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- pages 2 & 10

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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

Put a Spring in Your Step with Jackson Delights

By Morgan Riggs

The days are getting longer, the weather is getting warmer, and if you look closely, flowers are beginning to bloom all around. This spring, discover the wonders of our town with delightful activities for the whole family!

Adorable Alpacas

You cannot help but smile when you enter the gates of Lowry's Little Flock Farm in Horton, MI. Rabbits, alpacas, emus, pigs, goats, and more await you at this heart-warming destination. Make sure to stop into the shop as well for sweet treats and the softest socks around. Check their Facebook page for up-to-date information about the farm!

Lavender Lattes

What better way to kick off spring than with a flavorful, floral beverage? Check out the offerings at Vito's Espresso, now located at 7975 Spring Arbor Rd in Spring Arbor.

Tranquil Trails

The Falling Waters Trail, Martin Luther King Equality Trail, and trails at the Dahlem Center are the perfect way to reconnect with nature and bring a calming presence to your life.

Rambunctious Rabbits

Nothing says spring quite like a rabbit,

and there is no better place to visit and learn about them than Imagine Planet. Jean Mc-Kim, Executive Director at Imagine Planet, contributes stories monthly to ensure that fueling scientific curiosity is fun and accessible for all. Admission is free, so head over to 730 Tomlinson St today and visit the rabbits and other animal ambassadors.

Sustainable Suds

April is host to Earth Day, providing the time to reevaluate our current practices as consumers. One way to help our planet is to ditch single-use plastic, which often houses our favorite bath products such as soap and shampoo. Head to FarmSudz at 229 S Mechanic St to find a selection of natural products to nurture your body and soul!

Whimsical Walls

If you have not already toured the more than 75 murals enriching our downtown, now is the time! Artists from around the world came and contributed to beautifying Jackson. Bring a camera, a smartphone to view the map (or print one off at brightwallsjackson.com/map), and your walking shoes and take in the colorful scenes.

These ideas only scratch the surface of what Jackson has to offer! For more events and activities, follow J.A.C.K.S. on Facebook and visit experiencejackson.com to find the community calendar.



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Endurance Law Brings IP Resources to Jackson Entrepreneurs

Contributed by the Jackson County Chamber of Commerce

Starting a business can be intimidating. You have an idea; now what? How do you protect that idea? The startup scene is something more and more entrepreneurs in the Jackson area are dipping their toes into. For that reason, the Jackson entrepreneurial community is lucky to have dedicated intellectual property (“IP”) expertise in Endurance Law Group PLC. Jon Shackelford, one of the partners, explained that Endurance Law is made up of patent lawyers, a rare breed who are as much engineers as they are attorneys, which makes them unique in the legal field.

Endurance Law was formed by Jon and law partner Brad Smith, who each left big Ann Arbor firms in 2012 to set up shop in Jackson. The motivation was different for each. For Jon, he always admired clients who were entrepreneurs, taking risks on ideas and new ventures. The thought of starting a business seemed exhilarating to Jon. Brad was motivated by the prospects of a better quality of life and the abil-

ity to closely manage the working family farm in Addison. Leaving the security of large firms and steady incomes to start a boutique IP practice in Jackson was daunting, to say the least, but the pair have never had any regrets for taking that leap of faith, now ten years ago.

A patent lawyer must be able to understand an invention in order to write an effective patent. Brad and Jon both come from mechanical engineering backgrounds, meaning they love inventions made of gears and springs and moving parts, but have less experience dealing with inventions based in electrical, software, and E-commerce tech. That’s why they’ve recently made an important addition to the firm, Jim Yee. Jim is an electrical engineer and specializes in precisely these areas. With Jim, Endurance Law is able to better serve clients in the electrical, software, and E-commerce spaces at a competitive cost.

All three lawyers that make up Endurance Law came from big firms, posh offices, and expensive hourly rates. Here they are now, in Jackson, the very

same lawyers without the flashy surroundings and big city rates. When the Lean Rocket Lab was established in downtown Jackson (2018), Endurance Law jumped at the opportunity to relocate its offices within the hub of the city’s entrepreneurial heartbeat. The Lab offers Jim, Brad, and Jon the ability to easily connect with Jackson’s best and brightest rising stars on the entrepreneurial scene. Endurance Law passionately believes that the future entrepreneurs of Jackson are to be found flowing through the Lean Rocket Lab in some capacity, and that’s why the firm is exactly where it needs to be. Jon testified that after observing the entrepreneurial scene in Jackson over the past 10+ years, the Lean Rocket Lab has done a remarkable – make that miraculous -- job establishing a genuine, fully-functioning, entrepreneurial community in Jackson. Being in this environment allows the Endurance lawyers to be one step closer to their clients while offering their specialized type of support to this vital growth sector of our community.

Endurance Law spe-

cializes in Intellectual Property Law, IP law for short, which is an umbrella term for four different legal tools/devices created to protect different facets of human creativity: patents, trademarks, copyrights, and trade secrets. They work mainly with inventors and creators to protect and defend their creations.

If a client has an invention, they need a patent. If a client has created a work of art, they need a copyright. If a client has come up with their own brand, they need a trademark. Confidential formulations need a trade secret. Brad, a seasoned litigator, handles IP disputes for the firm. Jon described their services as a sort of cocktail. Depending on what each client creates or needs, Endurance Law devises a “cocktail” of intellectual property ingredients to maximize protection. With that, the partners at Endurance Law see themselves as “mixologists” for Intellectual property – custom IP cocktails made to order.

Entrepreneurs have something unique to offer their customers. Businesses without a unique offering at least want to be distin-

guishable from their competition. In both cases, the path to distinctiveness in the business world travels through Intellectual property. Though needs differ from business to business, Endurance Law helps entrepreneurs and businesses of all kinds establish themselves in a unique way so that they can maintain, and hopefully grow, their market share.

One major point that Endurance Law wants to convey is “why pay for showiness?” Jon explained, “If someone is looking for a flashy, expensive IP lawyer, go to a big city like Ann Arbor, Detroit, or Grand Rapids.” Rather, the Endurance lawyers are highly qualified, experienced “IP mixologists” that know the ins and outs of entrepreneurship. For day-in, day-out IP legal affairs, come to Endurance Law for the same quality of service as you will find in the big firms, just with lower rates and skipping the superficial stuff.

To find out how Endurance Law Group PLC can mix a custom IP cocktail for your business, give them a call at 517-879-0261 or visit endurancelaw.com.

2023 Kindergarten & Young Fives Round-Up

Join us at one of our JPS Elementary Schools!

• Cascades Elementary	April 17	5:00 - 6:30 pm
• Dibble Elementary	April 19	5:30 - 7:00 pm
• Hunt Elementary	April 20	9:30 am
• John R. Lewis Elementary	April 24	5:00 - 6:30 pm
• JPS Montessori Elementary	April 26	5:30 - 7:00 pm
• Northeast Elementary	April 25	5:30 - 7:00 pm
• Sharp Park Academy	April 27	5:30 - 7:00 pm

● **Prizes & Food!**

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● **Community partners will be available to serve you!**

● **Please arrive early as program will begin promptly!**

For More Information Please Call 517-841-2147



Jackson County Animal Shelter's Adoptable Pets: Deputy and Pugsly

*Contributed by the
Jackson County
Animal Shelter*

Deputy

Meet Deputy, as in 'Deputy Dog.' He is a one-year-old, brown and white American Staffordshire mix that came in as a stray. Though he came in significantly underweight and in poor condition, he is rebounding and enjoying being in the warm shelter where he knows he will be fed and cared for. Deputy is house trained and loves to play catch with a ball. He is a happy boy who is easy to get along with! Dog adoptions require an application that can be found at www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF. Availability date is when the dog becomes JCAS property; any neces-



**Jackson County
Animal Shelter**

sary 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.

Pugsly

Pugsly is an eleven-month-old male gray tabby. He is quite friendly and often sticks his paw out of the cage to wave down people walking by. Pugsly has stunning golden eyes and gets

along well with other cats. Meet him 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 medi-

cal procedures may slightly postpone an adoption. Visiting the shelter is always best, but you can complete an online application at www.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.



Keeping Pets Safe in the Garden

Family Features - If you have pets that enjoy spending time outdoors, it's important to make sure your yard is a safe place for them to be.

Consider these hazards that can negatively impact the well-being of your furry friends:

Poisonous Plants

Some common plants can be dangerous for animals, causing anything from mild oral irritations and upset stomachs to cardiovascular damage and even death. For example, these are some of the toxic plants the American Society for the Prevention of Cruelty to Animals (ASPCA) has identified as harmful to either cats or dogs:

Aloe – can cause vomiting, diarrhea, tremors, anorexia, and depression

Azalea – can cause vomiting, diarrhea, hypersalivation, weakness, coma, cardiovascular collapse, and death

Burning bush – can cause vomiting, diarrhea, abdominal pain, and weakness, as well as heart rhythm abnormalities with large doses

Caladium – can cause burning and irritation of the mouth, tongue, and lips, excessive drooling, vomiting, and difficulty swallowing

Daylilies – can cause kidney failure in cats

Hibiscus – can cause vomiting, diarrhea,

nausea, and anorexia

Mulch and Compost

The decomposing elements that make compost good can be bad for pets, according to

issues and even seizures in dogs. Shredded pine or cedar mulch is a safer choice.

Fertilizer and Insecticides

The chemicals used to get rid of pests or make your lawn lush can be toxic to pets. Some of the most dangerous pesticides include snail bait with metaldehyde, fly bait with methomyl, systemic insecticides with disyston or disulfoton, mole or gopher bait with zinc phosphide, and most forms of rat poison, according to the ASPCA. Follow all instructions carefully, and store pesticides and fertilizers in a secure area out of the reach of animals.

Fleas and Ticks

In addition to using appropriate flea and tick prevention methods such as collars and sprays, make sure your yard isn't a welcoming environment for these pests. Keep the lawn trimmed and remove brush and detritus, where fleas and ticks often lurk. Fleas can cause hair loss, scabs, excessive scratching, tapeworms, and anemia. Ticks can do all of that, plus

bring you and your family in contact with diseases like Rocky Mountain spotted fever and Lyme disease.

Find more tips for keeping pets safe in your yard at eLivingtoday.com.



Photo by Hendo Wang on Unsplash

the National Garden Society. Keep compost in a secure container or fenced-off area so pets can't get to it. Cocoa mulch can be a particular problem for dogs. A by-product of chocolate production, cocoa mulch can cause digestive

Learn to Love Your Hometown

Taste the Irish Hills this Spring with Local Gems

By Val Herr

We recently had the opportunity to experience Taste of the Irish Hills. What a wonderful event! We had no expectations and were blown away by the places we were able to visit. This \$25 ticketed event allowed us to taste food and beverages at 25 locations throughout the Irish Hills. Although we were only able to participate on the first day of this two-day event, and had to tap out after 13 stops because we



were so full, the experience was incredible. Among the highlights of the day were a couple of places we hadn't been to before, but I highly recommend you try them!

1. Callaghan's Coffee Cafe in Brooklyn: This quaint coffee café offers much more than coffee! We were treated to a new juice energy drink and a delightful breakfast sandwich. Adding to the atmosphere was a Saturday morning knitting group, families enjoying some quiet time playing board games, and outstanding customer service.

2. The Winery North of 12: Being greeted as soon as we walked in by a wel-

coming and smiling face set the tone for a delightful visit. Two wine pairings were offered and accompanied by a meatball and a sweet treat. We can't wait to go back and experience their live music events.

3. The Greenleaf Mansion Bed and Breakfast in Onsted: This beautiful 1800's home is full of character. We were able to tour the entire location and hear amazing stories about the pieces of furniture and the themed rooms. The owners are just as charming as the B and B.

Spring is here, and it's a great time to go out and explore our amazing area.



Photo by Zan on Unsplash

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Relationships In Early Childhood

By Katie McCollom,
Community Action Agency

Building warm, trusting relationships with the children in your care is one of the most important things you can do as an educator and a parent. Research shows that close relationships formed in early childhood can positively impact children's academic and social-emotional skills. All relationships can have a detrimental impact on the child's well-being and development. Additionally, educators who feel they have positive relationships with the children in their care tend to see their jobs as more rewarding and feel better about themselves. So, what can you do to foster these positive relationships? Here are some tips to help you build closeness and minimize conflict in your classroom and at home.

Start with Hello

It's crucial that all children feel welcome. Providing a warm greeting at the start of the day can go a long way in communicating that you are glad to see them and happy to see them and that they are entering a safe environment. Remember that while some children may appreciate a loud and excited greeting, others may be more comfortable with eye contact and a soft greeting that lets them know that you are happy they came to school. Try to match your greeting to the child, or even let the child pick how they would like to be greeted. It may be a high-five, a handshake, a hug, or even just a smile.

Take Time to Check In

Find time to ask children how they're feeling, especially when something seems off. They may need help naming the emotion they're experiencing. Asking prompting questions like "Are you feeling embarrassed?" or "You seem frustrated, is that how you're feeling?" can help children communicate their needs and regulate their emotions. This also conveys that you care about the child. If a child is dealing with an uncomfortable emotion, help them cope with their feelings in a healthy way. For example, encouraging children to take ten slow deep breaths can help them calm down in stressful situations. And remember that children in your care will learn from your actions. If you name emotions and

practice healthy coping skills, they will likely adopt these behaviors as well!

Avoid Coercive and Punitive Interactions

Coercive patterns occur when an adult responds in a way that reinforces an undesirable behavior by a child. For example, if a child is frustrated and acts out and you respond in a harsh manner, this may result in the child feeling more frustrated and acting out again. Similarly, a child may refuse to do what they're asked to get attention from you. Ignoring this initial defiance and then providing positive encouragement after the child complies is a much more effective way of dealing with this behavior than escalating the situation. Responding with punishment, like sending a child to time-out, may seem to be effective in the short term. However, children do not learn new behaviors through punishment, which often leads to additional challenging behaviors. Instead, try something like a "time-in" where you sit with the child to discuss the situation and how they're feeling. This is a more effective way to address the behavior and will also help you establish a close bond with the child.

Have Fun

Coming to the classroom or being at home should be an enjoyable experience. You can be silly and laugh with children in your care. Try to make the room and house warm and relatable to the children, and look for fun activities that everyone can be a part of. This can lead to many positive interactions and help you connect with the children.

Oftentimes the children who stand to benefit the most from close, non-conflictual relationships present behaviors that make it more challenging to connect with them. They may act out in the classroom or at home. Remember that difficult behaviors are often the result of some unmet need or stressor in the child's life. If you can respond with empathy, it will go a long way. Research consistently shows that a single, close, healthy relationship formed in childhood can have an immense impact on a child's well-being and future. You have a wonderful opportunity to be that person for many children!



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SOUTH CENTRAL MICHIGAN VIRTUAL

College in the City: Jackson College Offers College Classes at MLK Recreation Center

By Aaron Dimick,
City of Jackson
Public Information Officer



The City of Jackson and Jackson College are coming together to break down barriers to a college education.

Since last fall, the college has offered entrepreneurship classes at the City's Martin Luther King Jr. Recreation Center on the south side of Jackson. Dr. Clevester Moten teaches courses at the center and says the response from students has been very positive. "Some students have indicated that courses offered at the MLK Center take another barrier off their shoulders by not having to worry about transportation to and

from the central campus," Dr. Moten said. Jackson College's Central Campus is located in Summit Township, four miles south of the City. Kelly Crum, Jackson College's Chief Diversity Officer, says the MLK Center's reputation as a welcoming space made it a natural fit for college classes within the City. "In the long run, it is about creating a community where access and

class offerings can provide skill training, certification, transfer options, and degree completion for those living in the area or outside to create opportunities for their families to sustain employment," Crum said. City and college officials celebrated the new community education partnership in December with the unveiling of a new sign at the center's front entrance. MLK Center Director Antonio Parker says the college classes have been a welcome addition. "This collaboration provides residents a wonderful opportunity to advance their education and shows our youth that college is something within reach," Parker said.

Contact the Jackson College admissions office at 517-796-8425 if you're interested in taking classes at the MLK Center.



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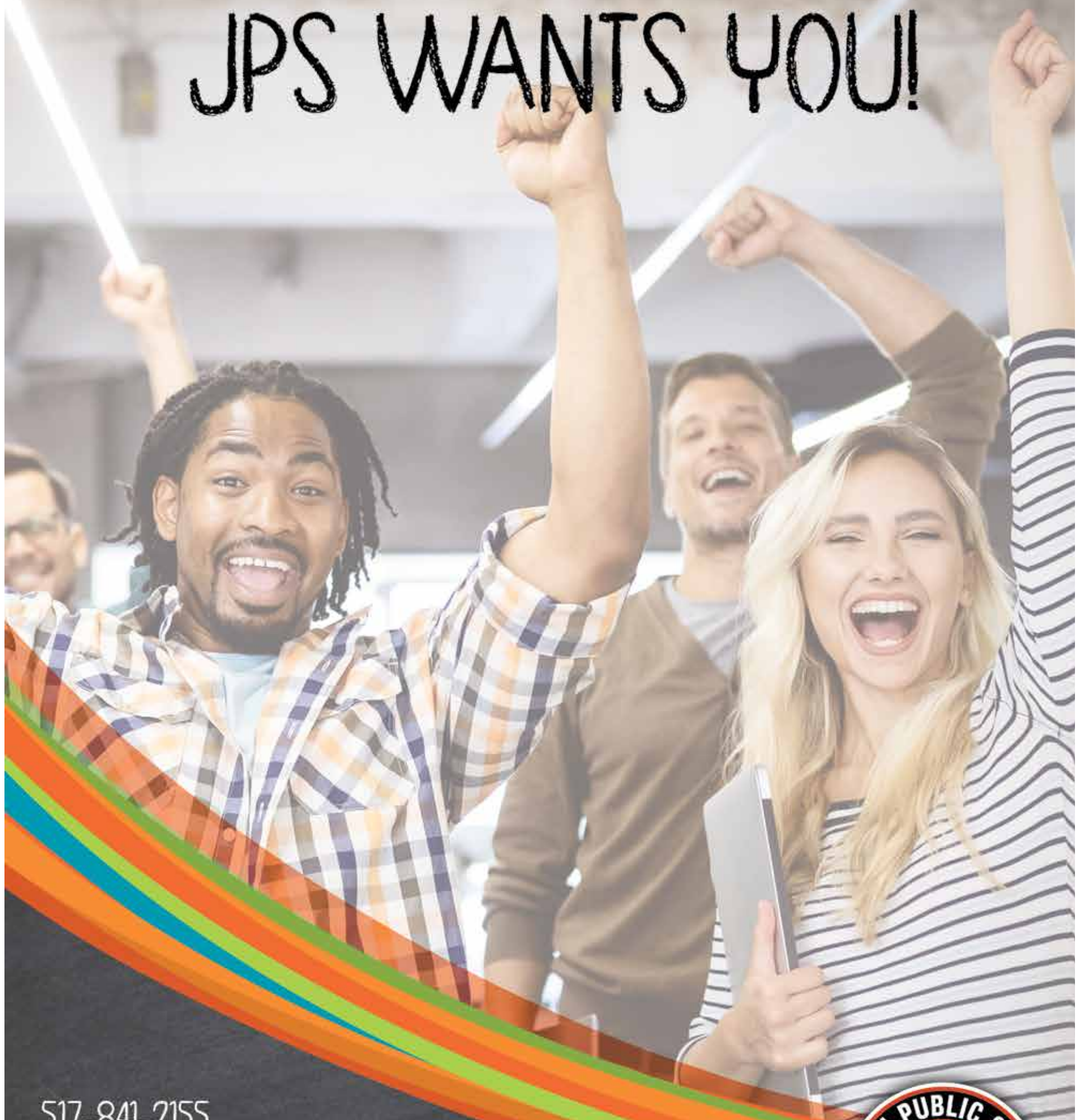
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College & Career Access Center, May Scholarships

Ramblers Scholarship for LGBTQ+ Student Athletes

Eligibility:
An eligible applicant is:

- an athlete
- an open and self- identified lesbian, gay, bisexual, transgender, queer, or intersex person; or a demonstrated and committed ally;
- a graduating high school student who plans to attend a recognized college or university in the United States OR is an already matriculated undergraduate college student; and
- between the age of 15- and 22 (depending on age at time of high school graduation)

Description:
Established in 2016, the New York Ramblers Scholarship supports young student athletes who self-identify as lesbian, gay, bisexual, transgender, queer, or intersex (LGBTQI) or as demonstrated and committed allies. Awardees will receive a one-time scholarship, paid directly to their school, covering tuition fees. Up to two scholarships of \$2,500 each will be awarded publicly each summer.

Award: \$2,500
Deadline: May 1, 2023
Application: <https://www.nyramblers.com/scholarships>

Michigan Nursing Foundation Scholarship

Eligibility:

- a student currently enrolled in a Michigan college/school of nursing that grants a certificate for practical nursing or an associate, baccalaureate or higher degree in nursing; and
- in good academic standing with demonstrated progress toward degree completion.

Description:
The Michigan Nurses Foundation was created in 2000 to advance nursing and nursing education by awarding scholarships and research grants and by providing financial aid for the treatment of recovering nurses. MNF is funded through private contributions and fundraising activities. Submit your application by the deadline, along with:

- a one-page personal vision of your future nursing practice. (Include your name and contact information at the top of the page.)

- current transcript (a copy is allowed)
- a letter of reference from a nursing faculty member

Award: \$1,000
Deadline: May 1st, 2023
Application: <https://www.michigan-nursesfoundation.org/scholarshipsawards>

American Floral Endowment Scholarships

Eligibility:

- Be pursuing a career that is in a field related to floriculture or horticulture.
- Be a citizen or resident of the U.S. OR Canada - or be enrolled in an accredited educational institution in the U.S. or Canada.
- Have a minimum 2.0 grade point average to be considered for most scholarships. Applicants with lower grade point averages may be considered if they have otherwise outstanding qualifications or extenuating circumstances.

Description:
These scholarships are available for both undergraduate or graduate students pursuing a career in floriculture. Students will be selected based upon a sound academic performance and a grade point average of 2.0 or higher.

Award: Maximum of \$4,000
Deadline: May 1, 2023
Application: <http://endowment.org/scholarships/>

AMBUCS Scholars - Scholarships for Therapists

Eligibility:

Applicants must be US citizens accepted in a graduate-level program that is accredited by the appropriate therapy profession authority in physical therapy, occupational therapy, speech language pathology, or hearing audiology. Assistant or undergraduate programs are not eligible. Awards are based on financial need, commitment to local community, character for compassion and integrity, and career objectives.

Description:
In addition to the filling out the online application, students will be required to upload:

- FAFSA (Free Application for Federal Student Aid) SAR (Student Aid Report)

port)

- Proof of enrollment into an accredited program as outlined above and
- One-page personal statement.

*See website for detailed information on application requirements.

Award: \$500-\$1,500 with 2 awards for \$6,000
Deadline: May 1, 2023
Application: <https://ambucs.org/therapists/scholarship-program/>

Crossword Hobbyist Crossword Scholarship

Eligibility:

Crossword Hobbyist is offering a scholarship to a current or incoming undergraduate student who will be enrolled for the Fall 23 semester.

Description:
Most scholarships want you to submit an essay. Essays are great, and we do want to hear a but about you, but we love crosswords! That's why we're asking applicants to create one 15x15 newspaper-style crossword puzzle on Crossword Hobbyist. The theme should be focused on a topic that you're passionate about. It can be anything you want! Animals, music, skateboarding, cupcakes, retro video games – the sky really is the limit.

Award: \$1,000
Deadline: May 1, 2023
Application: <https://blog.mycrosswordmaker.com/crossword-hobbyist-crossword-scholarship/>

Michigan First Credit Union 2023 Scholarship

Eligibility:

- Be a member in “good standing” with Michigan First Credit Union
- Be a legal resident of the United States of America, age 17 or older
- Be currently attending high school as a senior anywhere in the United states and having a minimum cumulative grade point average of 3.0
- Plan on attending a U.S. Department of Education accredited college, university, 2-to-4 year community, vocational or technical college full time in the summer or fall of 2023
- Have/will have applicable education expenses payable to the college or university the students will

be attending.

- College entrant must: Be a member in “good standing” with Michigan First Credit Union
- Be a legal resident of the United States of America, age 17 or older
- Have a minimum cumulative grade point average of 3.0
- Be a graduate or undergraduate student currently attending or planning to attend a U.S. Department of Education accredited college, university, 2-to-4 year community, vocational or technical college full time in the upcoming semester.
- Veterans must provide a copy of their honorable discharge papers.
- Graduates must provide proof of diploma)
- Have/will have applicable education expenses payable to the college or university the student will be attending.

Description:
For individuals interested in attending college or trade school, the Michigan First Scholarship Competition helps those dreams become a reality. Eligible high school seniors, college students or technical college students planning to continue their education may enter the competition.

Award: \$10,000
Deadline: May 5th, 2023 - check back when the scholarship opens on April 3, 2023
Application: <https://michiganfirst.com/About/Community/Scholarships>

The Brower Youth Award

Eligibility:

Eligible candidates must be:

- youth environmental change leaders ages 13 to 22 years (as of May 14, 2023)
- living in North America (including Mexico, Canada, some Caribbean Islands)

* Residents of U.S. territories are encouraged to apply.

Description:
All applications must be completed online. Please notify us well in advance of the deadline if you foresee any problems with this process. Applicants must complete their own application. Parents, friends, mentors, teachers, etc. must not complete it on behalf of the student. In addition to meeting award eligibility

requirements and following all instructions to complete the online application, each applicant must submit:

- a self-photograph
- finalist will be asked for a letter of support from someone who is familiar with him/her and his/her environmental work (cannot be from a parent or guardian)

Award: \$3,000 cash prize, a professionally produced short film about their work from an Emmy award-winning film crew, and flight and lodging accommodations for a week-long trip to the San Francisco Bay Area.

Deadline: May 14, 2023
Application: <http://www.broweryouthawards.org/apply/>

Bill Cowden Memorial Aviation Scholarship

Eligibility:

- Applicant must hold a current Private Pilot Certificate and plan to pursue advanced training in aviation.
- Applicants must submit a one-page, typewritten essay giving their reasons for pursuing advanced training in aviation, a professional resume and one letter of recommendation related to aviation skills.
- Available to pilots in the Midwest, limited to: ND, SD, NE, KS, MN, IA, MO, WI, IL, MI, IN, and OH.

Description:
Bill Cowden passed away at the age of 47 in an air show performance accident in June 2014. Those who knew Bill remember his attention to detail and hunger to attain each subsequent aviation rating. His passion was honing his aviation skills and promoting aviation activities in all their forms. It is in this spirit and in his loving memory that his wife, Heather Cowden, reached out to the Community Foundation of Dunn County to establish the Bill Cowden Memorial Aviation Scholarship. It is Heather's hope that aspiring pilots who lack the financial resources to pursue advanced pilot training will be able to fulfill their dreams in Bill's memory.

Award: Maximum award of \$1,500
Deadline: May 15, 2023
Application: <https://cf-dunncounty.org/funds-2/scholarships/cowden-aviation/>

Hop on Over to Imagine Planet

By Jean McKim,
Imagine Planet

This month let's turn our attention to our rabbits. Our rabbits are all domestic rabbits, which have been bred for different traits and reasons, just like dogs have. A great place to see various breeds of rabbits is the Jackson County Fair from August 7th to August 13th this year. From the small Netherland Dwarf to the huge Flemish Giant, there are 49 recognized breeds of rabbits in America. Crosses or mixes are also common. Domestic rabbits are a subspecies of the European rabbit, not our local cottontails. Their scientific name is *Oryctolagus cuniculus domesticus*.

Rabbits are not rodents. Along with the hares and pikas, rabbits are placed in the order Lagomorpha. Additionally, rabbits and hares are in the family Leporidae. Rabbits have four incisor teeth in their top jaw, while rodents like squirrels, rats, and chinchillas have two. To compare rabbit and rodent skulls and teeth, come to Imagine Planet, and we can show you the real thing. Like rodents, their teeth grow throughout their lifetime. This means that pet rabbits must be given things to chew to wear down their teeth.

Domestic rabbits, on average, live from 8-12 years. Smaller breeds usually live longer than the larger breeds. Their wild counterparts have a much shorter lifespan due to predators, cars, and other circumstances. Domestic rabbits may not survive a week in the wild on their own. All of the traits rabbits have that make them suited for the wild have been bred out of the house breeds. They are

much easier for hawks to see, for example. A domesticated rabbit may not even be able to find food in the wild. Bottom line? If your pet rabbit is not working out, don't just open the door and let it hop out. Instead, investigate the options in your community for disposing of the rabbit. Please never release a domestic rabbit into the wild.

A male rabbit is known as a buck, a female is a doe, and a young rabbit is a kit, or kitten.

Our rabbits are Einstein, a Californian breed of rabbit, Bugs Bunny, a Polish Dwarf, and Mr. Smiles, a Netherland Dwarf cross.

When a rabbit eats vegetation, it maximizes digestion by eating it twice...wait for it....yes, it eats its own poop pellets. This is how it works; a rabbit eats plant material, which passes through its digestive tract; this is pooped out as a soft black type of pellet called a caecotroph which is then eaten, re-chewed, and digested, and pooped out as the familiar hard round pellets we all know and recognize. So if you see poop in the litter box, don't assume the rabbit is poorly taken care of. Rabbits should not spend all their time in the cage and require fresh water at all times. Their heat requirements are pretty much the same as ours.

Do your research before getting one of these animals. Please don't get a pet for Easter or other holidays. A rabbit is a 15-year commitment. The same goes for many bird varieties, such as chickens and ducks. Spring is finally here, and there are lots of things to explore at Imagine Planet, 730 Tomlinson St, Jackson, MI. As always, admission is free!



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Jackson County Health Department: Empowering Youth Today

By Ariana R. Truman,
Health Educator



Housed within Jackson County's Health Department, the Empowering Youth Today program is a federally funded program focused on serving youth 10 – 15 years old. The intent of the program is to educate youth and equip them with tools to make the best decisions for their futures. In addition to the Empowering Youth Today program that occurs within the school setting, we have created an afterschool program called B.O.S.S., which stands for Built on Self Success. This is a group of 6th, 7th, and 8th-grade students dedicated to making an investment in themselves. B.O.S.S. is currently housed at Middle School at Parkside and operates throughout the academic school year. During B.O.S.S., students spend time learning about themselves, enhancing skills, and applying what they learned to a project. This year, the students focused

on contributing to the Max Stossel Social Awakening Project. Max is a former Silicon Valley media strategist who is now Head of Education & Content for the Center for Humane Technology and CEO of Social Awakening. Max has spoken to 100,000+ students, parents, and educators, highlighting the impact of social media on our lives and creating resources to manage that impact. He provides a unique perspective on the role of technology and the impact it has on our lives. The Jackson County Health Department's Empowering Youth Today program, in combination with community partners, had the opportunity to bring him to the Jackson community, where he provided this message to all of the teachers, faculty, and staff on the day of discovery. Additionally, he presented student assemblies to nine (9) schools and provided two (2) parent programs. B.O.S.S. students were able to assist in various areas of the project, including promotion, advertising, speech writing, performance, and post-survey experience. All of our students played a role in making this project a success.



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Solo Travel Tips: 7 Recommendations for Venturing Out Alone

Family Features - Whether you're a lone wolf at heart or looking to broaden your sense of independence, traveling solo can be a richly empowering and satisfying experience.

Setting out on your own has many practical advantages. You're not worrying about accommodating another's schedule, interest, or needs, and you're free to decide what you want to do and when. Solo travel also elicits some mental and emotional benefits as you experience a unique sense of freedom, liberation, and self-sufficiency.

If you're considering a solo journey, consider these tips from the book "101+ Tips for Solo Women Travelers," which is offered by Overseas Adventure Travel in free digital and print editions.

Make Sure Your Passport is Updated

Many countries now require your passport to be valid for six months after your return to the United States. If you don't have a passport or need to renew one, apply for one as soon as possible. Ideally, you should have your application in six months before you depart.

Look for Trips with No Single Supplement

Often, quoted rates are "per person, based on double occupancy." This is because travel hosts know they can make more from a couple traveling than an individual. You can avoid paying a single supplement premium by being willing to match with a roommate or traveling with a tour company or cruise line with free or low-cost single supplement fees.

Use the ATM

As an affordable and convenient way to get cash, you can avoid wasting time in line at a bank or currency exchange bureau by visiting an ATM. While you'll likely incur a fee for using an ATM that's not part of your bank, it is often less than the commission you'd pay at an exchange bureau. Plus, you can avoid additional fees by calculat-

ing how much you'll need for the trip and making one withdrawal as opposed to multiple smaller withdrawals.

Download Entertainment Before You Leave

When traveling, Wi-Fi can be expensive, slow, or just not available. Before you leave, download music, e-books, podcasts, favorite tv shows, or movies to enjoy while you're en route or during downtime.

Join Group Tours

Once you reach your destination, you may enjoy joining small groups for excursions or to explore local cuisine. Or you can make your entire journey a group experience. A small group adventure with Overseas Adventure Travel has many benefits, and a built-in dining companion is just one of them.


Take Precautions in Your Hotel Room

When you check in, ask the receptionist to write your room number down instead of announcing it so everyone can hear. Make sure your room's locks work on both the door into the hallway and the balcony. Never let any repair person or staff member into your room without confirming with the front desk first. Bring a rubber doorstop, which makes a hotel room door nearly impossible to open. Finally, have an exit plan: Know where the nearest exit is located and the route from your room.

Make New Friends

For some, making friends seems to happen naturally while traveling alone by chatting with strangers at a neighboring restaurant table or striking up a conversation while waiting in line at a store. If those situations don't occur naturally, there are useful apps that can connect you with local people as well as fellow travelers.

Find more tips to prepare for your journey at oattravel.com.



JOIN US
the Y
Sunday, May 7
Tea & Totes
11 O'CLOCK
CASCADES MANOR HOUSE

A Tea Party - Just in time for Mother's Day!

Guests will enjoy delicious teas and hors d'oeuvres, a fun activity, and a silent auction!

Reserve a table for 8 - \$350
Sponsor a Table - \$500
Individual Tickets - \$50 each (Y members)
\$65 each (Community)

Proceeds benefit the Jackson YMCA's Youth Programs.

KINDERGARTEN ROUNDUP

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Wednesday • April 19 • 8:30 a.m.-11:30 a.m.

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