

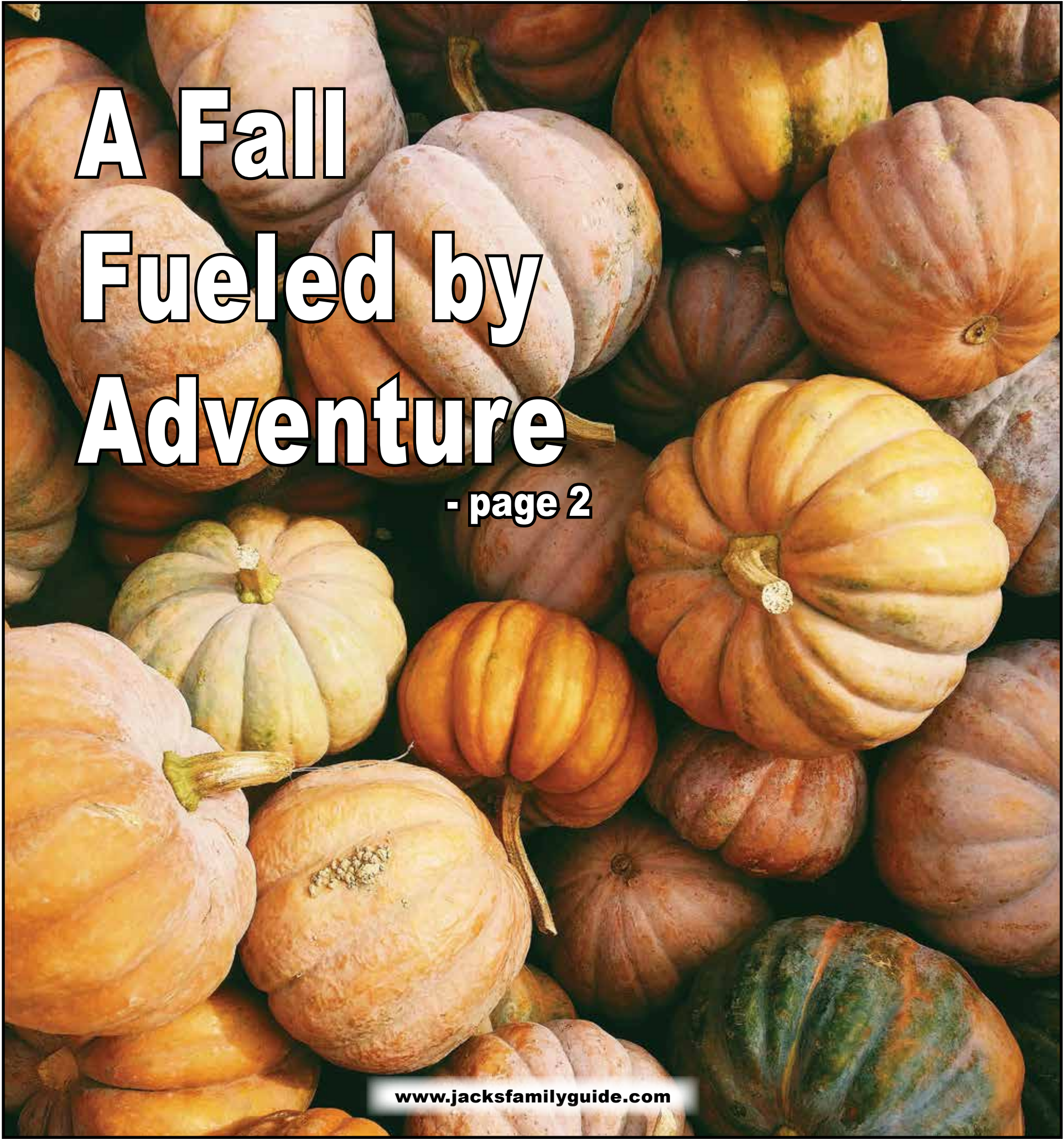
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A Fall Fueled by Adventure

- page 2



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Learn to Love Your Hometown

A Fun-Fueled Fall is Within Reach

By Val Herr

Kids are back in school, the temperature is falling, and apples adorn the trees - it must be FALL! I don't know about anyone else, but I did not complete my summer bucket list this year. Part of it was the weather, part of it was needing downtime to recharge, and part of it was that sometimes we are too busy with life to take time to enjoy our days.

I love three of Michigan's four seasons - sorry, winter, but you are my least favorite! The change in the weather and scenery is beautiful, but in addition to the physical components, each season offers new opportunities and adventures! September is full of experiences waiting for you to take that first step. Here are a few of my favorites:

Feast in the Field

We went last year and had a wonderful evening filled with fantastic food and wine. Check out this year's Feast in the Field by joining Cherry Creek Winery and Grand River Brewery on Thursday, September 15th, at the picturesque vineyards of Cherry Creek Cellars. Experience the

culinary splendor of Argentina with five carefully crafted courses paired with Cherry Creek's award-winning wines. To register, please visit their Facebook page or get your tickets today at www.eventbrite.com/e/404779294767.

Bright Walls the Finale

We can't talk about September in Jackson without bringing up Bright Walls. This year the multiple-day event runs from September 8th through September 11th. Check out their website for a complete listing of activities at <https://www.brightwall-jackson.com/>.

The Front Porch Cocktails + Floral Workshop

I love the Front Porch JXN and their story. On Friday, September 9th, they will be hosting an evening to guide you through the process of making a fun floral arrangement that you get to take home at the end. Bring a friend and join them for a fun night of flowers, floral-inspired beverages, and desserts. To register, please visit their Facebook page or purchase your tickets at www.eventbrite.com/e/401813092777.

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New Exhibition Opens September 1 at Ella Sharp

Small Wonders: Insects in Focus

Showcases the Intersection of Art and Nature

Contributed by the Ella Sharp Museum

In the air, water, and even underfoot, insects inhabit every domain of our daily lives, performing essential functions that balance our fragile ecosystem on earth. By using cutting-edge technology and custom methods, artist Bob Sober created *Small Wonders: Insects in Focus*, an exhibition of breathtaking beauty that allows viewers to see this hidden world like they have never seen it before. The special exhibit will open September 1, 2022 at the Ella Sharp Museum to inspire, in an artistic way, our natural curiosity to better understand nature’s form, function, and diversity.

Insects have been on earth for 350 million years while sharing the planet with humans for only the past 2

million years. Hundreds of thousands of insect species have been documented (scientists believe 30 million may exist), far outnumbering the total of all other animal species. Insects are so prolific that thousands share our own backyards.

Creating human-scale images of insects, with resolution so high that every hair, dimple, and tiny structure is clearly revealed, was impossible prior to the technological advancements of the past ten years. High-resolution digital cameras, fast personal computers, economical digital storage, and powerful software applications capable of assisting with the assembly of hundreds or thousands of individual photographs create the opportunity to capture accurate images of insects as they truly exist.

Bob Sober, a visual artist and technological pioneer whose photographic techniques are the subject of educational tutorials, offers a series of 30 images that bring the natural world to a scale rarely experienced until now. *Small Wonders* brings viewers to the intersection of art and science and joins two fields of thought in a provocative and inspiring way.

“This new way of seeing introduces a bold concept: that insects have elements we attribute to good design and beautiful artwork,” said Julie Johnson, Executive Director at the Ella Sharp Museum. “Colors like neon green, sapphire blue, crimson red, deep violet, and brilliant yellow are part of the insect world. Wild, multi-colored patterns sometimes come from hair, sometimes

from iridescent scales, and other times from colors integral to the insect’s exoskeleton. Smooth metallic finishes and heavily stippled texture may exist on the same insect. Strange body shapes, delicate wing structures, and beautifully engineered body components captivate. These tiny creatures are artwork, in every sense of the word.”

Organized by Exhibit-sUSA, a program of Mid-America Arts Alliance, *Small Wonders: Insects in Focus*, will be on display Sept. 1 – Oct. 22, 2022. Viewing the limited engagement exhibit is included in the price of admission.

Ella Sharp Museum Gallery Hours: Wednesday – Saturday, 10 a.m. – 5 p.m., Sundays 12 – 5 p.m.

Location: 3225 Fourth St, Jackson, MI 49203

Contact: Ella Sharp Museum, www.ellasharpmuseum.org, 517-787-2320, info@ellasharp.org

About Ella Sharp Museum

The Ella Sharp Museum, a 501(c)(3), was founded in 1965 and offers programs, exhibits, and experiences preserving community history, advancing art appreciation, and connecting children with astronomy. Our 6-acre campus includes the Hadwin Center with exhibit galleries, program spaces, rental facilities, and offices; the Merriman Sharp farmhouse, a one-room schoolhouse, a log cabin, barn, and the Hurst Planetarium. Our mission focuses on providing opportunities to connect our community with history, science, and the arts.



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Jackson County Animal Shelter's Adoptable Pets: Sarabi and Stew

*Contributed by the
Jackson County
Animal Shelter*

Sarabi

Sarabi is a one-year-old female American Staffordshire mix with a beautiful white coat and tan markings. She is smaller in size, weighing in at approximately 43 lbs, and has adorable mismatched ears, with one standing up and the other drooping downward. Sarabi is nervous at the shelter as all of the noise is new to her. However, she is a sweet girl who likes attention and is rather quiet. If you have some patience and can build trust with this timid girl, she will become your best friend!

Dog adoptions require an application which can be found at <https://www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF>. The availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adoption. A meet and greet with your

dog is mandatory, and a cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 for medium/large dogs, \$250 for puppies/small dogs, which includes vaccinations, microchip, and sterilization.

Stew

Stew is a guy who is hard not to love. He is a fourteen-year-old, big, gentle male

tiger with white markings. His owner passed away, and he is looking for a new home and a new life. Stew is affectionate, head-butting you to let you know he wants attention and flipping over to his back to politely request a belly rub. You can tell that Stew was once truly loved by his owner and is willing to make a new best friend. If you do not want to make the 15-20 year com-

mitment that accompanies owning a cat, Stew is a perfect choice because he is already a mature guy. Won't you come meet this green-eyed gentleman today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan? Cat Adoption Fees are \$60 for one cat, and \$80 for two, including applicable tests, vaccines, and spay/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include the online cat application, which can be found at <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com-ShelterDetails. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



How Play Helps Children Develop

*By Katie McCollom,
Community Action Agency*

Playing is a natural and enjoyable way for children to keep active, stay well, and be happy. Freely chosen play contributes to the healthy development of children and young individuals, and unstructured play allows children to learn life skills and achieve physical and mental health.

Freely Chosen Play

Freely chosen play is when a child decides and controls their play, following their own instincts, imagination, and interests. In other words, they play without being led by adults. There's no right or wrong way to play, and freely chosen play improves children's health, well-being, and development.

Why Play is Important

Play gives children dif-

ferent sensory, physical, and cognitive experiences. Experiences build connections in the brain, which helps children develop physically, cognitively, socially, and emotionally. It's important for children to have plenty of different types of play experiences as it assists in building:

- confidence
- self-esteem
- resilience
- interaction
- social skills
- independence
- curiosity
- coping with challenging situations

Developing Physical Health Through Play

Physical play such as running, skipping, and riding a bicycle helps children develop:

- good physical fitness
- agility
- stamina

- co-ordination
- balance

Developing Social Skills Through Play

Playing can also help children develop their social skills with others. By listening, paying attention, and sharing play experiences, this helps a child:

- explore their feelings
- develop self-discipline
- learn how to express themselves
- work out emotional aspects of life

Play and Challenge

Children often want to create challenges and uncertainty in their play. Through risky, challenging activities, children test themselves and find out their limits. They learn how to deal with risk through play and can use these same skills later in life. Parents should encourage their



Photo by Leo Rivas on Unsplash

children from birth to extend themselves. Teach them basic skills including:

- riding a bicycle
- swimming
- road safety

Explain to your children

that it's important to learn from mistakes, try again, and believe in their abilities. Help them understand their limits and boundaries, and let them have fun in their play!

Forming Families in the Age of Social Media

By Kelli Schweizer
Jackson Catholic Schools

Research indicates that children spend an average of five to seven hours daily on screens and social media. It is important that parents understand the influence of this on their children and how to effectively manage the use of social media in their lives.

Led by Dr. Robert Moore-Jumonville and Dr. Kimberly Moore-Jumonville, Jackson Catholic Schools is hosting a two-part series for parents, grandparents, and guardians interested in guidance and support in forming their families in the digital age. These sessions are relevant for any-

one with children ages birth to eighteen. Dr. Robert Moore-Jumonville is a Professor of Christian Spirituality at Spring Arbor University and Theology teacher at Lumen Christi Catholic School. Dr. Kimberly Moore-Jumonville is an English Professor at Spring Arbor University.

Session one is Sunday, September 25th, beginning at 5:30 pm. At this session, parents will watch and discuss, "Childhood 2.0." This is required viewing for anyone who wants to better understand the world their children are navigating as they grow up in the digital age. This documentary dives into the real-life issues kids face today, including cyberbullying, online predators,

suicidal ideation, and more. Session two is Sunday, October 2nd, at 5:30 pm. This session will be a more in-depth discussion of the issues presented in "Childhood 2.0." Parents are encouraged to attend both sessions; however, attendance is not required.

These will be held at Lumen Christi Catholic School and are open to the public. RSVP is requested to reserve your spot at jacksoncatholic-schools.org.

For more information, please contact Lucian Leone at lleone@myjacs.org. We hope to see you at the sessions and to provide support in forming families in the digital age!



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Middle School at Parkside Welcomes Destiney Davis as New Assistant Principal

*Contributed by
Jackson Public Schools*
Jackson Public Schools is pleased to announce Miss Destiney Davis as the new Assistant Principal at Middle School at Parkside.

Miss Davis received her Bachelor of Arts Degree in French & Franco-phone Studies and History from the University of Michigan in 2012. After deciding teaching was going to be her passion, she returned to the University

of Michigan and received her Master of Arts in Secondary Education in 2014. In 2022, she completed her Administrator Certificate from Eastern Michigan University.

Miss Davis has been a part of the Viking family since 2015 as the French Teacher at Middle School at Parkside. During her time, she has led the French Exchange Program and the World Language Department, as well

as leading Parkside's After School Program and Summer School Program.

"Over the past seven years, I have had the immense pleasure of working with the staff and students in Jackson Public Schools," said Miss Davis. "I am a proud member of the Jackson Community and look forward to building community with our staff and students in my new role as Assistant Principal at Middle School at Parkside. This is

where I feel I belong, and I am excited to continue my work with our students in helping them achieve greatness."

Mr. Jeremy Patterson, Assistant Superintendent, Secondary Curriculum, commented on the hire by stating, "We are excited for Destiney to begin her administration career at Parkside. She has gone above and beyond as a teacher leader to prepare herself for this opportunity. Her



commitment to the district is evident in her actions over the past seven years. Destiney Davis embodies the slogan "Believe the Hype" as she is all in for Jackson Public Schools!"

Andrew Sheridan to Be Inducted Into the Michigan High School Coaches Association Hall of Fame

*Contributed by
Jackson Public Schools*

The Michigan High School Coaches Association (MHSCA) has selected Andrew Sheridan from Jackson High School for induction into the Hall of Fame. The induction ceremony will take place in the Terrace Room of the Bovee University Center on the campus of Central Michigan University at 1:00 pm on September 25th, 2022. Tickets to attend the event will be available from July 1st to September 17th, 2022, on the MHSCA.org website.

Andrew Sheridan served as a basketball coach at Jackson High School for twenty-seven years. He began as the JV boys' basketball coach in 1973 and coached for six seasons with a record of 79-61. In 1977 he became the girls' varsity basketball coach for six seasons with a record of 126-14. His teams earned six Conference Championships, four District Championships, three Regional Championships, and were two-time State Semi-Finalists and Finalists in 1980-

81, ending the season with a record of 26-1. From 1981-1999 Andrew also coached the varsity boys' basketball team with a record of 256-162. During this time, his teams had six Conference Championships, six District Championships, and one Regional Championship.

Throughout his career, Coach Sheridan was recognized several times for his accomplishments with his teams. He was Boys' Basketball Regional Coach of the Year four times, the CAC Conference Coach of the

Year three times, the Girls' Basketball AP Coach of the Year in 1982 and Special Mention in 1981, and was inducted into the BCAM Hall of Fame in 2013. He is also the coach with the most wins in Jackson High School History, with 256 wins for boys' basketball and 126 wins for girls' basketball.

Andrew has actively supported and promoted his sport as a member of the BCAM, the BCAM All-Star Committee, the Jackson High School Hall of Fame Committee, and ran many

basketball clinics for the Jackson recreation department. As a coach, Andrew Sheridan has long been admired for his hard work, endless energy, and the firm but fair way he coached his student-athletes regardless of their position on the team.

The MHSCA, a 67-year-old association with nearly 12,000 members representing 18 sport-related associations, was founded on the campus of Central Michigan University in 1954. The Hall of Fame is located in the Student Activities Center.



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Top Tips for Tackling Student Debt

(BPT) - As the academic year comes to an end, many are taking a monumental step in their lives. Whether they're high school graduates headed off to college, college graduates about to experience life outside the classroom full time, or parents who have continuously offered their support and are about to become empty nesters, this transitional time can be consumed by many emotions.

Along with any major life milestone comes the point in time when it's necessary to make informed decisions and have confidence to take the next step, and one increasingly looming challenge involves the prospect of a mountain of student debt faced by so many families. According to EducationData.org, 47.9 million borrowers in the U.S. have student loan debt. In fact, Americans of all ages and generations feel the impacts

of student debt, with Fidelity data indicating Baby Boomers are more than twice as indebted as Gen-Z. It's important to know the resources available to students and parents at every stage of the journey, whether that's before a child enters high school or 10 years after graduation from some form of higher education. Here are five tips for tackling student debt at any life stage:

1. Plan ahead

According to a recent Fidelity Investments study, nearly 6 in 10 parents (59%) use their "own best guess" when estimating college costs, and one-third (32%) have no idea what college will cost by the time their child enrolls. It's never too early to start saving or planning for college. As soon as possible, parents and children should schedule family time to begin discussing college expectations, which

should include costs, financing options and their potential near- and long-term impact. The burden of college prep is a team effort shared by both schools and families but expect to do some independent research to understand key dates.

2. Make your study years count

As students take on more responsibility after high school, practicing good budgeting fundamentals early on will come in handy when student loan repayments take effect post-graduation (typically, six months after graduation). While the federal loan repayment is currently paused, there are different types of student loans, and repayment pauses may not apply to all student loans, so it's best to be prepared. Take the right steps after high school to feel confident in making financial decisions and un-

derstand financial basics to help ensure a smooth transition into adulthood.

3. Take advantage of resources

The best way to be prepared for the inevitability of repayment is to have a steady source of income. Take advantage of college and post-secondary school resources to ensure success with job hunting. Most institutions have career centers dedicated to helping prepare students and alumni for life after school by giving advice on resume building, pointing job seekers toward recruiters and job search engines, as well as facilitating access to alumni networks and professional affiliations.

4. Consider how certain career choices may impact forgiveness

Some career paths qualify for student debt loan

forgiveness after certain criteria are met. If a particular career is of interest, research the different employers available and the qualifications needed under the Public Service Loan Forgiveness program.

5. Seek out employer benefits

Some employers may help make payments toward student loans to attract and retain top talent. A Fidelity Investments analysis even found that 50% of new hires with student debt considered whether the company had a student loan repayment benefit as a major factor in their decision to join the company. Have a thorough understanding of any new or existing benefits offered through the workplace by checking in with human resources and requesting more information on student debt loan assistance benefits.

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The Zebra Finch: A Singer from Central Australia

By Jean McKim,
Imagine Planet

Imagine Planet is moving to a bigger location after almost six years here on East Michigan Ave. Please keep an eye on our Facebook page for specific information and closing and opening dates; we will be closed for as short a time as possible. Anyone who wants to help us move is welcome to contact me for more information. Moving forward, we will be sharing the old Tomlinson school with Isaiah's Hub, Grow Jackson, and Makerspace. This move will open up many new opportunities and room for more activities and exhibits.

Reflecting on this summer, our animal ambassadors have been quite busy. Pi (ball python), Sweet Baby (cockatoo), Goldie (bearded dragon), Lancelot (blue-tongued skink), Little Rock (sulcata tortoise), and the rabbits saw many of you at Southside Summerfest, Juneteenth, YPOP Art in the Park, WIC events, The Learning Fair, and at school and camp programs. Thank you to the United Way and the Speckhard-Knight Foundation for the support this year, as well as all our individual donors.

There was never a dull moment this summer, and now there won't be a quiet moment either! We have baby zebra finches (*Taeniopygia guttata*), and they can commonly be heard asking their parents for food!

Zebra finches are the most common songbirds in Central Australia. Males have a colorful plumage consisting of white, black, gray, orange, and brown colors, while female Zebra finches are uniformly gray. Both sexes have red eyes and an orange bill, and young birds are similar to fe-



Photo by Trevor McKinnon on Unsplash

males, with differences lying in their grey-brown eyes and black bills. In captivity, they have a lifespan ranging from five to twelve years.

Though, zebra finches are commonly found in Central Australia, they range over most of the continent, avoiding only the cool, moist south and some areas of the tropical far north. They can also be found natively on Timor island. These small birds generally occur in more arid areas close to water. Within these areas, they are found in grasslands and savannahs with scattered trees and shrubs, and in open or grassy woodlands. They can also be found in cultivated areas, such as rice fields.

Zebra finches are social birds; they live and forage in flocks, although sometimes they may feed in pairs or singly. During the breeding season, small or medium-sized flocks are common, but outside of the breeding season, they gather in flocks of up to about 500 birds. Zebra finches are diurnal and generally forage on the ground, but they also eat seeds on the heads of

standing grass. Zebra finches are loud and boisterous singers. Their calls can be an audible beep, meep, oi! or a-ha! Their song is a few small beeps, leading up to a rhythmic song of varying complexity in males. Males begin to sing at puberty,

while females lack a singing ability.

Zebra finches are monogamous and mate for life. They generally breed in loose colonies of up to 50 nests (although the number of individuals in a colony can be up to about 230

when breeding and around 350 when not), but they may also nest solitarily. Nests are usually placed in a thorny shrub or tree and in cavities and ledges of commercial buildings. The breeding season usually occurs after rainfall, and the female lays 2-8 white or pale greyish blue eggs, which are incubated for 14 to 16 days by both parents. Chicks fledge about 17-18 days after hatching, and they are able to feed themselves around 35 days after hatching, although they are still socially dependent on their parents during this time. The young become independent between 36-50 days after hatching and are ready to form pair bonds and breed when they reach 80 days of age. (<https://animalia.bio/zebra-finch>)

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Eligibility:
The Vegan Teens Are The Future Scholarship is available to high school senior students who will pursue studies dedicated to vegan activism. You must have been a vegan for at least one year to be eligible for this award.

Description: The Vegan Teens Are The Future Scholarship will support teens who have already made the choice to adopt a vegan lifestyle and would like to use their education to influence others towards veganism. The scholarship selection is based on a 400-600 word essay submission addressing the question "Please describe why you decided to become a vegan and why veganism is important to you. What are your dreams and plans to use your education or experiences to grow the vegan movement in the future?"

Award: \$1,000

Deadline: October 1, 2022

Application: <https://bold.org/scholarships/vegan-teens-are-the-future-scholarship/>

Ceiba Study Abroad Diversity Scholarship

Eligibility:
• U.S. citizens from minority groups that are under-represented in study

abroad are eligible to apply, including but not limited to Black or African American, Hispanic/Latinx, Asian American, American Indian/Alaska Native, and Native Hawaiian/Pacific Islander.

• In the process of applying or have already applied to a Ceiba Foundation Study Abroad program for the upcoming semester or summer term. Scholarship applicants must meet the minimum prerequisites for the program to which they are applying.

• Currently enrolled and pursuing a two to four-year undergraduate degree at an accredited university or community college in the United States.

• In good academic standing (not on academic probation) and have a cumulative GPA which reflects academic success.

• Demonstrate financial need as evidenced on the Free Application for Federal Student Aid form (FAFSA) and the Student Aid Report (SAR) form, or equivalent documentation.

Description: Being offered a scholarship is contingent on submitting a complete application to, and being accepted by, a Ceiba Study Abroad Program. Receiving the offered amount is contingent upon enrollment in the program to which the applicant has applied. Scholarship funds are not received directly. Rather, the Ceiba Foundation applies the Diversity Scholarship to tuition and fees for the student's particular study abroad program, reducing the total cost by the scholarship amount.

Recipients of a Diversity Scholarship are expected to write a letter of acknowledgement to the donors (via Ceiba) describing the impact of their experience on their personal and academic development within 30 days of their return from the program.

Award: Scholarships range from \$1,000 to \$20,000 depending upon semester program.

Deadline: October 1, 2022

Application: <https://ceiba.org/study-abroad/scholarships/>

SAA Student Leader Scholarship

Eligibility:
The SAA Student Leader Scholarship will be awarded only to a fulltime graduate

student in audiology (AuD, PhD, AuD/PhD) in good standing at a U.S. university during the 2020–2021 academic year and will not be graduating in December 2020. Each department may nominate one student for this scholarship.

Description: The American Academy of Audiology Foundation's SAA Student Leader Scholarship of \$1,000 will be awarded to a student who shows exceptional leadership in service to the profession of audiology.

Applicants are required to submit the following:

- Completed application
- Resumé/CV
- Personal statement describing a leadership role that made an impact on the audiology profession.

- Letter of recommendation from university SAA advisor (preferred) or department chair.

*Please visit host website for requirement details.

Award: \$1,000

Deadline: October 1, 2022

Application: <https://saa.audiology.org/education/grants-and-scholarships/>

Association for Iron & Steel Technology – Steel Intern Scholarships

Eligibility:
• Applicants must be university freshmen, sophomores, or juniors enrolled full-time in a four-year undergraduate program at an accredited North American university.

- Applicant must commit to a paid summer internship at a North American steel company or industry supplier and must be a citizen of the United States, Canada or Mexico.

- Applicants must receive a satisfactory performance review from the internship company and have a minimum 2.5 GPA.

- Application, essay and recommendation letters should express a strong interest in the iron and steel industry.

Description: The Association of Iron and Steel offers scholarships to students majoring in the following programs:

- Metallurgy
- Materials Science
- Electrical Engineering
- Mechanical Engineering
- Chemical Engineering
- Industrial Engineering
- Environmental Science/Engineering

- Computer Science

Award: One-year scholarship of up to \$6,000 with a paid Summer internship

Deadline: October 3, 2022

Application: <https://www.aist.org/students-faculty/scholarships/steel-internships-and-scholarships>

AES Engineers Scholarship

Eligibility:

- Essay required: Students must submit an essay of between 500 and 1000 words in answer to the following question: When you look back on your life in 30 years, what would it take for you to consider your life successful? What relationships or accomplishments will be important on this journey?

- High school seniors and all students attending a post-secondary educational facility

- Engineering courses not required

Description: Our belief is that achieving a high grade point average should not be the only criteria for determining who deserves to be helped. For that reason, we are offering a scholarship that will be awarded on the basis of character, as determined by evaluated the essays that are submitted. Submit essay to: scholarships@aesengineers.com

Be sure to include your full name as well as the name of the school you are attending this year and your plans for next year.

Award: \$500

Deadline: October 8, 2022

Application: <http://www.aesengineers.com/scholarships.php>

The Evans Scholarship for Caddies

Eligibility:

- Strong Caddie Record: Applicants must have caddied, successfully and regularly, for a minimum of two years and are expected to caddie at their sponsoring club the year they apply for the scholarship.

- Excellent Academics: Applicants must have completed their junior year of high school with above a B average in college preparatory courses and are required to take the ACT.

- Demonstrated Financial Need: Applicants must demonstrate a clear need for financial assistance.

- Outstanding Character: Applicants must be out-

standing in character, integrity and leadership.

Description: Applications are available online beginning August 1st and are accepted at the beginning of the applicant's senior year of high school. Evans Scholarship applications will receive full consideration when the directions below are followed accurately and completely. The entire application – including supporting documents like evaluations, recommendation letters, transcripts, test scores, a CSS profile and FAFSA information – must be completed by October 30.

Award: Full, four-year tuition and housing college scholarships to deserving caddies.

Deadline: October 15, 2022

Application: <https://www.wgaesf.org/a-life-changing-opportunity/applying-evans-scholarship>

NSCA Foundation Scholarships

Eligibility:

All scholarship applicants must be National Strength and Conditioning Association (NSCA) members at the time of application deadline and must be pursuing careers in strength and conditioning. Applicants are not eligible to win more than one scholarship in any given year; however, applications can be made in more than one scholarship category in a given year. Applicants are eligible to receive up to two scholarships from each category for which they qualify.

Description: The purpose of the National Strength and Conditioning Association Foundation (NSCAF) is to support the mission of the National Strength and Conditioning Association by providing funding for educational and research activities that enhance the practical application of strength and conditioning. All general and specific guidelines for each respective scholarship are outlined at the sponsor website and should be closely read by the applicant to ensure all guidelines have been met prior to submission.

Award: \$2,000 for each respective scholarship

Deadline: October 15, 2022

Application: <https://www.nsca.com/about-us/nsca-foundation/scholarships/>

3 Easy Ways to Enjoy Living Color in Your Outdoor Space this Fall

(BPT) - As temperatures drop and seasons turn, that doesn't mean you have to give up on the vivid blooms you love so much in your yard. Strategically adding seasonal plants that can withstand cooler weather is a great way to bring color and dimension to outdoor spaces, enhancing your curb appeal into the autumn months.

To educate and inspire, the plant and gardening experts at Ball Horticultural Company share simple tips, top trends, and standout plants that are ideal for fall:

Pollinator Plants in Traditional Autumn Hues

There's no easier way to add an autumn atmosphere to your entryway, walkways, and flower boxes than with the warm hues of rich yellows and sunny oranges. Blooms in these colors convey happiness and warmth, making them beautifully

eye-catching. Some plants in these tones are especially attractive to bees and butterflies, helping create pollinator-friendly spaces.

For example, the award-winning Echinacea Artisan Yellow Ombre is a native-type prairie plant that attracts songbirds, bees, and butterflies throughout fall and into winter. It's drought tolerant and low maintenance, making it a no-brainer for colorful autumn gardens. Another great option as the weather cools is Achillea Milly Rock Yellow Terracotta. This perennial has a breathtaking golden-orange color that is perfect for fall because it is frost tolerant; plus, it attracts pollinators while resisting hungry rabbits and deer.

Moody Blues are Trending for Fall

While yellow and orange are quintessential fall colors, you can add an on-

trend element to your outdoor space with Spreading Pansy Cool Wave Blue. The stunning dark, moody blue hue plays nicely when combined with a jewel-toned autumn palette. It is also a standout choice by itself, reflecting the cooler weather, crisp air, and clear night skies associated with the fall months.

The vibrant shade of solid blue is beautiful in planters and hanging baskets, as well as in landscaping and window boxes. This sun-loving variety is a spreading pansy, meaning it can serve as great groundcover, as well. You can enjoy this pansy in fall, and with superior overwintering hardiness, it's the earliest pansy to return in the spring.

Create Dimension through Floral Shapes

Color is one important aspect of landscape design, but to really elevate



your outdoor appeal, consider dimension as well. Creating variables in plants through shape and texture adds visual interest, bringing new depth to a space. To create this, mix florals with greenery, and don't be afraid of nontraditional flower shapes.

The perfect example is Celosia, which features blooms in unique shapes such as plumes, spikes, or wavy crests. You can create any outdoor aesthetic you

desire with varieties available in yellow, orange, red, and dark purple. Each adds texture and dimension, pairing well with mums and other popular autumn florals.

Whether it's containers, window boxes, or several strategic places in your landscaping, you can update your home for the fall season and boost your curb appeal with fall flowers. A dash of color and texture will help your home stand out on the block.

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Available on the App Store

A Breath of Fresh Air: Spend Time Breathing Deeply in Nature this September

By Theresa Horne, CPT

September is here! With the change in seasons and the slight crisp in the air,



it's a great time to get outside for some fresh air and relaxation.

Can I encourage you to take a deep breath? Breath is essential as we need it to live, yet we undervalue how we get it. When you begin to take deep breaths, many of us may even experience light-headedness as our bodies are not used to intaking what we need. I challenge you to change your body's expectations.

You can do this seated in a chair, standing against a wall, or lying on your back. First, put one hand on your upper chest and the other on your stomach near your belly button.

Breathe in slowly through your nose, letting the air fill your lungs. Imagine directing the air to your lower belly. Aim for the hand on your chest to remain still while the one on your stomach rises with your breath. Then, imagine sending air from one hand to the other.

Contract your abdominal

muscles. As you exhale, the muscles will collapse inward. Take notice of all these sensations; I might even count it as an exercise!

Breathe in love, peace, hope, and joy, and breathe out whatever is standing in your way. Fall is the perfect time to practice breathing outside with the fresh air and incomparable weather. You will thank me in January when the air outside is freezing!

Join me for another opportunity to get outside on September 10th, 2022, at the Urban Fishery at Ella Sharp, for a book signing. I will be selling and signing my new book, Kingdom Strong 30 Day Walking Journal For Health. You can find out more about the book and take a walk around the park at the even and you check out more information at the website www.thereahornecoaching.com

As Theresa approached 40 years old, weighing 330 pounds, she made the decision to have weight loss surgery. It led her on a journey of seeking wholeness and healing: body, mind, and soul, as she learned her weight was not only about food.

Theresa has always supported women and fam-

ilies as they embrace and step into their strength. Her passion is to assist others

as they embrace their God-given strengths, assignments, and passions. You

can follow Theresa @sisterhoodofstrong on Instagram, TikTok, or Facebook.



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Jackson YMCA
127 W. Wesley St.
Jackson, MI 49201

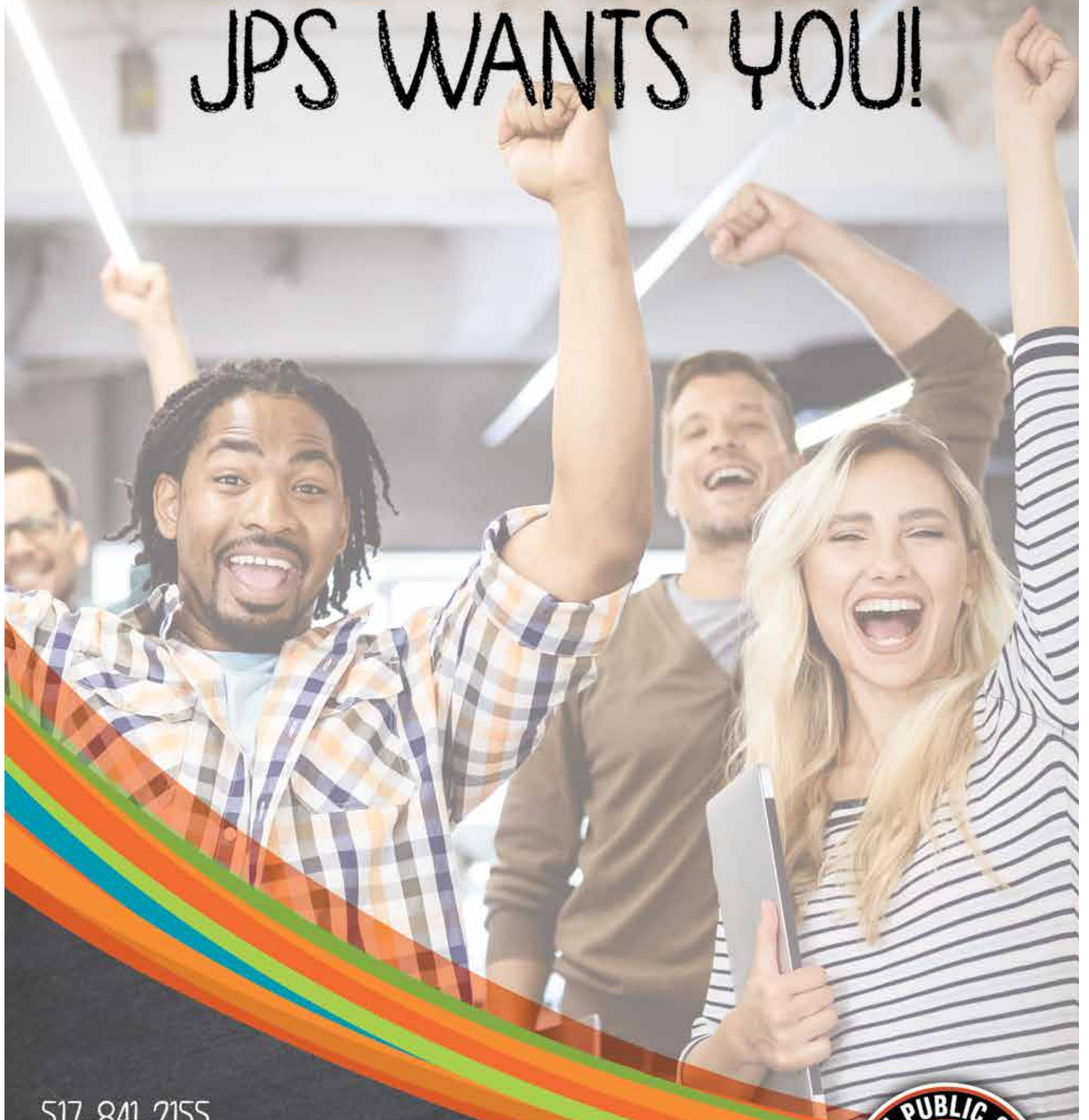
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