill passed by the Michigan Senate includes funding for three local projects, including the Jackson YMCA project, and that it “effectively invests in building healthy families and communities.”

Scott Fleming, a certified economic developer and CEO of the Jackson Anchor Initiative (JaxAnchor.org), worked with YMCA staff and campaign leadership to obtain the funding. Fleming has been involved in business and economic development since 1993 in Michigan, Texas and Illinois.

“Many people came together to secure the funding, and it was very much a team effort,” said Fleming, who also previously served as the President and CEO of The Enterprise Group of Jackson, focused on local business recruitment and retention. “The Y has been such a strong entity in the city and is integral to downtown. People are looking at Jackson as a place to be, and I’ve seen the next generation of leaders working to make downtown a place people want to live, work and play.”

Granger Construction Co., the Y’s new facility construction manager, provided the estimate for the preconstruction soil remediation required at the site. Before

the build, the condition of the soil must be improved to provide proper foundation and support. Plans call for the new building to be located between Wesley, Mechanic and Franklin streets where YMCA parking is currently located.

“We are thankful for the work Scott, the city of Jackson, the team at Granger and others have done over the past few months to ensure we have the funding to begin this critical site work,” said Jackson YMCA CEO Shawna Tello.

The Y’s Building and Design team continues to work with Bergmann and Gro Development Inc., a leader in design and development of YMCAs, to develop the branding, fit and finish of the new facility. Last month the Y announced that Henry Ford Allegiance Health (HFAH) will program and staff approximately 6,500 square feet in the planned new YMCA facility, providing sports medicine, orthopedic rehab and a mix of specialty services. And earlier this year, the Y shared that Big Brothers Big Sisters of Jackson (BBBS) will occupy approximately 1,000 square feet in the new downtown facility.


Working with Granger, Y leaders anticipate beginning site work in the first half of 2022; project details are available at [newjacksonymca.com](http://newjacksonymca.com). The Y’s Capital Campaign committee’s efforts to identify philanthropists, funders and local foundations willing to support the YMCA and invest in its potential are ongoing.





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# Seven Tips for a Healthy Holiday Season

*By Theresa Horne, CPT*

The holidays are here, and they can quickly become one big unhealthy stress fest, but it does not have to be that way. Here are seven tips for a Healthy Holiday Season.

1. Plan Ahead. Planning comes naturally to some people, while others (raising my hand here) need to be more intentional with planning. Are there things you consider priorities in the season? If so, you will need to plan them into your schedule and then communicate those plans to the people around you. Sharing your calendar or sending an e-vite is excellent, but you will often need to communicate more than you had previously thought. Verbally share your plans to get buy-in. You very well may be the only one in your family who considers the annual trip to the tree farm to pick out a tree a priority. Shocker! Plan it with the people involved ahead of time if you really want it to happen.

2. Practice Forgiveness. The holiday season is often when we see family members and friends who we ordinarily do not see. This might be the perfect time to forgive! When we forgive, we cease to feel resentment against another or cancel indebtedness. Holding resent-

ment is not a punishment to the other person but a feeling you hold onto, causing negativity in your own life. Forgiveness does not lessen the offense; it simply means you will no longer hold it and let it weigh you down. Forgiveness frees you up to live healthily.

3. Make a Budget. Before you begin shopping for the season, decide how much money you can happily afford to spend, if you choose to spend money at all. Create a budget and stick to it. Maybe decide not to be a consumer at all this holiday season and try something new. Here are a few options.

- Donate your time together as a family.
- Plan a regifting exchange
- Give homemade gifts

4. Bake Healthy Treats. Baking and giving food as gifts are ways to save money and introduce people to healthy alternatives. Festive fruit salads or low-calorie baked goods are fun ways to treat your family and friends to low-cost healthy alternatives to less nutritious, higher-calorie treats.

5. Stay Realistic. Hallmark movies give every holiday a happy ending, but that isn't reality. A holiday doesn't have to be perfect to be en-

joyable. It likewise doesn't have to be just like the year before or meet some false holiday expectation. Families change and grow. Give room for new traditions, rituals, and change. Maybe you don't like the idea of change, but change happens whether we want it to or not. Acknowledging change and greeting it with your personal needs and priorities intact can make for a wonderful healthy new transition when change happens.

6. Get Rest. Parties, events, and other social occasions can make for late nights and schedule changes. Make your rest a priority. Getting enough sleep is essential, but good rest is more than just sleep. "Rest is vital for better mental health, increased concentration and memory, a healthier immune system, reduced stress, improved mood and even a better metabolism" (Integris Health). Rest might mean unplugging from social media, doodling in a coloring book, or wearing fuzzy pajamas. When we are rested, we are more likely to respond to stress well. That can be the stress of dealing with people or the stress of fighting off illness and disease.

7. Remember to Move. Our bod-

ies crave movement, and during the holidays, you may need to get creative. Online fitness is a wonderful option. We offer a variety of classes with our online selections at Sisterhood of Strong but bundling up and heading outside is also a great option. Whatever the modality, make movement a must-do every day.

These practical tips are just some of the tools we can use to create healthy holidays. Building a healthy lifestyle takes various tools. Add these tips to your healthy toolbox, and have a healthy holiday season!

Reference:

<https://integrisok.com/resources/on-your-health/2021/april/whys-important-to-allow-yourself-to-rest>

*Theresa Horne is the Founder and lead coach of Sisterhood of Strong. As a Certified Personal Trainer -National Academy of Sports Medicine (NASM), Fitness Nutrition Specialist (NASM), and soul care practitioner, Theresa coaches people to live strong: body, mind, and soul to fulfill their purpose. To schedule a targeted strong session or find out more about Sisterhood of Strong, visit [www.sisterhoodofstrong.com](http://www.sisterhoodofstrong.com)*



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