

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

JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

## Jackson YMCA Turkey Trot Celebrates 15<sup>th</sup> Year

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

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**www.jacksfamilyguide.com**

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I've Been Framed	Warner Elementary School
Jackson Coffee, Downtown	
Jackson County Chamber	
Jackson County Health Dept.	

## Dive in to Swim Lessons

### Jackson YMCA Offers Classes for Every Age

*By Bonnie Gretzner  
Jackson YMCA*

Generations of adults in Jackson can recall how they first learned to swim by taking lessons at the Jackson YMCA. As it has for generations, the Y continues to offer lessons for all ages and skill levels – from infants to adults, from those who've never been in a pool to those who are looking to fine-tune their stroke.

What better place to learn how to swim than at the Y? The Y is the nation's leading expert in water safety and swim instruction; Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water.

Lessons begin with the development of basic self-rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned, and progress their skills.

While many kids receive their first swim lessons at the Y, Aquatics Director Alexa Markham said the adult lessons are gaining popularity. "Many people think that learning how to swim is something that only kids do," she said. "But there are many adults who can't swim the length of the pool – and it's never too late to learn."

Parents can also take classes with their infants to introduce them to the water and strengthen the parent-child bond. While classes are available for all ages, here's a closer look at what



*Photo contributed by Jackson YMCA*

infants and students learn during their swim sessions:

• Jump, push, turn, grab

#### Swim Starters: Parent-Child Lessons Ages 6 months-2 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### Swim Basics Levels 1-3 Preschool ages 3-5 and School Age (6-12)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

• Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit.

#### Swim Strokes Levels 4-6 School Age

Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Upcoming sessions:

- November 2-25
- December 2-18
- January 4-29
- February 3-29

Cost: Varies by age/class

To sign up: Register in person or online at JacksonYMCA.org; call 517.782.0357 or email alexa@jacksonymca.org for more information.



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# Give the Gift of Jackson

By Val Herr



As I write this there are only 9 weeks left until Christmas. I don't know about any of you, but this totally freaks me out and honestly I don't even want to think about it yet. I'm still trying to hold on to summer. However, the reality is before we know it Black Friday ads will be leaked and every commercial on TV will be about spending money to ensure you give the perfect gifts. This year I'm focusing on buying local and giving the gift of experiences. This method can be a little harder than buying online or from a box store because you might have to make more trips to more places, but it will be totally worth it when you see them open their unique present. There is no shortage of small businesses in Jackson or ways to provide your loved ones with unique Jackson experiences. Here are my top 5 for this holiday season:

1. Gilbert Chocolates -

this is simple, easy and delicious. You can pick up your loved one favorites and they will customize a box just for you or you can pick up one the Historic Jackson boxes. The boxes make a perfect gift for someone who used to live in Jackson, and they are easy to ship.

2. A Frame Above and 180 Chic Boutique - stop in and see Wendy and she will help you pick out the perfect gift for your favorite person. They have an amazing men's line of speciality items, a wide variety of U of M and MSU items and unique and beautiful clothing and jewelry.

3. Give the gift of Jackson - consider a gift that continues to give through-

out the year. A membership to the Ella Sharp Museum, tickets to the Jackson Symphony Orchestra (full disclosure I work there), tickets to MIS, or gift certificates to local restaurants.

4. Nostalgia Ink - this is the perfect stop for the person on your list who loves games. One of my favorite gifts each year is to give someone a board game that we can then play over the holidays. It's the perfect way to spend time together and doesn't cost additional money.

5. The Village Peddler - this small town store in Brooklyn is filled with unique items that are sure to please several people on your list. If you have



a lake house person on your list you will find items from almost all the lakes in Jackson County as well as sweets and personal care items. This store is a must for your holiday shopping.

This list in no way represents all of the amazing lo-

cal businesses in Jackson or all the ways to give the gift of Jackson. Hopefully this list inspires you to shop local and think about ways to give an experience.

As always learn to be a tourist in your own hometown!

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## JPS Free Public Montessori K-4th Grade Program



Montessori Center

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# Group Turning Vacant Jackson Lots into Gardens for Youth Programs

By Aaron Dimick,  
Public Information Officer,  
City of Jackson

They were once just empty lots on the city's south side where houses used to stand.

While some may have seen urban emptiness, Diane Washington saw opportunity.

"We've had so many people stop by and tell us that it really looks nice and they appreciate us being here. It's very gratifying," Washington said.

Instead of weeds, tall grass and trash, hope now grows on the two vacant lots at the corner of Maple Avenue and Rockwell Street in the form of flowers, plants and vegetables.

"We are using this for community and neighborhood revitalization, focusing on making beautiful spaces for our community, including youth development, nutrition, gardening, and all those types of things," Washington said.

Washington is the found-

er and executive director of YPOP, which stands for Young People of Purpose.

She says their goal is to empower youth to succeed through quality educational programming and creative opportunities.

YPOP is comprised of local youth from Kindergarten to 12th grade that participate in free summer and after school programming.

Special educational sessions are also offered for adults and youth.

Over the past two years, a big part of YPOP's programs have centered around working in gardens on the empty lots.

Washington says while kids are learning hands-on skills through gardening and growing vegetables, she also hopes life lessons will sprout from the lots.

"I want them to learn to appreciate their environment and appreciate something they've been a part of and taking ownership over something they've done," Washington said.

Earlier this year, YPOP finalized the purchases of the vacant lots from the City of Jackson.

"We appreciate the City of Jackson for allowing the

residents to use these lots for wonderful purposes," Washington said.

With vacant lots dotting Jackson's landscape, Washington is satisfied her group is doing something positive for the city, and hopes this positivity will spread to other neighborhoods.

"I believe it does make the city better, and it has made the city better. It's kind of contagious too. When people see something, that might inspire somebody else to do something, and add to their property. We want to make our community better," Washington said.

Washington says YPOP is currently focused on these two lots, but could spread



Photos contributed by The City of Jackson



the joy to other vacant lots in the future.

A video version of this sto-

ry can be viewed by visiting the City of Jackson's YouTube page.

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# Teaching Children to Love Themselves

By Jessica Pingle, Ed.S.

Community Action Agency

In today's highly competitive world, it is easy for our children to get caught up believing that their value comes from what they do instead of who they are. We throw our kids into countless sports, clubs, and social activities—none of which are bad, but when our children lack a personal sense of who they are, it can become problematic. One of the best gifts we can give our children is to teach them to love themselves for who they are—good and bad. Below are 4 strategies to teach children to love themselves.

## Speak Positive Affirmations Over Your Children

As children grow and develop, they get their inner voice from us. Words are powerful. Positive or negative, they impact who we are. Our words and the words spoken over us write the narrative of who we are and who we become. Positive affirmations help us to not only see the good around us, but the good

within us and increases our ability to overcome diversity, deal with challenges, and meet personal goals in life. As children grow and develop, their brains are being wired for who they believe they are. When done early, positive affirmations will stay with chil-



dren throughout adulthood as our identity is largely shaped by our environment and the people around us—family, friends, teachers, etc. The words we speak over our children will either create a platform for them to build upon or destroy it, as our voice, will one day become their voice.

## Teach Positive Self-Talk

As important as it is for children to hear from us that they are loved, valued, capable, etc., it is just as important, if not more, that they

learn to affirm themselves. We can teach our children to affirm themselves by having them speak positive affirmations over themselves. Each morning, invite your children to speak positive affirmations over themselves. "I am smart." "I am loved." "I am kind." "I am brave." "I am valuable." "I can do anything." The key is to do this every day. I like to call it, the morning "pep" talk. Like it or not, the world is also fighting for our kid's identity—and it's pep talk sounds a lot different.

## Model and Teach Gratitude

Practicing gratitude means pausing and reflecting on what we are thankful for. Encourage your child to take a few minutes each day to reflect on what they are thankful for—big or small. One way to practice gratitude is to share a "high (good)," "low (bad)," and a "hero" of the day (who saved the day).

## Encourage a Growth Mindset

A growth mindset teaches us that skills can be developed over time. Children with a growth mindset learn that they can accomplish their goals by working hard, learning from mistakes, and pushing their way through challenges that come up—rather than feeling bad about themselves.

When children understand that they are loved and valued just as they are, they begin to not only love and value themselves, but others too. We love to the capacity that we feel loved. What a beautiful world it would be, if our children grew up knowing they are loved and valued simply because they are.

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## Give the gift of time

## JPS Young Fives Program

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**Julie Baker**

**Julie.baker@jpsk12.org**

**517-841-3872**

**jpsk12.org**





## JPS Introduces New Leaders

*Contributed By  
Jackson Public Schools*

The end of a school year indicates a time when we say farewell to the administrators, teachers and staff who are retiring or moving on to a new chapter of their life, while the beginning of a new school year welcomes a group of new faces who will try to fill the shoes of those who left.

When Barbara Baird-Pauli and Jaquelyn Brock retired this past year, Jackson Public Schools was tasked with the responsibility of finding new administrators, while also shifting roles and responsibilities within the individual schools. After conducting a state-wide search for both positions, Monica Pierce was chosen as the new Principal for Instruction at Jackson High School, and it was announced that Philip VanAllen would work alongside Julie Baker as the Assistant Principal at Bennett Elementary School.

Under Pierce's leadership at the high school, two assistant principal positions were made available due to increased enrollment; Greg Adams and Jeff Smith were soon appointed to the roles.

With two of the schools under new leadership and the continuation of construction thanks to the passage of the \$86.7 million bond, there is a lot to look forward to this year.

"I think the most exciting thing for me this year would be having the opportunity to influence the larger school body instead of just the class that I used to work with, because I feel like I had so many great ideas and so many ways to engage students and help them succeed, that it is now on a broader scale," Pierce said.

With prior experience as an associate principal at Jackson High School and teaching English in the first decade of her career, Pierce is eager to implement her ideas and create a welcoming environment.

"I want to implement a mentoring and coaching program for the teachers; hopefully they can begin to use that in their classrooms with their students. Goal setting is another piece of our school improvement plan that's very important so students are able to see where they're at and where they're going. I also want to continue to enhance our climate and culture with incorporating more activities for our staff to become more of a close-knit unit."

Adams will work alongside Pierce and oversee the 10th grade class. Prior to joining the Viking family, Adams spent 15 years working with at-risk youth and serving as the Program Director for Western Career Prep High School/Woodville Community Center. He brings a plethora



**Monica Pierce**

of experience and looks forward to building strong relationships in the community.

"I am honored to have the opportunity to lead in a school with such a rich tradition of education and excellence!" Adams said. "I will set high expectations for my students and focus on character education initiatives, the use of data to drive instruction, and to provide consistent implementation of the curriculum so that we can continue to increase all of the students' achievement."

Jackson Public Schools emphasizes the importance of educating the whole child - focusing on more than the academic aspect of learning, but the social and emotional health of students as well.

"We are really going to focus on working together to develop a culture at the school around the growth mindset, so the students can achieve wherever they're at," Smith said. "We want to focus on social-



**Greg Adams**

emotional learning here for the students - make sure they're taking care of the whole student, not just the academic side of it."

Smith is a 16-year veteran in education and taught at Western Options High School, Waverly High School and Howell High School before transitioning to his most recent role as an administrator in Livingston County. He comes from a family of educators - which includes his grandfather, father, sister and wife - and is excited to incorporate his past experiences into his new role as assistant principal.

"I am excited for this opportunity to work at such an amazing place and to help Jackson High grow as a school and community," Smith said. "I look forward to the school year and all the achievements and challenges we will face together."

Allen, who worked in Kalamazoo Public Schools and at Taylor Preparatory High School, reiterated the



**Jeff Smith**

importance of educating the whole child, a notion that made him stand out as a candidate for an assistant principal.

"He brings with him an energy that will engage our community, and a commitment to building strong relationships with students, parents, and staff members," Baker said. "He advocates for students, and believes in the importance of teaching behavioral expectations and social skills as part of educating the whole child."

The new school year welcomed a group of new faces to the district, including three new administrators and the promotion of another. With bond construction underway, a multitude of educational opportunities incomparable to anywhere else, a plethora of student achievements and devoted, determined administrators leading the district, Jackson Public Schools is preparing the leaders of tomorrow.

*Photos contributed by Jackson Public Schools*

# It's a Great Day to be a Viking!

## ENROLL TODAY!

[jpsk12.org](http://jpsk12.org)





# Give the Gift that Will Last a Lifetime!

By Amy Fracker,  
Assistant Director,  
Jackson School of the Arts  
ARE YOU READY FOR



CHRISTMAS? My answer is NO! Way to early! My mother, on the other hand, does shopping throughout the year, and is always ready. Whether your strategy is hit the mall the day after Thanksgiving or the day before Christmas, I want you to know, the struggle is real! My 12 year old daughter seems to think I have all the money in the world. Champagne taste on a beer budget, my Grammy used to say.

I have got your back! Why not get your kids the gift that keeps on giving! The gift of experiences - the gift of learning and

knowledge. Give the gift of Jackson School of the Arts. We are the perfect place for the perfect gift.

Take our art classes for example! If you're just starting out or have seen your fair share of the canvas, we have so many options. Take your pick. Want to stay in shape? Dance is the best exercise, both for the mind and body. Great for kids and adults. Let me tell you, our adult tap class is so much fun! Theater is a great chance to work on those public speaking skills and learn to take imagination and create something magical.

These GIFTS LAST A LIFETIME! These experiences will positively impact your child and what is a better gift than that? So why is Jackson School of the Arts the best place to get these kinds of experiences? We are HIGH QUALITY and LOW COST!

I'm serious! We charge for classes by your income. [www.Jacksonarts.org](http://www.Jacksonarts.org) will give you the run down.

If coming every week to a class isn't your thing, we have super fun sessions that are just one evening. We also have a couple camps coming up to help you get through the holiday break. I'm really looking forward to our Harry Potter camp the week after Christmas. Hogwarts in Jackson! What could be better?

Well, American Girl Tea Party might give HP a run for his money. Elf on the Shelf Tea Party December 14th Join the amazing fun with you and your doll dressed in your Holiday best. We will celebrate the spirit of the season North Pole style. Enjoy the twinkling lights and beautiful tree, as we create some tiny holiday elf art. Dance with peppermint sticks and



play some jolly games. Enjoy some of Santa's cookies and peppermint stick tea. We will also have a tea Stop by Jackson School of the Arts, 634 N. Mechanic

on the 2nd floor and pick up out a class or grab a gift certificate and schedule. Trust me, you won't be sorry!

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## Youth Alcohol Sales Rate in Jackson County Lands at 5%

**Contributed by  
Drug Free Jackson**

Jackson County youth alcohol sales rate lands at 6% after 2019 alcohol retailer compliance checks. Drug Free Jackson, in partnership with Blackman-Leoni Department of Public Safety, Columbia Township Police Department, and the City of Jackson Police Department conducted 104 checks this past summer and fall. Six retailers "sold" during the checks.

During a compliance check an underage individual, under supervision of a law enforcement officer, attempts to buy alcohol at an alcohol retailer. If the employee making the sale doesn't verify the person's age, and therefore sells to a minor, both the employee and the business will be cited in accordance with the Michigan Liquor Control Code of 1998. "Alcohol compliance checks are an important tool in trying to keep alcohol out of the hands of youth," explains Michael Jester, Director of Public Safety for Blackman-Leoni Department of Public Safety. "Law enforcement's goal is to have all sales to minors denied and to not have to take any enforcement action. The majority of retailers do an excellent job of training their employees and checking identification and we appreciate their assistance in this cause".

An example of retailers and law enforcement working together to keep alcohol out of the hands of minors can be seen in Columbia Township; as they had zero sales this year. "The goal of the compliance checks is to let the retailers know the importance of keeping alcohol from the hands of minors, as well as to let the minors know that we are working towards that goal", states David Elwell, Chief of Police for Columbia Township Police Department. "We are especially pleased that this year, all retailers checked in Columbia Township passed the checks, and hopefully the 100% compliance rate this year will be repeated in years to come".

The legal consequences of selling alcohol to a minor in the State of Michigan is a civil infraction and/or misdemeanor and a person can be subject to a fine, imprisonment, or both. In addition to criminal penalties, a retail liquor licensee and his or her clerks, agents, or employees who violate this prohibition could be subject to administrative fines and sanctions. For the alcohol retailer, three or more violations within a 24-month period can result in a sus-

pended or revoked license.

"Compliance checks are not intended to trap retailers", states Emma Sigman, Substance Abuse Prevention Specialist for Drug Free Jackson, "but to encourage them to ensure employees know and follow the law. The goal is to keep alcohol out of the hands of minors; keeping them safe and our community secure".

Drug Free Jackson Coalition would like to publicly recognize and thank the following retailers for their compliance during the 2019 alcohol compliance checks and for doing their part to keep Jackson County safe from alcohol misuse:

Admiral – 250 W Prospect  
Admiral Petroleum Co, 846 N West Ave.  
Airport Party Store, 2890 Wildwood Ave.  
Aldi, 1100 W North St.  
Amanati's Take Out, 262 N Cooper St.  
American Legion Post #315, 211 Chicago St.  
Avenue Billards, 2410 E Michigan Ave.  
B&S Corner Convenience, 1000 E Ganson St.  
Beach Bar, 3505 Ocean Beach Rd.  
BP, 1620 N West Ave.  
Brooklyn Lanes, 11522 Brooklyn Rd.  
Brooklyn Party Shoppe, 188 S Main  
Buddy's Mini Mart, 152 S Main  
Country Market, 11301 Brooklyn Rd.  
Country Saloon/Domenick's, 5535 Wesch Rd.  
CVS Pharmacy, 414 S Main St.  
CVS Pharmacy, 605 N West Ave.  
Dollar General, 1052 Cooper Ave.  
Dollar General, 5841 Ann Arbor Rd.  
Dollar General, 300 Main  
Dollar General, 2200 Wildwood  
Dollar General, 1220 w Parnall  
Dollar General, 3025 E Michigan Ave  
Doyle's Clark Lake Market,

210 Hyde Rd.  
Fraternal Order of the Eagles, Irish Hills, 9500 Wampers Lake Rd.

Game on Sports Bar, 1715 E Michigan Ave.  
Heart O' The Lakes, 500 Case Rd.

Holiday Inn, 2696 Bob McClain Dr.

Jackson Party Store, 1800 W Ganson

Jax 60, 3501 Wildwood Ave  
Johnny's Food Mart, 331 5th St.

Johnny's Food Mart, 801 Wildwood Ave.

JR'S Hometown Grill & Pub, 11551 Brooklyn Rd.

Kelly Fuels #53, 3101 Jefferson Rd.

Kelly's Quick Stop, 3797 W Michigan Ave.

Kelly's Express Mart, 1240 S West Ave.

Kroger, 1100 Argyle

Lakeside Convenience Store, 506 5th St.

Lakeside Party Store, 5509

Ann Arbor Rd.

Los Tres Amigos, 328 5th St.

Marathon Express Stop, 6100 Ann Arbor Rd.

Meijer, 2777 Airport Rd.

Meijer, 3333 E Michigan Ave.

Minnow Bucket, 6015 Ann Arbor Rd.

Mugsy's Lakeside Market, 3035 Ocean Beach Rd.

Northside Party Store, 1601 Cooper St.

Polly's, 1511 W Parnall Rd.

Party Port, 2123 Lansing Ave.

Pointe Bar & Grill, 1200 Eagle Point Rd.

Power's Party Store, 1630 E Michigan Ave.

Ps Food Mart, 1502 Cooper St.

PS Food Mart, 918 N Wisner

R Bar, 4201 Page Ave.

Rite Aid, 2255 S Jackson Rd.

Roadhouse, 4112 Lansing

Ave.

Rocky's Tops Beer-BBQ & Grill, 1900 Lansing Ave.

Seymour Party Store, 606 Seymour Ave.

Shady's Tap Room, 110 N Main St.

Speedway, 608 N Wisner Rd.

Stark's Party Store, 3561 Page Ave.

Super Liquor, 1200 W Michigan Ave.

Target, 1076 Jackson Crossings

The Olive Garden, 3500 O'Neil Rd.

Thuli's Pub, 1110 Page Ave.

Tim's Market, 715 Napoleon Rd.

Travelodge Bar, 901 Rosehill Rd.

Walgreen's, 3040 E Michigan Ave.

Walgreen's, 1314 N West Ave.

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Avoid Weight Gain During the Holiday Season

By Victoria Beaman  
Owner, The V Spa



The holidays can be tough on the waist line. It seems no matter how hard you try the pounds just happen. They magically appear and before you know it your seams are busting and your doing the wiggle dance to get in your favorite pair of jeans. The holidays can be hectic and busy. Don't slack off on your workout routine and set some guidelines to follow. Here are some tips to

- help to avoid the sweets and treats.
- 1. Be active with family and friends
  - 2. Snack wisely
  - 3. Watch your portion sizes
  - 4. Practice mindful eating
  - 5. Get plenty of sleep
  - 6. Control your stress levels
  - 7. Keep meals balanced with protein
  - 8. Focus on fiber
  - 9. Cut back on taste testing
  - 10. Bring your own dish
  - 11. Limit your dessert intake
  - 12. Limit liquid calories
  - 13. Use a smaller plate
  - 14. Modify your recipes

- 15. Weigh yourself regularly
  - 16. Use the buddy system for accountability
  - 17. Avoid processed foods
  - 18. Plan ahead
  - 19. Skip seconds
  - 20. Draw the line
- Here are two of my favorite recipes that are sure to please your guests.
- Avocado Mousse**
- Ingredients
- 2 small or 1 large avocado
  - 1/4 cup cocoa powder
  - 4 teaspoons raw honey
  - 1 teaspoon pure vanilla extract
  - 1/2 teaspoon espresso powder

- Instructions
- 1. Slice the avocado in half and remove the pit. Scoop the flesh into a blender or food processor and puree avocado until smooth.
  - 2. Add cocoa powder, honey, vanilla, espresso powder, and salt, and blend until completely mixed and no lumps remain.
  - 4. Scoop into dishes and serve immediately, or chill until ready.
- Gluten Free Vegan Stuffing**
- 1 box seitan
  - 1 head chopped large cauliflower

- 1 cup diced celery
  - 1/2 cup chopped onion
  - 1/2 cup white wine
  - 1/4 cup chopped walnuts
  - 1/4 cup chopped parsley
  - 1 tsp minced sage
  - Salt and pepper to taste
- 1. Break up seitan in wok or large pan , add chopped cauliflower, celery , onion and wine. Simmer until liquid evaporates.
  - 2. Add walnuts , parsley and sage. Sauté for 4-5 minutes
  - 3. Add salt and pepper to taste
- Happy Thanksgiving  
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**Tickets: \$35 | \$32 | \$25 | \$10\***

\*Special ticket pricing: \$10 tickets available for students and children 12 yrs. and under. Must be purchased with minimum of one adult/full price ticket. 10% off Buyers Choice discount does not apply to \$10 tickets.



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Show vulnerability and transparency  
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#### Relationships

Must build trust  
Communicate authentically  
Listen and be present  
Be prepared to be amazed

#### Intentionality

Must have this every day, at all times  
Separates the good from the great  
Have a clearly defined vision and mission  
Be mindful

#### Positivity

Give specific praise  
Celebrate all things  
Every word and action matters  
Be a role model, set the tone

#### Growth

Academic, Behavioral, Social and Emotional  
It is a mindset  
We all are capable  
Challenges help us grow  
Feedback is key



Meet Our Staff

# Autumn, a Time of Migration for Many

Contributed by  
Imagine Planet

Autumn. For humans it means getting out the heavier clothing, going back to school, and preparing for the holidays. But what does it mean for the animals of Michigan?

Some animals and humans leave for warmer climates. People head to Florida, as do our Sandhill Cranes, gathering together at Michigan's largest gathering spot for cranes, Jackson's own Phyllis Haehnle Bird Sanctuary, with as many as 8,000 cranes in one spot. If you haven't had a chance to see this awesome sight, it is well worth it. The cranes go to southeastern Georgia and Florida until they come back early in the year. Monarch butterflies also fly south, going to Mexico where they overwinter as adults in great clumps in trees before starting the long trip back. They never make it all the way back to Michigan, but their descendants do.

Robins migrate more in response to food than to temperature. Fruit is the robin's winter food source.

As the ground thaws in the spring, they switch to earthworms and insects. While the robins may arrive when temperatures reach 37 degrees, this is because their food becomes available not because the robins themselves need warm temperatures.

Robins wander in the winter. Temperatures get colder as winter progresses. Robins need more food when it is cold and more and more of the fruit are eaten. Robins move here and there in response to diminishing food supplies and harsh weather. If all robins wintered at their breeding latitude, there would not be enough fruit for them all. So, robins tend to spread out in the winter in search of fruit. Most hang out where fruit is abundant, but some take the risk of staying farther north where smaller amounts of fruit remain.

Geese also migrate, although here in Michigan they may overwinter or

some great books here for all reading levels about surviving winter. Luckily, the temperature in Imagine Planet stays at a constant 70 degrees Fahrenheit, so you can be comfortable while finding out more about Michigan animals and other science topics.

This is also the time of year for clear skies at night for stargazing. Bundle up and

check out the brilliant lights in our Michigan sky. We have many astronomy resources to learn from. Our 4-H Geology club meets every 2nd and 4th Tuesday evening from 6:30-7:30 PM. Call and find out how you can join! 4-H membership scholarships are available.

Keep an eye on our Facebook page for events, videos, and fun facts as we stay warm this winter. We continue to be open Monday through Thursday and Saturday from 11 to 6. Visits to classrooms and groups are also available. Call 734-358-9893 for more information.



make much smaller migrations than those that live farther north. They are also looking for food and open water. Our Jackson peregrine falcons, Big Red and Chayton, probably migrate since we don't have a large population of pigeons which would keep them alive.

Many amphibians, reptiles, and insects hibernate during the winter, some underwater, some huddling in groups, and some overwintering as juveniles or eggs in the case of some insects. The many adaptations for surviving the cold are fascinating! We have




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Montessori Education

Fall in Love With Outdoor Play

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



According to a study published in the Journal of Pediatrics in 2015 by researchers in Seattle, preschoolers spend just 8% of their day experiencing outdoor play, and spend more than 90% of their day indoors in sedentary activities. Children at North Star Montessori spend roughly 30% of their day experiencing outdoor hands-on learning through free play and when indoors have the freedom to move to choose work in our curriculum areas. We prioritize our time in nature by building two to three hours a day of outdoor learning into our daily schedule. Outside interacting with living things, children learn compassion towards plants, animals, and the environment. Our outdoor experiences reduce children's stress and improve their mental health,

resilience, problem solving skills, and physical fitness. While outdoors in our natural play yard children love to observe seasonal changes. As trees begin to change color in Autumn and their leaves begin to fall, children want to identify the leaves and match them to the variety of trees we have. Children sort their collections, by size, shape, and color. Our Oaks, Maples, and Mulberry, have one type of leaf but kids think it is cool that 3 types of leaves grow on our Sassafras trees. Another popular outdoor activity for children is to build and make art projects with natural items they find and gather. Children are creative and resourceful and using their imaginations can turn twigs, leaves, acorns, rocks and hickory nuts into sculptures, leaf rubbings, and collages while they have fun experiencing the process of making art. Outdoor play engages all of children's senses and ignites their curiosity. Outdoor time for children is dwindling. Even though today's par-



ents may have grown up spending their childhood's outdoors, free from technology, many studies indicate that their children spend 50% less time outdoors than they did. In a study published in 2012, researchers from the University of Washington surveyed 9,000 preschool-age students across the country and found that only about half went out to play at least once a day with a parent.

There are so many opportunities for learning from free play outside. North Star Montessori preschool and kindergarten students enjoy being on the move, and are inspired daily by their outdoor environment. They balance on logs, climb rocks, find caterpillars and

frogs, listen to birds, go on nature hikes, and make up games as they have time to discover and learn outdoors everyday. We need to take advantage of these best practices as educators and parents to ensure children's developmental needs are met.

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#WhatsYourONENORTH



# Life Coaching Myths Busted

By Alex Cash



life coaching for yourself! Whether you know nothing about life coaching or still have some questions in your head, busting the following myths can help you understand what life coaching is.

- 1. Life coaching is for people whose life is a mess- Life coaching is meant to optimize your life, not fix it. It is for people who are at a good place but know that they want to be at a great place. Life coaching is for those who are ready to maximize their potential through personal growth.
- 2. Life coaches are there to give you advice-

Life coaches are not meant to give you advice. We are meant to help you form your own solutions by helping you to see things from different perspectives. We can be a mirror to reflect your own solutions back to you.

3. Life coaching is like therapy-

Therapy can often focus on your past, while life coaching is focused on your future. We develop concrete action steps to get your goals into action. Coaches hold you accountable to following through on those steps.

- 4. Aren't friends and family better to help- Family and friends often think they know what's best for you. Coaches want to see you succeed and they bring no judgement into conversations. We assist you in figuring things out for yourself. They help you determine solutions, not tell you what to do.



- 5. Life coaching can be tough (This one is true!)- Personal growth is never easy. Forming positive habits, getting past negative ones, and acknowledging the things that you want to change in your life may cause some discomfort. Getting through that discomfort is the way to build your best life. Life coaching is for those who want to live their greatest potential. You can find greater empowerment, increased focus, and accountability when working with a life coach. Visit [co-creativelifecoaching.com](http://co-creativelifecoaching.com) to learn more about how you can work with Alex and explore yourself through life coaching.



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