November 2026

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JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Moving Forward with Parkinson's

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

Learn more at www.jacksfamilyguide.org

Stefanie Riggs
Publisher

Morgan Riggs
Managing Editor

Savannah Riggs
Social Media & Distribution

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Hometown Eats

November 2026: Fetch Market

By Val Herr



Fetch Market, located at 101 Monroe Street in Brooklyn, is OPEN!

This long-awaited deli and market is just what the community needed. Featuring freshly made salads, sandwiches made to order, and flavorful sides like loaded steakhouse potato salad, peanut noodle salad, and sour wine slaw, there is truly something for everyone. Gluten-free or vegan? Fetch Market has several options for you, too.

I had the pleasure of sitting down with Gretchen Moss, owner of Fetch Market. Gretchen has been dreaming of opening Fetch Market for the past four years, and that passion shows in every detail. She believes in quality food, exceptional service, fresh ingredients, and making sure that, no matter your dietary preferences, you have plenty of choices.

Whether you dine in or take your food to go, each offering is thoughtfully handcrafted. From made-from-scratch sauces to homemade bread, freshness and quality are at the heart of the menu.

One word of warning: They do, and will, sell out! Fetch Market intentionally prepares limited quantities to ensure guests receive the freshest food possible. So, if something catches your eye, don't wait too long!

Early riser? Fetch Market also offers breakfast options. I tried the vanilla Greek yogurt parfait, and it was a solid 10 out of 10.

I've always said life is short, so start with dessert first! You won't be disappointed. The chocolate bomb cake may just cure whatever ails you.

While you are certainly welcome to come alone, the portions are generous enough to share. Better yet, bring a friend or family member, order something different, and share so you can sample even more of the menu.

Fetch Market's current hours are Wednesday through Sunday, 9 a.m. to 6 p.m. As Gretchen and her team settle into their rhythm and learn what the community needs most, they plan to expand their hours and days of operation.

Brooklyn has been waiting for Fetch Market, and now that the doors are open, it is well worth a visit.

Fetch Market earns a rare 5-star review!

Sponsor a Brick to Help Fund Brooklyn's New Gazebo!

By Aaron Dimick,
Community and Economic Development Director,
Village of Brooklyn

Leave your legacy in Brooklyn's Village Square by sponsoring a brick for the Brick the Square campaign. Brick the Square is a fundraising campaign organized by the Village of Brooklyn Parks Board to fund a new accessible Village Square Gazebo.



Bricks are ordered through an online order form that's linked to the homepage of the Village website, villageofbrooklyn.com. Order a personalized, engraved brick to honor your friends or family, remember a loved one, or celebrate your business. The bricks will be installed in the walkways around the gazebo and adjacent Veterans Memorial. All funds raised will go to the construction of a new gazebo and walkways in the Village Square. Any remaining funds from the campaign will go to future maintenance of the new gazebo.

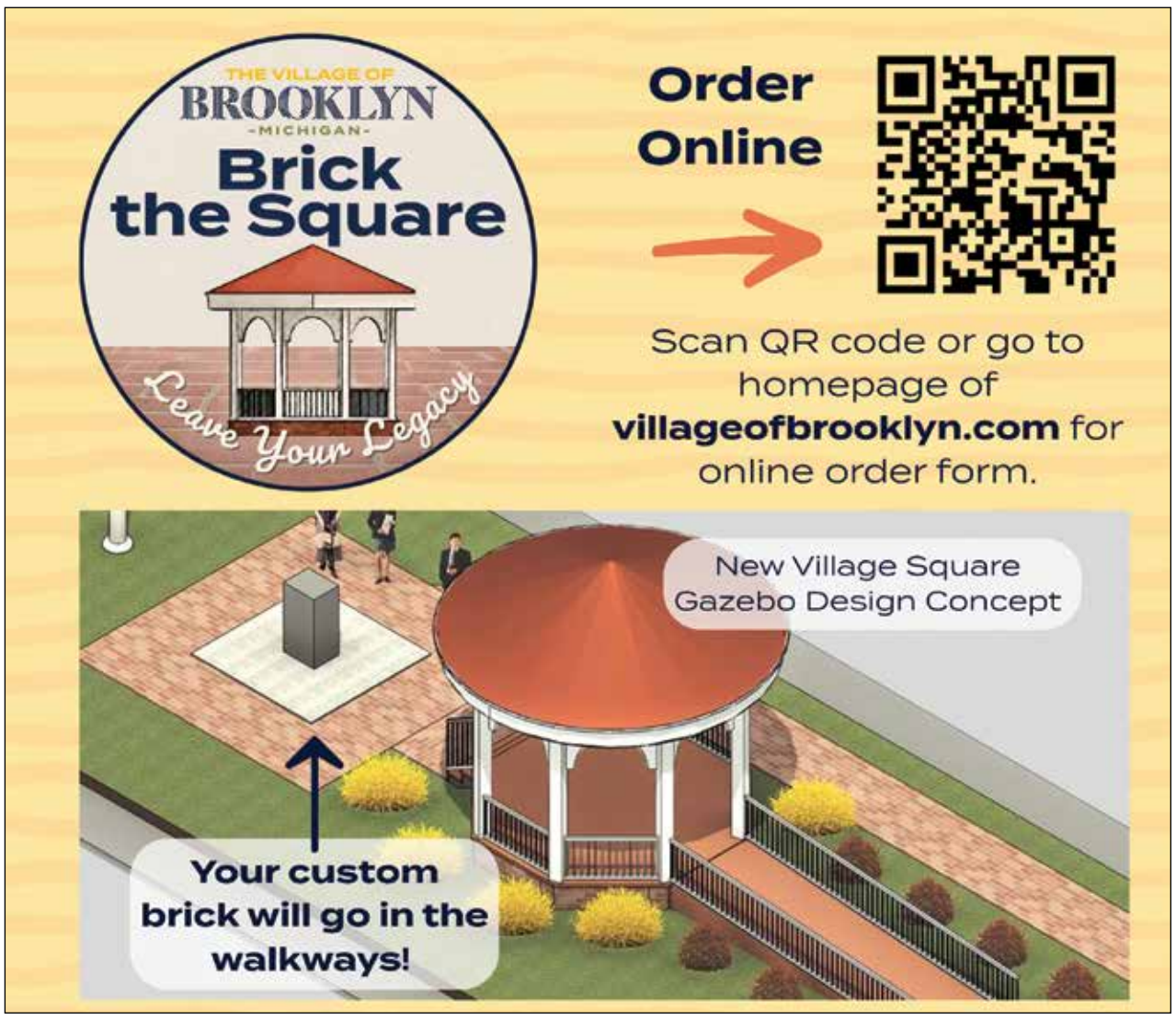
The Village of Brooklyn has had a gazebo in its Village Square for over 100 years. The current gazebo is 44 years old, in a deteriorating condition, and is not accessible to people with disabilities. The new gazebo will be built with durable materials to stand the test of time, featuring an accessibility ramp, new stairs, and brick walkways that connect the gazebo to the Veterans Memorial and downtown sidewalks. There are currently no walkways to the gazebo and memorial, making them difficult to reach.

Parks Board Chair Bob Spiess says he's excited to have the community participate in the Brick the Square effort. "The gazebo is an important gathering place for Brooklyn, so it's wonderful that the community can help support the construction of a new gazebo and leave their legacy with a brick," Spiess said. "We want to make sure people of all abilities are able to enjoy the gazebo, so I am especially looking forward to the accessibility ramp that's coming with the gazebo."

The gazebo is the centerpiece of Downtown Brooklyn and a community icon. It's proudly displayed on the Village logo and is an important gathering place for parades, events, photo opportunities and celebrations.

Village President Estella Roberts also serves on the Parks Board and says the Brick the Square fundraiser is needed so funds are not diverted from Village services. "We thank brick buyers for helping make our dream of a new gazebo into a reality," Roberts said. "You do not need to be a Brooklyn resident to participate. Everyone is welcome to purchase a brick to show their support for the project."

A link to the online order form is posted on the homepage of the Village website, villageofbrooklyn.com. The order form can also be reached by scanning the QR code with this article. Plans call for new gazebo construction to begin in spring 2027, with completion expected in summer 2027.



Moving Forward with Parkinson's Disease

A Five-Month Educational Series from the Jackson YMCA

Contibuted by the
Jackson YMCA Parkinson's Program

MONTH 1: Understanding Parkinson's Disease — Recognizing the Challenges and Finding Hope

This is the first article in a five-part series designed to educate the community about Parkinson's disease and the benefits of the specialized Parkinson's programs offered at the Jackson YMCA. Over the next five months, we will explore the disease, the science behind exercise, the history of Rock Steady Boxing and Pedaling for Parkinson's, and the difference these programs are making in the lives of local individuals and families.

What Is Parkinson's Disease?

Parkinson's disease (PD) is a chronic, progressive neurological disorder that affects the nervous system and the brain's ability to control movement. It develops when certain dopamine-producing cells in the brain begin to die. Dopamine is an important chemical messenger that helps regulate movement, coordination, and other functions.

According to the Parkinson's Foundation, Parkinson's disease affects more than 10 million people worldwide, and its impact is expected to grow significantly in the coming decades. Research estimates that approximately 11.8 million people were living with the disease in 2021, with projections suggesting that number could rise to 25.2 million by 2050.



Symptoms often begin gradually and may initially be barely noticeable. A person might experience a tremor in one hand or foot, stiffness, or a slowing of movement. As the disease progresses, other symptoms may develop, including difficulty with balance, walking, writing, speech, and facial expression.

Parkinson's also affects people in ways that are not always visible. Non-motor symptoms can include depression, emotional changes, constipation, cognitive difficulties, and low blood pressure.

Because Parkinson's affects each person differently, there is no single experience or treatment plan that works for everyone. Medication and medical care remain important parts of managing the disease, but another component has gained increasing attention: exercise.

Why Movement Matters

Exercise can help people with Parkinson's work on strength, flexibility, balance, coordination, endurance, and everyday functional movement. Regular physical activity can also support mood, confidence, and overall quality of life.

The Parkinson's Foundation recommends incorporating several types of exercise into a weekly routine, including aerobic activity, strength training, stretching, balance, agility, and multitasking activities. The appropriate routine depends on an individual's abilities, health, and medical guidance.

For people living with Parkinson's, specialized programs can make exercise more purposeful. Rather than simply participating in a general fitness class, participants practice movements and skills that address challenges commonly associated with the disease.

The Jackson YMCA offers two programs designed specifically for people with Parkinson's: Rock Steady Boxing and Pedaling for Parkinson's.

Rock Steady Boxing uses non-contact boxing-inspired movements, strength training, balance work, coordination, and functional exercises. Pedaling for Parkinson's uses structured stationary cycling to challenge the cardiovascular system and provide repeated, rhythmic leg movement.

Both programs emphasize consistency, appropriate effort, and support from trained coaches and fellow participants.

Exercise is not a cure for Parkinson's disease, and it does not replace prescribed medication or medical care. However, it can be an important part of a comprehensive approach to living well with the condition.

In the next article, we will examine why exercise is particularly important for Parkinson's and how challenging physical activity may help the brain and body adapt to movement difficulties.

Jackson YMCA Parkinson's Programs: Schedule and Contact Information

Rock Steady Boxing

• Location: Summit Branch, 2151 Ferguson Road, Jackson, MI 49203

• Classes: Tuesdays and Thursdays, 1:15–2:45 p.m.

• Monthly fee: $89, including YMCA membership at both the Summit and Downtown branches.

• One-time assessment fee: $98.

Pedaling for Parkinson's

• Location: Downtown Branch, 127 West Wesley Street, Jackson, MI 49201

• Classes: 11 a.m.–noon, twice weekly. Contact the YMCA to confirm the current class days.

• Monthly fee: $30 for YMCA or Rock Steady Boxing members; $60 for nonmembers.

Getting started: Both programs require a Parkinson's diagnosis, a physician-signed medical release, and an assessment. Prospective participants may observe a class before enrolling. Financial assistance is available for qualifying participants.

Contact: 517-782-0537
Email: parkinsons@jacksonymca.org
Website: Jackson YMCA Parkinson's Programs



Jackson County Animal Shelter's Adoptable Pets: Valley, Beef Bus, and Ducky

Contributed by the Jackson County Animal Shelter

Valley & Beef Bus

It must have been love at first sight when these two met at the shelter because they've become the best of friends! Valley, the white female pictured kissing her buddy, is a four-year-old mixed breed who is deaf and arrived at the shelter quite emaciated. Beef Bus is a six-year-old, medium-sized mixed breed with a black coat and a little white on his chest. Both are friendly, affectionate, housetrained and know basic commands. They love cuddling on the couch and walk nicely together on a leash. These sweethearts are spayed/neutered and ready for loving homes. Come meet them at the Jackson County Animal Shelter!

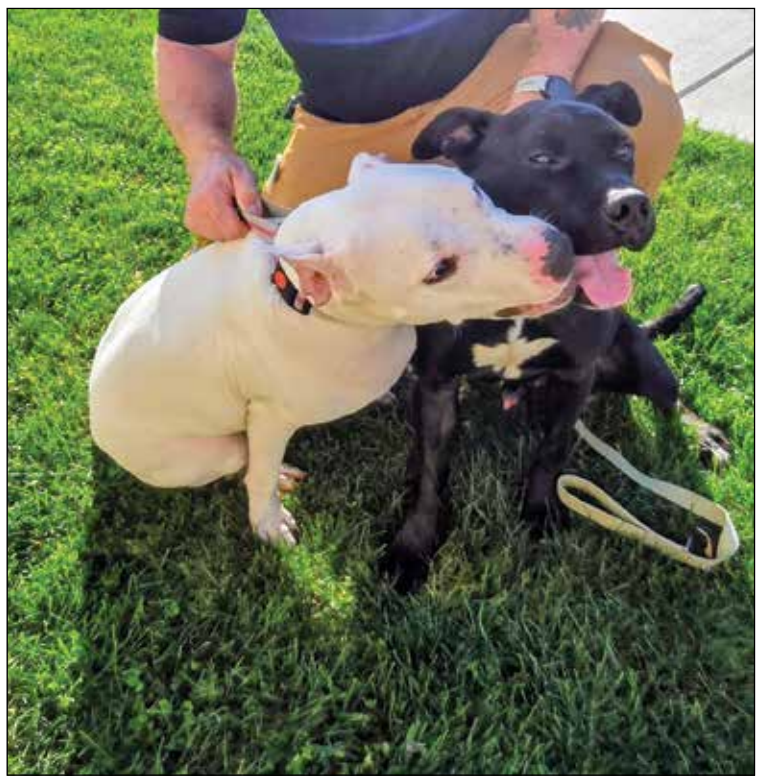
Ready to adopt? Apply at https://www.co.jackson.mi.us/Dog-Adoption-Application. Availability dates indicate when dogs become JCAS property; medical procedures may delay adoption. A meet-and-greet with your dog is required, and a cat room visit is available. Approved applicants pay $200 for medium/large dogs or $300 for puppies/small dogs, including vaccinations and microchipping. Give a deserving dog a place to call home!

Jackson County Animal Shelter

Ducky

Meet Ducky, a sweet four-year-old girl with soft white fur, pretty gray markings and beautiful golden eyes! Weighing about nine pounds, Ducky came to the shelter when her previous owner could no longer care for all their animals. She may prefer to be the only cat in the home, but she has plenty of affection to share! During a recent visit, she flopped onto her side, purring loudly and soaking up attention. Ducky loves treats, pets and a little extra love. She is spayed and ready to find her forever home at the Jackson County Animal Shelter, 3370 Spring Arbor Road. Come meet this lovable girl!

Ready to adopt? Cat adoption fees are $60 for one or $80 for two, including applicable tests and vaccinations. A refundable $25 sterilization deposit applies when needed, and medical procedures may delay adoption. Visit the shelter or apply online at https://www.co.jackson.mi.us/DocumentCenter/View/1894/Cat-Adoption-Application-PDF. Applications can also be faxed to 517-780-4750 or emailed to animalshelter@mijackson.org. Learn more at mijackson.org/579/Animal-Shelter, on Facebook or through Petango. Give Ducky the loving home she deserves!





Cascades Humane Society's Pet of the Month

Contributed by Cascades Humane Society

Meet Sidney, a handsome seven-year-old Siberian Husky mix who is ready to find his forever home! Weighing around 55 pounds, Sidney has thick, fluffy white and cream-colored fur and an equally lovable personality. This friendly, even-tempered boy is a massive cuddlebug who loves being around people. For a Husky, Sidney is wonderfully mild-mannered and on the quieter side, making him an easygoing companion.

Sidney enjoys meeting new people and showing off his goofy, affectionate personality. He would make a wonderful family dog and is looking for a home where he can share plenty of love and cuddles. Sidney is heartworm positive and will need to complete treatment, followed by a checkup with a primary veterinarian.

CHS Cascades Humane Society

Sidney recently arrived as part of a shelter transfer and is ready for a fresh start. He is neutered, up to date on vaccinations and microchipped. His adoption fee is $260. For more information, contact Cascades Humane Society at 517-787-7387 or visit 1515 Carmen Drive, Jackson, MI.

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.





75 Years of Compassion. Thousands of Lives Changed. Help Us Continue the Mission.

Contributed by
Cascades Humane Society

As the year comes to a close, we ask you to consider including Cascades Humane Society in your end-of-year giving plans. In just a few short months, in 2027, we will celebrate an incredible milestone: 75 years of serving animals and the people who love them throughout Jackson and the surrounding communities. For nearly three-quarters of a century, our mission has remained the same: connecting animals in need with people who care. But continuing that mission takes more than compassion. It takes significant financial resources, dedicated people, and a community willing to stand behind us.

Each year, Cascades Humane Society serves more than 1,000 animals through our adoption program and community spay/neuter services. We also operate a monthly Trap-Neuter-Return (TNR) program, providing sterilization services for feral cats brought to us. These programs make a meaningful difference, not only for the animals who come through our doors but also for the long-term welfare of animals throughout our community.

The Cost of Preparing for an Adoptioin

There is a common misconception that animal shelters make money from adoption fees. The reality is that Cascades Humane Society does not even break even on the adoption fee we charge. Every animal receives the necessary veterinary care to give them the healthiest possible start in their new home. This includes spaying or neutering, vaccinations, and microchipping. But our responsibility does not end there.

Many animals arrive needing extensive medical attention, and we do not turn away from those needs simply because treatment is expensive.



Dogs who test positive for heartworms require weeks of treatment and careful medical management before they can be considered healthy enough for adoption. Kittens frequently arrive suffering from upper respiratory infections (URI). Some have experienced such severe or prolonged infections that they require surgery to remove an eye that cannot be saved.

We also take in dogs with medical conditions related to their facial structure and breed characteristics. Some require surgical correction of entropion, where the eyelid rolls inward; ectropion, where the eyelid droops outward; or cherry eye, a condition involving the prolapse of the third eyelid gland. These conditions can cause discomfort, irritation, and potential damage to the eye if left untreated.

Certain breeds, including French Bulldogs, Pugs, and Shih Tzus, can also experience breathing difficulties associated with their shortened skull structure and crowded airways. Brachycephalic Obstructive Airway Syndrome (BOAS) can affect their ability to breathe comfortably and regulate body temperature. These dogs may also experience related eye and dental problems. When animals arrive with medical conditions requiring attention, we evaluate their needs and provide treatment before adoption.

We don't simply accept surrendered animals and immediately place them up for adoption. We make a commitment to their health.

That commitment matters. We want every animal leaving our care to have the best possible opportunity for a healthy, successful life with their new family. We don't want an animal to be surrendered again and again because an existing medical condition was overlooked, untreated, or misunderstood. This level of care takes time, expertise, medication, diagnostic testing, and sometimes costly surgical procedures. It also takes money — often much more than the adoption fee can cover.

Your Donations Make This Possible

Cascades Humane Society does not receive tax dollars, nor do we receive funding from national humane organizations or the ASPCA. We are an independent, limited-intake nonprofit organization. Every dollar we spend comes from the generosity of our donors, fundraising events, and grants for which we may qualify.

Our ability to care for animals, provide medical treatment, operate community spay/neuter services, and continue our TNR program depends on the support of people like you.

As we approach our 75th anniversary, we are proud of the thousands of lives that have been changed through the support of our community. But our work is far from finished.

Please Remember Cascades Humane Society in Your Year-End Giving

To make a donation or learn more about supporting Cascades Humane Society, visit www.chspets.org or contact us directly.

Help us celebrate 75 years of service by investing in the next 75 years.



The Dangers of Sports Betting

Contributed by
TRUE Community Credit Union

TL/DR: Sports betting is linked to higher debt and lower savings, especially for those on tight budgets—so don't treat it as a way to make money, and seek support if gambling becomes a problem.

Sports gambling isn't good for your wallet. A report from the National Bureau of Economic Research found that sports betting is a "detrimental financial activity," and the downside extends beyond losing money on the bets themselves.

The financial impact

The report linked sports betting to:

- Higher credit card debt
- Lower available credit
- Lower investment savings balances

These bets also impact people on a tight budget more than those who are not. The report showed that bettors on a tight budget had credit card balances about eight percent higher than bettors who were not.

Debts to pay for bets

Sports bettors aren't only using discretionary funds. Some use credit cards or household savings, while others reduce investment contributions to fund their bets. The study found that investments in states where sports betting is legal are 14 percent lower than in states where it is still illegal.

Sports betting is not a way to make money. It's quite the opposite. If you choose to bet, do so in moderation, especially if you're on a tight budget. If gambling is becoming a problem, consider seeking help from a gambling support organization.



Do One Thing: Remove sports gambling apps from your phone so that it makes it harder to place bets.

Lomar Celebrates National Manufacturing Month with Community Open Houses

By Becky Dorian,
Lomar Machine & Tool

October is National Manufacturing Month, and this year Lomar marked the occasion by doing what it does best: bringing people together. With open house events at Ogma on October 16 and at Lomar on October 28, the company welcomed neighbors, partners, and friends through its doors to see firsthand the work happening right here in Jackson.

Manufacturing is built in this community, by this community, and these events were Lomar's chance to say thank you and show the people of Jackson what goes on behind its walls.

Visitors toured the facilities, met the teams who make it all possible, and learned how modern manufacturing has changed. Today's shop floor is a place for skilled trades, technology, problem-solving, and careers that can support a family and a future.

Partnerships at the Heart of It

None of this happens alone. Manufacturing depends on a web of relationships: customers who trust the company with their products, suppliers who deliver when it counts, local schools and training programs that prepare the next generation, and community organizations that make Jackson a place people are proud to call home. Every one of those partnerships makes Lomar stronger, and the company is grateful to everyone who stopped by to celebrate, as well as to the partners who work alongside it every day.

Thank You to Our Team

Above all, Lomar wanted to recognize its employees. The people of Lomar and Ogma show up each day, take pride in their craft, and keep quality and safety at the center of everything they do. Their skill and dedication are the reason the company has grown, and the reason these open houses were something to be proud of.

That gratitude extends to manufacturing workers everywhere. From machinists and operators to engineers, maintenance technicians, quality inspectors, and supply chain professionals, they make the things we rely on every day. National Manufacturing Month is a reminder to give them their due.

Why Jackson

For Lomar, the choice to operate in Jackson comes down to people. The community's work ethic, its strong sense of neighbors helping neighbors, and its long manufacturing tradition make it a natural home for a company that values both. Lomar truly believes Jackson is a great place to operate because of the people who live and work here. This community shows up for each other, and it showed up for Lomar.

As the month draws to a close, the company extends its sincere thanks to everyone who joined the celebration, whether you toured a facility, shook a hand, or simply stopped by to say hello. Lomar looks forward to continuing to build, grow, and give back alongside its neighbors for years to come.



Photos courtesy of Lomar Machine & Tool



Sandhill Cranes: A Local Wildlife Wonder

By Jean McKim,
Imagine Planet

Many birds migrate in the winter and spring, but few are as impressive as the sandhill crane (Antigone canadensis). These large birds are reminiscent of dinosaurs as they pose in fields, cross roads, or beg for food.

Here in Jackson County, sandhill cranes are a common sight. The many fields and wetlands in the area provide them with food and safety. The Waterloo Recreation Area, covering over 20,000 acres north of I-94, is an important breeding area for these cranes. In rural areas, they can easily be seen in fields in small groups throughout the summer, especially after harvest.

A few years ago, we had a real problem in Jackson with cranes begging for food at cars because people were feeding them. There were problems at the Culver's drive-through and around the Sam's Club parking lot. This is why there are "Don't Feed the Cranes" signs around town. The cranes were becoming aggressive, and their beaks can be dangerous. They can even kill coyotes!

While quite imposing, the cranes weigh about 10 pounds on average. Their wingspan can reach almost 7 feet. Our cranes are the lesser sandhill crane, or Antigone canadensis canadensis. Adults are gray overall, but during breeding season, their plumage is often worn and stained reddish from iron-rich dirt. The larger males weigh an average of 4.57 kg (10.1 pounds), while females average 4.02 kg (8.9 pounds).

Sandhill cranes have red foreheads, white cheeks, and long, dark, pointed bills. Males and females look alike, but juveniles do not have the red foreheads, making them easy to distinguish. They also have impressive, interactive courtship dances!

Sandhill cranes are opportunistic feeders, with their diets varying depending on the season and availability of food. They are mainly herbivorous but also eat berries, small mammals, insects, snails, reptiles, and amphibians. They often feed with their bills down to the ground, rooting around for seeds and other foods in shallow wetlands or upland habitats.

Cranes readily eat cultivated foods such as corn, wheat, cottonseed, and sorghum. During spring planting season, they are particularly attracted to newly sown seeds and young sprouts of crops like corn, wheat, and soybeans. In the fall, leftover corn is useful to cranes preparing for migration, providing nutrients for their long journey.



Sandhill cranes are fairly social birds that usually live in pairs or family groups throughout the year. During migration and winter, unrelated cranes come together to form "survival groups" that forage and roost together. These groups often congate at migration and sometimes in the greater winter sites, thousands.

Sandhill cranes are a prominent feature of the Waterloo Recreation Area, especially during migration season. The Phyllis Haehnle Sanctuary (pronounced hane-lee) hosts a wildlife spectacle: the annual gathering of sandhill cranes before migration. With a panoramic view of Mud Lake Marsh surrounded by the fall colors of the trees, few wildlife wonders can rival the sight of several thousand cranes flocking to this sanctuary on a late October or November afternoon, about an hour before sunset.

Check out the Jackson Audubon Society's website for bird counts, a viewing map, and more: https://www.jacksonaudubon.org/haehn-lesanctuary.

An important question is whether the cranes are a pest or a boon to Jackson County. They can cause damage in fields, especially in the spring. For help with this, please contact our agricultural extension service for mitigation techniques. I have never seen more than three families together at once in a field, but that is only my own personal observation.

At dusk and dawn, cranes can be very hard to see as they cross the road. They may also approach cars and beg for food. However, they are magnificent birds and very good for tourism. Waterloo used to have a crane festival, and tour buses full of birdwatchers would come to the area to see them in October. They also help control crop pests such as insects and rodents.

Sandhill cranes are very intelligent and devoted parents. They lay between one and three eggs each year, usually in April or May. The chicks remain with their parents for 10 to 12 months.

The oldest confirmed sandhill crane fossils are 2.5 million years old!! You can distinguish cranes from herons in flight by looking at their legs and necks. Both carry their legs straight out behind them, but cranes keep their necks straight while flying, while herons carry theirs curved. Both can be seen in our area.

More information can be found at both Imagine Planet and the Gerald Eddy Discovery Center in the Waterloo Recreation Area. Hope to see some of you at the sanctuary for a one-of-a-kind experience!

Imagine Planet is open Monday, Friday, and Saturday from 12 to 5 p.m. Keep an eye on our Facebook page for upcoming events.



College & Career Access Center, November Scholarships

Central Michigan University Centralis Awards

Description: Our competitive scholarships for incoming freshmen are awarded based on a variety of factors, including academic success, community engagement, leadership, enhancing diversity, multiculturalism and inclusion, and more.

These require a separate application and have application deadlines different than our merit awards. Once you submit an application for admission, the competitive scholarship applications you qualify for become visible in your applicant portal.

Eligibility:

• Must be a high school senior, currently enrolled or who have applied to Central Michigan University.

• Must have a 3.7 GPA or higher when applying.

Award: Covers 100% of tuition (up to 33 credits per academic year) and $5,000 to study away OR Covers 100% of tuition and fees (up to 33 credits per academic year), housing and food, $250/semester book allowance, and $5,000 to study away.

Deadline: November 2, 2026

Regeneron Science Talent Search

Description: Regeneron STS is the nation's oldest and most prestigious science competition for high school seniors, providing an important forum for original research that is recognized and reviewed by a national jury of professional scientists. Alumni have made extraordinary contributions to science and have earned many of the world's most distinguished science and math honors, including thirteen Nobel Prizes. Annually, try accept the challenge of conducting independent science, math or engineering research and completing an entry for the Regeneron Science Talent Search. The competition recognizes 300 student scholars and their schools each year and invites 40 student finalists to Washington, D.C. to participate in final judging, display their work to the public, and meet with notable scientists and government leaders. Each year, Regeneron STS scholars and finalists compete for $3.1 million in awards.

Eligibility:

Please visit https://sciencetalentsearch.smapply.org/protected/nr/6xMt7/Regeneron_STS_Official_Rules_2026.pdf for eligibility details.

Award: Awards vary up to $250,000 check eligibility link for more details.

Deadline: November 6, 2026 by 8:00 PM EST

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

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