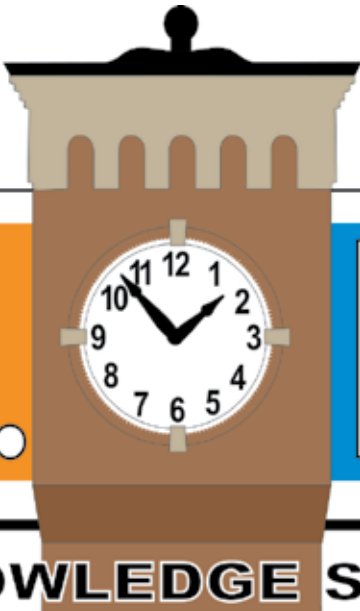


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Stefanie Riggs
Publisher
jacksfamilyguide@gmail.com

Morgan Riggs
Managing Editor

Evan Zigler
Distribution

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Celebrating
Reading Month
with Local Authors

By Meaghan McGill



What is your favorite children's book? Do you still have this book tucked away? Is it collecting dust, passed on to another generation or sitting proudly on your bookshelf? My favorite book as a child was *The Snowy Day* by Ezra Jack Keats! What can I say; I know how to appreciate a good snowfall — thank you Michigan!!

Have you ever had a childhood memory that you wish you could relive? One of my most adored memories as a young child was observing my grandmother hand stitch, master the sewing machine and carefully embroider every color of the rainbow into a quilt. So why not turn my story into a book!

Taking off as a college assignment, I never dreamed nor imagined of becoming an author, let alone a children's book author! Just shy away from a few credits, I enrolled in a 'Writing for Children' course while on my journey

to complete my Bachelor's Degree at Spring Arbor University, with little to no expectations of this turning into something unimaginable.

I thought writing this Children's Book was just an assignment; however, after completion of the course, my professor and I had many conversations on sourcing publication. Taking her advice, I composed



Photo contributed by Meaghan McGill

a letter and bounded my manuscript into envelopes to be mailed out for consideration.

Like Dr. Seuss, I began to receive more letters full of regrets than acceptances but I never gave up. Not letting the number of apologies stand in my way, I sent out my completed manuscript a third round and not only did I hear from one but four publishing companies interested in my story!



Crafty Charlotte and the Magic Room is a look into my childhood and how my grandmother helped me discover my creativity. It is a multi-generational story that mothers can represent, grandmothers can follow, and daughters can enjoy.

This story was inspired by my grandmother, who I am lucky to still have around today. Through losing her husband, to living on her own and to kicking cancer in the butt, she continues to amaze me in her late 80s. Giving my grandmother the first copy of *Crafty Charlotte and the Magic Room*, signed of course, I felt

happy, honored, and to see her face light up was what made this all come together.

I would love your support as I take on this new adventure and speak more regarding promotional opportunities. I am truly grateful for those who are cheering me on, and I know my grandmother is proud, but also honored to know how much this memory means to me.

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Young Author is an Inspiration for Dreamers and Writers

Jordan Gretzner, 16, is a Napoleon high-school sophomore who achieved her dream of publishing her novel, *The Island of Danger*, on September 9, 2019. The 327 page book is set in the year 2060, and follows a young adult named Hope. In this story, Once they turn 18, they undergo a test that decides the rest of their life. If they are said to be dangerous, they are sent off to an island in the middle of the sea. Hope finds herself on this island as a result of this test. As she battles with

newfound friends against the elements, herself, and most importantly, the criminals after her, she will deal with things that she once believed could only appear in her nightmares, she is forced to do terrible things to survive.

Jordan first began writing this book when she was only 12 years old. It took her two years to complete the book, and she could not have done it without the support of her amazing friends and family, she says.

The most difficult part

about writing the book was writer's block. It would sometimes be months before Jordan wrote more, but in the end, she always thought of ideas. She is very happy to be able to be an inspiration to others and inspire teens and adults alike to follow their dreams. "No goal is unattainable," stated Jordan.

Jordan has already begun preparing to write a sequel in what she hopes will be a trilogy.

Get your copy at www.amazon.com.

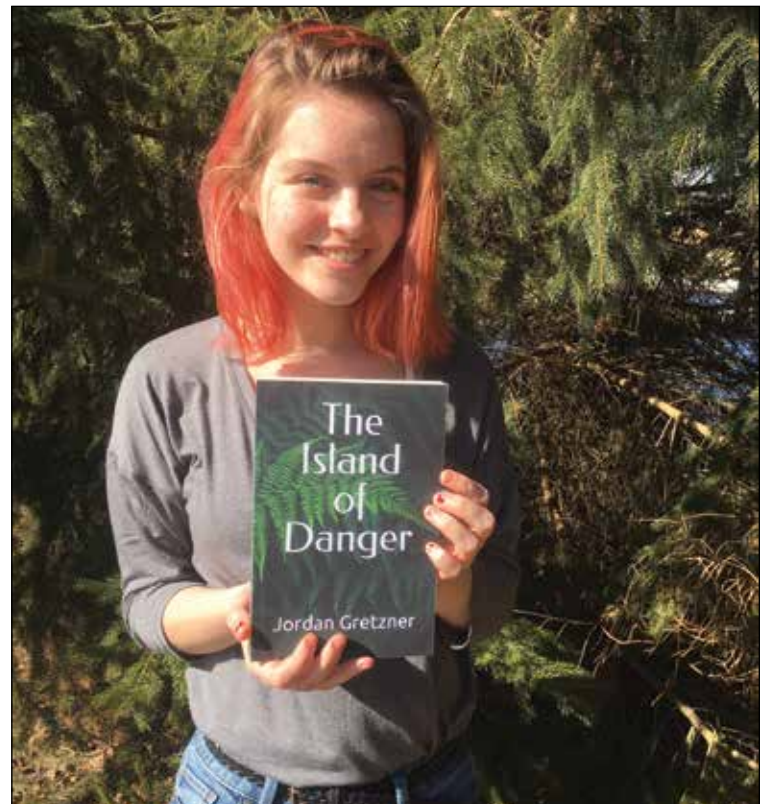


Photo contributed by Jordan Gretzner

Tickets on Sale for Kids 'N' Stuff Play it Forward

Kids 'N' Stuff Children's Museum is pulling out all the stops for a night of food, philanthropy, and loads of childish mayhem! This new must-attend event, called Play it Forward, will be at the museum on Saturday, March 21 from 6-9pm. Enjoy a throwback to a school carnival with games, prizes, special guest entertainment, local food, beer, and wine! The highlight of the evening is a draw down raffle for a seven-night stay in romantic artist loft in Dordogne, France, plus \$1,000 toward air fare sponsored by Homestead Savings Bank! Raffle tickets will be sold until 6:30 the evening of the event, then we will begin drawing numbers until there's only one left at 9:00! That last ticket will win the grand prize!

This event is brought to you by the Greater Albion Chamber of Commerce and the hard work of the Human Services class at Albion College. This awesome group of students, led by Dr. Andrea Francis and Jenny Risner-Wade, have been diligently planning and preparing for the event all semester.

Tickets are on sale now at www.kidsnstuff.org or at the museum's front desk. \$30 in advance or \$35 at the door. Tickets include food, wine, beer, and activities. Raffle tickets are available for \$10 each and can also be purchased online or at the museum. You need not be present to win.

Kids 'N' Stuff is proud to be YOUR children's museum. Hours of operation are 10-4 Tuesday through Saturday and noon-4 Sunday.

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Learn to Be a Tourist in Your Hometown

Local Museums Provide an Unforgettable Experience

By Val Herr



Spring is around the corner—well maybe not in Michigan but elsewhere in the world. While we are all pinning for spring we still have a few weeks of potentially cold and wet weather. So, what should we do with our time??

I suggest we all visit at least one of our amazing local museums. I heard the other day that most people don't visit their local museums. However, when on vacation a majority of people visit a museum. According

to the Alliance of Museums: there are approximately 850 million visits each year to American museums, more than the attendance for all major league sponsors events and theme parks combined. Jackson County has an abundance of museums offering a wide variety of options. Experience Jackson offers a listing of museums with links check it out here: <https://www.experiencejackson.com/things-to-do/historic-jackson/museums>.

I'm going to highlight a couple of them that I recommend you check out. Even if you have been there before museums change exhibits and offerings so it's always worth it

to visit them again.

1. Lost Rail Museum- Highlights the time before streets and cars were in Jackson. This museum offers visitors the opportunity to climb aboard a train and see what it was like to ride the rails. Effective March 1, 2020 the Museum will be open for Spring months beginning on Wednesdays from 12:00 pm to 7:00 pm and Thursday, Friday and Saturday from 9:00 am until 2:00 pm.

2. Waterloo Farm House -The Waterloo Area Historical Society's mission is to foster an understanding and appreciation in children and adults of the pioneer farmers of Michigan, their family life

and their children's schooling. I had a chance to visit this museum last year on Museum Day and I can't wait to go again. We had a family friendly, hands on experience learning about the day to day lives of early settlers here in Jackson County.

3. Ella Sharp Museum- (full disclosure I work here). Ella Sharp Museum has a current exhibit called My Sky. My Sky is on loan from the Boston Children's Museum and was developed by NASA. This hands on, interactive exhibit is perfect for kids ages 2 to 12. Don't miss your chance to learn about the stars and the universe.

4. Ye Ole Carriage Shop

Auto Museum-It doesn't matter how many times I have been to this museum every time I go I see something different and learn something new. This museum has something for people of all ages. Tours are offered by appointment only so be sure and check out their website.

I love that so many people visit museums while on vacation, but we can't underestimate the importance of our local museums. They are the storytellers of our past, present and sometimes future. So, as always break out of your routine, try something new and learn to be a tourist in your own hometown.

Why Recycling Right Truly Matters

By Andrea Davis,
Communications Manager,
Granger Waste Services

We've all seen it. We visit a Recycling Drop-off and notice items in the recycling container that don't belong. Some of them are easy to spot. Materials that are clearly trash are in with the recycling. Others are less obvious, such as a cardboard box that still contains plastic bags or polystyrene used to package the things inside. But all this contamination is a problem.

Recycling contamination has been at the forefront of the national news for the last couple years. Import changes made by China mean they are no longer accepting a variety of recyclables from the United States. These changes have caused a ripple effect throughout the recycling market, even reaching to Michigan.

Those changes to the market mean it's more important than ever to make sure you're recycling right.

And recycling right doesn't have to be hard. Whether your recycling is being picked up at the curb or you're taking it to a drop-off, the most important thing is reading the guidelines and following them.

If the guidelines don't mention a certain material, contact your re-

So, what happens if recycling guidelines aren't followed? Here are a few of the consequences of recycling contamination:

- If a load of recycling is too contaminated, the whole load will have to be landfilled. All the work

sive contamination can cause this unfortunate outcome.

- Certain contaminants, such as plastic bags, can cause damage to recycling machinery. Even a small number of bags can mean serious problems for equipment.

- Recyclables lose value. Excessive contamination means that processors won't accept materials or will only accept them at a far lower price, which may not cover the costs of collecting, sorting and transporting recyclables. If this becomes a long-term problem, recycling options could become less available.

We know you want your recycling to count, so do your best to recycle right!

About Granger

With more than 50 years in the waste industry, Granger is a Christian, family business guided by the Golden Rule. Granger provides waste hauling, disposal and recycling services. To learn more, visit www.granger.net.



cycling collector to be sure before adding it to your recycling. If that's not an option, leave out any items you're not sure about.

done by those recyclers is wasted and recyclable material ends up out of the recycling stream. While it doesn't happen frequently, exces-

LIVE LOCAL
COMMUNITY
COVERAGE



Family of Giant Cranes will Now Greet Visitors to Ella Sharp Park

By Aaron Dimick,
City of Jackson Public
Information Officer

A family of giant steel sandhill cranes have found a new home in the Ella Sharp Park roundabout. The sculptures, which are a work of local artist Rusty Rochefort, were recently installed in the center of the roundabout.

Sandhill cranes are native to the Jackson area. The City of Jackson Public Arts Commission selected this art piece for the roundabout to honor these majestic birds, which are a common sight around Ella Sharp Park. Two “adult” cranes stretching 15 feet tall and one “juvenile” crane at 13 feet tall now grace the roundabout. The steel sculptures were fabricated by Rochefort at his workplace, Steinke-Fenton Fabricators in Jackson. Rochefort says his friends, co-workers and girlfriend all helped him make this family of cranes come to life. “This is the biggest art piece I’ve

ever created. I’m honored to be able to do something like this for the community. I’m also happy to be included in the other great artists who have put up fantastic sculptures all over town,” Rochefort said.

The roundabout, which intersects Fourth Street and the main entrance to Ella Sharp Park, is part of a massive gateway construction project that was completed in fall 2019. The roundabout was added to provide better traffic flow through the area. Roundabout artwork and landscaping was built into the project’s budget. Parks and Recreation Director Kelli Hoover says the cranes will help improve the gateway to Jackson’s largest public park. “We’re excited to have these beautiful cranes at the entrance of our park. This family of cranes will act as a focal point for the area and they will help enhance the scenic beauty. Efforts like these improve the look of Jackson and make it so residents all over the city can enjoy public art,” Hoover said.

Over the past year, two other sculptures were installed in the city at the eastern gateway to Down-

town Jackson and at the center of the Kibby Road roundabout. A formal unveiling event for the Ella Sharp Park roundabout art piece is planned for later this spring.



Photo contributed by The City of Jackson



JACKSON YMCA SPRING BREAK CAMP

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Meal Planning & Other Strategies for Healthy Eating

By Natalie Emerick,
Community Action Agency

Eating healthy can seem daunting and expensive, but there are strategies to overcome this. The best way to eat healthily and save money is to grocery shop and cook meals at home. Cooking meals at home is usually healthier and cheaper than eating out. Home-cooked meals on average have less fat, fewer calories, and less sodium than restaurant meals. Cooking your meals allows you to be in control of how much salt, oil, and seasonings you use.

In addition, it is important to keep the season in mind; produce usually goes on sale when it is in season. For example, berries are more expensive in the wintertime because they are out of season. With that in mind, the following tips are based on cooking meals at home and trying to buy produce in season.

Some tips that I utilize to help maximize my money for groceries are the following:

1. Join grocery stores reward programs - Many grocery stores have reward programs that help you save money. Some examples are Meijers MPerks, Busch's MyWay and Kroger Rewards. Some programs even have apps for your phone, which makes it even easier to view their ads and coupons. Sometimes these programs will give you money back after you spend a certain amount of money.

2. Meal plan and make a grocery list - Every week before grocery shopping,

make a list of what meals you are going to make that week and the ingredients you need. Having a grocery-shopping list helps keep you from buying items you don't need and prevents impulse buying.

3. Buy items on sale - After you make the meal plan for the week, look at the weekly ad for the grocery store you frequent. Take a look to see if any of the items on your meal plan are on sale.

4. Couponing! - Couponing can be super helpful and another great way to save money. After making a meal plan, check out the coupons to see if there are any coupons for the items you need.

5. Stock up - If there are items on sale that you use frequently and are low on, buy several of them while they are on sale (as long as the item won't go bad). This saves money long-term and is helpful to prevent running out of items that you use a lot.

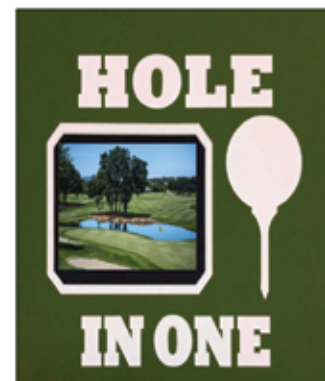
As for healthy eating strategies, try looking at the ads and coupons to see what kind of produce is on sale that week. Try to include a serving of fruit at breakfast, lunch and a snack. Try to include at least one serving of non-starchy vegetables at lunch and dinner. This can help you plan ahead on what vegetables to include at mealtimes.

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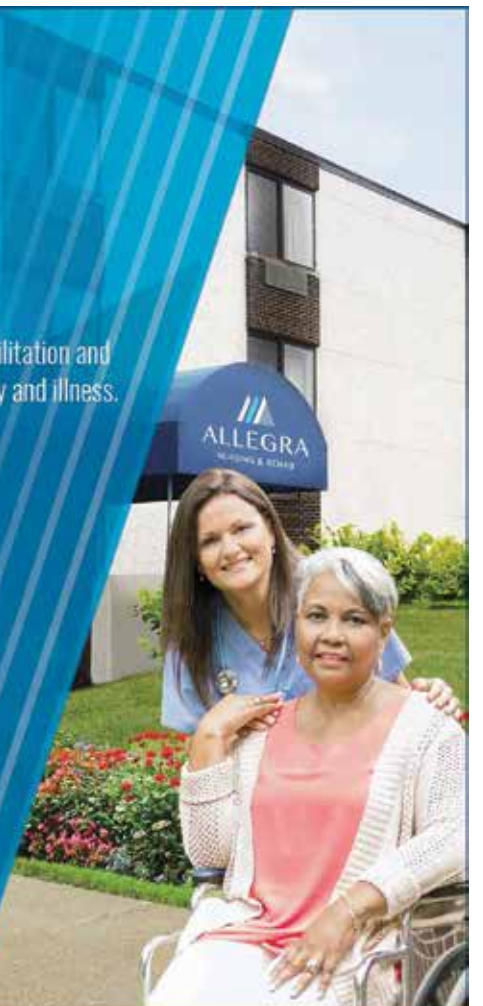
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Spring Forward with the Jackson YMCA

By Bonnie Gretzner
Communications and
Marketing Director,
Jackson YMCA

The groundhog predicted an early spring this year, and everyone is looking forward to warmer temperatures and longer days. Kids ages 4-14 can make the most of spring this year at the Jackson YMCA Spring Break Camp, held March 30-April 3.

New to YMCA camp? Here are three reasons to give it a try:

1. Our staff. We have the most amazing Youth Development Leaders at camp, and many kids are eager to come back and see their favorite counselors.

Leaders include Brandon, a.k.a. Brandana (thanks to his ever-present bandana), who loves to play basketball; Alyssa, who is very musical and loves to entertain campers with instruments like the clarinet; and Delvian, who has a great sense of humor and is well known to our Teen Zone students. Also, every Y staff member is CPR/First Aid certified.

2. Fun trips. We'll hit some favorite local spots like the Michigan Theater for popcorn and a movie, which is a favorite with kids of all ages. Other trips include bowling and outdoor parks, weather permitting.

3. Great memories. Y camp is a great way to

form lasting friendships and make wonderful memories. It's the opportunity to see their "Y" friends that has campers asking to come back year after year.

Registration is open now – sign up today for a great week of spring break camp!

To register: Visit JacksonYMCA.org or call 517.782.0537.

• **When:** March 30-April 3; Drop off from 7-9 a.m.; pick up from 4:30-6 p.m. daily.

• **Price:** Members: \$130; Community: \$150.

• **What to bring:** Lunch, swimsuit and a towel every day; please leave electronics at home.



Photo contributed by the YMCA of Jackson

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Join North Star Montessori Preschool & Kindergarten's Open House

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



Are you looking for a small, private school that offers multi-age classrooms, individualized learning opportunities, a Spanish Language program, a focus in World Culture and Geography, hands-on Science, an out-

door natural play yard with lots of green space, butterfly gardens, and nature trails, Music, Art and more? North Star Montessori Preschool & Kindergarten offers all of this at a price point that you can't afford to miss.

North Star's high quality preschool & Kindergarten has provided authentic Montessori education to Jackson families for over 17 years since 2003. Educators at NSM hold Montessori Credentials for children 3-6 years old from accredited schools as well as teacher certifications through the

state of Michigan. North Star is passionate about Montessori education and welcome you to check out their classrooms and meet the teachers at their Open House which will be held Thursday, March 19th from 6-7pm at 4100 Clinton Rd. Jackson, MI. Special promotions will be available to families who sign-up that night. If you are unable to attend and would like to schedule your own private tour visit NSM's website www.NorthStarMontessori-Jackson.com to schedule today!



Quick Facts About North Star Montessori

- ◆ Founded by Barbara Barnes in 2003.
- ◆ Full Member of AMS; The American Montessori Society an organization that sets the highest standards for Montessori Schools to ensure that Montessori programs are authentic. North Star is among the 35% of schools out of 4000 worldwide that have achieved this marker of success and level of affiliation.
- ◆ Certified Montessori Teachers
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- ◆ Lots of greenspace, play yard including butterfly garden and woodland trails.



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Improving Downtown Through the Support of Jackson

By Amy Fracker,
Assistant Director,
Jackson School of the Arts



One of the best parts of my job is getting to know our community. I often hear myself saying how proud I am to be part of the Jackson community, and how much I love our community, but what does that actually mean? The word community is such a buzz word now. It's all over social media platforms and the internet. There are communities for business, garden associations, churches. Sub communities within communities - take Mom

Communities. The Moms of Preschoolers community, Moms with teenagers community groups and even Moms who have preschoolers and teenagers community groups.

So what's up with the community groups? Community can be described in several different ways according to the dictionary. It's considered to be a group of people who live in the same area (such as a city, town, or neighborhood). I think of community as a combination of those things that share a common interest. Food, book club, mothers, newly widowed. Whatever common interest that draws you together.

I also see community as encouragement. As

many of you know Jackson School of the Arts is in the middle of a capital campaign to move into the Masonic building downtown. We have been blessed by the outpouring of support from so many people in our community. Not just financial support, but support for myself and our executive director, Kim Curtis.

I will be in the grocery store and someone will notice my nametag and say, "Hey, I'm really excited for your new building, that will be great for downtown." I was at the post office the other day and someone asked when the building would be finished because they think that it is the best thing to happen downtown in a long time. It makes

me feel good to hear that people are pulling for us to succeed.

The support we have felt from those who have contributed money to our campaign has been amazing. From business who proudly call Jackson home to individuals who want to see Jackson be the best it can be. To me that is the common thread and something I take with me every day at work. I want Jackson to be the best it can be. I believe that an art center downtown will give people a reason to come downtown. Take a class, see an exhibit, meet a friend for lunch. Enjoy downtown Jackson.

I like to use the example of Bright Walls. If you were asked if you would

come downtown to watch someone you didn't know paint on a wall, you might think that was crazy. If you were asked to come downtown, listen to some great music, enjoy some food, see an artist paint a mural, watch kids dance and see friends - well, that is a different story. The new Jackson Center for the Arts leads the way in exceptional arts experiences. You can expect amazing things from us.

Thank you Jackson Community for so much. Thank you for caring! Thank you for your support and thank you for believing in the mission of Jackson School of the Arts.

<https://jacksonarts.org/jsa-capital-campaign/>

Thrift Shopping is on the Rise & This is Why

By Kaelyn Hale,
Resale Depot

The second-hand shopping industry reached a record high of \$24 billion in 2018. Sales have been on a steady climb from \$11 billion in 2012 and are projected to reach \$51 billion by 2023 according to ThreadUp, the leading online resale company.

The modern-day 'thrift shop' is a relatively new concept which emerged after the Industrial Revolution (1760-1840). Until the past few decades, most people had only a few articles of clothing and used them for as long as they could.

As clothing became more mass-produced, it became more affordable. This allowed people to buy more clothes and get rid of clothes they did not want, therefore creating a market for thrift shops.

In 1879, The Salvation Army came to the US and in 1902, Goodwill was founded. In 1919, the term "thrift shop" was coined and the 1920s saw the rise of consumerism. During the Great Depression (1929-1941), Goodwill opened almost 100 stores. In 1995, eBay and Craigslist were founded. During the Great Recession (2007-2009), resale stores saw sales in-

crease 35 percent.

Time Magazine writer Olivia Waxman, said when thrift shops first came out, "there was a stigma attached to wearing used clothes... The items themselves [were] a sign of a

do. In 2018, 26 percent of women either bought or were willing to buy second-hand.

Thrift shopping is gaining popularity fastest among Millennials and Gen Z. According to ThreadUp,

Kaylee Clayton, another SAU student said she buys second-hand clothing because it is good for the environment. It creates less demand for clothes. "Just one shirt takes more than 700 gallons of water to

Clayton.

Thrift shopping reuses garments instead of throwing them out, reducing the amount of textile waste produced. According to planetaid.org, the average American throws out about 82 pounds of textile waste each year, most of which ends up in landfills where it produces toxic greenhouse gasses as it decomposes causing global warming.

Most thrift stores also give to charity and help the community. Resale Depot, the largest thrift store in Jackson County, gives all of its profits to local Christian ministries and church plants. In 2018, they gave away over \$70,000. They also partner with local charities to provide job training, donate items to people in need, and recycle hundreds of items daily. You can shop, donate, or volunteer at Resale Depot Monday through Friday from 10:00 a.m. to 6:00 p.m. and Saturday from 10:00 a.m. to 5:00 p.m. at 2390 Wildwood Ave, Jackson. Learn more at www.shopresaledepot.com.

Thrift shopping is gaining popularity and it is no mystery why—it is good for your wallet, the earth, and your community.



lack of money."

Perceptions of thrift shopping have changed. Now people of all socioeconomic classes shop second-hand. According to ThredUp, luxury shoppers buy second-hand more than value chain shoppers

18-37 year olds are adopting second-hand apparel 2.5 times faster than other age groups.

"It's cheaper and it leaves less of a carbon footprint," said Spring Arbor University Student, Celeste Fendt.

make," said Clayton. Buying second-hand is also good because "you're not creating demand for or supporting companies that use bad practices like human trafficking, poor treatment of workers, and hazardous working conditions," said

Gratitude, My Superpower

By Alex Cash
Cocreative Life Coaching



For those of us who live in the United States, we have the privilege of living in one of the richest nations on Earth. We have things certain people on this planet couldn't dream of having in their daily lives. However, our culture often leaves us wanting more and more all the time.

What can getting more lead us to? Wanting more yet again. The cycle is never ending. If you're feeling unhappy with what you have or don't have, try using the strong emotion of gratitude to power you up when you feel low.

In positive psychology research gratitude has shown to be associated with greater happiness. Gratitude can help us feel more positive emotions, enjoy great experiences, build strong relationships, and overcome adversity. Here are some simple ways to get supercharged by gratitude in your everyday life.

1. Say thank you (duh!)-I really mean it. This is one of the first manners we are taught as children, but how often do you find yourself not expressing thanks after someone has done something for you? This practice can grow especially thin with the ones

closest to us. We expect them to always be doing nice things for us and have no fear of losing them. When a loved one makes us a meal or a coworker does us a favor, be sure not to take that for granted by expressing how thankful you are for it.

2. Shift to gratitude from negative thoughts-If you find yourself in a fit of complaining or start overly wanting for things, shift your thoughts to what you already have that you are thankful for. Do you wish you had a nicer car? Be grateful for the car you do have and how it helps you get around easier and faster. Do you find some annoying quirks in a loved one once in a while? Think about how there are people who do not have family at all.

3. Keep a gratitude journal-One great way to "count your blessings" is to write them down. On a regular basis, take a few moments to write out a few things you are thankful for at that time. Change it up and write down moments that made you smile, times people were helpful, or things you have and couldn't live without. This regular practice will raise your awareness for the things in your life that you are thankful for and you'll be less apt to overlook them.

4. Voice your appreciation-I'm a big fan of the word appreciate. When we say thank you, the greater

emotion there is appreciation. It can speak volumes to use the word itself. Voice your appreciation for something someone has done for you by telling them how much you appreciate it. Taking it a step further tell them "I appreciate you!" It makes it more personal when you express appreciation for the person themselves rather than the task.

5. Beware of routines letting you forget-Routine can be a reason we begin to take things for granted. If we go out each morning and our car is there, ready to start and take us places we take mental shortcuts and expect that to happen day after day. It's only when our car doesn't start or we get a flat tire, that our

routine is disrupted and forces us to take notice and appreciate that item. Routines let us roll along smoothly through our days, so we really must try and take notice of the great things in our lives before they are gone.

You can talk to Alex more about practicing more gratitude in your life by emailing her at alex@cocreativelife coaching.com. Visit her website Cocreativelife coaching.com or find it on Facebook Cocreative Life Coaching.

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Calling All Superheros

8 Tips for Running Together as a Family to Create Healthy Habits

Contributed by ORS
When the weather warms up, it warms our hearts to see families outside playing together and being physically active together. Parents who set the example for fitness with their kids are creating a lifelong habit of healthy living.

More and more, we're seeing families who love to run or walk together. If you're looking to start running with your kids, here are some tips to help you nurture and cultivate a love of running in your children.

1. Make running fun. Running shouldn't be a punishment. Encourage kids to participate and try their best, all while having a good time. They'll likely continue running if they're having fun as they do it. And remember that for kids to have fun, you need to be having a good time yourself. So be sure to enjoy the moments spent with your child.

2. Mix things up. You don't want your child to get bored. Run in different places to make runs unique, avoiding repeating the same run from the week before. Run on a track one day, grass another,

and a dirt trail the next. Go for a run early in the morning or in the evening. Do something unique like a scavenger hunt run around a park, a flashlight run, or a pajama run.

3. Set kids up for success. To do so, you must accommodate for differences. Realize that each child needs an individualized running program since kids mature differently emotionally and physically. Give kids opportunities to succeed at every step of the program. And be sure to praise their efforts and explain why they're doing a good job such as running at an even pace or taking a walking break when they're tired. One discouraging comment can make them not want to run anymore.

4. Work on technique. Kids should learn early on about proper breathing techniques and good form. Don't let them create bad habits such as twisting their upper body, overstriding, or moving their arms excessively. Offering your child these tools will help his/her body adapt to running, hopefully without enduring any pain.

5. Don't emphasize speed or distance. It

doesn't matter who is the fastest or who runs the longest distance. Teach them that running is about being healthy, getting exercise, and participating in the sport. Now is not the time for competition.

6. Start small and slow. Begin with short distances and low speed, effort and frequency (days of the week). Increase things gradually, basing the schedule on what's right and works for your child.

7. Create a goal. Set goals that are appropriate and achievable today. For example, see if she can run up and down the bleachers at the track an extra time during a run. When they achieve a goal, recognize and congratulate them on a job well done.

8. Expose them to other runners. Kids shouldn't just see you run. Let them see the bigger picture. Have kids volunteer at a local road race's water station. Sit in the stands at a track or cross country meet. Watching kids who are a little older than them run may help motivate them and enable them to see what they could do in a few years.

One of our favorite



ways to encourage families to be active together is through our annual race series. The 2020 ORS Race Series (orsraceseries.com) includes 11 different races throughout Jackson County, with a variety of course lengths (from kids' fun runs

to 10 miles long), and has a race for everyone.

The ORS SUPERHERO KIDS RUN on April 25th is a fun race just for kids 8 years old and under. Sign them up at bit.ly/orssuperhero today!

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