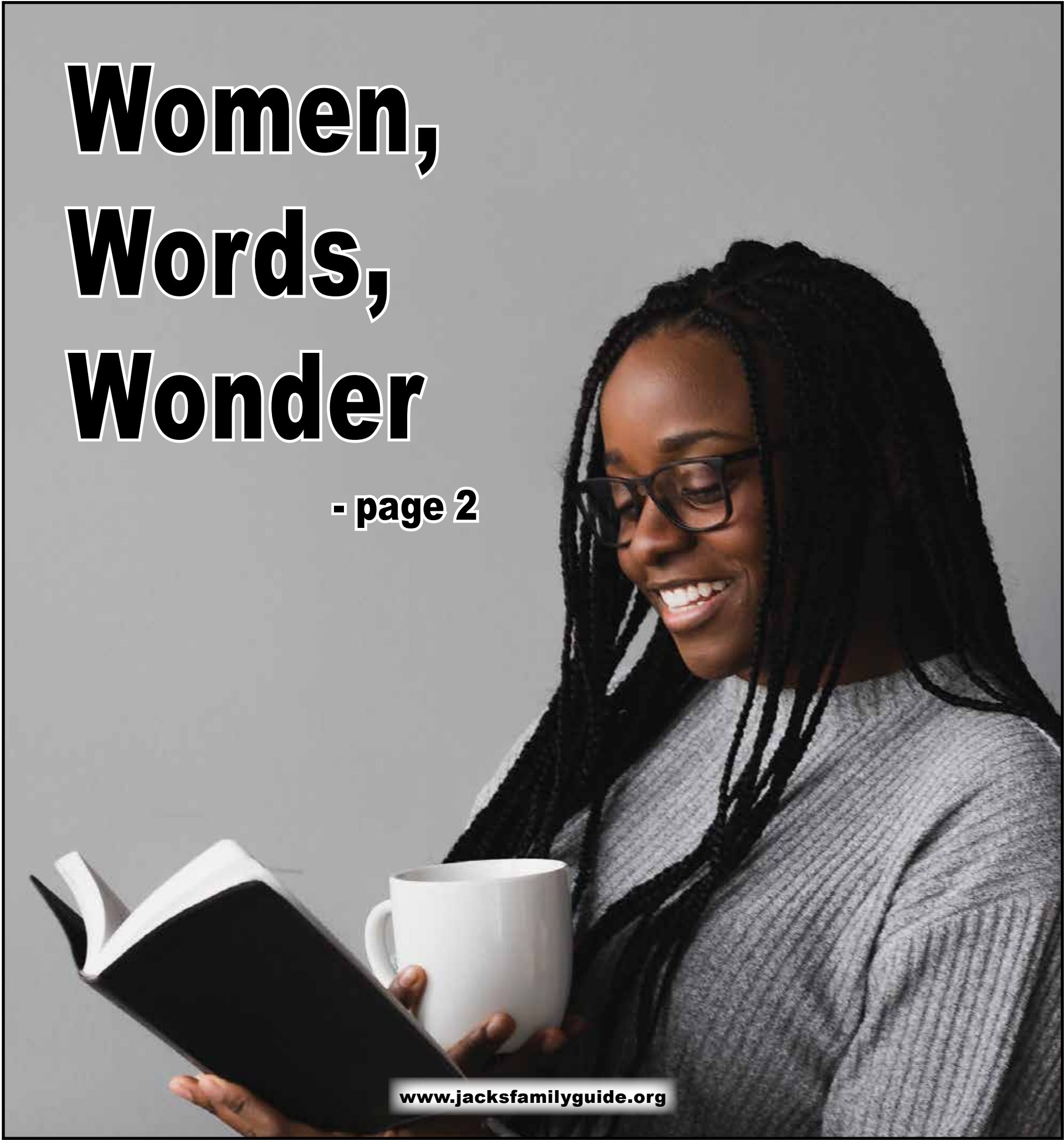


# J.A.C.K.S.O.N

JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

# Women, Words, Wonder

- page 2



[www.jacksfamilyguide.org](http://www.jacksfamilyguide.org)

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## Welcome to J.A.C.K.S. —

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.

Learn more at  
[www.jacksfamilyguide.org](http://www.jacksfamilyguide.org)

**Stefanie Riggs**  
Publisher

**Morgan Riggs**  
Managing Editor

**Evan Zigler**  
Distribution

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It is the responsibility of the submitting business or organization to obtain the proper photo release. The Jackson Area Collaborative Knowledge Source is a collaborative guide. Stories and articles published herein are not written by us.

## FIND US AT A LOCAL BUSINESS!

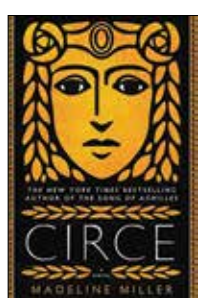
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EST. 2015

# Women's History Month, Meet National Reading Month

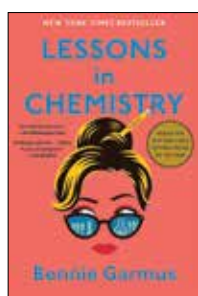
Contributed by  
*A Collection of Readers*

In honor of Women's History Month and National Reading Month, we asked readers ages eleven to eighty which books authored by women moved them, had tears of laughter or sadness pouring down their faces, provided them a quick escape, or just downright entertained. Here are a few items to add to your reading list this month



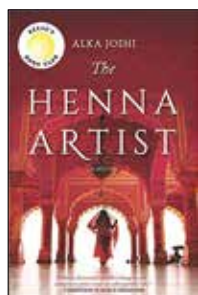
**Circe**  
by Madeline Miller

If the Odyssey was a fan favorite of yours in your high school literature class, this compelling peek into Circe's story is sure to excite. Miller's detailed dive into Circe's thoughts, feelings, and experiences shed a new light on a character you may think you know.



**Lessons in Chemistry**  
by Bonnie Garmus

When asked about a book character I would love to meet, it would be none other than the dog, lovingly named Six-Thirty, that enhanced this captivating story. I can honestly say that I judged this book by its cover and was shocked to find deep themes and serious conversations taking place in between moments of humor, sadness, and pride.



**The Henna Artist**  
by Alka Joshi

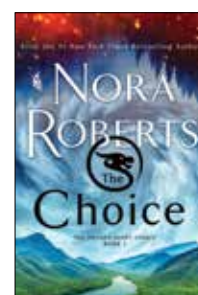
A Reese Witherspoon Book Club pick, this novel follows two sisters in India navigating what it means to be a woman in their culture. It took me back in time, through the bustling streets of Jaipur and the marble halls of

Maharani's palace, and gave me a glimpse of the drama and romance of India's ruling elite. The Henna Artist is a perfect, heart-warming read for the beach, your couch, or anywhere in between.



**Harry Potter and the Chamber of Secrets**  
by J.K. Rowling

Ever since I read the first Harry Potter book I have been so interested in J.K. Rowling's work. With so many twists, the magic and mystery keep me turning the pages for hours on end!



**The Dragon Heart Legacy Trilogy**  
by Nora Roberts

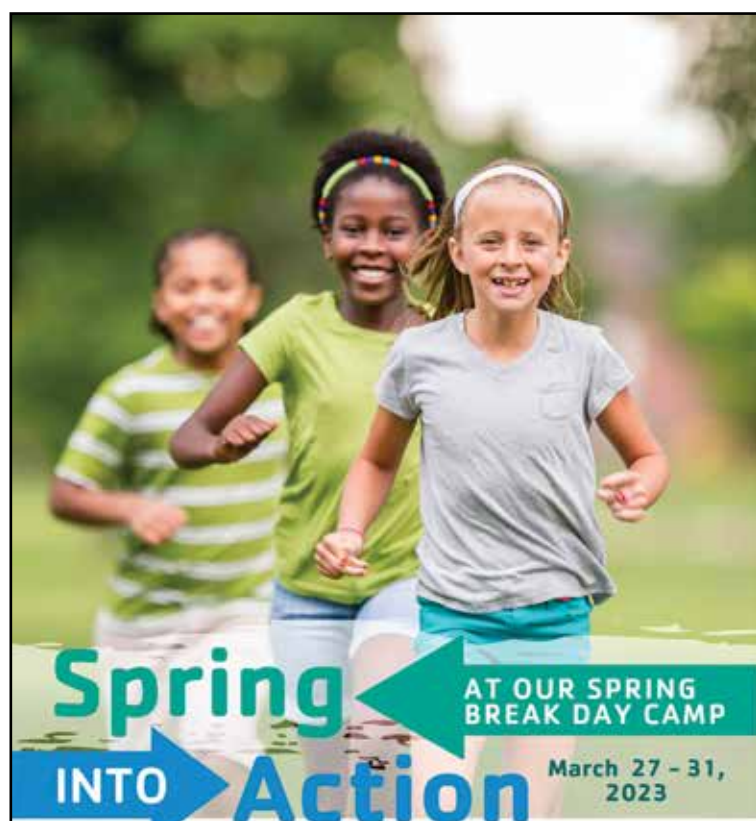
One choice can change the entire trajectory of your life. Roberts is a master of painting vivid imagery of the story's environment, whether real or fictitious. True to her style and incredible track record, this trilogy is right on point with her skill of intriguing the reader. Thank goodness she writes trilogies - you'll always want more!



**Six of Crows**  
by Leigh Bardugo

With the second series in her GrishaVerse, Bardugo brings a riveting heist to the table, featuring incredible characters, magical abilities through the small sciences, and a witty sense of humor to keep you from putting the book down. The shocking ending will also send you running to find the second book in this duology to learn what happens next.

Discover something new this March!



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

Weekly rate: Members \$159, Community \$209

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Register: Sign up in person or online at  
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# The Jackson Crossing: A Community Staple

Contributed by the  
Jackson County  
Chamber of Commerce

The Jackson Crossing has been a staple of our community for decades. It's where you may have bought your new shoes for the school year, your mom's favorite Christmas gifts, or even made the quick Target run. There are huge developments coming and big dreams behind closed revolving doors.

Jane Flores, General Manager of the Jackson Crossing, oversees the three sections of the mall. The first of those sections is the Jackson Plaza, which includes the restaurants and shops along Boardman Road, like Texas Roadhouse, Verizon, and its latest addition: Hobby Lobby. The next is the Jackson Crossing Mall, which has your Target, Kohl's, and TJ Maxx. Finally, the last of the triad is Jackson West, located along Wisner Street,

which includes places like Jackson 10, Gordon Food Service, and Lowes.

Jane is new to the Jackson Crossing as of this year and absolutely loves it. She is all about what the mall gives to visitors and wants not only to maintain what's there but to attract, improve, and repair the mall Jackson has known and loved for years. Being from San Antonio, she's excited to implement what she's learned in her previous position and bring some of that excitement to the Jackson Crossing. So far, in the short time that Jane has been at the Crossing, she has made a more family-friendly area over by Jackson Popcorn Depot to suit visitors of all ages. She has also resurrected some horses that were found in storage and used back when the mall had a carousel back around the time it was built in 1960.

Beginning in July, the Crossing will have food trucks for employees of the mall and shoppers to enjoy, and that's only the beginning of some of the exciting things coming to the mall. Though she can't reveal everything that's in store, she hopes to bring in massage chairs for shoppers to kick their feet up after a long afternoon of walking the mall. Subtle aesthetic changes are coming, but as always, the mall will revolve around the same thing: fun for the whole family. With the expansion of what the mall has to offer, Jane is looking to hire a part-time social media manager to showcase what's going on. This position will offer flexible hours and plenty of creative freedom.

The Crossing has experienced some sleepiness in recent years. That can be attributed to the fact that many of us have become


accustomed to online shopping since the pandemic or because you may think you already know what's there. However, slowly but surely, Jane has noticed an increase in foot traffic in recent months. She shared that there's even a group of seniors who walk the mall in the mornings together. The mall is a great place to explore and see what's new. Next time you run in for an errand or to return some clothes, take the time to walk the mall. You may come across a jewelry repairer who can fix that broken chain that's been in your drawer for months or an acupuncturist who can fix that back pain that doesn't seem to be going away.

Those at the Crossing are excited to see entrepreneurs and local businesses expand into the mall. There are a few vacancies waiting to be filled by local businesses. Jackson Crossing

is a great place for a local business to thrive. There isn't anything Jane and her team wouldn't love to see open in the mall. The sky is the limit! It's time to reacquaint yourself with what the Crossing is and can be.

Though Jane has a lot of new and exciting ideas for the future of the Crossing, she hopes to bring back tradition at the same time. The Crossing was once known as a place to spend the day hanging out with friends, socializing, walking around, and even grabbing some food. Jane hopes to see the Crossing become that sort of destination again in the future. She said proudly, "If they did it then, I can do it now."

If your business is looking to open a brick-and-mortar, or you or someone you know may be interested in becoming Jackson Crossing's Social Media Manager, contact Jane to take the first step.



## Spring Conference

Sponsored by: Jackson County Master Gardener's Association  
Country Club of Jackson, 3135 Horton Rd, Jackson  
Saturday, March 4, 2023  
9:30 am – 3 pm

Speaker: Susan Betz – Magical Moons and Seasonal Cycles: Garden Phenology  
Speaker: Vincent Ste Marie – A Year in Blooms-Through a Pollinator's Eyes  
Speaker: Sabina Tatum – Hugelkultur/Hortense Gardening

*Dress is business casual*

\$35 for JCMGA members

\$40 for non-members

\$20 for students from Career Center's Horticulture Club

# 2023 Kindergarten & Young Fives Round-Up

## Join us at one of our JPS Elementary Schools!

• Cascades Elementary	April 17	5:00 - 6:30 pm
• Dibble Elementary	April 19	5:30 - 7:00 pm
• Hunt Elementary	April 20	9:30 am
• John R. Lewis Elementary	April 24	5:00 - 6:30 pm
• JPS Montessori Elementary	April 26	5:30 - 7:00 pm
• Northeast Elementary	April 25	5:30 - 7:00 pm
• Sharp Park Academy	April 27	5:30 - 7:00 pm

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# Jackson County Animal Shelter's Adoptable Pets: Pepper and Bubby

*Contributed by the Jackson County Animal Shelter*

## Pepper

Pepper is a one-year-old, big-hearted puppy. He is primarily white with black spots and resembles an American Staffordshire mix. Though this medium-sized pup came in as a stray and has a mighty bark, he is exceptionally friendly. His puppy energy is infectious, and a home able to provide walks and plentiful play would be best. Dog adoptions require an application that can be found at [www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF](http://www.co.jackson.mi.us/DocumentCenter/View/8193/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, and a cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 for medium/large dogs and \$250 for puppies/small dogs, which includes vaccinations, microchips,



**Jackson County Animal Shelter**

and sterilization.

## Bubby

This handsome grey tabby with wise emerald eyes is Bubby. At 12 years old, he is confused by his new life at the shelter and can be a bit timid before warming up to you. Due to Bubby's classification as a 'senior,' he will have a reduced adoption fee. Meet him today at

the Jackson County Animal Shelter at 3370 Spring Arbor Road. The adoption fee is \$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 you can complete an online application at [www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF](http://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF). Completed applications can be faxed to 517-780-4750 or emailed to [animalshelter@mijackson.org](mailto:animalshelter@mijackson.org). See our website for more information at [jacksoncountyanimalshelter.org](http://jacksoncountyanimalshelter.org), and stay up to date by following us on Facebook. Current shelter hours are M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



# Woof! Jackson Police Wish Happy Retirement to K9 Gleeson

*By Aaron Dimick, City of Jackson*

*Public Information Officer*

After taking a bite out of crime for seven years, Jackson's top police dog is hanging up his leash. The Jackson Police Department recently celebrated the retirement of K9 Gleeson.

The 9-year-old German Shephard joined the police force in 2016 and worked with Detective Mike Galbreath. K9 dogs do the important work of helping law enforcement find miss-

ing people, suspects, and objects. During his time at the police department, Gleeson was known to be friendly, loyal, and focused. He was named after Sergeant Michael Gleeson from the Jackson Police Department, who passed away in 2012 from cancer. Detective Galbreath is officially adopting Gleeson, who will enjoy retirement living the relaxing life of a family pet. The Jackson Police Department is now working on replacing Gleeson with a new K9 team later this summer.

The City of Jackson thanks Gleeson and Detective Galbreath for their service to the Jackson community!





Learn to Love Your Hometown

# To Those Who Came Before Us, Thank You

By Val Herr

Recently, my family had to put a loved one in a medical rehabilitation facility, a first for us. We did our research, picked our top 3, and luckily our first choice had available space. I've learned so much over the past month, and honestly, I'm more than a little ashamed that I didn't already know or think about this.

Our facility handles short-term and long-term care. We are blessed that our loved one is there for a short stay, but others aren't so lucky. The majority of the people there will be there for the rest of their lives. Unlike my loved one, a great many of them don't have family or friends that visit them. So many of them are lonely, and while they are getting amazing care, it can't make

up for having someone special in your life. Someone that comes to visit or bring them a token of affection, someone to help change their daily routine.

It has been said that a community can be judged by how it cares for others. Let's never forget our elderly when we think about how we can improve the lives of others and make a difference in our community.

How can you help? Here are a few ideas:

1. Adopt a senior. Reach out to one of our care homes and ask if they have a senior who doesn't have friends and family. Set up a routine visit, send cards and letters, and ask them about their lives.

2. Do you love to play cards, board games, or do crafts? Ask your senior center if you can volunteer to come in and provide activities.

3. If reading is your favorite activity, offer to start a book club. Work with Jackson District Library to provide the books and host a

once-a-month book discussion.

4. Love music? Bring music in - live or recorded!

5. Form a crochet circle to make blankets. The blankets can either be given to other seniors or donated to Henry Ford Jackson.

If this seems overwhelming, try providing one of these ideas as a group. Ask if an existing church group, book club, service group, or your own family would like to participate in brightening the life of a senior with you. Someday if we are lucky, we will reach our golden years, and when we do, if we don't have anyone available to make us feel special, I hope that our community finds a way to do so. It all begins with us and the example we set. Jackson is a great place to live, work, play, and grow old. Let's all do our part to thank and remember those who came before us, paved the way for us, and now need our support.



Photo by Eduardo Barrios on Unsplash

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# Understanding & Overcoming Sleep Challenges for Babies

Contributed by  
Community Action Agency

It can be hard on the entire household when a baby has not yet learned how to fall asleep and stay asleep. Here we will discuss some tips for setting a nightly bedtime routine for your baby.

To begin, let's look at some challenges babies have with falling asleep. A change in their environment - such as a new caregiver, pet, or sibling - or a change in what they're learning - such as potty training or starting to walk - can affect sleep habits. Illness and teething are other factors that can impact a restful sleep routine.

While keeping in mind elements that can deter sleep, there are also steps you can take to improve sleep habits. For example, having a steady bedtime routine will help your child know when it's time to go to bed and what to expect during that time. Watch for signs that your little one is ready to sleep, such as yawning, staring off into space, rubbing their eyes, or fussing. Babies don't typically start to learn a schedule until around four months old, so prior to that age, it's best to offer naps by demand.

When those signs of fatigue start to show, so should their bedtime routine. Some things you can include in a bedtime routine are taking a bath, reading a book, rocking in a chair together, or singing a lullaby.

Try to avoid screens an hour before

bed; screens stimulate the brain in a way that takes time to wind down after. A white noise machine can be helpful in providing a non-stimulating noise for your baby to listen to while sleeping.

At the age of four months, it's okay to put your baby in their crib before they fall asleep. This helps the child learn to fall asleep independently. Babies start to learn the difference between day and night around four months old, so taking your baby out in the sun during the day and helping them stay awake are good ways to help them.

It can be hard to sleep when your baby isn't, but try to remember how important it is for you to get enough sleep, and don't be afraid to ask those you trust for help. Your child needs you to be taken care of too!

Cooper, Joanna A. "Screens and Your Sleep: The Impact of Nighttime Use." Sutter Health, <https://www.sutterhealth.org/health/sleep/screens-and-your-sleep-the-impact-of-nighttime-use>.

"Coping with Sleep Challenges: Birth to 3 Months." ZERO TO THREE, 1 Feb. 2016, <https://www.zerotothree.org/resource/coping-with-sleep-challenges-birth-to-3-months/>.

Parlakian, Rebecca. "Sleep Challenges: Why It Happens, What to Do." ZERO TO THREE, 29 Feb. 2016, <https://www.zerotothree.org/resource/sleep-challenges-why-it-happens-what-to-do/>.



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# United Way to Administer FEMA Grants For Local Nonprofits Tackling Hunger, Homelessness

*Contributed by  
United Way of  
South Central Michigan*  
United Way of South Central Michigan has been awarded \$460,437 in federal funds to support local food and shelter assistance programs. The emergency funding is provided through the Emergency Food and Shelter National Board Program (EFSNBP), administered by the Department of Homeland Security's Federal Emergency Management Agency (FEMA).  
The federal program is

directing \$187,860 for programs in Eaton and Ingham counties; \$106,737 in Kalamazoo County; \$70,114 in Jackson County; \$64,777 in Calhoun County; and \$30,949 in Clinton County. For each area, a local board of residents determines how the funds are distributed. This board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program.  
UWSCMI invites local governmental and private

voluntary organizations that qualify to apply for these funds. Special consideration is given to organizations that serve the elderly, families with children, homeless individuals with mental or physical disabilities, and veterans. The application deadline is March 7 at 5 p.m. Funding guidelines can be found at [unitedforscmi.org/fema-funding-applications](http://unitedforscmi.org/fema-funding-applications). To be considered for funding, all requested information must be provided, and proposals must be submitted via email:

- Calhoun, Clinton, Eaton, Ingham, and Kalamazoo counties – Diane Kelly, [d.kelly@uwscmi.org](mailto:d.kelly@uwscmi.org).
- Jackson County: Ebone' Young, [e.young@uwscmi.org](mailto:e.young@uwscmi.org).

are committed to addressing the most pressing social issues locally and regionally; championing equity, diversity, and inclusion by embedding equity and antiracism throughout our work; and engaging partners in our communities to drive lasting impact. We envision strong, caring communities where every person is valued, thriving, and connected for the common good. Website: [www.unitedforscmi.org](http://www.unitedforscmi.org).

### About UWSCMI

United Way of South Central Michigan brings together the people, ideas, and resources to lead our communities and create a flourishing, equitable life for all. We

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- Foster children
- Children with disabilities
- Families experiencing homelessness





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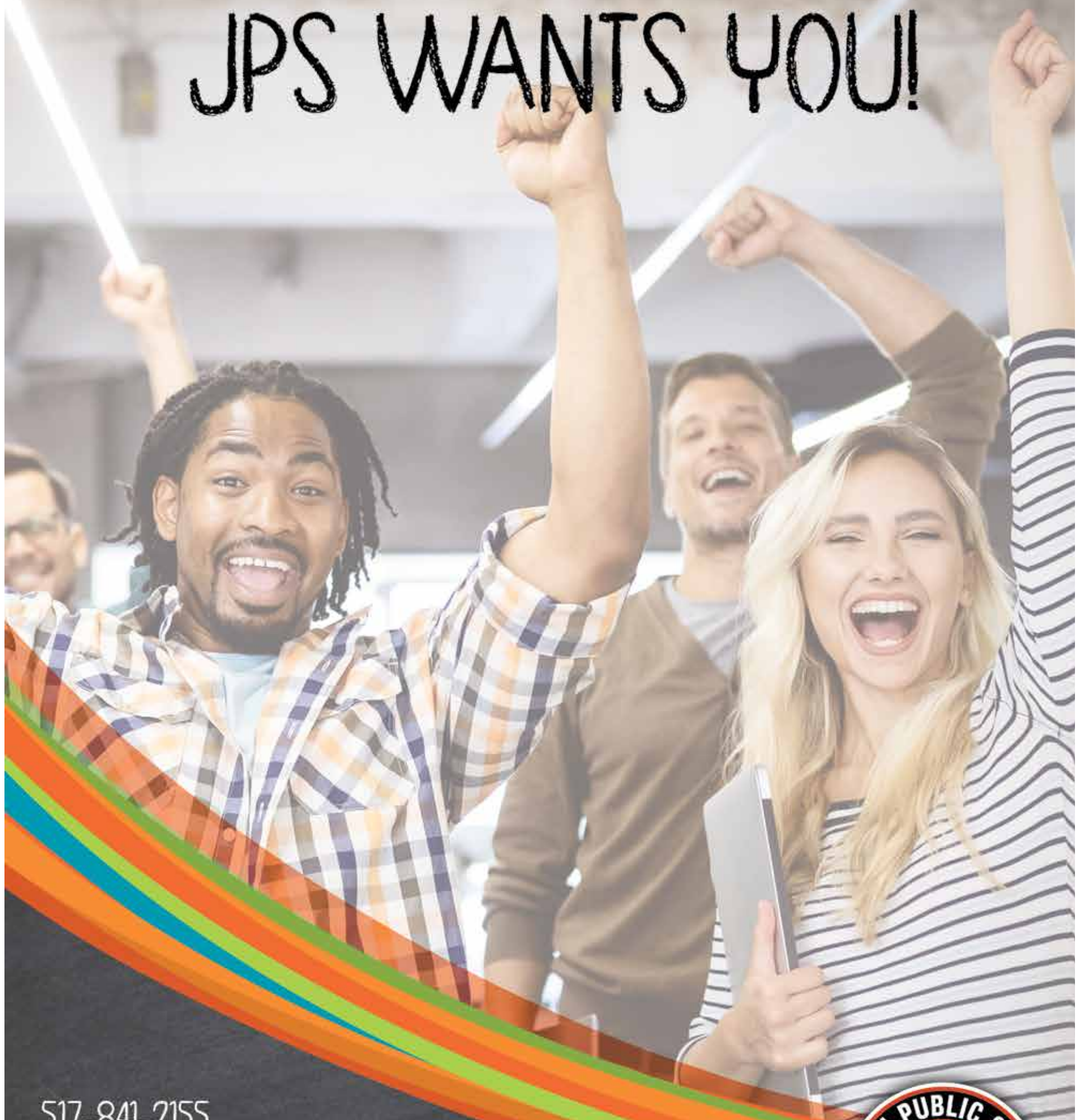


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College & Career Access Center, April Scholarships

ITW Foundation Scholarships

Eligibility:  
You are eligible to apply for an ITW Foundation Scholarship if you are:

- a dependent child (through age 22) of an eligible active, regular, full-time U.S. or Canada ITW employee.
- a senior in high school, a graduate from high school, or an undergraduate who is currently enrolled or planning to enroll in full-time undergraduate study at an accredited vocational-technical school, junior college, four-year college or university for the entire upcoming academic year.

\*The ITW Calmer L. Johnson/John W. Leslie National Merit Scholarship Program recipients are not eligible to receive an award through this program.

Description:  
ITW Foundation Scholarship Program awards are made on the basis of your academic record, demonstrated leadership and extra-curricular accomplishments, work experience, a statement of educational and career goals, and a recommendation by a counselor, advisor, or instructor. \* Visit the ITW website for full details.

Award: \$3,500  
Deadline: April 1, 2023 by 3:00 pm  
Application: <https://learnmore.scholarsapply.org/itw/>

Michigan Retailers Association Scholarship 2023

Eligibility:  
Those eligible to apply are high school seniors and college freshmen, sophomores and juniors who are:

- dependent sons and daughters of owners of MRA member businesses, or of full-time employees of Michigan Retailers Association member firms. The parent-employee must have been employed by a Michigan Retailers Association member firm for at least one year as of January 1 of the year in which the scholarships are awarded.

- part-time employees of MRA member businesses who are full-time students. Part-time employees must have been employed by a Michigan Retailers As-

sociation member firm for at least six months as of January 1 of the year in which the scholarships are awarded.

Description:  
Michigan Retailers Foundation, established in 1968, provides college scholarships annually to benefit retailers and their employees and families. The foundation is a non-profit educational organization established by MRA

Award: \$1,500 for four-year colleges and \$1,000 for community colleges or training institutes.

Deadline: April 1, 2023  
Application: <https://www.retailers.com/member-benefits/scholarship-program/>

Air Line Pilots Association Scholarship

Eligibility:  
• Sons or daughters of medically retired, long-term disabled, or deceased pilot members of the Air Line Pilots Association.

- Although the program envisions the selection of a student enrolling as a college freshman, eligible individuals who are already enrolled in college may also apply. The student must be enrolled in a program of studies principally creditable toward a baccalaureate degree.

- Both academic capability and financial need are given appropriate consideration.

- Adequate academic standing is maintained (3.0 GPA).

Description:  
Eligible applicants should direct requests for scholarship applications to: [GoverningBodies@alpa.org](mailto:GoverningBodies@alpa.org) or by mail: Air Line Pilots Association: Governing Bodies, 7950 Jones Branch Drive, Suite 400S, McLean VA 22102

Award: \$3,000 - disbursed annually to the recipient for four consecutive years for a maximum of \$12,000.

Deadline: April 1, 2023  
Application: <https://www.alpa.org/resources/alpa-scholarship-programs>

The Peters Foundation

Eligibility:  
• Applicants must attend colleges located in Michigan, Illinois, Wisconsin, Arizona, or Colorado.  
• Applicant must be a

high school senior pursuing studies in the field of environment, conservation, and forestry at an accredited college or studies in primary or secondary education at a Christian college.

- Award based on financial need, academic potential

Description:  
The Peters Foundation provides a limited amount of scholarship grants to high school seniors graduating in 2023 and pursuing studies in the field of environment, conservation, and forestry at any accredited college or studies in primary or secondary education at a Christian college.

Award: \$2,500 - \$5,000 per year (for a total of \$10,000 - \$20,000)

Deadline: April 1, 2023  
Application: <http://www.petersfoundation.org/scholarshipapplication.html>

ABA Academic Merit Scholarship

Eligibility:  
Applicant must:  
• be a freshman, sophomore, junior, senior, or graduate student at an accredited university.

- have a declared major or course of study relevant to the transportation, travel, and tourism industry. Transportation, travel, and tourism encompass a varying range of professions from accounting to hospitality management and everything in between.

- submit a short essay – which must include a description of how their major or course of study is relevant to the transportation, travel, and tourism industries.

- must maintain a minimum GPA of 3.4 on a 4.0 scale.

Description:  
Applicants are judged on their high level of academic achievement, character, leadership, financial need, and commitment to advancing the transportation, travel, and tourism industry. Applicants are required to submit a 500-word essay discussing the role they hope to play in advancing the future of the transportation, motorcoach, travel, and tourism/hospitality industry.

Award: \$5,000  
Deadline: April 1, 2023  
Application: <https://www.buses.org/aba-foundation/>

scholarships/academic-merit

The Women's Retail Network Scholarship

Eligibility:  
The program is open to women enrolled in undergraduate, graduate, or non-traditional educational programs in automotive retail areas; or who are currently employed in an automotive dealership and enrolled in an educational program that advances their career within automotive retail.

- Must be female
- Must possess a high school diploma or GED
- Must be able to verify enrollment at the beginning of the 2023 Fall term
- Must be a citizen of the United States or Canada.

Description:  
The GM Women's Retail Network has established a scholarship program designed to encourage more women to consider and pursue a career in automotive retail with the ultimate goal of increasing the number of women assuming key management roles in automobile dealerships. Must be enrolled in an educational institution that offers formal programs or certifications in automotive retail and/or automotive service; or, currently employed at an automotive dealership and enrolled in an educational institution that offers formal programs or certifications that advance your career within automotive retail.

Award: Up to \$5,000  
Deadline: April 1, 2023  
Application: <http://gm-sac.com/howToApply>

Sigmund Scholarship for the Trades

Eligibility:  
• Jackson or Lenawee County resident

- Acceptance in an accredited/certified technology, trade school, or community college

- Proof of financial need
- Completion of the Free Application for Federal Student Aid (FAFSA)

Instructions:  
• Completed scholarship application including all of the required questions.

- Two letters of recommendation from adults other than family members.

- Copy of the front page of the last two most recent Federal family tax returns.

- Financial Information Summary form signed by

you and sent to the school you plan to attend.

Award: Up to \$5,000  
Deadline: April 15, 2023  
Application: <https://www.sigmundfoundation.org/scholarships>

Congressional Black Caucus Foundation Scholarships

Eligibility:  
• Be a U.S. citizen/legal permanent resident

- Be pursuing an undergraduate degree full-time at an accredited college or university

- Some select scholarships require major in specific field

- Have a minimum 3.0 GPA on 4.0 scale

- Exhibit leadership and be active in community

- Selected applicants will be qualified African-American or black students

Description:

For more than three decades the CBCF in partnership with CBC Spouses has awarded scholarships to talented and deserving students. Each year, we award more than 300 scholarships to students that demonstrate leadership ability through exemplary community service and academic talent. Our scholarship programs support current or upcoming college students across a variety of disciplines.

Award: Varies \$3,000-\$20,000

Deadline: April 28, 2023  
Applications: <https://www.cbcfinc.org/scholarships/>

*The Woman's Club of Jackson*

The Woman's Club of Jackson is accepting applications for scholarships to be used for post-secondary studies. It is a one-time grant for high school graduates who are residents of Jackson County, including home school graduates, and can be used to attend institutes of higher education and trade schools where certification can be earned. Application forms are available from high school counselors, or by calling 517-414-5199 or 517-782-5823. Applications will be accepted until April 1. Winners will be announced in May.



# The Knight Anole

By Jean McKim,  
Imagine Planet

Our space at 730 Tomlinson Street is truly coming together! The animals are settling into their own room, and the rocks, minerals, fossils, and other scientific materials are being sorted and displayed. Our stations will rotate, so there will be variations each time you come. Our toddler and preschool areas are taking shape, and our gift shop is now easily accessible. I highly recommend taking a trip to see the space! Our hours are 12-5 pm on Monday, Tuesday, Thursday, Friday, and Saturday.

If you are looking for more events to fuel your scientific curiosity, the Michigan Gem and Mineral Society's (MGMS) rock and mineral show will be at the Fairgrounds on March 17th, 18th, and 19th. A flyer is posted on our Facebook page if you would like more information.

Additionally, Jackson now has a reptile show on the first Saturday of every month at the Fairgrounds, and I came home with some new animals in February. This month I want to highlight our Cuban or knight anole (*Anolis equestris*). An anole is a lizard in the suborder Iguania and is a small, mainly arboreal American lizard with a throat fan that (in the male) is typically brightly colored. Anoles have some ability to change color and are often mistaken for chameleons, although they are not related to real chameleons. The knight anole grows to 13-20 inches in length, with the males a bit larger than the females. Our knight anole is a female and is primarily bright green with a yellow stripe on the side of her head and another on the shoulder. She is able to perform some color changes and has a pinkish-white dewlap. You can differentiate juvenile anoles from adults as juveniles have light bands on the body.

Continuing with physical traits, the knight anoles' snout is long and shaped like a wedge, while the tail is compressed with a ragged upper edge. Their toes form adhesive pads, which enable these creatures to maneuver up vertical and smooth surfaces effortlessly. Their toes also allow them to scale down horizontal sur-

faces.

Knight anoles are native to Cuba, but have been widely introduced into South Florida, where they reproduce and spread readily as an invasive species. They cannot withstand cold temperatures, and during winter freezes in Florida, they have been known to fall to the ground from tree canopies. In highland parts of its native Cuba, a few individuals may rest adjacent to each other during the relatively cold winters (otherwise, the species is solitary and highly territorial).

In Cuba, they can be seen from near sea level to an altitude of 3,300 ft (1,000 m) in a wide range of habitats with trees, such as forests, mangroves, savannas, cultivated areas, and gardens. In its introduced Florida range, it even occurs in trees along roads in Miami. Knight anoles are arboreal, mostly found high in trees

on the trunk or branches in the canopy, but will descend to the ground to get from one tree to another or for thermoregulation. This is when they can occasionally be seen on warm asphalt, rocks, or sidewalks!

Knight anoles are diurnal and fiercely territorial. Initially, they turn to face almost any perceived threat, if only from a distance. During its challenge display, a lizard will sit high on all fours, gape menacingly, turn green, and perhaps bob its head. The male will extend its dewlap, and both females and males will "puff themselves up" with air.

In captivity, the anole's aggressiveness seems to lessen to a certain degree; if it is raised from the time of its birth and handled, it is common for it to become tame enough to be held. In communal environments shared with other species of lizards, it rarely attacks smaller lizards unless the other reptile intrudes on its territory. Our knight anole is currently living with our crested gecko in peace. It may be hand-fed with caution since it has a strong bite and many small, sharp teeth. In captivity, the average lifespan is around eight years. What a neat knight!

Watch our Facebook page for exciting, up-to-date information, and engage with the Imagine Planet community by stopping by!



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This cast of performers and dogs will delight audiences of all ages, with high energy excitement from beginning to end. Amazing tricks, big air stunts, comedy antics, dancing dogs, and athletic feats, it is the most entertaining show of its kind! *It's not just a show, it's an experience!*



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*\*with purchase of full-priced adult ticket*

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# 6 Ways to Build Lasting Healthy Habits

*Family Features* - Starting on a path toward healthy habits is often easier than maintaining them long-term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life.

In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal, according to an American Heart Association scientific statement.

“The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start,” said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health.

These six ideas from the American Heart Association’s Healthy for Good Habit Coach can help.

### Bust Common Habit-Building Myths

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don’t like. Research shows positive emotions make habits stick, so set your intentions on something you

enjoy. Another misconception is big results require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become habit.

### Work with Your “Brain Loops”

Your brain creates “loops” for habits made up of three things: a cue, a routine, and a reward. Each time the loop is repeated, it



Photo by Jonathan Borba on Unsplash

becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.

### Create Cues That Work for You

Most successful health habits

begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain’s reminder system can help you remember your cue. Some examples of visual cues are placing a sticky note where you’ll see it often, keeping a water bottle on your desk, or refrigerating fresh veggies at eye level.

### Build a Routine That Supports Your Goals

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it’s easy, and if it’s high impact. It’s important to choose habits that make a difference and move you closer to

your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

“Every little bit of activity is better than none,” she said. “Even small initial increases of 5-10 minutes a day can yield health benefits.”

### Use Rewards to Make Habits Stick

Start by choosing a habit you enjoy that’s rewarding by itself. If you’re more of a dancer than a runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

### Understand Resets are Part of the Process

New habits are experiments. If they don’t stick, you haven’t failed. Instead, you’ve learned what doesn’t work, which is useful. Get curious and ask yourself which part of the habit didn’t work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don’t enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at [heart.org/habits](http://heart.org/habits).



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# Chores to Tackle to Get Your Home Ready for Spring

**Family Features** - After months spent largely indoors while harsh elements battered your home's exterior, many homeowners are throwing open the windows and embracing spring's arrival.

Every home requires ongoing maintenance to ensure it's living up to its aesthetic and functional best. This checklist can help you create a comfortable home setting for enjoying the warmer months.

### Check Gutters

During the colder months, debris can accumulate in the gutters, which can be problematic when spring rains arrive. Clogged gutters prevent water from flowing efficiently away from the roof and house. When they're backed up, they can cause water damage in a short amount of time. Faulty guttering can also cause slow leaks that lead to damage you may not discover until major repair work is needed. Properly functioning gutters are clear of debris, flow freely, and are securely attached to the home.



### Inspect the Roof

Your roof takes a real beating in all kinds of weather conditions. Making it a common practice to carefully inspect the roof with the change of seasons can help you identify potential problems while they're still in early stages, before a big storm hits and major damage occurs. Some roof issues can be addressed with simple repairs you can do yourself, while others may require a professional. A roofing expert can help you determine whether any trouble areas can be patched or if a more complete restoration is in order.

### Replace the Dryer Vent

Upgrading your dryer vent is an op-

portunity to conserve energy and prevent flammable lint build-up in your dryers. One option for updating the exhaust system is a paintable version of InoVate's Prime DryerWallVent. Engineered for both vent replacement and new construction, the vent includes features such as a gravity-assist damper, integrated magnets, and a drip edge to provide extra protection from the elements as well as pests. A large, clean opening and lightweight angled damper promote exceptional airflow efficiency.

### Service Air Conditioning Units

Your heating and cooling system works hard to keep your indoor climate comfortable when extreme temperatures make the outdoors unbearable. That's why it's important to have your systems serviced by a professional, and spring is a smart time to do so before they're hard at work throughout the warmer months. Service can correct problems and ensure everything is operating efficiently, which can lead to money savings as well.

### Repair Window Screens

Throughout the winter, your home's window screens can accumulate a layer of dirt and grime that isn't just unsightly; it blows indoors when you open the windows to welcome a fresh breeze. What's more, if your screens have tears, pesky bugs and other critters can make their way into your home. Cleaning and repairing your screens can make your home more secure and help protect your indoor air quality.

Find more information to help get your home ready for spring at DryerWallVent.com.



## A Tea Party - Just in time for Mother's Day!

Guests will enjoy delicious teas and hors d'oeuvres, a fun activity, and a silent auction!



- Reserve a table for 8 - \$350
- Sponsor a Table - \$500
- Individual Tickets - \$50 each (Y members)  
\$65 each (Community)

Proceeds benefit the Jackson YMCA's Youth Programs.

## KINDERGARTEN ROUNDUP

Young Five Kindergarten & Kindergarten  
Tuesday • April 18 • 8:30 a.m.-7:00 p.m.  
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Call 517-750-9500 for an appointment.

