

June
2024



HIGHLIGHTS:

- Wilson SDA Junior Academy News
- The Big Kahuna
- Community Service Baskets
- Classified Ads



Wilson SDA Junior Academy

We've just archived another successful year into the history books of Wilson Junior Academy! Here are some of the accomplishments we are especially proud of as we closed the year:

- Our yearbook produced by Miss Berger and her 9th & 10th graders
- 9th and 10th grade historical novellas (short historical novels) set during World War II
- 5th-7th grade devotional book
- End-of-Year Drama/Musical "God Is in My Story" performed for our church family
- Trend-setting/Memory-making last day of school - teachers cooked and served breakfast, closing chapel and farewell to our dear 10th grader, Stella, whom we will miss GREATLY, and an epic, whole-school water version of capture the flag. It was a blast!

With the year complete, though the teachers will have a respite from students, each will be honing their craft. Miss Berger has begun her masters program classes. Mrs. Hakes will be going through donated material to enhance our Language Arts program, organizing materials, and work on a project for the Michigan Conference. And, Mrs. Berger will have a welcomed and well-earned break from her classes since she completed her certification process last summer. However, as we all know how dedicated she is, she will still spend hours this summer in preparation for the upcoming year. The Michigan Conference has confirmed her spiritual calling to teaching and will officially be commissioning her at our own Sagola UP Camp meeting in September. Be sure to come and support this monumental and special event!

This summer, we solicit your prayers and recruiting assistance as we plan for the new year. Join us each Sabbath morning at 9 AM as we pray for unity and growth for both our school and church. Pass out our brochure. There are copies in the church lobby. It's a simple way to start up a conversation with your regular contacts. Speak up about our wonderful school and how we have been growing academic minds and hearts for Jesus for over 100 years. Point out how we truly offer "Something Different". We know God has wonderful plans for WJA and can't wait to see what HE does THROUGH US!

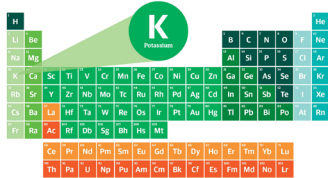
--Blessings,

Ginnie Hakes

Principal, Wilson Junior Academy

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The Big Kahuna

I like a challenge, and I bet so do you! Well, my current challenge is to replace all the supplements that I am taking with real, unprocessed or minimally processed, nutritious food. I'm taking this challenge one supplement at a time, and the first one I am choosing is my potassium supplement.

I call potassium the Big Kahuna because, according to the FDA¹, adults need a whopping 4,700 mg daily. That's a lot. We need potassium to keep the electrochemical balance across cell membranes in our body. This is vital to transmit nerve signals. This leads to skeletal muscle contraction, hormone release and smooth muscle and heart contraction.¹ My little wimpy supplement is a mere 99 mg, and I would have to take 48 of them to get my daily requirement for potassium met, so taking this supplement is not a good way to get enough potassium on a daily basis.

Potassium deficiency is a serious problem. Signs of deficiency are weakness and fatigue, muscle cramps, muscle aches and stiffness, tingling, numbness, heart palpitations, breathing difficulties, digestive symptoms, and changes in blood pressure.¹ In addition, some medication and other conditions may cause potassium deficiency such as excessive sweating, prolonged vomiting, diarrhea, eating disorders, calorie restriction for the purpose of weight loss, low magnesium levels, and medications such as diuretics, water retention relievers, and certain antibiotics.

The good news is that potassium rich foods are abundantly available at the local grocery. There are a lot of food choices out there, and food high in potassium comes in many different forms so that anyone following any kind of healthy diet (except S.A.D. (standard American diet)) may reach their minimum RDA, whether they are vegans, vegetarians, omnivores, ketos, paleos or carnivores (did I leave anyone out?).

Here are some websites that are helpful:

- I found a very good, free nutrition tracking tool at MYFOODDATA (<https://www.myfooddata.com>).
- Find the nutritional profile of specific food items at USDA FoodData Central (<https://fdc.nal.usda.gov/fdc-app.html#/food-search?query=&type=Foundation>)
- Search for a specific set of nutrients in specific food groups using "Nutrient Ranking Tool" (<https://nodetools.myfooddata.com/nutrient-ranking-tool/calories/all/highest/household/common/no>)

I was surprised to discover that kale is low in potassium, but cooked beet greens, cooked spinach, canned beans, tomato sauces and juice, and potatoes are naturally high in potassium (>20% of the RDA per serving). These are all foods that I can grow in my garden!

Do you have a family favorite recipe that is filled with potassium rich ingredients that you would like to share? Please send me your recipe at ivynetz@gmail.com .

Community Service Baskets

Community service baskets...What are they?

These are baskets that are made up to give to people in our local community. They are made for people that have recently moved in as a welcome to our community. Along with the home warming gifts there is also personalized card that contains a flyer with our church details such as service and Sabbath School times. I would like to extend the baskets to be given to others as well. Do you know someone who is sick, just welcomed a new baby into their family, or maybe somebody that just needs a little cheering up? If so, please let me know so that I can prepare a personalized basket for them. I will need to know some details such as number of people in the family, are there any children and approximate ages of children and what the basket is needed for.

My Junior Sabbath School class will be a part of putting the baskets together and will also include their families to deliver them. This is a great community service outreach that our children are excited to be a part of. We NEED your help! This project relies on donated items as there is not a budget for this. I will provide a list of ideas below to get you started but just think about things that you may like to receive if you were a new community member, sick or feeling down and what may cheer you up!

Mugs, dish towels, tea, hot cocoa, travel size games, small toys, small stuffed animals, items with encouraging quotes on them, travel size Kleenex packs, pet treats and toys, baby items and don't forget something that the gentlemen in the family would like to receive too!

Don't have time to shop? Money donations are accepted as well and I will do the shopping for you!

Please contact Brandee Groleau via text or phone call at 906-399-9247.

Miscellaneous Announcements & Classified Ads



Boerschinger Boy Baking

Making bread to order
call 906-639-3632
Ask for Zebulun



Eggs for Sale



Chicken \$3 doz

Duck \$3 for ½ doz

Call 906-639-3632
Ask for Ezra

Don't forget about our ongoing Rada fundraiser. They have a great selection of knives and kitchen utensils that are a great gift or just a great new addition to your own supply!

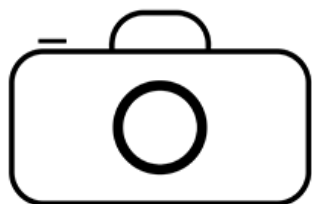
If you shop online please use the link above, or you may search for **Wilson SDA Jr. Academy** at <https://radafundraising.com/pages/select-your-fundraising-group> . If you prefer a catalog, please contact Brandee Groleau! She is also willing to help you with your orders.

The funds raised will go directly towards finishing our school gym project so that our school can function at its greatest potential for our students and teachers. Please help us meet this goal!

RADA Cutlery Fundraiser for the WJA School
Expansion

<https://radafundraising.com/?rfsn=1820058.87e8e7>
or call Brandee Groleau (906) 399-9247 (call or text)

If plastic bags are overtaking you, it only requires forming a habit of taking your shopping bag with you on your way into a store so the bagger can use it to get your items to your car. Elmer's even gives a nickel for not using plastic. Give your stash of plastic bags to the Escanaba Food Pantry via Aileen King. It's a refreshing transformation to your life!



"Pics from the (906)"

- Weddings
- Engagements

Tanner Pearson

Photographer/Videographer

(906) 398-7541 / (906) 639-2701

Instagram - @tpnef

- Senior Portraits
- Family Portraits