

February 2020

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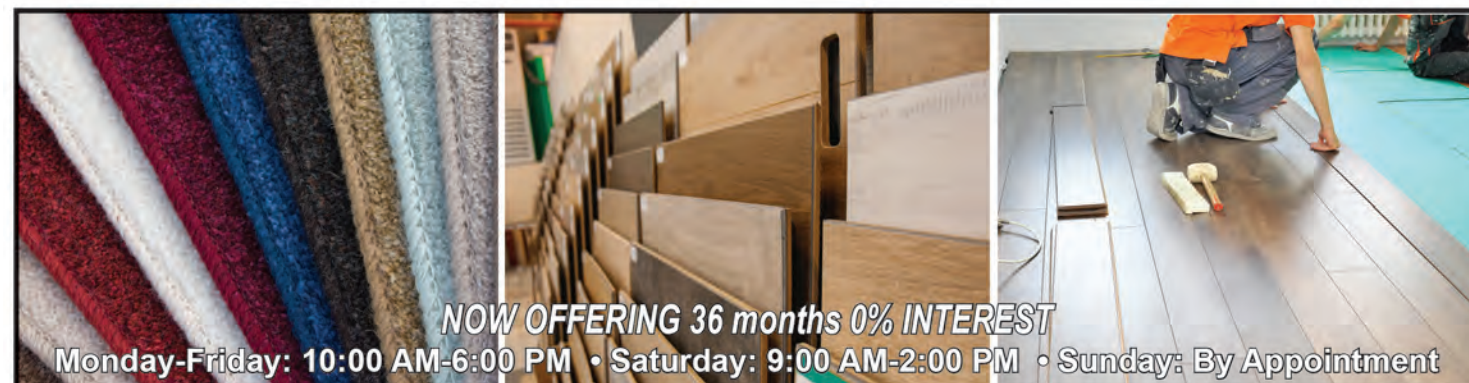
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JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



February 28, 29 & March 1
American 1 Event Center

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Welcome to J.A.C.K.S. —

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

Learn more at
www.jacksfamilyguide.com

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If your business or organization would like to submit an article for FREE for publication please do so by the 3rd Friday of each month.

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Practice Self-Love

By Alex Cash
Cocreative Life Coaching

It's February so that means we will see stores



filled with chalky heart shaped candies with funky sayings, boxes of themed

cards that children pass out at school, and expensive flower arrangements available for purchase. It can also be a time when, if we don't have a romantic partner, we can feel lonely. A romantic partner does not have to be what fulfills us on Valentine's Day. This year, whether attached or not, let's practice some love for ourselves.

Caring for and loving yourself makes you more able to love and care for others. When we are getting what we need, at least in part from ourselves, we are able to put our best self into the relationships we are in. Ram Dass said "The best thing I can do for you is work on me and the best thing you can do for me is work on you." Here are a few tips on how to practice self-love.

1. Stop comparing yourself to others or society's views on success-We can all fall victim to comparing ourselves to our peers now and again. My friend makes more money than I do. My neighbor has a nicer house. Comparing ourselves to our peers can help inspire us to create a better life, but when it brings us to the point of being utterly unsatisfied with our own life, it's too much. In addition to comparing yourself to peers, be mindful to not compare your views on certain topics with society's as a whole. Topics like



happiness or success deserve your own definitions of them. Navigate your life based on your own standards.

2. Give yourself time-Whether it's five minutes per day or five hours, make it a priority to carve out some time just for you. Use that time to silently meditate without distractions, enjoy a little nap, journal, take a walk, or reflect on your day. This practice can help you practice good mental hygiene, that is to stay on top of mental challenges as they happen, rather than letting them build up.

3. Criticize yourself less-We can tend to be our own worst critic. Do your best and learn to be proud of yourself when you've done what's in your power to do. Judge yourself by your own standards, not others'. If you feel you could have done things differently, think of it as a chance to grow and do things differently next time.

4. Take care of yourself first-Getting enough sleep, eating healthfully, staying hydrated, and having managed mental health are all great gifts you can give yourself and others in your life. Easier said than done, however make it a

priority to care for yourself in these ways. Airplane safety is the best metaphor; put on your own oxygen mask before assisting others. If you are in poor health, you will be less able to assist the ones in your life that you hold dear. If you are slipping in one of these areas, be aware and acknowledge where you'd like to make improvements, then take steps to getting there.

5. Have self care rituals-Do something nice for yourself on a daily or weekly basis. Give yourself 20 minutes to relax with a cup of hot tea. Do a home manicure or facial to make yourself feel pampered.

Making yourself a priority is by no means selfish. With everything out there that might be against us, we need to be our own ally. Self-love is all about taking care of ourselves, respecting ourselves, and saying great things to ourselves. If ever you may slip, think about how you treat the ones you love. Are you treating yourself with the same love, grace, compassion, and respect? Learn more about life coaching with Alex at cocreativelife-coaching.com or on Facebook Cocreative Life Coaching.

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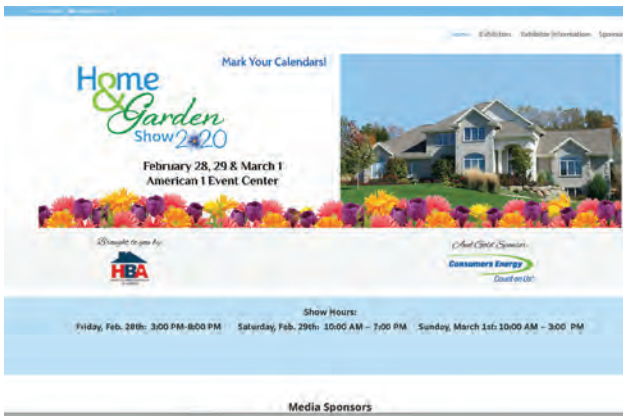
Home & Garden Show 2020

New Decade, New Home Show

With 2020 comes a new decade, and an all new, bigger and better Home Show with a new name, new logo, new website, new marketing, new event dates, and a brand new bigger, better, beautiful venue – the American 1 Event Center at Keeley Park.

New Logo, Branding & Marketing

The HBA of Jackson Home Show Committee has been working hard to produce the best Home & Garden Show to date. The HBA of Jackson hired a new Executive Officer with a background in graphic design and marketing. With this change came new things for HBA of Jackson and the Home Show. HBAJ has re-named the expo Home & Garden Show (formerly Home & Lifestyle Show), and re-designed and re-created all of the marketing materials including a new logo & look for the show, all new print materials, new full color show guide and new website.



New Website

HBA of Jackson has created and launched a new website dedicated to the show. The site is full of information for show sponsors, exhibitors and attendees alike, including booth assignments, schedule and more. Check it out at JacksonHomeShow.com



New Venue

The best, most exciting change this year is that the Home & Garden Show 2020 will be the first ever Expo in the new American 1 Event Center at Keeley Park, formally known as the Jackson County fairgrounds. Located just minutes off I-94 and within walking distance from the revitalized downtown Jackson. The new event center is a 30,000 square foot multi-use facility that offers uniquely designed space flexible enough for any occasion. It is the perfect venue for HBAJ'S Home & Garden Show in 2020 and beyond! With the new space we are able to offer more booths, more exhibitors and larger 10' x 10' booths and even some 10' x 15' booths along with more spacious garden areas.

Do you have a NEW project in mind?

Come explore the Home & Garden Show with 98 booths and 66+ exhibitors showcasing the latest innovations in remodeling, home improvement & building trends. Discover options to update and upgrade the interior and exterior of your home. We have something for everyone with exhibitors to help you with your building, remodeling and various home improvement projects. Browse kitchen & bath displays, windows and door displays, home heating solutions, flooring, home services, new builds, and more. Check out the landscape & garden displays with ideas for all of your spring and summer landscaping

projects. Whether you are planning to build a new home or remodel your existing home you won't want to miss this event. No matter the size or scope of your project, our local pros will be on-site all under one new roof to help! From the front door to the backyard, you'll find it all at the Jackson Home & Garden Show 2020.

New Dates

This years event takes place the last weekend in February.

Feb. 28, 29 & March 1

Friday	3:00 PM - 8:00 PM
Saturday	10:00 AM - 7:00 PM
Sunday	10:00 AM - 3:00 PM

Visit the home show during these times to gather ideas and inspiration to create beautiful indoor and outdoor spaces.

Admission is just \$5.00 for adults; children 16 and under are free with an adult. Parking is free.

There will also be special events during the show including a woodcarving demonstration, "PAWS" from the Detroit Tigers. For more information and a discount admission coupon visit JacksonHomeShow.com or clip the ad below for buy 1 get 1 free admission.

*Home Builders Association of Jackson (HBAJ) is a non-profit advocate for the home building industry including builders, remodelers, property owners, developers and suppliers to the single family and multifamily residential construction industry. Our membership is affiliated with the Home Builders Association of Michigan and the National Association of Home Builders in Washington DC. The Home Builder's Association of Jackson is the voice of the building industry, dedicated to preserving and protecting the American Dream of home ownership. The HBAJ promotes professionalism while providing education and membership support.



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Learn to Be a Tourist in Your Hometown

Turn Each Month into an Item on Your Bucket list

By Val Herr



2020 - the older I get the faster time seems to move. It wasn't that long ago that society

was worried about moving from 1999 to 2000. Twenty years later and we have the world at our fingertips. We never have to leave home to see a great movie, get dinner or groceries or even see our loved ones. While I understand and at times love the convenience of being home it does limit our experiences. As we all know I am all about experiences! The experience of checking out a new restaurant, shopping local and being with loved ones. This year I encourage you to make a 2020 bucket list. This doesn't have to be extreme but rather something to look forward to each month. I'm sharing mine with you in the hopes that you and your family take the time to not only create one but actually look forward to your new experience each month:

February: The month of love. Instead of the traditional flowers and chocolates, take a chocolate tour or plan a chocolate party at Gilbert Chocolates.

March: It's almost spring!! I know it's been a long winter and we are almost to nice weather. Hit up some local resale shops like Habitat for Humanity or the Resale Depot and find a project that you and your family can do together to pass the time.

April: Finally sunshine! Take advantage of it and go out and explore. You can check out a book from Jackson District Library about native trees and check out a local park and see how many trees you can identify.

May: If April showers didn't bring May flowers you can still have a beau-

tiful yard. Jackson is full of local nursery's that will help you have the yard or container of your dreams. They can guide you through the endless rows of plants and flowers and help you decide. This is a great opportunity to work with your family on growing a garden or what flowers are best for



bees.

June: Schools out! We have been waiting months for summer vacation and let's not waste a day. This month take the kids to the local animal shelter or homeless shelter and volunteer for a few hours. It's a great way to give back to

our community.

July: This month plan and take a picnic. Stop by a local farmers market and grab some lunch then hit the road to one of Jackson's 30 parks.

August: How is it already time for school? Summer went by quick but there is still plenty of time to enjoy life. Take advantage of the evening light and go play in the water. Jackson County has more lakes than any other county in Michigan.

September: It's time for class. Not school but a class. Local art and cultural organizations in Jackson offer everything from ball room dancing, pottery to create an original art piece.

October: Time for pumpkins and hayrides. Find a local pumpkin patch and spend an afternoon.

November: The first half of November is all about getting ready for Thanksgiving and the end of November is all about getting ready for the holidays. It's tough to try and fit something new into your schedule but it's important that we all make time for friends and family. Plan an evening out at a local restaurant. Have everyone put their favorite local restaurants name on a piece of paper and draw one at random.

December: I know, I know, I know.... December is gone before we know it and we are all beyond busy with holiday events. For December I am doing a repeat of June. I want my family to give back. This coming December we will be volunteering to ring the bell for Salvation Army. It's only a couple of hours but it's a great experience and a way to give back to our community.

Now that you have my 2020 bucket list, take the time with your family and create yours. You will be creating a year's worth of memories.

As always, Learn to be a Tourist in your own Hometown.

A Close Look at the Science of Potholes

Contributed by
Imagine Planet

Why is Michigan so perfect for making potholes? There are two factors- temperature and precipitation.

Potholes occur for the same reason rocks break down in nature. This is called weathering and in the northern states the main cause of weathering is ice wedging. Erosion is a term used for movement of sediment or broken down rock. Ice wedging happens because of a fascinating quirk of water. As water turns from a liquid to a solid (freezes), its volume increases. Most materials shrink as they get colder,

but when water freezes it expands. This property is rather spectacularly exhibited when you leave pop cans in your car in very cold temperatures. The expanding water breaks the can open. I have even seen the bottoms of the pop cans blow right off. Now I am not suggesting anyone perform this experiment- it can get very messy. An experiment which can be performed any time of the year is merely putting a cup half full of water (mark the level with a marker) in the freezer and then measuring how much the cup is filled with ice. Try putting packed snow in a cup and then checking to see how much water it becomes.

So what does this have to do with potholes? When water from precipitation gets into cracks in the road or in cracks in rocks and then freezes, the compound gets bigger and makes the cracks bigger. Then even more water gets in the next time. When this cycle of freeze and thaw happens repeatedly, the cracks get much larger. This is the power that reduces rock to rubble. The power that reduces roads to an obstacle course.

Why is Michigan so good at making potholes? Our temperature is variable around the freezing point of water and we have plenty of precipitation. Antarctica

is not a good place for ice wedging because it is too cold and too dry. This winter so far (I am writing this in mid-January) has been a perfect storm of temperatures and rain, freezing back and forth. Be prepared for many deep potholes this year.

Imagine Planet will be having our Name A Cockroach (After your ex) this year for Valentine's Day. Only a \$5 donation gets you the right to name one of our Madagascar Hissing Cockroaches! Please check our Facebook page or call 734-358-9893 to check on any closings due to weather. Drive safely!

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New Fire Pit Warming Up Downtown Jackson

By Aaron Dimick,
City of Jackson Public
Information Officer



A new fire pit is warming up visitors and creating a cozy atmosphere in Downtown Jackson. The City of Jackson recently completed its installation of the fire pit in Bucky Harris Park, which is located in the heart of downtown at the corner of W. Michigan Avenue and N. Jackson Street.

The circular fire pit provides a new focal point for the park, replacing a defunct ornamental foundation. All downtown visitors have to do to enjoy this new feature is press a button on a nearby starter post and the fire pit comes to life, igniting a ring of fire powered by gas. The fire burns for 20 minutes until a new cycle is started. Fire pit revelers are protected from the flames. The blaze is contained in a brick fire pit and is capped with a metal mesh dome, keeping out trash, animals, and

people. There's also an emergency shut off button on the starter post.

The fire pit is sure to be a hit during cold-weather events in Downtown Jackson, such as the annual Christmas parade and Eve on the Ave. The Parks and Recreation Department has been adding new features to downtown parks over the past year to offer more activities for visitors. Across the street from Bucky Harris Park is Horace Blackman Park, where seesaw equipment and interactive chimes were added last summer.

Parks and Recreation Director Kelli Hoover says she anticipates the fire pit will become a gathering place for downtown visitors during cold weather. "We are seeing



Photo contributed by The City of Jackson

lots of new businesses and events coming to the downtown area. It's important for the City to add new attractions in our downtown parks that add to the experience of spending time in the area,"

Hoover said.

Public bathrooms were also constructed in Bucky Harris Park over the past year. Later this spring, a swing, similar to a porch swing, will be added to the park.

Hundreds of Jackson Community Leaders, Students Gather to Celebrate MLK's Dream

Contributed by
JCISD & Jackson County
Chamber of Commerce

Jackson, Mich. - A community breakfast to honor the life of Dr. Martin Luther King Jr. and what he stood for turned out to be the biggest in its history.

Nearly 500 business and community leaders and students attended the sold-out MLK Diversity Breakfast at Gene Davis and Sons Banquet and Convention Center Friday morning. The program is put on every year by the MLK Diversity Committee, which is a partnership between the Chamber of Commerce, the Jackson County ISD and the Jackson Human Relations Commission, with the purpose to celebrate the spirit of Dr. King and the middle school Challenge Days that take place every fall.

Now in its 13th year, Challenge Days have brought together more than 6,000 students across Jackson County. The 2019 Challenge Day program was attended by 600 youth over six days and was hosted by Jackson College and Western High School.

Challenge Day and Dr. King's legacy go hand in hand. The program teaches young students to be accept-

ing of others and look past the things that make us different, like race and gender. It provides young people with the knowledge and tools to make their schools more accepting places. It also helps build community within schools and teaches students that despite our differences, we are all the same.

Ava Snider, a 7th grader at Michigan Center, shared her Challenge Day experience during the MLK Breakfast, saying she and her classmates learned so much they didn't know about each other and themselves. "It helped many students come to the realization that there are some kids out there that just need a friend," said Snider. Since Challenge Day, Snider says there is less bullying and her school is a much better place. "If you get the opportunity to go to a Challenge Day, please do so because this could make our world a better place."

Henry Ford Allegiance Health President and CEO Paula Autry served as the program's keynote speaker. She talked about Dr. King's legacy and how it inspires her today, citing his dedication to faith, commitment to

serve and lead, his focus on education and the many roles he served as civil rights leader, pastor, father, husband and friend. Mrs. Autry asked the audience to take away a few key beliefs of his own as well, including the power of persistence.

"To quote Dr. King, 'if you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have

to keep moving forward.'"

Other program speakers included Jackson County Chamber of Commerce Interim President John Crist, State of Michigan Director for AARP Michigan Paula Cunningham, Comcast Director of External Affairs John Gardner, Michigan Center Jr./Sr. High School Counselor Shawn Kiley, President and CEO of Center for Family Health Molly

Kaser and Jax Naz Pastor James Haldane.

Proceeds from the MLK Diversity Breakfast raised more than \$6,000 for the 2020 Challenge Days. Visit <https://www.jacksonchamber.org/events/challenge-day/> to learn more about Challenge Day or contact the MLK Diversity/Challenge Day Committee at 517-782-8221.

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It's Time to Boogie at Jackson School of the Arts

By Amy Fracker,
Assistant Director,
Jackson School of the Arts
LET'S BOOGIE!!!!



Ok, now that I have your attention, let me tell you about the best party a r o u n d this month. You have to come to our Love of the Arts Disco Party! It's Valentine's Day, February 14th from 7:00-10:00 pm at The Foundry.

Let me fill you in on the backstory... JSA had a great opportunity to work with the Leadership Jackson group last year. This group of professionals came together to learn leadership skills by helping a non-profit. We were the beneficiaries of a wonderful event last year called "For The Love Of

The Arts". This year we are in charge of continuing that event theme of Love of the Arts and hosting an event on Valentine's Day. So, how does Disco fit into this you ask?

I am not a professional dancer, but I LOVE to dance. I was 10 years old in 1977 at the height of the disco period. I remember going to our local Parks & Rec to learn how to do the hustle. I absolutely adored it. I begged my mom to allow me to watch Charlie's Angels and my first real hairstyle was all feathered and the curling iron was my friend. So, when it came to discussing what we should do to have a fun event in Jackson, my mind went to DISCO!

I'm inviting you to join me at The Foundry (216 Martin Luther King Jr. Blvd) in downtown Jackson on February 14th 7:00 - 10:00pm. This is going to be one heck

of a fun party. It will also give you a chance to support all the great things we are doing at Jackson School of the Arts.

I'm super excited to get dressed up and boogie down! DJ Andre' will be spinning the tunes, entertainment, celebrity impersonators and yummy munchies will have you really enjoying Valentines' day with your sweetheart or bestie!

Tickets are available <https://www.eventbrite.com/e/love-of-the-arts-disco-party-tickets-80135771249> or you can show up at the door. You can wear your best Studio 54 look or favorite bar outfit and dance the night away.

Please join me - all proceeds go to support our scholarships for everyone in our community to experience the arts.

Looking forward to seeing you on the dance floor!



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Cultivate Kindness in the Classroom

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



Kindness is a behavior driven by the feeling of compassion. When we act on this feeling in a helpful caring way, this behavior becomes an act of kindness. How do we cultivate kindness in young children? North Star Montessori Educators actively encourage children to put their kindness into actions through thoughts, words, and deeds.

Our classroom is a place where children can learn to become a part of a community. We emphasize how to be kind to yourself, others, and the environment. Children in a Montessori environment have the freedom to choose materials and activities during classroom work periods. Our teachers model handling the materials with care as they demonstrate how to use them. Children are shown how to take their materials to work rugs and how to respect each other's work spaces

by walking around each other's rugs, and finally how to carefully return them to the shelf when they are finished. Our classrooms are peaceful places where kids can concentrate and learn. If the child wants the teacher's attention, they are taught to walk over to them to initiate a conversation, rather than yelling across the room. The teacher models this process, as they do the same when they would like to talk to a student. Another way North Star teachers cultivate kindness in the classroom is by role playing prosocial behavior and phrases at circle time to help children navigate social interactions such as asking to play with another child, and using manners like please, thank you, and excuse me.

Teachers have an important presence in children's lives as they spend the day with children, serve as role models, and create learning environments that promote growth and learning. A keystone of effective classroom management is actively teaching prosocial skills so that children are more able to regulate their feelings and negotiate social situations. The idea of kindness, compassion, em-

pathy, and cooperation are abstract to children. By role playing real life examples and using teacher made materials such as feelings books, children are able to name and identify their emotions. Stories, art, and discussions give children concrete examples of ways that we can show kindness.

At North Star Montessori we focus on the whole child by challenging children with academics, and at the same time creating an environment that values kindness and respect where everyone can feel welcome and have a sense of belonging. The emphasis of getting along builds each year as children attend North Star Montessori, as the curriculum spans over 3 years. Our multi-age classrooms serve children who are 3, 4, and 5 years old. Older students (second and third years) are eager to have the opportunity to help teach new students. They happily show a new friend how to take out a rug, and how to choose a work from the shelf to share. One of their favorite activities is to teach a new friend how to serve their own snack. If a friend feels sad, they can use encouraging words, a gentle hug, or picture to



Photos contributed by North Star Montessori

help their friend feel better. Children's Social Development will be a part of who they are for the rest of their

life. Investing the time to understand and respect children nurtures their sense of well-being.

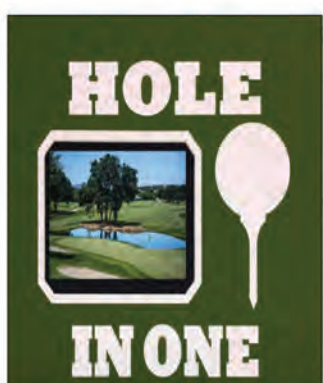
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Connecting Stronger Relationships in a Head Start Classroom

By Laurie Melville & Christy Penza
Head Start Educations Coaches
Community Action Agency

Studies show that connections between pre-school age children and their teachers build nurturing bonds. This early childhood connection impacts later lifelong positive relationships.

We all know children are eager to learn new and exciting things. Head start classrooms introduce children to positive climates where they have opportunities to build relationships, engage in positive communications and learn respect for themselves and one another. This happens through cooperation, sharing, respectful language and positive expectations.

Teacher awareness of responsiveness to students' academic and emotional concerns play a role in effective interactions and child comfort within the classroom setting. Teachers focus on acknowledging emotions and assisting children through the use of effective communication skills.

Regard for child per-

spective is an important part of making children feel independent and support autonomy and leadership through incorporating the child's ideas, allowing choices, giving children responsibility and encouraging children to verbally express themselves.

Sue Rosendaul, Head Start Preschool Teacher tells us, "Our trick is rules and consistency." The effectiveness of how teachers monitor, prevent and redirect behaviors provides effective interactions. When teachers create

clear expectations, consistency, clarity of rules, and specifically pay attention to the positive behaviors, it allows for effective overall behavior management in the classroom. This increases the connections and relationships between peers.

When building relationships is at the center of an Early Childhood classroom, the quality of child/teacher interactions and academics improve. This allows for higher Early Childhood outcomes in all areas of development.

"Our trick is rules and consistency."

~ Sue Rosendaul,
Head Start
Preschool Teacher



Photo by Jessica Anderson, CAA Head Start Teacher



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Prevention and Management of Cardiovascular Disease in Older Adults

Contributed by Right at Home, LLC

Heart disease is America's No. 1 killer, but a significant number of these deaths are preventable. The American Heart Association (AHA) estimates that 43.7 million Americans age 60 and above have one or more types of cardiovascular disease, such as heart disease, heart attack, stroke and heart failure. About two-thirds of cardiovascular disease deaths occur in people age 75 and older.¹

Aging can cause changes in the heart and blood vessels, increasing the risk for cardiovascular disease. The Centers for Disease Control and Prevention (CDC) reports, "About 1 in 5 heart attacks is silent — the damage is done, but the person is not aware of it."² To help prevent cardiovascular disease nationwide, February is designated as American Heart Month. A federally established annual event since 1964, American Heart Month is an important reminder to work with friends, family and senior loved ones to keep everyone's heart healthy.

U.S. Cardiovascular Disease by the Numbers

The AHA notes that roughly 85.6 million Americans have one or more types of cardiovascular disease. Here are more U.S. statistics on cardiovascular disease:

- On average, someone dies of cardiovascular disease every 38 seconds. About 2,303 deaths from cardiovascular disease occur each day.
- An estimated 46% of adults, or 116.4 million people, have high blood pressure.
- On average, someone dies of a stroke every 3.70 minutes, which equates to almost 390 deaths each day.³
- On average, the first heart attack occurs at age 65 for men and age 72 for women.⁴
- Cardiovascular diseases claim more lives annually than all forms of cancer and chronic lower respiratory disease combined.
- The direct and indirect costs of cardiovascular diseases and stroke were \$351.2 billion between 2014 and 2015.
- A 2016 study projected that direct medical costs of cardiovascular disease will reach \$749 billion in 2035.⁵

Cardiovascular Disease Risk Factors

To gauge cardiovascular health nationwide, the AHA developed Life's Simple 7[®] as a means to track seven key health factors and behaviors that affect a person's risk for heart disease and stroke. Life's Simple 7 are:

1. Not smoking
2. Physical activity
3. Healthy diet
4. Normal body weight
5. Control of cholesterol
6. Control of blood pressure
7. Control of blood sugar

Of these health factors, tobacco use is considered one of the most preventable causes of death in the country. For smokers, going smoke-free results in a number of positive health benefits, for example, the AHA states, "One year after quitting, your risk of coronary heart disease is reduced by 50 percent."⁶ Remaining sedentary and a poor diet contribute to being overweight and raise the risk of declining heart health. The CDC finds that about half of Americans have at least one of these key risk factors for heart disease: high blood pressure, high blood cholesterol and smoking.⁷ The CDC also adds excessive alcohol use to the lifestyle choices that elevate risk for heart disease.

How to Keep Cardiovascular Disease Under Control

Fortunately, reducing the risk of cardiovascular disease is possible through a number

of positive lifestyle choices. To promote lasting change in a person's health through everyday small steps, the AHA created a healthy living movement called Healthy for Good[™]. The movement's approach is threefold: Eat Smart. Move More. Be Well. The Healthy for Good movement hopes to inspire people to choose heart-healthy foods, exercise regularly, manage stress, get adequate sleep and practice mindfulness.

"Many older adults are surprised to find that they can prevent and significantly lessen the effects of cardiovascular disease by making even small adjustments in their daily routines," said Elaine Gribble, Outreach Coordinator for Right at Home, Jackson. Gribble recommends the following three ways to improve cardiovascular health:

1. Manage blood pressure. When blood pressure rises too high, the extra force on the circulatory system can damage artery walls and build up scar tissue. This can limit the smooth flow of blood and oxygen to and from the heart, causing the heart to pump harder and wear out more quickly. To lower blood pressure, reduce salt and alcohol intake, and eat fewer saturated-fat foods. Incorporating more exercise and controlling stress will also help drop blood pressure into the normal range (less than 120 over 80).

2. Stay physically active. An average fitness goal is moderate exercise that keeps you moving and breaking a light sweat for 30 minutes a day five days a week.⁸ However, remaining sedentary, like sitting at work, in the car or on the sofa, for the rest of the day is not good either. Instead, break up long periods of sitting by getting up and moving around. For example, climb up and down stairs during TV commercials or walk around when you're on the phone.

3. Eat nutrient-rich foods. The heart runs best on plant-based foods (vegetables, fruits, seeds and nuts) and fewer processed, convenience foods (crackers, chips, packaged desserts and microwave meals). Nutritionists recommend one of the fastest ways to adopt a heart-healthy diet is to forgo sugary beverages such as sodas and fruit juices. Fresh fruits and veggies, quality whole grains, and wild fish make up the core of a diet for better overall health.

In-home Caregivers Help With Heart Health

The older people get, the harder it can be to oversee all aspects of health and well-being. Oftentimes, seniors need encouragement and respectful supervision to make the right choices to safeguard their heart. Individuals with cardiovascular disease or who are recovering from a heart attack or stroke need careful monitoring to prevent further complications.

"We find that elders, especially those with cardiovascular disease, benefit from staying in the familiarity of their own homes with the help of a professional caregiver," Gribble explains. Gribble outlines a number of ways in-home caregivers can assist these patients:

- Ambulation. Fatigue and shortness of breath from cardiovascular disease can limit a patient's movement and lead to falls. Having an adult home care professional assist the patient with mobility is both a safeguard and a relief to the patient and their family.
- Dietary intake. Cardiovascular patients are typically placed on a diet low in sodium, fat and cholesterol, and they may need help shopping for and preparing appropriate meals and snacks.
- Medication reminders. Medications are extremely important for people dealing with cardiovascular conditions. Forgetting to take medications or taking them incorrectly can result in hospital readmission. An in-home caregiver can remind the patient to take medications and can run to the pharmacy for prescription refills or to pick up additional medications.
- Personal care. Many heart and stroke pa-

tients feel weak and struggle with bathing, dressing, eating and using the bathroom. A trusted in-home caregiver can provide an extra hand with these daily tasks.

- Home management. Because of decreased energy and mobility, people with cardiovascular disease may need help with cleaning, laundry, errands and a number of regular routines including pet care.

- Rehabilitation. Attendance at cardiac or stroke rehab is crucial, and for more severe cases, required daily. Cardiac rehab programs have shown to decrease the odds of additional heart attacks. At-home caregivers can provide the patient with transportation to rehab appointments and can monitor the patient's compliance with prescribed activities to do at home.

- Follow-up with physician. Adult home care providers can drive cardiovascular patients to and from medical appointments, help record the physician's suggestions, and communicate changes in the patient's condition to the family.

In addition, Gribble points out that Right at Home offers clients a disease management program to help monitor symptoms and promote self-care. Right at Home caregivers are trained in specific health conditions; are prepared to recognize warning signs of heart attack, stroke and other illnesses; and can seek medical help, which is often the difference between life and death. Right at Home's comprehensive disease management program is tailored to help with the following diagnoses:

- Acute myocardial infarction (AMI), commonly known as heart attack
- Congestive heart failure (CHF)
- Cerebral vascular accident (CVA), commonly known as stroke
- Chronic obstructive pulmonary disease (COPD)
- Dementia
- Diabetes
- Parkinson's disease
- Pneumonia
- Hip or knee replacement

Gribble emphasizes that while heart disease remains the No. 1 killer in America, as more and more people are aware of American Heart Month and follow a heart-healthy lifestyle, deaths from cardiovascular disease will continue to drop. "That's news that will do everyone's heart good," Gribble adds.

About Right at Home

Founded in 1995, Right at Home offers in-home companionship and personal care and assistance to seniors and adults with disabilities who want to continue to live independently. Local Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. Right at Home's global office is based in Omaha, Nebraska, with franchise offices located in 47 states nationwide and throughout the world. For more information on Right at Home, visit About Right at Home at <http://www.rightathome.net/about-us> or read the Right at Home caregiving blog at <http://www.rightathome.net/blog>. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.

About Right at Home of South Central Michigan, Jackson office.

The Jackson office of Right at Home is a locally owned and operated franchise office of Right at Home, LLC, serving the communities of Jackson, Lenawee, Calhoun, Hillsdale. For more information, contact Right at Home of South Central Michigan at www.rightathome.com, at 517-768-0900 or by email at outreach@rightathomescm.net.

Want to Support the Mountie Nation? Invest in Northwest!

Contributed by
Kelly Grygiel, Northwest
Community Schools

Northwest Community Schools is very enthusiastic to share with you our new Invest In Northwest program. This program will allow for many exciting investment opportunities for those who are interested in supporting the Mountie Nation. As you may know, traditional school district funding is reliant upon per pupil state allocated resources which limits the scope of available opportunities and programs that school districts can offer. Therefore, Northwest Community Schools has created a space for an alternative funding source that is a

non-traditional avenue for our school district to fund projects that are outside the scope of the operating budget.

We have launched Invest In Northwest (<http://invest.nwschools.org>). This site shares success stories of investors, partnerships, and private donors making a difference in our community. The five highlighted areas for investment opportunities are: In the Classroom, Athletics, Career Readiness, Fine Arts, and Major Projects.

We have also started the Northwest Alumni Club! The Northwest Alumni Club is a great opportunity for Northwest Alum to give back to their home com-

munity and school district all while connecting with old friends and classmates!

We will be sharing all the amazing success stories of extraordinary partnerships and highlighted alumni who have given back to the community on a regular basis through newsletters, community emails and our social media! Please join us in making a difference in our community!!

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Get Your Glow On

Fifth Annual Glow Party Raises Money for the Jackson YMCA

By Bonnie Gretzner
Communications and Marketing Director,
Jackson YMCA

For the fifth year, the gym at the downtown YMCA will be rocking with high-energy music and participants decked out in glow gear - all for a good cause. The 5th Annual Zumba Glow Party, held Feb. 7 from 6-8 p.m., benefits the Y and the Children's Miracle Network.

"Everyone should wear any and all glow-in-the-dark gear and get ready to have a blast," said event organizer Tina Cook. "The instructors at the YMCA are amazing and keep the energy up for the entire two hours. We have some glow items available for purchase that evening," she said, along with T-shirts for purchase (visit <https://tshirt-monsterz.com/glowparty> for more information on shirts). Pro DJs provides the music and lights.

The event started in 2015 when Tina's daughter, Alaina Cook, was crowned Miss Jackson Crossroads Outstanding Teen, which is part of the Miss America franchise. Alaina's platform is PLAY - Physical Life-styles of Active Youth; she wanted to raise money for the YMCA and the Children's Miracle Network, which is the official charity of the Miss America Organization (MAO).

"She was only 15 at the time, so I spearheaded the event and worked with the Y to make this a family-friendly event to help encourage youth physical fitness," she said.

Fast Facts

What: 5th Annual Zumba Glow Party
When: Friday, Feb. 7 from 6-8 pm
Where: Downtown Jackson YMCA; 127 W. Wesley St., Jackson, MI 49201
Cost: \$10 individual/\$20 families
Ages: All are welcome! Children must be accompanied by parents.
Fundraiser: Money raised goes to the Jackson YMCA and the Children's Miracle Network

Children are welcome to attend this event with their parents/guardians to make it a family night out.

Approximately 80 people attend each year, and the party has raised more than \$2,000 to date combined for both organizations.

Alaina has held a different local title each year since 2015; her current title is Miss Greater Kalamazoo 2020. She will be competing in the State Pageant this year for the title of Miss Michigan 2020 in June.

Said Tina, "Service is a part of the work each local titleholder must do in order to compete at the State level. Alaina has chosen to support our local Y and community through this event."



Photo contributed by the YMCA of Jackson

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10 Ways to Fit Family Fitness into Your Busy Life Schedule

Contributed by Orthopedic Rehab Specialists

The American Heart Association recommends at least 60 minutes of moderate to vigorous activity a day for kids ages 6-17. Adults should get 150 minutes of moderate-intensity aerobic activity (or 75 minutes of vigorous aerobic activity) each week.

Parents set the example in the area of health and wellness for their kids, and the earlier kids make fitness a habit, the more likely they will be to make fitness a priority throughout their lives.

With a busy lifestyle it can be difficult to find time for fitness. Here are ten easy ways to fit fitness into your family's busy schedule:

1. Instead of sending a text or email, make a phone call. Get up and walk around the block, or pace around your house while talking on the phone.

2. Taking the stairs is one of the best exercises you can do - make a game of going up and down a flight of stairs 5-10 times. Carry some canned food in a couple of grocery bags to add resistance.

3. Do a YouTube workout together as a family. There are lots of great kid-friendly workouts available on YouTube: <http://bit.ly/familyfitnessORS>.

4. Make your household chores into a workout session. Just sweep faster, scrub your dishes harder, and even add in some jumping jacks in between.

5. Catch up on your favorite TV shows and workout at the same time! Add in some jumping jacks on commercials and maybe even do some squats and planks during the show.

6. Park at the back of the lot. Instead of trying to find the closest parking spot, park farther from the store and add in some extra steps.


7. Take a walk or bike ride through the neighborhood after dinner. It's a great way to get the whole family active together.

8. Go to the park together as a family. Bring a basketball for a game of pickup, or race up and down the slide.

9. If you have activity trackers, challenge each other to get the highest number of steps each day.

10. Join the local YMCA and make it a family event to spend at least one evening or afternoon there each week.

As your community partner in health and wellness, we want to see families make fitness a priority!



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