

FREE

J.A.C.K.S.O.N

JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



The 100th Issue

Celebrating the Voices of Jackson

Welcome to J.A.C.K.S. —

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

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EST. 2015

The 100th Issue

By Morgan Riggs

More than eight years ago, on June 1, 2015, we published our very first issue. At that time, we were still J.A.C.K.S., but with one key difference: the *K* stood for *Kids* rather than *Knowledge*. Our colorful, game-inspired logo adorned the cover of the eight-page issue, marking our first entrance into the community and the joy we hoped to bring.

Many have said that the paper and I grew up together, and I must admit that is quite true. At the time of our first publication, I had just fourteen years of life under my belt, and now, with a whopping twenty-three (I know, I know, I'm ancient), I can certainly see how much change there has been. Most significantly, I believe that the paper has shifted my perspective and understanding of our community and the people who reside here. Before the first issue, "there's nothing to do here" was a phrase I often used. As I began to compile articles and ads promoting events I had never heard of, I wondered how much more was in store.

With every passing month, my appreciation and admiration of Jackson has grown. Watching the small business own-

ers support one another, not only for Shop Small in November but on a regular basis, amazed me. Reading through articles from Val, Aaron, Jean, Meaghan, Joe, Kelli, Barb, Kim, Wendy, schools, businesses, non-profits, and so many others inspired me to get out and try new things. Attending events introduced me to dozens of wonderful individuals.

From our first to our one-hundredth issue, we have grown just as our community continues to do so. With our name change, we expanded our mission to serve everyone. With our first logo change, we incorporated the clock tower so recognizable as a piece of our hometown. With the most recent update, we incorporated the hues of blue that are prevalent around the city. As changes continue to ensue and our understanding of Jackson deepens, J.A.C.K.S. will grow and adapt.

My hope is that every single person who picks up this paper has, at the very least, one moment of awe, excitement, or appreciation for something Jackson has to offer. Additionally, I hope all who read it celebrate the incredible contributors who make this paper possible each and every month. Here's to one hundred more!

Full & Part-time
After-school Program is
BACK!

NOW THROUGH THE FULL SCHOOL YEAR

PROGRAM
DETAILS

Grades Y5 - 5th

- After-school until 6:00 pm
- Activities include homework assistance, swimming, rock climbing, cooking, gym games, arts and crafts, and more!
- Snack provided each day
- No program on half days

Full-time: 3-5 days/week

- \$54/week members
- \$74/week community

Part-time: 1-2 days/week

- \$24/week members
- \$49/week community

Financial assistance available

TRANSPORTATION
AVAILABLE

Transportation is provided from the following school districts*

- Jackson Public
- Catholic Schools
- Northwest
- Michigan Center
- Western

*A minimum of 3 students must register for transportation to be available from each district school.

REGISTER
TODAY!

Sign up in person or online at JacksonYMCA.org

Questions? Email: sam@jacksonymca.org

127 W. Wesley St. 517.782.0537 JacksonYMCA.org

LIVE
LOCAL
POSITIVE
COMMUNITY
COVERAGE

Learn to Love Your Hometown

Embrace the Wonderful Weather & Get Out this September

By Val Herr

September means the end of summer but not the end of fun, events, or opportunities to love our hometown. Here are a few opportunities to embrace the wonderful weather, try something new, and support each other.

Feast in the Field: A Trip to Istanbul at Cherry Creek Cellars with Grand River Brewery

Join Cherry Creek Cellars and Grand River Brewery for a magi-

cal evening under the stars as they transport you to the vibrant streets of Istanbul on September 7, 2023, at 6 p.m. without ever leaving Brooklyn, MI! Get ready to indulge in a feast for the senses with a variety of delicious Turkish dishes paired with Cherry Creek Cellars wines. For more information, visit facebook.com/events/6634023593296343

Friday Night Film Night at Horace Blackman Park

Enjoy the all-time classic movie *The Princess Bride* under the stars on Friday, September 15 (Rain Date) around 8 p.m.! The event is

sponsored by TRUE Community Credit Union and will take place at Horace Blackman Park.

Hidden Lake Gardens: The Art of Bonsai

Come see a bonsai show on Sunday, September 17, 2023 from 10 a.m. to 4 p.m. at the Hidden Lake Gardens. The event is returning for the first time since 2019. Events also include a bonsai bazaar with a variety of vendors, demonstrations by highly experienced bonsai artists, as well as an introductory presentation on bonsai. Please visit ipf.msu.edu/hidden-lake-gardens/artofbonsai for a detailed schedule,

cost, and exhibition registration.

Explore the Night: Preparing for Winter

Join Ella Sharp Museum and the Dahlem Nature Center for a wonderful night under the stars on Thursday, September 21 at 6 p.m. To learn more about the event, head to experiencejackson.com/event/explore-the-night-preparing-for-winter.

While these are not the only events, I tried to highlight ones that will be taking place outdoors. As always, try something new, make a difference, and learn to love your hometown.

Longtime Jackson Radio Personality Greg O'Connor Inducted into Lumen Christi Athletic Hall of Fame

Contributed by McKibbin Media Group

McKibbin Media Group is honored that Greg O'Connor, longtime employee and award-winning Jackson radio personality, is one of ten new members inducted into the Lumen Christi Athletic Hall of Fame. Lumen Christi announced its Hall of Fame class in early August.

The induction ceremony took place at halftime during the Lumen Christi Varsity football game on Thursday, August 31, 2023, as they hosted Decatur.

O'Connor, affectionately known by colleagues and listeners as "GOC," was inducted in the contributors' category. He has won dozens of individual awards from the Associated Press, United Press International, and the Michigan Association of Broadcasters for news and sports reporting, as well as his morning show on News-

Talk 970AM / 101.5FM. He received the Al Cotton Award from the Jackson Citizen Patriot in 2010, the Jackson High School Ambassador Award in 2014, the Jackson College Distinguished Service Award in 2021, and the Dave Mulholland Communication Award from Big Brothers/Big Sisters in 2022.

Joining O'Connor in the 2023 class are a "who's who" of athletes who once played at Lumen Christi: Bill Lundberg, Holly Hunting, Daniel Clark, Mike Wartella, Khari Willis, Derek Tracy, Teddy Piepkow, and Jimmy Devine.

When receiving the news of his induction from Lumen Christi football coach Herb Brogan, O'Connor said he was absolutely shocked and extremely honored.

Tune in for live coverage on NewsTalk 970AM/101.5FM and online at WKHM.com.



Photo courtesy of McKibbin Media Group
Pictured above are Khari Willis (left) and Greg O'Connor (right).

Morning Show
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Jenny Lewis
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Captain Steve
10am-2pm Weekdays

Jackson County Animal Shelter's Adoptable Pets: Princess and Sugar Pie

*Contributed by the
Jackson County
Animal Shelter*

Princess

Princess is a tan two-year-old American Staffordshire mix with white markings. She likely enjoyed lots of couch cuddling and snacks at her last home, and a fenced yard or someone who likes to walk her on a leash would be the perfect match. Princess is housetrained and rarely jumps or barks. She has had some hair loss on her sides, though we are unsure of the cause. To promote her adoption, her adoption fee has been reduced to just \$25. Dog adoptions require an application that can be found at co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF. Availability date is when the dog becomes JCAS property; any

necessary medical procedures may delay an adoption. A meet & greet with your dog is mandatory, 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 and \$250 for puppies/small dogs, which includes vaccinations, microchips, and sterilization.



Sugar Pie

This pretty girl is pure white except for two small grey dots on her head. Sugar Pie is very friendly and likely will be the first kitty to come and greet you when entering her cage. She is with other cats, but she is not a fan of dogs. Sugar Pie is just three years old, and I

can see her working hard to become part of a new family. Meet her today at the Jackson County Animal Shelter at 3370 Spring Arbor Road. The adoption fee is \$60 for one cat and \$80 for two, including applicable tests, vaccines, and spaying/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but you can complete an online application at co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF. Completed applications can be faxed to 517-780-4750 or emailed to animalshelter@mijackson.org. See our website for more information at jacksoncountyanimalshelter.org, and stay up to date by following us on Facebook. Current shelter hours are M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



Five Ways to Get Your Pet Ready for Fall

Family Features - Pets provide unconditional love to their companions; in return, it's important to make sure they live happy and healthy lives by providing the best care possible. This means making sure that in addition to food, treats and toys, they receive daily care for their eyes, ears, and overall health.

With a desire to bring a dog into his family's lives, Albert, a Bausch + Lomb employee, rescued a terrier mix named Watson. However, it soon became apparent Watson needed some extra love and care to help protect his eyes and ears from irritation and excess buildup. When finding a remedy proved difficult, Albert worked with veterinarians to develop Project Watson Health Care for Dogs, a comprehensive line of quality products targeting these specific areas.

To help ensure your furry member of the family has the best head to tail health possible, consider these tips.

Schedule Regular Vet Visits

Routine wellness checks are an essential part of your pet's care. Annual screenings, even if your dog seems healthy, allow your veterinarian to provide vaccines to combat disease and uncover any health issues that may have otherwise gone undiagnosed until symptoms advanced.

Watch Your Pet's Diet

Feeding your pet a proper diet based on his or her breed, age, size, and lifestyle plays a big role in overall health. A balanced diet that includes high-quality food can lead to a shiny coat, healthy skin, bright eyes and may also help

strengthen your pet's immune system, maintain intestinal health, increase mental acuity, regulate weight, keep muscles and joints healthy, and more.

Support Clean Ears and Eyes

Often overlooked, the eyes and ears are vital areas to the overall health and wellness of your pet. To help keep these areas free of any buildup of bacteria that may cause irritation, consider



Photo by Kendall Lane on Unsplash

an option like the line of Project Watson Health Care Products for Dogs, which includes an eye wash, eyelid wipe, ear wash, ear wipe, and supplements made using high-quality and naturally inspired ingredients.

Excessive blinking or pawing at the eyes can be signs of buildup, irritation, or infection. Dirt and debris trapped around the eyes can also clump in fur, leading to skin irritation and infec-

tions while excessive tear production can lead to fur staining, which can develop an unpleasant odor. Eye wipes can be used daily to relieve staining and remove excess buildup. Washing your dog's ears may help reduce dirt, debris, and wax buildup; help prevent itching; and reduce the chance of infection while keeping ears smelling fresh.

Create an Exercise Routine

Walks, games in the backyard and social time with other pets can help keep your furry friend in good physical condition. While different breeds and species often have different needs, adequate activity can provide benefits beyond the physical, including reducing boredom, which can potentially lead to anxiety or destructive behaviors.

Prevent Pests

In addition to regular vaccinations, ensure your pet is up to date on parasite prevention. This includes fleas, ticks, mites, heartworm and more which can cause reactions ranging from mild to severe (or even fatal in

some cases of heartworm or Lyme disease). Look for pests and skin abnormalities when grooming your pet and contact your vet if your pet excessively scratches, chews or licks his or her fur or ears, or persistently shakes his or her head.

For more solutions to keep your four-legged friend happy and healthy, speak with your veterinarian or visit tryprojectwatson.com.

New Sculptures Light Up MLK Drive Corridor

*By Aaron Dimick,
City of Jackson
Public Information Officer*



Sculpture installations at two locations were completed in the City of Jackson this summer, brightening up the MLK Drive corridor.

To bring public art to the south side, the Public Arts Commission engaged residents on what kind of sculptures they'd like to see in their neighborhood. Following

the public engagement process, the City Council selected two pieces.

"A Community of Shapes" by artists Chris Turner and Doug Jones can be found at the pedestrian trail crossing on S. MLK Drive. It reflects Jackson's diverse population coming together. "The Tower of Us/We Rise" by Maxwell Emcays is located in the center of the MLK Drive roundabout.

This illuminated 22-foot sculpture depicts individuals standing on each other's shoulders, forming a tower and representing how community support can help with overcoming adversity.



Photos courtesy of the City of Jackson

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The Jackson Area Career Center: Opening the Door to Incredible Opportunities

*Contributed by the
Jackson County*

Chamber of Commerce

Growing up and approaching college can be intimidating for young minds. What if college isn't right for them? What if it is, but they want to practice in their field before putting thousands of dollars towards a degree? The Jackson Area Career Center offers those possibilities to high school students, along with so much more.

The Jackson Area Career Center (JACC) isn't just a building on the outskirts of town where students slip away to for class; it is an extension of high school. The JACC is a career and technical education school (CTE) where students can enjoy hands-on learning while acquiring college credit and real-life experience. Through school trips, high school sophomores and juniors can familiarize themselves with the many programs the JACC has to offer. Those programs include:

- Agriscience
- Amy JROTC
- Automotive Collision Repair
- Automotive
- Technology Services

- Careers in Education
- Computer Information Technology
- Construction
- Cosmetology
- Culinary Arts
- Dental Health
- Engineering
- Firefighting
- Health Technician
- Law Enforcement
- Manufacturing Technologies
- Sales and Marketing
- Visual Communications
- Welding

The JACC adapts to school schedules, replacing some typical electives. All local high schools offer transportation to students who cannot drive themselves. They are accepting students in public schools, private schools, and even home-schooled students.

Each program has various focuses and options within each category. As each program is different, not all programs run the same. For example, the health technician program is a two-year program. In the first year, students learn foundational terminology used in the medical field and receive CPR, first aid, and

proper PPE training. During their second year, they get to focus more on what part of their field interests them most. Recently, health technician students declared an interest in fields like labor and delivery or orthopedics. From there, they are able to hear from guest speakers in those fields and practice a bit of what they may be learning with hands-on, real-life experience, often from local businesses and organizations. In the past, the JACC has partnered with Henry Ford Health to pass on the proper resources and contacts to students. This can be enlightening to seniors, especially as it helps them get a taste of what they want to be. Principal Dan Draper stressed that "it's important to figure it out as you go," as so many students are pressured to pursue a college degree, though oftentimes, students aren't fully aware of what they're committing to before they start college.

In the past, high schools have been known to have a college push, and the JACC strives to provide proper exploration for students. A term they use often is "try before you buy" because these pro-

grams can literally save students thousands.

Students in the Agriscience program learn to birth pigs, raise them, and show and sell them at the county fair. Cosmetology students can get licensed through the program that the JACC offers and have plenty of practice, as Dan Draper pointed to his own head, sharing that a student that day had given him a haircut.

Each class can hold up to 24 students, and they receive industry experience from classically trained professionals in their field. From there, each student is helped with building a talent portfolio that they can take with them as they move on to college classes or job interviews. Though the JACC is a CTE school, it is not just for kids who don't see college in their future. There are programs in cybersecurity, manufacturing, health, and more that offer a "13th grade" in which students are able to graduate with an Associate's degree.

To learn more about the essential role JACC plays in the Jackson community, visit their website at jcisd.org/jacksonacc.

About the Jackson Area Career Center

The Career Center is a service of the Jackson County Intermediate School District and provides Jackson County and surrounding school districts with career and technical education resources. Every year, nearly 1,200 students take advantage of our applied learning classes paired with the latest technology, training and equipment.

Students can choose from a diverse panel of programs – each with an eye on growing industries and available jobs. All programs have certified instructors with practical, on-the-job experience to share with their students. Classes are a combination of academics and hands-on projects, creating a challenging and unique learning environment. Students earn credit toward their high school diploma. In many of our programs, options for college credit and industry certifications are also available. The Career Center works to help students explore possibilities, develop skills, and achieve success.

Jackson Area Career Center Announces Phil VanAllen as the New Assistant Principal

*Contributed by the
Jackson Area Career Center*

The Jackson Area Career Center has a new Assistant Principal on staff for the 2023-24 school year.

Phil VanAllen is joining Assistant Principal Lauren Kyser and Principal Dan Draper on the JACC administration team. Mr. VanAllen previously held the role of principal at Jackson Public Schools' North-

east Elementary and will support student services in this position. He replaces Assistant Principal Lauren Sager, who is returning to the classroom this year to teach Cosmetology, a role she held for several years prior to her two years as an administrator.

"We're excited for Phil

to join the Career Center team and help us continue making it a destination for students to explore their career path," said Principal Dan Draper. "We welcome his student-centered mentality and ultimate goal to provide opportunities for



their success."

Mr. VanAllen has a master's degree in K-12 Administration from Michigan State University and a bachelor's degree from Western Michigan University. Previous to his roles as principal and assistant principal at Northeast Elementary, Montessori, and

Bennett Elementary, Mr. VanAllen was also an assistant principal, teacher, and success coach at schools in Taylor and Ann Arbor.

Mr. VanAllen is no stranger to career and technical education (CTE).

He took classes as a high school student at Saline High School and is excited to be a part of a district that offers those opportunities. "There are so many different options at the Career Center, giving students a chance to see what their future could look like," said Mr. VanAllen. "I'm really excited to watch them grow from those experiences as 11th and 12th graders and see what they can do moving forward."



Photo courtesy of the Jackson Area Career Center

Hot Air Jubilee Announces Board of Directors, Dates for 2024

*Contributed by the
Hot Air Jubilee Board of Directors*

The Hot Air Jubilee, an eagerly anticipated annual event, is thrilled to announce the official dates for its 2024 edition. The event will take place from July 19, 2024, through July 21, 2024, at Ella Sharp Park, bringing together balloon enthusiasts, families, and local businesses for an exceptional and fun weekend.

In preparation for 2024, the Hot Air Jubilee has elected a new Board of Directors led by Angela Madden, Chairwoman of the Board. The board is composed of accomplished professionals from diverse backgrounds, each bring-

ing a wealth of expertise to further elevate the event's impact on the community.

"I am honored to take the role of Chairman and lead this exceptional group of individuals on the Board of Directors," said Chairwoman Madden. "We are committed to enhancing the Hot Air Jubilee experiences and continuing its tradition of providing family-friendly entertainment for Jackson County. Our collective vision will shape the event's future, ensuring it remains a premier summer experience in our community."

The event will once again be host to the US Women's National Hot Air Balloon Championships in 2024, fostering collaborations and

facilitating a mix of competitive and hobby hot air ballooning. The 2023 collaboration between the Hot Air Jubilee and the Balloon Federation of America Hot Air Competition Division showcased groundbreaking hot air ballooning experiences for pilots, crews, local businesses, and the entire Jackson community.

"We are delighted to witness the continued growth of the Hot Air Jubilee and the dedication of its Board of Directors. This event has become a cornerstone of our industry, and we look forward to the valuable partnership and innovations that will undoubtedly arise from the 2024 events," said Patty Cramer of the Balloon Federation of America Hot Air Competition Division.

precede the Hot Air Jubilee, with competition beginning on July 15 and continuing through July 20. Joining Madden on the Hot Air Jubilee board in 2024 are:

- Vice Chair and Pilot Representative: David Seekell
- Secretary: Megan Smith
- Treasurer: Jacqueline Austin
- Balloonmeister: Steven Sitko
- Director: Ashley Fall
- Director: Jason "Joker" Gottee
- Director: Jeanne Lindahl
- Director: David Salsbury
- Director: Chad Seekell
- Director: Brandon Tripp
- Director: Ashley Wellman
- Technology Specialist: Nicole Seekell

The Hot Air Jubilee was formed in 1983 to provide affordable, quality, family-friendly entertainment featuring the beauty, color, and excitement of hot air balloons. For more information, visit hotairjubilee.com.

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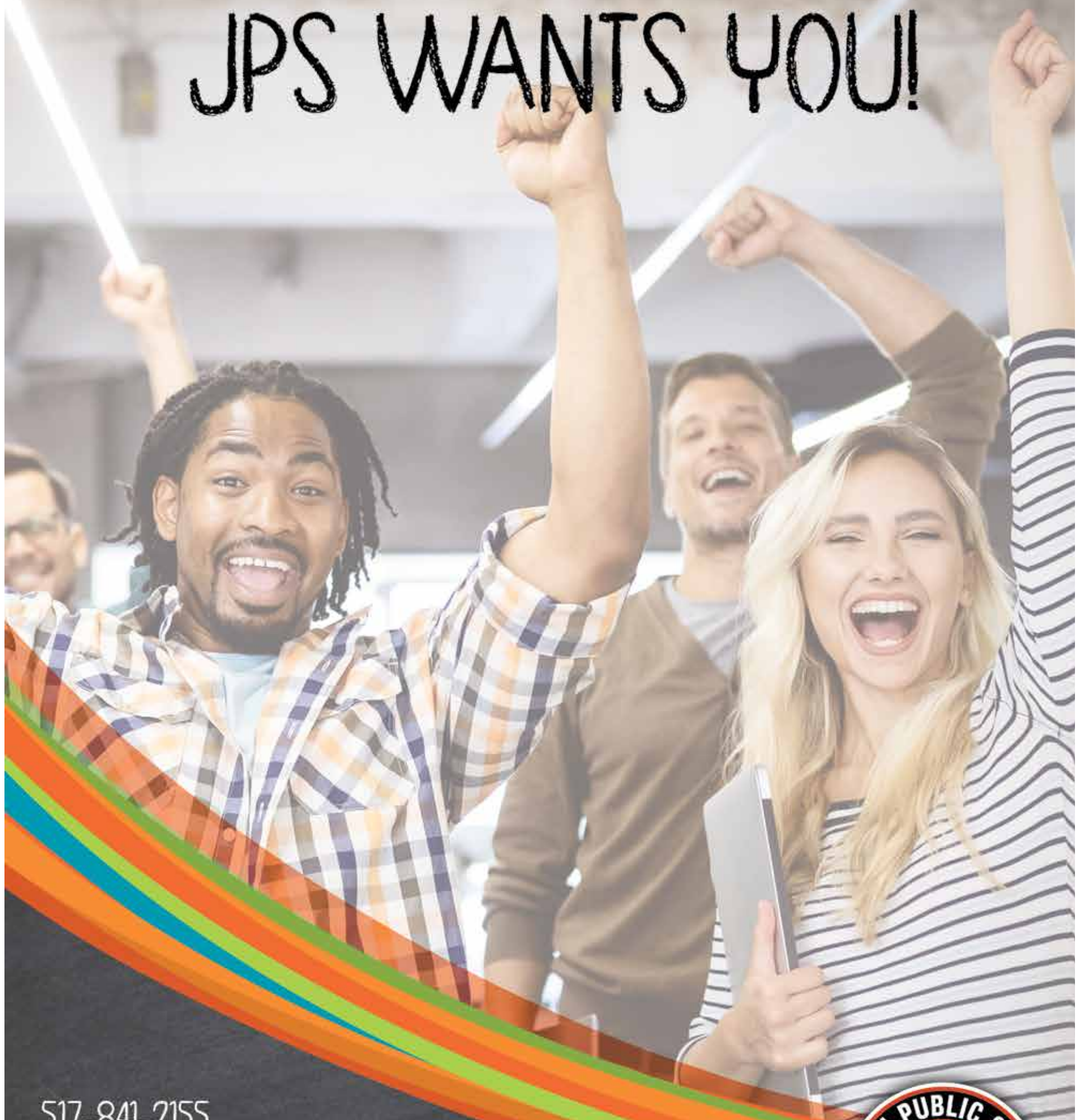
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College & Career Access Center, September Scholarships

2023 NBCC Foundation Military Scholarships

Eligibility:

- Applicants must be enrolled full time in a CACREP-accredited counseling master’s program.
- Applicants must be veterans or active-duty U.S. military service members or spouses of a veteran or active-duty U.S. military service member. Veterans must have received an honorable discharge.
- Applicants must be currently enrolled full time for the fall 2022 semester and be in good standing in a CACREP-accredited counseling master’s-level program. Applicants must have taken courses during the spring 2022 semester. Applicants may not have a pending status, deferred status, or other future start date for coursework.
- Applicants are expected to graduate by December 31, 2025
- Eligible applicants must not have an anticipated program completion date before September 1, 2023, which will be verified in writing by their academic department.
- Applicants must demonstrate knowledge of and experience with military personnel and families.
- Applicants must commit to becoming board certified by applying for the National Certified Counselor (NCC) certification prior to graduation and to completing the application process.
- Applicants must commit to providing mental health services to service members and/or veterans within one year of graduation and for the duration of a minimum of at least two years post-graduation.

Description:

These scholarships provide financial support to students who are currently enrolled in a Council for Accreditation of Counseling and Related Educational Programs (CACREP)-accredited counseling master’s program, live in a rural area, and commit to serve rural populations within one year of graduation for the duration of a minimum of at least two years post-graduation.

Award: Five scholarships in the amount of \$8,000 are available.

Deadline: Applications will open Sep, 2023

Application: <https://www.nbccf.org/programs>

Cameron Impact Scholarship

Eligibility:

- Prioritize academic excellence (maintaining a minimum cumulative unweighted 3.7 grade point average/4.0 scale or equivalent in their high school studies);
- Be a citizen of the United States of America;
- Be in the high school graduating Class of 2024, planning to enroll in a full-time course of study toward a bachelor’s degree at an accredited four-year U.S. college or university for the full academic year following high school graduation;
- Excel in a broad variety of extracurricular activities. This includes, but is not limited to: athletics, academic clubs, music lessons, performance art, and philanthropic organizations;
- Be motivated leaders with a strong work ethic and social acumen.
- Demonstrate active participation in community service and in civic-minded arenas, exhibiting an appreciation for the world outside themselves and a belief in their own capacity to effect change on scales both large and small

Description:

Applicants must submit:

- Online Application
- Two (2) required Letters of Recommendation
- Transcript (unofficial is fine) certifying academic performance.

* Applicants are strongly advised to submit their application well in advance of the final deadline. The Foundation assumes no responsibility technical submission issues encountered on the final due date.

Award: Annual award is given to 15 high school Seniors, value is estimated between \$20,000 - \$50,000

Deadline: September 8, 2023

Application: <https://www.bryancamereducation-foundation.org/>

Gates Scholarship 2023

Eligibility:

To apply, students must be:

- A Pell-eligible high school Senior
- From at least one of the following ethnicities: African-American, American Indian/Alaska Native*, Asian & Pacific Islander American, and/or Hispanic American

- A US citizen, national, or permanent resident
- In good academic standing with a minimum cumulative weighted GPA of 3.3 on a 4.0 scale (orequivalent)

* Additionally, a student must plan to enroll full-time, in a four-year degree program, at a US accredited, not-for-profit, private or public college or university.

* For American Indian/Alaska Native, proof of tribal enrollment will be required.

An ideal candidate will have:

- An outstanding academic record in high school (in the top 10% of his/her graduating class)
- Demonstrated leadership ability (e.g., as shown through participation in community service, extracurricular, or other activities)
- Exceptional personal success skills (e.g., emotional maturity, motivation, perseverance, etc.)

Award:

Scholars will receive funding for the full cost of attendance* that is not already covered by other financial aid and the expected family contribution, as determined by the Free Application for Federal Student Aid (FAFSA), or the methodology used by a Scholar’s college or university.

* Cost of attendance includes tuition, fees, room, board, books, and transportation, and may include other personal costs.

Deadline: September 15, 2023

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

We The Future Contest

Eligibility:

The contest is open to:

- K-12 students
- College Law School students
- Graduate School students
- Adults 25 years of age and older

*Because each age group is subject to unique requirements, applicants should visit website for details.

Award: Varied based upon class standing

Deadline: September 15, 2023

Application: <https://constitutingamerica.org/contest-categories/>

The Hispanic Health Professional Student Scholarship

Eligibility:

The 2023 National Hispanic Health Professionals Scholarship is open to any student enrolled full time in the following U.S. based accredited graduate programs:

- Medicine: allopathic or osteopathic
- Dentistry
- Pharmacy
- Nursing (including BSN)
- Master of Public Health or Health Policy
- Physician Associate

* Applicants are not required to be Hispanic. However, an affinity for the health of Hispanic communities and an interest in participating in NHHF Scholars Alumni activities is required.

Description:

The following supporting documents:

- Personal statement, including career goals (double-spaced, two-page maximum)
- Current curriculum vitae (education, employment, extracurricular activities, awards)
- Letter of recommendation (one letter only)
- Proof of U.S. citizenship, residency, or DACA status
- Unofficial transcript

Award: one award up to \$5,000 annually for 3 years, as well as individual scholarship awards of \$2,000 each.

Deadline: September 15, 2023

Application: <https://www.nhmafoundation.org/the-hispanic-health-professional-student-scholarship>

Key Thinkers Scholarship

Eligibility:

- U.S. citizen or permanent resident and be 18 years or older.
- enrolled as a full-time student at an accredited U.S. college, university, or trade school.
- possessing a cumulative GPA of at least 3.0.

Description:

The Key Thinkers Scholarship awards a \$1,000 Scholarship to one academically qualified recipient, twice each year. There will be a total of two recipients of the Scholarship per academic year. MoneyKey offers this scholarship to post-secondary students who demonstrate outstanding achievement. This is an

opportunity for students to be a voice in the growing conversation about financial responsibility.

Award: \$1,000

Deadline: September 30, 2023

Application: <https://www.moneykey.com/scholarship.php>

Creative Biolabs Scholarship

Eligibility:

- Enrolled as a freshman, undergraduate, graduate, or Ph.D. student at an accredited college or university.
- Major in a science-related field such as Biology, Biochemistry, Chemistry, and Molecular Biology.
- Earn a cumulative average grade of a B (3.0 GPA).

Description:

As a leading custom service provider specialized in the field of antibody production and engineering, Creative Biolabs is always happy to support young and ambitious talents in our field. To apply for the scholarship, applicants are required to download and fill out the scholarship application form and the recommendation letter. Then applicants should email the following documents to marketing@creativebiolabs.com with the subject “2021 Creative Biolabs Scholarship Application-Full Name”.

- Completed application form and copy of current transcript (official or unofficial).
- Recommendation letter either from a teacher, school counselor, or community leader.
- A written essay of 800-1,000 words or a PowerPoint of 10-12 pages with detailed lecture notes, which should be totally original and grammatically right. You must select one topic from below:

Topics for your essay or PowerPoint:

- Overview on Clinical Applications of Oncolytic Viruses
- Novel Gene Delivery Systems for Gene Therapy
- Research Progress of mRNA Vaccine Delivery System
- Overview on Clinical Applications of Stem Cell Therapy

Award: \$1,000

Deadline: September 30, 2023

Application: <https://www.creative-biolabs.com/scholarship-program.html>

Imagine Planet's Theme Saturdays are Here

By Jean McKim,
Imagine Planet

Imagine Planet is gearing up for the school year and starting up our Theme Saturdays. Our special Theme Saturdays will be starting up again for the first time since COVID. On September 23, 2023, we will be having Rock and Mineral Day. Bring in up to 5 specimens of rocks or minerals (fossils will be another day), and I will teach you how to identify them using physical properties like hardness. On October 14, we will be having Spooky Skulls and Bones Day, when our collection of mostly mammal skulls and bones will be on display, and specimens can be brought in for identification. Most bones are hard to tell, but mammal skulls with teeth are easier. If you know where the animal lived, it would be helpful. On No-

vember 18, we will be hosting Space Exploration Day, where activities such as Design a Moon Base and Breath of Fresh Air will challenge your space knowledge.

In less fortunate news, we've lost several of our animal ambassadors over the last few months. Since we often don't have much information about our animals, like age, it is sometimes hard to determine what happened. For Lancelot, the smaller blue-tongued skink with no toes, the cause was clear: old age. I picked up Lancelot long before Imagine Planet at a now-closed pet store in Ann Arbor called University Aquarium. They closed ten years ago, so while he was certainly over ten, we did not know his exact age. Lancelot was an adult at the time who had been brought in by an

employee. We do not know much more about his past, but he was doubtlessly a rescue. He and his tank cost me \$100; I couldn't believe my good fortune. He already was missing his toes, and the story I was told is that a former owner tried to help him with a shed and pulled his toes off. He taught many children along with Tank the Bearded Dragon, especially those from the George Long Nature Club (Grass Lake Elementary), and for the past eight years at Imagine Planet. He was a trooper and never let his lack of toes keep him down. Blue-tongued skinks live 12 to 20 years in captivity, although they could have been older. They originally hail from Australia and are omnivores. His friend Guinevere will be taking over his ambassador duties. Rest in peace dear Lancelot.

In happier news, we will be at the Jackson Hispanic Heritage Festival on September 16 from 12 p.m. to 9:45 p.m. (we may leave earlier if the animals are too worn out) at Horace Blackman Park. We will have science activities with instructions in both English and Spanish, as well as some of our animal ambassadors. Additionally, Our Neighbor's Keeper is having a grand opening and ribbon cutting here at the Tomlinson Center on September 13, from 4 p.m. to 6 p.m. This is a fantastic nonprofit that serves people moving out of homelessness by providing them with furniture and household goods at no cost. They run a little resale shop that helps buy mattresses. Let's get the word out! We will also be open during that time, even though it is a Wednesday.

Imagine Planet is open from 12 to 5 on Mondays, Tuesdays, Thursdays, Fridays, and Saturdays. We are closed Wednesdays and Sundays. Hope to see you soon at 730 Tomlinson St!




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Parenting: Holding On and Letting Go

By Kristin Klug,
Children's Programs
Manager,
Community Action Agency

Parenting is the most rewarding and sometimes challenging thing you can experience. I am a new empty nester and learning the ropes of military life, as my youngest is currently at Navy boot camp. I am an introverted person, but I find myself reaching out through social media to support groups to learn from others with similar experiences to get through this time of transition.

I realize the journey of parenting is supposed to lead to this place. Raising confident, competent young adults who leave to follow their own path. Knowing that and processing the feelings associated with letting them go are two very different things. Parenting is all about holding on and letting go. Reflect on how many times this happens throughout your child's life:

- New parents learning about how to care for a newborn and being so consumed but leaving them with someone for the first time.

- Holding your toddler's hand and letting it go so they can creep along the couch, looking back at you for reassurance.

- Supporting your child through the first days of pre-school, elementary, middle, and high school and then on to college, the military, trade school, or work.

- Play dates, sleepovers, first dates, learning to drive...all of these experiences gaining confidence with letting them go little by little.

- Giving your young adult space to try new things and make their own decisions but being there for support and advice when needed.

During your parenting journey, take advantage of the wisdom of others to learn from their successes and mistakes. It truly does take a village to raise a child. One great resource I have used in my personal and professional life is the National Parent Helpline at 1.855.4A.PARENT (855)427-2736. This free, confidential helpline provides emotional support, resources, and advice about many parenting-related topics. Remember, you are not in this alone.



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A Safe Football Season: Technique, Equipment, and Chiropractic

By Dr. Meghan S. Brent,
DC, CACCP, Brent Family
Chiropractic, PLLC

September is the start of football season! From Pop Warner to high school, college, and all the way up to the NFL, it's hard to not see the popularity of football in America. Football can be an inherently violent sport, and injuries are very common. When kids play a contact sport such as football, there's a very real risk of injuries that can affect them for the rest of their lives. According to a report by Stanford Children's Medicine, more than 775,000 children, ages 14 and younger, are treated in hospital emergency rooms for sports-related injuries each year. Injury Prevention is key to a long career in football and for healthy bodies long past our years playing sports.

Children are still growing and developing, making them more susceptible to injury. The most common types of sport-related injuries among children are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries, and

heat-related illnesses. It is well-documented that the most traumatic, and possibly career-ending, football injuries occur because of compression of the neck (cervical spine). This mechanism of injury occurs when a player drops

their head when tackling or blocking an opponent. This flexes the cervical spine, and the normal cervical curved shape of the neck is flattened. This position reduces the normal shock-absorbing capacities of the spine and the surrounding muscles and ligaments.

Football athletes should

be taught to keep their heads up during contact and that the helmet should not be used as a point of primary contact. Keeping the head up can dramatically reduce the number and severity of neck injuries in young players. Football

athletes should be performing exercises to strengthen and condition the muscles supporting the cervical spine. Neck strengthening is an excellent way of reducing the chance of a serious neck injury, as the muscles will be able to absorb more of the impact of a collision and protect the

spine. Along with neck injuries, concussions are also commonly sustained in football. A concussion is an injury to the brain. Signs of concussion are headache, dizziness, nausea, loss of balance, drowsiness,

and equipment are imperative for peak protection. According to USA Football, each brand of helmet and pads comes with its own guidelines to follow to ensure the equipment is worn correctly. According to Riddell Equipment, "Helmets should sit one inch above the brow and should be tight enough that the skin on the forehead should move with the front pad and the helmet does not twist. If the helmet slides easily over the forehead, the liners need to be inflated, or a smaller helmet should be used."

Football can be a fun and exciting sport to play and watch, but injury prevention is key! Chiropractic care is also an important component of optimal athletic performance. Chiropractic care can provide injury prevention, improved biomechanics, increased range of motion, and decreased pain. Keeping the body safe with correct techniques, properly fitted equipment, and chiropractic care will allow athletes to have fewer injuries and successful careers in whichever sport they choose!



Photo by Riley McCullough on Unsplash



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Outdoor Soccer @ Nixon Fields, Ages 3-7
Saturday, 10 – 11 am

Toddler Tumbling, Ages 3-5
Monday, 5 – 6:30 pm OR
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Financial Assistance is available

Pickleball Clinic: Learn the Basics!, Ages 6-13
Tuesday, 6:00 – 7:00 pm

Rock Climbing Skills, Ages 5-8
Wednesday, 6 – 7 pm OR
Saturday, 9 – 10 am

***Taekwondo, All Ages**
Monday & Wednesday 6:00 – 7:30 pm

***Aikido, Youth and Beginner**
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Intermediate and Advanced
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