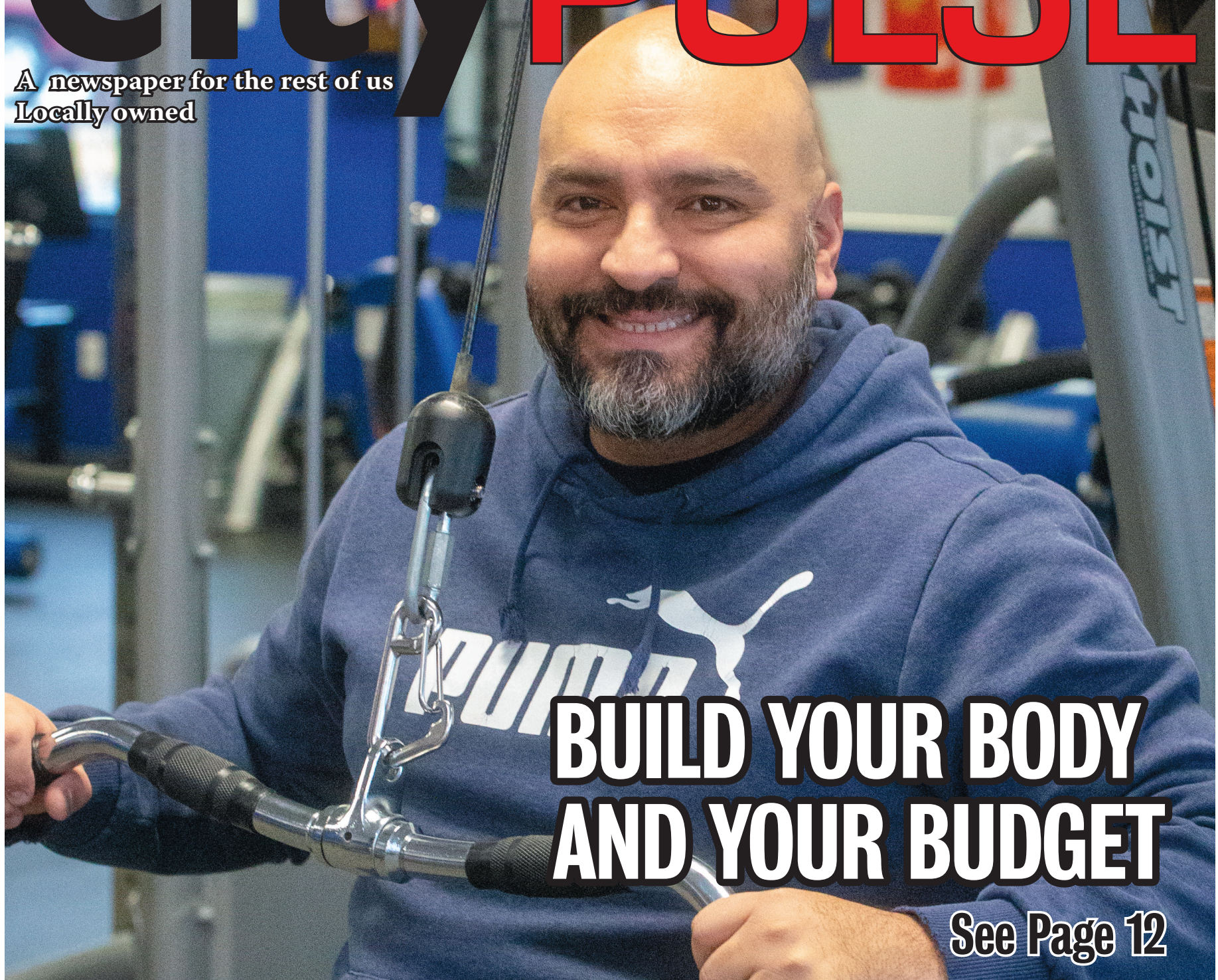






# CityPULSE

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See Page 12

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# Black History Month

EVERY FEBRUARY AND EVERY DAY



**DR. TANISHA FORD**

5PM, Feb. 1, 2024  
Wharton Center  
for Performing Arts,  
Pasant Theatre

**M.C. LYTE**

5PM, Feb. 8, 2024  
Kellogg Hotel  
& Conference Center,  
Big Ten AB

**THE REV. DR. WILLIAM  
JOSEPH BARBER II**

5PM, Feb. 15, 2024  
Wharton Center  
for Performing Arts,  
Pasant Theatre

**DR. RANI WHITFIELD**

5PM, Feb. 23, 2024  
Kellogg Hotel  
& Conference Center,  
Auditorium

**Dr. William G. Anderson Lecture Series, Slavery to Freedom:  
An American Odyssey hosted by the College of Osteopathic Medicine**



Sankofa Black History Month Program hosted by the Office of K-12 Outreach, College of Education





### Amplify the Celebration of Black Arts!

Join AARP Michigan for a series of events presented by the Carr Center and Bedrock in Detroit, in honor of Black History Month.

For more information and to register:  
aarpmi.org/bhmpulse2024



Amplifying artists  
of every age.

Black History Month 2024



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**The next pet adoption ad  
appears on Feb. 21.  
Call by Feb. 15 to be included.**



**Please help City Pulse help the Ingham County Animal Shelter. Call Publisher Berl Schwartz at (517) 999-5061 or email him at publisher@lansingcitypulse.com with "pet adoption" in the subject line.**

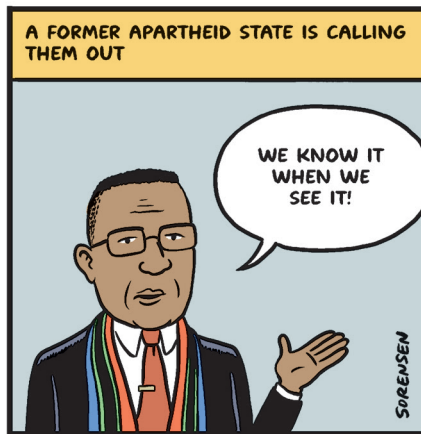
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# CityPULSE

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**PAGE 10**

Experience the lasting impact of Scooby-Doo at Impression 5



**PAGE 15**

Arms & Embers Grill experiments with unique offerings



**PAGE 21**

The Smoke N' Pig BBQ has found a hit in its loaded fries

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**CityPULSE**

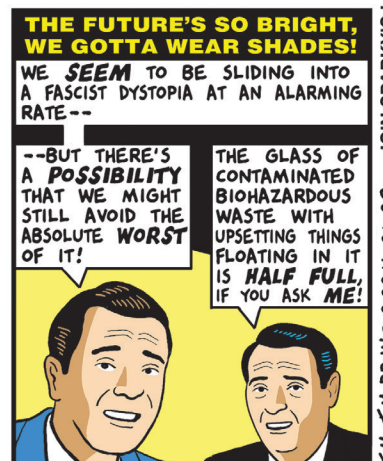
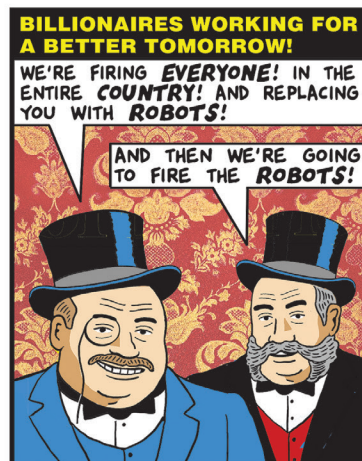
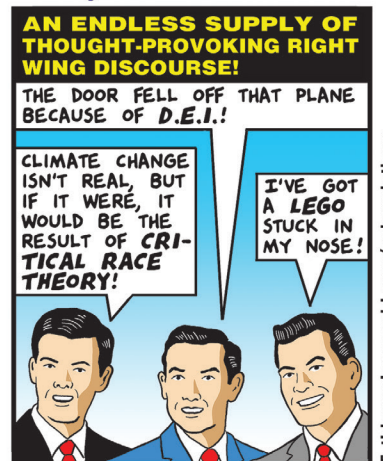
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## THIS MODERN WORLD

by TOM TOMORROW



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# PULSE

# NEWS & OPINION

## As technology evolves, scammers get bolder. What can be done?

### Local officials, victims offer tips to combat digital con artists

On Jan. 18, business owners in the Eastwood Towne Center received calls from a phone number that matched that of the Lansing Township Police Department.

The caller claimed to be with the department and would be coming in for an inspection soon.

The perpetrator was using a scamming method called spoofing, whereby a seemingly legitimate number is replicated and used as leverage to con a victim out of money.

The incident wasn't anything new to township Police Chief John Joseph.

"I don't know how they can make a phone call where it shows a different number, but that is frequently what happens," Joseph said. "It can also make investigating some of these scams very difficult, especially for smaller agencies like ours."

According to the FBI's 2022 Internet Crime Report, financial losses associated with internet scams grew from \$6.9 billion in 2021 to \$10.3 billion in 2022, an increase of nearly 50%. Of the latter figure, \$3.1 billion was lost by victims over the age of 60. Another recent study, published by the University of Michigan Institute for Healthcare Policy and Innovation in January, found that three in four adults ranging in age from 50 to 80 reported experiencing an internet scam in the last two years.

To help address the disproportionate number of seniors who are victimized, Michigan Attorney General Dana Nessel teamed up with state Rep. Penelope Tsernoglou, D-East Lansing, to host a seminar on elderly abuse in East Lansing recently.

"I thought it was an important topic to address, because it's especially hard for our seniors to keep track of all the scams that are out there," Tsernoglou said. "It seems like nobody is immune. I recently got a letter in the mail, supposedly from

my car leasing agency, that said I needed to call or they were going to repossess it."

In July, the Lansing Township department's number was spoofed by a scammer who called residents claiming to be Lansing Police Chief Ellery Sosebee to get ahold of their banking information. Both the Lansing and East Lansing police departments have dealt with similar situations over the past year. Joseph has even gotten calls from his own phone number.

Residents will frequently come in to the Lansing Township Police headquarters, 3209 W. Michigan Ave., after being targeted.

"We even had a lady come in here with the scammer still on the phone. She had \$20,000 in her hand and told me they told her to go deposit it into a Bitcoin ATM at some bar, and she would get their money back plus a fee," Joseph said.

These scammers will often weaponize fear, relying on their victims' heightened emotions to override their better judgment. Typically, they'll claim that the victim owes money for something, like an outstanding warrant.

"That will lead to a request for a gift card or access to your computer. They'll take all your information. It's very sophisticated stuff," Joseph said. "What we want people to understand that police departments or other agencies will never call you for money. If you owe someone, they're going to send you a letter, or you can call them directly and figure it out."

Nessel has noted that winter is the most active season for scammers, who often capitalize on holiday shopping deals to sell products they



Michigan Attorney General Dana Nessel offers advice in East Lansing on avoiding scams.

never intend to ship. Her office sent out so many scam warnings that the department created a new website in December to help people recognize when they're being conned.

One such warning addressed a chain of fraudulent United States Postal Service alerts that were labeled phishing attempts — a strategy used to steal information by getting the victim to click a compromised link. Another warned of a surge in fake Detroit Lions playoff tickets.

Melissa Edson, a Stockbridge resident and frequent concert-goer, fell prey to a ticket scam a few weeks ago, when she used Facebook to buy tickets to an upcoming comedy show.

"I've bought from individuals and all the different online agencies, and I do usually do a little bit of due diligence. In this case, I looked the seller up and saw that she had pictures and posts going back a while, so it seemed to me like she was from the community," Edson said.

This seller asked to be paid through Zelle, a digital payment network, which Edson didn't have. Edson told her she could pay through Venmo, a similar service.

Edson sent the money, but never got her tickets. She contacted the seller a few more times before they

blocked her on Facebook. She called Venmo, which said they couldn't offer a refund since she hadn't selected the buyer protection option.

Fortunately, because Edson had listed her Discover credit card on the app as a backup payment method, Discover was able to issue a refund. That turn of luck echoed Nessel's advice to use a credit card in online purchases when possible because it's much easier to dispute than a debit card or wire transfer. "I come across scammers pretty often, but this was the first time

where I got hit," Edson said. "I'd still buy on Facebook, but I would suggest that anyone who does tells the seller they're going to click buyer protection, which is an extra couple bucks. If they're a scammer, they're not going to want to go through with it."

Erika Sheets, a local Realtor, first found herself being pulled into a similarly fraudulent internet scam in 2022.

"I had a listing for sale in Grand Ledge, and I received a call from someone who saw the house listed for rent on Craigslist," Sheets explained. "Basically, what happens is people will call the number on Craigslist and someone will collect a deposit from them. They'll go to move in and realize it's actually for sale, there's a lockbox on it and they can't get in, and now they've lost their money."

It's happened a few times since, prompting Sheets to craft a Facebook post in November to warn people. "As time went on, I started hearing more and more similar stories. It will almost look too good to be true, which is what draws people in," she said.

Even in her personal life, Sheets said it's become apparent that scamming has entered a new era of complexity.

"I've come across way more of them in the years since COVID, and it's incredible how legitimate they can make them seem now," Sheets said.

Back at the Lansing Township Police Department, Joseph knows he hasn't



State Rep. Penelope Tsernoglou



# Scams

from page 5

seen his last spoofing attack. To curb these activities, he said, “our biggest deterrent is education.”

“A lot of it wasn’t being reported before, and now it is, which is good because it helps more people understand that they’re not the only ones who have fallen for it, that they’re not

stupid and that it’s OK to be honest and trusting,” Joseph said.

He offered a few more tips for those who find themselves on the receiving end of a scam.

“If somebody’s trying to get money or information from you, hang up the phone, take a step back and call your local police department. Make a habit of changing your passwords often,” Joseph said.

– TYLER SCHNEIDER

### Eagle Township, Clinton County Board Meeting Synopsis

January 18, 2024, at 6 pm - Present: Supervisor Stroud, Clerk Briggs-Dudley, Trustee Strahle, Treasurer C. Hoppes, Trustee M. Hoppes and 23 citizens.

Board Actions:

- 1) Adopted resolution 01-18-2024-01 Resolution to Terminate Industrial Development District 2023-1.
- 2) Accepted the percentage for the LGRFA Operations Budget for 2024.
- 3) Approved bills for January 2024.
- 4) Denied AccuMed Hardship consideration request to cancel EMS fee.
- 5) Adopted resolution 01-18-2024-02 Resolution Appointing an Eagle Township Enforcement Official.
- 6) Approved website hosting for Planning and Zoning as part of the existing website.
- 7) Approved implementing BS&A Cloud software for Planning and Zoning.
- 8) Approved to set aside recommendation from the Planning Commission to amend the Interim Zoning Ordinance regarding lot splits.
- 9) Requested the Planning Commission to look at existing non-conforming lots for recommending updates to the Interim Zoning Ordinance.
- 10) Requested the Planning Commission to review Eagle Township land division ordinances.
- 11) Approved appointing Brad Rich to the Eagle Township Planning Commission.
- 12) Approved appointments to the Zoning Board of Appeals.
- 13) Approved Supervisor to respond to City of Portland email on the Master Plan.
- 14) Approved increase in cost to \$2500 for distribution of a newsletter for the Master Plan.
- 15) Approved rental of the Eagle Park Reception Hall for the Public Engagement event.
- 16) Approved \$4000 budget amendment for Township Hall Maintenance.
- 17) Approved township hall maintenance to average 30 hours per month or less.
- 18) Approved McKenna presenting a webinar for Planning Commission training.
- 19) Approved the auditor to provide a presentation of FY 22-23 audit results.
- 20) Approved continued investigation on insurance options for the Township.
- 21) Approved update to 2024 Poverty Exemption Guidelines.

A complete copy of the minutes is available by contacting Laurie Briggs-Dudley, Clerk. Next regular meeting of the Eagle Township Board is February 15, 2024, at 6 pm at Eagle Township Hall, 14318 Michigan St, Eagle, MI. See www.eagletownship.org for latest updates.

Prepared by: Laurie Briggs-Dudley, Eagle Township Clerk  
Approved by: Troy Stroud, Eagle Township Supervisor

CP#24-379



### CHARTER TOWNSHIP OF MERIDIAN, INGHAM COUNTY LEGAL AD NOTICE: ORDINANCE #24-01 4660 MARSH ROAD

#### CHARTER TOWNSHIP OF MERIDIAN LEGAL NOTICE ORDINANCE #24-01 – 4660 MARSH ROAD

The Township Board at its regular meeting on January 23, 2024 approved for introduction and subsequent adoption Ordinance #24-01, a request from Tamara Noe to rezone an approximately 1.309-acre parcel located at 4660 Marsh Road, from PO, Professional Office, to C-1, Commercial. The parcel identification number for the property that is rezoned is #33-02-02-21-428-002.

Materials related to the rezoning request may be examined at the Department of Community Planning and Development, 5151 Marsh Road, Okemos, Michigan 48864-1198 (517.853.4560) between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday.

Deborah Guthrie  
Township Clerk

CP#24-378



### CITY OF EAST LANSING, INGHAM AND CLINTON COUNTIES MARCH BOARD OF REVIEW

The City of East Lansing Board of Review will conduct its organizational meeting on Tuesday, March 5, 2024 at 10:00 a.m. in the Court/Council Conference Room of City Hall, 410 Abbot Road, East Lansing, Michigan 48823.

#### 2024 Tentative Factors:

|                                  |                |
|----------------------------------|----------------|
| <b>Commercial Real Property</b>  | <b>1.00000</b> |
| <b>Industrial Real Property</b>  | <b>1.00000</b> |
| <b>Residential Real Property</b> | <b>1.00000</b> |
| <b>Personal Property</b>         | <b>1.00000</b> |

The Board of Review will meet for assessment appeals in the Court/Council Conference Room of City Hall, 410 Abbot Road, East Lansing, Michigan 48823 on the following dates:

- Monday, March 11, 2024: 1:00 p.m. to 5:00 p.m. and 6:00 p.m. to 9:00 p.m.**
- Tuesday, March 12, 2024: 9:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m.**

Written appeals must be received by 5:00 p.m. on March 12, 2024. For an appointment, call Marti Townsend (mtownse@cityofeastlansing.com) at 517-319-6880 by 1:00 p.m. on March 12, 2024.

CP#24-361

### MERIDIAN TOWNSHIP NOTICE OF REGISTRATION FOR THE FEBURARY 27, 2024 ELECTION

To the qualified electors of the Charter Township of Meridian:

Please take notice that Meridian Township will hold a Presidential Primary Election on February 27, 2024.

**For the purposes of nominating candidates for the following office:**  
PRESIDENT OF THE UNITED STATES

Sample ballots can be found at [www.mi.gov/vote](http://www.mi.gov/vote). Sample ballots can also be viewed at the Meridian Township Clerk’s Office, 5151 Marsh Road, Okemos, MI 48864.

Any qualified elector who is not already registered, may register to vote at the office of the Meridian Township Clerk; the office of their County Clerk; a Secretary of State Branch Office, or other designated state agency. Qualified electors who have a valid Michigan driver’s license or state ID, may register online at <https://mvlc.sos.state.mi.us/>. Registration forms may be obtained at [mi.gov/vote](http://mi.gov/vote) and mailed or dropped off at the office of the Meridian Township Clerk. Voters who are already registered may update their registration at [www.expressSOS.com](http://www.expressSOS.com).

**The last day to register in any manner other than in-person with the Meridian Township Clerk’s Office is February 12, 2024. After this date, anyone who qualifies as an elector must register to vote in person with proof of residency (MCL 168.492) at the following locations and times:**

**Meridian Township Clerk’s Office** - 5151 Marsh Road, Okemos, MI 48864  
**Additional Weekend Hours:** Saturday, February 17 and Sunday, February 17 from 8 am – 5 pm and Saturday, February 24 and Sunday, February 25, 2024 from 8 am – 5 pm  
**Regular Business Hours:** Monday - Friday from 8 am - 5 pm

#### ABSENT VOTER BALLOTS:

Any registered voter may request an Absent Voter Ballot. No reason required.

The Meridian Township Clerk’s Office must have a signed application to issue an Absent Voter Ballot. You may apply online at [www.mi.gov/vote](http://www.mi.gov/vote) or at the Meridian Township Clerk’s Office.

Monday, February 26, 2024, until 4 pm is the deadline to request an absentee ballot except for those who register to vote on Election Day. Ballots issued on February 26, 2024, must be requested and voted in person at the Meridian Township Clerk’s Office. Those registering to vote on Election Day, February 27, 2024, are eligible to receive an Absent Voter Ballot at the Meridian Township Clerk’s Office.

#### EARLY VOTING CENTER:

All qualified electors in the Meridian Township Clerk’s Office have the right to mark a ballot and tabulate their ballot beginning the second Saturday before an election and ending the Sunday before the election from Saturday, February 17 to Sunday, February 25. For the February 27, 2024 election, the Early Voting Center will be held at the Meridian Township Municipal Building, Townhall Room – 5151 Marsh Road, Okemos, MI 48864.

Deborah Guthrie  
Township Clerk

CP#24-377



# REWIND

## NEWS HIGHLIGHTS FROM THE LAST 7 DAYS

COMPILED BY TYLER SCHNEIDER FROM LOCAL NEWS SOURCES



The Eaton County Sheriff's Office re-released footage Friday from the fatal officer-involved shooting of Garrett Freeman on

**Jan. 11 in Roxand Township.** It shows officers chasing him by car before running his truck and trailer off the road; then pinning his door shut and instructing him to put his hands up; then Freeman firing a handgun through his window. The actual officer-involved shooting is not shown. The department identified the officers as Preston Dahlgren, Shelby Studley and Randi Lane.

The copper levels of the water system at Sparrow Eaton Hospital in Charlotte exceeded state standards during Jan. 19 testing. A state-



ment noted that the tap water is still OK "for hand washing and other uses" but recommended bottled water for drinking until the hospital is "assured that copper levels are within acceptable range." The hospital and city of Charlotte confirmed that the issue is exclusive to the hospital, which has its own water system.

Lansing Community College trustees appointed Terrence Frazier (right) and Noel Garcia Jr. Monday to fill two vacancies through Dec. 31.



They were chosen over finalists Becky Brewer and Ronald Gillum and 21 other applicants to replace Andrew Abood and Ryan Buck, who resigned Jan. 1. Frazier is a consultant for MSU's Office of Institutional Diversity and Inclusion and owner of Sweet Encounter Bakery in downtown Lansing. Garcia Jr. is a retired Lansing police officer who served on the East Lansing City Council last year.



Avelo Airlines made its first international flight from Lansing's Capital Region International Airport Saturday to Cancun International Airport in Mexico. The airline will operate the

flight every Monday, Wednesday and Saturday through April 3 in partnership with Apple Vacations. Avelo is also offering flights to the Dominican Republic's Punta Cana International Airport on Thursdays and Sundays and to Jamaica's Montego Bay Sangster International Airport every Friday.



MSU began accepting applications Thursday for "out-of-pocket expenses for mental health services" to help those impacted by the 2023 shooting. MSU said \$500,000 is available

**"to support individual healing" from the Spartan Strong Fund, which was established with \$2 million in donations.** Requests will be accepted for three years for deductibles, co-pays or coinsurance related to outpatient counseling and mental health care services, including telehealth; in-patient hospitalization with a mental health diagnosis; and residential mental health treatment.

The Green Dot Stables slider bar, which closed in 2022, will reopen in mid-February at the same location, 410 S. Clippert St. in Lansing.



It will replace The Junction, which closed Wednesday after having replaced Green Dot. Owners and MSU alums Jacques and Christine Driscoll will again offer sliders and fries and an "enhanced entertainment lineup," a press release stated.



Todd Schroeder of Laingsburg won \$100,000 in a Powerball drawing Christmas Day. Schroeder, 52, matched four white balls and the Powerball for an initial prize of \$50,000, boosted to \$100,000 by the Power Play, which multiplies non-jackpot prizes for an extra dollar. Schroeder told Michigan

State Lottery officials he intends to use some of his winnings on car repairs and save the rest.

### PUBLIC SAFETY:

The Lansing Mall temporarily closed Monday for an alleged armed robbery investigation. ... Lansing police and firefighters rescued a 19-year-old woman after she accidentally drove her car into a pond near Trappers Cove Apartments in Lansing. ... Security cameras at REO Town's Deadtime Stories: True Crime and Other Books caught five teens stealing around \$1,300 worth of products within 15 minutes Thursday, owner Jenn Carpenter said.



839 N. Sycamore St., Lansing

This 1,272-square-foot home was built in 1892. Today, it appears to have been vacant for some time, with its front door padlocked shut, a large board over the main front window and two more on either side of the house. The paint and siding are in notably poor repair, with cracks and chips throughout the front and sides. On trash pickup day, the waste bin was still tucked under the front awning, with no sign of recent use and no tracks in the snow in the front yard, though an article of clothing could be seen hanging up in a side window. The property, valued at \$44,100, has been owned by Gwen Viavada since 2010, when she purchased it from Nicholas and Elise Blaine for \$19,900. The Blaines bought it for \$79,900 in 2002, which was the second time it changed hands that year. Prior to that, it sold in 2000 for \$33,500. Efforts to reach the owner were unsuccessful.

— TYLER SCHNEIDER

Crystal Thomas will begin serving as Lansing's new city treasurer on Monday, Mayor Andy Schor's office announced Friday.



Thomas, an investment manager with the city's Finance Department, replaces Desiree Kirkland, who will stay on as finance director. Thomas' "years of experience in government finances, including income and property tax, will be a real asset to the city and our residents," Schor said.



The Okemos Public Schools Board of Education made John Hood the highest paid public superintendent in Ingham County Dec. 18 with a 38% raise, the Lansing State Journal reported. The board approved Hood's \$241,475 salary, 6-0, with one member absent. His tenure began in 2019.

"Eyesore of the Week" is our weekly look at some of the seedier properties in Lansing. It rotates with Public Art, by Bill Castanier. Have a suggestion? Email [eye@lansingcitypulse.com](mailto:eye@lansingcitypulse.com) or call in a nomination at 517-999-5061.



# Needed: More African-American teachers in Michigan's public schools

By **DEDRIA HUMPHRIES BARKER**

This young Black male student had come over from Flint to attend Lansing Community College, but then he started skipping my class.

When I asked about that, he said he was unhappy being the only Black person in the class. I asked a Black male science professor to talk with him. Whatever words passed between the two encouraged my student. His attendance improved, and he passed my course.

We need more Black teachers, but what the nation has is a preponderance of white ones. The need to beef up the ranks of Black teachers is urgent.

That's why Black people should investigate Michigan's programs to increase the number of teachers. There are two: Future Proud Michigan Educator Grow Your Own for those who are already school employees, and Talented Together for everyone else.

As of December 2023, 139 school districts have received \$128 million in grants from Grow Your Own. Of that, \$66 million will reimburse costs for school staff to become certified teachers.

The goal is to increase the numbers of certified teachers in areas of shortage, which is pretty much our entire state. We need thousands of teachers. If all of them were Black, that wouldn't be too many.

The National Center for Education Statistics reported last spring that for every ethnic group, except one, the percentage of K-12 students outstrips the percentage of teachers by about two to one. The one group where the percentage of teachers is far higher than students is whites.

In the 2020-'21 school year, American public schoolteachers were 80 percent white and public school students were 43 percent white; African Americans made up 6 percent of teachers and 12 percent of students. Of the nearly 3 million American teachers, 23 percent were men and 77 percent were women.

We are talking about white women dominating the U.S. teaching profession.

I suspect the situation is the same in Michigan, but state data did not include whites. It showed that compared to the U.S.,

Michigan has a higher percentage of Black students attending public school.

Do we need all those white women as teachers? At first, we did, yes, absolutely. History shows white women have been faithful to the mission of educating Black people despite the penalty.

"The Norton Anthology of African American Literature," edited Henry Louis Gates Jr., host of the PBS program "Finding Your Roots," says that a South Carolina law of 1739 said that any person who "who shall hereafter teach, or cause any slave or slaves to be taught to write, ... shall, for every offense forfeit the sum of one hundred pounds current money."

But white women had little fear of the fine because they home-schooled Blacks. For instance, abolitionist Frederick Douglass wrote in his autobiography that he was taught "the A, B, C" by "my mistress," the white wife of his enslaver.

Teaching Black people to read and write was a dignified profession that also met the Christian standard. It made them good people.

The legendary Spelman College in Atlanta, a historically Black college, was

established in 1881 as the Atlanta Baptist Female Seminary by two white women from Massachusetts. In its second year of existence, the seminary gained the support of oil titan John D. Rockefeller. The school was renamed in 1884 for his wife, Laura Spelman Rockefeller.

Contemporary culture balances these white savior stories with stories of how Black educators are lifting the race up.

Oscar-award-winning actor Denzel Washington played the teacher Melvin B. Tolson, a Black debate team coach at Wiley College, a historically Black school in Texas. Based on a true story, "The Great Debaters" (2007) shows Tolson's efforts to place his debate team on equal footing with white teams, which resulted in his team winning a national championship. Critics called the film "inspiring."

Knowing the dynamics that slavery plays in the background, Black teachers as a rule feel a mission to inspire their students. Consider nationally known educator Mary McCloud Bethune, founder of Bethune-Cookman College in Florida, who set the standard of education at historically Black colleges and universities.

In Detroit, public schoolteacher Catherine C. Blackwell led the 1970s effort to heighten awareness of African and African American contributions to the U.S.A. A Detroit elementary school is named for her.

A product of the Lansing Public Schools, Vivian Byrd Riddle attended Michigan State University and then

came back to Lansing to teach foreign language. A westside elementary school is named for her.

At the Lansing People's Assembly program in fall 2023, a half-dozen Black Lansing teachers complained about being excluded, either formally or informally, from instructing Black Lansing public school students.

Yet, as Superintendent Ben Shuldiner campaigns to increase enrollment of all students, he touts the accomplishments of Steven Lonzo, a Black man, the retired principal of an exemplary, high-achieving elementary school in the district.

The Education Commission of the States, a state-level policy consulting group based in Denver, says studies show that teachers of color in the classroom reduce chronic absenteeism, and their expectations for high performance for students of color result in, among other benefits, improved outcomes in test scores in reading and math.

Black Americans can raise up and overcome obstacles, such as college costs, to become certified teachers. Grow Your Own is a tax-supported program that can help deliver more Black teachers. For further information, go to [michiganteacher.org](http://michiganteacher.org), and for those non-school employees, go to [TalentedTogether.org](http://TalentedTogether.org).

*(Dedria Humphries Barker is the author of "Mother of Orphans: The True and Curious Story of Irish Alice, A Colored Man's Widow." Her monthly column appears on the last Wednesday.)*



Opinion

STATE OF MICHIGAN PROBATE COURT, EATON COUNTY, NOTICE TO CREDITORS, Decedent's Estate, File No. 24-59027-DE - Estate of Gerald Barton LaMere, deceased, Date of Birth: 06/20/1938. TO ALL CREDITORS: Known and Unknown. NOTICE TO CREDITORS: The decedent, Gerald Barton LaMere, died 07/10/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Rick Jones, personal representative, or to both the probate court at 1045 Independence Blvd., Charlotte, MI, 48813, 517-543-7500, and the personal representative within 4 months after the date of publication of this notice, 1/31/2024. Attorney Benjamin L. Cwayna, Bar no. 70266, 11973 Sweetwater Drive, Grand Ledge MI 48837, 517-622-1900. Personal representative Rick Jones, 2982 E. St. Joe Hwy, Grand Ledge, MI 48837, 517-410-9495.

CP#24-380

STATE OF MICHIGAN PROBATE COURT, COUNTY OF INGHAM, PUBLICATION OF NOTICE OF HEARING, FILE NO. 24-000089-GA-P33, In the matter of Ramon Valenzuela. TO ALL INTERESTED PERSONS including: Family and Friends whose addresses) is/are unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: A hearing will be held on February 29, 2024 at 10:45 am at 313 W. Kalamazoo Lansing, MI 48933 before Judge Richard J. Garcia for the following purpose: PETITION TO APPOINT GUARDIAN. 1/26/2024 Petitioner name: Emily Presendieu-APS, 5303 S. Cedar St, Lansing, MI 48911, 517-488-4156

CP#24-375

B/24/090 NOZZLES FOR FIRE DEPARTMENT as per the specifications provided by the City of Lansing. The City of Lansing will accept bids at The City of Lansing, Purchasing Office, 124 W. Michigan Ave. 3rd Floor, Lansing, Michigan 48933 or electronically submitted thru MITN Site ([www.Mitn.info](http://www.Mitn.info)) until 2PM local time in effect on FEBRUARY 9, 2024. Complete specifications and forms required to submit bids are available by contacting Marilyn Chick at (517) 483-4282, or [Marilyn.chick@lansingmi.gov](mailto:Marilyn.chick@lansingmi.gov) or go to [www.mitn.info](http://www.mitn.info). The City of Lansing encourages bids from All Vendors Including MBE/WBE Vendors and Lansing-Based Businesses.

CP#24-373

STATE OF MICHIGAN PROBATE COURT, INGHAM COUNTY, NOTICE TO CREDITORS, Decedent's Estate, File No. 24-63-DE - Estate of Dennis John Ozanich - Date of Birth: 09-17-1956. NOTICE TO CREDITORS: The decedent, Dennis John Ozanich, died 11/22/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Shannon Ozanich, personal representative, or to both the probate court at 313 West Kalamazoo Ave., Lansing, MI 48933, 517-483-6300, and the personal representative within 4 months after the date of publication of this notice, 01/31/2024. Personal representative: Shannon Ozanich, 1302 Elmwood Rd., Lansing MI 48917, 517-202-0820.

CP#23-374

STATE OF MICHIGAN PROBATE COURT, INGHAM COUNTY, NOTICE TO CREDITORS, Decedent's Estate, File No. 24-83-DE - Estate of Thomas Brouy Gatewood - Date of Birth: 01-18-1942. NOTICE TO CREDITORS: The decedent, Thomas Brouy Gatewood, died 12/18/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Deborah Kelley, personal representative, or to both the probate court at 313 West Kalamazoo Ave., Lansing, MI 48933, 517-483-6300, and the personal representative within 4 months after the date of publication of this notice, 01/26/2024. Personal representative: Deborah Kelley, 1190 W. Stoll Road, DeWitt, MI 48820, 517-525-1174.

CP#24-376



## Keep local control

Mayor Schor's comments in "To Airbnb, or not to Airbnb" (Jan. 10) hit home for me as a rural dweller. Here is the mayor of Lansing concerned about losing local control.

My concern? The governor has already signed a bill that takes local control away from Michigan rural areas for wind and solar project development. The wind and solar legislation was also "pushed" by industries.

As a resident in a rural area, I am disgusted that the governor is making this happen. The rules read that rural areas either follow the lax wind and solar limitations as created by the state of Michigan or our local control is forfeited and the state takes over. That sure sounds like the ultimate "my way or the high-

way" mentality. Oh, and oops, it seems many people are taking the highway, and then the governor wonders why Michigan is lacking workers.

Whereas I am sympathetic to Schor's concern, I am sad that this type of action is happening on multiple fronts. There is a precedent being set. It is not good for Michigan rural residents or Michigan city residents. Big money has too much power in politics, much to the detriment of regular citizens. Schor says in your article, "The community should have that ability to protect residents." We rural citizens feel the same way. Do not take local control away from us, any of us. We know our local areas better than any officials in an office far away. One size rule does not fit all of Michigan.

**Dennis Strahle Eagle**

### Letter to the editor

## Have something to say about a local issue or an item that appeared in our pages?

Now you have two ways to sound off:

### Write a letter to the editor.

- 1 • E-mail: [letters@lansingcitypulse.com](mailto:letters@lansingcitypulse.com)  
• Snail mail: City Pulse, 1905 E. Michigan Ave., Lansing, MI 48912  
• At [lansingcitypulse.com](http://lansingcitypulse.com)  
• 250 words or less.  
• Include your name, community of residence and daytime phone number

### Write a guest column.

- 2 Contact Berl Schwartz for more information: [publisher@lansingcitypulse.com](mailto:publisher@lansingcitypulse.com) or (517) 999-5061. City Pulse reserves the right to edit letters and columns.

### NOTICE OF PUBLIC HEARING COMMUNITY DEVELOPMENT ADVISORY COMMITTEE

Notice is hereby given of the following public hearing to be held by the East Lansing Community Development Advisory Committee on Thursday, February 15, 2024, at 6:00PM, at the East Lansing Hannah Community Center, 819 Abbot Road, East Lansing, MI 48823:

A public hearing will be held on the Community Development Advisory Committee's budget recommendation for East Lansing's FY2025 Community Development Block Grant (CDBG) program.

A staff report (Agenda Item Report) for this public hearing will be published on the City's website the Friday before the meeting. To locate staff reports, please visit the City's public meeting portal at <https://cityofeastlansing.civicweb.net/Portal/> and select the meeting date. Written comments may be sent prior to the public hearing to [mapostle@cityofeastlansing.com](mailto:mapostle@cityofeastlansing.com), or by mail to: Community Development Advisory Committee, 410 Abbot Road, East Lansing, MI 48823.

For more information on the agenda item listed above, please contact:

Matt Apostle, Community and Economic Development Specialist  
517-319-6859 / [mapostle@cityofeastlansing.com](mailto:mapostle@cityofeastlansing.com)  
<https://cityofeastlansing.civicweb.net/Portal/>

Materials related to this recommendation are available to review at the Department of Planning, Building, and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, MI 48823 between the hours of 8:00am and 5:00pm, or online at <https://www.cityofeastlansing.com/2243/Community-Development-Advisory-Committee>.

The City of East Lansing will provide reasonable auxiliary aids and services, such as interpreters for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities upon request received by the City seven (7) calendar days prior to the meeting. Individuals with disabilities requiring aids or services must contact the East Lansing Department of Planning, Building, and Development, 410 Abbot Road, East Lansing, MI, 48823, (517) 319-6859 (TDD Number: 1-800-649-3777) or via email at [mapostle@cityofeastlansing.com](mailto:mapostle@cityofeastlansing.com).

This notice is posted in compliance with P.A. 267 of 1976 as amended (Open Meetings Act), the Americans with Disabilities Act (ADA), and published in compliance with the City of East Lansing's CDBG Citizen Participation Plan.

Marie Wicks  
City Clerk

CP#24-370

# GOP's top US Senate candidate is nearing an early exit — again

Former Detroit Police Chief James Craig should be the Republicans' nominee for the U.S. Senate.

He should have been the Republicans' 2022 gubernatorial nominee, too.

But just like in 2022, Craig is going to blow it.

Two years ago, Craig had a mildly plausible excuse. Some unscrupulous contractors took advantage of Craig's procrastination in collecting 15,000 valid petition signatures. They sold crap to him and a lot of other candidates.

He and his team were in such a hurry to turn in ANYTHING that they didn't catch it.

This time, Craig isn't even bothering with a real campaign, even with the wind at his back.

Craig was sitting at 33% in a multicandidate primary earlier this month, 13 percentage points higher than former U.S. Rep. Mike Rogers. He has better name recognition than Rogers, Peter Meijer or any of the other Republicans looking to run for the seat.

Yet he sent out a desperate fundraising email this week, signaling that the end of the campaign may be near.

"I don't know what to say ... but this could be the last email of my campaign," Craig wrote in the message, obtained by The Midwesterner. "Each month, my team sets fundraising goals in order to keep the lights on for my campaign. Unfortunately, each and every month, we keep falling short of these goals."

The reasons are multifold. First, he can't hold onto his staff. His first campaign manager and his deputy campaign manager left 17 days into the campaign, then held the website they created for him hostage until Craig paid up.

He's since been relying on consultant Ted Goodman, who's been checking in on the race here and there. That's not enough.

Also, Craig has not been seen at a single campaign event by any other candidate since he announced he was running Oct. 3.

Four U.S. Senate candidates appeared at the Northern Michigan Chamber Alliance forum Jan. 19. None said they've seen Craig this campaign. That includes Nikki Snyder and Michael Hoover, who have attended dozens of chicken dinners since first

entering the race.

Rogers has been at a few events here and there, but he's been trying to avoid inopportune ambushes. You could understand Craig doing the same, but he's taking avoidance to the next level.

"Nothing. Zip. Zilch. Zero" is how one follower of the U.S. Senate race described Craig's level of in-person activity to me.

Craig is on social media, however, and does one-on-one interviews with Fox News and other national and statewide outlets.

One source said Craig reached out to a signature collection firm recently to ask about pricing, confessing that he's a "little behind" on that front. No deal with that firm was reached after pricing estimates were given.

Political consultant John Sellek from Harbor Strategic Public Affairs perhaps put it best when he compared Craig to a land speculator.

"He's putting a few dollars on a piece of property and waiting to see if Trump builds on it. If not, we're unlikely to see a fully formed campaign."

If that was Craig's plan, it's not a good one. Donald Trump's heavy endorsement strategy in 2022 didn't work out well for him. This year, he's taking endorsements from others, but Trump is not making them in 2024. At all.

To be fair, Craig isn't great at public events. He's not a gifted retail politician like Rogers. He's not going to outshine Meijer in a debate. He doesn't have former Gov. Rick Snyder's to-the-point bluntness or Hoover's folksy charm. He's viewed as "too establishment" to appeal to the MAGA grassroots folks like Dr. Sherry O'Donnell.

If he were burning up the phones and banking millions of dollars like Democratic candidate Elissa Slotkin, it might not matter. He could coast to the general election on TV and digital ads talking about now he did not buckle during the George Floyd protests.

Clearly, based on this email, he's not doing that either.

And, once again, he's not likely to make the starting line.

(Email Kyle Melinn of the Capitol news service MIRS at [melinnky@gmail.com](mailto:melinnky@gmail.com).)



KYLE MELINN

Opinion

POLITICS



# ARTS & CULTURE

ART • BOOKS • FILM • MUSIC

## Zoinks! Scooby-Doo travels to Impression 5 Science Center

By **CHELSEA LAKE ROBERTS**

Over the weekend, Impression 5 Science Center was bustling with children and families exploring the traveling exhibit “Scooby-Doo! Mansion Mayhem,” which opened Saturday (Jan. 27).

Tory Brown of Lansing brought her two children to the exhibit.

“It’s my son’s 9th birthday, and my daughter is 5 years old. They’ve been watching Scooby-Doo for years,” she said.

Brown said she didn’t really watch the show growing up, but her husband did.

“He was really excited for it, and I’m excited for the kids,” she said.

The first episode of “Scooby-Doo, Where Are You!” aired on CBS in 1969, just three years before the founding of Impression 5 in 1972. Five decades later, both are still going strong.

In 2019, to commemorate the 50th anniversary of Scooby-Doo’s first television appearance, USA Today entertainment reporter Patrick Ryan wrote about the franchise’s enduring legacy.

“Like any long-running franchise, ‘Scooby’ has had its share of creative lows throughout various TV incarnations and movies, including two critically reviled live-action adventures released in the early 2000s,” he wrote, but he couldn’t deny that the “motley crew of crime-solvers and their gawky, talking Great Dane” have garnered generational star power.

Friday evening (Jan. 26), a crowd of 600 Impression 5 members gathered for an exhibition preview, dinner and Scooby-Doo-themed activities.

“We’re always looking for exhibits that help youth to hone their STEM skills, and this one is perfect,” Impression 5 executive director Erik Larson said. “Solving mysteries requires observation, exploration and reasoning. We build our own exhibits here, but we supplement our schedule with traveling exhibits like these that are focused on our mission.”

After its creation by the Children’s Museum of Indianapolis, the exhibit first traveled to the Henry Ford Museum of American Innovation in



Chelsea Roberts for City Pulse

From left: Jillian, Dan and Harry Adams enjoy a meal with Scooby-Doo at the “Scooby-Doo! Mansion Mayhem” exhibit, which opened Saturday (Jan. 27) at Impression 5 Science Center.

Dearborn, then museums in Texas and Missouri before opening at Impression 5. Recommended for ages 5 to 8, it’s based on the mystery of a “jewel-thieving ghost” and designed to be an interactive and inclusive space where children and families can have fun while working together to solve a mystery.

The 2,500-square-foot exhibition space offers a mix of nostalgia, games, play areas for younger children and the science-focused interactive experiences that regular Impression 5 visitors will find familiar. One part of the exhibit, called “Fred’s Trap,” requires children to perform a series of tasks in sequential order, like spinning cranks, pulling levers and pressing buttons. Each action builds on itself, sort of like a Rube Goldberg

machine, until a fishing net is lifted and the “monster” is revealed.

In the “Ghost Chase” section, children chase a ghost by moving their body as outlined on a screen. It reminds me of a Wii, or maybe the arcade game “Dance Dance Revolution.” Kids chase down the ghost by running in place, but on the screen, it looks like they’re running along with Scooby and Shaggy. Kids can choose to move

their full body or just their arms, which makes the exhibit accessible for children who use a wheelchair.

Other exhibits reveal clues, like an old-timey organ with light-up sheet music that reads, “Velma found green fingerprints on this sheet music! Something must be hidden nearby.” When visitors play the notes in the correct order, the trap doors open to reveal a secret.

Jillian, Dan and Harry Adams have been members of Impression 5 for about two years.

“He was born in March of 2020,” Jillian Adams said of her son, Harry, “so we felt like this was someplace safe that we could take him when things were opening back up.”

Adams said she had been showing her son old Scooby-Doo cartoons to get him ready for the museum visit.

“He’s been saying things like, ‘Look, Mom, a footprint! A clue!’ and he loves how the mask comes off the monster,” she said.

At an area designed for kids and family members to sit together, Harry built a sandwich for Scooby-Doo, made mostly from plastic toys resembling pizza and potato chips.

“He had a lot of fun earlier following an older kid around and learning how to do some of the games. Now he’s obsessed with this food exhibit,” Adams said.



Chelsea Roberts for City Pulse

Lansing resident Alex Dethloff guides his son in the “Ghost Chase” portion of the exhibit, while Impression 5 executive director Erik Larson looks on from behind.

In one corner, vintage Scooby-Doo lunch boxes are displayed behind glass, showcasing various styles throughout the decades. An old tin-style lunch box with a plastic handle depicts the Mystery Machine and the gang, while a newer lunch box with just Scooby-Doo’s face sits next to it. The display asks visitors, “Which lunch box would you choose to pack your snack?”

Five-and-a-half-year-old Harrison and his father, Colin Murad, visited the exhibit from nearby East Lansing. They received a membership to Impression 5 as a Christmas gift this year. “We’ve watched Scooby together, and he loves it,” Murad said of his son. “He really likes spooky stuff, too. Ghosts and monsters. He’s into the fun of all that.”

Larson said he wants to bring exhibits to Lansing that have “a generational connection.” Citing previous offerings like “Rube Goldberg: The World of Hilarious Invention,” which came to the museum in 2022, and the DC superheroes exhibit from spring 2023, he said these types of exhibits can bring visitors in from all over the map.

“Tourism exists in Lansing,” he said. “Before the pandemic, we had 170,000 visitors each year. People came from every state in the country and all but two counties in Michigan.”

Last year, Impression 5 didn’t quite reach its pre-pandemic attendance numbers, “But it’s our goal for this year,” Larson said.





## New Lansing theater company shows much promise with first production

By MARK GMAZEL

There's a new theater company in town, and it's off to a very good start. Alive Theatre's first production, "These Shining Lives," by Melanie Marnich, is based on the tragic and true story of the Radium Dial Co., which used radioactive luminescent paint to illuminate clock and watch faces, resulting in devastating and deadly bouts of cancer for the women employed there. The women were knowingly misled by the company regarding the dangers and risks associated with their employment, and they trusted company doctors when they were told not to worry about the symptoms they mutually suffered. When the women became too ill to continue working, they were fired.

The stand the women took against the malfeasance of their employer was at first derided or ignored by the popular press, but as they began to testify in court and make their sufferings known, opinion shifted toward the women. The outcry and trial increased overall awareness of occupational safety issues faced by workers in the United States.

This weighty material is handled well by team at Alive Theatre. Director Christine Hall, who also plays lead character Catherine Donohue, has made sure the presentational style and tone of the show are appropriate with each changing scene. Though the play is a very heavy one, it never settles into pathos and does an excellent job of finding the silver lining in every cloud, which is certainly a relief. Also of note is the cast members' awareness of the stage. It's wonderful to see everyone cheating out and to hear everyone speaking with strong clarity and diction.

Hall does a fine job with her character, showing she's a strong actress to base a production upon. She does an apt job of dramatizing the gradual decline in her character's health as well as her gradual yet steady resolve to fight for justice.

In the role of Charlotte Purcell, Mandy Jaster is a sassy and saucy antagonist turned ally. Jaster shows good chemistry with the other actors and does very well navigating the show's changes in tone, providing both laughs and gravitas. She has one of the best moments in the production when she lets down her armor and becomes vulnerable as she reveals her illness to her coworkers.

Rebecca Morgan, who plays Frances O'Connell, is quite believable as the voice of reason, and Lexy Irving, as Pearl Payne, shows promise and maturity beyond her years, retaining her light touch as she negotiates the course of her disease. As for the men, Joshua Price is well fit to play Donohue's husband, Tom, Timothy Van Bruggen is a versatile character actor put to good



Photo by Studio M Portraits

From left: Mandy Jaster (Charlotte Purcell), Christine Hall (Catherine Donohue), Luke Mason (Mr. Reed), Lexy Irving (Pearl Payne) and Rebecca Morgan (Frances O'Connell) in Alive Theatre's production of "These Shining Lives."

use, and I enjoyed Luke Mason's turn as firebrand attorney Leonard Grossman.



Review

The set is simple and functional, and the lighting is efficient, with well-placed special effects and twin projection screens that are used as a framing device for scene changes as well as to indicate passage of time. The screens offer sharp, crisp and suc-

cinct graphics in the style of the play's setting, the 1920s into the '30s. Thanks to costumer Deb Ramirez and hair designer Deb Martin, the costumes and wigs are gorgeously created, detailed and fitted, changing with each new act and character. Everything is just so, from shoes and purses to cigarettes and lighters, and the color palettes are appropriate and consistent throughout.

### "These Shining Lives"

Feb. 2-3  
7:30 p.m. Friday-Saturday  
2 p.m. Saturday  
Grace Bible Church  
1000 S. Canal Road, Lansing  
masterarts.ludus.com

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Tickets can be purchased at the East Lansing Hannah Community Center, (517) 333-2580, ext. 0 or online at [www.cityofeastlansing.com/allofus](http://www.cityofeastlansing.com/allofus).

**Ticket Information\***  
\$12 adults  
\$8 youth

**East Lansing  
Hannah Community Center**  
819 Abbot Road  
East Lansing, MI 48823



# Nourish your mind, body and wallet this new year

## Tips for becoming your healthiest and wealthiest self in 2024

By **NICOLE NOECHEL**  
AND **TYLER SCHNEIDER**

As each new year begins, it's customary to set resolutions for the year ahead. Now, as the first month of the year comes to a close, it's a good time to check in and make sure we're sticking to those goals, or perhaps even adjusting them to be more attainable. Of course,

we all want to be as healthy as we can be, both physically and financially, but it can be hard to determine practical steps to take toward achieving goals that may seem difficult or far off.

For those who may be feeling overwhelmed, or who may have set goals that aren't as realistic as they initially seemed, City Pulse reached out to local health

professionals and fitness-minded financial advisers, who offer some tips for building healthy habits and sticking to them. Their advice includes ways in which they've found balance in their professional and personal lives, how they stay motivated when setbacks occur and the symbiotic relationship between physical health, mental well-being and financial responsibility.

### GRACE BRAATZ-OPPER FINANCIAL PLANNER

**'IT'S NEVER TOO EARLY OR TOO LATE TO START INVESTING IN YOUR FUTURE'**

By **TYLER SCHNEIDER**

Last year, Top of the Town voters selected Grace Braatz-Opper as the top financial planner in Greater Lansing.

It's easy to see why. Sitting at a booth at Pablo's Mexican Restaurant in Old Town, the Lansing native was all smiles as she discussed her work as a financial representative for Modern Woodmen of America, a position she's held since 2015.

"My youngest client is about 4 days old right now, and my eldest client is about 98," she said. "It's never too early or too late to start investing in your future."

Recently, she's noticed a growing number of people booking appointments based on educational reels or videos they saw on social media apps like TikTok.

"In general, the internet seems to have brought a lot more knowledge out to the forefront. In a weird way, TikTok, especially, has been one of the most helpful tools for educating people and gaining a broader audience for all the things that we do," she said.

One recent example came from within Braatz-Opper's own family. After relatives watched a reel about the benefits of setting up a Roth IRA, they asked her to help them get started.

"Statistically, people will spend more time planning



Roxanne Frith for City Pulse

for a two-week vacation than for retirement. That's staggering, because retirement is essentially a maybe 20-to-30-year vacation," she said. "So, when I get people who come in and want to learn more about the options they have to invest in their future selves, I see

it as a step in the right direction." New clients often don't have a clear idea of what their financial goals are. As they start to work through the process of defining them, it can sometimes lead to difficult, but necessary, conversations. "A lot of the time, I'll be sitting down with people in a relationship who have never even talked to each other about things like retirement planning or life insurance. If one of them were to pass away tomorrow, what does that look like? That's a hard conversation to have," she said. That's a shame, she noted, as life insurance "is an expense that, on the surface level, might seem frivolous, but it's one that could have one of the biggest impacts on someone's family and goes way further than just the initial spending price." When she's not balancing her clients' budgets, Braatz-Opper strives to maintain balance in her own life. For her, this includes getting out and being active. As a child, she earned her black belt in karate and participated in volleyball, swimming, kickboxing and barre, a ballet-inspired group fitness regimen. More recently, she's gotten into a habit of playing pickleball several days a week. "Physical, financial and even emotional or mental health all work in a symbiotic relationship with each other. When you're taking care of yourself in those areas, you feel good, and when you feel good, you do good," she said. "Wherever you're at with finance, fitness or anything else, it's easy to think that it just is what it is. But the mental thought process behind it is more important than what's actually going on with the money," she added. "Because if you're not thinking about it, or if you maybe didn't grow up in an environment with the right thought processes, then it can affect your life, your relationship — your entire lifestyle."

### ANNIE GIUPPONI THERAPIST

**'WHEN WE ESTABLISH A HABIT OF BEING KIND TO OURSELVES, WE ARE MUCH MORE ABLE TO COPE WITH WHATEVER MIGHT HAPPEN OR NOT HAPPEN IN THE FUTURE'**

By **TYLER SCHNEIDER**

Many tend to think of investing in the form of financial instruments like stocks and bonds, but working to build a well-cultivated mind can be equally life changing.

That's where professional therapists like Annie Giupponi, who launched her Lansing-area practice Rooted Counseling in 2017, come in.

Giupponi works with a variety of clients, but her specialty lies in eating disorders and body-image issues. Through her work, she's seen how negative social comparison, often fueled by what we see online, can take a toll on mental health.

"We're now seeing snapshots and highlights of other people's lives at an unbelievable rate. It's not just one or two people we're comparing ourselves to, either. It could be thousands across the world," she said. "That level and range of inputs can be overwhelming

because our brains aren't really equipped to handle or understand that much information at once."

The key, she said, is to actively monitor one's own limits — whether that's when scrolling online, working out or planning a big purchase — and find a personal equilibrium.

"I encourage people to notice when they start to feel bad about themselves, or when their body starts to feel really tense or overwhelmed. That's a sign that, 'Hey, it's probably good for me to step back for a minute, and I can check back in again tomorrow,'" she said.

When one does take a moment to reflect on their needs, Giupponi added that it's best to avoid "getting too black and white with everything."

"The second we say things like, 'I'm only going to do social media for 15 minutes a day,' 'I'm not going to compare myself to that person' or 'I'm going to do this diet,' we're setting ourselves up to not do that thing perfectly, which can add to those feelings of failure and shame," she said. "What I encourage folks to do instead is to think about what would serve them well. I think checking in with our bodies and giving ourselves some gentle attention is helpful."



Courtesy photo

The same idea applies to the task of finding a consistent fitness routine, which Giupponi cited as an important outlet for dealing with cognitive overload.

"When we picture exercise, we tend to picture running on a treadmill or burning a certain number of calories. Instead, we should be focusing on what movements are good for our specific bodies, because that could not be running on a treadmill. It could be playing basketball with the kids, dancing with your friends or going for a walk," she said.

The point is to get moving, period.

"Movement is important for helping us stay balanced. It doesn't have to be focused on looking a certain way or changing your body size," she said.

Above all, she said, putting in effort to "focus on self-compassion" is the first step toward realizing one's goals in every aspect of their life.

"When we establish a habit of being kind to ourselves — rather than feeling good when things go well and bad when they don't — we are much more able to cope with whatever might happen or not happen in the future," she said.



## NICK NAUTA FINANCIAL PLANNER

### ‘WHATEVER YOUR GOAL IS, MAKE IT ROUTINE AND START BUILDING A HABIT’

By TYLER SCHNEIDER

When Nick Nauta moved to the Lansing area in 2006 to start his career as a financial planner, it took him a few years to find his footing. To him, the profession appeared to be all about making money, which, in his mind, wasn't the most important aspect of planning one's finances. Most people don't have a whole lot of money to spare, after all, and they're often the ones who need a guiding hand the most.

Nauta, a financial planner with Lansing's Shotwell Rutter Baer since 2019, has since found his bearings, both professionally and personally. Along the way, he's had a couple of children. As the years go on, he strives to maintain a balance between these priorities, but he also takes the time to maintain his own health.

Whether one's goal is to start saving more money, building fitness or developing new skills, Nauta said it takes about three months to develop a consistent habit. In any case, he said it's best to start small.

“Whatever your goal is, make it routine and start building a habit,” he said.

In terms of finance, he said, “Even if it's a small amount of money, if you automatically take some and put it into a savings account outside of your regular accounts, you're much more likely to consistently build that up and continue to do so until it's something you no longer think about much.”

Another important factor in promot-

ing both financial and physical well-being is to avoid shortcuts. If it seems too good to be true, it probably is, Nauta said.

Take cryptocurrency, a recent trend that has hooked people of all income levels, many of whom are looking for a shortcut to the good life.

“Finance isn't really a trendy place, and the trends are usually the things that you should stay away from,” he said. “Living below your means is always more important. Don't try to time the market, don't try to be smarter, just play the long game and invest and you'll usually end up better off.”

Nauta, a vegan who stays in shape through CrossFit, a popular branded workout regimen established in 2000, wakes up at about 6 every morning to work out for about an hour. He also com-

petes recreationally in the Mid-Michigan Men's Soccer League, which he described as “old man soccer.”

“It's so routine now that even when I don't want to get up, I'm just getting up anyway because I'm so used to it,” he said. “What I tell people is to find what they enjoy doing because it's a whole

heck of a lot easier to get up at 6 a.m. if you're actually going to enjoy it versus dreading it.

In trying to stay as healthy as possible, Nauta said factors beyond exercise regimens, like consistency of diet and sleep patterns, are also important considerations.

“Another habit I try to live by that's super important is I drink a crap-ton of water, usually about a gallon a day,” he said. “When you get the basics right, the rest starts to get a lot easier.”



Courtesy photo

## JOSE YANEZ FINANCIAL PLANNER

### ‘SLOW AND STEADY WINS THE RACE’

By NICOLE NOECHEL

For Jose Yanez, owner of south Lansing's Full Circle Financial Planning, the key to building a healthy exercise regimen is being aware of one's limits.

“I used to be the type of person that went hard on the basketball court and in every workout that I did,” he said. “But what I've learned as I've gotten older and started working with a trainer is that slow and steady wins the race. We must let our bodies recover; if we don't, we're prone to injury and burnout.”

Yanez works hard to stay healthy, playing basketball and working out with a personal trainer twice per week, but he's learned to not let unreachable fitness goals dictate his mindset. As he put it, fitness is about “progress, not perfection.”

“Just like personal finance, health and fitness is about creating habits and sticking with them. It's hard, and there are weeks that I knock it out of the park and some weeks I struggle, but I try to prioritize movement. So, on the days that I'm struggling and don't make it to basketball, I'll go for a walk or ride the bike at home just to get some movement, because it always makes me feel better.”

Yanez has always been passionate about basketball, but he recognizes that not everyone has a lifelong connection with a particular sport or activity. For those who are looking to establish a new fitness routine, he recommends taking the time to try

new things in order to find something enjoyable.

“Just like saving money, it's easy to put other things before exercise, especially when you don't love it. So, I try to do things that I enjoy, like playing basketball,” he said. “Move in any way that makes you feel good. That could be stretching and yoga or just going for a walk. Over time, you'll build those healthy habits.”

He emphasized that there's no better time than the present to establish healthy routines, whether physical or financial.

“You need to start somewhere,” he said. “It's important to understand that the younger you start, the better off you will potentially be.”

In terms of financial planning, he recommends identifying long-term priorities and adjusting saving habits in order to meet them.

“Any time you get any extra money, like a tax refund, a raise at work or an inheritance, you'll already know where and how to invest it for saving,” he said. “Many times, we spend frivolously and don't consider our long-term needs, and that affects our ability to save.”

With that said, he recognizes that unexpected expenses are often a fact of life.

“While retirement and long-term goals are the pillar of financial planning, it also takes into consideration short-term needs, like buying a new car or saving for a down payment on a home,” he said. “If goals and priorities are laid out and planned, you have a higher likelihood of developing the saving-early-and-often habit and a higher likelihood of financial success, however that may look for you.”



Roxanne Frith for City Pulse

## ANNE THOMPSON DIETICIAN

### ‘FOOD IS A NEED, AND THAT NEED HAS TO BE SUPPORTED EACH DAY, JUST LIKE GETTING ADEQUATE SLEEP’

By TYLER SCHNEIDER

Starting off a new year with a new diet is an admirable pursuit, but is it the best method for adopting habits that can be sustained for a lifetime?

According to Anne Thompson, lead dietician for Michigan State University's Campus Health Services, the answer is no.

“While change can be positive, it's important to be aware of diet culture and health misinformation that can lead to harmful or dangerous diet trends, which can negatively impact our attitudes and behaviors related to food, eating, weight and physical activity,” she said.

She cited that up to 95% of people who lose weight through a diet will regain that weight within five years. Roughly half will end up at a higher weight than they were before the diet.

“Diets that promise rapid weight loss by re-

stricting calories or eliminating entire categories of foods are not sustainable long term and can lead to weight cycling,” she said. “That means if you decide to diet this year, you have a better chance of experiencing weight regain than long-term weight loss.”

When someone deprives themselves of food, it often comes at the cost of their own cognitive functions, “creating difficulty concentrating and a strong preoccupation with food, which can lead to intense food cravings and binge-eating behaviors,” Thompson said.

“You don't fail the diet, the diet fails you. That's because dieting behaviors can damage our metabolic, physical, emotional and psychological health,” she said. “If it requires ignoring your hunger signals and applying strict food rules, you're not eating for well-being.”

Measures like weight and body mass index are also “not good predictors of overall health,” she said. Instead, she suggested an alternative approach known as eating competence, which she described as an “evidence-based, non-diet approach that focuses on developing a

more positive relationship with food.”

She emphasized three important strategies for those looking to become competent eaters. First, she said, “Prioritize reliable meals and snacks at regular times throughout the day.” Next, start paying greater attention to your own hunger patterns and appetite. Finally, “Trust your body to stabilize at a weight that's most natural for you.”

“When you're eating competent, you're likely to choose a variety of foods without having to put pressure on yourself to ‘eat healthy’ because you know you'll have another opportunity to eat again at the next meal or snack later in the day,” she said.

She doubled down on the importance of consistent meals, rather than focusing on what foods are “good” or “bad.”

“Placing value judgments on food in this way can take the joy out of eating and lead to feelings

of guilt and shame. Eating for well-being is flexible. It can look like planning three meals with snacks, or choosing to eat smaller, more frequent meals throughout the day,” she said. “Food is a need, and that need has to be supported each day, just like getting adequate sleep.”



Courtesy photo



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## Authors examine US Supreme Court's role in defining civil rights

By **BILL CASTANIER**

Where's Florida Gov. Ron DeSantis when you need him? The 2021 book "Justice Deferred: Race and the Supreme Court," needs to be banned so more people read it.

Historian Orville Vernon Burton and civil rights lawyer Armand Derfner partnered to write an easy-to-read history of the United States Supreme Court from the standpoint of how its decisions have impacted the law and civil rights. In the book, they examine more than 200 cases decided by the Supreme Court since it was established, with a special focus on their impacts on the 13th, 14th and 15th Amendments. The authors make the case that despite the Supreme Court's reputation for protecting and expanding civil rights from the 1930s to the '70s, it has "blocked, suppressed and retreated from racial justice" both before and after that time period.

The book, published by Belknap Press, an imprint of Harvard University Press, will help readers understand how the collapse of post-Civil War Reconstruction, the rise of Jim Crow and restrictive housing laws, the theft of Native American land, the exclusion of Chinese workers, the curtailing of voting rights and a variety of other racially motivated decisions made by the Supreme Court have led to fewer rights for fewer people.

Burton and Derfner will visit Michigan State University's Club Spartan in Case Hall on Tuesday (Feb. 6) for a discussion of the information presented in the book. Their



Courtesy photo



Photo by Jack Alterman

Historian Orville Vernon Burton (left) and civil rights lawyer Armand Derfner partnered to write "Justice Deferred: Race and the Supreme Court," which examines the impacts, primarily negative, that U.S. Supreme Court decisions have made on civil rights.

appearance is part of a university-wide celebration of the 70th anniversary of the landmark civil rights case *Brown v. Board of Education* and the 60th anniversary of the Civil Rights Act of 1964, according to Patrick Levine Rose, one of the event organizers. Rose said MSU has more than 100 events scheduled to celebrate these anniversaries.

Burton and Derfner's book presents a wild ride through the racial history of the United States as it relates to the Supreme Court. In the introduction, the authors detail an 1854 anti-slavery rally in Boston where one of the organizers, William Lloyd Garrison, literally lit a match to the U.S. Constitution. While lighting the match, he called the Constitution "a covenant with death and an agreement with hell." That story may stand as the guiding

light for the book.

The two authors were perfectly suited to share the writing responsibilities. Together, they have brought dozens of appellate briefs to the Supreme Court, often using the history of Supreme Court decisions to shine light on current issues. As an aside, Burton was one of 25 historians who filed an amicus brief in support of Colorado's effort to remove former President Donald Trump from the 2024 presidential ballot.

Derfner was a key player in shaping the NAACP Legal Defense Fund's U.S. Supreme Court advocacy from

1975 to 2008. He filed party briefs and amicus briefs in cases interpreting the 13th, 14th and 15th Amendments as well as civil rights laws from the Reconstruction era and beyond.

Rose said, "He is a witness to history."

Burton is the first Judge Matthew J. Perry Distinguished Chair of History at South Carolina's Clemson University, where he is a professor of pan-African studies, sociology and anthropology, and computer science. He is a prolific writer, having authored or edited more than 20 books and nearly 300 articles, and he formerly served as director of the Southern Historical Association and the Agricultural History Society. A recognized authority on race relations, he's often called upon as an expert witness in discrimination and voting-rights cases throughout the country.

Burton said, "The book is an important look at how race has affected our history." He and Derfner strongly believe that the last 54 years have seen a retrenchment of civil rights under the law.

Burton was born and raised a "Southern boy" in Ninety Six, South Carolina, and he attributes his dedication to racial equality to his mother's influence.

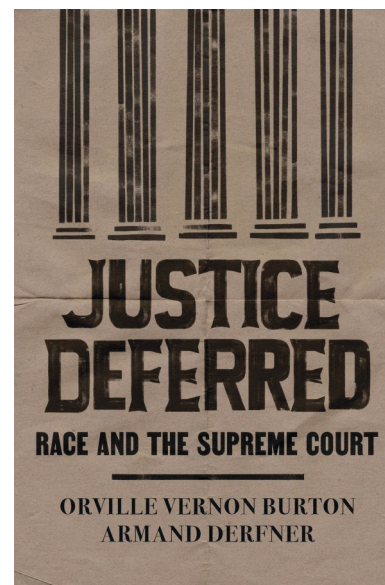
"She taught me from day one that we're all born in the same image and likeness of God," he said.

Burton is optimistic that young people will help end the regression away from gains made to protect civil rights.

"That's why some states are banning books. They don't want young people to know history," he said.

### "Justice Deferred": A Conversation on Race and the Supreme Court

Tuesday, Feb. 6  
4-5:30 p.m.  
Club Spartan (Case Hall),  
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Lansing  
[jmc.msu.edu/events/](http://jmc.msu.edu/events/)



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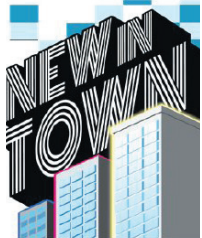
ArtByNevin
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# Revamped Arms & Embers Grill offers ‘a little something for everyone’

By TYLERSCHNEIDER

Grand Ledge’s Arms & Embers Grill opened in May, but the eatery has undergone some sizable changes since October, when Jordan Rivas took over as owner.



## Arms & Embers Grill

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Tuesday-Saturday  
8 a.m.-2 p.m.  
Sunday  
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armsembers.com

“I was aspiring to get a food truck at the time. That’s what I was working toward when the old owners gave me a pretty decent deal here,” Rivas said. “I wanted to come in and do something different, something that they haven’t seen in the area. It’s not the same kind of bar food you’ll see, or an Italian or Mexican restaurant.”

A Haslett native, Rivas, 30, had been away from the area for about three years and was living in Wyoming, near Yellowstone National Park, when he got a call about po-

tentially buying the restaurant. His first order of business was to overhaul the menu.

“The food that they were serving was kind of bare bones and basic. I love breakfast, so I wanted to turn this place into a brunch kind of deal. We placed a heavy focus on our pancakes. We also serve anything from chicken curry to shepherd’s pie to meatloaf,” he said.

Rivas’ time away from Greater Lansing also included a stint in Arizona, where he worked at a restaurant that served a peanut-butter-and-jelly burger. When he took over at Arms & Embers, he decided to craft his own version, which has since become a flagship dish.

“I figured I might as well do something a little bit different, but also something that’s not too complicated. My thought was that sweet bacon is really good, so why not try grape jelly with it? That along with peanut butter, because those just go together,” he said.

The handheld becomes even more unique with the addition of the rest of the toppings.

“We put chipotle aioli on it, and

fresh jalapenos, which kind of balance the sweetness a little bit to avoid overdoing it. So, you’ve got the sweetness, spiciness and savoriness of the burger. It’s been pretty popular so far,” Rivas said.

Since October, Rivas and his new head chef, Zhaawosh Bardy, have added even more dishes to the revamped menu, including the Southwest Chili-Cheese Fries, which are topped with smoky cheese sauce, Coney-style chili, melted cheddar cheese, chipotle aioli, cilantro and jalapeno.

On the beverage side of things, Rivas has also hired a mixologist to craft cocktails from freshly squeezed fruit.

“All I want is for people to enjoy their food, enjoy their time here and be able to have something different to remember the place by,” Rivas said. “It’s something that Grand Ledge didn’t really have before, with a very all-around kind of menu that offers a little something for everyone to choose from.”



Courtesy photo

Grand Ledge’s Arms & Embers Grill places a heavy focus on its breakfast options, but it also offers unique lunch and dinner items, from shepherd’s pie to a peanut-butter-and-jelly burger, plus craft cocktails and house-made juices.



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# Jonesin' Crossword

By Matt Jones

"Style and Swagger"--  
I've got it here.  
by Matt Jones  
© 2024 Matt Jones

**ACROSS**

- 1. Wall St. buys, for short
- 5. Type of name or voyage
- 11. Disney dwarf
- 14. After-bath powder
- 15. Live (as opposed to "test tube")
- 16. "Tic-Tac-Dough" winning line
- 17. The most charitable U.S. state four years in a row, per a WalletHub analysis
- 18. "Mr. Buscemi, meet this Muppet rat" introduction?
- 20. Respite from the nine-to-five
- 22. Marino or Pedro preceder
- 23. Fishing equipment
- 24. Flock-related
- 26. Fencing weapons
- 28. Municipality that's been cooked in a well-oiled pan?
- 33. Grainy milk source
- 34. Hauntingly strange
- 35. Undomesticated
- 39. College basketball's Runnin' Rebels
- 41. Campground units
- 43. Passage marker?
- 44. Bath salt scent
- 46. Brewpub option
- 48. "Mazel \_\_\_!"
- 49. The further biography of a family in a 1985 Anjelica Huston crime comedy?
- 52. First words of a search for a tutorial, maybe
- 55. Provide meals for
- 56. "Dies \_\_\_" (Latin

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |    |
| 14 |    |    |    | 15 |    |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    | 21 |    | 22 |    |    |    | 23 |    |    |    |
| 24 |    |    |    | 25 |    | 26 | 27 |    |    |    |    |    |    |
| 28 | 29 | 30 |    |    |    | 31 | 32 |    |    |    |    |    |    |
| 33 |    |    |    | 34 |    |    |    |    | 35 |    | 36 | 37 | 38 |
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| 71 |    |    |    | 72 |    |    |    |    |    | 73 |    |    |    |

- requiem)
  - 57. Atlanta-based cable network
  - 60. Light-sensing eye part
  - 64. Army led by the "30 Rock" character who's friends with Dot Com?
  - 67. West of "Batman"
  - 68. Battleship call
  - 69. Pleasure trip
  - 70. Sport for Ludvig berg and Jordan Zunic
  - 71. Griddle sound
  - 72. "You're still wrong"
  - 73. Give a bad review to
- DOWN**
- 1. Poker variety
  - 2. "See ya"
  - 3. Warriors star Thompson
  - 4. Current German chancellor Olaf
  - 5. Puts the Vs in the Bs, maybe
  - 55. Provide meals for
  - 56. "Dies \_\_\_" (Latin
  - 7. Singer Burl
  - 8. Operatic icon
  - 9. "Be that as it may ..."
  - 10. "... neither the time \_\_\_ the place"
  - 11. Construction vehicle
  - 12. Exuded slowly
  - 13. Puts in the fridge
  - 19. Crease undoer
  - 21. Throw off
  - 25. Cherry red
  - 27. Initials for conservationists (and not wrestlers anymore)
  - 28. Basketball infraction
  - 29. Rajah's spouse
  - 30. "\_\_\_ be a cold day in hell ..."
  - 31. "Agreed"
  - 32. Anger
  - 36. Circular cracker
  - 37. All-encompassing phrase
  - 38. Name on jeans labels
  - 40. Exxon \_\_\_ (ship in 1989 headlines)
  - 42. Id's opposite, to Freud
  - 45. 1955 merger with the AFL
  - 47. Lemon, for one
  - 50. Like bad sleeping spells
  - 51. Baggage tie-ons
  - 52. Big numbers for a meteorologist
  - 53. Fragrant root used in perfumes
  - 54. Sticks around
  - 58. Have-\_\_\_ (those in need)
  - 59. Alkaline \_\_\_ (punk band)
  - 61. Worshipped figurine
  - 62. "The Lion King" heroine
  - 63. Letters on a radio switch
  - 65. Ending with proto
  - 66. Anderson Cooper's network

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Answers on page 23

# SUDOKU

# Advanced

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 1 |   |   | 6 |   |   |   | 8 |
|   | 5 |   |   |   |   |   | 4 | 2 |
| 9 |   |   | 4 | 1 |   |   |   |   |
|   |   |   | 6 | 2 |   |   |   | 7 |
| 5 |   |   | 1 |   |   |   |   | 4 |
|   |   |   |   |   |   | 8 |   |   |
|   | 7 |   |   |   |   |   |   |   |
|   |   |   | 8 |   | 7 | 9 |   |   |
|   |   | 1 | 5 | 4 |   |   |   | 7 |

## Fun By The Numbers

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

# Free Will Astrology

By Rob Breznsky

January 31-February 6, 2024

**ARIES (March 21-April 19):** "Happiness" is an amorphous term with a different meaning for everyone. What makes me feel happy may be different from what works for you. Besides that, any kind of perfect happiness is impossible to achieve. However we define it, we are always a mix of happy and unhappy. Nevertheless, I invite you to ruminate about the subject in the coming days. I believe you are primed to arrive at a realistic new understanding of your personal version of happiness — and raise your happiness levels by at least 15%. Maybe more! Here are helpful clues from philosopher Friedrich Nietzsche: "Precisely the least thing, the gentlest, lightest thing, the rustling of a lizard, a breath, a whisk, a twinkling of the eye — what's little makes up the quality of the best happiness. Soft!"

**TAURUS (April 20-May 20):** I invite you to take an inventory of your taboos, inhibitions and restrictions. Meditate on why you originally adopted them. Evaluate how well they have served you and whether they are still meaningful. If you find any of them have become unnecessary or even injurious, jettison them. And be excited and happy about being free of them. If you decide that some taboos, inhibitions and restrictions are still wise for you to maintain, thank them for their service and honor the self-protection they provide.

**GEMINI (May 21-June 20):** Gemini novelist Gregory Maguire says there are a "thousand ways people shrink from life, as if chance and change are by their nature toxic and disfiguring." Your assignment in the coming weeks is to contradict his theory. I'm hoping you will interpret all chance and change as potentially expansive, redemptive and interesting. You will never shrink from life but will boldly meet challenges and embrace twists of fate as interesting opportunities. I have abundant faith in your ability to carry out this vigorous project!

**CANCER (June 21-July 22):** You could be a masterful eliminator of toxins and wastes in the coming weeks. Do it both for yourself and for those you care about. Start by purging nonessentials that obstruct the flow of the good life. These might include defunct fantasies, mistaken understandings, apathetic attitudes and unloving approaches. Among the other dross or dreck you could root out is any clutter that's making familiar environments feel oppressive. By the way, fellow Cancerian, this should be fun. If it's not, you're doing it wrong.

**LEO (July 23-Aug. 22):** My goals right now are to inspire you in the following three ways: 1. to be full of love for your daily life; 2. to adore yourself exactly as you are; 3. to shed any numbness or boredom you feel and replace them with alert aliveness. To help you in this exalted effort, I offer the inspiration of three quotes. 1. "The invariable mark of wisdom is to see the miraculous in the common." —Ralph Waldo Emerson. 2. "The universe is full of magical things patiently waiting for our wits to grow sharper." —Eden Phillpotts. 3. "I have the mysterious feeling of seeing for the first time something I have always known." —Bernardo Bertolucci.

**VIRGO (Aug. 23-Sept. 22):** In the coming weeks, I hope you avoid sucking up to egotistical manipulators. Please also refrain from being an unappreciated beast of burden and a half-willing pawn in boring games. If you are interested in paying off karmic debts, make sure they are yours, not anyone else's. If you plan to work hard to lay the foundation for a future liberation, get a guarantee that YOU will be one of the liberated people. PS: I'm fine with you doing unselfish things as long as they will also have selfish benefits.

**LIBRA (Sept. 23-Oct. 22):** One of the great maladies affecting modern people is the atrophy of the soul. It's related to another affliction: the apathy of the soul. A key contributor to these misfortunes is the entertainment industry. Its shallow and artificial

stimuli are engineered to overfeed our egos, leaving our poor souls malnourished. Please note that I have no problem with our egos. They are an important part of our makeup and are essential for healthy functioning. But it's a shame they hog all the glory and sustenance. Now here's my climactic message for you, Libra: It's high time to celebrate a holiday I call Nurture the Soul. Make it last at least three weeks. Homework: Identify three actions you will take to excite, cherish and enhance your soul.

**SCORPIO (Oct. 23-Nov. 21):** In myth and legend, pregnancies don't always begin with two humans having sexual communion. The well-known story of the Virgin Mary tells us she was impregnated when the Holy Spirit, disguised as a dove, whispered in her ear. The Roman goddess Juno conceived her son Mars solely with the help of an enchanted lily flower. The Greek hero Attis germinated inside his virgin mother, Nana, after she placed a pomegranate in her lap. This might sound outlandish, but I foresee you having a metaphorically comparable experience. Do you believe in the possibility of being fertilized by miraculous magic or a divine spirit? Might you be dramatically awakened or inspired by a very subtle influence? I think it will happen even if you don't believe.

**SAGITTARIUS (Nov. 22-Dec. 21):** Sagittarian computer scientist Grace Hopper (1906-1992) wrote, "The most damaging phrase in the language is: 'It's always been done that way.'" I will expand on that wisdom. The most obvious meaning is that we risk ignoring our individualized needs and suppressing our creative inspirations if we mindlessly conform to the habits of society. But it's equally important not to mindlessly repeat our own longstanding ways of doing things. Maybe they were brilliant and appropriate in the past, but there's no guarantee they will always be so. In conclusion, Sagittarius, I recommend you rebel against your own personal "it's always been done that way" as well as everyone else's.

**CAPRICORN (Dec. 22-Jan. 19):** Being in love is as desirable for you Capricorns as it is for everyone else. You may be less open and dramatic than the rest of us in expressing your yearnings, but they are still a driving force. Here's an important point: Even if you are not constantly chattering to others about your urges to give and receive intimate care, it's crucial that you acknowledge them to yourself. To keep your soul healthy, you must be in close touch with this core fuel. You must love your need for love. Now is an excellent time to deepen your appreciation for these truths.

**AQUARIUS (Jan. 20-Feb. 18):** It's the fifth annual Brag Therapy Holiday — for you Aquarians only. During this celebration, we expect you — indeed we want you — to boast with panache. Tell us all in exquisite detail why you are such a marvelous creation. Explain how you have overcome seemingly insurmountable odds to transform yourself into a masterpiece of intuitive intelligence. Regale us with stories of your winsome qualities, your heroic triumphs and your hilarious and poignant adventures on the edge of reality. Make sure we understand how educational and healing it can be to bask in your influence. Show us why we should regard you as a role model.

**PISCES (Feb. 19-March 20):** I invite you to resolve old business, draw unrewarding projects to a close and finish your lessons at the School of Tough Love. You don't have to carry out my next proposal, but if you do, I will be glad. Politely and quietly scream, "Get out of my life!" at anyone who doesn't give you the respect and kindness you deserve. I also recommend that you do a Wrap-It-Up Ritual. Start by making an altar that pleases you with its beauty. Take scraps of paper and write on each one a description of an influence or experience you want to purge from your life. As you rip each scrap into bits, say this: "I'm grateful for what I have learned from you, but now I am leaving you behind."

Go to RealAstrology.com to check out Rob Breznsky's EXPANDED WEEKLY AUDIO HOROSCOPES and DAILY TEXT MESSAGE HOROSCOPES. The audio horoscopes are also available by phone at 1-877-873-4888 or 1-900-950-7700.



# OUT on the TOWN

## Events & Happenings in Lansing This Week

Events must be entered through the calendar at [lansingcitypulse.com](https://lansingcitypulse.com). Deadline is 4 p.m. Wednesday for the upcoming Wednesday edition. Charges may apply for paid events to appear in print. If you need assistance, please call Nicole at (517) 999-5066.

### Wednesday, Jan. 31

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. [msufcuart.com](https://msufcuart.com).

**"A Course of Love," Facilitated by Lucille Olson & Bill Dietrich** - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. [unitylansing.org](https://unitylansing.org).

**Acting & Glee Music Class for Kids** - Ages 5-12. 4:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Adult Sew Fun** - Beginning class focusing on machine sewing skills and techniques. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. [reachstudioart.org](https://reachstudioart.org).

**Allen Farmers Market** - 3-6:30 p.m. 1629 E. Kalamazoo St., Lansing. 517-999-3911. [alleneighborhood-center.org/market](https://alleneighborhood-center.org/market).

**Emanuel Ax, Leonidas Kavakos, Yo-Yo Ma** - Don't miss the return of this "super trio," playing an all-Beethoven program. 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. 517-432-2000. [whartoncenter.com](https://whartoncenter.com).

**"Fitness Over 50" Senior Exercise Group** - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall Food Court. 9-10 a.m. 1982 W. Grand River Ave., Okemos. [meridian50plus.com](https://meridian50plus.com).

**Frog & Koop at the Graduate Rock Bar** - 8 p.m. 133 Evergreen Ave., East Lansing. 517-348-0900. [facebook.com/graduaterockbar](https://facebook.com/graduaterockbar).

**Improv Acting Class** - 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Jazz Dance Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Junior Roller Derby Basic Skills Boot Camp** - Ten-week program. Ages 7-12. 6-8 p.m. Court One Training Center, 7868 Old M-78, East Lansing. [lansingrollerderby.com](https://lansingrollerderby.com).

**Karaoke with The BIG Man Genesis** - 9 p.m. Lansing Shuffle, 325 Riverfront Drive, Lansing. 517-940-4619. [lansingshuffle.com](https://lansingshuffle.com).

**MASH — REACH Open Studio** - Use REACH's space and tools for your creative endeavors. Bring your own supplies, as available materials vary from time to time. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. [reachstudioart.org](https://reachstudioart.org).

**The Middle East Today: A Conversation with Professor Juan Cole** - 3 p.m. Virtual — visit [muslimstudies.isp.msu.edu/about/reg-links](https://muslimstudies.isp.msu.edu/about/reg-links) for registration link.

**Mindfulness Meditation in the Thich Nhat Hanh tradition** - All are welcome to join our weekly practice! 7-9 p.m. Van Hanh Temple, 3015 S. MLK Jr. Blvd., Lansing. [lmc.info](https://lmc.info).

**Movers & Readers Storytime** - Enjoy songs, rhymes and stories with Miss Lindsay. Ages 0-3. 10:30 a.m. Mason City Hall, 201 W. Ash St., Mason. 517-676-9088. [cacl.org/about/our-locations/mason](https://cacl.org/about/our-locations/mason).

**Open Mic, Hosted by Rick Hansel** - Family-friendly, welcomes singers and musicians. No cover, all ages welcome. 6 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. [urbanbeatevents.com](https://urbanbeatevents.com).

**Quilled Heart** - Learn to make different types of scrolls and other shapes with quilling paper to fill in a heart in a frame. Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. [gladl.org](https://gladl.org).

**The Savvy Caregiver Program** - In this six-week workshop, caregivers will learn more about dementia, strategies for communication and how to structure the day to increase caregiver confidence and decrease stress. 5:30 p.m. Virtual. To register, call Tri-County Office on Aging at 517-887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org).

**Tap II Class** - 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Wednesday Night Worship Service** - Join Foundations in Faith Christian Church for worship. 6:30 p.m. Gier Community Center, 2400 Hall St., Lansing. [foundationsinfaith.church](https://foundationsinfaith.church).

### Thursday, Feb. 1

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. [msufcuart.com](https://msufcuart.com).

**"A Course in Miracles," Facilitated by Lisa Schmidt** - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. [unitylansing.org](https://unitylansing.org).

**Acting 101 Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Acting Ensemble Class** - 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Crafty Vibes** - Bring your knitting, crochet or any other portable craft project and immerse yourself in an evening of creativity, conversation and community. 5 p.m. Weavers of the Web, 809 Center St., Suite 7, Lansing. 517-657-5800. [weaversoftheweb.org](https://weaversoftheweb.org).

**"How to Defend Yourself"** - 7 p.m. Stage One Performing Arts Center, 2200 Lake Lansing Road, Lansing. 517-927-3016. [peppermintcreek.org](https://peppermintcreek.org).

**Jazz/Hip Hop II class** - Ages 9-13. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**Karaoke Thursday** - 8 p.m.-midnight. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. [greendoorlive.com](https://greendoorlive.com).

**Ladies Silver Blades Skating Club** - Join other adult women for fun, exercise, friendship and skating practice. 9:30-11:30 a.m. Suburban Ice, 2810 Hannah Blvd., East Lansing. [ladiessilverblades.org](https://ladiessilverblades.org).

**Managing Digital Images: A Presentation by Corey Seeman** - Learn about different photo-sharing services and how to organize photos for easy retrieval. 5:30 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. [charlottelibrary.org](https://charlottelibrary.org).

**"Maytag Virgin"** - 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. [williamstontheatre.org](https://williamstontheatre.org).

**Performing Arts Night at IQhub** - Featuring performances by St. Johns High School orchestra, choir and theater groups, plus Alissa's Dance Elite and the Mint City Singers. 6-8 p.m. IQHub, 1130 S. Dewitt Road, St Johns. 989-227-3847. [iqhubag.org](https://iqhubag.org).

### Michigan State University Comics Forum

Feb. 2-3

MSU Main Library  
366 W. Circle Drive,  
East Lansing

Comic book creators, readers and scholars will gather at Michigan State University's Main Library Friday and Saturday (Feb. 2 and 3) for the school's first Comics Forum since the event shifted to a triennial schedule in 2021. MSU, which holds the world's largest public collection of comic books in its libraries' Special Collections, has much in store for attendees.

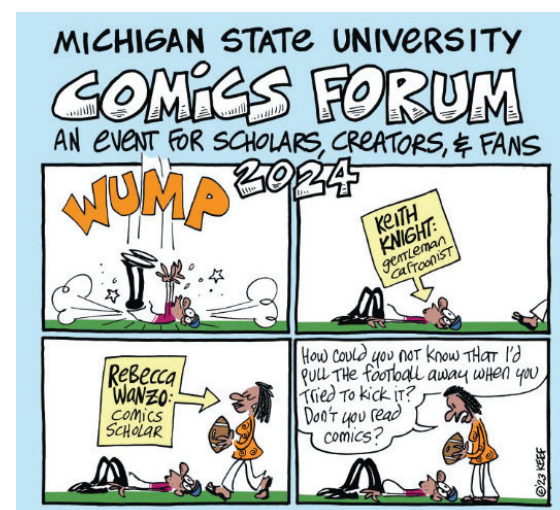
The event kicks off 7 p.m. Friday with a keynote speech by cartoonist Keith Knight, whose art has appeared in *The Washington Post*, *The New Yorker*, the *San Francisco Chronicle*, *ESPN the Magazine*, *Mad Magazine* and beyond. He was a co-creator, writer and executive producer of the Hulu television series "Woke," which was inspired by his life and work.

Rebecca Wanzo, a professor and chair of the Department of Women, Gender, and Sexuality Studies at Washington University in St. Louis, will present an additional keynote speech at noon Saturday. Wanzo's most recent book, "The Content of Our Caricature: African American Comic Art and Political Belonging," published in 2020, explores the history of racial caricatures in the United States and the ways Black cartoonists have used the imagery to respond to constructions of ideal citizenship that often exclude African Americans.

Guests can also take a stroll through the artist alley 11 a.m. to 5 p.m. Saturday, which will feature more than 20 creators showcasing and selling their work. To view a list of featured artists, visit [comicsforum.msu.edu/artist-alley/](https://comicsforum.msu.edu/artist-alley/).

Finally, cartoonist and author José Alaniz will visit A Novel Concept in downtown Lansing 6 p.m. Saturday to discuss and sign copies of his most recent book, "Puro Pinche True Fictions," a collection of short stories and comics that reflect his upbringing as a second-generation Mexican American living in the Rio Grande Valley. Comics scholar and creator Zack Kruse will facilitate a conversation with Alaniz about comics as both art and narrative.

The forum will also feature invitation-only academic panel presentations on Saturday. However, the keynote speeches and panel presentations will be livestreamed on the MSU Comics Forum YouTube page.



**River Walk Trash Cleanup** - Pick up the trash on the Lansing River Trail and around our building. We'll walk for about 30 minutes. 11 a.m. Weavers of the Web, 809 Center St., Suite 7, Lansing. 517-974-5540. [weaversoftheweb.org](https://weaversoftheweb.org).

**Ruhala Broadway Ensemble** - Learn to excel equally in singing, acting and dance. 5:30 p.m. 1846 Haslett Road, East Lansing. 517-337-0464. [ruhalacenter.com](https://ruhalacenter.com).

**"Tiny Art Show" Call for Art** - Participants create art that in some way depicts "Another World," a literary place they would love to visit if it were real. Pick up your art kit starting Feb 1. Registration req. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. [gladl.org](https://gladl.org).

**Take Off Pounds Sensibly** - Weight-loss support group. Weigh-in 5:30 p.m., meeting 6-7 p.m. Haslett Middle School, 1535 Franklin St., Haslett. 800-932-8677. [facebook.com/HaslettTops](https://facebook.com/HaslettTops).

### Friday, Feb. 2

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-6 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. [msufcuart.com](https://msufcuart.com).

**2024 Winter Opening Party** - Explore our newest exhibitions while enjoying food, music, special guests, artmaking activities and more. Registration encouraged. 6-8 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. [broadmuseum.msu.edu](https://broadmuseum.msu.edu).

**The Corzo Effect at Mash Bar** - 10 p.m. 212 Albert Ave., East Lansing. 517-858-2100. [mashbar.net](https://mashbar.net).

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## Events

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**Craft Club Jr.** - Make a hot air balloon craft! Grades 1-3. Registration req. 4:15 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

**Deer & Elk at the Peanut Barrel** - 8 p.m. 521 E. Grand River Ave., East Lansing. 517-351-0608. peanutbarrel.com.

**Edible Art** - Children ages 2-4 and their caregivers can explore science through hands-on, inquisitive learning in a responsive, playful, exploratory environment. 10 a.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

**Euchre with the Kiwanis Club and Unity** - Potluck at 6:30 p.m., Euchre at 7. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

**"Fitness Over 50" Senior Exercise Group** - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall Food Court. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

**Frog & Koop at Harrison Roadhouse** - 6 p.m. 720 E. Michigan Ave., East Lansing. 517-337-0200. harrisonroadhouse.com.

**"How to Defend Yourself"** - 7 p.m. Stage One Performing Arts Center, 2200 Lake Lansing Road, Lansing. 517-927-3016. peppermintcreek.org.

**Live Music with the Devil Elvis Show** - One-of-a-kind show that combines '50s rock 'n' roll with elements of rockabilly, country, soul and R&B. 7 p.m. Lansing Brewing Co., 518 E. Shiawassee St., Lansing. 517-371-2600. lansingbrewingcompany.com.

**"Maytag Virgin"** - 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

**Mid-Winter Singing Festival Friday Night Community Sing** - Led by veterans Rachael Davis, Joel Mabus, Robert B. Jones and Frank Youngman. Lyric sheets provided. 7:30 p.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. tenpoundfiddle.org.

**No School: Art** - A full day of various art projects, including a fire-breathing dragon and lemon paints! Open to kids in grades K-5. 9 a.m.-4 p.m. tinkr2.0, 2650 E. Grand River Ave., Suite D, East Lansing. tinkr2.0.com.

**Parkour at ALIVE** - A basic introduction to parkour as imagined through stories. You and your little one will learn how to safely maneuver everyday obstacles using the whole body. Ages 2-6. 10 a.m. ALIVE, 800 W. Lawrence Ave., Charlotte. 517-541-5800. myalive.com.

**Storytime for Tots — Four-Week Class** - Bring your littles to hear a short children's story, followed by art making and exploration. 10 a.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org

**"These Shining Lives"** - Witness the lives of four women who work for the Radium Dial Company, a watch factory operating in Illinois during the 1920s and '30s. 7:30 p.m. Grace Bible Church, 1000 S. Canal Road, Lansing. facebook.com/TheAliveTheatre.

### Saturday, Feb. 3

**2024 Imbolc Ritual** - Join us in person or on Zoom as we set our intentions and goals for 2024. Ritual is followed by feast and raffle. 4 p.m. Weavers of the Web, 809 Center St., Suite 7, Lansing. 517-657-5800. weaversoftheweb.org.

**Book Launch: "Once a Queen"** - A mysterious house hides the keys to shocking family secrets — and rapidly fading portals to other worlds — in the opener to local author Sarah Arthur's young-adult fantasy series. 11 a.m. Hooked, 3142 E. Michigan Ave., Lansing. hookedlansing.com.

**Contra & Square Dance** - All dances taught. No partner needed. Come at 6:30 for a quick workshop on easy contra dance moves. 7 p.m. Central United Methodist Church, 215 N. Capitol Ave., Lansing. 517-614-5858. tenpoundfiddle.org.

**Family Day: VOICE** - Get loud and speak up! Join us as we make sculptures that amplify our voices. All ages welcome. Registration encouraged. 11 a.m.-3 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

**"How to Defend Yourself"** - 7 p.m. Stage One Performing Arts Center, 2200 Lake Lansing Road, Lansing. 517-927-3016. peppermintcreek.org.

**Ingham County Democrat Rural Outreach and Social** - Learn how you can be more involved in your community to defend democracy, women's rights, workers' rights and the environment. 1 p.m. RSVP at <https://bit.ly/Feb3SouthIngham> to receive meeting location information, or email [inghamdemparty@gmail.com](mailto:inghamdemparty@gmail.com).

**Intermediate Ballet class** - 11 a.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Lansing Roller Derby | 2024 Season Bout 1** - Doubleheader featuring LRD Purple vs. LRD Green and a Junior Roller Derby scrimmage. Afterparty at Mayfair Bar. 4 p.m. Court One Training Center, 7868 Old M-78, East Lansing. 517-802-7974. lansingrollerderby.com.

**Lansing Winterfest Block Party** - Live ice sculpting, s'mores and hot cocoa stations, winter games, local vendors, live music and more. 11 a.m.-3 p.m. South Washington Square, downtown Lansing. downtownlansing.org.

**"Maytag Virgin"** - 8 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

**Meridian Township Farmers Market** - Find our winter market in the JCPenney wing of the Meridian Mall. 10 a.m.-2 p.m. 1982 W. Grand River Ave., Okemos. meridian.mi.us.

**Mid-Winter Singing Festival Saturday Afternoon Community Sing** - Sing along to songs from the two books that have sustained the community singing movement: "Rise Up Singing" and "Rise Again." 12:30 p.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. tenpoundfiddle.org.

**Mid-Winter Singing Festival Children's Concert: Lake Effect Family Band** - Family roots band with tight harmonies, hilarious original songs, traditional music and a deep understanding of how to engage audiences of all ages. 11 a.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. tenpoundfiddle.org.

**Mysteries of Magic with Jeff the Magician** - Learn the secrets of magic from a professional magician during this four-week class. Parents are welcome to join their children. Ages 7+. 10 a.m. tinkrLAB, 2650 E. Grand River Ave., Suite A, East Lansing. tinkr2.0.com.

**Pokemon Day** - Join us for a day full of Pokemon fun! We'll have a scavenger hunt, Pokemon valentines, giveaways and crafts. Intended for kids. 10 a.m.-3 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

**"Realm of Daydreams - The Wonders of Fantasy Art" Opening Reception** - Sublime images that spur the imagination and fascinate those young and old. 10 a.m.-2 p.m. Art Williamston gallery, 3845 Vanneter Road, Williamston. facebook.com/ArtWilliamston/.

**"These Shining Lives"** - Witness the lives of four women who work for the Radium Dial Company, a watch factory operating in Illinois during the 1920s and '30s. 2 and 7:30 p.m. Grace Bible Church, 1000 S. Canal Road, Lansing. facebook.com/TheAliveTheatre.

**Tiger and Dragon Kenpo Martial Arts Training** - Based on a variety of martial arts systems, Tiger and Dragon Kenpo is designed to develop self-confidence in the warrior. 1 p.m. Weavers of the Web, 809 Center St., Suite 7, Lansing. 517-657-5800. weaversoftheweb.org.

**Winter Warrior Patio Party** - Live fire and hoop performances, imperial stout release, ice luge shots, DJ sets, winter outfit contest and more. Bring donations for winter clothing drive. Ages 21+. 1-5 p.m. Lansing Brewing Co., 518 E. Shiawassee St., Lansing. 517-371-2600. lansingbrewingcompany.com.

### Sunday, Feb. 4

**Bottle and Can Collection for Eastern Ingham Farmers Market** - 11 a.m.-1 p.m. McCormick Park, 123 High St., Williamston. 517-618-1630. easterninghamfarmersmarket.org.

**GLAD Drum Circle** - All ages and experience levels welcome. 2-4 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-803-2392. facebook.com/GreaterLansingAreaDrummers.

**"How to Defend Yourself"** - 2 p.m. Stage One Performing Arts Center, 2200 Lake Lansing Road, Lansing. 517-927-3016. peppermintcreek.org.

**Introduction to "A Course in Miracles," with Carol and Dan Maynard** - This workshop aims to guide participants on a journey of understanding their minds and discovering lasting peace. Noon. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

**JUGGLERS AND WOULD-BE JUGGLERS** - Jugglers meet at the Orchard Street Pump House at 2 p.m. Sundays. 368 Orchard St., East Lansing. mikemarahanka@gmail.com.

**Junior Roller Derby Basic Skills Boot Camp** - Ten-week program. Ages 7-12. 5-7 p.m. Court One Training Center, 7868 Old M-78, East Lansing. lansingrollerderby.com.

**LGBC Five-Course Brunch Pairing** - Includes five flight-glass pours of select craft beers that have been paired with a five-course brunch menu. Registration req. 11 a.m.-1 p.m. or 2-4 p.m. Looking Glass Brewing Co., 115 N. Bridge St., Dewitt. 517-668-6004. lookingglassbrewingcompany.com.

**"Maytag Virgin"** - 2 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. 517-655-7469. williamstontheatre.org.

**Power Yoga Class with Salt Yoga** - Whether you're an experienced yogi or a first-timer, this class is built for all levels. Free, no ticket required. 11 a.m. Lansing Brewing Co., 518 E. Shiawassee St., Lansing. 517-371-2600. lansingbrewingcompany.com.

**Red Cedar Quaker Friends Worship** - 10:30 a.m. 1400 Turner St., Lansing. redcedarfriends.org/join-us-for-worship/

**Winterlude** - Join musicians from the Lansing Symphony for an afternoon of brass, timpani, percussion and organ music. The concert will feature both ensemble and solo works. 3 p.m. St. Paul's Episcopal Church, 218 W. Ottawa St., Lansing. lansingsymphony.org.

### Monday, Feb. 5

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. msufcu-art.com.

**Ballet II for kids** - Ages 9-13. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Book Discussion Group** - Join us for a lively discussion of "Demon Copperhead," by Barbara Kingsolver. 1 p.m. Mason City Hall, 201 W. Ash St., Mason. 517-676-9088. cadl.org/about/our-locations/mason.

**Burger Night** - Choice of hamburger, cheeseburger or olive burger, plus fries. Dine in or take out. \$8. 5-7 p.m. Columbus Hall, 5300 N. Grand River Ave., Lansing. 517-321-2209.

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# STEVIE AND THE REAL WORLD

by Iraisia Ann Reilly



FEBRUARY 9-18

FAIRCHILD THEATER



Department of Theatre  
MICHIGAN STATE UNIVERSITY

WHARTONCENTER.COM  
1-800-WHARTON



## Events

from page 19

**Finance Committee** - 6 p.m. Laingsburg City Hall, 114 Woodhill St., Laingsburg. laingsburg.us.

**"Fitness Over 50" Senior Exercise Group** - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall Food Court. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

**Gloss Mondays Open Floor** - Aspiring drag performers showcase their talent. 8 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

**Improv Acting Class** - 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Intro to Fashion — Four-week class** - Learn what it's like to be a fashion designer! Make sketches and paper dolls and experiment with sewing, using iron-on patches, bleach painting, and tie-dyeing. Grades 4-7. Registration req. 6 p.m. tinkrLAB, 2650 E. Grand River Ave., Suite A, East Lansing. tinkrLAB.com.

**Intro to Fly Tying Workshop** - Learn the tools, materials and techniques required to tie two to three different fishing flies. Ages 12+. Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

**Jazz Dance Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**"Letting Go: The Pathway of Surrender" Book Study** - A guide to helping to remove the obstacles that keep us from living a more conscious life. 1:30 p.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

**"The Quest: A Journey of Spiritual Rediscovery" Book Study, with Jeff Benoit** - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

**Ruhala Broadway Ensemble** - Learn to excel equally in singing, acting and dance. 5:30 p.m. 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

### Tuesday, Feb. 6

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. msufcuart.com.

**Acrylic Painting Basics — Eight-Week Class** - Explore fundamental skills like color mixing, theory, texture, expression and style. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**Acting 101 Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Acting Ensemble Class** - 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Adult Clay (A)** - Explore or hone skills in wheel throwing, hand-building and glazing. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**Battle of the Books: Team Spirit Night** - Eat a pizza dinner, talk Battle books, create your team gear and more! Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

**Beginners' Clay — Eight-Week Class** - Use pinching, texturing, rolling and sculpting to create cool things. 4:30 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**Bubble Art: Catch the Rainbow** - Hands-on play experience for adults and littles. Start with bubble fun and demonstrations, then paint and make bubbles on a card to send to a hospitalized child. 10 a.m. and 6 p.m. Allen Neighbor-

hood Center, 1611 E. Kalamazoo St., Lansing. lansingarealittles.com.

**Fundamentals of Drawing — Eight-Week Class** - Discover the art of drawing fundamentals: shape, value and space. Ages 10-13. 4:30 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**"Funny Girl"** - 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. 517-432-2000. wharton-center.com.

**Intro to Acting/Improv for Kids** - Ages 5-12. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**LAGE Game Night East** - 6:30-11 p.m. The Junction, 410 S. Clippert St., Lansing. meetup.com/lansing/events.

**LAGE Game Night West** - 6:30-11 p.m. Frank's Press Box, 7216 W. Saginaw Hwy., Lansing. meetup.com/lansing/events.

**Level I Dance Class** - Introduction to theater dance using ballet, tap and jazz. Ages 5-8. 4:45 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Oh, Shoot Again! Learn to Take and Edit Photos — Eight-Week Class** - Learn digital photography and Photoshop skills to enhance your images. 4:30 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**OTCA Annual Meeting** - We'll celebrate our accomplishments, reflect on challenges and chart the course for the coming year. There will be food and refreshments, a small awards ceremony and a raffle. 6-9 p.m. UrbanBeat, 1213 Turner St., Lansing. iloveoldtown.org.

**Preschool Family Storytime** - Join us for stories and literacy-enhancing activities, including songs and rhymes. Ages 1-6. 11 a.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

**Preteen Reads Book Club** - Chat, eat snacks and have book-related fun. Grades 4-6. Registration req. 6 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

**"The Quest: A Journey of Spiritual Rediscovery" Book Study, with Rev. Sharon Ketchum** - 1:30 p.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

**StressBusters: Positive Mental Health for Kids** - 3 p.m. session for ages 3-6 and caregivers, 4 p.m. sessions for ages 7-10 and 11-14. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-346-8094. gladl.org.

**Trivia at Lansing Shuffle with DJ Trivia** - 7:30-9 p.m. 325 Riverfront Drive, Lansing. 517-940-4619. lansingshuffle.com.

### Wednesday, Feb. 7

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. msufcuart.com.

**"A Course of Love," Facilitated by Lucille Olson & Bill Dietrich** - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

**Acting & Glee Music Class for Kids** - Ages 5-12. 4:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Allen Farmers Market** - 3-6:30 p.m. 1629 E. Kalamazoo St., Lansing. 517-999-3911. allenneighborhood-center.org/market.

**Artist Talk: Wendy White** - What do artists and athletes have in common? Join artist Wendy White as she draws parallels between the artist's studio and the field of play. Registration encouraged. 6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

**Bad Art Competition** - Compete to make the "worst" art using random materials we supply! Whoever is voted to have the "worst" art will win

a special prize! Grades 4-12. 4 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

**Dementia Caregiving Series** - Three-session series for those caring for a person with dementia or Alzheimer's Disease. To register, call 517-887-1465 or email histedc@tcoa.org. 1:30-4 p.m. Delta Township District Library, 5130 Davenport Drive, Lansing. tcoa.org.

**"Fitness Over 50" Senior Exercise Group** - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall Food Court. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

**"Funny Girl"** - 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. 517-432-2000. wharton-center.com.

**Global Day of Play** - Join us for all-day playtime! We'll supply toys, and kids of all ages can drop in and play. 9 a.m.-7 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

**Improv Acting Class** - 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Jazz Dance Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Junior Roller Derby Basic Skills Boot Camp** - Ten-week program. Ages 7-12. 6-8 p.m. Court One Training Center, 7868 Old M-78, East Lansing. lansingrollerderby.com.

**LBCA Meeting** - 7:30 a.m. Pine Hills Golf Course, 6603 Woodbury Road, Laingsburg.

**MASH — REACH Open Studio** - Use REACH's space and tools for your creative endeavors. Bring your own supplies, as available materials vary from time to time. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. reachstudioart.org.

**Mindfulness Meditation in the Thich Nhat Hanh tradition** - All are welcome to join our weekly practice! 7-9 p.m. Van Hanh Temple, 3015 S. MLK Jr. Blvd., Lansing. lamc.info.

**Movers & Readers Storytime** - Enjoy songs, rhymes and stories with Miss Lindsay. Ages 0-3. 10:30 a.m. Mason City Hall, 201 W. Ash St., Mason. 517-676-9088. cadl.org/about/our-locations/mason.

**Open Mic, Hosted by Rick Hansel** - Family-friendly, welcomes singers and musicians. No cover, all ages welcome. 6 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

**Tap II Class** - 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Taylor Swift Trivia** - Assemble your dream team and call us at 517-371-2600 to make a reservation. 7 p.m. Lansing Brewing Co., 518 E. Shiawassee St., Lansing. lansingbrewingcompany.com.

**Wednesday Night Worship Service** - Join Foundations in Faith Christian Church for worship. 6:30 p.m. Gier Community Center, 2400 Hall St., Lansing. foundationsinfaith.church.

### Thursday, Feb. 8

**17th Annual MSUFCU Student Art Exhibit** - Artists from 19 mid-Michigan high schools showcase their work, hoping to earn votes. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. msufcuart.com.

**"A Course in Miracles," Facilitated by Lisa Schmidt** - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

**Acting 101 Class** - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

**Acting Ensemble Class** - 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

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SmithFloral.com  
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Valentine's  
Day

Wednesday, Feb. 14

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Proudly delivering flowers to the Greater Lansing area for over 100 Years!

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# FOOD & DRINK

DINING OUT IN GREATER LANSING

## Smoke N' Pig keeps the party going

By **CHELSEA LAKE ROBERTS**

This month, I've been celebrating a milestone birthday, which has meant dining at many great Lansing restaurants and forgetting to buy groceries. On Sunday (Jan. 28), I sobered up with a grocery run at the familiar big-box stores on the west side of the city. But as I made my way back to Lansing's center, I felt in my core that I needed one more celebratory meal to end the weekend on a high note.

I was drawn to the Smoke N' Pig BBQ, where I chose to carry out loaded fries in a triumphant expression of being 35 years old and still making amazing choices. Would they make me a little

sleepy? Likely. Would they be more than \$15 with tip? No way.

By the time I got home, I was pleasantly surprised to see steam still rising from the pulled pork that topped the fries. Loaded fries seem like a simple enough meal to create — you just take french fries, arguably one of the best foods on earth, and top them with other equally amazing things. But ratios are key, as is texture. You don't want to end up with a soggy mess.

Overall, my trip to the Smoke N' Pig was quick, friendly and convenient, and I got everything I wanted. My large portion of fries was drizzled, not drenched, with cheesy sauce and sour cream. The bacon and pulled pork imparted a smoky

flavor, and the green onions offered a little freshness among all the meat and cheese. Most important, when I dipped my bites into the restaurant's two barbecue sauces and Lansing-style honey mustard, the crispy fries held up under the weight of all the toppings.

The spicy barbecue sauce didn't pack much heat on the first bite, but it had a mysterious flavor, maybe adobo or another chili, that made it an earthy complement to the other, tangier sauce, which was much heavier on the vinegar and made the sides of my mouth salivate. The thick Lansing-style mustard worked well on its own or, as recommended by the staff, mixed with the other sauces.

My trip to the Smoke N' Pig kept the party going into Monday, when I heat-

ed up a few of the leftover pieces of pulled pork and added them to some homemade tacos. As far as birthday weekends go, I've decided to act my age some other time — has anyone seen the Prilosec?



**Loaded fries with pulled pork**  
\$12

The Smoke N' Pig BBQ  
908 Elmwood Road, Lansing  
11 a.m.-9 p.m. Tuesday-Thursday  
11 a.m.-10 p.m. Friday-Saturday  
Noon-8 p.m. Sunday  
517-582-5100  
smokenpigbbq.com



Chelsea Lake Roberts for City Pulse

Loaded fries from the Smoke N' Pig BBQ, brimming with cheesy and meaty goodness.

### TOP 5 DINING GUIDE

THE BEST RESTAURANTS IN GREATER LANSING AS DECIDED BY CITY PULSE READERS

#### TOP 5 CHINESE RESTAURANTS

Based on your votes in City Pulse's 2023 Top of the Town contest. Bon appétit!

##### 1. Asian Gourmet

Simple restaurant offering a wide array of Chinese and Thai meals  
2003 E. Michigan Ave., Lansing  
517-367-6068  
lansingasiangourmet.com  
11 a.m.-10 p.m. Monday, Wednesday-Thursday  
11 a.m.-11 p.m. Friday-Saturday  
Noon-10 p.m. Sunday

##### 2. Bamboo Gardens

Quaint eatery serving Chinese staples at low prices  
520 S. Clinton St., Grand Ledge  
517-622-8818  
get2bamboogardens.weebly.com  
11 a.m.-10 p.m. Tuesday-Thursday

11 a.m.-11 p.m. Friday-Saturday

Noon-10 p.m. Sunday

##### 3. Charlie Kang's Restaurant

Chinese and Korean restaurant serving traditional entrees in relaxed surroundings  
109 E. Grand River Ave., East Lansing  
517-332-4696  
charliekangs.com

11 a.m.-9 p.m. Monday-Saturday

Noon-9:30 p.m. Sunday

##### 4. Chen's Restaurant

Chinese eatery offering a long menu of classic dishes in a simple setting  
600 E. Thomas St., Lansing  
517-372-7292

11 a.m.-10 p.m. Tuesday-Thursday

11 a.m.-11 p.m. Friday-Saturday

Noon-10 p.m. Sunday

##### 5. House of Hsu

Chinese restaurant providing a modern interpretation of classic dishes using fresh ingredients  
639 E. Saginaw Hwy., Grand Ledge  
517-627-4232

houseofhsu.com

11 a.m.-8:30 p.m. Monday-Thursday

11 a.m.-9 p.m. Friday

11:30 a.m.-9 p.m. Saturday

11:30 a.m.-8:30 p.m. Sunday



# Midwinter meat meditations

By ARI LEVAUX

In early January, I heard elk on the mountain behind my house. The crisp air carried not only the cow calls, which sounded like trees bending in the wind, but also the otherworldly bugles of the bull elk, which sounded like a soundtrack to the northern lights.

I'd never heard of elk bugling in winter, but I added this surprising data point to my mental file of elk behavior that might someday be useful. Any time you see or hear an elk, it's

an opportunity to learn. And when you're a hunter, every moment spent learning about your prey is a moment spent hunting. You pay dues like this eagerly if you want to fill your freezer with a year's supply of clean, lean animal protein.



During hunting season, the pace can be exhausting. But in the off season, we can pursue our prey at a more leisurely pace.

Farmland deer hunting is more than sport or sustenance — it's a human responsibility. Every farm deer you pop helps the farmers retain more

of their crop and will probably save somebody's car from a high-speed encounter at dusk.

My favorite spot for hunting farmland whitetails has been overrun with morons who have no manners or knowledge of hunter safety. The kind of idiots who would shoot toward a suspicious sound. So, I set out to find a new spot.

I finally scored, on a stunning piece of public land, early on the second-to-last day of the season. The buck was standing on the other side of the river when I shot him, and dragging his body across that river was the coldest, wettest, most joyfully quasi-hypothermic experience of my life. No meat tastes as good as whitetail buck that's properly killed, cleaned, trimmed, wrapped and frozen. Not whitetail doe. Not even

elk. If you don't believe me, let's go — meat to meat, mano a mano, pan to pan.

To prepare wild game, you often have to do more trimming than you would with a store-bought steak. Use a sharp knife to trim off any tendons, connective tissue and sometimes even a thin slice of the surface if it happened to get brown in the freezer. Lather your trimmed meat with olive oil and toss with salt and pepper. Heat the pan. Pour the wine.

I love elk meat almost as much as whitetail. And given how large an elk is, I would take one over a whitetail buck if given the choice. Especially a cow or calf, which are reliably tastier than bulls.

On the last day of the general season, still tired from dragging my buck across the river the day before, I found fresh elk tracks in the snow. The magic of snow is that it allows you to read the tracks in sharp detail. The magic of elk tracks is they lead straight to an elk.

At first, the tracks were single file. But they eventually fanned out as the individual animals began to feed on tufts of grass poking out of the snow. As the tracks slowed, I

See Flash, Page 23

## 24 GROCERY BRANDS 40% OFF RETAIL FOR 2024 FEBRUARY 9TH-12TH *for Super Bowl*



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**LANSING**  
6235 West Saginaw Hwy  
517-323-9186  
Hours:  
Mon-Sat 9am-8pm  
Sun 11am-6pm

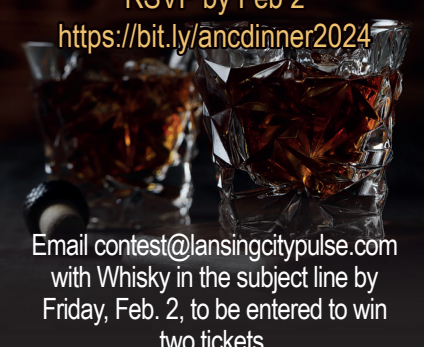
**EAST LANSING**  
(Frondor)  
Across from Frondor Mall  
305 N Clippert Ave  
517-332-6892  
Hours: Mon-Sat 8am-9pm  
Sun 10am-7pm



*Whisky*  
**TASTING DINNER**  
*Fundraiser*  
Feb 9th at 5:30

Join us for an evening of fine whisky and good food. Glynn Gutzeit will share his knowledge of six-whisky selections.

RSVP by Feb 2  
<https://bit.ly/ancdinner2024>



Email [contest@lansingcitypulse.com](mailto:contest@lansingcitypulse.com) with Whisky in the subject line by Friday, Feb. 2, to be entered to win two tickets.



# Flash

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slowed, too, expecting to see some bodies bedded down on the snow. Then I saw that unmistakable glint in my peripheral vision. The same color scheme as the forest, but the reds, yellows and browns were a thousand times more vibrant. It was biggest cow elk I've ever seen. But her calf was nearby, mostly hidden in a bush, and there was no way was I going to shoot a cow in front of

its calf. I've done that once, and the memory will haunt me to the grave. So, it was either shoot the calf or shoot them both.

I didn't have a shot on the calf, but I had the cow's ear in my scope at 100 yards, an easy shot. It was 3 p.m., and I was alone, about 3 miles from the truck. I knew from learning the hard way that if I shot the cow, the calf would stick around for an easy follow up.

But I didn't pull the trigger. I had my buck on ice back in town, and in my laziness, I was able to convince

myself that my buck was enough. Walking at a leisurely pace, unburdened by hundreds of pounds of meat and bone, I got back to the truck in plenty of light. I went for a

soak in the hot springs, then went to a local smoke shack to feast upon some brisket and deep-fried, pickle-brined chicken breast, followed by a well-earned lemon bar. Nothing beats the hunting lifestyle. Whether or not you kill it yourself, you've earned the right to eat some meat.

## THE PULSIFIEDS

### SENIOR BUILD ENGINEERS

Delta Dental seeks full-time Senior Build Engineers (multiple positions available). Facilitate application builds and deployments through the design and development of continuous integration and deployment systems. Req: Bach. or equiv. + 5 yrs. exp. Jobsite: Okemos, MI. Hybrid position w/ in-office req. Must live within a commutable distance of Okemos, MI & be able to work in-office as req. Salary: \$115,000/year. Apply online at [www.deltadentalmi.com/careers](http://www.deltadentalmi.com/careers). Visa sponsorship is not available for this position.

### Consultant – (Lansing, MI) Health Management Associates, Inc.:

Analyze Medicare claims data using SAS to model the impact of different Medicare programs and policies on healthcare utilization and payments. May work remotely from anywhere in the US. Reqs: Bachelor's degree (or foreign equivalent) in Health Administration, Health Economics, Economics, or a related field; 2 years of experience in Healthcare Economics, Health Services or a related field. Will accept internship or researchship experience. To apply, email resume to Debbie Hofsess, Ref #0008 [careers@healthmanagement.com](mailto:careers@healthmanagement.com)

**B/24/089 CHAIRS FOR PARKS DEPARTMENT** as per the specifications provided by the City of Lansing. The City of Lansing will accept bids at The City of Lansing, Purchasing Office, 124 W. Michigan Ave. 3rd Floor, Lansing, Michigan 48933 or electronically submitted thru MITN Site ([www.Mitn.Info](http://www.Mitn.Info)) until 2PM local time in effect on FEBRUARY 9, 2024. Complete specifications and forms required to submit bids are available by contacting Marilyn Chick at (517) 483-4282, or [Marilyn.chick@lansingmi.gov](mailto:Marilyn.chick@lansingmi.gov) or go to [www.mitn.info](http://www.mitn.info). The City of Lansing encourages bids from All Vendors Including MBE/WBE Vendors and Lansing-Based Businesses.

CP#24-371

### NOTICE OF PUBLIC MEETING

#### Region 6 Coordinated Public Transit – Human Services Transportation Plan

The **Capital Area Transportation Authority** – in conjunction with the **Michigan Department of Transportation** and the **Tri-County Regional Planning Commission**, including Clinton, Eaton and Ingham counties – invites all members of the public to review and provide feedback regarding the draft **Region 6 Coordinated Public Transit – Human Services Transportation Plan**. Public feedback is welcome during CATA's Local Advisory Council meeting **Wednesday, Feb. 7, 2024, at 3:30 p.m.** The meeting will be hosted by CATA at **4615 Tranter Street, Lansing, MI 48910**.

The Coordinated Plan is the region's blueprint for planning, funding and coordinating strategies that serve people with disabilities, older adults and low-income residents. It is a federal requirement under the Bipartisan Infrastructure Law. The Plan aims to identify transportation gaps faced by transportation-disadvantaged populations; establish priorities for funding decisions; and focus on a broad range of mobility strategies to improve coordination among public transit agencies and human services transportation providers. To remove barriers to public transportation and address transportation gaps, the plan is periodically updated to consider the evolving transportation needs of these communities.

View the Region 6 Coordinated Plan draft by KFH Group and at [bit.ly/Region6Plan](http://bit.ly/Region6Plan), or scan the QR code below. KFH Group comprises transit industry professionals who are dedicated to providing consulting assistance to local, state and federal organizations to improve public transportation services. You are also welcome to ask a friend or advocate to submit comments on your behalf.

Public feedback regarding the draft Plan is also welcome at future Listening Bus sessions. The 2024 Listening Bus schedule and feedback form are available at [cata.org/ListeningBus](http://cata.org/ListeningBus).

All comments must be received by 5 p.m. March 8, 2024, to be considered.

For the latest updates about CATA, follow [facebook.com/rideCATA](https://facebook.com/rideCATA) and [twitter.com/rideCATA](https://twitter.com/rideCATA).



CP#24-362



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Shareable Porterhouse steak, chocolate covered cherries, two cheeses, and crackers. While supplies last!

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### CROSSWORD SOLUTION

From Pg. 17

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### SUDOKU SOLUTION

From Pg. 17

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| 2 | 1 | 4 | 7 | 6 | 5 | 3 | 8 | 9 |
| 7 | 5 | 6 | 9 | 8 | 3 | 4 | 2 | 1 |
| 9 | 3 | 8 | 4 | 1 | 2 | 7 | 5 | 6 |
| 3 | 4 | 9 | 6 | 2 | 8 | 1 | 7 | 5 |
| 5 | 8 | 2 | 1 | 7 | 9 | 6 | 4 | 3 |
| 1 | 6 | 7 | 3 | 5 | 4 | 8 | 9 | 2 |
| 4 | 7 | 3 | 2 | 9 | 1 | 5 | 6 | 8 |
| 6 | 2 | 5 | 8 | 3 | 7 | 9 | 1 | 4 |
| 8 | 9 | 1 | 5 | 4 | 6 | 2 | 3 | 7 |





# PURE OPTIONS™

MUNCHIE MONDAY

**10% OFF**  
EDIBLES

TOP TIER TUESDAY

**10% OFF**  
CRAFT & SIGNATURE SHELF  
PRO GRO FLOWER

WAX WEDNESDAY

**10% OFF**  
ALL DABS

FRESH DROP THURSDAY

**BOGO**

BUY 1/8TH OF FRESH PRO GRO,  
GET A PRE-ROLL FREE

FLOWER FRIDAY

**30% OFF**  
SELECT FLOWER

VAPE SATURDAY

**10% OFF**  
ALL VAPES

SENIOR + SERVICE SUNDAY

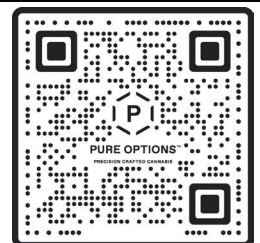
**20% OFF**  
FOR ALL  
SENIORS + VETS

AWARD WINNING CANNABIS

 UNBEATABLE VALUE 

Excludes previously discounted items. Some restrictions may apply. See store for details.

# FIRST TIME CUSTOMERS 20% OFF



## 3 LANSING LOCATIONS

For use by individuals 21 years of age or older. Keep out of reach of children. It is illegal to drive a motor vehicle while under the influence of marihuana. Use by pregnant or breastfeeding women, or by women planning to become pregnant, may result in fetal injury, preterm birth, low birth weight, or developmental problems for the child. National Poison Control Center 1-800-222-1222