



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Jackson Parks Blooming With Fun This Spring!

- page 2



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Photo by Stefanie Riggs

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Jackson Area Collaborative Knowledge Source. This family resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

Learn more at
www.jacksfamilyguide.com

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Email us for advertising information. Your email will be answered within 24 hours.

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How You Can Enjoy New Offerings at Jackson Parks This Spring

By Aaron Dimick, Public Information Officer for the City of Jackson



Now that spring has sprung, families across Jackson who have been cooped up all winter are excited to finally get outside and enjoy all that our community has to offer.

Over the past year, the City of Jackson has been hard at work improving its recreational opportunities and providing more access to our beautiful parks. The playground at the popular Kiwanis Park off Elm Street on Jackson's north side received a big rejuvenation this past fall, when the Parks and Recreation Department worked with the Kiwanis Club of Jackson to install new playground equipment. All of your playground favorites are there like slides and swings, but there are new features like a climbing wall. The new equipment also meets current safety standards and is more accessible for people with disabilities. It's the strong partnership with the Kiwanis Club that brought Jackson another improvement to a local park. In the fall, the City of Jackson Disc Golf Course started providing fun for the whole family. The new 18-hole course is located on the west side of Ella Sharp Park near the golf course. It takes disc golfers through a beautiful section of the park with large trees and rolling hills. With this burgeoning sport firmly planted in Jackson, a disc golf tournament is planned at the course later this spring.

Along with providing more for residents to do in our parks, the City of Jackson has also redesigned how you access them. Last year, new traffic roundabouts were added at the entrances to both Ella Sharp and Cascades parks. The roundabouts were put in place to make these areas a safer place to enjoy. They slow down traffic, provide better traffic flow, and create easier access to the parks for drivers and pedestrians. New sidewalks and trails surrounding the roundabouts also provide more connectivity to the surrounding neighborhoods.

While you are out and about this spring, you should definitely check out two new art pieces which are adding to the beauty of the community. In the center of the new Kibby Road roundabout near the Cascades is a 25 foot tall sculpture that reaches toward the sky. A work by local artist Mark Muhich, the sculpture adds a



focal point for the roundabout and adds gravitas to the park's entrance. Another new sculpture was also recently installed at the eastern gateway to downtown Jackson at the intersection of Washington and Cooper. Funded through the Jackson Public Arts Commission, the new work by local artist Edward "Steampunk Eddie" Thayer is a giant rose that rotates in the wind and beautifully catches light through sparkling red glass. Both of these sculptures truly have to be seen in person to get the full effect!

There is so much more the City of Jackson will be offering throughout the year, especially with spring and summer recreation programs quickly approaching. Be sure to visit the Parks and Recreation page of the City's website, cityofjackson.org, to keep updated on upcoming programs. Happy spring from the City of Jackson!



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Learn to be a Tourist in Your Hometown

FootGolf at Cascades Golf Course

By Val Herr

Spring has sprung! The birds are chirping, buds are blooming and it's time to get outdoors and try something new. Jackson is known for its amazing parks and golf courses, but I plan on trying something new, FootGolf and I encourage you to also.

What is FootGolf? Think of it as if soccer and golf had a baby. The intent is to kick the ball into a hole with the least amount of strokes.



Sounds easy right??? FootGolf uses the basic model of golf, with a tee box, a green, bunkers, hazards and 9 or 18 holes of play. There is a par for each hole, mimicking golf's scorecards, and you still play as a twosome, threesome or foursome. The main differences are the cups, which are 21 inches in diameter, shorter holes (most people cannot kick a soccer ball further than

50 yards) and the lack of equipment needed (no need to carry around heavy golf clubs in FootGolf.)

As with any sport there are official rules but generally speaking when I am trying out a new game I don't tend to follow the rules. I am there to have fun, spend time with my family and be outdoors. However, if you are a rule follower you can find the official rules to FootGolf here: <https://www.footgolfusa.org/rules>.

I was very surprised to learn that we have an "official" course at the Cascades Golf Course. All you need to do is bring a soccer ball and have fun.



After a Cold Winter, What's in Store for Spring and Summer?

(BPT) - Whether you're heading to the beach or hitting the slopes this spring, the weather just may be on your side.

According to the latest seasonal forecast from The Weather Company, the Northeast, Southeastern and Northwestern U.S. will enjoy a warmer-than-normal spring, with the Plains and Southwest experiencing temperatures below normal. Most areas of the U.S. will see a wet spring, excluding portions of the Northeast and Southwest.

"After an extended cold period across the Northern U.S., the pattern is relenting as we head into spring," said Dr. Todd Crawford, chief meteorologist at The Weather Company. "Our models suggest a general warm-north and cool-south pattern, with above-normal temperatures expected across the Northeast and Northwest, and below-normal across the Plains and Southwest."

El Niño returns

Heading into the summer season, El Niño will linger into a second year, bringing cooler-than-normal temperatures across the Northern and Central Plains, along with parts of Nevada and California. The most significant warmth is expected in the Northwest. And both coasts will see above-normal summer heat.

El Niño is characterized by a band of warm ocean water in the central and eastern tropical Pacific Ocean, accompanied by high air pressure in the western Pacific and low air pressure in the eastern Pacific.

To get the most up-to-date forecasts for your area, visit weather.com or The Weather Channel app on iOS and Android.

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Cascades (@Frost) - April 17th 5:30 p.m.

Sharp Park - April 18th 5:30 p.m.

Dibble - April 23rd 5:30 p.m.

Hunt - April 24th 9:30 a.m.

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Habitat for Humanity

When in Doubt, Don't Throw it Out

By Chris Greenshields
Habitat for Humanity

Spring is the time of year to open your windows and make some changes to rooms that you've been stuck inside of this long, hard winter. You may be considering updating your appliances or even remodeling a room in your home. Take a moment to consider that the furniture and cabinetry that you remove may not be a disposable item. You have probably thought of selling these items on the internet. That could be a real pain when you really just want it gone. The cost of hiring a contractor to come and remove them can be quite costly, and scheduling may be complicated. You may have to pay dump and disposal fees just to be rid of them.

Landfills every year are loaded up with deconstruction materials, old cabinets, trim, doors, and outdated appliances. Nationally, remodeling has a massive impact on landfills. What if you, in some small way, could change that? What if you could have professionals come and remove these items for free? What if these items could be used

to fuel the machine that is Greater Jackson Habitat for Humanity?

Television shows like Fixer Upper and Property Brothers are wildly popular and often feature "upcycling" used cabinetry, and "repurposing" doors and windows. That is happening right here in your community. People go to resale stores all over the county to find treasures to repurpose and, give them entirely new life.

So here's another great find for you: Greater Jackson Habitat for Humanity's ReStore has a deconstruction crew that will come to your home, free of charge, and remove items you no longer want. That's right, materials recovery deconstruction professionals will come and remove your cabinets and gently used fixtures and appliances to be upcycled for a greater good. The proceeds from the sale of these items will be used to provide safe, decent, affordable housing right here in Jackson County.

Imagine that just fixing up your home could have a threefold return to both your family as well as the



families in need right here at home. First, you will enjoy immediate savings on labor and disposal fees to have us come and do the work and take it away free of charge. Second, you will appreciate minimizing your family's impact on the environment by keeping reusable items out of local

landfills. Third, you will receive a receipt for the value of the items to be included as a charitable donation on your tax returns. Last, but not least, you will know that your items are being used in a positive way to support other families in your community.

Chris is the Director of

Operations for Greater Jackson Habitat for Humanity. He has a background in law enforcement and government consulting. Chris is also the founder of a nonprofit organization dedicated to responsible stewardship of our natural resources, Washtanong River Conservancy.






Shop Habitat for Humanity ReStore for your next home project and support the effort to provide safe, decent housing in Jackson county.

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It's a Great Day to be a Viking!

My Beautifully Inspired Mess

April Showers

By Kelli Schweizer



Spring has finally decided to arrive! I do not know about you, but that was one L O N G , cold winter. Even though the month of April may feel like a tease for the warmer months ahead, we usually end up with a lot of rain and mud. Keeping that in mind, we did two crafts this month that go hand in hand with the wet weather! First we made a raindrop painting, but we didn't use paper! And then we made a miniature version of a rain stick. This was a huge hit with all of the kiddos!

Raindrop Painting

Materials Needed:

- Aluminum Foil
- Paint (blue and white)
- Paintbrushes
- Glue
- Cotton Balls

How To:

Step 1: Rip off a sheet of aluminum foil. Whatever size you want your painting to be.

Step 2: Glue cotton balls on the top portion of the aluminum foil to create the clouds.

Step 3: Using a paintbrush, make raindrop shapes all over your foil. Making it look like it is coming down from the clouds.

Step 4: Let dry. Display. This would be a cute one to frame as an added decoration to your spring decor!

Miniature Rain Stick

Materials Needed:

- Empty toilet paper roll
- Paint
- Paintbrush
- Rice
- Rubberbands
- Cupcake Liners

How To:

Step 1: Paint your empty toilet paper roll any color you'd like. Let dry completely.



Photo by Kelli Schweizer

Sophie Schweizer shows us how it's done with her expertly designed rain stick and raindrop painting.

Step 2: Using one cupcake liner and rubber band, secure the liner at one end of the toilet paper roll.

Step 3: Pour in a handful or so of rice. Be sure that bottom liner is secure so it doesn't all spill out.

Step 4: Add a cupcake liner and rubber band to the other end of the toilet paper roll.

Step 5: Making sure both ends are secure, tip the rice back and forth to create a rain-like sound.

Kelli is a stay at home mom with three children. Before becoming a stay-at-home mom, she was an Account Executive for Mlive Media Group. Now you'll find her enjoying being a mother and photographer.

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PARAGON CHARTER ACADEMY

Jackson School of the Arts Gears Up for Annual Fairy Festival

By Amy Fracker,
Assistant Director
Jackson School of the Arts



Fairy Festival is almost here! We welcome boys, girls, young and old to a very special weekend filled with activities, crafts, and vendors inspired by child-like imagination. Boys and girls always find the Festival full of wonderment and their grown-up companions can't help but rediscover the child inside themselves as well!

The two-day weekend event is free and includes arts & crafts, vendors, Ye Ole Fairy Shoppe, the Cupcake Cafe, a Fairy Garden Contest, Tea with Miss Jackson Crossroads, carriage rides, dancing fairies and performances by the Fairy Festival Players.

Walk through the Fairy Kingdom, Mermaid Cove, and explore the dark mountain. Meet a Fairy

Princess and travel to Neverland with Captain Hook on his ship. Plan to stay all day and have lunch in Fairy Landing. Don't forget to dress up!

Our annual fundraiser is the highlight of our year. It gets better and better! This is something you don't want to miss. So, come see for yourself what the fun is all about. You won't be sorry!

Here are some tips to help guide you through the weekend!

Make sure you enter through the welcome tent. The event is free but you can purchase a craft pass here. \$15 gets you a pass for all crafts or you can purchase them individually.



This years crafts are:

1. Fairy Garden..... \$5
2. Fairy House..... \$2
3. Dragon Glider..... \$2
4. 3-D Castle with Fairy Tale Puppet..... \$3
5. Under the Sea Slime.. \$2
6. Shark Tooth Dig..... \$1

The carriage ride is on a first come first serve basis. This is very popular so keep an eye on the line if you want to ride the horse drawn, beautiful carriage.

Many things are free - there is storytelling with the Fairy Godmother, Hoop dancers, and tea time are all at no charge, so make sure you get times for those at the welcome tent.

Grab your fairy wings, pirate hats and knights armor and join us for this enchanted event!



Imagine Planet Packs Spring With Learning and Fun

Contributed by
Imagine Planet

Spring is finally here! As I write this, it is the first day of spring, the vernal equinox. The vernal equinox is a consequence of the orbit of the earth around the sun and the tilt of the earth on its axis. The two equinoxes are the days when hours of light and hours of darkness are equal. The winter solstice is the shortest day of the year and the summer solstice is the longest. From now on, days will be getting longer than nights until we reach the peak in June at the solstice. Days will continue to be longer than nights until the autumnal equinox. Then we head back to darkness. The opposite is true in the southern hemisphere.

Imagine Planet has a lot going on this year. On Saturday, May 4th we will be having our third annual Earth and Space Science Day from 11am to 6pm here at 632 E. Michigan Ave. We were awarded a "toolkit" of activities from the National Informal STEM Education

Network and are looking forward to sharing. We will be out and about at Earth Day at Cascades Park on Saturday, April 27th from 1 pm to 4 pm, at the Around the Park for Autism Walk/Run on May 11th at Cascades from 10 am to 11:30, at Islands of Wellness on May 19th from 11 am to 2 pm at the fairgrounds, Kids' Fest on June 14th from 10 am to 3 pm at the fairgrounds, and the Learning Fair on July 11th and 12th at the Northwest Upper Elementary School. These are all free and I hope you

can come and see us there. Imagine Planet is partnering with the Jackson County 4H to run a Geology 4H club. It's not too late to join, call us at 734-358-9893 or the 4H office to find out more information. We meet at Imagine Planet on the 3rd Tuesday evening of every month from 6:30-7:30. We also do outreach for groups and clubs, as well as classroom visits for a small fee.

By the time this newspaper is available some major renovations will have taken place at Imagine Planet

thanks to American Heritage Girl member, Sarah Drew. Come check out our improvements!

Please visit our Facebook

page for more information about upcoming events and news. A date will be coming soon for our popular Snake Day.

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The YMCA Knows That Jackson's Got Talent - and They're Giving People Their Moment in the Spotlight

By Bonnie Gretzner
Jackson YMCA

Jackson's Got Talent, a new event from the YMCA, is a fundraiser to benefit the Philippines-based Lingap Children's Foundation. Held April 12 at the Downtown YMCA, the show features a variety of acts from performers ages 7 and up.

Auditions were wrapping up late March, and show organizer Lanai Moore said she expected a variety of acts. Moore, who works in Membership Services at the Downtown Branch of the YMCA, has been working hard the past few months to launch the event.

"I just wanted to bring something different to the Y," she said. "I had the idea for this because I love to sing, and there aren't many opportunities here in Jackson for people to do that or use their talents. If we have an available time slot, I may just perform."

Evan Struck, a junior at Western High School, has put speed painting on the map by entertaining crowds at local events, schools and more. He jumped at the chance to perform at the show so he can introduce more people to his art.



Photo contributed by the YMCA of Jackson

Evan Struck

"I want to show more people how speed painting can show emotion and excitement," he said, adding that attendees are in for a special performance. "People should expect to see a brand new type of speed painting with more than one canvas at once."

A Worthy Cause

The entry fee to watch the talent show is by donation. All money raised will benefit the Lingap Center, a home for up to 100 children who have been neglected, abused, exploited or abandoned. Since 2006, over 500 children have received

various different levels of care from dedicated house parents and social workers.

"Many of these children never attended school or school attendance was on a casual basis...no one really caring if they attended class or not," said the Lingap's Judy Drake, who volunteers with the center and whose husband, John Drake founded the center after a long career at CMS Energy and Consumers Energy. Judy said after the children's basic needs have been met, going to school and being accountable for their studies have transformed their lives.

"Since opening, we have high school and college graduates. Many are beginning to enter the world being able to gain employment that allows them to be responsible citizens," she said, adding that the center recently celebrated its 28th college graduate. "None of this would have been possible without the support and dedication of so many who give to the less fortunate of the world."

Event: Jackson's Got Talent

When: Friday, April 12; 6-8:30 p.m.



Photo contributed by the YMCA of Jackson

An original painting by young, speed painting artist, Evan Struck.

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

What: Fun for the whole family - a talent show featuring a variety of entertain-

ment. Prizes to the top 3.

Cost: Entry fee is by donation; all funds raised go to the Lingap Children's Foundation/Lingap Center.

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Montessori Education

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*By Barb Barnes
North Star Montessori
Founder, Director, and
Montessori Educator*

Since day one, recycling has always been a priority for us at North Star Montessori Preschool and Kindergarten. We have recycling bins right next to our art area where even our youngest three-year-old children easily learn to sort what materials go in recycling and remember to carefully place them in the appropriate bins. Children also know that they are free to choose things from these bins as they design and work on their own projects. Children are instinctively resourceful and never tire of connecting the new parts they find, each a unique treasure, to the artistic vision in their heads. Some favorite recycled materials you will find on our shelves and in our bins are plastic bottle caps and apple sauce twirly twist offs, twigs, acorns, and leaves gathered from our play yard, cardboard box-



es from lunchables, tissue boxes, bits of fabric, colorful candy wrappers, and a variety of paper scraps.

Using bits and pieces of raw materials children use their imaginations to create art. At North Star our art shelves have a variety of odds and ends in baskets and trays that children choose as they create their own masterpieces. What others may see as junk we covet. Plastic lids and tops off lunchbox drinks become colorful fish and bright round orange and yellow suns. Little fingers dig through our construction paper scrap baskets finding each size and color to form an ocean of light and dark blue waves layered one atop another. The child's creative process unfolds onto their paper and they are eager to share and talk about what they have created with their friends, teachers and parents. This time it is an ocean collage next time we can only anticipate what the children will create with their newfound treasures.

We find something beautiful in the ordinary and as we reuse it takes on a life of its own. Because children always have access to art

materials during their work time they routinely choose to create their own art. At our large wooden tables, children use mats to designate their work space, gather crayons, colored pencils, scissors, glue sticks as well as collage materials on their own and sit down to concentrate on their projects. Many times, more than one child will choose to do art and as they sit at the same table they will talk to each other about their creations, help each other with techniques, and share their ideas and tools. Friends work together with great enthusiasm and love to give their finished projects to each other joyfully saying, "I made this for you".

Having multi-age classrooms in our 3-6 year old Montessori program lends itself to collaboration and fosters leadership skills. Older children confidently show off their expertise in cutting and pasting as they offer to teach younger students basics they have practiced and learned. Younger students love to receive lessons from their older classmates. They are wonderful role models who gently guide and inspire as



they work side, by side using the ordinary to create their own extraordinary art. We hope you can also find

something beautiful in the ordinary, reuse it and have it take on a life of its own in your art.

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Francis Street Primary School Open Enrollment Begins April 8

By Laura Wyble
Principal
Francis Street Primary

I don't know Jackson.
I don't live in Jackson.
I live in Lansing.
I know Lansing.
I grew up in Detroit.
I know Detroit.

I don't know Jackson. However, I work in Jackson at Francis Street Primary School and drive into Jackson every day...and I'm learning about this city, its places and its people.

So let me tell you what I DO know...

• I know the parents and children that attend Francis Street Primary School are some of the hardest working, dedicated and determined families I've met.

• I know our small teaching staff is among the most "dedicated, early-arriving, late-staying, get-it-done, whatever-it-takes" group of people I've had the honor of working with.

• I know O'Harrow Construction Company is a construction company driven by wanting to do a quality job with talented, generous, and skilled professionals. We are forever grateful to O'Harrow and all of its staff.

• I know The Hurst Foundation is a forward-thinking, incredibly generous organization.

• I know Jackson Community Action Agency and its staff provides quality, community programming to serve all residents of Jackson in vital service areas such as education, housing, and health. I see it every day with our Headstart program. There's nothing quite like starting your day with a knee-high hug from a little one.



• I know The Kiwanis Club and Kohl's work very hard to keep the children of Jackson warm with shoes and boots – no questions asked.

• I know John Willis and his entire staff at the King Center work every day to provide services, programming and activities for this south Jackson neighborhood. Supporting and advocating for our neighborhood, the King Center and all of its staff are very 'bright lights' for us all.

• I know the YMCA offers quality physical education programming (along with transportation!) for our students.

• I know the grandmother of one of our students asked what we needed at school. We talked about help with our playground. So she started a fundraiser and our families and friends brought in close to \$800.00 to help pay for our playground.

• I know LRH and Associates are incredible neighbors.

• I know The Exchange Club of Jackson gave generously to completely furnish one of our classrooms.

• I know Jim at MidWest Recreation worked hard to give our kids a great playground.

• I know St John's United Church of Christ is filled with giving, passionate, professional people who are giving freely of their



time and talent to teach our children music and tutor our youngsters in reading and writing.

• I know Jackson Northwest Schools have taken us into their 'school family' and provide breakfast and lunch every day for our students.

• I know Smiles on Wheels have helped all of our students smile brighter.

• I know Tony and his crew at GLG Print worked hand-in-hand with us to help design, print and copy all of our printed material. I also know he did so with great enthusiasm, support and lots of laughs.

• I know FSP family members who have literally helped plant and care for all of our marigolds and daylilies surrounding our little school.

• I know Great Start Community Advisors work hard within our community in assisting our neighbors. I know Great Start installed and continue to stock our little Neighborhood Take-One-Leave-One Library.

• I know the staff at BestOne-Tire on High St. gave up their own time, their own money, and used additional resources to help repair

a car for a family who had few resources. They completed these repairs in order for the parents to get their children to school and themselves to work. They did this on their own, without being asked. As I stood at their counter with tears streaming down my face, one of the employees said: "We all know that it takes a community to raise our children. We wanted to help."

• I know many personal friends and family members who have given their time, money, physical labor, food, technical assistance, vehicles, furniture donations, school supplies and so much more to see Francis Street Primary become a reality.

So while I don't know Jackson very well, I'm beginning to learn.

And I'm loving what I see.

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- Foster children
- Children with disabilities
- Families experiencing homelessness



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Beyond Baby Talk; Language Development in Young Children

Contributed by
Community Action Agency

Children are learning language even before they are born. Babies who are still in the womb can hear their mother's voice talking or singing and can hear others around their mother. Infants listen to their caregiver's voice and as they age, often babble and coo as a way to mimic what is being said. Babies and young children even tend to imitate their frequent caregivers' tones and mannerisms.

There are several ways to help your baby learn language, even as infants. For younger babies under six months, singing, holding them close and talking while smiling, imitating their babbles, and repeating sounds your baby positively responds to are a few ways to assist in their language development. For babies six to twelve months, describing your babies toys and other things around them and asking your

baby simple questions like "where is the cat?", seeing if they look for the cat, and showing them where if they do not look are good ways to support language skills. Additionally showing your baby how to put movement like a wave with words like "hi" and "by" is also beneficial.

Children ages 12-18 months tend to start using more complex language skills and can identify their favorite items and people by name. Being patient with your child while they are still learning these abilities is key to their development. Give your child time to try to say what they would like instead of giving them the answer. If after some time, they are still struggling identify what they are asking for use your words and see if they can repeat them as you give them what they are asking for. Describing everyday tasks to you child as you are doing them also aids in their development of language.



From ages 18 months-3 years your child is continuing to learn at a rapid pace. Teaching your child simple nursery rhymes, giving them verbal direction on simple tasks like putting their coat next to the closet, asking open-ended questions, and allowing your child to engage in pretend play all help with their language abilities.

If you have concerns your child may not be learning at the same pace as their peers, first remember

every child learns differently, even siblings. One sibling may talk early and walk late and the other the opposite. Generally, babies are babbling by 9 months, say their first words by 15 months, have some consistent words by 18 months, can combine two or more words intelligibly by 2 years, and have strangers understand their words by 3 years. If you have concerns about your child's language development, it best to first consult with

your child's doctor.

Children's communication and language skills grow exponentially in the first three years of life. They tend to absorb and then emulate what they hear and see. There are numerous ways caregivers can help to nurture a young child's language skills from birth. Using some of these ideas and remembering to be kind, patient, and respectful to your child and others can help your child grow to be an effective communicator.



Visit **Jackson Radio Works** stations at community events like these for a chance to win prizes and station gear!

Rose Parade June 2	Blues Festival June 13, 14, 15	JA Grand Prix June 29
Hot Air Jubilee July 19, 20, 21	Relay for Life August 2, 3	
Jackson County Fair August 4 - 10	Civil War Muster August 24, 25	

and so many more!

Special thanks to our 2019 Community Events sponsors for making it possible!



Protect Your Skin with Antioxidants

By Victoria Beaman
Owner, The V Spa



Environmental aggressors like pollution and the sun's UV rays can weaken your skin's natural defenses.

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In the morning, follow your usual skincare routine to start with a clean, fresh face. Then, apply one full pump of Antioxidant Moisturizer. Be sure to bring it down to your neck and décolletage. Next, prep your skin for makeup and blur imperfections with V Cosmetics Tinted Primer. Apply

this all over the face, focusing on the t-zone, and anywhere makeup tends to fade. Hydrate and brighten your under-eye area with Antioxidant EyeCream with luxe massaging, using the ring finger to stimulate and wake up the eye area.

Once you've finished your makeup, set with V Cosmetics Invisible Blotting Setting Powder, a silky smooth powder with 0 flashback. Add a little pop of color with a V Cosmetics Lip Plumping Treatment.

At night, after removing all of your makeup, treat yourself to an easy yet nourishing evening routine. Twice a week, use Champaign Bubble Mask to break up pollution and free radicals. This mask is almost as fun to use as it is good for your skin. After removing the mask, apply a few drops of Skin Transforming Facial Oil or Skin Transforming Serum, pat into the skin until fully absorbed. Lastly, seal in all those skincare benefits and moisture with the Antioxidant Night Recovery Cream.

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As one of Michigan's premier makeup artists, Victoria has brought a wealth of knowledge about natural beauty to the Jackson area. With all genres of work under her belt, she continues to enhance her given talent with on-going education, as well as guest teaching at local aesthetic and cosmetology schools.

Henry Ford to Build Outpatient Surgery Center in Grass Lake

Contributed by
Henry Ford
Alliance Health

Jackson, Michigan—Henry Ford Alliance Health has finalized the purchase of a 40-acre parcel of land on Mt. Hope Road in Grass Lake. Immediate plans for the property include the construction of an outpatient surgery center that will serve as a hub for procedures that allow the patient to return home the same day.

Henry Ford Alliance Health president and CEO Georgia Fojtasek said, "This announcement represents a continued investment by Henry Ford Health System in the communities we serve. When complete, our new outpatient surgery center will give patients in our region expanded access to safe, affordable care from outstanding surgeons trained in the latest techniques."

Future uses of the site will likely include the expansion of other outpatient services. There is no timeline for those decisions at present.

About Henry Ford Alliance Health

Henry Ford Alliance Health (HFAH) is a 475-bed health system in Jackson, Michigan. HFAH complements traditional acute care services with primary and community-based to support patients across the health continuum at every stage of life. With its Level II Trauma Center, Henry Ford Alliance Health provides comprehensive care for severely injured patients. As a teaching hospital, Henry Ford Alliance Health continually looks to the future with its Center for Health Innovation & Education and Graduate Medical Education program. Through its Health Improvement Organization

(HIO), HFAH is also a national leader in forming community partnerships that innovatively address wellness and prevention needs across the region. Visit HenryFord.com to learn more.

About Henry Ford Health System

Henry Ford Health System is a six-hospital system headquartered in Detroit, Michigan. It is one of the nation's leading comprehensive, integrated health systems, recognized for clinical excellence and innovation. Henry Ford provides both health insurance and health care delivery, including acute, specialty,

primary and preventive care services backed by excellence in research and education. Henry Ford Health System is led by President & CEO Wright Lassiter III. Visit HenryFord.com to learn more.

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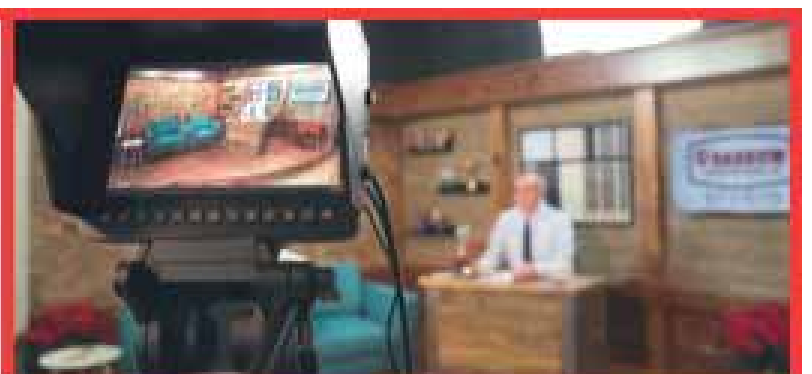


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8 Ways to Banish Spring Allergies

(BPT) - Spring. The time of year when, as poet Alfred Lord Tennyson famously said, a young man's (and woman's) fancy "lightly turns to thoughts of love." That is, of course, if you're not sneezing, coughing or dealing with itchy eyes. Spring allergies seem to get worse every year. Is there anything you can do to avoid them?

Yes, says allergist Todd Mahr, MD, president of the American College of Allergy, Asthma and Immunology (ACAAI). "You might feel like suffering from allergies is going to happen every spring no matter what, but there are ways to help alleviate your symptoms."

These 8 ACAAI tips will help you enjoy the season instead of sitting it out indoors.

1. See an allergist. Before the season kicks in, make an appointment with an allergist to find out exactly what is causing those itchy, watery eyes. Discovering the allergen that you're reacting to is the first step in treating it. The ACAAI's Allergist Locator can help you

find a board-certified allergist in your area.

2. Find out if it's allergies or asthma. Or both. The symptoms from asthma can be similar to those of allergies. To make matters worse, allergies plus asthma can be a one-two punch for some allergy sufferers. Almost 75 percent of asthma sufferers also have allergies. Your allergist can diagnose what's causing your symptoms and offer suggestions for treatment so you can start living the life you want to live.

3. Consider allergy shots... They may be the best way to treat tree, grass, mold, dust mite, cat and dog allergies. Allergy shots are immunotherapy. That means your allergist will gradually give you increasingly larger doses of whatever you're allergic to. There are also tablets that melt under your tongue to treat allergies to ragweed, grass pollen and dust mites. Both forms create a tolerance within your immune system.

4. ...or get a prescription. Research has shown that most allergy sufferers

find prescription medications more effective than those they can get over the counter. But most people don't go in search of a prescription. An allergist can discover exactly what you're allergic to and prescribe the right medication to ease your symptoms.

5. Start medication before the season hits. Don't wait. Much like successful pain management involves getting in front of pain before it kicks into high gear, by taking your allergy medications before the worst symptoms develop, you'll be doing a lot to alleviate those symptoms. If you usually start feeling it in March or April, start taking your medications in February.

6. Commit to a thorough spring cleaning. It's not just to give the house a fresh look after the long winter. A deep clean will reduce allergens like mold, which build up in basements and other areas where you might not go every day. It's also a great way to get rid of the pet hair and dander that have built up in places like your sofa. Wash



throw rugs regularly, too, in hot water.

7. Wash the day away before going to bed. Take a shower and wash your hair before hitting the hay to rinse away pollen and other allergens you've picked up during the day. Similarly, wash your sheets and bedding once a week in hot water.

8. Use the AC. It's tempting to throw open the windows and let that fresh spring air waft into the house. The only problem is, pollen and other allergens will waft in with it. Instead, use your air conditioner and make sure the filter is clean. Change your filter every three months and use one with a MERV rating of 11 or 12.

With a few common-sense tactics, you can get

ahead of your allergies and keep them in the rear-view mirror all season long.

About ACAAI

The ACAAI is a professional medical organization of more than 6,000 allergists-immunologists and allied health professionals, headquartered in Arlington Heights, Ill. The College fosters a culture of collaboration and congeniality in which its members work together and with others toward the common goals of patient care, education, advocacy and research. ACAAI allergists are board-certified physicians trained to diagnose allergies and asthma, administer immunotherapy and provide patients with the best treatment outcomes. For more information and to find relief, visit AllergyandAsthmaRelief.org. Join us on Facebook, Pinterest and Twitter.





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