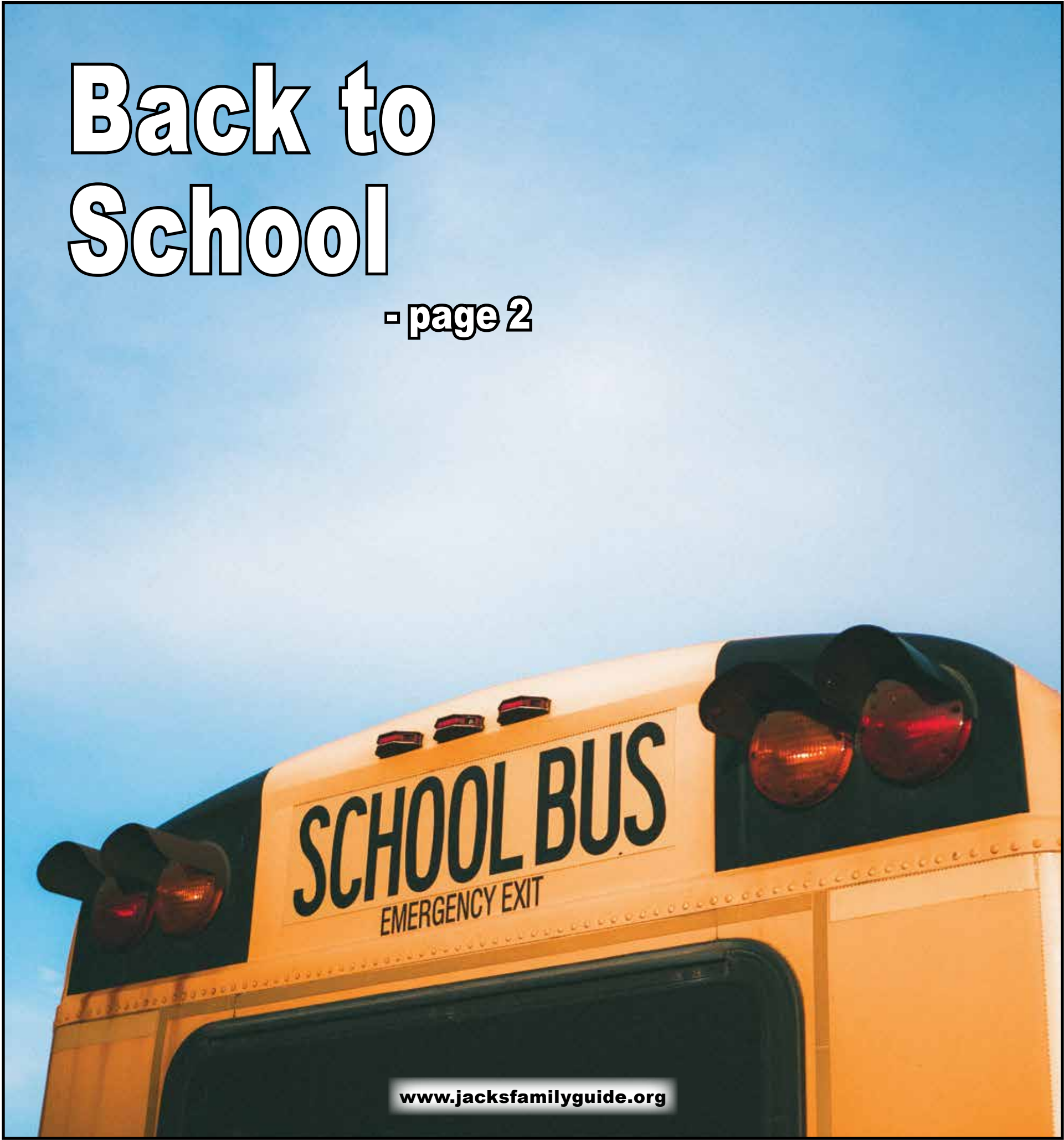


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Stefanie Riggs
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Morgan Riggs
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EST. 2015

Back-to-School Events Help Local Families and Educators

By Morgan Riggs

It's time to get ready for the 2023-2024 school year! Whether your child is 5 or 15, check out local back-to-school events to prepare for the year, give back to educators, and inspire your child for the upcoming year.

Community Choice Credit Union

Community Choice Credit Union is providing backpacks and supplies for the first 400 kids - ages 5 to 17 - at the Jackson Member Center from 2 p.m. to 5 p.m. on Wednesday, August 2.

One North Kitchen & Bar

One North is hosting their Back to School BBQ on Saturday, August 5. Look out for dunk tanks, games, live music, a live auction, a cornhole tournament, and giveaways for students and teachers. Additionally, help local teachers gear up by donating to their wishlists found on One North's Facebook!

The Arbor Church

Saturday, August 12, The Arbor Church is hosting its Back to School Bash with fun activities for the whole family. The event runs from 4 p.m. to 6 p.m., and they are still looking for volunteers. Sign up at arborchurch.org/events-1/back-to-school-bash-2.

Found Church + RJ's Metropolitan Ice Cream Co.

Grab free ice cream, school supplies, and sign up for a library card at this wonderful event from 12 p.m. to 2 p.m. on August 13.

Jackson Michigan Giving Back To The Community

On Sunday, August 13, from 1 p.m. to 4 p.m., head to 1003 Clinton Rd. The fifth annual Just Kids event includes a backpack giveaway, foam party, live DJ, surprise guests, free raffle drawings for kids, and so much more.

Grass Lake Assembly

Join the Grass Lake Assembly for a Back to School Giveaway on Wednesday, August 16, from 6 p.m. to 8 p.m. School supply giveaways, carnival-style games, bounce houses, food, and prizes await!

US Staffing Agency

Starting at noon on Thursday, August 17, US Staffing Agency will have backpacks filled with supplies for the first 80 families at the event.

We wish you a great school year!



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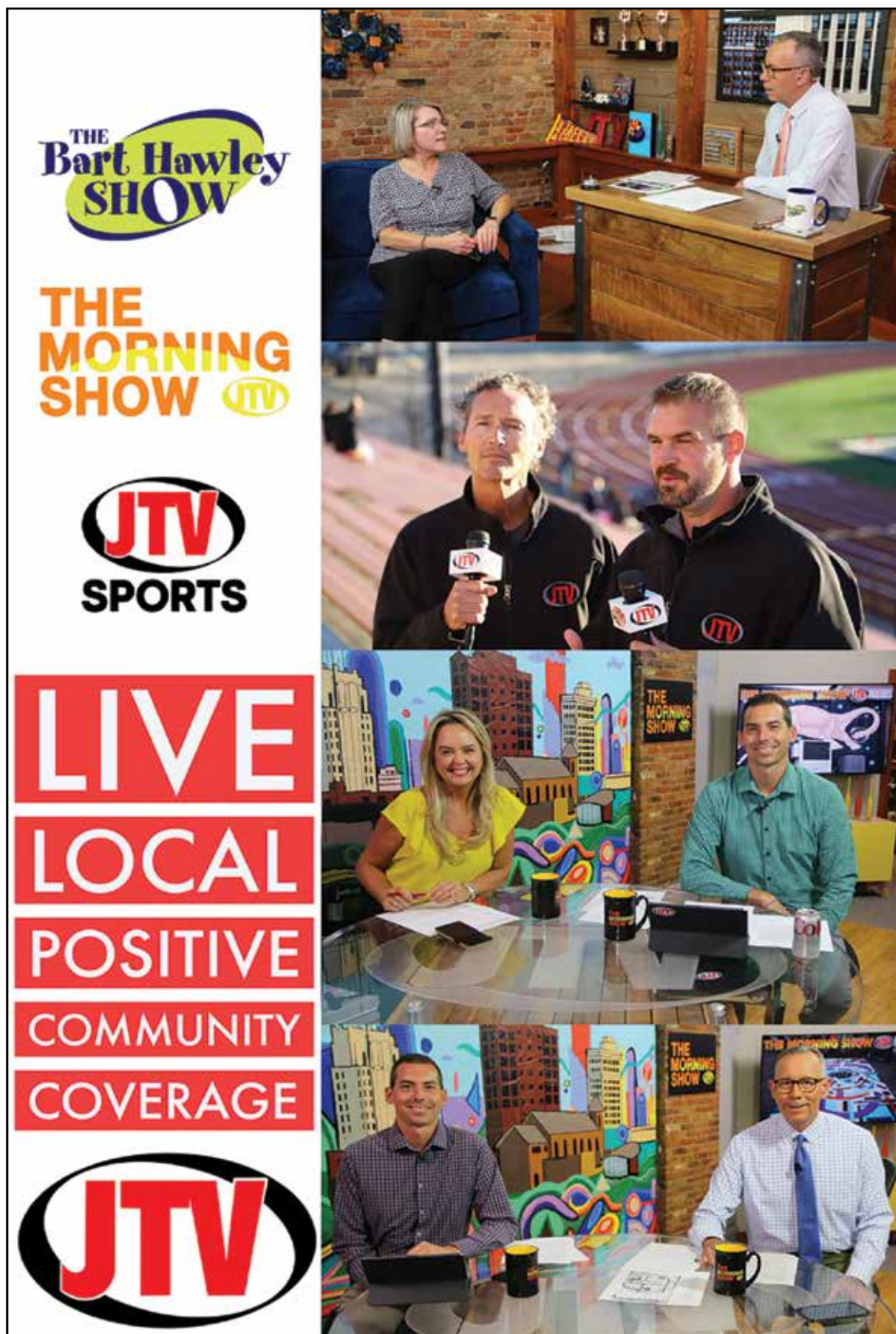
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Learn to Love Your Hometown

A One Week Challenge to Eat, Shop, & Support Local

By Val Herr



It takes effort to love your hometown. It takes energy to love your hometown. It takes dedication to love your hometown. But, by loving your hometown, you have more to gain than you could ever imagine. Our town of Jackson, MI, has so much going for it and could have so much

more if we all work together. Small local businesses are the backbone of any community. These are the businesses and people who support little league teams, provide non-profits with auction items, employ our friends, and bring in tourists. They are the heart of the community. You can find local businesses everywhere in our county. It's up to us to keep them here. My challenge to you is that you only eat and shop at local businesses for one week. Here are some

ideas to kick off your challenge:

Order Lunch Locally

Instead of running through a fast food chain for your lunch, order from one of many outstanding Jackson restaurants. Here are just a few:

- 308 Brass Rail
- Shady's Tap Room
- International Dog House
- The Beach Bar
- Rudy's Drive-In
- Schlenkers Sandwich Shop

Grab Your Morning Coffee from a Local Shop

Check out some Jackson favorites and find something new at:

- Vito's
- Jackson Coffee Co.
- Callahan's
- Fortress Café

Satisfy Your Sweet Tooth in Town

Looking for something sweet? You can't go wrong with our local sweet shops:

- RJ's Heavenly Delights
- The Blue Julep
- The ABC Bakery

Give the Gift of Jackson

Need a hostess gift for that summer BBQ or pool party you've been invited to. Our local businesses will have just what you need. Check out:

- Rustic Market
- Village Peddler
- Not so Shabby, Oh! So Chic
- Blessed Nest
- Corner Cottage

Thank you to all of the small businesses in Jackson for everything you do for our community!

Lomar Commends its Two Most Recent Apprenticeship Graduates!

By Becky Dorian,

Lomar Machine & Tool Company

Congratulations to Tom Boyd and Chad Jeppesen on completing their apprenticeship programs! Tom is now a Journeyman Electrical Technician and Chad Jeppesen has earned his Industrial Maintenance Technician certificate. Both have committed years to the coursework and hands-on training required of the vigorous programs. Their perseverance, dedication, and proficiency in the various subject matters they have mastered have been beneficial as they advance in their careers and in best serving Lomar's customers in industries worldwide.

Tom has been with Lomar for seven years and has utilized his impressive skill set to advance our Assembly and Electrical departments. Tom has stated, "I am more confident now that I have put in the work to complete a goal that I have set for myself and the knowledge to help me grow as an employee."

Chad Jeppesen joined Lomar six years ago and has been instrumental in streamlining the operations and efficiency of Lomar's maintenance department. Chad's supervisor, Tim Hubbard, is thankful for his vast contributions as he states, "Chad has gained knowledge, skills, and experience to help him both in his career and personal life. On top of that, he has increased his confidence through improving his communication and problem-solving skills."

The skilled trades require a strong commitment to education and continual learning, especially in the rapidly evolving manufacturing environments of today. Lomar's partnership with local training centers has allowed for a highly trained and adaptable workforce to best solve challenges in every area of our business. Our employee's willingness to learn and our partners' ability to provide the highest forms of learning opportunities has allowed Lomar to enjoy limitless potential in our industries.



Photos courtesy of Lomar Machine & Tool Company

Pictured above are apprentice program graduates Tom Boyd (top) and Chad Jeppesen (bottom).

Jackson County Animal Shelter's Adoptable Pets: Fenton and Dazzle

Contributed by the
Jackson County
Animal Shelter

Fenton

This handsome guy is Fenton, a one-year-old black and white American Staffordshire mix who came in as a stray. Fenton is just love; he is gentle and loving. Housetrained, not a jumper or a barker, he is truly a sweet boy. He might sniff around for a minute, but his focus is on his human. This easy-going boy gets along with everyone, including children. He is going to be a wonderful addition to someone's family. Dog adoptions require an application that can be found at co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF. Availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adop-

tion. 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.



Dazzle

Dazzle is going to give you all the kitten love you need. She is a cute 3-month-old brown tabby kitten who came in as a stray. Dazzle has another kitten with her in her cage; they are best buds and so fun to watch playing together. Tabby cats are known to be intelligent, friendly, affectionate,

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



Five Tips for Keeping Pets Pest-Free All Year Long

Family Features - Naturally curious, many pets sniff and explore other animals and objects, unaware they may expose themselves to potentially harmful parasites and conditions. According to the Companion Animal Parasite Council, 1 in 100 dogs tested positive for heartworm in 2022, and more than 1 in 4 indoor cats were positive for heartworm infection.

External parasites – including fleas, ticks, and mites found outdoors or on other animals – and internal parasites such as heartworms, roundworms, tapeworms, hookworms, and whipworms can wreak havoc on your pet's health and well-being. These parasites can feed on dogs and cats, causing health issues that range from minor skin irritation to severe organ damage and even death if left untreated. Some parasites can also be contracted by people, making diagnosis and prevention even more important.

Though prevention is the best approach, treatment is sometimes required. Intervention is most effective when started immediately after a parasite is detected. Work with your veterinarian to tailor a program specific to your dog or cat's breed, age, behaviors, and environmental factors, and consider these tips from the experts at VCA Animal Hospital, which has more than 1,000 locations across North America that care for more than 4 million pets last year, to help prevent parasites in your pets.

Provide Preventative Medications

Based on their specific risk factors, dogs and cats should be on year-round parasite control programs that treat infections such as heart-

worms, intestinal parasites, fleas, ticks, and more. Parasite prevention medication options range from topical to injectable and oral.

Visit the Vet Annually

Yearly visits allow your veterinarian to take note of changes in your pet's health and alter his or her parasite control program as necessary. Your vet can tell you which parasites to watch for based on your location, how these parasites can



Photo by Wade Austin Ellis on Unsplash

be transmitted, and which preventative products are most appropriate. Additionally, newer, more accurate parasite tests can also identify parasite strains that may affect people and pets. Remember, dogs and cats age faster than humans, so annual exams with diagnostic testing are the equivalent of humans visiting the doctor every 4-5 years.

Watch for Warning Signs of Parasites

Some pets infected with a parasite don't show

any signs of illness. However, common signs of infection include diarrhea, vomiting, loss of appetite, or blood in your pet's stools. Coughing or difficulty breathing may also accompany heartworms. Also, consult your veterinarian if your pet excessively scratches, chews, or licks his or her coat or ears or persistently shakes his or her head. Seeing your vet as soon as possible can get your pet treatment and help prevent spreading the parasite to other animals. Puppies and kittens are especially at risk for parasites since most contract them from their mothers while nursing, and their small size puts them at greater risk for severe illness.

Groom Regularly

To reduce the risk of coat contamination and increase the likelihood of catching fleas, ticks, and coat abnormalities quickly, be sure to periodically groom your pet or have him or her professionally groomed. It is particularly important to inspect your dog or cat after playing outside or with other pets.

Clean Up After Your Pet

Since most intestinal parasites spread through contact with feces, it's crucial to dispose of any waste in your yard or pet's litter box within 24 hours to avoid exposure and reduce the risk of environmental parasite contamination. A contaminated yard can be a source of exposure for many months as parasites can live in the soil for extended periods of time.

Find more tips for parasite prevention and treatment at VCAhospitals.com.

Hispanic Heritage Festival Returning to Jackson for Second Year

By Aaron Dimick,
City of Jackson
Public Information Officer



When Leticia Albarran thinks back to Jackson's first-ever Hispanic Heritage Festival in Sept. 2022, two words come to mind. "Thrilled and proud. Thrilled because I saw everybody in one place being happy, and proud because my community showed up,"

Albarran said.

The lifelong Jackson resident was inspired to organize the festival after attending a similar event in Chicago. "I wanted to replicate that feeling of belonging and bring it home," Albarran said. She collaborated with Jacob Inosencio and other community leaders to put on 2022's landmark event.

Organizers are building on last year's success to hold the 2023 festival on Saturday, Sept. 16, from 12 to 9:30 p.m. in Horace Blackman Park. This year's Hispanic Heritage Festival will feature a variety of food traditions, product vendors, local resources, music, dancing, and fun for all ages. "It's all about creating a space for

community, belonging, and an opportunity for people to be their authentic selves," Albarran said.

The event also brings awareness to Jackson's Hispanic and Latinx population. "It shows that there's a growing need for organizations and businesses to serve this community," Albarran said. Organizers say the festival helps break down barriers. "At last year's event, there were people who told me it was their first time visiting Downtown Jackson. It makes me think about how we can do more events to make people feel welcome," Albarran said.

The festival's momentum has inspired the creation of a non-profit named Nuestra Comunidad. Meaning "our community" in Spanish, the organization will help support the Hispanic and Latinx community in Jackson all year.

More 2023 festival details will be posted on the event's Facebook page, which can be found under Jackson Hispanic Heritage Festival. Albarran says the event is an opportunity for residents to celebrate their heritage while also looking toward the future. "I'm excited to see the support of the businesses, organizations, and the people that come out," Albarran said.



Photo courtesy of Bart Hawley, JTV

Leticia Albarran (holding check on left) and Jacob Inosencio (far right) pose with organizers and officials as a donation is presented to Jackson College for the creation of a Hispanic/Latinx student group.

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Jackson Popcorn Depot: Bringing Sweetness and Childlike Wonder to Our Community

*Contributed by the
Jackson County*

Chamber of Commerce

In Jackson lies a shop that erases all thoughts you had about popcorn. When you walk into Jackson Popcorn Depot, you can't avoid the childlike wonder that makes the phrase "like a kid in a candy store" all too real. The walls are lined with colorful treats, bags waiting to be filled, and snacks you can't imagine beyond your wildest, candied dreams.

To this family business, popcorn means much more than just movie night. High school sweethearts Greg and Becky Vancalbergh went into the popcorn business in 2016. At the time, the shop they had taken over sold popcorn, nuts, and taffy. As the years went on, Greg and Becky started to sprinkle in what now makes Jackson Popcorn Depot stand out so much, like nostalgic or even freeze-dried candies. In February of 2022, they moved into their current location, just across the hall from their old one, but now three times the size. Jackson Popcorn Depot has proven to be such a growing success with a cult following; they will even soon be expanding to the Lansing area.

When you think of popcorn, you're probably thinking of a giant bucket full of movie theater butter. Jackson Popcorn Depot doesn't limit your flavor profile to just that; think tutti-fruity, Chicago, caramel, or jalapeno. Their caramel corn is unlike any you've had. At 70 years old, it's one of their best-kept secrets. Despite their both tantalizingly salty and satisfyingly sweet popcorn, Jackson Popcorn Depot is not just limited to popcorn. Oh, no, they have almost 2,000 candies to try. It sounds extreme, but when you walk in the brightly colored doorway, their supply is wall-to-wall, floor-to-ceiling. Five hundred of those types of candy can't be found anywhere else locally.

Their freeze-dried can-

dies (yes, freeze-dried) aren't intended for astronauts. You'll be surprised to find your favorite candies like Skittles, Milk Duds, or even gummy worms can be transformed into a fun new candy that's out of this world. Also unique to Jackson Popcorn Depot are cinnamon-roasted nuts all year round. Think cotton candy can only be found when the fair rolls into town? Jackson Popcorn Depot makes its own cotton candy to satisfy your sweet tooth whenever you please, coming in more than just blue and pink.

They also have flavors like watermelon, cherry, birthday cake, and chocolate. If sour is up your street, they are the only place in town with Pucker Powder Bits.

Though Jackson Popcorn Depot is the ideal spot for a sweet escape, they can bring their treats to you for any special event. Want to show some staff appreciation? Hosting an office party? Need favors for a private event? Even a shower, graduation, or birthday party? Jackson Popcorn Depot does it all. They even create your own custom label for whatever

products you select. Make it popcorn, gummies, cotton candy, Jackson Popcorn Depot offers three different sizes for you to choose from, depending on the scale of your event. If you're looking for something a bit more personalized and special, like an award, prize, or employee of the month, Jackson Popcorn Depot also offers gift baskets and gift boxes, choc-full of treats that will make anyone's eyes grow wide.

As a family business, they treat their entire staff like family." Greg explained

that they're always joking and having fun when they come to work. "You're at a candy store; it's meant to be fun and upbeat," Greg shared. Becky and Greg's two kids have done their time working at Jackson Popcorn Depot and are excited to keep them involved for years to come.

Whether you need a pick-me-up, are in search of a fun gift for a loved one, or want to order a few gift boxes, pop on over to Jackson Popcorn Depot for nostalgia, snacks, and fun. There will be no shortage of sweet possibilities.

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Jackson Interfaith Shelter Hosts its Annual Block Party

Contributed by the Jackson Interfaith Shelter
Jackson Interfaith Shelter (JIS) is pleased to host its third annual Block Party on Saturday, August 5, 2023, from 11 a.m. to 2 p.m. This free community event will be located in the JIS parking lot at 414 S. Blackstone St.

All are invited to join us for lunch, lawn games, kids' inflatables, and a foam party. Shelter tours will be offered every half hour for those who would like to see the renovations made to the shelter over the past three years. Live music will be pro-

vided by Jamin Bradley from 1208 Greenwood Church. Community partners will be providing face paint (Vito's Espresso), flower crowns (Gwen's Greens), and an interactive reptile exhibit (Belynda Griebenow). Jackson Police Department will be present with fun activities for the kids, and the Vietnam Veterans of America Chapter 109 will be participating in an open house.

This event is made possible thanks to the generosity of Emmons Service, Inc., American 1 Credit Union, HOME.fm, and Consumers

Energy.

Jackson Interfaith Shelter is Jackson's emergency homeless shelter. The shelter has 76 beds and serves over 600 men, women, and children every year. Additionally, community meals are served three times a day, 365 days a year, at 7:30 a.m., 12:00 p.m., and 5:00 p.m. Over 60,000 meals are served each year thanks to generous donations from community partners. To learn more about the mission of JIS, or the summer Block Party, visit www.interfaithshelter.com.

JACKSON *interfaith* SHELTER

BLOCK PARTY

SATURDAY, AUGUST 5, 2023

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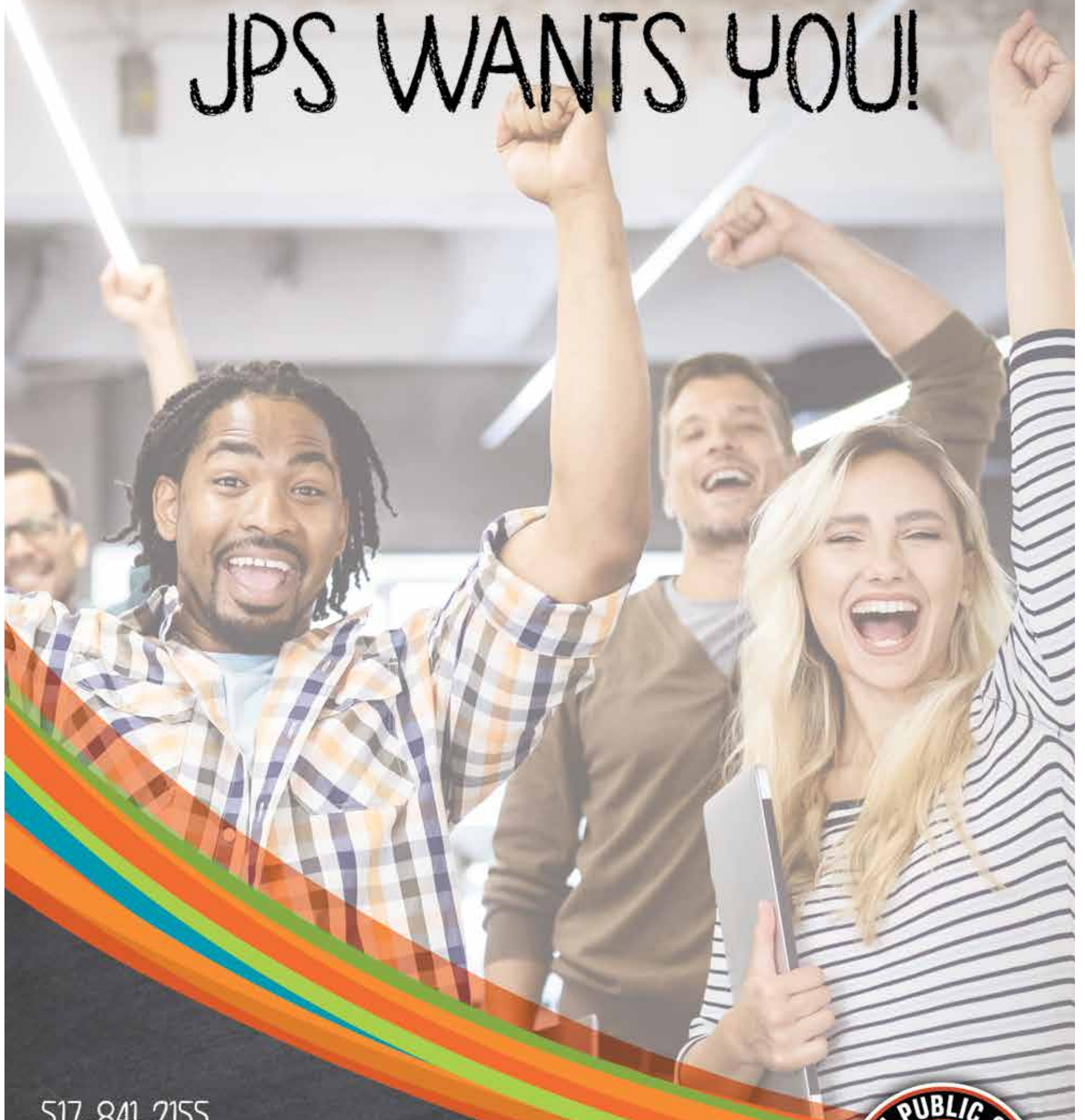
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College & Career Access Center, August Scholarships

Patsy Takemoto Mink Education Foundation Scholarship

Eligibility:
Applicant must be:

- a woman, at least 17 years of age
- a low-income mother, with minor children
- pursuing a vocational degree/certificate; or first associate's degree; or a first bachelor's degree; or first professional/master's/doctoral degree
- enrolled in a not-for-profit, accredited institution during the 2022-202 academic year.

* annual family income less than \$20,000 for a family of 2; less than \$24,000 for a family of 3; less than \$28,000 for a family of 4)

Description:
Established in 2003, the Patsy Takemoto Mink Education Foundation aims to carry on some of Mink's most ardent commitments: educational access, opportunity, and equity for low-income women, especially mothers; and educational enrichment for children

Award: Five awards of up to \$5,000

Deadline: August 1, 2023

Application: <https://www.patsyminkfoundation.org/education-support-application>

The Kaplan Group Business Scholarship

Eligibility:
The Kaplan Group offers scholarships to undergraduate or graduate students who:

- are pursuing a business or law-oriented degree program. Fields of study include: MBA, Finance, Accounting, Law, Management, Entrepreneurship, Economics, and Business Administration.
- are attending or will be attending any accredited 2 year or 4-year college or university in the U.S. - including graduate programs.
- maintain a minimum GPA of 2.5

Description:
For over 20 years, The Kaplan Group has had extensive experience solving problems and negotiating B2B transactions for clients large and small. Now, we want to give back. We see value in continuous education and helping students

grow. Because of this, The Kaplan Group is offering a \$1,000 scholarship to any undergraduate or graduate student pursuing a business or law-oriented degree program.

This scholarship award is based on a 600-word essay. Visit the website for details on the 3 options of essays for this year. Submit your essay along with information detailed on scholarship page by deadline.

Award: \$1,000

Deadline: Sunday August 11, 2023

Application: <https://www.tun.com/blog/the-kaplan-group-scholarship/>

Universities Space Research Association (USRA) Scholarship Awards

Eligibility:

- Applicants must be full-time undergraduate students attending a four-year accredited college or university that offers courses leading to a degree in science or engineering.
- Applicants must be within two (2) years (juniors and seniors) of earning a bachelor's degree in a field of science or engineering, including science education, by the time the award is received.
- Applicants must have a Cumulative GPA of 3.50 or greater.
- Applicants must be US citizens or lawful Permanent Residents.
- Previous USRA scholarship winners are not eligible.
- Non-US students attending USRA Member Universities located outside the United States are also eligible to apply. Applicants must be citizens of the country in which the university is based.

Description:
The USRA Scholarship Awards provide college scholarship awards to students who have shown a career interest in space science research, aeronautics-related sciences, or space science education.

Application requirements:

- A completed application form. Only completed application forms will be considered.
- Two letters of recom-

mendation with at least one from a professor, mentor, or school official at the college level.

- An official college transcript showing two or more years of college credits including GPA.
- A one page (< 600 words) statement stating the applicant's past accomplishments and education and career goals in the field of space research, aerospace related engineering, or space science education. Please include the applicant's name at the top of the page.
- A half-page (< 325 words) description of particular examples of extra-curricular activities that demonstrate leadership or having a broader impact. These may include K-12 activities, community outreach, mentoring, a space science or engineering club/organization, advancing diversity in STEM with regard to gender and/or minorities, or other ways of giving back to the community. Note that the quality and impact of the activity are more important than the number of activities. Limit is no more than three examples. Please include the applicant's name at the top of the page.

Award: 4 individual scholarships, up to \$5,000

Deadline: Application due August 9, 2023. Recommendation letters due by August 16.

Application: <https://www.usra.edu/educational-activities-and-opportunities/usra-scholarship-awards>

Calvin L. Carrithers Aviation Scholarship

Eligibility:
Applicants must be currently enrolled in a fully accredited university aviation program:

- Commercial Aviation, Professional Pilot, Aviation Management, Airport Management etc. within the United States.

Description:

- Applicants must be willing to write a 200-500 word blog post a minimum of once a week throughout the school year while at school. Posts can be about aircraft, flying, ground training weekend activities, internships, or anything that the student finds interesting

and pertains to life in their particular aviation program. In addition, each blog post must also include a hyperlink to a page on the GlobalAir.com website.

- Additionally, applicants must write an essay explaining their interest in the career path they have chosen and how they plan to work towards their goals during the school year and demonstrate how they will stay consistent with the blog's weekly deadline.

Award: 4 awards of \$1,000

Deadline: August 15, 2023

Application: <https://www.globalair.com/scholarships/>

Asbestos.com Scholarship

Eligibility:

- Applicant must be at least 18 years old.
- Applicant must be enrolled full-time in a U.S. institution as an undergraduate or graduate student.
- Applicant must provide 2 letters of recommendation.

Instructions:
Applicants will submit an essay that is between 750 and 1,500 words, based on the topic of asbestos. Asbestos is a toxic mineral that causes mesothelioma, an often terminal cancer affecting more than 3,000 Americans annually. The topic you choose should bring light to the issues surrounding mesothelioma and help raise awareness about the disease, research, promising clinical trials, survivors and caregivers.

Award: One \$2,000 and one \$3,000 award

Deadline: August 31, 2023

Application: <http://www.asbestos.com/scholarship/>

American Fire Sprinkler Association (AFSA) Second Chance Scholarship

Eligibility:

- The Second Chance College Scholarships Contest is open to citizens and aliens legally residing in the USA with High School Diploma, GED or equivalent.
- Scholarship funds are payable to the winner's college/university or certified trade school in the United States; winner must enroll

or already be enrolled for Spring 2023 session.

- Winner selection is NOT based on financial need, GPA or demographic criteria.
- Relatives of AFSA staff or NATIONAL board members may not enter.
- Past winners of AFSA's High School Senior Scholarship Contest or AFSA's Second Chance College Scholarships Contest are not eligible to win this contest.
- Scholarship winners are randomly selected by computer-generated drawing from among valid entries received at the conclusion of the contest period.

Award: 5 awards of \$1,000

Deadline: August 31, 2023

Application: <https://www.afsascholarship.org/secondchance/scstep1/>

CHASA Scholarship for Childhood Stroke Survivors

Eligibility:

- Applicants must be 25 years of age or younger and: affected by either childhood hemiplegia or hemiparesis due to any cause or by pediatric stroke, with onset of condition before the age of 18.
- currently diagnosed as having hemiplegia or hemiparesis or pediatric stroke.
- be attending a post-secondary school leading to a degree or certification or attending a post-secondary vocational education program.
- Enrolled by Fall of the year the scholarship is awarded.

*You may reapply for consideration each year for up to four consecutive years

Description:
CHASA is proud to offer college and vocational school scholarships for students with a diagnosis of hemiplegia or hemiparesis due to any cause, or a diagnosis of pediatric stroke. CHASA has awarded scholarships annually since 2000.

Award: Maximum amount is \$3,000

Deadline: August 31, 2023

Application: <http://chasa.org/we-can-help/college-scholarships/>

How Climbing Temperatures Affect Your Pet, Part II

By Jean McKim,
Imagine Planet

We often think many animals respond to heat like humans do. However, most do not. Humans sweat, and fans help evaporate the sweat and water if we get wet. Most animals do not sweat like we do, and fans do not help much. So what do we do when temperatures get very hot, air conditioning is unavailable, or there is an electric outage?

There are various sources of advice for cats and dogs, many of which are applicable to all types of pets. For all animals, one possibility is to move them to the basement, which is generally cooler than the rest of the house, or into air conditioning, at another location if need be. When doing so, be sure to set a light timer to keep the animal's regular day/night schedule, as a sudden change can tax the immune system. Avoid sudden changes in temperature. NEVER LEAVE YOUR PET IN THE CAR! Now that that is out of the way, let's see how some animals react to extreme heat.

There are two main types of pet animals: cold-blooded, or ectothermic, and warm-blooded, or endothermic. Cold-blooded animals are not always cold; they are the same temperature as the air or water around them. If it's 90 degrees in your house, your snake is 90 degrees. Your fish are at the same temperature as the water they are in. Warm-blooded animals like mammals and birds maintain a constant temperature, able to heat up in the cold and cool off in the heat. Humans have an average temperature of about 98 degrees, and we are able to regulate our temperature by sweating to cool off or burning calories to heat up. Every animal has an optimal temperature at which to function, and it is different for every species. Be sure to consult your veterinarian to find out the optimal temperature for your pet.

Last month we addressed what to do about warm-blooded pets. This month we will focus on cold-blooded pets.

Snakes and Lizards

The ideal temperature range for most snakes

is between 75-90°F (24-32°C). This range provides an optimal level of comfort and safety for most species of snakes. Check the requirements for your specific species. Many lizards favor hot, dry conditions, but even desert-adapted species have their limits. For example, field research has shown that Gila Monsters spend almost all their time in cool, damp burrows. Certain lizards, such as the Crocodile Skink, favor surprisingly low temperatures, while others, such as the Green Anole, are prone to dehydration in arid surroundings. Although they need a chance to dry out, a cool, moist retreat is essential to their well-being.

Similarly, some arboreal (tree-dwelling) snakes may require cooler temperatures than those found in more temperate regions such as North America or Europe. As such, it's important to research your particular species before setting up its enclosure so that you know what kind of temperatures it prefers best.

If your snake's environment gets too hot, then there are several signs that you should look out for which could indicate this problem:

Your snake becomes sluggish or unresponsive; it refuses food; its skin looks dry and/or discolored; its breathing becomes labored; it starts shedding its skin more frequently; it starts exhibiting unusual behaviors, such as trying to escape its enclosure or hiding away from light sources; it begins panting excessively; its eyes look sunken or glazed over; its tongue appears swollen or discolored; or its scales become raised and/or scaly looking.

If any of these signs occur, then it's likely that your snake's environment has become too hot and needs immediate attention! Cool water baths can help but don't use cold water. Call your vet.

What To Do If You Notice That Your Snake Is Too Hot

If you notice any signs that suggest that your snake's environment has become too hot, then there are several steps that should be taken immediately:

- Move your snake into an area with lower temperatures – this could either mean moving them indoors into air conditioning or simply taking them outside into cooler areas such as shady spots under trees, etc.;

- Ensure adequate air circulation around them – this could involve using fans directed towards their enclosures or simply opening windows/doors near their enclosures so fresh air can circulate through them more easily;

- Increase misting frequency – increasing misting frequency around their enclosures will help cool down their environments more quickly by evaporative cooling effects;

- Reduce lighting intensity – reducing lighting intensity around their enclosures will help reduce overall heat levels inside them as well;

- Provide plenty of water – providing plenty of water sources, such as shallow dishes filled with cool water, will help keep them hydrated during hotter periods when they may not feel like drinking due to increased levels of heat stress!

Amphibians

Except for a few species, most amphibians weaken and die quickly when forced to endure hot and/or dry conditions. Cool temperatures are generally preferable.

Labor intensive, coolers provisioned with reusable gel ice packs make good summer homes for particularly sensitive amphibians. If you keep tadpoles, salamander larvae, or wholly-aquatic species, bear in mind that warm water holds less oxygen than cool water. Gilled larvae are, therefore, prone to suffocation. Neotenic salamanders such as Axolotls have lungs but prefer to rely upon their gills and skin for oxygen transfer. As temperatures rise, they will begin to wave the gills to create water currents or swim to the surface for air. This will stress them and weaken their immune system. Temperatures above 24°C (75°F) are very stressful to axolotls. Such temperatures cause metabolism to increase (the rate at which the body "works") and, consequently, increase appetite. However,

the stress resulting from more than a day or two of exposure to these temperatures will quickly lead to disease and death. The first symptoms of heat stress in axolotls include food refusal and/or the development of pale patches of mucus-like material on the skin.

We used frozen water bottles to try to keep our axolotls cool during our time without air conditioning.

Turtles and Tortoises

Despite a propensity for basking in the sun, tropical climates, and deserts, turtles and tortoises are not immune to temperature stress. Some species are known to favor rather cool temperatures. While they may not expire in the manner of amphibians, such turtles may suffer health problems brought on by an overworked immune system and the stress of trying to find an appropriate retreat.

Fish

A factor that is frequently overlooked is the optimal temperature for the fish. Not all fish like warm water. Aquarium fish fall into two general categories: cool water and tropical. Cool water fish prefer unheated aquariums and don't fare as well when housed in a heated tank. The most common of the cool water fish is the goldfish. Other species include koi, white cloud mountain minnow, and some of the loaches.

Tropical fish are those that require heated water, generally in the range of 75-80°F (24-27°C). Because many homes are not kept in that temperature range day and night, these fish require a heated aquarium. Bettas are an example of a very popular fish that requires tropical temperatures towards the upper end of the scale. Tropical fish should not be kept with cool water fish.

The best temperature for your fish depends on the species, but in general, tropical fish are most healthy in the range of 75-80°F (24-27°C). Cool water fish do better in temperatures below that, usually between 60° and 75°F (15-24°C), but some of them enjoy water well below 70°F, which is not suitable for any tropical fish.

Saltwater aquariums that house fish from temperate or tropical climates will generally require a temperature range between 75 and 85 degrees Fahrenheit. Before settling on a temperature, research the needs of the species of fish you intend to introduce into your tank (if any), as well as the corals and other invertebrates, to see what their needs are.

There are some potentially serious problems with higher water temperatures in saltwater aquariums, however. The higher water temperatures in saltwater (and freshwater, too), the less dissolved oxygen (DO) it will hold, which is detrimental to every one of the organisms in your tank.

There are commercial chillers available for fish tanks. We used frozen water bottles to help keep our water cooler, although this can cause dangerous cold spots.

Invertebrates

In general, the small size of most insects and spiders makes them more vulnerable to extreme temperatures. Dryness is also a danger. These species thermoregulate by moving to the correct temperature, and many burrow. Please do not assume that the normal surface temperature of where they come from is a safe temperature for them. Do your research on your particular pet species. Tarantulas should never be warmer than 85°F. Our curly hair tarantula has a range of 75-85°F. The general rule is that if you are comfortable in a t-shirt, your tarantula will be too.

Stay cool this summer, and don't forget your non-furry friends. Imagine Planet is open Monday, Tuesday, Thursday, Friday, and Saturday from 12 p.m. to 5 p.m. Admission is always free and outreach programs are available for a small fee. Many thanks to MACI for helping us buy our air conditioners to keep our animals safe. Also, a shout out to the Fraternal Order of the Eagles Chapter 612 for their generous donation. The United Way also came through this month! Check our Facebook page for updates and to donate with no fees.

Jackson County Medical Care Facility Earns 2023 AHCA/NCAL Bronze National Quality Award

National award signifies a formal commitment to continuous improvement in quality care

*Contributed by
Jackson County
Medical Care Facility*

Jackson County Medical Care Facility has been recognized as a 2023 recipient of the Bronze – Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its commitment to improving the lives of residents through quality care. The distinction is the first of three progressive award levels through the AHCA/NCAL National Quality Award Program. The program honors providers across the nation that have demonstrated their commitment to improving quality of care for our nation’s elders and individuals with disabilities.

“This is an amazing recognition of the hard work our CarePartners do day in and day out to serve the Residents in our home and the Residents of Jackson County. Way to go TeamJCMCF!”

The AHCA/NCAL National Quality Award Program is a rigorous three-level process that is reviewed and evaluated by trained experts against a set of nationally recognized standards for organizational excellence. The standards of

the Baldrige Performance Excellence Program help organizations achieve superior performance over time to improve quality of life and care of long-term care residents and staff.

Providers begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision, mission statement, understanding of key customers, and key strengths and challenges. Bronze applicants must also demonstrate their ability to implement a sustainable performance improvement system. Trained examiners review each application to determine if a center has met the demands of the criteria. As a recipient of the Bronze - Commitment to Quality award, JCMCF may now move forward to the Silver - Achievement in Quality award criteria.

“Earning this award is a milestone to be proud of,” said Cathy Bergland, AHCA/NCAL National Quality Award Board Chair. “It’s at this point that providers see what is possible by committing to the process of improvement. Congratulations to Jackson County Medical Care Facility

for this achievement. I encourage you to continue your quality improvement journey.”

The awards will be presented during ‘Delivering Solutions 23’, the AHCA/NCAL Convention & Expo, October 1-4, 2023, in Denver, Colorado.

About JCMF
Jackson County Medi-

cal Care Facility is home to 194 Residents who need long-term or skilled nursing care and has served the Residents of Jackson County for over 180 years. JCMCF engages Residents in their care to provide a rich life of their choosing. TeamJCMCF is made up of 265 specially trained CarePartners offering care 24 hours a day,

seven days a week to ensure a high quality of life and care for the Residents. JCMCF was recognized as one of the top 400 nursing homes in the United States in Newsweek’s “Best Nursing Homes” rankings for 2021, 2022, and 2023, ranking in the top 10 each year! For more information, please visit www.jacksonmcf.com

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Where Community Comes Together.

Moms Connect at Brent Family Chiropractic

Bringing women together with their new babies in a welcoming in-person community setting

**Contributed by
Brent Family Chiropractic**

Brent Family Chiropractic has expanded its services to further support young families in Jackson. A new mom and baby group, called Moms Connect, brings women together with their new babies in a welcoming in-person community setting. Weekly meetings are facilitated by Amanda Marsh, a certified lactation specialist, educator, and mother of three, who will laugh, cry, and listen right alongside you while offering her expertise! Each week features a specific infant development and care topic, along with enrichment activities such as songs, infant massage, playtime, and baby care techniques carefully planned and organized with Dr. Meaghan Brent. Classes also focus on nurturing moms because your well-being is important too!

Each week starts with a general go-around and check-in, followed by activities focused on a weekly care topic. The group will explore and discuss common concerns for new parents and develop strategies and share resources for solutions. This is an opportunity for new moms to learn together and from each other.

Joining a group focused on supporting new mothers can be highly beneficial for several reasons:

Emotional Support

New motherhood can be overwhelming, and having a supportive group of peers can provide emotional validation and reassurance. It helps to know that others are going through similar experiences and challenges, reducing feelings of isolation and anxiety.

Exchange of Information and Tips

New mothers can share valuable tips, advice, and insights with each other, enhancing their knowledge about newborn care, breastfeeding, sleep routines, and other aspects of motherhood. Learning from others' experiences can be invaluable for navigating the early stages of parenthood.

Reduced Stress and Anxiety

Being part of a supportive community can alleviate stress and anxiety. Mothers

can openly discuss their concerns and seek guidance, which can contribute to better mental well-being.

Sense of Belonging

New mothers often undergo significant lifestyle changes, which can make them feel disconnected from their previous social circles. Joining a group of like-minded individuals can foster a sense of belonging and create new friendships.

Learning from Diverse Perspectives

Support groups often consist of mothers from different backgrounds and experiences. This diversity allows new mothers to gain insights into different parenting styles and cultural practices, broadening their perspective on motherhood.

Empowerment and Confidence Building

Sharing successes and challenges in a supportive environment can boost a new mother's confidence in her parenting abilities. This empowerment can positively impact her overall well-being and her relationship with her child.

Time to Relax and Recharge

A place for mothers to take a break from their routine and engage in activities that promote relaxation and self-care.

Addressing Postpartum Depression

For some mothers, postpartum depression can be a concern. A support group can act as an early detection system, as members can notice signs of distress and encourage seeking professional help if needed.

Long-Term Friendships

The connections formed in these support groups can extend beyond the initial stages of motherhood, creating lasting friendships and support networks as children grow older.

Overall, joining a group focused on supporting new mothers is an opportunity to create a nurturing and understanding community that can positively impact the well-being of both mothers and their children. Join in a Moms Connect session

at Brent Family Chiropractic as soon as you feel ready after your baby arrives!

The next Moms Connect

session runs August 8 to September 26. Classes will be held Tuesdays from 4:30 to 5:30 p.m. Visit brentfamilychiropractic.com/moms-connect to enroll in the upcoming class or to learn more.



GEAR UP:

THE SCIENCE OF BIKES

From schoolyards and mountain trails to bustling city streets, we encounter bicycles nearly every day!

Gear Up: The Science of Bikes, the newest exhibit at the Ella has it all: STEM to design to history and art.

GEAR UP features a *dozen* interactive science stations!

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GEAR UP: The Science of Bikes is organized by Carnegie Science Center

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