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New Perspectives

Build Cultural Perspectives & Step Out of Your Comfort Zone in 2019!

- page 2



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Montessori Education

Building Cultural Perspectives: New Years Traditions Around the World

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



North Star Montessori Preschool and Kindergarten education program encourages children to learn about countries around the world.

Each month we learn about a country in one of the seven continents and participate in art, music, cooking and language to explore their customs and traditions. Children love to look at maps and use puzzles and other hands-on materials to learn the continent names, animals and their habitats, as well as climate, and topography. Great children's books and music bring the curriculum alive. Children love to learn about new

places and are open to try new phrases in Spanish, French, Italian, Chinese, Swahili and Hindi.

In January, we learn about Asia and focus on Chinese culture culminating by celebrating the Lunar New Year. This celebration is one of our favorite traditions at North Star Montessori. Children dress in red for the festivities, which is the color of good luck and fortune in Chinese culture. The day

good fortune from elders to the kids. For lunch, we love further immersing ourselves in Chinese culture by trying traditional Chinese cuisine. This gives children the opportunity to try new dishes and practice using chopsticks. Additionally, children learn about the 12 Chinese zodiacs that are represented by animals. 2019 is the year of the pig, and similar to western zodiacs, it is believed that your animal plays a role in deciding your career, health and relationship success.



While children around the globe bring in the new year with different traditions, there is a common theme of positivity and happiness for the year to come. At North Star Montessori, we embrace the opportunity to learn about and participate in holiday celebrations from around the world.

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Every Rock Tells a Story

Contributed by *Imagine Planet*

Every rock tells a story! When I pick up a rock, I ask "What story does this rock tell?" Just like stories are made up of letters, words, and sentences, in order to read the rocks you need to be able to recognize the minerals and how they go together. Minerals are the ingredients of rocks and, just like cookies, rocks are classified by their ingredients. We know a rock is granite if it has pink feldspar, quartz, and black mica, with large crystals. Granite tells a story of hot, molten magma, cooling deep underground, often found in the heart of mountains.

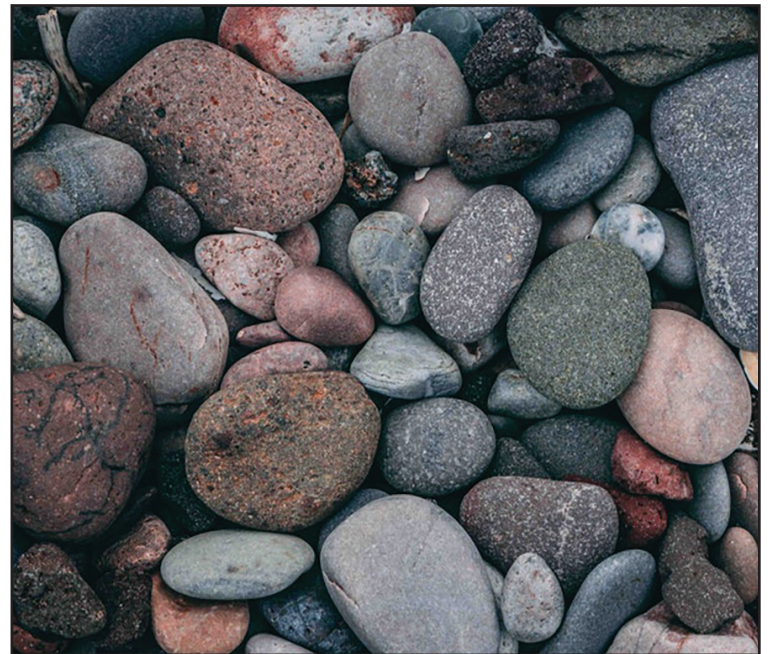
Everything is made of elements, which combine to make compounds and molecules. Everyone is familiar with the chemical formula of water, H₂O. A simple compound which is often found as both a mineral and a rock is NaCl, salt. There are many compounds which are not minerals, such as glass, opal, ice, and pearls. How can we tell whether something is a mineral or not?

Minerals are compounds that are solid at normal room temperature, naturally occurring, inorganic (not made by living things), crystal

structure, and have a definite chemical composition. Ice is not a mineral because it is liquid at room temperature. Amber and pearls are not minerals because they are formed by living things. Rubies, sapphires or cubic zirconium made in a lab are not minerals because they are not naturally occurring. Glass and opal are not minerals because they lack crystal structure. Examples of minerals include halite (NaCl), quartz (SiO₂), and calcite (CaCO₃). There are over 3000 different minerals in the world, and many are found in Michigan! Only 30 are common, which makes identification easier.

Minerals can be identified by testing their properties, which include color, streak, luster, crystal form, cleavage and fracture, hardness, and magnetism. You can tell a diamond from a cubic zirconium or glass by checking properties. It is often misleading to identify minerals just from looking at them.

This year, Imagine Planet will be adding more



geology programs to our calendar. We have lots of great specimens and a geologist on staff.

Visit our Facebook page and let us know what you are interested in. We will be starting with basic mineral identification and will work towards the stories the rocks tell. Visitors can bring in rocks and minerals to learn how to identify them (please only 12 specimens at a time). We look forward to exploring more of the history of the earth with you. Welcome to the adventure!

Learn to be a Tourist in Your Hometown

Step Outside of Your Comfort Zone this New Year with all Jackson has to Offer

By *Val Herr*

Well the holidays are behind us and now we wait for spring. If you're not one of the people who loves snow and goes up north to go skiing and snowmobiling, winter can be long and boring for you and your family. But, this doesn't have to be the case. It can be hard to force ourselves out of our homes once we have gotten home from work and school. It's way too easy to curl up and try to hibernate. However, winter can be the perfect time to try new things indoors that we don't always want to do when it's nice outside. Jackson is bursting at the seams with art and cultural programming and this is our chance to take advantage of it. Here are a few that are on my bucket list and I urge you to step out of your comfort zone and try them:

Kate's Art School located at 250 South Main Street in Brooklyn. While Kate's Art School hasn't been open long it certainly has had a big impact on the arts and culture scene. She offers a

wide variety of classes from kids to adults and from the true artist to the, "I can't even color inside the lines" person. This is your chance to create a one of a kind art piece with the entire family. Check them out on Facebook <https://www.facebook.com/katesartschool/>

Jackson School of the Arts located at 634 N. Mechanic Street. They offer a wide variety of art classes for people of all ages and skill sets! The program that is on my bucket list is Ball Room Dance Classes. Most people make a New Year's resolution to get in shape, be more active and lose weight. Let's be honest, most of the people who make this resolution will not be successful. The reason is simple: it's not fun. So I suggest you sign up for ballroom classes and you will not only learn something amazing that you will be able to impress everyone with at your next family wedding, but it will help you with your New Year's resolutions. Their winter schedule is available online at <https://jacksonarts.org/classes-programs/adults/>.

Jackson Symphony Orchestra and their Community Music School are at located at 215 W. Michigan Ave.

(Full disclosure this is where I work). I recently was able to attend our Winter Recitals and was blown away by the skill of our kids and adults that are taking classes and lessons. That's right I said adults. I often think that it is harder on the adults to take lessons and perform than it is for the kids. As adults, we are concerned over performing perfectly and what people will think about us. However, that's not real, it's just what we make up in our heads. Even though I work here I don't actually play an instrument and have always wanted to play the piano. I love to sing-even though I shouldn't..... and I think how fun and rewarding it would be to play the piano and sing a song. This is absolutely on my bucket list and winter is the perfect time to start. They are holding an open house on Saturday, January 12th from 9:00 am to 12:00 pm. Come in and check out everything they have to offer: <https://www.jacksonmusicschool.org/>

Cascades Humane Society located at 1515 Carmen Drive. This isn't about volunteering for them, although they always need volunteers, this is about helping you conquer your New Year's resolution of

getting in shape: Feline Yoga. That's right folks they are offering in January a beginners class of Yoga with their precious kitty's that are available for adoption. The classes are \$10.00 each, but all of the proceeds go to support the work that they do. Reservations aren't required but are suggested as they have limited space. You can get in shape, hang out with some awesome cats that are looking for

their FURever home, and your money helps out the Humane Society. To learn more about this check out their Facebook events page at <https://www.facebook.com/>

Don't spend January locked inside your house counting the days until spring. Get out there, do something new, and learn to be a tourist in your own hometown this new year.



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My Beautifully Inspired Mess Crafts that are SNOW Much Fun!

By Kelli Schweizer
Happy New Year! We are welcoming 2019 with open arms and embracing the cold temps and snowy forecast for the month of January. I know that this month can feel like the endless Monday of the year, with short days and freezing nights. To help distract us from the fact being outside hurts our faces, the kids and I decided to do some snow activities inside! We did three crafts and a fun game to commemorate this wintery weather.



Sensory Play Snowman
Materials Used:
• Gallon ziplock bag
• Masking tape (duct tape or painters tape)
• Shaving cream
• Orange and Black Permanent markers

How To:
Step 1: Fill bag with shaving cream (one shaving cream bottle made our three snowman bags)
Step 2: Seal shut and add tape at seal for extra protection
Step 3: Draw two black eyes, an orange triangle nose and several black (coal looking) circles for the mouth.
Step 4: Let kiddos enjoy smushing around the shav-

ing cream and making silly snowman faces

Beaded Snowflakes (Fine Motor)
Materials Used:
• Pipe cleaners (we used silver and white)
• Pony beads (any colors you'd like)
• Scissors

How to:
Step 1: Cut several pipe cleaners in 1/2
Step 2: Take three pipe cleaners and twist them together forming a snowflake shape
Step 3: Add pony beads for added color and fine mirror skill development!

Snowflake Window Clings
Materials Used:
• Parchment paper
• Permanent marker
• Fabric paint

How to:
Step 1: Hand draw snowflake shapes on to parchment paper. You could also

find a design you like on-line and print it off to trace.
Step 2: Trace snowflake shape with fabric paint on parchment paper.
Step 3: Let dry and peel off
Step 4: Stick to windows! (If it has a hard time sticking, dampen the back of the snowflake with a little bit of water.)



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.

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It's a Great Day to be a Viking!

Dance! Sing! And Ring in the New Year at Jackson School of the Arts!

By Amy Fracker,
Assistant Director

Jackson School of the Arts

Happy 2019! We hope you have made merry and are now ready for a brand new start! January starts with all those resolutions. We're here to help you succeed!



Trust me - we've got your back!

Why not start a new hobby? Jackson School of the Arts has some amazing classes for everyone in your family.

My favorite is HOOPS!

What the heck is hoops you might ask? Well, it's part of our Circus Arts curriculum - or just plain FUN! We have

partnered with The Detroit Fly House. Two of their best instructors teach the incredible skills for this class. You can come and watch a class if you're interested to see what this is all about. Jackson School of the Arts is the only place in Jackson where you can take Circus Arts classes.

We always talk about the importance of arts for our young people, but in reality it is so important for

how much confidence our theater students get from classes. The elves have left and now we move on to the Fairy Festival Players. Students come up with creative ways to entertain our Fairy Festival visitors. Guys, don't let the name fool ya - it's amazing!

All you exercise enthusiasts might want to look at our dance offerings. Wow, what a work out!

Look to JACKSONARTS.

ORG for all information on our classes. I LOVE our ballroom dance series.

We are really looking forward to a wonderful 2019. Keep an eye out for information about our classes,



everyone. In January you can sign up for all new art and theater classes and join a dance class. I love

special events and move to the Masonic.

Happy New Year Jackson!

Brent

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The YMCA Hosts Teen Extreme After-Hours

By Bonnie Gretzner
Jackson YMCA

The Y is going to extremes this month – promising a fun night out for teens and tweens. Held Saturday, Jan. 12 from 7-10 p.m. at the Downtown Branch of the Jackson YMCA, the Teen Extreme After-Hours Party features games, prizes, and giveaways for all middle school students in Jackson. Taking place after the Y closes for the night, students will have the gym, rock wall, pool and more all to themselves.

“Teens in the city of Jackson need a safe and exciting place to build community, to build friendships, and to just hang out,” said Michelle Pittenger, Youth Development Director at the Jackson YMCA. “There aren’t a lot of activities for kids this age, and the Y is a great hub for that to happen.”

The event is the first of three teen nights planned this winter by the Jackson YMCA in partnership with a group from the Leadership Academy of the Jackson County Chamber of Commerce. The Leadership Jackson group is working with the Y throughout the school year to create an event that fills a gap in Jackson – an evening

event that middle school students actually want to attend.

Said Ryan Kerwin, Director of Marketing & Photography at JTV and a member of Leadership Jackson, “My expectation for the Teen After-Hours Party is simple... FUN! Working with my Jackson Chamber of Commerce Leadership Group and the YMCA staff, we’ve created a fun, interactive night for teens to enjoy and learn.”

Parents can drop off their kids between 7 and 7:30 p.m. (parents must sign them in before leaving); doors close at 7:30 p.m. and will reopen at 10 p.m. At the party the students can check out the Virtual Reality System, courtesy of the Jackson District Library, or see 3D printing demos from Baker College. Consumers Energy will also be sponsoring Build Your Own Marshmallow Shooters! After completing an activity, students will be entered into a drawing for prizes like gift cards, Michigan Basketball Tickets, and portable power chargers. Pro DJ’s has the music covered, and Y favorites like the rock wall, gym, and pool will be open.

Many companies have contributed to the event.

Additional sponsors include JTV, Habitat for Humanity, Gerdau, CP Federal Credit Union, K105.3, Jackson County Facilities Dept., and Home Depot.

This fall, members of Leadership Jackson met with a focus group from the Y’s Future Leaders program. The goal was to find out what kind of activities the students did (and did not) want to do. Future Leaders, open to 5th through 8th graders, teaches team-building skills, career awareness and leadership skills.

“They gave us great ideas for the night,” said Megan Hunt, recently named Youth Education Director at the YMCA. She added that the goal is for students to have such a great time they don’t realize the games and activities also have an educational purpose.

In addition to the January After-Hours Party, future events are scheduled for February 9 and March 9.

“I’m hoping the Teen After-Hours Party will become an annual winter event that teens will look forward to making lasting memories together,” said Kerwin. “I remember go-

ing to YMCA Lock-Ins as a teen, and now, as an adult, I treasure what the Jackson YMCA provides for our youth and community.”

The cost is \$2 for members and \$5 for the com-

munity. Free popcorn is available, and pizza/pop combos will sell for \$2. Call 517-782-0537 or visit JacksonYMCA.org for details. Register in advance or pay at the door.



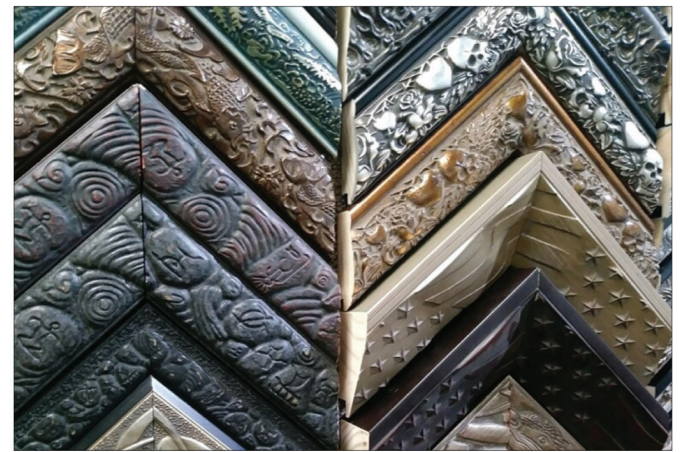
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Get a Headstart on Your Valentine's Makeup Look

By Victoria Beaman
Owner, The V Spa



1. Create a Glow

For a lit-from-within radiance, apply a liquid highlighter under your foundation. The combo lets just enough shimmer through for a natural-looking glow. Use VicToria Cosmetics Liquid Shimmer (\$32) or Highlight Stick in Smolder (\$28).

2. Deepen Your Blush

Re-create a first-date flush by using a cheek color that's one shade darker than your everyday hue. Blush should be more dramatic for evening, especially if you'll be in a dimly lit place. If your go-to shade is a rosy pink, try VicToria Cosmetics Powder Blush in Whisper (\$16).

3. Color in the Lines

Give tired eyes a lift at the end of a long day with a plum, copper or green liner. Try VicToria Cosmetics Eye Definer in Florentine, Adorn or Baroque (\$16). The blue undertones in Florentine make the whites of your eyes pop so you look fresh and awake. "Black only accentuates under eye circles."

4. Hold the Hairspray

Nothing is a bigger turnoff than helmet hair. "You want your hair to be touchably soft, even if it means a few strands are out of place," says hairstylist Whitney Knoll. So skip hairspray and use a finishing cream to smooth strands and add shine.

5. Keep Lips Kissable

Ditch the intimidating red lipstick and aim for soft, natural-looking lips. Choose a soft pink or berry hue no more than two shades darker than your lip color. A creamy formulation with long lasting wear.

Try VicToria Cosmetics Lip Stain (\$14) or a tinted lip gloss.



VicToria Cosmetics can be found at the Vspa Wellness and Beauty Spa - 4491 S. Jackson Rd.

Hope to see you soon!
XXOO

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artists, has brought a wealth of knowledge about natural 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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How to Get Your Picky Child to Eat New Foods

By Anna Jones, MPH
U of M SPH Dietetic Intern
Contributed by the
Community Action Agency

Is your child a picky eater? If your answer was “yes,” you are not alone. Up to 50% of parents report having a child in their home they believe is a picky eater. Although there is not one set definition for a “picky eater,” there are some common characteristics parents may experience with their child, making mealtimes difficult. They include:

1. willing to eat a limited selection of foods, typically those processed and high in added sugar,
2. refusing to try new foods, especially fruits and vegetables,
3. preferring drinks over solid food, and
4. having strong food preferences.

These characteristics can cause a lot of stress at mealtime for the whole family. You may feel the need to make a separate meal for the child, which takes additional time and energy. You may also be stressed about their overall health and ability to grow. Limited variety in the diet means your child may not be getting the calories and nutrients they

need to grow bigger and stronger. Lastly, their picky eating habits may be causing stress within the family dynamic due to potential arguments with your child and the rest of the family. At times, it can feel overwhelming and unbelievably frustrating to put so much effort into changing your child's eating habits without seeing any significant changes.

What causes the picky eating in the first place? Most children tend to have a low level fear of new foods. However, some kids may experience a higher level of fear than others. This can be due to the texture, scent, or taste of the food. Some kids are genetically more sensitive to specific flavors, especially bitter flavors that are common in vegetables. These barriers can push parents to place pressure on their kids to eat the foods they are refusing to try. It may also cause parents to restrict foods they define as “unhealthy”. The combination of pressure and restriction from the parents can have negative effects on the child's relationship with food and feeding behaviors. They have been shown to lead to an increase in the

child's demand for “restricted” foods, an increase in eating when not hungry, and a higher BMI. Most importantly, pressure and restriction from the parent have been shown to reduce the child's enjoyment of food and mealtime. As a result, the child's pickiness may be further heightened.

If you should avoid pressuring the child to try new foods and restricting the “unhealthier” foods, what can you do to change their eating behaviors? Experts in the field have developed a list of various tricks you can use to increase the variety of foods your child is willing to eat with the hopes of decreasing mealtime stress. They are as follows:

1. Limit excessive snacking. Kids are more likely to try new foods when they are genuinely hungry. The experts are not recommending starving your kids by any means. However, try to structure their eating pattern into consistent meals and snacks 2-3 hours apart rather than snacking throughout the day.
2. Avoid outside distractions. Eat at the dinner table rather than in the living room. Ban all electronics and toys from the table, in-

cluding cell phones, tablets, and TVs. These items take away from the experience of exploring and eating new foods.

3. Eat together as a family. Mealtime is meant as a point of socializing and bonding. Enjoying that time together helps strengthen emotional bonds between family members. It is also a time for parents to model and teach healthy eating behaviors. If they have a friend or family member their age that is not picky, have your child eat with them. They are more likely to mimic the behaviors of their peers, including eating their veggies.

4. Use strategy to introduce new foods. Introduce one new food at a time and pair it with foods you know they enjoy. They do not have to necessarily eat it. If they are stubborn in their refusal to eat the food, just have them touch and explore it. Continue to introduce the food in days to come. Just by having the food on the plate creates a sense of familiarity with the food, reducing the fear behind them trying it. You can also give them a choice between foods. Make two veggies for dinner rather than just one. Then ask them to choose

which one they would like for dinner. Sometimes kids just want a choice.

5. Get them involved. Allow them to help you in the kitchen. Teach them how to chop, peel, stir, and cook food. By allowing them to help prepare the meal, they are able to develop a sense of pride and ownership in the meal. This can decrease the occurrence of pickiness at meals. Gardening has been shown to do the same thing. They get to put effort into growing their food, increasing their desire to eat what they helped grow.

Most of all, be patient. Mealtimes can become really frustrating with a picky eater. Just remember, it can take up to 10 times to introduce a new food before the child is willing to try it. Try to avoid pressuring the child to try new foods when they are not ready. Limit overly restricting foods. At the end of the day, meals should be an enjoyable social event for the child to grow and learn healthy eating behaviors.

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