

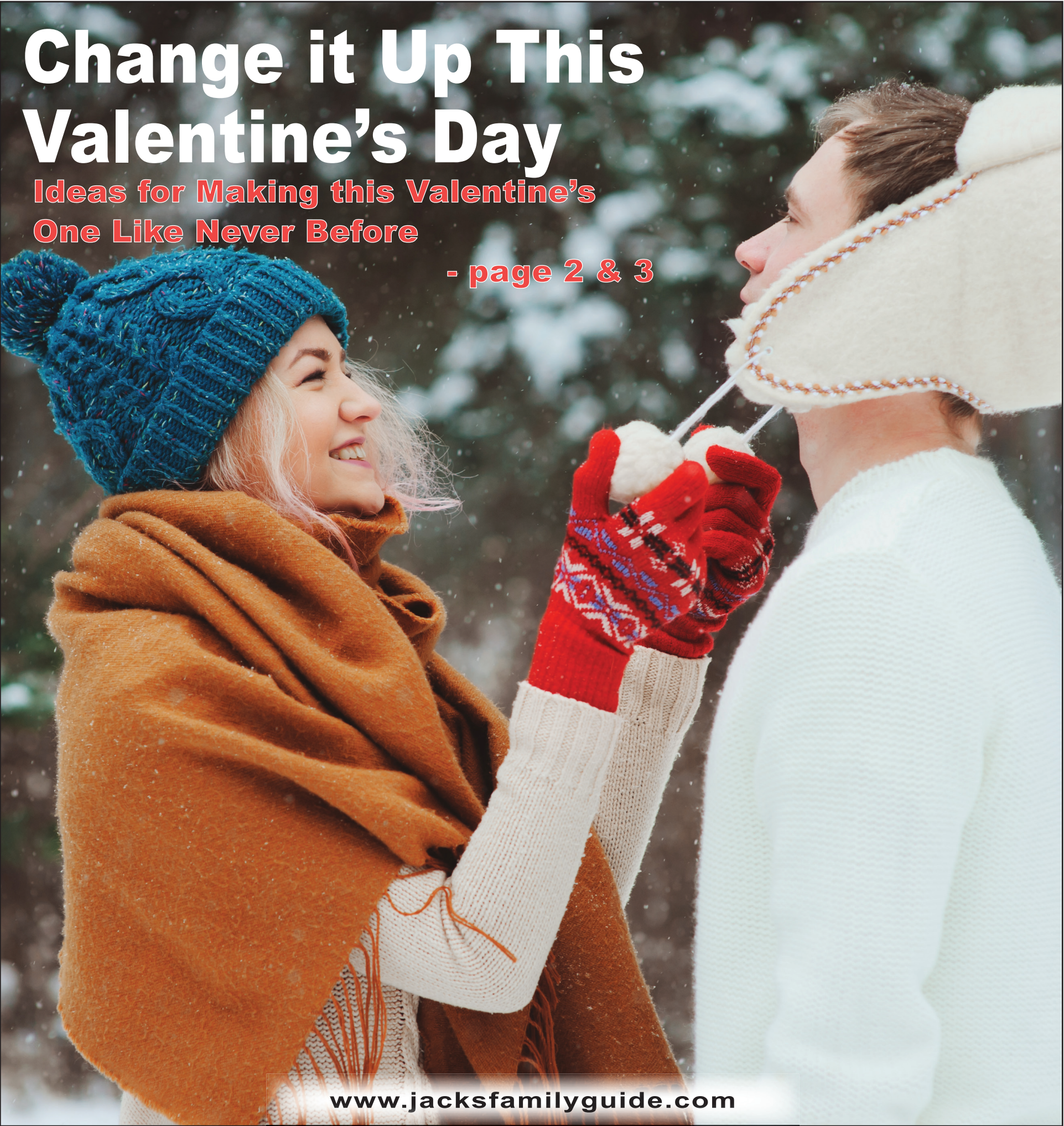


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Ideas for Making this Valentine's One Like Never Before

- page 2 & 3



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Look Beyond Traditional Ideas this Valentine's Day

(NewsUSA) - With the wrapping paper and bows barely put away, stores across the country are already prepping for the next major event -- Valentine's Day.

Whether loathed by the lonely hearted or embraced by hopeful romantics, Feb. 14 can elicit everything from anxiety to optimism. And why not? It is the one day a year that expectations are high, and hope is in the air.

Unfortunately, men can be poor planners when it comes to this special day, and trying to please one half of a couple without breaking the bank can also be a struggle. Which is why, say experts, the most romantic day of the year tends to be anything but.

"The majority of men act like robots, purchasing flowers and chocolate for their sweethearts because that's what everyone else is doing," says Michael Webb, a relationship author. "Many people celebrate the day out of obligation rather than celebration."

But it doesn't have to be that way. Check out the following ideas to help jog the most uncreative mind to new heights:

- Consider the alternatives. Dinner reservations on Valentine's Day (which happens to be on a Friday this year) require (sometimes) planning months ahead of time. If you haven't already done so, a

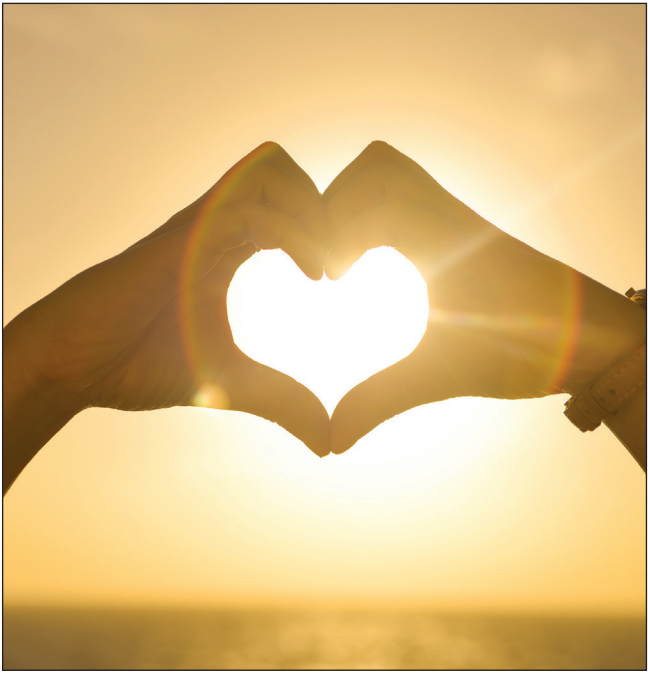
breakfast or brunch instead can be just as lovely. Besides being more inexpensive than dinner, it also allows for a full day of Valentine's activities (planning still required).

- Attend to the little things. It's been said that the devil is in the details, and never is this more true than on the most romantic day of the year. So, whether you're fine dining or having an intimate dinner for two at home, candles, soft music and incense can create a memorable ambiance not to be soon forgotten on this day of dates.

- Make a romantic gesture. Romance doesn't have to break the bank. A few special truffles to be enjoyed with a bottle of wine are far more inexpensive (and appreciated) than a large box of chocolates. Or rejuvenate your youthful spirits

by going to your neighborhood park and playing on the swings and slides. Oh, and be sure to put the same effort into the evening to make it just as romantic.

For everything you need for a romantic evening this Valentine's Day, check out www.adamandeve.com. For a limited time only, you can use the discount code HEART2 and get 50 percent off one item, free shipping and a free gift.



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Learn to be a Tourist in Your Hometown

Celebrate Valentine's Day in a Whole New Way

By Val Herr

It doesn't matter if you love or hate Valentine's Day it's coming no matter what. February can be the month of love or the month of being aware that you are single. Instead of looking at February as a I have to do this and I have to do that kind of month why not take this opportunity to step outside of your comfort zone and try something new. If you have a significant other it could be a great way to celebrate Valentine's Day in a whole new way. If you're single grab your BF and celebrate that. While I haven't personally been able to do any of these yet they are top on my bucket list:

1. Attend a class at the Cake Connection located at 1948 Lansing Ave. While they don't have a full line of classes available online last year they offered quite a variety of classes including:

- Fondant Basics
- Gum paste Roses
- Making a layer cake and so much more

2. K7 Farm located in Concord. I have been following them on Facebook and I can't wait to be able to take one of

their classes. They are currently offering:

- Bread Baking
- Food Preservation (canning, freezing, dehydrating)
- Soap making
- Maple Syrup (Feb. only)
- Chicks 101 and Seed Saving

3. This last one is a little outside of Jackson but I think it's worth the short drive. The Lakehouse Bakery located at 1534 Sugarloaf in Chelsea. They are currently offering everything from:

- Chocolate
- Bread baking
- Basic cake decorating to French Macaroon 101

While you may not think that your significant wants to take a cooking class with you think of the possibilities of spending time together in the kitchen and making something together. Sure you could go to a movie where you don't get to actually talk to each

other, or pay a premium price for beautiful flowers that won't last long or go out to dinner and have someone cook for you (always a winner) but this year try something different. Go and do something together-something new and really connect with the people you love.

As always break out of the rut we are all in, try something new and learn to be a tourist in your own hometown.



Meet the Staff

Lancelot, the Blue-Tongued Skink

Contributed by
Imagine Planet

Lancelot is a blue-tongued skink, (*Tiliqua scincoides*), a type of lizard originally from Australia. His skin reminded us of armor, which led to his name of a famous knight. He was born in captivity and bought at a pet store as an adult by our director. Like all reptiles, blue-tongued skinks shed their skin. Unlike snakes, lizards shed their skins in pieces and blue-tongued skinks eat the skin after it falls off! Yuck! Lancelot had some trouble with a shed and his former owner tried to help pull the skin off and his toes fell off. He manages just fine though. Blue-tongued skinks also have the ability to lose their tail and grow it back.

Lancelot eats worms, caterpillars, fruits, and vegetables. He especially likes blueberries. He is an example of an omnivore, an animal that eats both meat and plants. In the wild, blue-tongued skinks live in semi-desert, mixed woodland, and scrubland. They are active during the day. Female blue-tongued skinks are ovoviviparous,

which means their eggs develop in their body and are not laid. The eggs hatch inside the mother's body and she gives birth to live young. This keeps the eggs safe from predators. They live 12-20 years in captivity.

Blue-tongued skinks are generally docile and don't bite. We feed Lancelot by hand sometimes. If they feel threatened they will stick out their bright blue tongue, puff up their body, and hiss. It is important to support this lizard from underneath, as they live on the ground and don't like being up in the air.

Come visit Imagine Planet and watch to see if Lancelot will stick his bright blue tongue out. A volunteer can bring him out and let you touch him.

Upcoming events include helping at the Michigan Gem and Mineral Show on March 15-17 at the fairgrounds, Earth Day on April 27th from 1-4 pm at Cascades, and our own Earth and Space Science Day on May 4th, with 10 new activities! Check out our Facebook page for updates on more exciting events and news.



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It's a Great Day to be a Viking!

Habitat for Humanity

Granting People an Opportunity: The First Step to Breaking the Poverty Cycle in Families

By Chris Greensheilds

"Poverty is the worst form of violence." A quote from a movie that rang in my head

That idea struck me as odd. In my value system at the time, I held as I believed everyone did that people in poverty were there by their own choice. I was in the seventh grade when I saw Ben Kingsley as Gandhi and it was then when I first heard him speak those words.

Whether it was a choice that the impoverished made purposefully, or, not doggedly pursuing the opportunity that surrounded them was the cause of their status. These beliefs I held because I was taught that anyone could be successful. All the time with that quote playing on a loop in my head I began to consider that some poverty may be the consequence of inaction on the part of others, or other underlying circumstances that may not be in control of the impoverished end-user. I began to reason that some poor people may be poor because they lack access to either capital or opportunity, most likely both.

My family was poor. We were working poor, which meant that we had enough to eat and went to school in clean clothes. My parents took every opportunity that they could to make things better. We lived, we loved each other, but I couldn't say that we prospered. At least not without the intervention of others to intercede when things got to be greater than our means. I recall seeing an envelope of money that was left by a relative that was passed in secret as not to shame us for accepting it. That idea struck me, the way Gandhi's quote did. The shame is the violence. I learned that the shame for accepting capital or opportunity can be painful. The disconnect between giver and receiver can be that very shame.

In my life, I have been

blessed with the joy of giving and receiving. I would leave it with you to decide which blessing you most in need of. Both can be done with dignity and respect. Through kindness and respect, we can stop that feeling of shame. A simple kind act can be a first step to a lifetime of giving. Granting someone an opportunity can be a first step to ending the cycle of poverty in the life of an en-

tire family.

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.



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My Beautifully Inspired Mess

Happy Heart Day



By Kelli Schweizer

Well, we made it through, what seems like, the longest month of the entire year. Our days are beginning to look brighter as the sun decides to stick around just a little bit later. While the temperatures still seem to be colder than we'd like, February is always reminder to keep our hearts warm. With Valentine's Day right around the corner, I decided to keep my activities with that theme. We not only did an adorable craft this month, we also did a STEM activity that was a hit with everyone in our house! If you are unfamiliar with STEM - it stands for Science, Technology, Engineering and Mathematics. We focused on the engineering part.

Bonus: The craft can be used for a valentine's gift for someone special - a long-distant grandparent perhaps?

Valentine Necklaces

(this project is wonderful for fine motor skills)

- Materials Need:**
- Colorful paper straws (I used various shades of pink and gold)
 - Bowl
 - Tape
 - Scissors
 - String (I used leftover Baker's Twine from Christmas)

- How To:**
- Step 1: Cut paper straws. I made 3-4 cuts per straw (depending on how large or small you'd like) I put them all into a bowl and mixed them around so the kiddos wouldn't grab the same color each time.
- Step 2: Cut string. Be sure it is long enough to tie up and make a necklace out of.
- Step 3: Tape ends if your string will fray. It makes it easier to thread the straws.
- Step 4: Thread paper straw pieces on string. Tie. Wear your newest piece of art!



es on string. Tie. Wear your newest piece of art!

Valentine Candy STEM Activity

- Materials Needed:**
- Valentine Gummy Heart Candy (we used 3 bags of them)
 - Toothpicks

- How To:**
- Step 1: Using the toothpicks and gummy hearts, build whatever you'd like. Let your imagination run wild. We built a lot of house structures.

My 4 year old also tried building a car. Even my husband joined in the fun to see who could build the tallest house without it falling over.

Bonus: You get to eat yummy candy while you work!

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.

Sophie, Evan, & Ryan Schweizer, learn about STEM through a fun gummy building activity.



Photo by Kelli Schweizer

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The Arts you Love in the Month of Love

By Amy Fracker,
Assistant Director
Jackson School of the Arts

LOVE! LOVE! LOVE!
We're going to hear a lot about Love this month. Some of you may be "Cool - I'm down with that" others might be "ARGHHHHH! Hallmark Holiday!" Either way, we're going to hear a lot about LOVE this month.

We throw around that word LOVE - I know I do. "OMG, I love that" as a justification for anytime I see something I want at Target. I LOVE blueberries, even though I know that I'm a strawberry girl. You get it, right?!

One thing that I will not budge on is my absolute Love for art! This affair started Once upon a time, long, long ago... My mom would take us on Saturdays to the Detroit Institute of Arts and the Detroit Historical Museum. It was wonderland to me. I knew a life in the arts was for me. Now, that I'm older and

have the years behind me to look back, I can honestly say that art has been by my side my whole life. A constant partner in good times and bad, my better and worse, my ups and downs.

We have all heard about how the arts help us. That drawing class where the drawing I did looks nothing like the one the instructor did. How the heck did that help me? This was before all these paint and pours were a thing, so the wine

day when I see our dancers come into class. There is a saying Practice like you've never won; perform like you've never lost. I love seeing that determination.

Put yourself on a stage and get out of that comfort zone! Our theater students certainly know how put creative problem solving to work. They are taught improvisation and quick thinking can lead to success.

So, during this month of LOVE, look for the love of art that impacted you. Maybe it's as simple as going to a movie that gives you a laugh or a good cry. Listening to a favorite song or hearing a piece of music that takes you back to the good old days. Art impacts are life everyday! Take a little time and enjoy what it does for you!

Jackson School of the Arts invites you to join us on February 9th for our first annual LOVE FOR THE ARTS PARTY. This fundraiser for our capital campaign is 6:00-9:00 pm at the Commonwealth Commerce Building, City View Room. Only \$35 per person, includes dinner and cash bar.

...look for the love of art that impacted you...

excuse could not be used.

Here is what I know:

Talking about a painting by Picasso to elementary school students and having to explain to them that the jumbled up geometric shapes staring back at them were a portrait of his girlfriend. That my friends is persuasive speaking at it's finest.

The ballet class my mom took me to as a kid certainly contributed to my persistence. I'm reminded every-



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to be
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Give the gift of time
JPS Young 5's program

ENROLL
TODAY!



Julie Baker
Julie.baker@jpsk12.org
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Spring Forward: Quest Program Teaches Running and Life Skills to Kids Grades Three through Seven

By Bonnie Gretzner
Jackson YMCA

More than just a 5K training program for students, Girl Quest Boy Quest is an after-school physical fitness and enrichment program run by the Jackson YMCA. Suggested for boys and girls in third- through seventh-grade, the program not only prepares students to complete a 5K run, it also offers a few life lessons.

"Quest provides personal and social developmental skills, teamwork, physical, relational, emotional, intellectual and spiritual development through the help of volunteer coaches," said program leader

Jennie Lapp, who also is the Healthy Living Director at the YMCA. She said the spring Quest program draws about 200 students each year.

The program runs March 18 through June 1, with the final 5K on Saturday, June 1. On April 27 – a little less than the halfway point – the kids do a 1.2-mile practice run in downtown Jackson. The practice run gives kids a good chance to experience the race atmosphere over a shorter distance.

How it works: Students meet twice a week after school with coaches for 60-90 minutes. During this time, they work up to their goal of running a 5K race

and also participate in other character-building activities and games. That final run unites kids from all the participating schools in one final, fun event.

"Our program is designed to help children deal with issues they face daily in a healthy and positive environment," said Lapp. "Our program is unique in that it emphasizes character development and also is a local program with kids from Jackson-area schools and surrounding counties."

Cost: This program can be funded through schools, parents, fundraising, grants, donations, sponsorships or any combination of those. Included

in the cost is a pair of running shoes, a T-shirt, and entry into the practice run and final race. The shoes are available for the students to use during practice – and they can take them home after the final 5K. The cost varies by team size.

For more information, contact Jennie

Lapp at 517-782-0537 or jennie@jacksonymca.org.



Kids 'N' Stuff Seeking Artists of All Ages

Contributed by Kids 'N' Stuff
Hands-On Museum

Kids 'N' Stuff is seeking artists of all ages and skill levels to contribute artwork for their third annual Kids 'N' Canvas! The event will feature a silent art auction of donated pieces from community members. Pick up your canvas for a \$2 deposit (to be refunded when you turn in your completed work) at Kids 'N' Stuff at 301 S. Superior St. in Albion. All

art media is accepted but must be confined to the 5x7 canvas and must be dry and signed when turned in. Artwork becomes property of Kids 'N' Stuff



and will be part of a silent auction fundraiser to support Kids 'N' Stuff programming. Artwork should be turned in by Sunday, March 3 at 4pm. Attendance at the event

is not required to contribute artwork.

More information on the event will be available at a later date, but mark your calendars for Sunday, March 10 from 2pm - 4pm at Kids 'N' Stuff Children's Museum at 301 S. Superior Street, downtown Albion. Questions about the event or contributing artwork can be sent to kidsnstuffmuseum@gmail.com or call (517) 629-8023.

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Montessori Education

Wiggle, Dance, & Move to a Healthier You!

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

Make Time to Move Each Day

It's 8:30 in the morning at North Star Montessori Preschool and Kindergarten and children are arriving to school.

They hang their coats, kiss their parents goodbye and head on into to our morning welcoming circle. Quiet music is playing as they gather walking on the line. Soon all of our friends are here and it is time to get moving. We start off singing and following simple directions in our songs to clap, tap, stomp, and dance. Sometimes our movements are slow, fast

or in between as we follow the tempo of the music. We reach high, get down low and practice a variety of movements such as hopping, skipping, jumping, skating, tiptoeing, stretching and balancing. Using songs like Animal Action by Kids in Motion, we slither like snakes, fly like birds, gallop like horses, hop like frogs, and move like lions. Scarves, beanbags, rhythm sticks and instruments become an extension of our movements helping to develop gross and fine motor coordination while building strong bones and muscles as well as bringing our hearts joy! The 30 minute circle zooms by and children are dismissed to begin to choose different activities in the classroom.

We know regular physical activity helps children develop in a range of ways. Not only does it help their

physical health, it also helps improve brain function and emotional wellbeing. When children see how fun it is to be able to dance, jump, walk, run, stretch and play they are more likely to want to continue enjoying being active throughout their life. Seeing and appreciating what their body can do, rather than how it looks, is a great way for a child to build a positive body image.

Leaving circle time all of this exercise has changed the children's brain chemistry. While it may not seem obvious, physical activity plays an important role in developing the brain and supporting essential mental functions. Research shows that regular moderate intensity exercise can increase the size of the hippocampus, an area of the brain involved with learning and memory. Exercise leads

to improved motor skills, better thinking and problem-solving, stronger attention skills and improved learning. Not surprisingly, these all combine to benefit school performance. In fact, even the simple act of playing outside with friends can help the brain refocus when it comes time for school work.

Play Everyday

The number one reason we encourage parents to play everyday with their kids is it will strengthen all of your hearts. The heart muscle responds to exercise by becoming stronger and more efficient. Strengthening the heart muscle can help ward off heart disease -- the leading cause of death in the United States, according to the U.S. Department of Health and Human Services -- even in early childhood.

Dancing to your favorite tunes, creating fun ways to hop, skip, or jump around the house (maybe imagine you are trying to get through a Jungle and move like Jungle animals), whatever works for you and your family. The main thing is make shared physical activity a part of your everyday routine. We start each day at North Star Montessori with movement and exercise because exercise is a vital component of any child's development—laying the foundations for a healthy life. We also have so much fun doing it that it sets the tone for the rest of the day. We look forward to this time each day to come together in this positive shared experience. So make time to wiggle, dance, move and have fun getting active with your family to improve heart health and well being!





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Rethink! The Initiative to Reuse & Reduce!

By Victoria Beaman
Owner, The V Spa



Once in a while I sit down to write this article and I think to myself "what do I write about?"

I usually pick the normal things that make sense like holidays and special occasions then focus on that. But..... when I think about all the things I'm passionate about, I could talk for hours and write for days!!!

So this is a topic that's very different from my usual article. A little off the beauty path but ties into beauty and wellness in way that hopefully you will understand.

RECYCLING! I'm 100% about improving wellness and beauty so why not the environment we live in as well. Let's be the most amazing we can be and give 110% to everything we can control.

This includes our own personal environment and the environment of others so we can stay on top maintaining a healthy environment for ourselves and future generations.

In the past I was one to like the idea of recycling but never took the plunge. I have found out that It's so easy! But I have something even better! RE-USING!! RE-USING!!! RE-USING!!!!

I realized this evening as I was cleaning up the kitchen that I do this all the time. I noticed that I keep the containers that appeared to me to be good quality. I wash them and throw them in a drawer to be honored with storing amazing healthy foods for the future.

These happen to be my FAVORITE food storage items. I grab these before anything else. And of course we all know that certain plastics are bad, JUST NEVER MICRO-WAVE THEM.

Re-using these items is cost efficient and very environmentally savvy and smart.

Of course there will be items you don't re-use and want to throw away, DON'T, recycle those. The ones that appear to make sense, keep them, wash them and throw them in your Tupperware drawer. These are

also the items you send to your ex-husbands house for your daughters after dinner snacks or breakfast cereal that has your approval but not his. LOL.

Or honestly, anywhere you know it's never coming back. At least you didn't contribute to buying the pollution for that item.

I truly don't want to offend anyone, that's not my intention. I want to put a thought out there for anyone that desires to help the environment with an inspiring idea that is not talked about, the re-using of items, not recycling. This is a small way you can start your contribution to lessen the amount of pollution being put into our atmosphere. Does recycling these items cause pollution of some kind? Can you imagine the impact this would have if everyone in the world re-used only a few items a week?

Great example of re-using a item.

My husband made chili tonight and we had left overs. How perfect was it that I had saved a few soup containers and re-used those for the chili he made. Perfect! Soup container for leftover soup.

Tip: Not only do you NOT microwave plastic but also wait for hot food to cool before putting it in the plastic. The heat will react with the plastic and emit toxins directly into your food. If you happen to be in a hurry make sure you put the food in glass.

Well, that was a lot. Lol. Just remember to look beautiful doing it.

Take care of your gorgeous face.

The VSpa has a special Valentines Day Facial promotion to help your gorgeous face. VSpa is offering a Revitalizing Facial with a Champagne Bubble Mask that sends oxygen directly into the cells to fight free radicals, energize the skin and brighten dullness. The antioxidants in this mask neutralize the effects of oxidative damage and pollutants leaving the skin with a plump and dewy appearance. Amazing! Let's sign you up!

Bonus: If you bring 5 items to your appointment that can be recycled you can choose one of any upgrades added to your facial. A \$45 value.

SEND A TEXT MESSAGE TO 517-588-1648 with code UPGRADE to book your facial and receive the special promotion opportunity.

Make sure to follow VSpa on FaceBook and Instagram.

I'm starting a special live video next month and exposing the top 25 most toxic items in your home, so stay tuned.

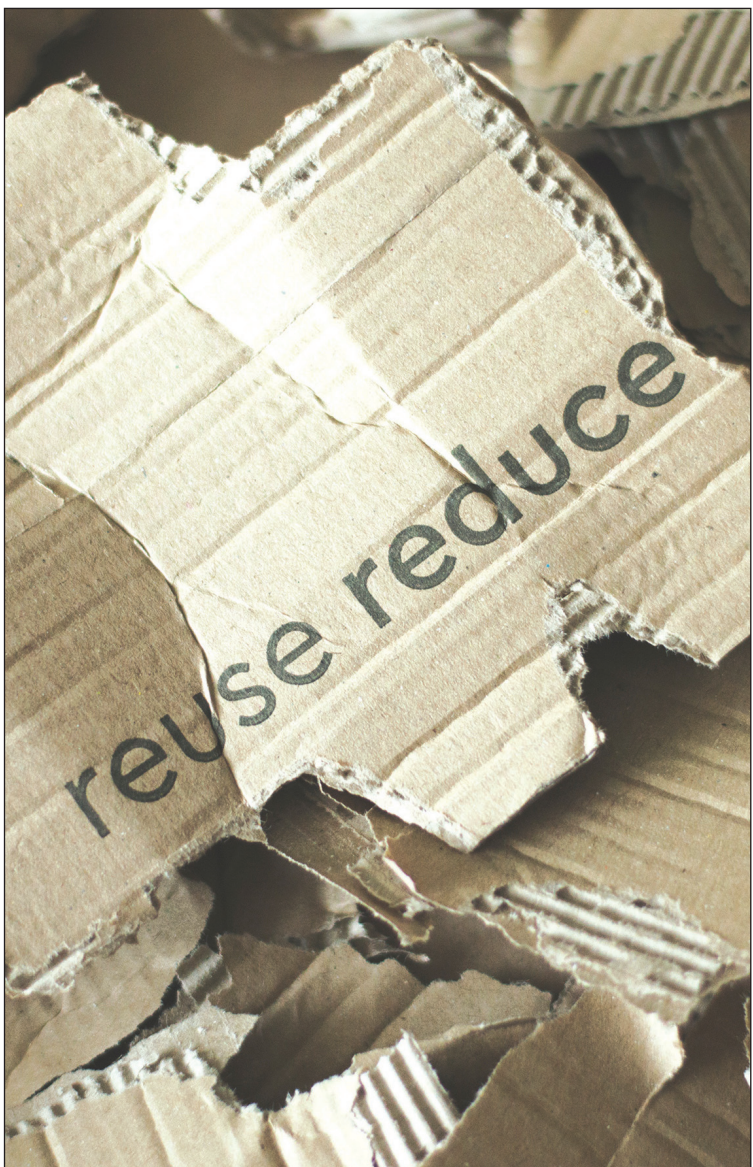
Be healthy and stay gorgeous.

Find me at VSpa 4491 S. Jackson Rd
VicToria XXOO

As one of Michigan's premier makeup artists, Victoria has brought a wealth of knowledge about natu-

ral 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.



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Setting Up Your Home Office for Efficiency

(BPT) - So, you've been running your business from your home for some time now, and with the busy holiday season upon us, you find yourself overwhelmed, stressed and your office is a mess. When running a business, there are so many things you need to think about to maximize efficiency, from having a clean setup to ensuring that you are well equipped with the supplies you need to get things done.

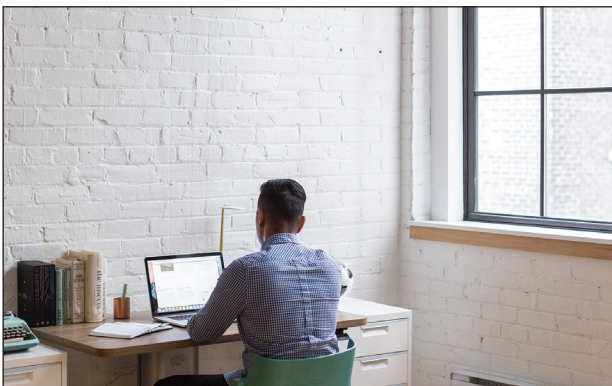
First things first. To help increase productivity and get things started, it's time to tidy up your space. Start by going through any old files you may have and determining whether you really need them, then get rid of things that no longer are relevant. Next, start organizing and getting your layout set. Arrange your space in a way that is functional and will ensure that you are

able to access the things you need easily, like your phone and computer.

Once your office is cleaned up, it's time to take a step back and ensure that your office is equipped with the latest equipment and stocked up on supplies. Your technology and hardware are key components to running things efficiently, so making sure your computer and peripherals are up to date will be crucial. A printer is a critical component in your home office setup and it's important that it is compatible with the latest technology and that there is enough ink to fulfill your business needs.

When it comes to smoothly running your business, there are many things you

need to help maximize productivity, and replenishing office supplies should not be a worry. As it is, the holidays are a stressful time, and buying office supplies is an added stress you don't



need on your list. Say you need to print an important document for a meeting and you're alerted that you are low on ink, but you are completely out, and you don't have time to get to the store to replace it. According to a new independent study from YouGov, 57 per-

cent of Americans find that it's a pain to buy new cartridges for a printer. That is where a replenishment service comes in.

Having your items delivered right to your doorstep will help alleviate the time it would take to do this on your own and eliminate the guesswork in knowing when you need to stock up on supplies. In fact, over one-third of Americans think that ink and toner

replenishment is a good idea. All you need to do is enroll in the service and you are guaranteed to get your items right when you need them. You don't even have to know what model your printer is and what kind of cartridge it takes. Services like Amazon Dash, Brother

Refresh and Best Buy Easy Replenish allow customers to quickly and easily replace their ink and toner without having to think about it.

"Running out of ink is always frustrating but it's especially infuriating when it happens at an inconvenient time, like when you are in a rush to get a print out," said Rafi Haqqani, Marketing Director, Brother Genuine Supplies and Auto-Fulfillment at Brother. "Through our Refresh service, we are helping office users run their business more efficiently by removing the bottlenecks and stress that comes with running out of ink and toner."

Don't let the busy holiday season bog you down. Get your office set up right and your supplies and equipment in order so you can get your work done efficiently and enjoy your time with the family.

5 Fitness Trends on the Rise in 2019

(BPT) - When looking ahead to the rest of the year, so many get excited about the latest trends, gadgets or gizmos getting the most attention as they look for what they might be interested in for themselves or their family. The world of health and fitness is an area that is always evolving to the point there's continuously something new to try, and sometimes it can even reach the point of feeling overwhelming.

Brian Zehetner, Planet Fitness' Director of Health and Fitness, helps cut through the noise by synthesizing what he sees as five major fitness trends that are likely to make the biggest impact in 2019:

1. 30-minute workouts: People are more time-crunched than ever and they want comprehensive and effective workouts that can be done in relatively short time frames. Ideally, these workouts include both a cardio component and a strength component. We may even see more 15- and 20-minute workout programs popping up this year and beyond! Planet Fitness offers an entire 30-minute workout area for those looking to get in and get out, allowing you to get a full-body workout using a mix of weight machines for strength training alternated

with steppers for great cardio.

2. Programs geared toward teens and young adults: Expect an influx of youth-oriented workouts and wellness opportunities in 2019. With new guidelines from the U.S. Department of Health and Human Services recommending at least 60 minutes of aerobic physical activity for kids every day, we expect to see even more youth, teens and young adults reenergizing their daily activity.

3. Certified training: More and more people are looking to certified trainers to help them not just with exercise form or how to use a machine but help guide them on a plan to stick to for achieving any wellness goals. Planet Fitness has what it calls the PE@PF(R) program, which includes unlimited small group fitness instruction by certified trainers - free and included with all memberships! They are available to provide counsel on individualized exercise plans but with the benefit and motivation of working out as part of a small team with other members.

4. Mindfulness: Fitness and nutrition have always been a happy marriage when it comes to wellness, but let's not forget about the benefits of mindfulness and

meditation in 2019. This is a critical component of any wellness regimen, too, and there are numerous apps in this space that are growing in popularity. Audio-guided workouts (via apps, podcasts, etc.) are becoming all the rage, too, and that trend is expected to continue in 2019

5. DIY fitness: Our members are requesting more

information so they can reach their fitness goals all on their own. People want help, yet see their journey as an independent one, so it's on us in the industry to provide them with content, guidance and anything else that may help them on their journey. Look for more assistance to come via technology in 2019 (e.g., apps, on-demand content, etc.),

as well.

Planet Fitness offers memberships for only \$10 a month, and a variety of benefits including free small group fitness instruction, brand-name equipment and fully equipped locker rooms. To make the most of your fitness journey in 2019 and for resources to help you reach your goals, visit planetfitness.com.



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The Jackson Area Career Center's Adult Career Education program offers exceptional courses to help you reach your career goals, build your professional skills, and satisfy your leisure pursuits. Our adult career education evening classes allow you to fit a program into your busy schedule.

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Creating an Even Safer Hospital Care Experience

*Contributed by
Henry Ford
Allegiance Health*

Jackson, Michigan—Henry Ford Allegiance Health (HFAH) continues to place a high priority on maintaining a safe environment for patients, visitors and staff in each of its facilities. HFAH proactively prepares for a crisis by conducting simulated emergency drills, evaluating security preparedness and making enhancements—from metal detectors to K-9 officers—to improve overall safety.

Conducting Emergency Exercises

Every year, HFAH stages full-scale emergency exercises on the hospital campus to focus on potential safety-related incidents, such as an active shooter. Through these simulations, HFAH is able to put its emergency operations plan to the test.

“These exercises help us to identify strengths to capitalize on, along with opportunities to improve going forward. We practice our response to an incident in collaboration with local, regional and state emergency responders, as well as local law enforcement, just as we would in a real-world crisis,” said Emergency Management Coordinator Corey Kubik.

Monitoring Security Measures

Henry Ford Allegiance

Health also consistently monitors the effectiveness of its security measures. “We want to reduce risks and be ready to respond as needed because safety is our top priority,” said Security Manager Charles Marshall. “Our goal is to ensure a coordinated, effective response and recovery in the event of any safety incident.”

To elevate the effectiveness of HFAH’s plan for safety and security, next steps will include:

- Hiring additional security officers
- Adding a new K-9 officer
- Assessing the current security camera and badge access systems

In addition, on Monday, January 14, Henry Ford Allegiance Health will install a metal detector in the Emergency Department entrance to the patient registration

area. The detector will be in operation around the clock. Signs will be posted to direct patients and visitors.

Collaborating with Community Partners

Henry Ford Allegiance Health wants to thank all of our community partners who have participated in our emergency exercises on the hospital campus, including Jackson City Police and Fire Departments, Blackman Township Public Safety, Michigan State Police, Jackson Community Ambulance/Emergent Health Partners, Jackson County Sheriff’s Department, Jackson County Emergency Management, Michigan State Police Emergency Management Homeland Security Division, Jackson Health Department, District One Regional Medical Response Coalition (D1RM-RC) and Michigan Department of Correction.

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Chalet Terrace	Pittsford Elementary
Francis Street Primary	Reading
Frost Elementary	Salvation Army
Greenfield	Shahan Apartments
Hillsdale CAA	Springport Elementary
Hunt Elementary	Waldron

Who Qualifies:

- Children age 3 or 4 by December 1
- Families receiving TANF-FIP, SSI or with low family income
- Foster children
- Children with disabilities
- Families experiencing homelessness



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The Center for Family Health operates four school health centers at Jackson High, Northeast Elementary, Northwest’s Kidder Middle School, and Parkside.

- Open year-round.
- Any child or teen – regardless of where they go to school – can receive medical care and annual physicals (and dental care at Northeast).
- On-site behavioral health care available.
- With a permission slip on file, kids who attend these schools can go on their own – without leaving the school building.
- On-site care limits child’s time away from class and parents’ time away from work.
- Centers can be your child’s primary provider or work in tandem with your family physician through the electronic medical records system.
- No one is turned away because of inability to pay.



Call 517-748-5500
today for an appointment!

➔ **BONUS** All school health centers serve young adults through the age of 21, and Northeast and Northwest serve adults, too.

School Health Centers

▶ **Jackson High Health Center**
Open M – F 7:30 a.m. – 4 p.m.
544 Wildwood Ave.
Jackson, MI 49201

▶ **Northeast Health Center***
Open M – F 8 a.m. – 4:30 p.m.
1024 Fleming Ave.
Jackson, MI 49202

▶ **Parkside Health Center**
Open M – F 7:30 a.m. – 4 p.m.
2400 Fourth St.
Jackson, MI 49203

▶ **Northwest Community Health Center***
Open M – F 7:30 a.m. – 4 p.m.
R.W. Kidder Middle School
6700 Rives Junction Rd.
Jackson, MI 49201

*Adults are welcome as patients.

CenterforFamilyHealth.org

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