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HOME & Garden SHOW



FEBRUARY 24th-26th
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JacksonHomeShow.com



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Jackson Area Collaborative Knowledge Source. Our mission is to inspire community unification and promote the voices of organizations and individuals in Jackson County through a collaborative monthly publication.

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EST. 2015

Home & Garden Show

2023, February 24-26

*By Home Builder's Association
of Jackson*

Are you looking to remodel, update, add space or build a new home?

Then here is the event for you! HBA of Jackson and Consumers Energy proudly present the 2023 Home & Garden Show, February 24th-26th at the American 1 Event Center at Keeley Park.

A Jackson Tradition

HBA of Jackson is celebrating 47 years of Home & Garden Shows by once again showcasing the latest innovations for remodeling and updating the inside and outside of the home at this annual home improvement extravaganza. Join HBAJ and Consumers Energy to gather inspiration for your next home project and connect with exhibitors who can help make your vision a reality.

Make Those Project Dreams a Reality!

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 onsite all under one roof to help! From the front door to the backyard, you'll find it all at the HBA of Jackson Home & Garden Show 2023. Visit our website at Jackson-HomeShow.com for a list of the exhibitors who will be available at the show. The site is full of information for show attendees, sponsors, and exhibitors, including the schedule of events, sponsors, 2-for-1 coupons, and more.

Tips to Get the Most Out of the Home & Garden Show

Before you leave the house:

1. Think about projects you would like to tackle.
2. Measure and take photos of those project areas.

3. Save money before you enter the show! Clip the buy one, get one free coupon from the ad in this publication or download the coupon from the JacksonHomeShow.com website.

At the show:

1. Take notes and photos. Shop and compare prices, services, and products.
 2. Talk to the pros at the show. Chat with them about things you'd like to do in your home and get ideas for improvements you may not have even considered.
 3. Gather information and pricing and take advantage of show-only discounts and special offers.
 4. Make appointments. Many vendors will offer promotions for free estimates.
- Visit the home show during these times to gather ideas and inspiration to create beautiful indoor and outdoor spaces.

February 24-26, 2023 -

American 1 Event Center

- Friday 3:00 PM - 8:00 PM (Ladies night 5-7 PM) AND Veterans get in FREE
- Saturday 10:00 AM - 6:00 PM
- Sunday 10:00 AM - 3:00 PM (Balloons for the Kids by Balloony Bin)

Food onsite every day provided by Crazy Cowboy!

About Home Builder's Association

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 multi-family residential construction industry. Our membership is affiliated with the Home Builders Association of Michigan and the National Association of Home Builders in Washington, D.C. 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.



Spring INTO Action ← AT OUR SPRING BREAK DAY CAMP March 27 - 31, 2023

Join us for a week of fun field trips, swimming and more!

Dates: March 29 - April 2
Time: 8:30 am - 5:30 pm
Ages: 5-14
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HOME & Garden SHOW

Event Sponsor: **Consumers Energy** Count on Us®

February 24th-26th

Friday	3:00 PM - 8:00 PM
Saturday	10:00 AM - 6:00 PM
Sunday	10:00 AM - 3:00 PM

AMERICAN 1 EVENT CENTER
200 W. Ganson St., Jackson, MI

Admission \$5 Kids Free Free Parking

Showcasing the latest innovations for remodeling and updating the inside and outside of the home, this annual home improvement extravaganza brings local experts all under one roof to make those dreams a reality!

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JACKS

H.B. Fuller Makes It Stick

*Contributed by the
Jackson County
Chamber of Commerce*

Would you believe there's a massive plant in Jackson that makes products you use every day but never thought about? The sticky stuff on your bandages, your tape, your windows, even the stuff that keeps your toilet paper together; it's all made at H.B. Fuller.

A few Chamber team members had the opportunity to get the full behind-the-scenes at H.B. Fuller, led by Dan Dixon, Senior Project Engineering Manager. Dan works on major capital projects, mainly at the facility in Michigan Center. The Michigan Center facility is H.B. Fuller's largest. At this facility, they produce adhesives and sealants that you can find in some places that may surprise you.

H.B. Fuller produces everyday products like

glue, superglue, PIB (polyisobutylene), caulk, roofing primers, and more. Some brands you may recognize, like Gorilla Glue and Red Devil, contain material made right in the Michigan Center facility. Odds are, if you look in your toolbox, garage, or even your junk drawer, you're bound to find one of these things. However, you won't see an H.B. Fuller label during your next trip to the hardware store. They create the material that makes these products sticky or sealed. A name brand you see on the shelf takes that material and sells it under its brand.

At the Michigan Center plant, they have around 300 employees, each working in three shifts. H.B. Fuller is a global facility that's divided into three different business units or divisions:

1. Construction adhesive (This plant can be found right in Jackson

County.)

2. Engineering adhesive

3. HHC consumer products (adhesives for diapers, toilet paper, and even makeup)

When you're buying caulk for your latest home improvement project, you're not thinking of the process of how it got to the shelf of your local hardware store. It's surprisingly fascinating to watch it happen. Caulk starts as a butyl rubber base, which is masticated (blended to break down) in process equipment. Out of this comes what Dan called a "master batch." This is then made into pellets and put into another mixer where powder is added. Oil is added to help break the rubber down and is mixed until it softens. Powders are used as extenders to make the batch bigger, then a solvent is added. At this point, the material won't harden



H.B. Fuller

until it is exposed to air. That material is then put in a quart, pint, or tube, ready to be added to your toolbox.

Beyond the machinery and materials of it all, H.B. Fuller does more than just create. Dan explained that H.B. Fuller is always working on making eco-friendly improvements. They're currently looking into lower VOC (volatile organic compounds) for primers and caulks. Some solvents can be harmful to the atmosphere, and H.B. Fuller is looking for more ways to replace things that are harmful while increasing safety and sustainability.

H.B. Fuller also participates in Earth Day

cleanups, recognizes a Volunteer of the Year, and organizes food and blood drives. "It's a pretty giving organization," Dan stated as he explained the many ways H.B. Fuller is involved in the community. Their generosity is seen continuously through volunteer work and community involvement.

Next time you're looking through a window, wrapping a gift, or fixing a broken toy, you can thank H.B. Fuller for turning your sticky situation into a problem solved. You can learn more about H.B. Fuller by going to hbfuller.com to see community involvement, what they do, and job openings.



When Glenn's hip flared up after 20 years, it threatened to derail the plan to rebuild his family's farm in Northern Michigan.

Ultimately, Glenn traveled 3.5 hours to get a robotic hip replacement, and his nephew drove him home that same night. His Henry Ford Health surgical team arranged to have a local home care nurse and occupational therapist check on Glenn, and after one week he was off his pain medication and well on his way to recovery. Now, he's back to his routine—and back to chasing after Fräulein, his beloved German shorthaired pointer.

Discover Glenn's story, and learn more about joint replacement at henryford.com/jointreplacement

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Jackson County Animal Shelter's Adoptable Pets: Sassi, Shadow, & Deuce

Contributed by the
Jackson County
Animal Shelter

Sassi and Shadow

Sassi and Shadow are an inseparable pair looking for their forever home. Sassi is a 6-year-old, primarily black, female Staffordshire mix. Her friend Shadow is her perfect counterpart: a 1-year-old, male, grey and white, cat who is missing his tail. These two, along with another dog, traveled as strays together, and the person who found them plans to keep the third dog. We would love to see this pair go to a loving home together. Their bond is incredible, and seeing them together is sure to warm your heart. They have even been featured on TV news channels that found their bond unique and captivating! Dog adoptions require an application, online link www.co.jackson.mi.us/DocumentCenter/View/8193/



Jackson County
Animal Shelter

Dog-Adoption-Application-PDF. Availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adoption. A meet & greet with your dog is mandatory. A cat room walk-through is available to test reaction as well.

Dogs will go to approved applicants; the adoption fee is \$150 for medium/large dogs and \$250 for puppies/small dogs, including vaccinations, microchips, and sterilization.

Deuce

Meet Deuce, a 3-year-old, solid-black shorthair cat with golden, moon-like eyes. Deuce does not love it at the shelter, even though he is usually cuddled up with his best bud Sweet

Pea. They were both surrendered by their owner, and Deuce is going to need someone who can be a bit patient with him. Meet this handsome guy today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. Cat Adoption Fees are \$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 other resources include the online cat application at www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF. You can fax completed applications to 517-780-4750 or email them to animalshelter@mijackson.org. See our website for more information at mijackson.org/579/Animal-Shelter. Find us on Facebook or view all pets on Petango.com. Current Shelter Hours: M, Tu, W, F, 10-4:30, Thu 10-7, Sat 10-4.



The Best Place for Pets is with Their People and You Can Help

(BPT) - Pets bring us joy in so many ways. But what if something changed and you weren't able to care for your pet properly, like an illness, injury, or job loss? For many people, the idea of not having their pet in their life is heartbreaking.

This scenario happens across the United States for various reasons, offering animal lovers of all kinds the opportunity to step in and make a difference.

"Pets are a necessity, a member of the family. From goldfish to dogs, they help you feel more fulfilled," said Toni Kimble, whose kindness helped keep her sick neighbor with her pets as long as possible, boosting spirits and the well-being of both animal and owner.

Kimble's story started when she found out her neighbor, Nicki, was undergoing medical treatment and was struggling to care for her dog and two cats. She did not have family nearby to help her. After speaking with Nicki's niece on the phone, Kimble offered to walk her dog, feed the cats, and clean the litterboxes. This new routine brought her and her neighbor closer, and they quickly became friends.

"Animals need care, and it would have broken Nicki's heart to remove them from her home. She still loved her animals, and they loved her. She just needed a little help so they could stay together," said Kimble. "Those animals gave her more life and light than anything else."

Research shows human-animal interaction is incredibly powerful. According to the National Institutes of Health, "interacting with animals has been shown to decrease levels of cortisol (a

stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood."

A whopping 70% of U.S. households own a pet, according to the 2021-2022 APPA National

Pet Owners Survey, which equates to about 90 million homes. Ninety-seven percent consider their pet a family member. When those owners struggle to care for these pets, it's an opportunity to make a difference.

#BeAHelper is the first campaign of Pets and People Together - a partnership between the Ad Council, Mad-die's Fund®, and the Humane Society of the United States - to encourage individuals to directly help people and pets in their communities, thereby helping to keep families together.

There are many ways you can take action to help keep pets with their people, including:

- Temporarily fostering a pet for a friend, neighbor, or family member
- Donating pet food to a pantry
- Returning a lost cat or dog to their home
- Donating to the cost of veterinary care for a pet in your community

"Individuals can make a big difference. No action is too big nor too small," said Kimble. "Knock

on your neighbor's door and see if they need assistance. Your offer can make all the difference, and you build a better community."

For more information on how you can help keep pets and people together in your community, visit PetsAndPeopleTogether.org.



Learn to Love Your Hometown

Combat Winter Blues with a Book Exchange

By Val Herr

Have the winter blues started to get to you? Is one of your 2023 goals to read more books? Do you love supporting your local restaurants and wineries? If you answered yes to any of these questions, I have a solution: host a book exchange! It's truly that simple. Find an incredible local gem such as a res-

taurant or winery (be sure and call ahead), and invite your friends, co-workers, or anyone that likes to read and wants to discover local treats. Here's how it works: you invite a group of people to bring their used books to exchange with others. You can set a limit - either a minimum or maximum - for each person if you'd like. Have everyone share a little about the books they brought, lay the books out and let everyone go shopping! This could be a one-time event, or you could

host it a few times throughout the year. If you have books left over, consider donating them to your local school, Jackson District Library, or one of the many "little libraries" all over Jackson. I can't think of a better way to spend a winter afternoon than sitting around a local establishment, having amazing food and drinks, and sharing a love for reading. Fill your soul, break your routine, support local businesses, and love your hometown!





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Reading, Writing, Arithmetic, and... Coding?

By Stephen Fritz,
Community Action Agency

It is a given nowadays that if we want our children to do well in life, they need to learn things like math, language arts, science, and social studies. Nearly every country in the world has developed mandatory education systems to supply these basic skills to their youth so they can one day grow into informed and productive adult citizens.

Science and social studies are important too for any developing child. You do not have to become a chemist to benefit from chemistry or an archeologist to apply what you learned in history class. These areas of study help children to develop critical thinking and other important skills that add to every aspect of daily living. So too does coding add to the general skill set your child may need later in life.

When many people think of computer programming, they may imagine someone sitting in front of a computer screen for hours on end, typing long lines of letters, numbers, words, and equations that are as difficult to understand as a forgotten ancient language. However, more and more, the term

"computer programming" has fallen out of favor and has been replaced by the term "coding." The reason for this change comes from our changing world.

We now live in a world of smart devices with computer chips inside nearly every item we put our hands on. Even if you are not a programmer, you still need to program. Setting your thermostat to automatically change to different temperatures morning, noon, and night requires programming. Making your doorbell camera send you notifications anytime there is movement outside requires programming. Anytime we instruct an electronic device what to do, we are "programming" and thus utilizing coding skills.

Coding skills, like reading and math, can be learned from a young age. Your child does not need to wait until high school or college to begin coding. In fact, children can start learning coding skills without ever touching a computer or electronic device! Educators have developed a variety of "unplugged" activities that require no electricity or computer chips. For the youngest learners, such as preschoolers, unplugged

activities are often the preferred method of developing coding concepts and are often the cheapest and easiest way to get started. Unplugged activities may involve puzzles, patterns, or organizing and can be done through physical play, tabletop games, toys, or pencil and paper. Websites such as Code.org have lists of activities like this.

But if you are itching to get your hands on something that turns on and lights up, that is okay as well. In recent years, educators and computer scientists have developed a variety of programs and gadgets that allow children to code. For example, the Ozobot is a wheeled robot the size of a ping pong ball that can be programmed to turn, spin, speed up, slow down, and more using only colored dots that children can draw on paper. Or, if you prefer Legos, the Lego WeDo set allows your child to build a small robot and program it using puzzle-like tiles on a computer screen. These "drag-and-drop" puzzle pieces require no reading for little children because they have no words, only pictures showing what the robot will do.

Even if you do not want to spend the money on a robot, you can still expose your child to electronic coding through free web apps such as ScratchJr. ScratchJr allows your young one to program cartoon characters! Again, their actions are controlled through a selection of puzzle-like tiles on the display that can easily drag and drop without any need to read. As your children grow, they can move on to similar puzzle-like coding apps such as the original Scratch, which gives them greater freedom to program their own computer games, robots, or other fun electronic devices like the Micro:bit.

All this may sound great, but the most remarkable thing about coding may be this: when we teach coding to children alongside reading, writing, and arithmetic, coding can actually improve

our children's reading, writing, and arithmetic! One study found that four and five-year-old children who were taught coding skills made greater gains in math skills than children who were not. Studies have also shown that coding education helps to improve children's mental executive functions. Executive functions include things like focus, self-control, planning, organization, and creativity. It is easy to see how this could lead to improvements in reading, writing, and learning within all school subjects. Executive functions even help children with the social skills needed to handle their emotions and cooperate with others.

Knowing all this, how can we NOT make an effort to teach our kids coding? You can get started at home TODAY!



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Return to learn.

Investing in Early Childhood Educators Made it Possible for Teachers to Achieve Their Dreams

(BPT) - Early childhood teachers and those who dedicate their careers to the first years of childhood - the time in life with the most brain development - have been lauded as essential, even heroes, since the pandemic. Teachers are important not just in the eyes of children but also for the families who depend on them to provide a safe and nurturing environment for their children while they work.

Recognizing the ongoing need to care for teachers and caregivers, Bright Horizons, one of the world's largest providers of high-quality child care, continues to support these educators with vital benefits and resources to help them grow professionally. As part of its commitment to professionalizing the field of early childhood education, Bright Horizons is making a substantial investment to increase wages for both teachers and those in leadership within its childcare centers.

In addition, Bright Horizons offers all of its teachers the opportunity to earn early education degrees absolutely free. The Horizons Teacher Degree Program is a first-of-its-kind program that allows all full-time employees in Bright Horizons' early education and child care centers to earn an associate and bachelor's degree in early childhood education at no cost to them, covering all out-of-pocket expenses, including tuition, fees, and books.

Teacher Stories Seattle

Carol White has been with Bright Horizons Childcare Center in Bellevue, Washington, for 23 years. She began as a KinderPrep Teacher,

then became Program Coordinator, Assistant Director, and has served as the Center Director for the past eight years.

"I had wanted to get a degree since I graduated high school," said White. "Bright Horizons made it so easy. I didn't have to worry about coming up with the money to be paid back for my classes. I earned my degree through Rasmussen University and am using the same university for my BA. For me, getting my degree

I am proud of my accomplishments and hope that I can inspire others to keep going. My degree has helped me excel at my job and find new joy in my work."

Teacher Story Boston

Tina Dolson, the Health and Safety Director at Bright Horizons at University Park in Cambridge, Massachusetts, has always wanted to work with children. She has worked in the Infant and Toddler programs and as a mentor for new employees.

"I am the first in my family to get a bachelor's degree and was able to do so with the help of the degree program," said Dolson.

Teacher Story Chicago

Mayra Pena has had a number of roles within early childhood education. She is currently a Bright Horizons Lead Educator for the kindergarten prep program at Early Discoveries in Abbott Park, Illinois. "I decided to participate in the Horizons Teacher Degree program because I thought it was an excellent opportunity to finally complete a goal I had

for many years," said Pena. "I know my parents would be incredibly proud. Their hard work and struggles have motivated me to keep moving toward my goal."

Mayra is working toward her associate's degree in Early Childhood Education from Rasmussen University and plans to graduate in June 2023.

Learn more about the Horizons Teacher Degree Program at <https://careers.brighthorizons.com/us/en/horizons-teacher-degree-program>.



has been validating." Meanwhile, Diane Orr, a teacher at the Kadlec Childcare Center in Richmond, Washington, decided to participate because the program was free, online, and offered multiple schools to choose from. "It is amazing to work for a company that cares enough for their employees to invest in their education," said Orr. "My education has helped my confidence as a teacher and a leader. This past year I moved up to the position of lead educator at my center.



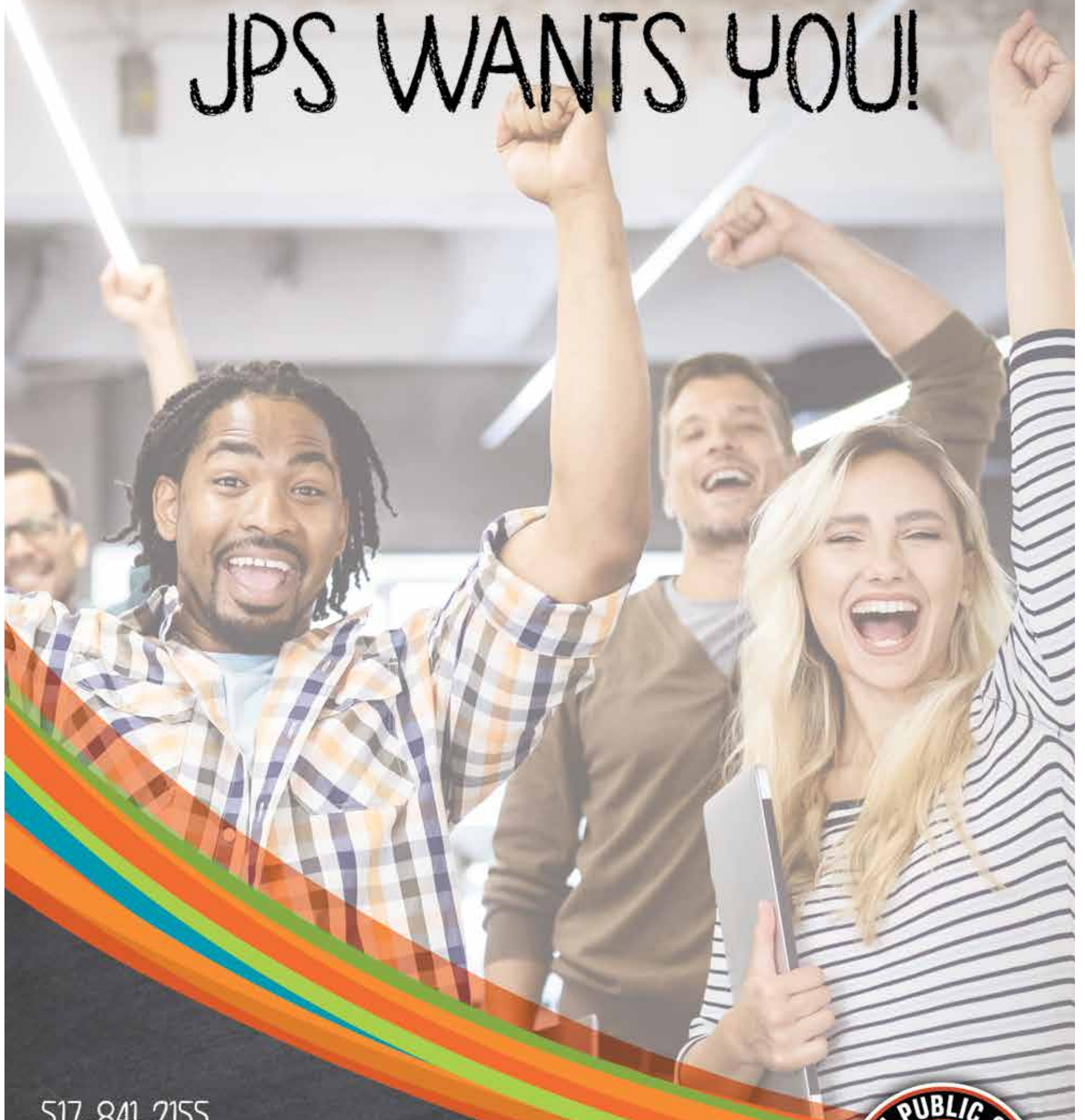
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College & Career Access Center, March Scholarships

The American Legion Eagle Scout of the Year 2023

Eligibility:
Candidate must be a registered, active member of a Boy Scout Troop, Varsity Scout Team, or Venturing Crew chartered to an American Legion post, American Legion Auxiliary unit or Sons of the American Legion squadron OR be a registered, active member of a Boy Scout Troop, Varsity Scout Team, or Venturing Crew, and the son or grandson of a Legionnaire or Auxiliary member, AND:

- Received the Eagle Scout Award
- Be an active member of his religious institution
- Received the appropriate Boy Scout religious emblem
- Demonstrated practical citizenship in church, school, scouting and community
- Reached his 15th birthday and be enrolled in high school at time of selection
- Reside in the department (state) to which he applies

Award: \$10,000 1st place with 3 runner-up candidates receiving \$2,500 each.
Deadline: March 1, 2023 for Nomination Forms
Application: <https://www.legion.org/scholarships/eaglescout>

Tall Clubs International Student Scholarships

Eligibility:
Applicants must:

- Be under 21
- Be entering college in the upcoming Fall
- Also meet the TCI height requirement minimums: 5'10" for women and 6'2" for men, barefoot

Description:
TCI annually awards student scholarship(s) of up to \$1,000 each to tall students who are under 21 years of age and attending their first year of college in the following Fall. If you are interested in applying for a TCI Scholarship Award, you must contact a TCI Member Club closest to you for sponsorship. Even if they don't have a local Student Scholarship, they may simply appoint you as their candidate. Once you have a local sponsor, your name will be submitted to the TCI Foundation. Should the Foundation select you

as an award winner, you will be notified by your local sponsoring TCI club and presented with the award.
Award: \$1,000
Deadline: March 1, 2023 (Must request a scholarship application by February 1st, 2023!)

Application: <https://www.tall.org/tci-foundation.htm>

Fred & Lena Meijer Scholarship

Eligibility:
Applicants must be:

- A current Meijer team member who has been employed full-time or part-time by Meijer, with at least one year of continuous service on the application deadline date, and will be attending college/university/technical school either part-or full time or,
- A dependent child (natural, legally adopted, or step-child) of a current Meijer Team Member who has been employed full-time or part-time by Meijer, with at least one year of continuous service on the application deadline date who will be attending college/university or technical school full time or.
- A dependent child of a former Meijer team member who worked full-time or part-time for Meijer for at least one year, but whose employment was terminated due to death, retirement, or total and permanent disability. The student must be attending college/university or technical school full-time.

Scholarships are awarded to individuals based on the following:

- Academic or technical achievements
- Financial need
- Special circumstances
- Participation in school and community-based activities/organizations

Award: \$5,000 - \$10,000
Deadline: March 1, 2023 by 5 PM
Application: <https://www.meijer.com/services/meijer-scholarship.html>

"Leading the Future II" Scholarship

Eligibility:

- All applicants must be US residents.
- Applicants must be high school seniors or college students and planning to attend or already attending an accredited undergraduate institution.

• The scholarship is not available to graduate students.

Scholarships are awarded to individuals based on the following:

- Application and Essay
- Extracurricular Activities and Achievements
- Community Responsibility and Leadership Potential

Award: \$100 - \$300
Deadline: March 1, 2023
Application: <https://scholarshipworkshop.com/scholarship-help/scholarships-we-offer/leading-the-future-ii-scholarship/>

American Legion Auxiliary Scholarship for Non-Traditional Students

Eligibility:

- Applicant must be a member of The American Legion, American Legion Auxiliary, or Sons of The American Legion and shall have paid dues for the 2 preceding years and for the calendar year in which application is made.
- Applicants must be either a non-traditional student returning to the classroom after some period of time in which formal education was interrupted or non-traditional student just beginning their education.
- American Legion Auxiliary Spirit of Youth Scholarship recipients are not eligible.

Description:
This scholarship helps people who are part of The Legion Family pursue a college degree later in life or allow them to pick up where they left off when their studies were interrupted. If you're at this place in life, this may be the right scholarship for you.

Award: \$2,000
Deadline: March 1, 2023
Application: <https://www.legion-aux.org/scholarships/non-traditional-student>

Rosa Parks Scholarship

Eligibility:
Applicants must:

- be a Senior attending a public or private Michigan High School.
- graduate by Spring of the application year.
- have GPA of 2.5 or above.
- furnish official copies of high school transcript and ACT or SAT results.
- meet additional requirements as noted in application package.

ments as noted in application package.

• complete an application form and essay:

This year's topic: "Segregation was the defining social issue when Rosa Parks took her historic stand. Describe a social issue you think should be addressed today. How will YOU use the principles of Rosa Parks to address it?"
Description:

The Rosa Parks Scholarship Foundation offers a \$2,000, non-renewable scholarship to Michigan high school graduating Seniors. Winners are selected on the basis of scholarship, leadership, financial need, and dedication to the civil rights principles of Rosa L. Parks, whose historic stand against racial prejudice in 1955 brought her national recognition. The Foundation was established in 1980 to provide equal-opportunity scholarships to Michigan high school Seniors.

Award: \$2,000
Deadline: March 1, 2023 (by midnight)
Application: <https://www.rosaparksscholarship.org/application>

American Society of Human Genetics Essay Contest

Eligibility and Instruction:
This contest is open to students in grades 9-12 worldwide and asks students to examine, question, and reflect on important concepts in genetics. Essays are expected to be well-reasoned arguments indicative of a depth of understanding of the concepts related to the essay question. They are evaluated by ASHG members through three rounds of scoring.

2022 Topic:
The "Father of Genetics," Gregor Mendel, was born 200 years ago in northern Moravia (now Czechia). His experiments with pea plants led to observations and conclusions that became fundamental principles of genetic inheritance. These principles include: 1) Each organism has two versions (or alleles) of each gene; 2) One allele is inherited from the mother, and one allele is inherited from the father; 3) Alleles can be dominant or recessive; 4) Genes for different traits are inherited independently

from each other. Because of Mendel's contributions, traits and disorders that are caused by variation in one gene (For Example, Huntington's disease, Cystic fibrosis) are called Mendelian traits or disorders. There are also complex traits and disorders (For Example, diabetes, hypertension) that are caused by variation in many genes and, often, environmental factors.

1. How do Mendel's discoveries help us understand Mendelian disorders?

2. How does the study of Mendelian disorders help us understand complex diseases?

Award: Varies from \$100 - \$1,000
Deadline: March 3, 2023
Application: <http://www.ashg.org/education/dna-day.shtml>

Carol Hines Memorial Scholarship Program

Eligibility:
To be eligible for CMP scholarships, juniors must:

- be a U.S. Citizen.
- be of good moral character.
- have achieved a minimum 3.0 cumulative grade point average.
- be a graduating high school senior.
- demonstrate acceptance to a university, college or trade school leading to diploma or trade certification.
- demonstrate marksmanship competition experience.

Description:
MP Scholarships are one-year awards that may be used to fund any accredited secondary education or vocational program. CMP Scholarships may also be used to pursue post-secondary education during the upcoming school year.

The scholarships are paid to the scholarship recipient but must be countersigned by the financial aid offices of the college where the student is enrolled. The check may be used to pay fees or expenses not covered by other awards or grants.

Award: \$1,000-\$5,000
Deadline: March 31, 2023
Application: <http://thecmp.org/communications/cmp-scholarship-program/>

Improvements Afoot at Imagine Planet

By Jean McKim,
Imagine Planet

Imagine Planet has gone through many changes in the last few months. We moved to 730 Tomlinson St (the old Tomlinson elementary school) in October and expanded our space in January. The animals are almost all moved into the new room, with the exception of tanks filled with water. For now, the axolotls, mudskippers, aquatic turtles, freshwater tank, and marine tank will remain in the front room. Our dear bearded dragon,

Tank (Ankylosaurus), passed away last month. He was almost 21 years old, and my son had had him most of that time. To put this in perspective, most bearded dragons live from 15-20 years. Rest in peace, Tank. Looking to the future, we are restoring our marine tank to its former glory. We have two clown fish, some blue fish, a sea urchin, hermit crabs, a group of snails, a blenny fish, and a shrimp. We look forward to adding anemones, corals, and feather dusters, as well as

other invertebrates. Additionally, we are organizing our collections that haven't been seen in a while due to lack of space. Our rock, mineral, and fossil collections will be displayed. As always, you can bring up to 10 specimens of those items, and Jean will teach you how to identify them. Tumbled stones are harder to identify, so you will have more luck with raw specimens. In the building, we are also finalizing our toddler and preschool areas, which

will be equipped with coloring, crafts, games, and toys. Our marble run will be set up, and our nature items will be touchable for a truly hands-on experience. We also plan on starting up our theme days again, so please send us your suggestions. Past favorites have been Snake Day, Chemistry Day, and Earth and Space Science Day. Let us know what you want to see! Our large demo table will have rotating stations, so there will be something different every time you come to Imagine



Planet. Of course, our animals are always eager to see visitors. Come on in during our open hours, Monday, Tuesday, Thursday, Friday, and Saturday, from 12-5 PM. Follow us on Facebook for the most up-to-date information.



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4 Ways to Maintain Your Wellness Goals this Winter

(BPT) - Now that winter is officially in full swing, cold weather and shorter days are upon us, which can make it harder to stick to your wellness goals and resolutions. However, Registered Dietitian and Nutritionist Dawn Jackson Blatner offers the following tips that can help you invest in your well-being and stick to your health goals this season.

1. Exercise Regularly

Regular exercise can boost your immune system, which helps your body avoid illnesses during the colder months. According to The New York Times, several studies have shown a strong link between regular exercise and lower risks of infection, including respiratory infections. Regardless of what exercise you partake in, 30 minutes of moderate physical activity five times a week can give your body an edge against cold and flu season this winter.

2. Winterize Your Hydration

Staying hydrated benefits your health in many ways, including aiding in the regulation of body temperature, preventing infections, delivering nutrients to your cells, and lubricating your joints! It can also improve your sleep, cognition, and mood. If you aren't craving big glasses of ice water on cold wintery days, winterize your hydration by reaching for hot drinks like herbal teas or add a squeeze of winter fruit

like oranges or grapefruit to your water to make it more flavorful.

3. Eat Vitamin D-rich Foods

Eating foods rich in Vitamin D is always essential, especially in the winter. We make Vitamin D from sunshine, so when we see less sun, we have to ensure we are getting it in our diet. Vitamin D is associated with bone health, muscle

change. The fruits and veggies we wanted in the summer, like crisp, cold salads, will likely be different in the winter. So lean into the season and add winter produce to your routine, such as kale, sweet potatoes, cauliflower, brussels sprouts, and spaghetti squash. Produce adds beneficial antioxidants and fiber to help keep cells and digestion healthy.

- 2 medium sweet potatoes (chopped into 1-inch cubes)
- 2 cups of baby spinach
- 1 tablespoon of olive oil
- Pinch of salt
- 1/4 teaspoon of pepper
- 1/2 teaspoon of onion powder
- 1 teaspoon of garlic powder
- 1 large avocado (salt and pepper for taste)
- 4 Eggland's Best eggs, large



Preparation:

1. Add sweet potatoes, olive oil, salt, pepper, onion powder and garlic powder in a medium bowl. Mix thoroughly.
2. Put the sweet potatoes in the air fryer for 25 minutes at 375 degrees for the perfect texture. Shake the basket at about 10 minutes.
3. While the sweet potatoes are cooking, lightly coat your nonstick pan with oil over medium heat. Once the pan heats up, crack 4 eggs into the pan, season with salt and pepper and cover it.
4. Cook until the whites are set, but the yolks are still runny.
5. Divide the sweet potato and spinach between 2 bowls. Top each bowl with 2 sunny-side-up eggs and half an avocado.
6. Serve with sausage or veggie links if desired. Enjoy!

Check out this hearty Sweet Potato Breakfast Bowl from Eggland's Best, and don't forget to nourish your body during the coldest winter months while satisfying your taste buds!

Sweet Potato Breakfast Bowl

Prep time: 10 minutes
Cook time: 25 minutes
Yield: 2 bowls
Ingredients:

4. Add Seasonal Produce

With each season, our cravings



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3 Tips for Selecting the Perfect Home

(Family Features) - For those beginning the process of home buying, there are many factors to consider. Keep these ideas in mind as you conduct your search – whether it's on-line or at a series of open houses.

Consider Future Needs

Because life is always evolving, it's important to move into a home that has enough space for your family's anticipated changes. While features and space are always prime considerations, don't forget to look into the area schools, day-care options, parks, and other kid-friendly amenities if you plan to grow your family in your next home..

Look for Flexible Spaces

Seek homes that offer rooms with multiple functions. For example, an of-

fice area may be suitable for a small child's room, or a sunroom may be converted to a laundry area down the road. Unfinished basements are also blank canvases that can be customized to meet your family's wants and needs.

Get to Know the Area

The purchase of a home goes well beyond the property line. Be sure to examine the neighborhood in which the house is situated. From the condition of the neighbors' houses to highway access and the proximity of necessities like grocery stores and gas stations, be sure to take every factor into account to help ensure you're selecting the right location.

Find more tips to aid you in your home search at eLivingtoday.com.



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