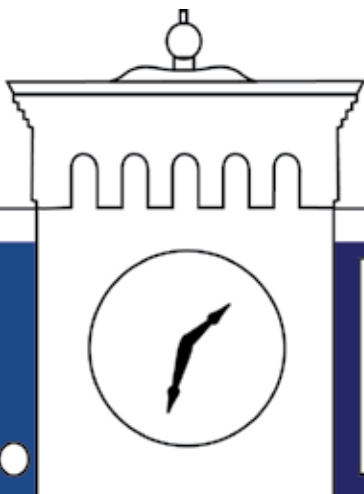




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Hometown Eats

November 2025 Edition

By Val Herr



Given the state of the world, I'm not sure that it is on everyone's mind of where we should eat out this week? However, we have opportunities to come together to support local restaurants and our friends who may be struggling with food insecurities. Coming together as friends, family and a community is typically around a table. The table is the centerpiece of hope, health and happiness. As prices rise and some families struggle to make ends meet, local restaurants and

food pantries are feeling the strain as well. Yet, they continue to serve as the heart of our neighborhoods offering comfort, connection, and nourishment.

Local restaurants are not just places to eat—they are employers, supporters of local farmers and little league teams and are often the first to step up when their community needs help. Many have quietly provided meals to police officers, fire fighters and the hungry.

Supporting small businesses helps sustain not only local jobs but also the spirit of generosity that defines who we are as a community.

Even now, especially now, you can make a differ-

ence and continue to support local restaurants and help your neighbors.

Here are a few ideas:

1. Buy gift certificates and give them to someone who may need them. You can even do this anonymously.
2. Order takeout and have it delivered to someone.
3. Host a tasting party – order appetizers or desserts from several restaurants and invite people into your home to try them.
4. Buy someone's meal at a restaurant.

Now more than ever, we can show what it means to be a community — one meal, one act of kindness, one neighbor at a time.

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Glow Up This Thanksgiving: Beauty-Boosting Snacks & Treats to Be Thankful For

By Victoria Beaman



Thanksgiving may be the season of stuffing and pie, but who says indulgence can't come with a side of radiance? This year, swap the sugar crash for snacks and treats that nourish your skin, hair, and overall glow—without sacrificing flavor or festivity. Whether you're hosting a glam Friendsgiving or prepping for a cozy night in, these beauty-forward bites will have you glowing from the inside out.

These treats aren't just delicious—they're functional. They feed your skin, hair, and nails while keeping the holiday spirit alive. Whether you're serving them at a party or sneaking a few between spa clients, they're a reminder that beauty starts from within—and sometimes, it tastes like pumpkin spice.

XOXO
Victoria



Collagen-packed pumpkin energy balls

Skip the pie and roll up these no-bake pumpkin spice energy balls made with oats, almond butter, pumpkin purée, and a scoop of collagen peptides. Pumpkin is rich in beta-carotene, which converts to vitamin A—hello, skin renewal.

- Ingredients:
- 1 cup rolled oats
 - ½ cup almond butter
 - ½ cup pumpkin purée
 - 1 scoop collagen peptides
 - 1 tsp pumpkin pie spice
 - 1 tbsp maple syrup

Beauty benefit
Skin renewal & elasticity

Instructions: Mix all ingredients, roll into balls, chill for 30 mins. Optional: dust with cinnamon.



Berry beautiful berry bark

Greek yogurt layered with antioxidant-rich berries (think blueberries, pomegranate seeds, and cranberries) then frozen into bark makes for a tangy, skin-loving treat. Add a sprinkle of chia seeds for omega-3s that fight inflammation and dryness.

- Ingredients:
- 2 cups Greek yogurt
 - ½ cup mixed berries (blueberries, cranberries, pomegranate seeds)
 - 1 tbsp chia seeds
 - 1 tsp honey

Beauty benefit
Antioxidants for skin clarity

Instructions: Spread yogurt on parchment, sprinkle toppings, freeze 2 hrs, break into bark.



Avocado deviled eggs

Give classic deviled eggs a beauty twist by swapping mayo for mashed avocado. Rich in healthy fats and vitamin E, avocados help keep skin supple and hydrated—plus, they're a crowd-pleaser.

- Ingredients:
- 6 hard-boiled eggs
 - 1 ripe avocado
 - 1 tsp lemon juice
 - Salt & pepper to taste

Beauty benefit
Hydration & vitamin E

Instructions: Halve eggs, mash yolks with avocado and lemon, pipe into whites.



Sweet potato toasts with glow toppers

Slice sweet potatoes into thin slabs, roast until crisp, and top with combos like almond butter + banana (potassium and vitamin E) or hummus + cucumber (hydration and silica). Sweet potatoes are a skin superfood thanks to their beta-carotene content.

- Ingredients:
- 1 large sweet potato, sliced
 - Toppings: almond butter + banana, hummus + cucumber

Beauty benefit
Beta-carotene for skin tone

Instructions: Roast slices at 400°F for 20 mins, top as desired.



Dark chocolate-dipped fruit skewers

Thread strawberries, kiwi, and pineapple onto skewers and dip in melted dark chocolate. The fruit delivers vitamin C for collagen production, while dark chocolate's flavonoids help protect skin from UV damage.

- Ingredients:
- Strawberries, kiwi, pineapple
 - ½ cup dark chocolate chips

Beauty benefit
Collagen support & UV protection

Instructions: Melt chocolate, dip fruit skewers, chill until set.



Sparkling beauty mocktails

Mix sparkling water with cranberry juice, fresh lime, and a splash of aloe vera juice. Cranberries are loaded with antioxidants, and aloe supports digestion and skin clarity. Garnish with rosemary for a festive touch and added anti-inflammatory benefits.

- Ingredients:
- Sparkling water
 - ¼ cup cranberry juice
 - 1 tbsp aloe vera juice
 - Lime wedge, rosemary sprig

Beauty benefit
Digestion & skin clarity

Instructions: Mix, pour over ice, garnish.



Almond flour glow cookies

Bake up soft cookies using almond flour, coconut oil, and maple syrup. Almonds are rich in biotin, which supports healthy hair and nails, while coconut oil adds a dose of skin-friendly fats.

- Ingredients:
- 2 cups almond flour
 - ¼ cup coconut oil
 - ¼ cup maple syrup
 - 1 tsp vanilla extract

Beauty benefit
Biotin for hair & nails

Instructions: Mix, scoop, bake at 350°F for 10–12 mins.



Turmeric-spiced popcorn

Popcorn gets a golden makeover with turmeric, black pepper, and olive oil. Turmeric's curcumin is a powerful anti-inflammatory that helps calm skin and reduce puffiness—plus, it adds a warm, earthy flavor perfect for fall.

- Ingredients:
- 3 cups air-popped popcorn
 - 1 tbsp olive oil
 - ½ tsp turmeric

Beauty benefit
Anti-inflammatory & de-puffing

Instructions: Toss popcorn with oil and spices.

Jackson County Animal Shelter's Adoptable Pets: Shasta & Prince

Contributed by the Jackson County Animal Shelter

Shasta

Shasta is a one-year-old, tan-and-white beauty with a joyful spirit that shines the moment you meet her. The first word that comes to mind is happy. She's always eager to leave her kennel and spend time with you. She's housetrained, knows several basic commands, and, like many young dogs, is full of energy. Still, her favorite thing is simply being close to her person. Shasta's almond-shaped eyes are truly captivating. She briefly checked out the cats in the cat room but moved along without much interest. Smart, affectionate, and ready to learn, Shasta is the total package. Dog adoptions require an application, which you can find online. The availability date is when the dog becomes JCAS property; however, any necessary medical pro-

cedures may cause a slight delay in the adoption process. A meet and greet with your dog is mandatory. A cat room walk-through is available to test reactions. Dogs will be placed with approved applicants, and the adoption fee is \$150 for medium/large dogs and \$250 for puppies/small dogs, which includes vaccinations, microchip, and sterilization.



Prince

Prince is a handsome two-year-old solid grey domestic shorthair who was surrendered by his previous owner. When you meet him, he comes right out to say hello and happily accepts a few treats. He enjoys being petted and will give you gentle head bumps in return. Prince loves his wet food and doesn't mind sharing

with the other cats he lives with. Some of his favorite activities include playing with the wand toy and batting around other cat toys. He's a big, chunky guy, and that's just part of his charm. Stop by and meet him today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. 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. While visiting the shelter is always recommended, you can also submit an online cat application here, fax it to 517-780-4750, or email it to animalshelter@mijackson.org. For more information, visit our website at mijackson.org/579/Animal-Shelter. Find us on Facebook or view all pets on Petango.com-Shelter Details. Current Shelter Hours: Mon, Tue, Wed, Fri 10:00-4:30, Thu 10-7, Sat 10-4:30.



Cascades Humane Society's Pet of the Month

Contributed by Cascades Humane Society

This handsome one-year-old large mixed-breed boy is searching for his forever family. Bandito's striking black-and-white coat, sprinkled with charming speckles and spots, makes him truly one of a kind. His short, easy-care fur may shed a bit, but that just means you'll have a little extra reminder of your best friend nearby.

With his big, lovable presence and gentle personality, Bandito is sure to steal your heart. At just a year old, he's full of curiosity and joy, eager to learn,

play, and explore the world with you by his side. Loyal, affectionate, and always ready for love and adventure—Bandito can't wait to find his perfect match and start making memories together.



Bandito has been neutered, vaccinated, microchipped, and tested negative for heartworm. If you're ready to welcome this wonderful boy into your home,

please contact Cascades Humane Society to meet him today!

About the Cascades Humane Society

Organized and incorporated in 1952, Cascades Humane Society is dedicated to improving the lives of animals, promoting responsible pet ownership, and creating lasting connections between pets and families. If you are interested in donating, volunteering, or learning about other ways to support CHS, please call 517-787-7387 or email hgolightly@chspets.org to learn more.



2024

IMPACT

CHS

Cascades Humane Society

1,187

TOTAL ADOPTIONS

11,247

POUNDS OF PET FOOD GIVEN TO PETS IN NEED

990

OWNED CATS & DOGS SPAYED OR NEUTERED

4,103

VOLUNTEER HOURS

Give Thanks, Give Hope: Why Cascades Humane Society Deserves Your End-of-Year Giving

*Contributed by
Cascades Humane Society*

November is a month of gratitude, a time to reflect on the blessings in our lives and to share that thankfulness through giving. As we enter this season of generosity, Cascades Humane Society (CHS) invites you to remember the animals who rely on compassion and community support for their chance at a better life.

Every day, CHS opens its doors to homeless, abandoned, and surrendered animals from throughout Jackson County. Many arrive scared, hungry, or in poor health, but from the moment they step through the shelter's doors, they are met with love, medical care, and hope. The CHS team is dedicated to ensuring every pet that leaves the shelter is truly ready for their new beginning.

Before any animal is adopted, CHS provides spay or neuter surgery, helping to combat pet overpopulation and prevent more animals from entering shelters. Each pet also receives vaccinations, a microchip, and if needed, a dental cleaning or treatment to ensure they are as healthy and comfortable as possible. These services are not optional, they are part of CHS's unwavering commitment to responsible, compassionate animal care. By the time an animal goes home, they are not only ready for a loving family but also set up for a healthier, happier life.

End-of-year gifts are

among the most critical donations CHS receives. As the colder months approach, the number of animals in need rises while donations often slow. Your support during this season ensures CHS can continue providing these lifesaving services, covering the costs of surgeries, vaccines, dental procedures, food, shelter, and enrichment that make recovery and adoption possible.

Beyond direct care, your generosity sustains CHS's vital community programs: the low-cost spay/neuter clinic, humane education initiatives that inspire kindness and empathy in the next generation and the Forgotten Feline program for the feral cat population spay and neuters. Each program reflects CHS's belief that every animal, and every person who loves them, deserves support.

When you give to CHS, you are giving more than a donation, you are giving second chances.

As you consider your end-of-year giving this November, please keep Cascades Humane Society in your heart. CHS receives no tax dollars and no funding from national organizations such as the ASPCA or Humane Society of the United States. Every life saved is made possible solely through the kindness of donors, volunteers, and our Jackson community.

This season of thankfulness, give hope. Give love. Give to Cascades Humane Society.

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Smart Budgeting Tips for the Holidays

Contributed by TRUE Community Credit Union

The holidays bring joy, traditions, and togetherness—but they can also bring financial stress if you're not prepared. A thoughtful holiday budget helps you celebrate without overspending or facing a post-season money hangover. Here are some tips to keep your finances merry and bright:

Start With a Spending Plan

- Set a total budget: Decide the maximum amount you can afford to spend overall. The general rule of thumb is no more than 1% of your annual income for holiday spending.
- Save ahead: Even a small weekly deposit into a holiday fund adds up by December.
- Track spending in real time: Use digital banking tools or budgeting apps. You can find a free, fillable, and reusable holiday budgeting worksheet from our partners at GreenPath Financial Wellness at TRUECCU.com with our other Financial Wellness Resources.

Shop Smart

- Expect surprises: Budget a small cushion for unplanned expenses (extra gifts, shipping costs, etc.).
- Plan meals: Hosting? Create menus in advance to avoid costly impulse buys at the store.
- Decorate on a dime: Reuse what you have, swap with friends, or look for secondhand treasures.

Keep the Spirit in Focus

- Remember experiences matter: Time with loved ones often means more than expensive gifts.
 - Give the gift of service: Acts of kindness or shared activities can be priceless.
- With a little planning and mindful spending, you can enjoy the holidays without financial stress. By setting a budget, tracking expenses, and focusing on what truly matters, you'll keep both your wallet and your holiday spirit full.



Photo contributed by TRUE Community Credit Union



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The Exploration of Space

By Jean McKim,
Imagine Planet

Twenty-five years ago, on November 2, the first long-term crew of the International Space Station arrived. The International Space Station (ISS) is a large space station assembled and maintained in low Earth orbit (average altitude of 400 kilometers or 250 miles) through a collaboration of five space agencies and their contractors: NASA (United States), Roscosmos (Russia), ESA (Europe), JAXA (Japan), and CSA (Canada). As the largest space station ever constructed, it primarily serves as a platform for conducting scientific experiments in microgravity and studying the space environment.

The station is divided into two main sections: the Russian Orbital Segment (ROS), developed by Roscosmos, and the U.S. Orbital Segment (USOS), built by NASA, ESA, JAXA, and CSA. A striking feature of the ISS is the Integrated Truss Structure, which connects the station's vast system of solar panels and radiators to its pressurized modules. These modules support diverse functions, including scientific research, crew habitation, storage, spacecraft control, and airlock operations. The ISS has eight docking and berthing ports for visiting spacecraft and circles the Earth in roughly 93 minutes, completing about 15.5 orbits per day.

The ISS program combined two previously planned crewed Earth-orbiting stations: the United States' Space Station Freedom and the Soviet Union's Mir-2. The first ISS

module was launched in 1998, with major components delivered by Proton and Soyuz rockets and the Space Shuttle. Long-term occupancy began on November 2, 2000, with the arrival of the Expedition 1 crew. Since then, the ISS has remained continuously inhabited for 25 years, the longest continuous human presence in space. As of August 2025, 290 individuals from 26 countries have visited the station.

Future plans for the ISS include the addition of at least one module, Axiom Space's Payload Power Thermal Module. The station is expected to remain operational until the end of 2030, after which it will be deorbited using the U.S. Deorbit Vehicle. The future of the station, however, remains in flux.

Research aboard the ISS covers a wide range of fields, including astrobiology, astronomy, physical sciences, materials science, space weather, meteorology, and human research, particularly space medicine and the life sciences.

The following ships can dock with the ISS:

- Crewed Spacecraft: Such as NASA's Crew Dragon and Russia's Soyuz
- Cargo Resupply Ships: Including SpaceX's Dragon and Northrop Grumman's Cygnus
- European Automated Transfer Vehicle (ATV): Used for cargo delivery from ESA
- Japanese HTV (H-II Transfer Vehicle): Designed for resupply missions from JAXA
- Russian Progress Resupply Ship: A robotic spacecraft for cargo trans-

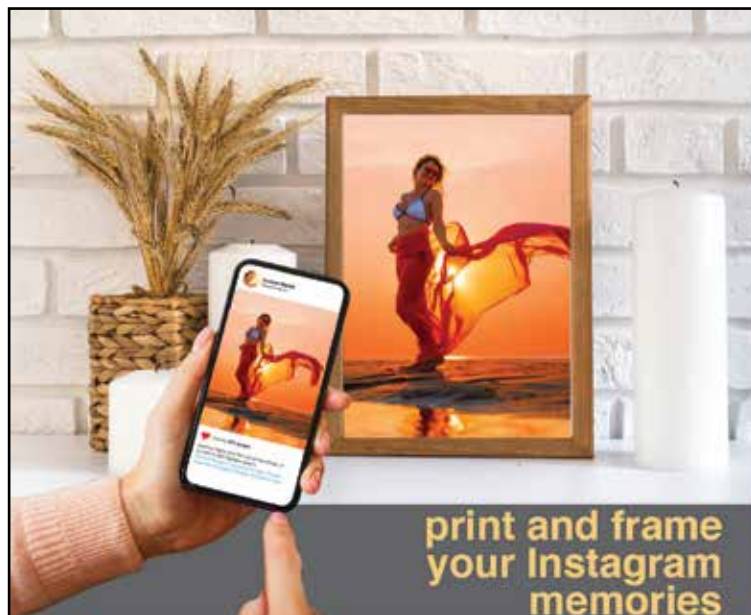
port

- Commercial Vehicles: Future spacecraft from companies like Boeing and Sierra Nevada

The ISS shares low Earth orbit with satellites, space debris, and China's space station, Tiangong. The Chinese station is much smaller than the ISS, with only three modules compared to 16 on the ISS, which has hosted astronaut crews continuously since November 2000. Tiangong is also considerably lighter. The ISS weighs about 400 tons (450 metric tons), while the Chinese station is about 20 percent as massive.

The 54-foot-long (16.6-meter) Tianhe module launched with a docking hub that allows it to receive Shenzhou crew and Tianzhou cargo spacecraft. A large robotic arm helps position the Mengtian and Wentian modules and assists astronauts during spacewalks.

Come learn more about the exploration of space at our November theme day on November 15. It is a crowded field of companies and governments, and the U.S. is not alone up there. On Sunday, November 9, from 3 to 5 p.m., we will host our first class, Introduction to Mineral Properties, for all our rockhounds out there. We plan to offer at least one class a month on various topics, so check out our Facebook page and website for updates. These classes require registration and will be limited to 20 attendees. Participants should 10 and up, and a suggested donation of at least \$5 will be appreciated. We look forward to seeing you there!



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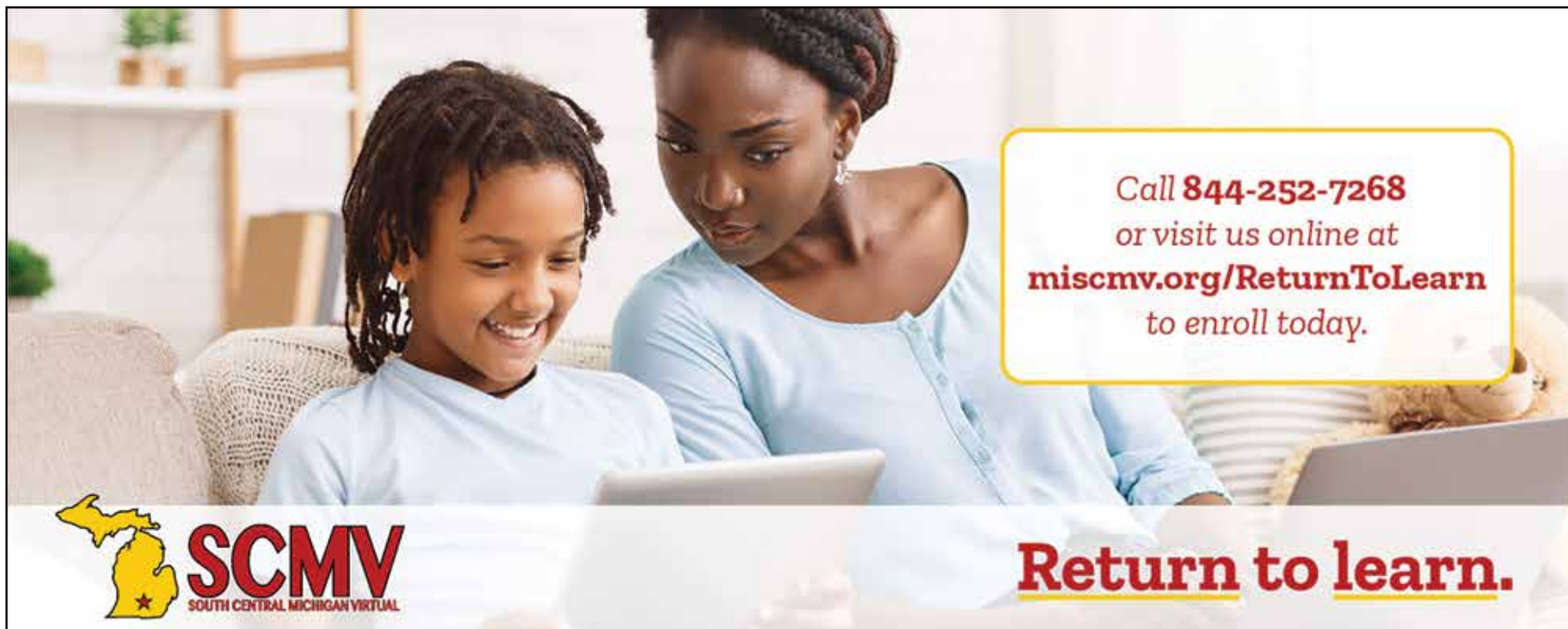
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College & Career Access Center, November Scholarships

Elks National Foundation Most Valuable Student Competition

Description: Most Valuable Student Scholarship competition is judged based on scholarship, leadership, and financial need.

- Eligibility:*
- Current high school seniors, or the equivalent, who are citizens of the United States are eligible to apply.
 - Applicants do not need to be related to a member of the Elks.
 - High school graduates are not eligible to apply.
 - Applicants must be citizens of the United States on the date their applications are submitted; permanent legal resident status does not qualify.
 - Scholarships are available only to students who enroll in four-year under-

graduate degree programs at accredited U.S. American colleges or universities.

Award: Awards vary \$1,000-\$7,500

Deadline: November 12, 2025 at 11:59 p.m. Pacific Time.

James Alan Cox Foundation Scholarship For Student Photojournalists

Description: Founded in memory of James Alan Cox, a television photojournalist, The James Alan Cox Foundation for Student Photojournalists aims to provide financial support to student photographers of high school and college age. Through a variety of funding, including equipment purchases and scholarships for college and technical school classes,

the foundation's mission is to expand educational and developmental opportunities for student photographers demonstrating interest, talent and financial need.

Eligibility: Must be at least a high school sophomore or older and have taken at least one photography or related art class. College or technical applicants must have completed at least one year at a recognized college, university or professional school and have taken courses in photography or photojournalism. Graduate students can apply if they are enrolled in a journalism or photojournalism program.

Submit: Completed application, 250 word essay, 2 letters of reference, school transcript, financial data,

and your portfolio (5 images or 2 videos). Follow this link for eligibility details - <https://www.jamesalancoxfoundation.org/apply/>

Award: Awards vary between equipment and \$2,500

Deadline: November 15, 2025

Maryknoll Essay Contest for Students

Description: Pope Leo XIV is a "Pope of the Americas" — a citizen of both the United States and Peru whose life was shaped by different cultures. In his first words as pope, he spoke of building "bridges with dialogue, with encounter, uniting us all to be one people, always at peace." Share a personal story of how you, or someone close to you, was changed by an encoun-

ter that bridged cultures and revealed God's love. Entries should be 500–750 words. Essays should include your name and division typed on each page.

Note: Spelling and grammar count.

Eligibility: Students in grades 6–8 (Division I) and grades 9–12 (Division II) who are currently enrolled in a Catholic school, religious education program, or youth ministry program are eligible.

Award: Varies by placement and divisions.

Deadline: Entries must be submitted online or postmarked by Monday, November 17, 2025.

For the full list of monthly scholarships, please visit the College and Career Access Center's website at jacksoncac.org.

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