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JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



Bright Walls Mural Festival Returns

- page 2

Photo courtesy of Bright Walls



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Learn more at
www.jacksfamilyguide.com

Stefanie Riggs
Publisher
jacksfamilyguide@gmail.com

Morgan Riggs
Managing Editor

Evan Zigler
Distribution

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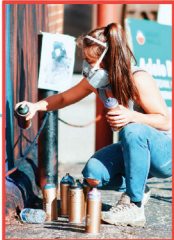
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Marino's, Parnall
Marino's, Spring Arbor
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Spring Crest Dental Associates
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Tedd's Family & Implant Dentistry
The Blue Julep Bakery
The Jackson School of the Arts
The V Spa Beauty Club
Trinity Lutheran School
United Way
Vito's Espresso
Walton Insurance Group
Warner Elementary School

Bright Walls Festival Schedule

FESTIVAL EVENTS



Get StARTed
Thursday, Sept. 5 • 12PM – 6PM
Help us kick-off the first day of the festival as artists start painting their murals. Join us at noon for a starting ceremony and watch the artists paint until 6pm.



Sunday Funday
Sunday, Sept. 8 • 11AM – 5PM
The perfect day for family fun: from face painting to gardening classes, everyone will have the chance to get creative. **The Capital City Brass Band** is hosting a **FREE concert** at 3pm and local businesses will be hosting events, as well.



Downtown Mess Around
Friday, Sept. 6 • 10AM – 11PM
Mural painting will be in full swing as we await the weekend. Downtown businesses will offer special deals all day and a **FREE concert** featuring a fun Colorado band, **The Copper Children**, starts at 7pm. Join us for a Friday night full of fun.



Different Strokes
Monday, Sept. 9 • 10AM – 7PM
Attend one of two artist panels featuring artists from all over the world at 11am or 6:30pm. Learn about different types and styles of art and maybe even meet the artists! Of course, live mural painting will be in full swing, too.



Rock the Block
Saturday, Sept. 7 • 10AM – 10PM
We're rocking the block all day long with K105.3 on site! Join us at noon for a local artist "mini-mural" contest, and later strap on your dancing shoes for our **FREE, live concert at 7pm** featuring **"Your Generation in Concert!"**



Pixel Party
Tuesday, Sept. 10 • 11AM – 7PM
As the artists finish up, be one of the first to photograph their murals. Love your shot? Submit it to our Instagram photo contest. Self-guided walking tours, group photos and live music will help us wrap of the festival.



Get your Official Bright Walls Artist Map at the festival

Detailed events timeline at: BrightWallsJackson.com/events

Volunteer with G.R.E.A.T. & Do Something Great!

Contributed by G.R.E.A.T.

The members of the Grand River Environmental Action Team (G.R.E.A.T.) have the next activity scheduled for Saturday, September 7. This will be a Clean-up of the Grand River and will run from at 9:00 AM to 2:00 PM starting and ending in downtown Jackson.

We are seeking of volunteers for our clean-up crews. The pay may not be great (i.e. zero), but job satisfaction is very high!

Event Details: Volunteers should meet at Consumers Energy Headquarters off Cooper St. (at the parking ramp located approx. 200 S. Cooper St) at 9:00A.M on Saturday,



September 8th. Wear clothes to be in or near the river. Gloves, tools, and a lunch (around 1 PM) will be provided. Some will walk the banks while others in shallow areas will wade with a canoe to put trash into, or in deep sections, paddle canoes to the log jams with trash.

Attached is a flyer of the details which you may print and distribute to others who might be interested.

If you need additional information checkout www.great-mi.org, or call (517) 416- 4234.

G.R.E.A.T. organizes clean-up activities & monthly public canoe outings to create environmental awareness.



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Learn to be a Tourist in Your Hometown

Find Favorites This Fall By Exploring & Asking Locals!

By Val Herr



Awe, September... Kids are back to school or off to college and life starts to settle in for the long haul until Spring. We do have a few more months of amazing Michigan weather to get out and enjoy apple picking, hay rides and finding the perfect pumpkin. I suspect most of us have our favorite places to buy apples, pumpkins or other fall activities. Jackson County is full of great farms and parks to enjoy.

We recently moved from the big City of Jack-

son to Brooklyn and I'm having to find all new places to enjoy with my family. We had our favorite places to shop and eat and enjoy Mother Nature. I find myself truly having to learn to be a tourist in my own hometown. While I have certainly been to Brooklyn it's entirely different when you now live there. Where do I run to buy a gallon of milk or I need a different size hose for my bathroom sink..... Exploring can be a ton of fun but not necessarily when you need something right now. We have tried out a local restaurant and the ACE hardware store already knows us on sight as the new people on the lake.

While most of my articles focus on a spe-

cific place or theme this one is more about the adventure. We don't always need a plan or a specific destination. Life doesn't come with a road map and it's okay to have a day here and there that aren't planned. Grab the kids, pack a few snacks and head to a town in Jackson that you haven't really spent time in. When you arrive ask the locals where they eat and shop and then throw caution to the wind and try them out. Life is supposed to be an adventure and we can either embrace the adventure or fight against it.

Give up your usual favorite places and Learn to Be a Tourist in your own Hometown of Jackson County.

Fall Home Maintenance in the Month of September

By Wendy Clow
Executive Director,
Habitat for Humanity

September is a month of transition. It begins with Labor Day, which traditionally signifies the end of summer and slides into the beginning of fall, football, falling leaves and other precursors to the holiday season. It's also a great time to begin to prepare your house for winter.

Fall home maintenance commonly brings thoughts of exterior chores like raking leaves and cleaning up the yard as plants and flowers in landscaping, and leaves on shrubs and trees, die and litter the ground. Doing those chores makes spring clean-up easier and keeps the exterior of your home looking clean and neat.

In addition to fall clean-up in the yard, this time of year is the time to prepare you and your house for winter and protect it from winter weather elements. Here are six things you can do to ensure you have a smooth winter in and around your home that transitions easily into spring.

Tune Up the Furnace

The most obvious and easy-to-do maintenance item for a furnace is to change the filter. Furnace filters need to be changed every three months in most circumstances. A lot of air passes through the filter, and when it gets dirty and clogged with pollutants, it can cause the furnace to operate less efficiently, costing you more money in the long run. Furnace filters are inexpensive, sometimes as little as \$1, and easy to change. A simple Google search will turn up instruction guides and videos for any type of furnace.

In addition to changing the filter, blower blades and other parts of the furnace should be cleaned and inspected once a year. It's easy enough to do this as a DIY project with a multitude

of videos and guides available online, or calling a local HVAC company for an annual tune-up is a great.

Clean the Gutters

Throughout the year debris can land in the gutters of your home, particularly after the leaves have fallen from nearby trees in the autumn season. Keeping the gutters clear of debris and leaves is extremely important for water to be able drain away from the house and prevent damage.

Cleaning the gutters can be as simple as it sounds. It can be done by climbing a ladder to reach them, and physically scooping out anything that's there. Other tactics include using an electric or battery powered blower to clean them out with forced air, brushing them clean with a small broom, using a power washer to spray them clean, or scooping away the debris with a plastic scoop that can be picked up at a hardware store.

Be sure to consider safety when climbing and working on top of a ladder or on the roof. And always wear work-gloves and eye protection.

Once the gutters are cleared, it's a good idea to use a water hose to spray water into the gutters and check for water flow from the downspout. If the downspout is clogged, it will need to be cleared as well.

As you're cleaning out the gutters, inspect for damaged or loose gutters and make sure necessary repairs get done. And if you're not comfortable climbing up ladders or working from high places, call a handyman service to do it for you. The cost is typically minimal, and it'll save money and headaches in the future.

Inspect the Roof

While you (or the handyman) are up on the ladder cleaning the gutters, be sure to check the roof. Some things to look for:

- Moss, algae, or piles of

leaves. These things can cause leaks or water damage.

- Buckled/curled shingles.
- Missing, damaged or aged shingles (loss of texture on the shingles indicates age).

From the ground, look up at the roof and check for signs of damage, sagging and aging.

If any of these issues are found, it's time to call a roofer and have problems fixed. Sometimes smaller issues can be fixed without having to replace the entire roof, and doing so can extend the life of the roof.

Reverse the Ceiling Fans

If your ceiling fans have a reverse switch, change the direction to run the fans in a clockwise motion after you turn on the heat. This will create an updraft and push heated air down into the room. This is especially helpful in rooms with high ceilings.

Caulk Around Windows

Inspect windows and sliding door frames, especially

in older houses. If there's a gap between a sliding window or door wider than the width of a nickel, apply silicone caulk to the exterior of the frame.

It's also wise to add weather stripping to the frames of doors. Make sure you can't see any daylight from inside your home.

Prepare the Lawn Mower for Storage

As with any machine that has a motor, when it's time to store for the winter, it's best to not let it sit with fuel in the tank. Over time, fuel in an engine will decompose if not used, causing damage to the carburetor and difficulty starting up when it's time to use it again.

There are a couple of options for protecting the engine over the winter:

- Let the tank run low from your last mow, and then run the engine outside to finish using up the gas.
- Add stabilizer to the fuel. The product is sold in containers that you just pour into the tank with the fuel.

It's best to top off the tank with stabilized fuel and run the engine briefly to allow it to circulate.

Doing these few simple tasks before winter sets in will help ensure you have as few problems as possible in your house due to weather. In addition, easy, regular maintenance will lengthen the life of appliances and physical features on the house. And... it'll save you money because things will work the way they're intended, as efficiently as possible, which means you'll see smaller utility bills. Win, win!

Wendy Clow is the Executive Director of Greater Jackson Habitat for Humanity. She lives in Jackson with husband, Scott Clow, two step children and two fur children: a beagle named Cletus and a mixed Beagle/Rottweiler named Harley. Wendy also has two adult children: Shelby, who is a CT tech at Henry Ford Allegiance Health, and Jake, who is a Michigan State Trooper in the Ludington area.

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Is it a Gerbil? Is it a Chinchilla? No it's a Degus!

Contributed by Imagine Planet

Come in and meet our newest animal ambassadors, the degus. Octodon degus is a rodent that resembles an oversized gerbil with similar fur and a tufted tail. They are related to the chinchilla and guinea pig and wild degus live in west central Chile on the lower western slopes of the Andes Mountains. Their habitat is a Mediterranean type semi-arid shrubland. They are the most common mammal in their range and live in extensive communal burrow systems, in social groups of 1 to 2 males and up to 5 related females. Their conservation status is of least concern, unlike their chinchilla cousins.

Degus average lifespan in captivity is 5-8 years. They are active during the day, unlike many of their rodent relatives and grow to be 10-12 inches long. They take dust baths instead of getting wet and babies are born with fur and open eyes. They are illegal to own in California, Alaska, and Georgia, where they are considered invasive animals.

Degus are prone to diabetes and are very intolerant of sugars. Because of this, they should not be given sweet treats like sugar or fruit. Their diet should consist of timothy hay and commercial degu food. They also eat their own feces to maximize nutrition.

Degus are social animals and with frequent handling will become friendly pets. They have well-developed senses of sight, smell, and hearing and they can see in the ultraviolet part of the spectrum. This enables them to identify each other by urinating which reflects uv light.

We look forward to getting to know our three girl degus and watching them grow. As the school year begins, we want to remind everyone that homework help is available after school until 6 pm. Our 4-H rock club did a great job at the fair and will be continuing this year, so please contact Imagine Planet or the MSU Extension Office if you are interested.



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T is for Tantrum

By Jessica Pingle, Ed.S.
Community Action Agency

If you're a parent, chances are you've experienced a meltdown or two. Meltdowns can be exhausting! Especially when these meltdowns occur beyond the toddler years. Tantrums can make even the best parents feel like they are failing. But rest assured, you aren't failing. Tantrums are your child's way of communicating that they need help processing their big emotions.

So why the tantrums? Children don't choose meltdowns. Meltdowns are the result of a brain that isn't coping well with something. When we get upset, the right side of our brain (the emotion side) assumes that there is danger near by and sends a series of alerts to our body to address the potential "threat." Our heart rate increases, our muscles tighten, our blood pressure goes up, our fists and teeth clench. We are fight or flight ready. Your child's tantrum is their body's way of responding to the distress. In order to stay in control, children need to be taught to move to the left side (the rational side) of their brain to self-regulate. Self-regulation is the ability to manage big emotions and behavior. Learning to self-regulate starts early and is largely influenced by our interactions with our children day after day. Self-regulation is not about NOT feeling. It's okay to have big emotions. All feelings are valid. The key is how we respond to those big emotions. One of the best things you can do as a parent, is to stay in control of your own emotions when your child has lost control of theirs. How we respond to their distress, is how they will respond later. Below are 26 strategies to help your child self-regulate the next time they are feeling fussy and frustrated.

A is for Art. Doodle, draw, or color. Art helps relieve stress and provides a mental distraction, giving your child's brain a break from their usual thoughts.

B is for breathe. Deep, focused breathing helps calm the body. One way to do this with little ones is to practice belly breathing. To do this, have your little one lay their hand on their stomach and pay attention to their belly move up and down as they take deep breaths.

C is for connect. Emotionally connect with your child. Every kid needs at least one adult that is irrationally crazy about him or her. Children learn to cope and self-regulate through the context of caring relationships.

D is for dance. Put on your child's favorite song and dance! Dancing releases tension and joy!

E is for exercise. Get your child's body moving! Exercise helps strengthen the brain, making it more resilient to stress hormones. Bicycling, running, even swinging on the swings is a great way to get your child's body moving!

F is for friend. Call a friend and do a favorite activity together.

G is for glitter jar. To create your own glitter jar, use water, glitter, glue, and food coloring—mix, shake, watch, and relax as the glitter settles.

H is for hug. Hugs help calm the nervous system, reduce stress, and relieve

anxiety.

I is for "I can." Think "I can do this."

J is for jokes. Tell a funny joke. Laughing helps relieve tension and stress by boosting the immune system and decreasing stress hormones.

K is for kick. Kick a ball or play another sport. Physical activity relieves stress and boosts self-confidence.

L is for label. Help your child label their feelings. Labeling our feelings helps us to make sense of what we're experiencing. Remind your child that it is okay to feel anxious, sad, angry, etc., and reassure them that these feelings will pass.

M is for model. Children need us to model what it looks like to deal with anger and frustration. To extinguish the behavior, meet it with calmness and compassion.

N is for nutrition. Eat a healthy snack. Healthy food choices help us to feel our best.

O is for outside. Go outside and play. Spending time outside reduces stress and improves mood.

P is for positive self-talk. Positive self-talk boosts confidence and self-esteem. Help your child get in the habit of saying positive affirmations about themselves ("I am smart." "I am loved." "I am capable."). Children have this amazing ability of becoming exactly who we tell them they are. Our voice becomes their voice. The more we're able to change our thinking (and our thoughts about ourselves), the more we're able to control our emotions. Start early.

Q is for quiet time. Find a quiet place and relax. Read or look at a book.

R is for run. Running releases feel good hormones, calms the body, and improves mood.

S is for stretch. Stretching releases tension in the body.

T is for talk. Kids' inability to identify and express their emotions is often reflected in their behavior. When we help put our kids' emotions into words – "I can see you're sad," "I know you're upset because it's time to put your toys away" – we not only teach them to identify different emotions, we also help them put their feelings into words.

U is for unplug. Take a break from electronics. Too much screen time can over stimulate the brain. Taking a break helps relax the mind.

V is for visualize. Encourage your child to visualize themselves in their favorite place.

W is for walk. Go on a nature walk. Nature creates a unique sense of wonder for kids (adults too) and causes stress levels to drop.

X is for xylophone. Playing musical instruments is fun!

Y is for yell into a pillow. Yelling helps release emotion. Encourage your child to yell for a minute or two.

Z is for zzzz. Sleep is important for building healthy minds and bodies. Adequate sleep helps lower stress hormones and helps children self-regulate. A lack of sleep often leads to a lack of control. It can be hard for little ones to control their emotions when they are tired.



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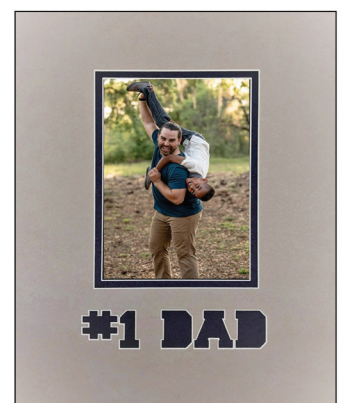
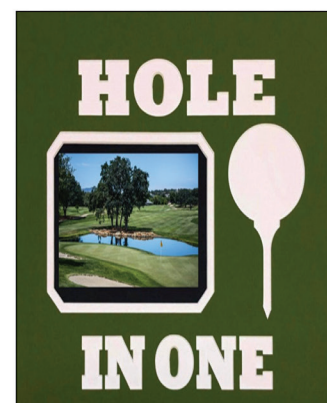
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Grab Your Pumpkin Spice Latte & Make Your Way to JSA's Open House this September!

By Amy Fracker,
Assistant Director



I love autumn and back to school time. Bring on the Pumpkin Spice! Fall is also the time to

have some family fun.

Parents: we didn't forget about you. Why not explore a creative outlet for yourself like Art Journaling or clay or step on the dance floor and try Fox Trot, Swing Dance or Hip Hop? Fall also means that calendars become full with activities. Don't forget to make your life easier by hosting your child's birthday

your hand if you went back to fall shopping for yourself. No? Then you'll want to mark your calendar for our Fashion Show at the Masonic Temple on Sunday, September 22 from 1-3 PM. For just \$20 in advance or \$25 at the door, you can see the latest items from local business, enjoy light refreshments and shop all

in what will become the new Jackson School of the Arts downtown. Featured local businesses include Marste, Apricot Lane Boutique, A Frame Above & 180 Chic Boutique, Cabi, Rustic Market and Beck's Flower Shop and Gardens.

Learn more about classes, open house, special events and birthday parties at Jacksonarts.org and go get yourself a Pumpkin Spice latte!

Mark your calendar for our Fashion Show at the Masonic Temple on Sunday, September 22 from 1-3 PM. For just \$20 in advance or \$25 at the door.

remember that an education without the arts is an incomplete education. At Jackson School of the Arts we have many opportunities for all ages and abilities including clay and drawing classes, clogging, ballet and even acro, hoop dance. New this year is Voices United: a group singing class. We are hosting an Open House on September 14, 12 to 2 PM. This is a great time to register and

party at Jackson School at the Arts. You bring the cake and we take care of everything else!

Raise your hand if you took your kids back to school shopping. Raise



Photos contributed by Jackson School of the Arts

LIVE LOCAL POSITIVE
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Historic Cemetery in Jackson Gets National Recognition for Contributions to Underground Railroad

By Aaron Dimick,
Public Information Officer,
City of Jackson



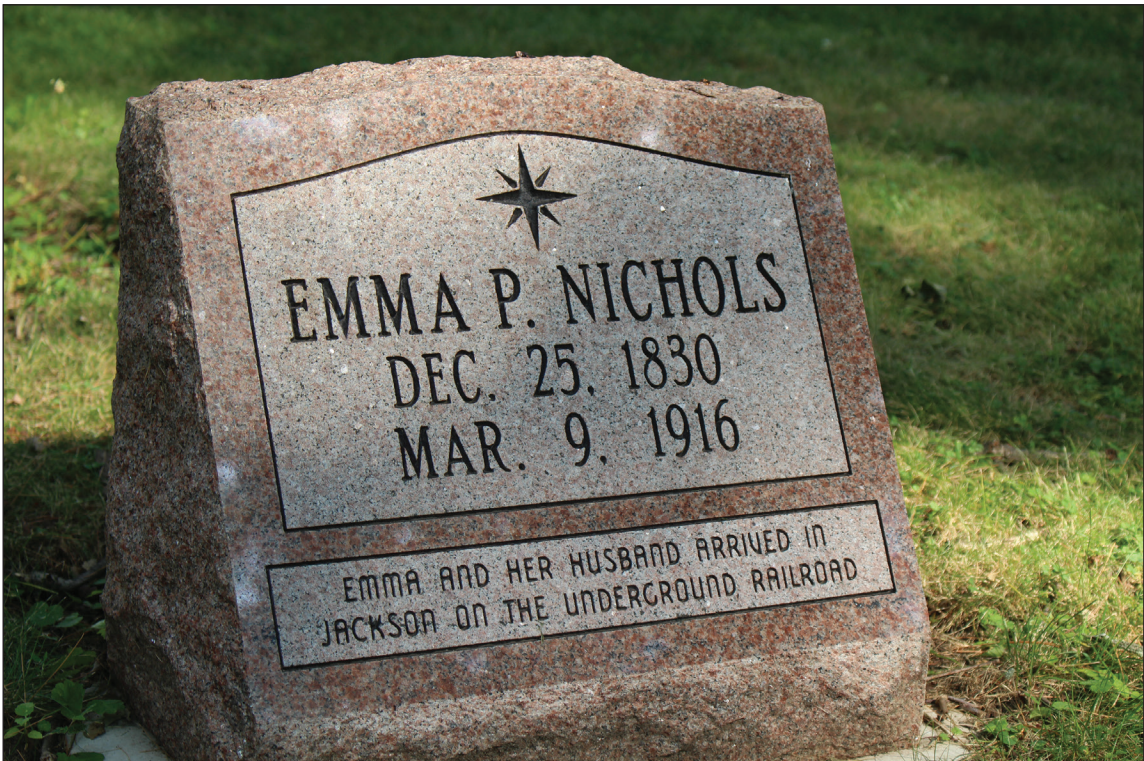
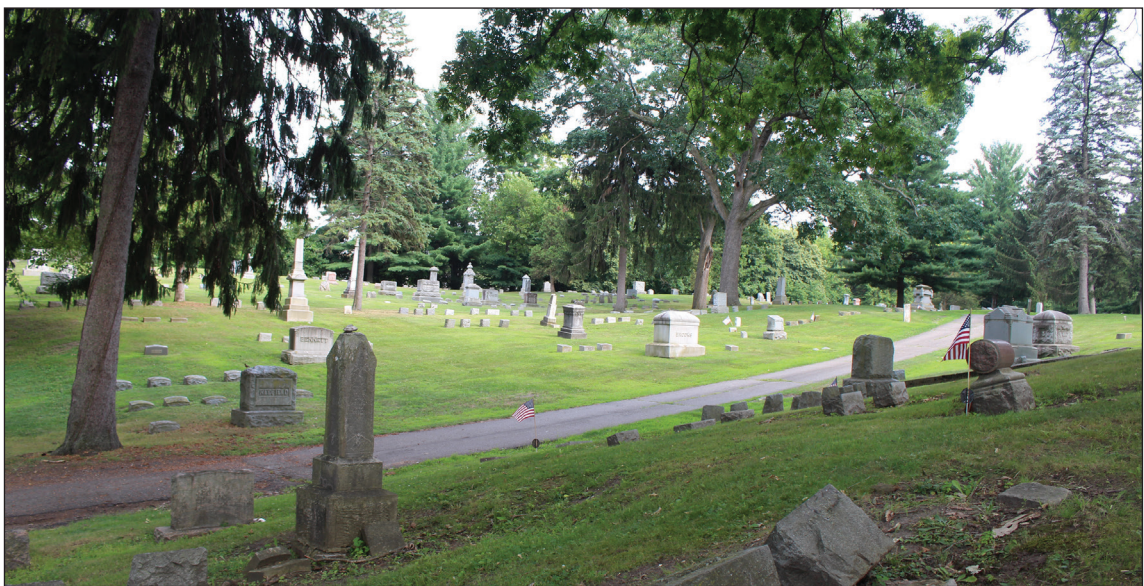
Local families who are looking to experience history don't have to travel far.

A historic cemetery in Jackson is being recognized by the National Park Service for its contributions to the Underground Railroad. Buried in Mt. Evergreen Cemetery are seven people who played important parts in the Underground Railroad in Jackson County. The National Park Service recently notified the City of Jackson that an application to be included in the park service's Underground Railroad Network to Freedom was approved. This means Mt. Evergreen Cemetery will now be placed on a list of national sites important to the Underground Railroad. The goal of the Network to Freedom is to promote and preserve sites important to the Underground Railroad so people can be educated on its significance.

Jackson was an active stop on the Underground Railroad, which was a secret network organized by people who helped African

American men, women and children escape from slavery prior to the end of the Civil War. Charles and Mary DeLand, Norman Allen, Abel Fitch, Lonson Wilcox and Seymour Treadwell, who are all buried at Mt. Evergreen, are known to have helped escaped slaves make their way through Jackson and on to freedom. Emma Nichols is an escaped slave who is also buried at the cemetery. Reports indicate she came to Jackson on the Underground Railroad after escaping slavery in Virginia. Nichols lived out the rest of her life in Jackson, passing away in 1916.

The National Park Service reviewed the cemetery's history and determined that it made a significant contribution to the understanding of the Underground Railroad in American history and met requirements to be included in the Network to Freedom. The City of Jackson Parks and Recreation Department applied for Mt. Evergreen to be included. Parks and Recreation Director Kelli Hoover says the City is delighted with the approval. "We are honored that our local history is getting national attention and pleased that these brave men and women are getting the recognition they deserve," Hoover said.



Photos contributed by The City of Jackson

Mt. Evergreen was given statewide recognition earlier this spring, when a State of Michigan Historical

Marker was placed in the cemetery that also honors the Underground Railroad participants buried there.

Mt. Evergreen cemetery is located at 1047 Greenwood Ave. in Jackson.

Jackson District Library to Expand Hours District-Wide Beginning Sept. 3

Contributed By
Jackson District Library

Beginning Tuesday, Sept. 3, the Jackson District Library will launch new hours at 11 of the community's 13 libraries across Jackson County. The change brings with it 43 additional hours district-wide. Highlights from the change include the Spring Arbor Branch opening its doors on Tuesdays and Thursdays, the Concord Branch opening on Tuesdays, and the Carnegie Library increasing its hours to include

Sunday afternoons."Since the city's core continues to see new developments and with them new residents next door to the Carnegie Library, we expect to see a healthy user-base," JDL Director Sara Tackett said. "We hope the change will increase access to those living downtown."The Springport Branch will now open Tuesdays and Thursdays to make sure residents in the area can access either the Springport or Parma branches any day between Monday

New hours are listed in a table here:

BRANCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BROOKLYN	10 AM - 7 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 3 PM	Closed
CARNEGIE	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 6 PM	9 AM - 5 PM	1 PM - 5 PM
CONCORD	10 AM - 6 PM	1 PM - 6 PM	10 AM - 6 PM	Closed	1 PM - 6 PM	10 AM - 2 PM	Closed
EASTERN	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 6 PM	9 AM - 5 PM	1 PM - 5 PM
GRASS LAKE	10 AM - 7 PM	Closed	10 AM - 6 PM	10 AM - 7 PM	10 AM - 6 PM	10 AM - 3 PM	Closed
HANOVER	1 PM - 7 PM	Closed	10 AM - 6 PM	Closed	1 PM - 6 PM	10 AM - 2 PM	Closed
HENRIETTA	10 AM - 7 PM	Closed	1 PM - 6 PM	Closed	1 PM - 6 PM	10 AM - 2 PM	Closed
MEIJER	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 6 PM	9 AM - 5 PM	1 PM - 5 PM
NAPOLEON	1 PM - 6 PM	1 PM - 6 PM	10 AM - 6 PM	1 PM - 6 PM	Closed	Closed	Closed
PARMA	10 AM - 7 PM	Closed	1 PM - 6 PM	Closed	1 PM - 6 PM	10 AM - 2 PM	Closed
SPRING ARBOR	10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 7 PM	10 AM - 6 PM	10 AM - 3 PM	Closed
SPRINGPORT	Closed	10 AM - 7 PM	Closed	1 PM - 6 PM	1 PM - 6 PM	10 AM - 2 PM	Closed
SUMMIT	10 AM - 8 PM	10 AM - 6 PM	10 AM - 8 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 5 PM	Closed

Email or call Will Forgrave at forgravew@myjdl.com or 517-905-1314 for additional information.

and Saturday. "We saw a need to expand our hours to keep the library available to people across the county," Tackett said. "With our original hours, there were times when a handful of branches on one whole side of Jackson County

were closed, an issue we wanted to alleviate."The Meijer Branch and the Napoleon Branch will continue to keep their original hours. This is the first increase in open hours at JDL since 2013."The changes reflect how often area residents

want to take advantage of library resources," JDL Assistant Director Jason Shoup said. "As more and more people continue to use the Jackson District Library, we'll continue to expand." New hours are listed in the table above.

Health-Care Advocacy & It's Importance in Ensuring Care for All

By Center for Family Health

Community health centers provide primary medical and dental services to those who would have nowhere else to go for care.

Advocacy means taking patient stories to our Legislature to guarantee a continuity of that care through policies and funding, said Molly Kaser, President & CEO of the Center for Family Health, a community health center at 505 N. Jackson St.

That advocacy occurs on many levels: Interested community members contact lawmakers, the health centers engage legislators in dialogue, and state and national organizations representing health centers also highlight the benefits of the health centers for state and federal officials.

"Community health centers provide care to everyone and anyone" regardless of whether they have insurance or can pay for it, she said.

In Jackson County, 30,000 patients logged 108,000 visits across the Center's

seven locations in 2018.

Community health centers offer primary medical, dental and behavioral health care. They depend on Medicaid and Medicare payments, as well as some commercial insurance and federal stipends to provide care – and ancillary services to their patients.

Support services range from help navigating community services to transportation, translation, nutrition and enrollment help.

"If a patient can't get here or they don't speak the language, it all goes to naught," she said.

If you are not well, you cannot work, you cannot be a good parent and you cannot be a contributing member of the community.

That's why health care is a right – not a privilege, she said.

"I believe people in this community believe that and support us," Kaser said.

To learn more about our advocacy efforts, contact Terry Langston, (517) 748-5500.

Colorado Vacation Featured at Kids 'N' Stuff Auction

By Kids 'N' Stuff

Thinking of a Colorado family vacation in Winter Park? Then be the highest bidder at the Oct.12 Bids 'N' Stuff Auction to benefit Albion's Kids 'N' Stuff Children's Museum.

The lucky bidder will have up to seven winter or summer nights in the downtown Winter Park condo which sleeps 10. Located at the Hi Country Haus the condo is located on the Fraser River and within walking distance to many restaurants and Hideaway Park. Winter activities include skiing, snowshoeing and sledging. In the summer there are hiking, mountain biking and alpine-slide activities along with many festivals in Winter Park.

Condo guests will have access to an indoor pool, several hot tubs, a playground and billiards at the nearby recreation center, all within walking distance. The condo has a wood-burning fireplace, washer and dryer, free outdoor parking and a free shuttle to the Winter Park ski area.

The successful bidder will have up to two years to book this trip. Subject to availability, the earlier bookings will be more likely to get the week of choice. No pets are permitted.

For more information on the condo visit <https://www.winterparklodging-company.com/winter-park-vacation-rentals/hi-country-haus-winter-park-co/>

The theme of the auc-

tion is "Just Add Water" because proceeds will go to help fund a new water table to replace the aging exhibit.

During the evening at the KNS museum auction-goers will experience the museum exhibits while sipping wine, enjoying selections

from the Malleable brewery and sampling appetizers donated by local venues.

Invitations to the event will be mailed to previous auction attendees and reservations may be made at KNS.

Kids 'N' Stuff
children's museum

301 S. Superior St.
Albion

(517) 629-8023

www.kidsnstuff.org

Weekdays in the month of September

KIDS ARE FREE

with the purchase of
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No coupon necessary

Offer valid Tuesdays-Fridays in the month of September
Not valid with any other offers or passes.

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Special Olympics to Host 5th Annual Heart of a Lion 5K

Contributed by Jackson Special Olympics

The Jackson Area 19 Special Olympics will be hosting the Fifth Annual Heart of a Lion 5K Run/Walk which will be held at the beautiful Ella Sharp Park located at 2800 Fourth St. Jackson, MI 49203. The race will be held on Sunday September 15th at 9 a.m. with a SOMI athlete/kids Fun Run to follow. Awards will be given for the Overall Male, Overall Female, 1st-3rd places for divisions Male, Female, Male masters (40+) and Female Masters (40+) for both the 5K run and for the 5K walk. We will also have three special awards to be given in our "surprise category".



learn to set goals, experience the pride of accomplishment and the importance of physical fitness. For the continued success of our program the Jackson Area 19 Special Olympics relies on the support and generosity of the community and our sponsors.

The Heart of a Lion represents the attributes of our Special Olympics Athletes. Brave, Courageous, Determined, Strong and Proud. Please come out and show your support on Sunday September 15th! You will be inspired and touched by the "Heart of a Lion". All proceeds from this race will remain in Jackson

County.

Facebook Event Page: <https://www.facebook.com/events/330197247861642/>

Online sign up is available at <https://runsignup.com/Race/MI/Jackson/HeartofaLion>. Packet pick up will be on Saturday September 14 from 3pm-5pm at the Special Olympics office located at our new address 210 E. McDevitt Jackson, MI 49203. Race day registration will also be available the morning of the race from 7 a.m.-8:45 a.m. at Ella Sharp Park.

We hope to see you there!

Kids Can Learn New Skills and Have Fun at YMCA Fall Youth Sports

By Michael Chavous, Jackson YMCA

Youth sports start up again after Labor Day at the Jackson YMCA, beginning Sept. 11 with a parents' meeting. The co-ed leagues will run through Oct. 26.

For many kids, youth sports are their first introduction to organized sports. It's not just about learning how to play, however; benefits include gaining confidence and building positive relationships that lead to good sportsmanship and teamwork.

"I am excited to see all the first-time athletes for this upcoming season. Getting to watch kids play sports for the first time is what I love about the YMCA", says Michael Calderone, YMCA sports coordinator. "My goal for this year is to increase participation, and I hope that the kids have an uplifting experience."

According to research from the YMCA of



the USA, sports participation benefits kids beyond the field. Youth sports participants feel a sense of belonging to a team, have a reduced risk of heart disease, stroke, cancer, diabetes and are less likely to be obese.

And of course, playing sports is fun!

Available leagues –

- Soccer for ages 3-6
- Flag Football for ages 4-7
- Cheerleading for ages 4-7

Parent information: A parent meeting at the Downtown YMCA is scheduled for Sept. 11, followed by a coaches meeting. Volunteer

coaches are always welcome. Kids meet their teammates on Sept. 12 and receive their schedule and team shirt. Games are held at Frost Elementary and begin Sept. 14. The cost is \$45 for Y members and \$60 for the community. Call 782-0357 or visit JacksonYMCA.org to register.

AARP Real Possibilities
Michigan
presents
AWAY FROM HER

Thursday, September 12, 2019
at the Michigan Theater, Jackson
Doors open at 6:00 p.m.
film starts at 6:30 p.m.

FREE ADMISSION



The Music & Memory program was launched in 2016 as part of the Jackson Symphony Guild's mission to share the power of music with everyone. The showing of *AWAY FROM HER*, is our fourth film to help raise awareness and funds for this project. More than 100 devices to date have been used throughout the Jackson community by those suffering from Alzheimer's disease and other related dementias. Through our program efforts and partnership with the Jackson District Library this program is FREE to anyone in the community suffering with this disease.

Tonights event is brought to
with the support of



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Question & Answer With Jackson Public Schools' New Principal, Monica Pierce

By Kayleigh Garrison

When Barbara Baird-Pauli announced her retirement from Jackson Public Schools after three decades in education and 11 years as Principal for Instruction, Jackson Public Schools was tasked with the responsibility of finding someone to replace her. The school district conducted a statewide search and chose someone who knows Jackson High School all too well, 1994 graduate Monica Pierce.

After graduating from Jackson High School, Pierce went on to complete degrees at Jackson Community College in 1997 and Spring Arbor College in 1999. After college, she completed her student teaching at Middle School at Parkside in 1999. Pierce began her teaching career as an ELA teacher with Ann Arbor Public Schools from 2000-2001 before transitioning to Jackson High School where she taught English from 2001-2011. She was an Associate Principal at Middle School at Parkside from 2011-2014 before moving back to Jackson High School to assume the role of Associate Principal, one she would hold until acquiring her new position.

With more than a decade of experience in Jackson Public Schools and strong relationships developed

in the district, Pierce was a frontrunner from the beginning.

"Monica Pierce blew the competition away," said Superintendent Jeff Beal. "Her advocacy for the staff and students at Jackson High were defining qualities that I know will be first and foremost in her mind as we enter the 2019-2020 school year."

Jackson Public Schools' Communications Intern Kayleigh Garrison sat down with Pierce ahead of the 2019-2020 school year to hear what she's looking forward to and what she hopes to accomplish as Principal for Instruction.

Kayleigh Garrison: With the start of a new school year and taking on a new position, what excites you most about the upcoming year?

Monica Pierce: "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. That, and helping teachers grow."

KG: What goals have you set for the new school year?

MP: "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."

KG: What do you hope to accomplish as Principal for Instruction?

"More cohesion in the body with students and staff. I also want to begin looking at more programs for socio-emotional learning for students who are dealing with different mental health concerns. Self-care and wellness for staff, and self-care for students, so it's not just a counseling aspect that they're getting. The teachers are well-versed in things like ACEs (Adverse Childhood Experiences) training, so [they] are more knowledgeable in those areas so they can better help the students who come in with those issues."

KG: Can you talk about what Jackson Public Schools means to you and what it means to have this responsibility as Principal for Instruction?

MP: "Jackson Public Schools to me is all about community and build-

ing relationships. When I started at Parkside as an administrator, it was a family unit and very supportive. I learned a lot, and there were so many people who helped me along the way. I've always felt supported here and I just want to be that influence and support for other people as I move forward. I think because of that feeling that I was accepted and encouraged to do better and to grow, that has always made me want to stay here and help other people."

KG: Would you like to add anything else?

MP: "My family has been in the district. All of our children have gone through here, so I've seen the different aspects of every learning, like the AP student, the non-AP student, the honors student and the athlete versus the band player or the orchestra player. Because my children are kind of spread out all over the place, that allows me to appreciate the different learners and different personalities here in our culture; the ones who are extroverts and introverts and the ones who are A students and the ones who are C students. As a parent, I completely understand all the different students that we work with every day."

What Do Children Get From Being in Church?

By Daniel Kidder-McQuown

The following is a personal view from Daniel Kidder-McQuown, designated pastor of St. John's United Church of Christ in Jackson, Michigan. He is a proud and happy parent himself.

Any views or opinions represented in this article are personal and belong solely to it's author. Any views or opinions are not intended to malign any religion, ethnic group, club, organization, company, or individual.

In the Bible, Jesus says, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these." (Mark 10:14). This is the commandment, but what does it mean?

For churches, children bring a special ingredient that you can not find anywhere else. They are living symbols of hope – hope for the future, legacy, values and faith being passed down, and just sheer raw potential. Whether they are infants, school age, or youth, children naturally give hope to a church. Spiritually, children open the eyes of everyone to the kingdom of God.

Children also bring families into church. Many parents and guardians choose

their church based on the quality of the Christian Education program, and the way children are valued by the whole congregation. With their children involved, these parents and guardians often become the most invested members. And they often bring other members of their family into the fold, such as grandparents, aunts & uncles, and close friends. A good ministry to children includes a good ministry with whole families.

But what do children get from being in church? In today's world, this is the million dollar question. Society has changed, church has changed, and there are a lot more activities and distractions and commitments in children's lives. Churches must answer the question – What are we giving children that they can not get somewhere else?

Here are some of my answers. Church offers children Christian education, imparting knowledge, values, and tradition. Church provides an intentional community for a child to grow spiritually. Church provides an intergenerational experience, unlike maybe anywhere else, where young and old come together to share wisdom. Church of-

fers a safe space to be a kid. This last value is important for every child, but especially for those who struggle with the "mainstream" – including those on the spectrum, disabled, or who struggle with any number of mental or social issues.

In today's world, religious commitment is way down. Obviously, parents and guardians are choosing other ways to raise their children besides church. They replace the time with various activities, such as sports and clubs. They may expose their kids to religion, but not with commitment. Values are being taught in the home and in secular associations. More and more of today's parents and guardians are voting with their feet, away from church.

From my perspective, if the church is to continue welcoming children like Jesus, there must be an even deeper commitment. In the past, churches waited until children and families visited, and then built their programs around those individuals. This may have to change! In today's society, churches will need to be more proactive. I am not of the belief that somehow church is less relevant.

Just the opposite! But I do believe many churches have reneged on their duty to actively welcome. In today's hectic world, it will be important to make sure children and families know that a church welcomes them like Jesus. Attention is at a premium, and churches must at least try to get their message out. And while we get their attention, let us not wait to build the program until they (children and families) get to church. Let us, as church people, build our Christian education programs with the expectation

they will come.

For parents and guardians reading this column: Please consider this an open encouragement to church. At least explore the option, if not for you, then for your children. There is still something incredibly unique and valuable about a child's experience growing up in a church family. It's the same as it always has been. But in today's challenging context for parenting, the experience may be more important than ever. Speaking as one parent to others – I can tell you it is totally worth it.

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Montessori Education

Monarchs, Milkweed, &
Back to School Butterflies

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



Summer lends itself to backyard explorations. Children at North Star Montessori have been able to expand upon their classroom studies of the life cycle of butterflies by venturing outdoors to explore our gardens. Our milkweed grows taller than the children and Monarch caterpillars cannot resist it. Infact, children observed over 20 caterpillars, large and itty bitty, munching up the milkweed leaves on our daily outdoor adventures. We are so fortunate to be able to offer summer classes and care that give

children the opportunity for hands-on learning in our green spaces. Two chrysalises have already formed and during the first week of September, when our school year begins, they should emerge into beautiful butterflies. It will be one of the best back to school surprises. To continue our study of Monarchs we will take the time to make observations and talk about the changes we see in the garden. Asking questions like how many caterpillars can we count on the milkwood leaves?, or how many more chrysalises can we spot? Chrysalis start out green and after a couple of weeks they turn black which signals the butterfly is ready to emerge. After careful observation and patiently waiting, we will find Monarchs drying their wings as they sip the



Photo contributed by North Star Montessori

sweet nectar of daylilies before they fly away. It is delightful to watch the children's joy and excitement as they experience the life cycle of the butterfly. These curious young scientists love learning about the world around them. It fuels their natural sense of wonder. North Star Kids love learning! By giving children many positive real life experiences in nature we hope to encourage future stewards of this big, beautiful planet that we share.

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