

ABA SIGNAL

A Publication for Members of the American Business Association • 2025

IN THIS ISSUE

1

5 Steps Students Can Take Toward Entrepreneurial Careers

3

Annual Meeting Proxy

4

What are Omega-3s?

5

What is Scleroderma?

6

Family First Member Benefit



5 Steps Students Can Take Toward Entrepreneurial Careers

(Family Features) Entrepreneurship is a career goal for many working adults. Autonomy and personal satisfaction are just a couple of the benefits of running your own business.

It's a professional path about 3 in 5 teens would prefer over a traditional job, according to a survey by Junior Achievement (JA). Running a successful company depends on multiple factors, including a solid business plan, adequate startup resources and a receptive market, as well as a strong sense of responsibility, work ethic and ability to persevere under pressure.

Beginning to shape the skills and

mindset necessary to flourish as an entrepreneur can begin well before entering the workforce. In fact, even students in junior high and high school can begin working toward entrepreneurial goals with these tips from JA, a nonprofit that inspires and prepares young people by delivering lessons in financial literacy, work and career readiness.

Select Electives Wisely

Students don't have to wait until they're in college to begin developing business skills and knowledge. If they have the ambition and drive to become an entrepreneur, they may find it beneficial to complement



the classes needed for graduation requirements with electives that allow them to explore their interest in the business world. Some examples include accounting, marketing, finance, economics, psychology and computer science.

Make Part-Time Work Meaningful

Many students enter the workforce in high school to start practicing money management and contribute to expenses like gas and car insurance. While most jobs available to students are service oriented and fall outside the business world, it doesn't hurt to explore options that put students closer to their entrepreneurial ambitions. For example, local small businesses may be willing to hire someone eager to learn.

Take Part in Programs

Kids can challenge themselves by putting their knowledge into practice as real-world entrepreneurs. For example, JA's Company Program is an immersive program that fosters creativity, critical thinking and business acumen, offering students unique opportunities to explore the world of business and economics by creating real companies. Participants learn to present their business plans and results during competitions that offer learning opportunities.

Additionally, at the Future Bound competition (made possible through the support of businesses including

Chick-fil-A, Delta Air Lines, Pacific Life Foundation and Staples), participants took part in seminars and mentorship. The event featured four programs that empower students with entrepreneurship and financial literacy skills – the Company of the Year National Competition, the Social Innovation Challenge, the Titan National Competition and the National Stock Market Challenge.

Seek a Strong Mentor

Some of the best learning comes from emulating others who are successful in their fields. Meeting regularly with someone who serves as a role model can help students sharpen their vision for the future and learn from the experiences that propelled professionals into their current positions.

Define a Future Vision

Creating an inspiration board can help motivated students compile and organize ideas. This board, whether physical or digital, can serve as a source of inspiration and help motivate students to identify and overcome obstacles while working toward bringing their visions for careers as entrepreneurs to life.

Find more ideas to help students gain confidence and skills for future education and careers, and learn more about the competitions, at jausa.ja.org.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of the American Business Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Wednesday, October 8, 2025 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY **American Business Association** **October 8, 2025 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **AMERICAN BUSINESS ASSOCIATION**

The undersigned member of the American Business Association does hereby constitute and appoint the President of the American Business Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the American Business Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Kim Tuttle, Craig Osterholt, and Jeff Crippen.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2025

Signature _____

Name (please print) _____

Please date and sign and return promptly to the American Business Association, 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
September 15, 2025
Date



What are Omega-3s?

Your body needs omega-3 fatty acids, sometimes called “omega-3s,” to stay healthy. These help to build brain cells and keep your heart and other organs in good working order.

Your body can't make omega-3s itself. They come from the foods you eat or dietary supplements.

Fatty fish, like salmon and tuna, are rich in types of omega-3s called DHA and EPA. These healthy fats are also found in shellfish, such as crabs or oysters. A different type of omega-3, called ALA, is found in certain vegetable oils, like canola or soy oils. Flaxseeds, chia seeds, pumpkin seeds, and walnuts also contain a lot of ALA omega-3.

You can find dietary supplements that contain different types of omega-3. But most experts agree that the best way to get benefits from omega-3s is from the foods you eat. The health benefits of omega-3 dietary supplements are unclear.

If you're thinking about taking omega-3 supplements, talk to your health care provider. That's especially important if you take medicine that affects blood clotting or are pregnant or breastfeeding. Also check with your provider if you are allergic to seafood or considering giving omega-3 supplements to a child.

Learn more about [omega-3s](#).

Article reprinted from NIH-News In Health

What Is Scleroderma?

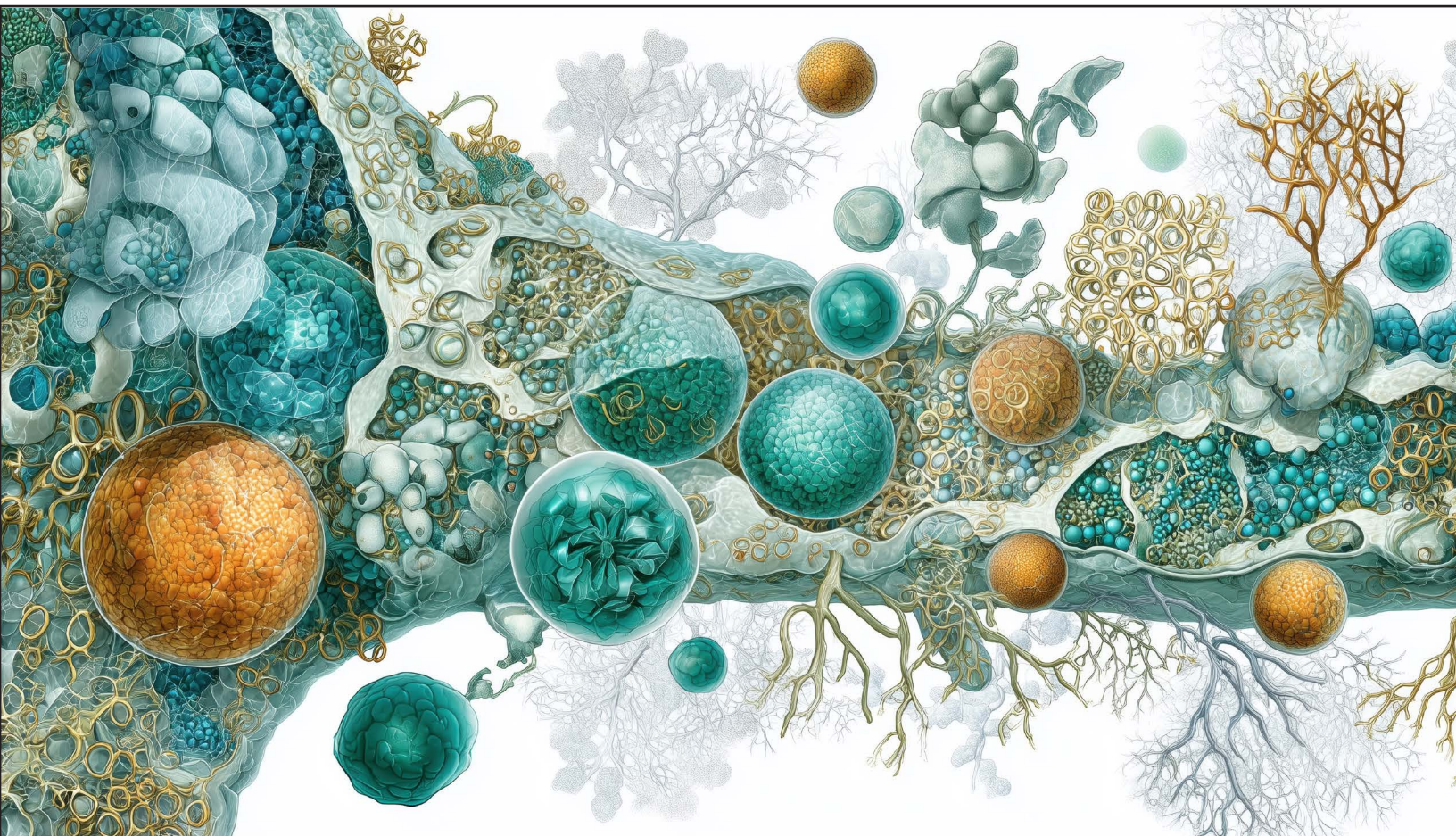
Scleroderma is a rare disease that affects the body's connective tissue. Connective tissues support the skin and internal organs. The disease can cause skin, blood vessels, or other tissues to become hard or thick. It can also lead to swelling or pain in your muscles and joints.

The exact cause of scleroderma is unknown. It's thought to be an autoimmune disease, which means the body's disease-fighting system attacks its own cells and tissues. In scleroderma, the damage triggers connective tissue cells to make too much of a protein called collagen. Excess collagen in your skin and other tissues can cause the areas to harden and tighten.

There are two main types of scleroderma: localized and systemic. Localized scleroderma usually affects only the skin and the structures underneath it. Systemic scleroderma affects many systems in the body. This includes the skin, tissues under it, blood vessels, and major organs like the heart, lungs, and kidneys.

It can be difficult for doctors to diagnose scleroderma because the symptoms can vary. Treatment depends on your symptoms and which tissues and organs are affected. People with scleroderma often see a rheumatologist for treatment. But different types of doctors may be involved, depending on which organs are affected. Learn more about scleroderma.

Article reprinted from NIH-News In Health





An unstoppable force for caregivers.

We uncover and solve every aspect of caregiving.



Download Family First Members app today!



Let's take care of Nana

Caregivers are our heroes. Their determination, courage, and resilience inspires us. We built Family First to help everyone caring for an aging parent, special needs child, or ill partner navigate the world of caregiving challenges so they can thrive.



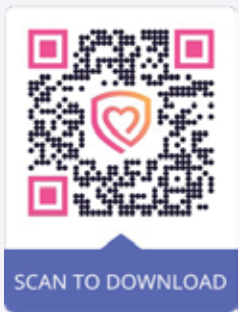
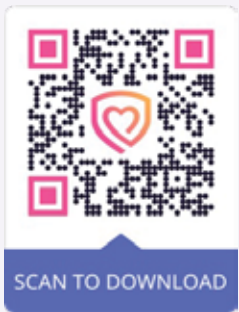
People who make a difference

Our holistic, licensed teams include nurses, social workers, mental health professionals, and physicians. Thirty years of experience and data from millions of people help us deliver smarter, more effective, more personalized solutions.



Real solutions, not links

The last thing a caregiver needs is a list of resources. Our Care Experts provide live, personalized support, proactively interacting with family members and adjusting as needed for as long as it takes to solve every challenge.



Caregiving redefined



Our high-touch, high-tech solution supports caregiving heroes:

- + Access to licensed Care Experts and Care Team
- + High-tech Digital Care Hub
- + Holistic approach that removes the challenges of caregiving
- + Mobile app with dynamic views and support networks



Championing Caregiving Heroes in All Aspects of Care



Family planning



New child



School-aged children



Relationships, life events, pets



Chronic conditions



Neurodivergent, ill, or disabled child or adult



Aging adult



Death

Why Family First?

Family First is an unstoppable force for families. We don't stop until every aspect of their caregiving challenges are solved. We are families' trusted champion and partner.

Connect with us:
family-first.com/get-started-assn-new



American Business Association

Membership Services Office

12444 Powerscourt Drive

Suite 500A

St. Louis, MO 63131

The ABA Signal is published by:



American Business Association

For information regarding your membership
and association services, call or write:

Membership Services Office

American Business Association

12444 Powerscourt Drive

Suite 500A

St. Louis, MO 63131

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.

Thank you for being a valued member of American Business Association!