

The Health Issue

FREE

CityPULSE

a newspaper for the rest of us

www.lansingcitypulse.com

July 19-26, 2017



CityPulse's Summer of Art: "Recreation #2," by Britta Urness. See page 10 for story.

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LET US HELP YOU TURN THE PAGE

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The CATA CEO Search Committee is gathering public input on what qualities you would like to see in CATA's future CEO and the issues you feel our new leader should focus on in the years to come. Join us!

Public Listening Session

Monday, July 31, 2017 **Hannah Community Center**
 7 p.m. to 8:30 p.m. 819 Abbot Road, East Lansing

Online Survey

If you are unable to attend but would like to provide input, an online survey is available at www.cata.org/CEOSurvey through Aug. 1.



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Feedback

Why preserve Ormond Park

On July 13 the Lansing State Journal published an editorial praising Virg Benero's road through Ormond Park. Because they would not print our response in a timely way, we gratefully offer it here.

The Mayor and the LSJ claim that construction at Groesbeck Golf Course represents progress, and that this road is part of a "bigger plan." But what is that bigger plan? What is the budget, what are the specifics, what neighborhoods will it affect? No one seems to know.

It is wrong that our elected Mayor ordered the destruction of a park without accountability to the people who live there. It is wrong that the Groesbeck project has proceeded without checks and balances. The Park Board's recommendations have been ignored. The City Council unanimously voted to investigate how the road got past them, into the Parks Plan, at the eleventh hour. No public input, just tricks and illusion.

The Friends of Ormond Park don't trust that the Mayor cares about our neighborhood, or yours. That is why we are fighting to preserve our park. We are fighting to preserve our quality of life.

"Quality of life" means your children have a safe, green space to play in. You meet there with your neighbors and make new friends. Your teens have a wholesome place to play basketball. You and your pets enjoy walks in the park. You enjoy the birds and animals living there.

Ormond Park neighbors have another, special reason to preserve our park. It is home to a remaining fragment of the Mason Esker, an endangered land form. MSU professors and local science teachers bring their students here. We want to ensure that the Esker is not diminished or impaired by any development, and that people have access to it.

We are not disgruntled people who don't like change. It's really very simple. When someone threatens to destroy important and enjoyable aspects of your life, you either give in or stand your ground.

When bullies threaten to take away your lunch money, you either give in

or you don't.

When politicians start to bulldoze your park, you either give in or you don't.

Northtown folks don't just give in. In this democratic society, we have the right to weigh in on whether our park is lost to a road or a golf course expansion. Only because there has been so much mystery and "spin" about this project did we form Friends of Ormond Park. Only when the trees were coming down did we ask the court for relief. This is our right, as residents and taxpayers. It is also our right to know how the city supports its claim that this road would be "good for the city." How do they know?

The old saying, "You can't fight City Hall," is based on the sad fact that City Hall can use our taxes to fight its own citizens. Meanwhile we must use our own hard-earned money to protect ourselves. But we are hopeful.

The powers-that-be thought of us as small fish who can be easily scattered. They underestimated us. A children's book I used to read to my preschoolers, *Swimmy*, is about a big fish that terrorizes schools of small fish. Swimmy organizes his friends to swim in formation as a large fish, and they are able to hold their own. The residents here have always felt this road was a bad plan, and defeated it twice in the past. We can do it again.

We are standing our ground peacefully. We want Groesbeck to succeed! We hope that the Mayor and the developers who want to create an exciting "regional destination" will rethink their aggressive strategy. We invite them to open a conversation with us, the ones who will be most adversely affected by their plans. If we can work together, an endangered land form and a neighborhood of children won't be sacrificed for the financial health of the city. If we can work together, the people of Lansing can move forward together, in integrity and collaboration.

—Merry Stanford
Lansing
(Merry Stanford, president of Friends of Ormond Park, has lived near Ormond Park for 23 years.)

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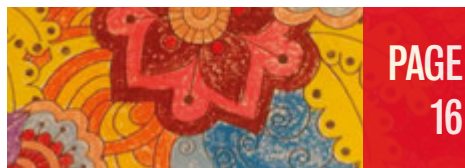
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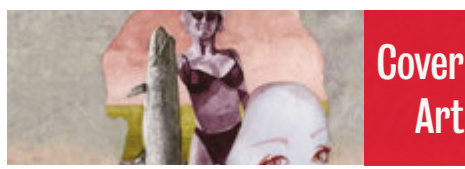
Not running but not shutting up either. See page 8.



When polar opposites attract.



Learn about the mental health benefits of self-care.



"Recreation #2," by Britta Urness.

EDITOR AND PUBLISHER • Berl Schwartz
publisher@lansingcitypulse.com • (517) 999-5061

ASSOCIATE PUBLISHER • Mickey Hirten
mickey@lansingcitypulse.com

ARTS & CULTURE EDITOR • Eve Kucharski
eve@lansingcitypulse.com • (517) 999-5068

PRODUCTION MANAGER • Amanda Proscia
amanda@lansingcitypulse.com • (517) 999-5066

STAFF WRITERS • Lawrence Cosentino
lawrence@lansingcitypulse.com

Todd Heywood
todd@lansingcitypulse.com

SALES & MARKETING DIRECTOR • Rich Tupica
sales@lansingcitypulse.com

SALES EXECUTIVES

Mandy Jackson • mandy@lansingcitypulse.com
Cory Hartman • cory@lansingcitypulse.com

Contributors: Andy Balaskovitz, Justin Bilicki, Daniel E. Bollman, Capital News Service, Bill Castanier, Mary C. Cusack, Tom Helma, Gabrielle Lawrence Johnson, Eve Kucharski, Terry Link, Andy McGlashen, Kyle Melinn, Mark Nixon, Shawn Parker, Stefanie Pohl, Dennis Preston, Allan I. Ross, Rich Tupica, Ute Von Der Heyden, Paul Wozniak

Delivery drivers: Frank Estrada, Dave Fisher, Jack Sova, Richard Simpson, Thomas Scott Jr.

Interns: Danielle Chesney, Clarissa Kell, Dylan Tarr

THIS MODERN WORLD
by TOM TOMORROW

THE ABSOLUTELY, POSITIVELY 100% TRUE STORY OF THE TRUMP CAMPAIGN AND RUSSIA
*SUBJECT TO REVISION

LAST SUMMER...
HEY, LOOK AT THIS EMAIL! THE RUSSIAN GOVERNMENT WANTS TO SEND AN INTERMEDIARY TO DISCUSS INTERFERING IN THE ELECTION AND HELPING MY FATHER WIN!

SO--ROUTINE OPPO RE-SEARCH, IN OTHER WORDS!

OBVIOUSLY, ANYONE WOULD TAKE THAT MEETING!

AND SOON...
I AM SORRY, GENTLEMEN, BUT THE EMAIL TO WHICH YOU REFER IS INEXPLICABLY INACCURATE! I HAVE NO DAMAGING INFORMATION REGARDING YOUR OPPONENT!

IN THAT CASE, I DOUBT I WILL EVEN REMEMBER ATTENDING THIS IN-CONSEQUENTIAL MEETING!

SHORTLY THEREAFTER...
DON JUNIOR, THEY SAY THE RUSSIANS HACKED THE D.N.C. AND GAVE THE EMAILS TO WIKILEAKS! HAVE YOU HAD ANY RECENT MEETINGS WHICH MIGHT BE RELEVANT TO THE SITUATION?

GOSH, DAD-- NOT THAT I CAN THINK OF OFFHAND!

NO PROBLEM! JUST THOUGHT I SHOULD ASK, SINCE WE HAVE NOTHING TO HIDE!

AND THEN, AFTER THE ELECTION...
PEOPLE ARE STILL TALKING ABOUT RUSSIA! SAY, DIDN'T WE HAVE SOME FRIENDS THERE? A WELL-CONNECTED OLIGARCH AND HIS SON, WITH WHOM WE TRIED TO BUILD A TRUMP TOWER IN MOSCOW?

I GUESS, MAYBE? I MEAN, WE MEET SO MANY PEOPLE!

YES, WHO CAN KEEP TRACK?

BUT THEN...
WOW, I TOTALLY FORGOT ABOUT THAT COMPLETELY INNOCENT MEETING LAST YEAR! I'D BETTER POST THIS EMAIL CHAIN ON TWITTER--IN THE NAME OF FULL TRANSPARENCY!

YOU'RE A GOOD BOY, DON JUNIOR! AND DON'T WORRY--PUTIN DIDN'T DO ANYTHING! I ASKED HIM TWICE!

WELL-- I GUESS THAT SETTLES THAT!

See pages 7, 8, 11, 24 and 27 for Public Notices

High time Boji Tower clock gets a new pair of hands

“Let’s go, let’s go,” Larry Willerson yelled from a catwalk near the top of Lansing’s tallest building. “It’s a good thing you don’t drive an ambulance. Everybody would be dead.”

Below the catwalk, visible under Willerson’s angry-looking alligator boots, dangled two things that needed to come together fast: employee Jakki “Jake & Bake” Herrick and the Boji Tower clock’s new minute hand.

For a few crucial seconds Friday morning, the shiny blue, 10-foot-long aluminum plate lined with red LED lights was liable to catch the slightest breeze swirling 280 feet above the streets of Lansing, like a sail, and slam into a wall.

Herrick swung to his right and grabbed the sleek slab. He peeled off its padded protective sleeve and hesitated for a second.

“Just drop it, drop it,” Willerson shouted, knowing a metal awning would stop the sleeve from plummeting to the street.

In less than a minute, Herrick set to work bolting the hand to the 25-foot-wide clock face.

On a clear day you can see 22 miles from the top of the tower, all the way to St. Johns.

“Just another day for me,” Herrick said after being hoisted back to the parapet. “I love this job.”

The big clock should be set for quite a while.

The bright LED lights, wrapped in plastic tubes, won’t be as fragile as the old neon tubes. The aluminum will resist rust. The new mechanism was made by Swiss clock maker Mobatime, maker of the rail station and airport clocks in the world’s most notoriously precision-mad nation.

The Grand Rapids-based Lumichron Tower Clock Co. handled the renovation. Willerson and his crew at Sky High, the go-to daredevils for any

work needed on the Boji Tower, did the wrangling.

The clock is synchronized to the second, using GPS. There will be no need to reset the hands for daylight savings time. If it stops for any reason,



Lawrence Cosentino/CityPulse

Jaki Herrick (in center of face) and a crew of workers placed the aluminum hands on the clock Friday morning and wired them to a GPS unit that is accurate to the second.

the clock will know what time to reset.

This summer’s renovation cost \$90,000 — 60 times the clock’s original \$1,500 price tag when work began on the face, in December 1934.

At 25 feet across, the Boji clock is the eighth largest in the United States and about as big as they come in the world, Lumichron CEO Ian Macartney said. (The clock face at Big Ben in London is only 23 feet across.)

“There is certainly nothing on this scale in Grand Rapids,” he said.

Macartney found the Boji clock to be strikingly modern for its time, both in material and design.

“Neon was introduced to this country in 1928,” Macartney said. “It was brand new technology.”

The wedge-shaped, 16-inch-wide indexes marking the hours herald the Art Deco look that replaced old-fashioned Roman numerals in the 1930s.

Corrosion, rust and brutal weather started attacking the old steel hands as soon as the clock lit up for the first time on Jan. 15, 1935, when the Boji Tower was known as the Olds Tower.

The hands were first removed, repaired and returned to the clock in March 1935, only a few weeks later.

In February 1949, ice jammed the mechanism and the hands came down again. The company that made the original parts, National Time, was already out of business and the owners had to scramble for repairs.

But the new parts had defective brushes that conked out between 6:30 and 9:30, so the hands came off yet again.

A grumbling Olds Tower building manager considered replacing the neon with spotlights and reflective tape, but by then the clock was already an untouchable civic icon.

The hands came down most recently in March 2017, after persistent sticking and a general deterioration brought matters to a head.

Macartney’s team started fabricating new components for a 21st-century makeover in June.

The new hands are ribbed for strength, with counterweights of brass at one end for balance.

“It’s a little like an airplane wing,” Macartney said. “You have to allow for



401 S. Capitol Ave. — Lansing Public Library

The patterned cladding on this building, which serves as the downtown branch of the Capital Area District Libraries, brightens the streetscape a few blocks south of the Capitol. The rounded entrance lobby, located at the north end of the ground level, sits shadowed beneath a deep cantilevered canopy. Rising two additional floors above the ground floor, the upper levels are clad in precast white concrete panels with exposed quartz aggregate. The panels are imprinted with the trademark emblems — called ‘colophons’ — of several well-known book publishers.

Designed by Lansing-based architect Kenneth C. Black, construction of the building was completed in 1964. In all, the building’s Mid-century details offer a softer version of the International Modernism popular earlier in the century. This seems altogether fitting, given Black’s apparently dim view of modern development patterns. He was an early skeptic of the artificiality of post-war suburban development and he encouraged his colleagues to renew their focus on urban centers.

Black graduated from the University of Michigan, where he had studied under the guidance of Finnish architect Eliel Saarinen. In 1930, he joined the Lansing firm founded by his father and he was elevated to Fellowship in the American Institute of Architects in 1952

—Daniel E. Bollman, AIA

“Eye candy of the Week” is our weekly look at some of the nicer properties in Lansing. It rotates each with Eyesore of the Week. If you have a suggestion, please e-mail eye@lansingcitypulse.com or call Berl Schwartz at 999-5061.

Monetizing majesty Straits pipeline report met with skepticism, frustration

Oil and water did not mix at a public meeting July 6 at Holt High School, where a panel commissioned by the state laid out a report assessing the risk of an oil and gas pipeline running at the bottom of the Straits of Mackinac.

The uneasy encounter between a pedantic, Power-Point-presenting panel of engineers and about 150 members of the public, many of whom were skeptical of the panel's findings and impatient to shut down the pipeline, took place under the watchful eyes of half-a-dozen county sheriff's deputies and state cops.

Public Comment on Enbridge Line 5 Pipeline

8 a.m. Monday, July 24
Holt High School
Or submit comments until Aug. 4 on Michigan Petroleum Pipelines website
www.mipetroleumpipelines.com

The engineers laid out a controversial risk analysis of Enbridge's Line 5, which carries over 23 million barrels of light crude oil and natural gas liquids daily through the straits. Built in 1953, Line 5 runs 645 miles, from Superior, Wisconsin, to Sarnia, Ontario, Canada.

In June, Attorney General Bill Schuette called for a plan to close Line 5.

The pipeline panel concluded that there is about a one in 60 chance a spill will occur some time in the next 35 years.

Protesters outside the school and members of the public at the meeting questioned the report, prepared by the Canadian consulting firm Dynamic Risk, and called for the pipeline to be closed immediately.

David Holtz, coordinator of Oil and Water Don't Mix, a coalition fighting the pipeline, said the study is "deeply flawed."

"It could have been written by Enbridge," Holtz said. "It downplays the risk of a catastrophic oil spill in the Great

Lakes and dramatically underestimates the impact of such a spill."

Enbridge put \$3.5 million in a state escrow fund to finance the study.

He said Enbridge "got what they paid



Lawrence Cosentino/CityPulse

Protesters outside a meeting at Holt High School on July 6 brought a giant puppet of Michigan Attorney General Bill Schuette, calling on him to shut down Enbridge's Line 5 pipeline under the Straits of Mackinac. Schuette has called for the pipeline to be closed but no timetable has been set.

for," Holtz said. "There should not be oil pipelines in the Great Lakes, period."

The panel concluded that the most likely cause of a spill would be a stray anchor snagging one or both of the two 20-inch-diameter pipelines.

Jim Mihell, the panel's principal investigator, said there is no evidence from inspection data dating back to the 1990s that the pipe is corroding, but he acknowledged that the data came from Enbridge's

own inspection records.

When Mihell said he "can't imagine" why Enbridge would falsify records, there was a general sigh in the auditorium. One lady walked out, saying, "I don't believe this."

At a rally before the meeting, several speakers complained of business ties between panel members and Enbridge. Later that night, panel member Patrick Vieth

go on for another half hour or so, Roger Gauthier, an anti-pipeline audience member, shouted at the panel. "You're trying to wear us down," he said. "Take questions now."

Thomas Gilbin, a volunteer for the Michigan Sierra Club's legislative committee, asked why terrorism or sabotage wasn't included in the analysis.

"You have obviously given a lot of thought to the principal threat of perhaps something happening here today," Gilbin said, pointedly. Two county sheriff's cars and a state police car were parked on the sidewalk outside the high school door. "You have given no weight to that issue for a pipeline that carries millions of gallons of oil under our straits."

Another audience member brought up Enbridge's track record, including a series of catastrophic missteps that led to a spill of over 20,000 barrels of heavy crude oil into a tributary of the Kalamazoo River near Marshall in 2010.

Mihell said the spill was so bad because Enbridge did not recognize a rupture in the pipeline for 17 hours and tried to restart it several times, resulting in "the costliest on-shore oil spill in U.S. history." He explained that the alarm was disregarded because it was confused with "column separation," a routine break in pressure that Mihell said can't occur under the low-lying Straits of Mackinac.

A man in the audience shouted, "No." "Yes, yes," Mihell said, surprised by the relentless blowback from the audience.

Two and a half hours into the evening, Mihell paused while answering a question. "I get the sense that people feel we may be trying to lowball or put sugar on the risk assessment," he said.

Instantly, about half the audience cried, "Yeah!"

Mihell pleaded that the panel was tasked only to analyze the risk, not to recommend policy. He said it's up to the state to determine whether the one-in-60 risk is

See Pipeline, Page 7



Lawrence Cosentino/CityPulse

Workers carried a new minute hand for the Boji Tower clock into an adjoining alley and up the stairs on the first leg of its journey to the top of Lansing's tallest building Thursday morning.

Clock

from page 5

a little flex, but not too much."

Thursday morning, the day before installation, Willerson, Macartney and two assistants carried the new hands up four flights of rickety fire stairs wedged between the tower and the Hollister Building next door, dodging pigeon droppings and broken glass.

They could have used ropes from ground level, but the less time the hands spend in the air, Willerson said, the better.

"Feel that breeze?" he said, standing at street level. With his western boots and polite drawl, he resembles the Slim Pickens character in "Dr. Strangelove."

"You can compare these hands to

feathers," he said. "Up there, that wind can push these things back and forth, smash a window or kill somebody. There's a thousand things to think about."

Thursday, after delivering the hands to Willerson, Macartney was off to a three-clock job at James Madison University. He loves the clock tower business. He started out selling neon clocks for room use, but Chinese manufacturers stole the design and sold them for a 10th of the price. He has no such problems now.

"There is no inventory and every job is made to order," he said.

He also loves analog clock faces.

"They're comforting," he said. "All it takes is a glance and you know how much time you have."

— LAWRENCE COSENTINO

Assault a 'hate crime'

Feds investigating attack on Hispanic resident

The FBI is investigating an alleged assault of a Hispanic resident of Lansing on the south side two weeks ago as a hate crime, city officials said Tuesday.

"We will not tolerate hate crimes here in the city of Lansing," Yankowski said, joined by Mayor Virg Bernero and FBI agent Ted Docks at a press conference. "We take them seriously and we will use all of our available resources to investigate — including state and federal as well as community resources."

Docks, supervisory senior resident agent for the FBI in Lansing, said his office has notified the U.S. Department of Justice as well as the U.S. attorney for the Western District of Michigan of the incident.

An undocumented immigrant said he was assaulted on July 5 near the

corner of Denver and Cedar streets in Lansing. Yankowski confirmed officers responded to an assault call at about 11:40 p.m. They found the victim "with obvious signs of assault" and immediately instigated a hate crimes investigation. Police are withholding additional details on the crime while they investigate.

The victim, who spoke exclusively to City Pulse last week, said two white assailants smelled of alcohol. He said they made reference to President Donald Trump, then assaulted him. He said they then stapled a note on his stomach that said, "Go back to Mexico, wetback." Police confirmed last week a note was found "on" the victim and that it contained a racial slur.

No suspects have been arrested,

but law enforcement released a sketch of one suspect Tuesday. Yankowski is asking anyone with information to call the Lansing Police Department, Crime Stoppers or the FBI. A reward of at least \$1,000 is being offered for information that leads to the arrest and conviction of the persons responsible, Yankowski confirmed.

Yankowski spoke while flanked by representatives of the Lansing Association for Human Rights, Latino Leaders for the Enhancement of Advocacy and Development, Action of Greater Lansing, Black Lives Matter and more.

Bernero announced his intentions to bring the city into a national movement called "City of Kindness." It strives to "inspire kindness in our world," according to the organization's website.

"Kindness is a daily decision," Bernero reminded a crowd of 50 at the press conference. "It has to happen everyday. You just don't know what a difference your act of kindness could make."

-TODD HEYWOOD



Courtesy Photo

Lansing Police released a sketch of one of two men who attacked a Hispanic resident.

PUBLIC NOTICES

CHARTER TOWNSHIP OF MERIDIAN NOTICE OF POSTING OF TOWNSHIP BOARD MINUTES

On July 11, 2017, the following minutes of the proceedings of the Meridian Township Board were sent for posting in the following locations:

Meridian Township Municipal Building, 5151 Marsh Road
Meridian Township Service Center, 2100 Gaylord C. Smith Court
Hope Borbas Okemos Branch Library, 4321 Okemos Road
Haslett Branch Library, 1590 Franklin Street
Harris Nature Center, 3998 Van Atta Road
and the Township Web Site www.meridian.mi.us.

June 20, 2017 Regular Meeting

BRETT DREYFUS, CMMC
TOWNSHIP CLERK
CP#17-206

NOTICE OF PUBLIC HEARING EAST LANSING PLANNING COMMISSION

NOTICE IS HEREBY GIVEN of the following public hearing to be held by the East Lansing Planning Commission on **August 9, 2017 at 7:00 p.m.**, in the 54-B District Court, Courtroom 2, 101 Linden Street, East Lansing:

A public hearing will be held to consider a Site Plan application from LO Ventures, LLC, for the property at 702 West Lake Lansing Road. The applicant is proposing to expand the existing parking lot and make improvements to the existing storm water drainage system. The property is located in the B-4, Restricted Office District.

Call (517) 319-6930, the Department of Planning, Building and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, for additional information. All interested persons will be given an opportunity to be heard. These matters will be on the agenda for the next Planning Commission meeting after the public hearing is held, at which time the Commission may vote on them. The Planning Commission's recommendations are then placed on the agenda of the next City Council meeting. The City Council will make the final decision on these applications.

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 should write or call the Planning Department, 410 Abbot Road, East Lansing, MI 48823. Phone: (517) 319-6930. TDD Number: 1-800-649-3777.

Marie E. Wicks
City Clerk

CP#17-205

Pipeline

from page 6

acceptable.

"If that's what you truly feel, we're not doing a good job," Mihell said. "What we're talking about is some very significant consequences if you get a big release of oil in the straits."

The gulf between the dispassionate, industry-driven calculations on the stage and the passion for the Great Lakes in the audience was striking. There was a general frustration that the panel dealt only

with the dollars and cents impact of a potential spill.

One audience member asked why the panel didn't assess potential loss of wildlife, habitat and other environmental damage.

"There are some methods that can handle that, but they are post-spill," panel member Jack Ruitenbeek said, meaning you wait until a spill happens and then count the dead birds and animals and measure habitat loss.

Some forms of damage, Ruitenbeek admitted, were "impossible to monetize."

- LAWRENCE COSENTINO



City Council 4th Ward

NO BALONEY VOTE RAFFONE

*I boast no magic scheme to fix the entire city:
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to represent you FULL-TIME and to respond to every call.*

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Ward horse races

Despite lead, Houghton faces hurdles; Yorko not going quietly

An incumbent could be in trouble in one of Lansing's two City Council ward races, and an incumbent is making trouble in the other one.

In the 2nd Ward, indicators are that two-term Councilwoman Tina Houghton has serious competition as she faces the Aug. 8 primary election, which is the first of two rounds she has to win to keep her seat.

Publically available polling is incomplete in the 2nd Ward race. Only one poll, conducted by Denno Research and paid for by the dark-money group Michigan Citizens for a Better Tomorrow, has been released. It polled only for three candidates: Houghton, Jim DeLine, the former internal auditor for the Council, and Jeremy Garza, a licensed plumber with deep union support. The poll left out college student Jaron Green and neighborhood activist Julee Rodocker.

The Denno polling, with a small sample of 98 people, found that Garza would beat Houghton by double digits. His key support came from senior citizens, who vote in bigger numbers than younger age groups.

But the key finding was that 64 percent of the 2nd Ward voters polled weren't committed to a candidate yet.

But another poll with a sample of 200 voters, which is not public, shows Houghton leading by 10 points but followed by Rodocker, then Garza. The poll, which includes all five candidates, shows Houghton under 50 percent, despite — or perhaps — because of her two terms.

That undecided vote in the Denno poll is a troubling sign for Houghton, said political consultant Joe DiSano. He is working for 4th Ward candidate Jim McClurken but no one in the 2nd.

"Those voters know her, or should know her," he said. "That many undecideds means they haven't bought into her brand."

That brand, DiSano said, is one of being an "ally" of Mayor Virg Bernero and "aloof" when it comes to constituents. The tight relationship with Bernero could spell trouble for Houghton as well, DiSano noted, based on another question the Denno poll asked voters. That question asking if the city is on the right track found the city evenly divided into nearly thirds — 35 percent think the city is on the right track, 35 percent on the wrong track, and 30 percent did not know.

"As an incumbent, she's part of the establishment," DiSano noted. "That could be used against her."

Another sign of a potential weakness? Yard signs. While they don't necessarily translate into votes, DiSano said, they do translate into visibility of where the candidate or their volunteers have been. And

in that game, Rodocker and Garza are definitely on the move, with Houghton behind.

"I believe she will come in second," said DiSano.

From a broad view, the 2nd and 4th Ward races appear similar. Each ward has just over 20,000 registered voters. City Clerk Chris Swope said he expects turn out to be 13 percent to 16 percent citywide in the election, with as much as 60 percent of the votes cast coming from absentee voters. That's important, since the majority of absentee voters are older voters with a more regular history of voting.

In 2009, the last time there was a contested primary in the 2nd Ward, 2,175 votes were cast in the primary. Houghton, then the challenger to incumbent Sandy Allen, came in second in the race then bested Allen for the seat in November.

In the 4th Ward, the last contested primary was in 2013. In that race, 2,551 votes were cast. That race featured incumbent Jessica Yorko being challenged by Chong Anna Canfora, with Yorko prevailing in the November general. Yorko trounced Canfora in that primary, 50 percent to just under 39 percent.

In the 4th Ward race, Yorko isn't running, but she is not sitting it out either.

She has taken to sniping at McClurken on Facebook. Her latest post says he "is running on a platform of 1) bringing back Polaroid pictures 2) increasing utility rates, pollution and climate change 3) not paying city property taxes and defaulting on nearly \$500k in loans while living in the biggest house in Lansing 4) disparaging American car makers and trying to convince our local auto workers of why they should never drive or buy American cars." In April, she referred to him as a "pissy rich guy."

Asked to explain her comment about Polaroid, which introduced a camera in the 1950s that produced its own photos, she would only say, "I have nothing against Polaroids."

Yorko supports Brian T. Jackson, a local attorney and former assistant city attorney, against McClurken, who opposed her support for an electrical substation to be built in the Scott Center Park at Malcolm X Street and Washington Avenue.

But political consultant Thomas Morgan, of Morgan Communications, dismissed Yorko as having "little to no influence" over the 4th Ward.

Morgan, who is working for Garza in the 2nd Ward but no one in the 4th, has run successful Council campaigns for his mother-in-law, Jody Washington, and Washington's son Adam Hussain.

Seven candidates are vying to replace Yorko, who withdrew for health reasons. The candidates in that race include Jackson, McClurken, vice chairman of the

Parks Board, Elvin Caldwell, a recruiter for a local charter school, and Amanda Bernes, a social worker.

Other candidates are medical marijuana advocate Jason Durham, Kathi Raffone, a Council regular, and Larry Hutchinson, who ran for the seat in 2013 and garnered just over 6 percent of the vote in the primary.

Morgan said the race comes down to McClurken and Jackson. Both men have strong ground games. Both say they have knocked on doors in the entire ward once and are on a second round. McClurken has a mailer and robocalls to amplify his message.

Caldwell has also been knocking doors, and Raffone said she has walked many

miles knocking doors for her campaign.

Hutchinson has knocked some doors in the ward and has pasted campaign signs on local telephone polls. That move got him a reprimand from Ingham County Clerk Barb Byrum because the signs do not contain the required "paid for" disclosure on them. Bryum's office sent him a letter on the matter July 5, but Hutchinson said he never received it. The sign placements also violate a local ordinance on sign placement, something Swope warned all the candidates about in a letter in May, following the filing deadline.

With no incumbent on the ballot, the divided perspective of the direction of the city won't play a role in the race.

What will ultimately drive candidates to success will be face to face time, Morgan said. "It's going to come down to who has the most contact with the most voters and the strongest message."

— TODD HEYWOOD

PUBLIC NOTICES

NOTICE OF ELECTION CITY PRIMARY ELECTION TUESDAY, AUGUST 8, 2017

To the qualified electors of the City of Lansing, Counties of Ingham and Eaton, State of Michigan

Notice is hereby given that the City of Lansing will conduct the Election in the City of Lansing, Counties of Ingham, Eaton, and Clinton, State of Michigan on Tuesday, August 8, 2017. Polls will be open at 7:00 a.m. and will remain open until 8:00 p.m.

For the purpose of nominating candidates to the following offices:

City: Mayor, Council Member At Large (2), Council Member Ward 2, Council Member Ward 4

Lansing Ward 1

Pct. 1 – Gier Park Community Center
Pct. 2 – Grand River Head Start
Pct. 3 – Post Oak School
Pct. 4 – Pattengill School*
Pct. 5 – Foster Community Center
Pct. 6 – Pilgrim Congregational Church
Pct. 7 – Pilgrim Congregational Church
Pct. 8 – Bethlehem Temple Church
Pct. 9 – Board of Water and Light
Pct. 10 – South Washington Office Cplx.
Pct. 45 – Foster Community Center

Lansing Ward 3

Pct. 22 – Southside Community Center
Pct. 23 – Woodcreek School
Pct. 24 – Attwood School
Pct. 25 – Attwood School
Pct. 26 – Southside Community Center
Pct. 27 – Pleasant View School
Pct. 28 – Elmhurst School
Pct. 29 – Tabernacle of David Church
Pct. 30 – Tabernacle of David Church*
Pct. 31 – Lewton School

*Temporary location for August 2017 only

All polling places are accessible and voting instructions are available in alternative formats of audio and Braille. An accessible voting device is also available.

Photo Identification OR Affidavit Required to Vote:

Under a Michigan law passed in 1996 and upheld by the Michigan Supreme Court, ALL voters will be asked to show photo identification to vote at the polls. Voters without identification will be required to fill out and sign an affidavit in order to receive a ballot.

To see if you are registered or to find your polling location, check the Secretary of State Voter Information web site at www.michigan.gov/vote.

The Lansing City Clerk's Election Unit, 2500 S. Washington Ave., will be open on Sunday, July 30 from 12 noon to 4 p.m. and Saturday, August 5 from 8 a.m. to 2 p.m. to issue and accept absentee ballots to qualified electors.

Monday, August 7 at 4 p.m. is the deadline to request an absentee ballot. Ballots requested on Monday, August 7 must be requested and voted in person at the Clerk's Office at 124 W. Michigan Ave, 9th Floor or 2500 S. Washington Ave.

Chris Swope, Certified Municipal Clerk
Lansing City Clerk

CP#17-162

ARTS & CULTURE

ART • BOOKS • FILM • MUSIC • THEATER

When arts and sciences converge Art in the Wild hosts fundraiser for Montgomery Drain project

By **EVE KUCHARSKI**

Even though it might seem like art and science are polar opposites, sometimes they work in perfect harmony. That's exactly the case with Art in the Wild.

The organization, part of the non-profit Mid-Michigan Environmental

Art Show and Silent Auction

Thursday, July 27
Tickets starting at \$30,
6-9 p.m.
The Potter House,
1348 Cambridge Road,
Lansing
ow.ly/XrQD30dJwPN

Action Council places art in places of environmental renewal, such as the Montgomery Drain Project in East Lansing,

Lansing Township and Lansing's east side.

"Art in the Wild is the birth child of myself and my spouse," said Ingham County Drain Commissioner Pat Lindemann. He said the goal is use "museum-quality art" to attract people to the project.

The drain project is designed to reconstruct the existing infrastructure and cut down on thousands of pounds of pollution spilled into the Red Cedar River annually from the Montgomery Drain. The art project meets an educational requirement mandated by the federal government for the drain project.

Lindemann's spouse is Dr. Melody Angel, who chairs the organization.

"We will be raising private funds, through grants and corporate sponsorships and things like that," Angel said. "This will be zero taxpayer burden to have an art destination placed right here in the Frandor area with the purpose of bringing people here to interact with art, and then teaching them about what's possible for clean water."

The Montgomery Drain is being redesigned to prevent pollution of the Red Cedar River. On July 27, Art in the Wild will host an Art Show and Silent Auction at the Potter House. This event is one of several put on annually to raise funds. The auction will be a dual effort to both showcase local artistry and raise money for art and educational displays at the drain project.

"We have emerging artists from

13-year-olds to very recognized and mature artists like Laura and Doug DeLind," Angel said. "Our featured artist this year is Craig Mitchell Smith."

Smith is donating an 8-foot tall glasswork statue called "Lilac."

"It's something I really believe in," said Smith. "Art belongs everywhere."

He said the donation is a chance to bring some of his work back to Lansing.

"I am actually better known outside of my hometown than I am here. So, this is kind of a homecoming for me."

In all, 34 Michigan artists and two artists from out of state will showcase and donate their work to be displayed in Art in the Wild's future project.

"We've encouraged artists to put one piece in the art auction, and then have two to four other pieces that they have in the art sale," Angel said. "In the art auction, we have things in the reserve that start anywhere from \$25 to \$2,000. And we have things in the sale that go up to over \$10,000. So, we have a spread for everybody's pocketbook, with just some really stunning pieces that any art collector would be glad to have in their art collection."

Lindemann is confident that drawing people to the site with art is the ideal way to educate them about their environmental impact.

Lindemann posed the question, "Why not bring people down there who would never think about the ecology, but would come because they like art?"

Lindemann said the drain's contaminants come from two types of pollution.

"Point source pollution is that pollution which enters a water stream or a water body and you know where it comes from. It has a point of origin. Non-point source pollution is the pollution that has no source of origin," Lindemann said. "It could be dog manure or fertilizer on a lawn, or oil from a car, but you don't know where it is anywhere in the watershed, or where it came from. It's very



Courtesy Photo

Artist Craig Mitchell Smith's artwork will be featured alongside dozens of other works to be auctioned to raise money for Art in the Wild on Thursday, July 27.

difficult to define."

This problem is not new. Lindemann first heard about it 1995. Twenty-two years later, Lindemann is slated to break ground in October, and his ambitions are high.

"I'm going to reduce the amount of pollution by 96 percent. Imagine that — it's unheard of. We're going to do it because it's cheaper to filter the water through natural environments than it is to filter it otherwise," Lindemann said.

In order to create those natural filters, like phosphorous and heavy metal absorbing ponds and wetlands, Lindemann will meet with environmental specialists to devise the most ideal system. The project is estimated to cost \$25 million to \$30 million, paid for by a special drain tax charged to the watershed's inhabitants. Construction is also planned out. It is estimated to take about two years.

Once construction on the Mont-

gomery Drain Project is finished, Art in the Wild will set to installing art along the watershed. In the process, it will transform Ranney and Red Cedar parks into public, outdoor art galleries.

"Also, Marshall Music Co. has partnered with us. They have committed to managing a live music venue throughout this art installation every weekend, so there's going to be little groups of music," Angel said. "There's going to be pop-outs on the sidewalk where there'll be electrification and speakers, just far enough so you can't hear the next music group."

Medawar Jewelers partnered with Art in the Wild, also donating a \$200,000, 24-foot clock to put on the north end of Ranney Park. Plans are in place to move art from Adado Riverfront Park.

Since April of 2015, the group has raised \$2.3 million to the cause, still short of its \$10 million goal.

Meet the artist

Unique art by MSU Faculty

By Clarissa Kell

When looking through pictures there are always a few images that just don't make the cut—the snapshots that aren't worth printing out or sharing to family members on social media. Yet those are the types of “forgotten images” that Britta Urness uses to create a unique balance in some of her pieces, like the one on the cover.

The piece is a watercolor painting that is part of a series titled “Lady Heads.”

Urness first looks through old magazines or how-to tutorials of women's hair from the '60s and '70s to get inspiration for the portrait. The aspect of Urness' art that really makes it stand out is how she uses “mistake” photos and recreates them in the hair or face of the portrait.

“I often look for photos that don't compositionally work, it works best with



Courtesy Photo

“Recreation #1” by Britta Urness.

my art,” Urness said. “I'll look on my own phone or other images that I have found. Sometimes it is what I own but it's stuff I've ignored.”

Because the images used inside of the '60s and '70s hair styled portraits are usually from Urness' own phone, she said there is a disconnect within the art because there are two different eras. However, they don't clash but create a feel of a memory; the feeling of the outside looking in.

“It's bit of an inner dialog within the image,” Urness said.

When Urness, 35, isn't creating art, she is teaching drawing at Michigan State University. Urness is also an academic advisor and teaching specialist for art students at MSU.

Urness grew up in Black Earth, Wisconsin near the city of Madison. It was at the University of Wisconsin-Madison where she earned her bachelor's in fine arts in studio art in 2004. Urness then went to the University of Iowa where she earned her master's of fine arts in painting and a minor in printmaking just four years later.

“Art is incredibly important in my life,” Urness said. “I've either always been an art student, an art teacher, and with what I do as an advisor, I am working with students that are involved with the arts. It is what I do, in the personal and professional aspects of my life.”

Urness, who now lives in Lansing, said she loves what the city is doing for art.

“(Art) is really important for neighborhoods and place making in small cities like Lansing,” Urness said.



Urness

Class ring reunion

One ring found within the rubble, two strangers' lives changed forever

By Clarissa Kell

When Dylan Rogers stopped by at his friend's new place, he didn't expect it to be the first step in a quest of discovery.

Rogers owns the Robin Theatre with his wife, Jeana-Dee. Next-door, Dan Nunez is setting up shop for his new project, the Wheel House Studio, a ceramics workshop that Nunez will renovate to include a livable area for himself and his family, much like the Rogers' at the Robin Theatre.

On Friday, June 30, Rogers visited just as Nunez and some friends were smashing what was once a bathroom in the building.

“I just stopped by to say hi and see how things were going,” Rogers said. “When you have a project going on like, that you want to make sure you have the right kind of steel-toe boots and construction gear on. And I was scanning the ground to make sure I didn't step on nails.”

Rogers said that when he looked down “something stood out within the dust.”

“I leaned over and picked it up and it was this ring,” Rogers said.

A 1995 class ring.

“It was insane that he found it. This wasn't a delicate situation,” Nunez said. “It was a real-life diamond-in-the-rough situation.”

On closer inspection, Rogers saw a name inscribed within the ring's band. The name was Melissa Parling, and Rogers felt compelled to return this memory to her.

“Dylan pulled out his cellphone and started to ‘CSI’ it,” Nunez said. Rogers searched Facebook and could only find one Melissa Parling that lived in Lansing. Rogers took the plunge, and reached out. As luck would have it for a second time, he found the owner.

When Rogers and Parling met up, Parling told the story of the ring's initial disappearance.

Not long after graduating, Parling received the class ring as a gift from her mother. She thought it was lost forever when she gave her son a bath.

“Twenty years ago, myself and my son's



Courtesy Photo

Melissa Parling (left) with her ring and Dylan Rogers (right).

father rented the apartment at 1103 1/2 Washington Ave.,” Parling said. “I was giving my son a bath in the bathroom so I took my ring off and put it on the bathroom counter. And well, sometimes kids get rambunctious.”

When Parling searched for the ring again, she couldn't find it.

The loss of the ring was hard on her. Parling had it for less than a year before she lost it.

“Then out of the blue, Dylan messages me on Facebook, ‘I think I have something that belongs to you,’ with a picture of my class ring,” Parling said. “After it was lost for 20 years!”

Parling now wears the ring that commemorates her 1995 graduation, enjoying its still good-as-new look.

“When my mom got my name engraved in the ring I was like, ‘Really mom?’ But it is like she knew or something,” Parling said.

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Spiral Dance Bar represented at international competition

Local bartender beats the odds

By Danielle Chesney

If you are looking for Melissa “Inky” Kim this week, you will not find her mixing drinks behind the bar at Spiral Dance Bar. Kim, 39, will don a red coat to represent Lansing in New Orleans at the Tales of the Cocktail’s 2017 Cocktail Apprentice Program.

From July 17 to 24, Kim and 39 others will learn alongside bar industry superstars as they mix alcoholic beverages for the 20- to 30 thousand attendees of the cocktail festival.

“It’s a five-day-long convention that brings bartenders, mixologists, bar owners, brand ambassadors and distillers to come and attend tastings and seminars,” said Kim. “It started 15 years ago, and after the first five years it quickly grew. And that’s when they formed the Cocktail Apprentice Program.”

The training will give Kim experience in something she has never attempted before.

“They bring all the bartenders and the cocktail experts together. And we work the seminars and large-scale events behind the scenes, batching all the drinks in five-gallon buckets,” said Kim. “It’s something I’ve never really experienced before, doing large-scale batching. We pretty much work as the fastest prep team of bartenders for that whole week.”

The program gives participants access to a network of Cocktail Apprentice Program alumni across the globe.

“What I’m most looking forward to is meeting all the different degrees of masters of all skill level bartenders,” said Kim. “All of the ‘redcoats’ they picked this year hail from 19 states



Courtesy Photo

Melissa “Inky” Kim.

and ten countries, and I’m one of two from Michigan. They select their team to promote global diversity. It’s just a big melting pot of different experience levels.”

Applicants come from everywhere from Israel to Ghana to the Cayman Islands.

“They get over 1,000 applications. They were looking for a personality that could mesh well and not have an ego walking into it, because we’re all on the same slate when we get there—whether you’re a mentor or apprentice,” said Kim. She noted that applications are “more about getting to know your personality than your experience.”

But that doesn’t mean everyone makes the cut.

“It’s a very exclusive program,” said Kim. “There’re only 400 people in the world that have had this training.”

In 2010, Kim won the City Pulse Banzai Energy Drink Cocktail Wars mixology contest, and just a few months ago entered the United States Bartenders’ Guild “Make it Exotico” Cocktail Competition. Unfortunately, Kim had to turn down her acceptance into the semi-finals because the contest would coincide with Tales of the Cocktail.

“I go with my gut when I do stuff,” said Kim on her cocktail-making strategy. “Any bartender starting out, you have to have a good handle on the classics. Any great drink should be derived from the classic cocktails. I have a good base on that so I can fly off the handle and do some crazy stuff, but it ends up usually working out.”

Kim said that grasp of the basics

makes her mixology style versatile. She is all about doing the unexpected.

“I like to have fun while I’m creating cocktails,” said Kim. “I step out of the box sometimes. I use a lot of ingredients most people wouldn’t. I like to pair different things that people wouldn’t think go together.”

Kim said that she is thankful for this opportunity that she would not have been able to earn less than a century ago.

“It’s kind of incredible for me, personally, to be experiencing this,” said Kim. “It wasn’t long ago that women

weren’t allowed to work in bars here in Michigan. In 1945, they passed a law making it illegal for women, unless you were the wife or the daughter of a saloon owner. That was actually a law for 10 years in Michigan, that if you were a female, you couldn’t be behind the bar.”

With that barrier broken down, Kim welcomes new opportunities her way.

“For women in this industry, you definitely have to fight your way to get to the top,” said Kim. “But I feel like [Tales of the Cocktail] will give me a leg up in that situation.”

Closed for cleaning Theio’s Restaurant temporarily out of order



Courtesy Photo

The restaurant is temporarily closed.

By Eve Kucharski

For the first time in decades, the 41-year-old, 24-hour breakfast spot Theio’s Restaurant shut down on a day that wasn’t Christmas. Not permanently, however, according to new owner Virginia Pulido, only to correct “aesthetic neglect.”

“There are things I still have to do,” Pulido said. “I want it to look pretty again, refreshing customer service and the quality of food.”

Pulido said she can’t say for certain, but her goal is to get the restaurant up and running again by Aug. 1 after doing a deep clean. Pulido is the second owner to take over the business within the year. The previous owner, Nick Mangopoulos, ran the business for 24 years. He then sold it to Kum Cha Uebel, who operated Theio’s Restaurant for only a few months before Pulido came in as owner on July 1.

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PUBLIC NOTICES

CITY OF LANSING NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing will be held on Monday, July 24, 2017 at 7:00 p.m. in the City Council Chambers, 10th Floor Lansing City Hall, 124 W. Michigan Ave., Lansing, MI for the purpose of considering:

An Ordinance of the City of Lansing, Michigan amend Chapter 1442 - Signs, Section 1442.15 - Window Signs; Permitted Zoning Districts.

For more information please call 517-483-4177. If you are interested in this matter, please attend the public hearing or send a representative. Written comments will be accepted between 8 a.m. and 5 p.m. on City business days if received before 5 p.m., Monday, May 5, 2014, at the City Clerk’s Office, Ninth Floor, City Hall, 124 West Michigan Ave., Lansing, MI 48933 or email city.clerk@lansingmi.gov.

Chris Swope, Lansing City Clerk
www.lansingmi.gov/Clerk

www.facebook.com/LansingClerkSwope
CP#17-203

Crooner in the family tree

Former Lansing man is son of Bobby Darin

By Bill Castanier

Aficionados of Lansing theater are likely to remember Sam Tallerico who took the acting scene by storm in the 1980s. Initially, coming to Lansing to work in television at the fledgling Channel 47, he landed roles with the Lansing Civic Players, Spotlight Theatre and other groups.

"I was 28 at the time and I wanted to do theater," Tallerico said. "My first production was 'Grease' at Lansing Community College. It was my first thing ever and I tried out for the cast."

Tallerico made it as Kenickie.

Theater goers liked his style, his quick wit and great voice. He resembled someone famous, but they couldn't quite place him.

While in Lansing from 1983-1989, Tallerico attended Lansing Community College, graduating with a degree in American Sign Language. For a time, he said he did what every actor does: he worked as a waiter, at Sneaker's.

He then moved to New York City to try his hand at acting there. He worked in what he calls "numerous off-off Broadway shows."

Eventually, he found that theater wasn't for him and he dropped out of the chase to work full time in interpreting. During his time in the city, Tallerico developed the habit of calling his mother, Earlene, every night. Usually, their conversations were fairly mundane, but one night, he learned a bit of information that shocked him.

His mom asked, "Would you have tried out for 'American Idol' if it was around when you were younger?"

He recalled how after singing "Greased Lightning" people told him he was born to sing '50s rock 'n' roll, but he knew he wasn't of "American Idol" caliber.

His mom continued: "I'm always surprised you say things like that, given your father was a professional musician."

This piqued Tallerico's interest. He knew he was adopted, but never made an effort to find his birth parents. No one ever mentioned a link to a musician.

Eventually, Tallerico would use this conversation as the start of his book, "Who Did You Say Your Father Was?"

Tallerico's book follows his story as he set out to wade through a mire of complex adoption laws to find his birth parents. He initially discovered he was born to a single mom—a waitress in her thirties—and that he also had a sister, whom she had placed for adoption, and a brother, whom she kept.

Reports on his birth father were vague, only that he was in his middle 20's, of Italian descent, good looking and that he sang professionally. More digging eventually unearthed who he felt to be the prime

candidate: Bobby Darin.

Tallerico was shocked, but the more he looked at pictures of Darin, the more he saw the uncanny resemblance. He also hired a confidential intermediary to help with his search.

Working with the sketchy details he had, Tallerico learned that in order for his theory to check out, some evidence would have to be true: Darin would have had to be in Detroit sometime in 1957. Sure enough, in July 1957, the performer played a gig in Detroit. Tallerico was born in April 1958.

He documented learning these details in his book.

"Oh my God," he said. "This was it. Search over. Christine (the intermediary)

stopped short of telling me her findings revealed that my biological father was Bobby Darin."

That's right. The singer of "Mack the Knife" was his biological father.

He then took the next logical steps. Darin, who died in 1973, had a son, Dodd Darin. Tallerico made numerous attempts at meeting his half-brother, but was rebuffed.

He also researched through his partner — a lawyer — a clarification about whether he would be entitled to any of Darin's estate.

"I was relieved to find out I wasn't. That would have made everything more complex. Michigan adoption law and a will precluded me from that," Tallerico said.

"I didn't want to go the National Enquirer route and make the story lurid and sensational," he said.

Tallerico then wrote another letter to his half-brother hoping to meet to confirm DNA evidence, but he got back a cease and desist letter. There would no meeting, and without confirming DNA evidence there was nothing he could do.

But amid those frustrations Tallerico decided to write a book detailing his journey. He also used the book to reaffirm that Darin may have been his biological father, but the couple who raised him in St. Clair Shores were his parents; his real mother and father.

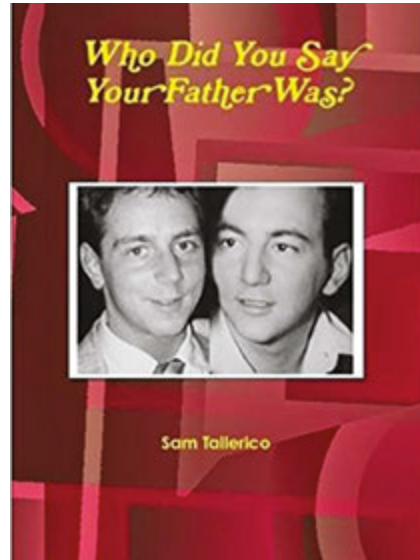
The story should have ended there, but as I talked to Tallerico, he told the story of how on a long shot, he sent a swab sample to the popular DNA site 23andme.com. After a short wait, he got the news that there was a DNA confirmation tying his own DNA to Bobby Darin's."

I received a phone call from a distant relative of Darin," he said. "Her father was Darin's second cousin. The DNA confirmation validated my relationship. There was no longer any doubt."

Tallerico said he hasn't tried to reach out to his half-brother again.

"I had a feeling of rejection back then, but I still want to look into the eyes of my biological half sibling. Hopefully, the book hasn't burned that bridge," Tallerico said.

Regardless, Tallerico said he expects to update the book soon with the confirmation that he is Darin's son.



Courtesy Photo

Sam Tallerico tells of the search for the identity his father, in his book "Who Did You Say Your Father Was?"

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Thursday July 20 from 6-9pm
Meridian Mall location

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Saturday, July 22 @ 11am
Meridian Mall location

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The Health Issue

CityPULSE



Gown and gown partnership McLaren gives mental health nursing a boost at MSU

By LAWRENCE COSENTINO

Randolf Rasch, the dean of MSU's College of Nursing, is glad that the current health care debate — ugly as it has been — is shining a light on many issues close to his heart, including mental health.

"We're going through crazy stuff, but our elected officials realize they've got to do something that benefits the health of Americans," Rasch said. "It's heartening to hear people from different sides of the spectrum talking about mental health."

On top of the growing number of patients whose primary need is for mental health care, there is a mental health side to nearly every diagnosis, especially chronic ones that call for wrenching lifestyle changes.



Courtesy Photo

Tom Mee, McLaren CEO and proud registered nurse.

When Rasch, a family nurse practitioner, came to East Lansing in 2015, mental health was one of his top priorities.

"Almost any patient you see has behavioral mental health issues," Rasch said. "They can be simple or very complex, the equivalent of a common cold all the way up to a serious problem."

But the waiting time to see a psychiatric-mental health nurse practitioner, psychologist or psychiatrist can be as

much as two months.

"We don't have enough providers in mental health and that's a huge problem," Rasch said.

At about the same time, Rasch took the reins at MSU, Tom Mee, CEO of McLaren Greater Lansing, was thinking about an endowment for MSU's nursing school.

Last fall, McLaren took the plunge and made a \$1.5 million gift to MSU's College of Nursing to establish an endowed chair for behavioral mental health nursing education.

"He saw the great need for improving mental health outcomes at McLaren and saw this as a way of doing that," Rasch said.

Mee said the endowment is "a commitment to work together to break down the single greatest barrier to mental health care services — access to providers."

Rasch said the main goal of the endowment is to improve mental health patient outcomes at McLaren, but also to train registered nurses at the bachelor's level and more advanced stages of training, such as clinical specialists, to help patients of all kinds who have behavioral mental health issues.

Rasch has a soft spot for Mee, and not just because of the generous endowment—the second largest gift ever given to the nursing college. Mee, also, is a registered nurse and proudly wears his nurse tag at work along with his CEO badge.

The endowment will boost a "gown and gown" partnership between McLaren and MSU that already folds learning and research into practice.

"The advantage of doing it with McLaren is that when students go there for practice, they're in an institution that is emphasizing mental health," Rasch said.

Nurses have a wider range of skills than many people think.

"Often the public has a restricted idea of what nurses do, like passing medications and putting people in a bedpan," Rasch said.

In most states, advanced nurses can do some diagnoses and prescribe medications for conditions such as diabetes or upper respiratory infections and track those patients.

However, Rasch considers every skill in which nurses are trained, from emp-

tying bedpans to making diagnoses, as a means to an end.

"The goal isn't to prescribe, or to do those technical skills," he said. "It is to be with patients and families, to figure out who they are and how to adapt what they need to how they live."

Mental health is an integral part of that job, no matter what the outward condition might be.

"If someone is being treated for a chronic disease like diabetes, it can be depressing," Rasch said. "What nursing is about is about making sure you address the needs of the whole person."

When treating a condition that requires lifestyle changes, as treating diabetes does, nurses trained in behavioral mental health meet people where they are.

"What we eat is quality of life," Rasch said. "If you tell me I can't eat what I normally eat, I'm not likely to follow it. If you tell how to eat what I normally eat and make it more healthy, you have greater success and a better outcome."

The ties between mental and physical health are perhaps most obvious in one of society's deadliest scourges, substance abuse.

Rasch approaches the problem with the compassion of a lifelong nurse practitioner. "We need to remember that most people who are abusing drugs or other substances are not getting adequate care for their behavioral and mental health needs and they are self-medicating," he said.

When Rasch's students refer to a patient as a "drug-seeker," he asks the student to think a little harder. "I think it's important how we talk about these things," he said.

Behavioral mental health specialists have long known that the obvious solution to the problem — cutting off the supply of the substance being abused — usually drives the patient to another source.

"The real care they need should address the underlying problem," Rasch said. "We want to collaborate with the nurses at McLaren to increase everybody's ability to recognize when there is a problem and figure out how to get those patients to the care that they need."

It hasn't escaped Rasch's notice that many people have finally come around to supporting treatment, rather than mass incarceration, for substance abus-



Courtesy Photo

Randolf Rasch, dean of MSU's College of Nursing.

ers. Only when the drug of choice became opioids and heroin, and the people affected lived outside the big cities—and had lighter skin color.

"Yeah, but you know — whatever it takes for people to wake up and smell the coffee," he said. "People are beginning to recognize that problems they normally associate with certain minority groups cross socio-economic status. More people realize they know someone personally who has these issues."

Rasch takes the ugly side of the health care debate philosophically, as a symptom of beneficial growing pains in society. The long view reflects his religious background. He planned to go to medical school but went into nursing at Andrews University in Berrien Springs, Michigan. He loved his time at the evangelical Christian college.

"It was one of the best decisions of my life," he said.

He thinks the current epidemic of mental health problems, including substance abuse, are making a lot of people get religion — literally — and find the taproots of compassion that underlie the turbulence above ground.

"I can't think of a religion, or a social practice like humanism or whatever, where the foundation isn't concern about your fellow human beings," he said.

The Health Issue



CityPULSE

The committee of 'yes' W3 works for women's well-being

By EVE KUCHARSKI

Often, it's gradual. First a strand or two. Then, there might be a clump on the pillow or in your hairbrush. Your scalp might feel tender. Before you know it, your hair might all be gone. This is just one of many harsh realities for patients undergoing chemotherapy.

However, it's also one of the many projects that Women Working Wonders has taken on.

W3, which operates through the Sparrow Foundation, focuses exclusively on raising money to improve women's health across mid-Michigan. Stella Cash, Sparrow Health System's vice president of development and strategic partnerships, works directly with W3. She said that keeping one's hair during treatment, especially for women, can be a needed morale booster.

"A breast cancer survivor was talking to W3 about it and she said, 'When you have your hair, you're just normal and people treat you that way, but when you lose your hair, people treat you differently,'" Cash said. "I think we're all guilty of that. We don't intend to, we just do it."

That's why last June, W3's Dapper Dads Challenge and Fashion Show raised nearly \$600,000 for the Food and Drug Administration-approved treatment of ice cap therapy. The therapy involves putting on an incredibly cold cap before, during and after treatment, to prevent the scalp's absorption of cancer-fighting drugs that can cause hair loss. Cash said 66 percent of the women who used the treatment retained at least some hair.

Founded in 2000 by Virginia Hilbert, the roughly 30-member group has flourished since its start. W3 has been involved in numerous projects, like providing more form-fitting hospital gowns for women undergoing cancer treatment at Sparrow Hospital, the purchase of updated cancer-fighting technology and installation of bereavement rooms for parents who lost their children.

One of W3's first projects was implementing SANE rooms, for Sexual Assault Nurse Examiners. These rooms ensure privacy for the victims of sexual assault or abuse, while also preserving the evidence of their cases.

Deb Atkinson is a former chairwoman of W3 and has an endowment fund within the group named after her for her efforts. She said the group's involvement in women's health only expanded from those projects.

"Then we moved onto two more in the emergency rooms that were designed early to treat women's health-related emergencies," Atkinson said. "Those were so easy to raise money for, because all you had to tell was what you were doing."

Cash attributes some of the group's success to its unconventional setup.

"No policies, no procedures, no by-laws, no attendance requirements, no financial requirements," Cash said. "You join us because you are passionate about women's health in our community and you choose something to do and then you do it."

Regular membership normally hovers around 30 people because of these policies.

"We'll have people who come and go. We'll have someone that can't come for six months, we don't care. There's no dues. But if we would need to call on that person, we can always call on them," Cash said. "So, you have a woman who works who has children. Well they can't take on a big project, but they can take on a little piece."

Those little contributing pieces are what make bigger things possible. One such project is W3's Kaleidoscope project, designed to educate and inspire women about their own health.

The current chairwoman, Janet Freund, has taken to calling W3 the "committee of yes" because of its can-do outlook.

"It is, because Stella brings things to us, and we just go, 'Yes! We'll do that. We'll fund that. We'll take care of that,'" Freund said.

Cash's role is something of a liaison between Sparrow and W3. She frequently is the first to bring issues to the members' attention, though she's not the only source.

"A lot of the time, caregivers bring them to us. Sometimes it's the Sparrow leadership. Sometimes, W3 thinks them up, and we just do it," Cash said.

W3 is also responsible for donating \$1 million for a brand-new Lansing landmark: the courtyard in front of Sparrow Hospital's Herbert-Herman Cancer Center. This includes its heated pavement, landscaping, lighting and its 20-foot glass and bronze sculpture, by artist Herb Babcock.

And though the donation of a courtyard might not seem like much in the way of improving women's health, Cash begs to differ.

"If you're having chemo, you're here for three, four, five, six hours — especially if you're going to have the ice cap therapy. Think about being able to go out here and just sit and soak up some sunshine. And the walks are all heated. So, not only in the sunshine, but they'll be



Courtesy Photo

Women Working Wonders, or W3, raised \$1 million for the courtyard in front of the Herbert-Herman Cancer Center.

able to go out here in the winter," Cash said. "Sixty-eight percent of the newly diagnosed patients that we see are women, so this is where we need to be. There's no doubt about it."

Another of W3's former chairwomen, Patti Barnas, said she is often pleasantly surprised at the group's growing ambition.

"For the fundraising for this, originally Stella thought we should do \$500,000. Deb Atkinson, one of our other former chairs, didn't like the sound of that and she said a million," Barnas said. "Up until then we had been doing \$250,000 — that was our largest. But seeing this through, and being able to see our name out here, contributing to the beautiful piece of art, it means a lot to know that we're going to help so many more people."

The group meets for a lunch every third Thursday of the month and is open to all interested women — except of course Cash's husband, Jerry, who is an honorary member.

"Anybody is welcome to be a part of this group. It doesn't matter if you have money or if you don't. We don't want anyone who comes with a hidden agenda, that's our only criteria. And we want people that focus on women's health," Cash said.

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The Health Issue



CityPULSE

Homegrown health

Local trainers dish on how to get fit

By RICH TUPIKA

Dropping a few pounds on a fad diet is one thing, having the willpower to stay fit is very different animal. City Pulse chatted with two local trainers and asked them how to stay on course with a fitness plan, while juggling work and other daily obstacles. Here's what they had to say.

Jason McCammon, 39, of Grand Ledge, is the president of **IQ Fit: Fitness and Wellness Center**, 2510 E. Michigan Ave., Lansing. McCammon, a body-building trainer, has operated IQ, along with his wife, vice president Kristin McCammon, for the past 13 years. He's also a former national-level track athlete with a professional background in bio-mechanics.



Jen Hilker, 38, is an 11-year employee at Sparrow Health System's **Michigan Athletic Club**, 2900 Hannah Blvd., East Lansing. Prior to that, she played club volleyball at Michigan State University. She's also



been a National Academy of Sports Medicine Certified Personal Trainer since 2001 and has a master's in exercise physiology from MSU. Additionally, she also teaches fitness courses at Lansing Community College.

What are some healthy dietary habits?

McCammon: Nutrition is more psychology than physiology. No matter how smart the practitioner, you have to create a way to help the person make their own breakthrough and help them become self-motivated to change. Even the most personalized plan in the world will fail without permanent behavior change ... We assess their current habits and support them with positive encouragement and simple steps to help to make some changes. It must be a work in progress and requires tons of patience. And we never recommend any strict diet.

Hilker: I encourage people to eat real foods as often as possible. Avoid processed foods and fad diets. If you do eat prepared products, reading labels is a must. Drinking water needs to be a priority, too. I think the biggest issue for people these days is finding the time to prepare meals and snacks ... Most trainers will recommend a balance, something like 80/20 - where 80 percent of the time you eat as healthy as you can and 20 percent can be reserved for indulgences.

Is there a good way to work craft

beer into a healthy diet?

McCammon: We don't believe in any bad foods, just poor behavioral choices, in relation to the member's goals. There is nothing inherently wrong with beer - or any food - but there is a time and place for foods that are considered non-essential or just for comfort. The key is being reasonable. If someone is eating clean 80-percent of the time, then a couple beers a week is not going to stop them from getting in better shape.

Hilker: That's why 80/20 is so great. Make good nutritional choices and have that beer! The key to getting fit and remaining that way is consistency.

For those aiming to losing weight, is cardio or weight training more effective?

McCammon: It depends on how much time someone can invest in their training. For just a couple days a week, weight training provides the very best return on investment. Studies show as much as nine-times more fat loss from those that weight train than those who do traditional cardio like jogging ... Weight training not only burns more total fat, but with a properly designed program, will prepare the person for functional activities like running.

Hilker: They are equally important. In past decades, recommendations were mostly for cardiovascular exercise. More recent studies show how important and beneficial strength training can be, too. Pretty much after the age of 30, our strength begins to

decline. This decline can be slowed and even reversed by doing strength exercises as little as twice a week. People who participate in weight-loss programs are more likely to remain successful long term if they incorporate strength training into their plan.

How should people stay active when they're not with their trainer?

McCammon: Taking bike rides, walking or running with a pet or playing some pick-up basketball. Folks have to find activities they actually like. For example, running just to lose weight will not only injure most people, but will not be sustainable unless you like to run and have good form.

What's one last piece of advice?

McCammon: You can go it alone, pay nothing, but risk getting hurt—maybe seriously. And ultimately, not have enough knowledge or skill to be successful. This is very defeating and a big waste of your precious time. Or, you can invest in a quality program and not only get results, but keep the results, while learning proper habits for life. Doing it the right way can also save tens of thousands of dollars on medical expenses and extend your quality of life.

Hilker: Don't wait until tomorrow and definitely don't skip the strength training.

Note: Both McCammon and Hilker recommend consulting a professional before starting any fitness routine. Visit them online at iqfit.com and sparrow.org/mac.

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The Health Issue



CityPULSE

Coloring and canines

A woman's journey of self-care

By EYE KUCHARSKI

The slam of the door, the chatter of people, the hiss of the espresso machine. Imagine doing something as mundane as going to a coffee shop while being unable to filter out the excess noise. That constant cacophony is a reality for Rachael Loucks.

"A lot of times I liken it to some people who have autism and they experience that really overwhelming feeling, and then they have a breakdown. For me, it's just like that," Loucks said. "Everything is magnified. Something that really isn't that loud to a normal person is 10 times louder to me."

This makes it impossible for the 33-year-old to hold down a regular 9-to-5 job, like the kind she had in the conservation field before her second traumatic brain injury.

"My brain injury happened because I fell off my horse. In 2010 was my origi-

nal injury," Loucks said. "In 2015, I had a really bad car accident, making my symptoms a lot worse."

And for a while, the compounded injuries made even Loucks' daily life nearly impossible due to the post-traumatic stress disorder she suffers.

"I couldn't even be in a car and hear the noise without being extremely afraid. So, there was a period of time that I barely left my house unless it was for doctor appointments," Loucks said. "It's been a very slow healing process."

But Loucks has persevered. Her love of animals and her need for an active lifestyle motivated her to get involved with the K9 Fit Club, a national organization that certifies people as trainers for both animals and humans. Loucks said she got the idea after working with her mother, who is a small animal veterinarian.

"If a client came in and they were overweight, most of the time the dog was too. That was also another piece of it. Pet obesity in general has gone way up and humans are struggling with that too," Loucks said.

After earning her certification in 2016, Loucks spent most of the year teaching classes regularly.

One for people.

"We'd have people rotating around stations, and the people would do things like mountain climbers, planks, push-ups, different types of ab workouts. The dog was really just there to motivate you to come to class," Loucks said. "They moved around with you, but they didn't do a dog-specific workout."

And one designed for dogs.

"I had equipment for dogs. I would combine different exercises together so that they had to do different movements that they normally wouldn't do. Like how a person does a pushup, I could simulate that for a dog's body," Loucks said. "Or things like working their core, which doesn't always happen if you're just walking with them."

However, even with the newfound activity, Loucks still felt off.

"I wasn't doing well, even though I was only teaching once or twice a week and my classes were an hour. That was still too much," Loucks said.

So last spring, the classes stopped. Loucks said that part of the reason was that she wasn't getting fulfillment with her mental health, and she began to feel overwhelmed and anxious again. In an effort to motivate herself to complete regular tasks, she took up meditative coloring.

"When I started coloring, I just did it because I wanted something to do, but then I started seeing how psychologists are actually studying coloring and its ef-

fects on the brain," Loucks said. "It has a meditative component, too."

That meditative component has been covered by the likes of the Atlantic magazine, CNN, the Huffington Post and more. Loucks said that since she started, each project she completes is like a milestone—proving that she can consistently progress. She said her focus has improved, and she said she feels motivated to teach fitness again.

"By continuing to do it, it has taught me how to relax my body when those stress signs come up. It's helped me to just start doing something, an activity," Loucks said. "Those are also all barriers to being physically active."

But Loucks said she wants to do more varied classes when she begins teaching again. She is slated to resume teaching fitness in fall but will include courses on self-care also.

"I would like to figure out a way to help the average person who is looking for a different way to live healthy or for general wellness. I'd like to have the ability to reach both populations," she said.

"I'd love to be able to bring coloring to a retirement home or places like that where people could benefit directly from that type of activity. And the same thing with animal therapy, that's another component of it."

Loucks said all profits she earns from her classes will go directly to benefit organizations that have trauma support. More information can be found about classes online at daring2pursue.com, as well as on Instagram and Twitter.

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The Health Issue



CityPULSE

Staff Picks: Fitness App

30 Day Fitness Challenge

"This app is perfect for the person who says, 'I just don't have time to work out.'" Simple moves to work your "trouble areas" for one whole month keep you motivated to get fit and stay that way.



Charity Miles

"I can't see why someone wouldn't have this app on his or her phone." Multiple activity options and GPS tracking allow users to raise money for charities while losing their love-handles.



Nike+ Run Club

"Overall Nike+ keeps track of the basics so you don't have to." Multiple setting options and music features make that 10 mile run feel more like three.



Walk for a dog

"I will continue to use this app because even if I do not have my dog with me, I can still walk and positively impact these charities." What it makes up for in positive charitable impact, the app lacks in features for fitness tracking.



Check out our digital issue Thursday for our full list

High-Tech Fitness: Pros and Cons of some of the Industry's Hottest Products

By Megan Westers

With all the new fitness technology advancements, it's difficult to keep track of what's out there and what actually works.

Items like Fitbits and Apple Watches—although they've been on the market for years now—are still booming in popularity. While these types of products have their perks, each has their own set of challenges as well.

Haley Stadnikia, 24, lives in Ventura, California where her boyfriend and dog are quite active. She received a 1st generation Apple Watch as a college graduation gift, and as an ex-collegiate athlete and fit person, she uses it often.

"It's stylish and easy to wear in a professional setting," said Stadnikia, explaining that the interchangeable bands can transform the look of the watch for any occasion.

Stadnikia said that in terms of tracking

steps and exercise, the watch holds up quite well. Another perk of the watch, aside from fitness tracking, is its ability to receive notifications that would normally be received on an iPhone. Her favorite tool on the watch is the iPhone tracker which allows her to find her phone if she loses it, by way of a "ping" noise. While these extra features are nice, she did note that there are two big problems that she has with her Apple Watch: its range and its battery life.

"Like all electronics it seems, you have to charge it every night," Stadnikia said, noting that sometimes it "dies on me in the middle of the day if it's been used quite a bit."

It also needs to be within a few feet of her iPhone to track her fitness.

Because her boyfriend, Tyler Meinke, owns a Garmin watch, Stadnikia has had the opportunity to compare the two side-by-side. She said if she had to choose between what she has and a Garmin watch, she would choose Garmin because of its range and because it is waterproof.

But watches aren't the only way to aid fitness goals. High-tech running shoes are gaining popularity too. Some can send

information apps on a smart phone and have memory foam in the soles that can help runners get the perfect spring in their step. High-tech shirts and shorts are performing in similar ways. Some are designed for running and others for activities like spinning, biking or hiking. Even high-tech yoga mats have made a debut on the fitness-tech market.

Another difference in the high-tech fitness gadgets of today versus even five years ago, is the diversity of activities that technology is entering into. Now, these technological applications to fitness don't stop at personal fitness goals or even single-person activities like running, spinning and hiking. Now, team sports like basketball are utilizing high-tech balls to track mistakes, pass speed and more.

If people are interested in monitoring their fitness at any level, it's likely that technology has played a role in it. Trends only seem to point to more technological involvement in fitness tracking, an exciting evolution to watch.

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The Health Issue



CityPULSE

A review of some of Instagram's most popular health trends

By Danielle Chesney
Sugar Bear Hair

The website promises healthier hair with a \$30 bottle of 60 vitamins. Basically, these little blue gummies contain biotin, folic acid and a splash of vitamin C to give your locks that “paid-to-post-Instagrams” glow. Sugarbearhair markets their product as a vegetarian dietary supplement through young, attractive women on social media. Do these adult-appropriate Flintstone gummy replacements actually work?

According to reviews on their website, the vitamins typically receive an average of 4.8 out five stars, 99 percent of customers prefer the taste over other vitamins and 94 percent of customers see results after three months. But Amazon.com shows a popular complaint of an increase of cystic acne. It turns out, because the body produces biotin by itself, excess amounts can cause a chemical imbalance—resulting in acne.

Flat Tummy Tea

Flat Tummy Tea is supposed to “cleanse your system, support metabolism, reduce bloating and boost energy.*” The important part of that claim is the asterisk at the end. When you follow the asterisk to the bot-

tom of the website, you see this warning: “These statements have not been evaluated by the Food and Drug Administration.” The website is full of gimmicks hoping to relate to female customers, referring to them as “babe” and making up words like “bluggish” for bloated and sluggish. The reviews on the website are 100 percent positive, but highya.com says the results aren't from detoxification. Instead, they are from a loss of water weight caused by the diuretic ingredients.

FitTea

Customers have their choice among the original 14-day detox, a 28-day detox, on-the-go FitTea sticks, a chocolate shake version and a fat burner version. Prices range from

\$24.99 to \$100. Website reviews boast the tea helped users lose weight “right away,” but if you read the Frequently Asked Questions, you'll see the tea is not intended to help drinkers lose weight. Instead, the product claims it will “enhance your weight management program as part of a healthy diet and exercise regimen.” So, you must work out and eat well to lose weight. A very straightforward question in the FAQ tab, “Will I lose weight?” is met with a politics-grade answer: “Weight loss results may vary from person to person.” Hopefully, when you order it you aren't intending to begin your “weight management” the following day, since the product could take up to 40 days to arrive.



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■ Uncompensated Care - \$36,167,061

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■ Health Professions Education - \$4,952,174

Cost of McLaren Greater Lansing's training programs which help educate and prepare future healthcare professionals, including physicians and nurses.

■ Mental Health Endowment - \$1,500,000

In 2016 McLaren made a \$1.5 million commitment to Michigan State University's College of Nursing to establish their first endowed chair of nursing to help address the mental health needs of the community.

■ Charity Care - \$490,409

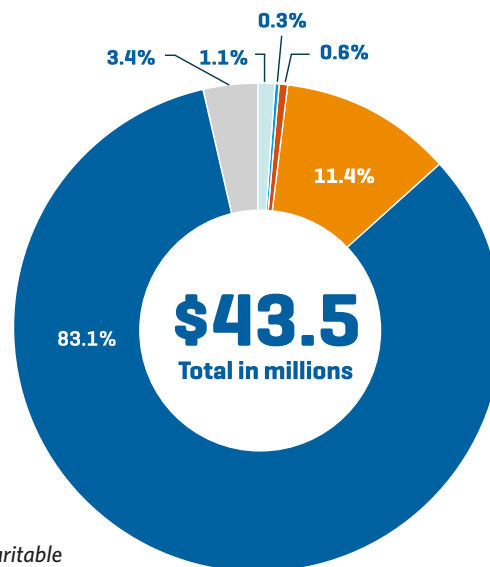
Free or discounted care provided to individuals who are unable to pay for the services received.

■ Community Partnership Support & Donations - \$261,409

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■ Community Programs - \$129,306

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Lansing's LGBT Connection!

Lansing Association for Human Rights

The LGBT News

Michigan's oldest community based organization

March 2017: Published Monthly

Transitioning Probably Doesn't Mean What You Think It Does

by Erica Spitzfaden

In the trans community, one of the most often used words is "transitioning." We say things like "I started transitioning" or "I transitioned on some such date." I think the trans community uses it differently than people outside the community.

I've had a number of interactions with people that have led me to this conclusion. I have been asked how far along I was in transition. When speaking about me, someone once said I was "in transition." A nurse asked, "So you want to be a...?" Woman was the word she left out.

All of those questions come from the assumption that I am changing from one thing to another. From a man to a woman. This is not correct. I am a woman.

So what are trans people talking about when we talk about transitioning?

There are three primary areas in which we transition: medically, legally, and socially.

Medical transitions can look different for many people. It can include hormone blockers, hormones, and/or

surgery. This is usually what the general public thinks transitioning is all about. It's NOT.

Legal transitions may include name and/or sex marker changes (although not everyone changes their name) and ID changes (e.g., passport, driver's license, social security card, etc.). This can also include changes on employment history documents and other forms.

Social transitions generally refer to presentation and informing people of your name and pronouns, and that may include wearing hair or clothing that you deem appropriate for your gender. This is usually not solely about "passing," but also about acceptance.

Not all trans people are on the same path. Legal documents and medical procedures are expensive and may be out of reach for some. Some of us may use hormones, but not opt of surgery. Some of us change our names, some do not. For others, it's enough to change legal documents. Regardless of what path trans people are on, we tend to use similar language. And at

See Transitioning, Page 20

Queer Anti-Semitism

by Olivia Brenner

On June 24, 2017, what could have been a typical Pride celebration turned into an international incident whose reverberations will be felt by some members of the queer community for years to come. At the Chicago Dyke March, an annual radical march that can trace its roots back more than 20 years, multiple participants were forced to leave because they carried flags that the organizers claimed made people feel "unsafe." These flags featured the well-known rainbow flag with the image of a Magen David, or Star of David as it is commonly translated, superimposed overtop.

As many communities within the larger queer community have done, queer Jews created this flag to represent and celebrate their unique position as queer people who are also marginalized in other ways. The creators of the flag used a symbol that is undoubtedly the most recognizable sign of Judaism purposefully and without shame, in much the same way as the creators of the Israeli flag did nearly 70 years ago. A person carrying the Jewish pride flag is not making a statement about their relationship to Israel, but one of the many red flags for modern Anti-Semitism is assuming a connection between all Jews around the world and Israel. This is dangerous because many people view Israel as an oppressive force and therefore view all Jews as oppressors as well. This is part of why people do not feel the need to include Jewish issues in social justice and leads to further marginalization

on all sides of the political spectrum.

Anti-Semitism in the progressive left is not a new phenomenon, but has recently begun gaining alarming visibility. Movements that have been led and supported by Jewish people since their formation are becoming hostile environments for socially conscious Jews. The acts of anti-Semitism at the Chicago Dyke March are only the latest in an 86 percent increase in anti-Semitic incidents from 2016, which in turn saw a 34 percent increase from 2015, according to a report put out by the Anti-Defamation League in April of this year. Jews who are driven to practice tikkun olam, the Jewish concept of repairing the world through activism and social policy, are finding it increasingly difficult to do their work in a system that seemingly supports all other marginalized groups.

It has become a dangerous balancing act for Jewish activists who have to witness the rise of Neo-Nazi culture coming from one direction and the dismantling of previously safe spaces from the other. Without the support of other marginalized communities, Jewish activists face the doubly violent reality of Anti-Semitic violence occurring without anyone outside of the community caring about it. Historically, this is how the heaviest times of Jewish persecution have begun, and it can only be stopped by non-Jews standing up and refusing to let their communities be a part of this cycle. It is the responsibility of the queer community to fight for all people under its umbrella, and hopefully through unity we all can find safety.

Update from the LAHR Board

by Lydia Weiss

Fun fact: LAHR is one of the oldest LGBTQIA advocacy organizations in Michigan. Being one of the oldest has its perks; we have fierce forebears who have helped guide the work of our organization, we have strong name recognition here in the greater Lansing area, and we have some great communication pathways with other community leaders. But while we have a strong history, we also have a mostly “new” board. The torch has been passed, and let us be the first to tell you — your LAHR board has been busy.

As is true with most torch passing, we’re in the process of re-invigorating, rejuvenating, and re-envisioning our organization. We’ve developed a new mission and vision statement to more accurately reflect the values of our community and the contributions that we plan to make in the world of LGBTQIA justice. Check out our fancy new mission and vision:

Mission: LAHR pursues justice and

equality for LGBTQIA peoples through community-led advocacy, connection and education.

Vision: An equitable Michigan that values all people.

We will also be launching a new website in August where you will be able to find resources, information, calls to action, and community-wide opportunities. Oh, and you’ll be able to learn more about your LAHR board members.

As we continue to build LAHR, we need you. We need voices from our community to help guide our work. We need you to join us on committees and actions. We need you to stay informed and help us continue to educate the people in our lives and our legislators about what it means to be LGBTQIA in today’s world. So follow us on Facebook (Lansing Association for Human Rights), join our email list (email communications@lahronline.org), and tell us how you want to get involved.

Transitioning

from page 19

some point, many of us have had an epiphany, like “Oh, I’m really a woman (or man).” We recognized what we were and wanted the world to recognize us that way, too.

So, when many people in the trans community talk about transitioning, we are usually talking about transi-

tioning socially. Even if we are talking about when we started hormones or some other step of the process, we did those things to support social transition.

For me, I’m not a man who wants to become a woman. I’m a woman whose body looks so much like a man’s, no one believes I’m a woman.

Transitioning is not about becoming anything. It’s not about changing gender or sex. Transitioning is about setting the record straight.



Thank you!

We’d like to thank everyone who came out and celebrated Michigan Pride with us on June 17. Hundreds of you stopped by the Lansing Association for Human Rights’ table to talk about your lives and your priorities, and almost as many signed up for our new online mailing list. We’re looking forward to connecting with all of you soon!

Contribute!

Every month we collect personal essays and articles from people within the LGBTQIA community to share with you, dear readers. Our goal is to educate and advocate by showcasing a variety of opinions and experiences, as well as highlighting local events. If you’re interested in sharing your thoughts, pictures, or expertise, send an email to communications@lahronline.org.

YOUTH SUMMER PROGRAMS

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lcc.edu/seriousfun

OUT ON THE TOWN

Events must be entered through the calendar at lansingcitypulse.com. Deadline is 5 p.m. Wednesdays for the following week's issue. Charges may apply for paid events to appear in print. If you need assistance, please call Eve at (517) 999-5068.

Wednesday, July 19 CLASSES AND SEMINARS

Alcoholics Anonymous. At 6 p.m. Donation welcome. Pennsylvania Ave. Church of God, 3500 S. Pennsylvania Ave. Lansing. (517) 882-4114.
Code Building with Scratch. Beginner tutorials. Registration required at elpl.org 4 - 5 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.
Mindfulness. Meditation for beginners and experienced. 7 - 9 p.m. Chua Van Hanh Temple, 3015 S. Washington Lansing. ow.ly/3aWl30crlc. (517) 420-5820.
Shamanic Healing & Education Clinic. Shamanic demonstration clinic and talk .6:30 - 8:30 p.m. Free/Donations accepted. Willow Stick Ceremonies, 1515 W. Mt. Hope Ave., Suite 3 Lansing. (517) 402-6727.

MUSIC

Big Time Country with the Louis Longoria Band! Concerts through summer. 7 - 9 p.m. FREE/Donations accepted. William E. Tennant Performance Shell, 805 W. Park St., Saint Johns.
Deacon Earl at Allen Farmers Market. Come enjoy a performance. 5 - 6:30 p.m. FREE. Allen Market Place, 1629 E Kalamazoo St Lansing. allenneighborhoodcenter.org
Tavern House Jazz Band. From 7:30 p.m. to 10:30 a.m. Tavern and Tap, 101 S. Washington Square, Lansing. (517) 374-5555.
Tejano Sound Concert in the Park. Bring your own lawn chair or blanket. 7 - 9 p.m. FREE. Frances Park, 2600 Moores River Drive, Lansing. (517) 483-4277. lansingmi.gov/parks.

EVENTS

Allen Farmers Market. Weekly market. 2:30 - 7 p.m. FREE. Allen Market Place, 1629 E Kalamazoo St Lansing. (517) 999-3911. allenneighborhoodcenter.org/food/market.
Basketball Clinic. East Lansing High School coaches and players! Ages 3-14. 10:30 a.m. - noon FREE. East Lansing High School, 509 Burcham Drive East Lansing. (517) 351-2420. elpl.org.
Children's Theatre of Michigan (All ages). Original songs bring innovation to life. 10 - 11 a.m. FREE. Capital Area District Libraries South Lansing Branch, 3500 S. Cedar St., Lansing.
Garden Project Annual Community Garden Tour. Light refreshments and speakers. 5 - 8 p.m. FREE/Donations accepted. Resource Center, 2401 Marcus St., Lansing.
Kids Festival at Allen Farmers Market. Health screenings, face painting, live music, and more! 2:30 - 7 p.m. Allen Market Place, 1629 E. Kalamazoo, Lansing. (517) 999-3911.
Ming the Magnificent--Build a Better Car (All ages). Craft a car from recycled items. 6:30 - 7:30 p.m. FREE. Capital Area District Libraries Downtown Lansing Branch, 401 South Capitol Ave., Lansing.
Paper Table Challenge (All ages). Try and build

a strong table using just newspapers and tape. 2 - 3 p.m. FREE. Capital Area District Libraries Dansville Branch, 1379 E. Mason St., Dansville.
Picnic Storytime. Bring your lunch and join us outdoors for this storytime. 11 - 11:30 a.m. Grand Ledge Area District Library, 131 E Jefferson St., Grand Ledge.
Practice Your English. Practice listening to/speaking English. All skill levels welcome. 7 - 8 p.m. FREE. East Lansing Public Library, 950 Abbot Road East Lansing. (517) 351-2420. elpl.org.

ARTS

Conscience of the Human Spirit: The Life of Nelson Mandela. Art of African American Quilters. 12 - 2 p.m. FREE. Lookout! Gallery, 362 Bogue St., MSU campus East Lansing. ow.ly/Df7630cQvDL.

Thursday, July 20 CLASSES AND SEMINARS

(TOPS) Take Off Pounds Sensibly. Weigh-in 5:15 p.m. In room 207. 6 p.m. First meeting FREE. Haslett Middle School, 1535 Franklin St. Haslett. (517) 927-4307.
A Course in Miracles. Group on peace through forgiveness. 7 - 9 p.m. Unity Spiritual Center of Lansing, 230 S. Holmes, Lansing. (517) 371-3010. unitylansing.org.
Capital Area Crisis Rugby Practice. All skill levels welcome. 6 - 8 p.m. FREE. St. Joseph Park, 2125 W. Hillsdale Lansing. crisisfr.com.
Celebrate Recovery. For all types of hurts and hang-ups. 6 p.m. Donations welcome. Trinity Church (Lansing), 3355 Dunckel Road, Lansing. ow.ly/p9iv30cQGg.
Ear Acupuncture Detox Session. Acupuncture for health. Pre-registration needed. 6:30 - 8 p.m. FREE/Donations accepted. Willow Stick Ceremonies, 1515 W. Mt. Hope Ave., Suite 3 Lansing.

LITERATURE AND POETRY

Family Storytime. Stories, songs and activities. 10:30 a.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

MUSIC

Music in the Garden featuring Magic Bus. A 60s music tribute band. 7 - 9 p.m. FREE. Veterans Memorial Gardens Amphitheater, 2074 Aurelius Road, Holt. (517) 694-2136. ow.ly/FF0z30dDhIA.
Pops Concert. East Lansing Kiwanis Community Band. Bring blankets/lawn chairs. Kids welcome! 6 - 7 p.m. FREE. Patriarche Park, Located on the corner of E. Saginaw Street and Alton Road East Lansing.
Tom and Mary at South Lansing Farmer's Market. Tom Heideman and Mary Koenigsnecht. 5 - 7 p.m. FREE. South Lansing Farmers Market, 1905 W. Mount Hope Ave. Lansing. (517) 374-5700.

THEATRE

Coraline. About a girl who finds a magic door. 7 - 8:30 p.m. \$12/\$10 seniors and students. Riverwalk Theatre, 228 Museum Drive Lansing. (517) 482-5700. riverwalktheatre.com.
Murder for Two. 2 performers playing 13 roles. 8 - 9:30 p.m. \$15/\$13 Military/Senior (65+)/\$10 Student. Williamston Theatre, 122 S. Putnam Williamston. 517-655-SHOW. williamstontheatre.org.

EVENTS

Impression 5 Science Center: Structures Workshop (Ages 8-12). Compression/tension. 6 - 7 p.m. FREE. Capital Area District Libraries South Lansing Branch, 3500 S. Cedar St., Lansing. 517-272-9840.
12-Step Meeting. AA/NA/CA all welcome. Every Tuesday and Thursday in room 209. 12 - 1 p.m. FREE. Donations welcome. Cristo Rey Community Center, 1717 N. High St., Lansing.
Classroom Critters (All ages). Learn how mother natures designed animals. 12 - 1 p.m. FREE. Capital Area District Libraries Foster Branch, 200

Artistry shared



COURTESY/PHOTO

Celebrating The Spectrum students with their graduate student mentors after last year's Friday evening house concert at the Granger Estate

July 22

Since last year, Associate Professor of Piano and Director of Piano Pedagogy Derek Polischuk has been an innovator at MSU's College of Music with Celebrating the Spectrum. For one week, July 16 to 23, gifted young pianists with autism live the life of an MSU music student. Students learn what it's like to pursue their passion full time in a support system designed just for them.

Polischuk and MSU's chair of piano, Deborah Moriarty, started the festival with the help of MSU's Research in Autism, Intellectual and Other Neurodevelopmental Disabilities, or RAIN, Initiative. Polischuk has been teaching students with autisms for 10 years.

Polischuk knew he had the resources to create something unique—a program that breaks stereotypes about teaching children with autism.

"Last year we discovered that we should teach these students the same way that we approach music with any other human being, with what music is about: emotion and feeling," said Polischuk. "That's something that people who teach autistic students have sometimes purposely taken out of it. I think we're trying a different model."

This year, Polischuk has invited jazz professors Diego Rivera and Randy Napoleon to work on beginning jazz improvisations with the students.

"That's another thing a lot of people believe about people with autism," said Polischuk. "That they're not able to do something like

improvisation, but we're going to try that."

The goals of Celebrating the Spectrum are simple. Polischuk and his colleagues seek to engage students, inspire them and create a supportive environment for growth, all of which he saw in the program's first year and hopes to see again this week.

Each child is paired up with a College of Music graduate student. They eat every meal together, sleep in the dorms, take part in group and individual lessons, Pilates classes, and group trips off-campus, filling a 12-hour day.

At the end of the program, students take part in a concert open to the public in Cook Recital Hall on July 22, a culmination of a week of devoted work and growth. Last year's concert was obvious proof to Polischuk and those in attendance that disability doesn't define anyone.

"It wasn't a concert that was just good because kids with autism were playing," said Polischuk. "It was just a really beautiful summer afternoon concert. People had a better appreciation of what students with autism are capable of doing."

Celebrating the Spectrum: Final Concert

Saturday, July 22, 4 p.m.
 FREE
 Cook Recital Hall,
 East Lansing
 (517) 353-5340
music.msu.edu/spectrum

— DYLAN TARR

Jonesin' Crossword

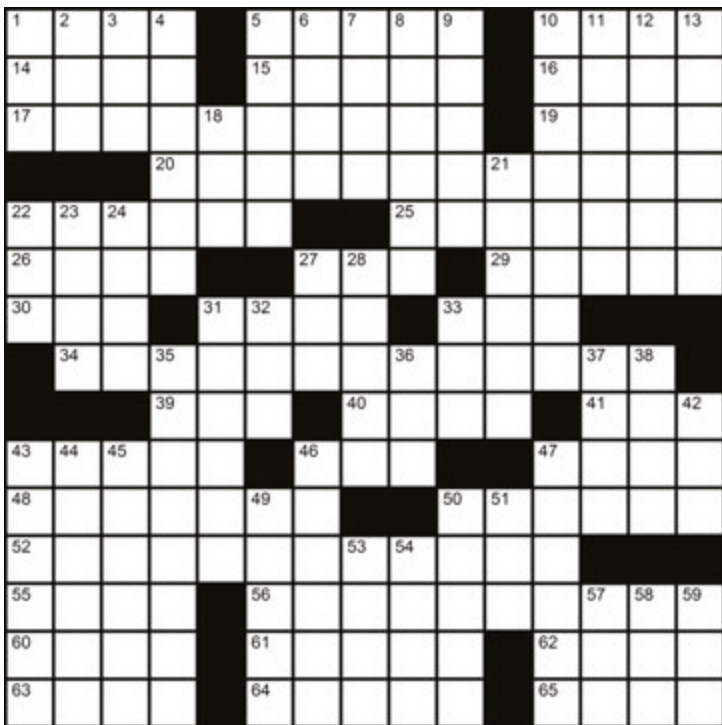
By Matt Jones

"It's PAT"--some pat answers, yes.

Matt Jones

Across

- 1 Chicken ___ (Italian dish, informally)
- 5 TV logician
- 10 Blot
- 14 Hairy twin of the Bible
- 15 Fluorescent bulb gas
- 16 ___ cosa (Spanish "something else")
- 17 French term for a temporary residence
- 19 Algerian setting for Camus's "The Plague"
- 20 Did some pranking
- 22 One-named '50s-'60s teen idol
- 25 Shelley's elegy for Keats
- 26 Castaway's refuge, perhaps
- 27 Fix eggs, maybe
- 29 Running count
- 30 Cross-shaped Greek letter
- 31 Diva's rendition
- 33 "___ Ho" ("Slumdog Millionaire" song)
- 34 Duo behind the CW series "Fool Us"
- 39 Giants giant Mel
- 40 Brand in the pet aisle
- 41 Bigwig
- 43 Handled
- 46 Tar clump
- 47 John who once co-hosted "Entertainment Tonight"
- 48 First Lady and diplomat Roosevelt
- 50 Got to the point?
- 52 With 56-Across, low-budget programming source
- 55 "It seems to me," online
- 56 See 52-Across
- 60 Has ___ with (is connected)
- 61 Without ___ in the world



- 62 Golden State sch.
 - 63 Construction area
 - 64 "Death of a Salesman" protagonist
 - 65 Marshmallow Easter treat
- ### Down
- 1 Rally feature
 - 2 "___ told you before ..."
 - 3 "Insecure" star Issa ___
 - 4 Kid's dirty "dessert"
 - 5 "Damn Yankees" villain, really
 - 6 Gazelles, to cheetahs
 - 7 Fairy tale baddie (unless it's Shrek)
 - 8 "Marat/Sade" character Charlotte
 - 9 Work out some knots eventually find out
 - 10 Symbol of deadness
 - 11 Like some fibrillation
 - 12 Thymine (T) : DNA :: ___ (U) : RNA
 - 13 Graffiti artist who opened (and closed)
 - 18 Words between "chicken" and "king"
 - 21 Wrecks
 - 22 Qualified
 - 23 "The faster the better"
 - 24 "Kind of ___" (classic Miles Davis album)
 - 27 Stereotypical last word of art films
 - 28 "This American Life" medium
 - 31 Sagrada Familia architect Gaudi
 - 32 Splinter, for one
 - 33 Leader of the Holograms, on Saturday morning TV
 - 35 Like horror movie characters, as they eventually find out
 - 36 Running account
 - 37 Opening for Quest or glades
 - 38 Shine's partner?
 - 42 Dissertation writer's goal
 - 43 Tintype tints
 - 44 Homecoming attendees
 - 45 Visit to an Internet page, informally
 - 46 ___-Roman wrestling (var.)
 - 47 Game show question that determines which team plays
 - 49 Using half as many digits as hexadecimal
 - 50 Most common throw with two dice (D6es, for those of you playing at home)
 - 51 TV show that took in Ted Danson
 - 53 Seafood in a shell
 - 54 "Scott Pilgrim vs. the World" star Michael
 - 57 OffF phenomenon
 - 58 Torero's encouragement
 - 59 Quick snooze

©2017 Jonesin' Crosswords • For answers to this puzzle, call: 1-900-226-2800, 99 cents per minute. Must be 18+. Or to bill to your credit card, call: 1-800-655-6548. **Answers Page ##**

Free Will Astrology

By Rob Brezсны

July 20 - 27

ARIES (March 21-April 19): The Greek word "philokalia" is translated as the "love of the beautiful, the exalted, the excellent." I propose that we make it your keyword for the next three weeks -- the theme you keep at the forefront of your awareness everywhere you go. But think a while before you say yes to my invitation. To commit yourself to being so relentlessly in quest of the sublime would be a demanding job. Are you truly prepared to adjust to the poignant sweetness that might stream into your life as a result?

TAURUS (April 20-May 20): It's a favorable time to strengthen your fundamentals and stabilize your foundation. I invite you to devote your finest intelligence and grittiest determination to this project. How? Draw deeply from your roots. Tap into the mother lode of inspiration that never fails you. Nurture the web of life that nurtures you. The cosmos will offer you lots of help and inspiration whenever you attend to these practical and sacred matters. Best-case scenario: You will bolster your personal power for many months to come.

GEMINI (May 21-June 20): Two talking porcupines are enjoying an erotic tryst in a cactus garden. It's a prickly experience, but that's how they like it. "I always get horny when things get thorny," says one. Meanwhile, in the rose garden next door, two unicorns wearing crowns of thorns snuggle and nuzzle as they receive acupuncture from a swarm of helpful hornets. One of the unicorns murmurs, "This is the sharpest pleasure I've ever known." Now here's the moral of these far-out fables, Gemini: Are you ready to gamble on a cagey and exuberant ramble through the brambles? Are you curious about the healing that might become available if you explore the edgy frontiers of gusto?

CANCER (June 21-July 22): I predict that four weeks from now you will be enjoying a modest but hearty feeling of accomplishment -- on one condition: You must not get diverted by the temptation to achieve trivial successes. In other words, I hope you focus on one or two big projects, not lots of small ones. What do I mean by "big projects"? How about these: taming your fears; delivering a delicate message that frees you from an onerous burden; clarifying your relationship with work; and improving your ability to have the money you need.

LEO (July 23-Aug. 22): Spain's most revered mystic poet was St. John of the Cross, who lived from 1542 to 1591. He went through a hard time at age 35, when he was kidnapped by a rival religious sect and imprisoned in a cramped cell. Now and then he was provided with scraps of bread and dried fish, but he almost starved to death. After ten months, he managed to escape and make his way to a convent that gave him sanctuary. For his first meal, the nuns served him warm pears with cinnamon. I reckon that you'll soon be celebrating your own version of a jailbreak, Leo. It'll be less drastic and more metaphorical than St. John's, but still a notable accomplishment. To celebrate, I invite you to enjoy a ritual meal of warm pears with cinnamon.

VIRGO (Aug. 23-Sept. 22): "I'm very attracted to things that I can't define," says Belgian fashion designer Raf Simons. I'd love for you to adopt that attitude, Virgo. You're entering the Season of Generous Mystery. It will be a time when you can generate good fortune for yourself by being eager to get your expectations overturned and your mind blown. Transformative opportunities will coalesce as you simmer in the influence of enigmas and anomalies. Meditate on the advice of the poet Rainer Maria Rilke: "I want to beg you to be patient toward all that is unsolved in your heart and to try to love the questions themselves."

LIBRA (Sept. 23-Oct. 22): I've compiled a list of four mantras for you to draw strength from. They're designed to put you in the proper alignment to take maximum advantage of current cosmic rhythms. For the next three weeks, say them periodically throughout

the day. 1. "I want to give the gifts I like to give rather than the gifts I'm supposed to give." 2. "If I can't do things with excellence and integrity, I won't do them at all." 3. "I intend to run on the fuel of my own deepest zeal, not on the fuel of someone else's passions." 4. "My joy comes as much from doing my beautiful best as from pleasing other people."

SCORPIO (Oct. 23-Nov. 21): The world will never fully know or appreciate the nature of your heroic journey. Even the people who love you the most will only ever understand a portion of your epic quest to become your best self. That's why it's important for you to be generous in giving yourself credit for all you have accomplished up until now and will accomplish in the future. Take time to marvel at the majesty and miracle of the life you have created for yourself. Celebrate the struggles you've weathered and the liberations you've initiated. Shout "Glory hallelujah!" as you acknowledge your persistence and resourcefulness. The coming weeks will be an especially favorable time to do this tricky but fun work.

SAGITTARIUS (Nov. 22-Dec. 21): I suspect you may have drug-like effects on people in the coming weeks. Which drugs? At various times, your impact could resemble cognac, magic mushrooms, and Ecstasy -- or sometimes all three simultaneously. What will you do with all that power to kill pain and alter moods and expand minds? Here's one possibility: Get people excited about what you're excited about, and call on them to help you bring your dreams to a higher stage of development. Here's another: Round up the support you need to transform any status quo that's boring or unproductive.

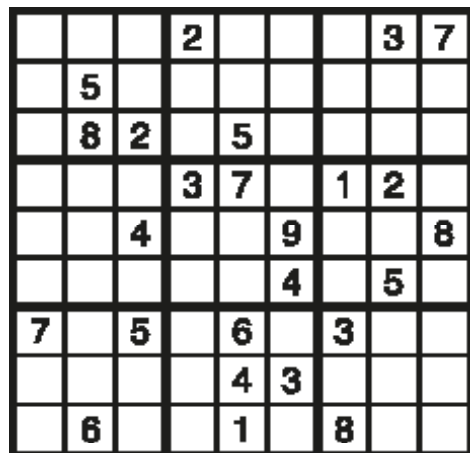
CAPRICORN (Dec. 22-Jan. 19): "Everything that irritates us about others can lead us to an understanding of ourselves." So said psychologist Carl Jung. What the hell did that meddling, self-important know-it-all mean by that? Oops. Sorry to sound annoyed. My cranky reaction may mean I'm defensive about the possibility that I'm sometimes a bit preachy myself. Maybe I don't like an authority figure wagging his finger in my face because I'm suspicious of my own tendency to do that. Hmm. Should I therefore refrain from giving you the advice I'd planned to? I guess not. Listen carefully, Capricorn: Monitor the people and situations that irritate you. They'll serve as mirrors. They'll show you unripe aspects of yourself that may need adjustment or healing.

AQUARIUS (Jan. 20-Feb. 18): A source of tough and tender inspiration seems to be losing some of its signature potency. It has served you well. It has given you many gifts, some difficult and some full of grace. But now I think you will benefit from transforming your relationship with its influence. As you might imagine, this pivotal moment will be best navigated with a clean, fresh, open attitude. That's why you'll be wise to thoroughly wash your own brain -- not begrudgingly, but with gleeful determination. For even better results, wash your heart, too.

PISCES (Feb. 19-March 20): A "power animal" is a creature selected as a symbolic ally by a person who hopes to imitate or resonate with its strengths. The salmon or hare might be a good choice if you're seeking to stimulate your fertility, for example. If you aspire to cultivate elegant wildness, you might choose an eagle or horse. For your use in the coming months, I propose a variation on this theme: the "power fruit." From now until at least May 2018, your power fruit should be the ripe strawberry. Why? Because this will be a time when you'll be naturally sweet, not artificially so; when you will be juicy, but not dripping all over everything; when you will be compact and concentrated, not bloated and bursting at the seams; and when you should be plucked by hand, never mechanically.

SUDOKU

INTERMEDIATE



TO PLAY

Fill in the grid so that every row, column, and outlined 3-by-3 box contains the numbers 1 through 9 exactly once. No guessing is required. The solution is unique.

Answers on page 21

Turn it Down

A SURVEY OF LANSING'S MUSICAL LANDSCAPE

BY RICH TUPICA

KARI HOLMES AT THE LOFT



FRI., JULY 21TH

Kari Holmes

Friday, July 21 @ The Loft, 414 E. Michigan Ave., Lansing. 18+, \$12, \$8 adv., 8 p.m.

Kari Holmes, a Lansing native now recording out of Nashville, has created some buzz after releasing her 2016 debut modern-country disc, the six-song "Something New" EP. The moody-pop single "More from Me" was released to mainstream country radio and instantly made the top 200 on Music Row. Prior to that, she issued a single track, "Nothing I Can Do" in 2012 – her catalog is available via iTunes. Holmes is a lead vocalist who not only pens her own tunes, but also plays rhythm guitar, banjo and mandolin. Her contemporary sound has been likened to Shania Twain, Taylor Swift and Carrie Underwood. Along with her musical partner and husband, William Shadrick – who released his own full-length "Whirlwind of Emotion" – the pair has racked up over 12,000 radio plays and toured steadily. Friday, she headlines at the Loft; North of Dixie opens.

DANIKA HOLMES AT PUMP HOUSE CONCERTS



FRI., JULY 21ST

Danika Holmes

Friday, July 21 @ Pump House Concerts, 368 Orchard St, East Lansing, All ages, \$15 suggested donation, children free, 7 p.m.

Danika Holmes, a Nashville-based Americana-pop artist, performs two local shows this week: Friday evening at the Pump House, and then Saturday at the Broad Art Museum's free Acoustic Lunch concert series at 12:30 p.m. Holmes (vocals/guitar), backed by lead guitarist Jeb Hart, has played soulful, acoustically-driven hooks at more than 400 shows spanning the United States and Europe. The duo formed in 2010, as Holmes abandoned her Ph.D. career path and pursued music full time. In 2012, backed by a full band, she issued the fittingly titled "Living Your Dream" LP. Since then, she's been featured on Sirius XM's "Coffee House" and has opened for the likes of Dierks Bentley and Phil Vassar. In 2014, as a duo, Holmes and Hart released "Balance Vol. 1," an album fan-funded through Kickstarter. Prior to relocating to Nashville, Holmes grew up on the Mississippi River in Iowa. Fans of Sara Baireilles or Colbie Caillat might want to check out this Pump House concert.

HEARTSICK AT MAC'S BAR



THURS., JULY 27TH

Heartsick

Thursday, July 27 @ Mac's Bar, 2700 E. Michigan Ave., Lansing. All ages, \$12, \$10 adv., 6 p.m.

Lansing-metal vet Heartsick, headlines an all-ages show July 27 at Mac's Bar, openers are Never Ending Avenue, Sun & Flesh, Gravity, Sky Lit Heights and Echoes of Silence. Last week, Heartsick announced via the band's Facebook page that it's on the Michigan Metal Fest bill. The event is August 26 in Battle Creek and features big-name acts like 36 Crazyfists, DevilDriver, Tyrant and more. Heartsick (formerly known as Know Lyfe), comprises vocalist Alfonso Civile, guitarist Jerred Pruneau, drummer Justin Robison and bassist Waylon Fox. The band has played well over 1,500 shows, from small-club gigs to major festivals, since it formed 17 years ago. In that time, the band has released a series of independent releases, including 2011's "Empire of Wolves" LP. After the band re-branded in December 2015, it promptly issued a self-titled disc under the Heartsick moniker.

UPCOMING SHOW?

CONTACT EVE@LANSINGCITYPULSE.COM

LIVE & LOCAL

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Avenue Café, 2021 E. Michigan Ave.	Service Industry Night, 3 p.m.	Goddamn Gallows, 9 p.m.	Beach Party Karaoke, 9 p.m.	Free Whoopi, 9 p.m.
Black Cat Bistro, 115 Albert Ave, East Lansing				Alistair Beerens, 8 p.m.
Brookshire Inn, 205 W. Church St., Williamston			Chris Laskos, 6 p.m.	
Buddies - Holt, 2040 N Aurelius Rd	Chris Laskos, 6 p.m.	John Persico, 6 p.m.	Bill Strickler, 6 p.m.	
Buddies - Okemos, 1937 W Grand River Ave			John Persico, 9 p.m.	
Claddagh Irish Pub, 2900 Towne Centre Blvd.				Chris Laskos, 7 p.m.
Coach's, 6201 Bishop Rd	DJ Trivia, 8 p.m.	Pool Tourny, 7:30 a.m.	Alskn "walleye" AYCE	DJ, 9 p.m.
Crunchy's, 254 E. Grand River Ave.	Live Music, 10 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.
Eaton Rapids Craft Co., 204 N Main St.		Steve Cowles, 6 p.m.	Alistair Beerens, 6 p.m.	Sarah Brunner, 6 p.m.
Esquire, 1250 Turner St.	Karaoke, 9 p.m.			
The Exchange, 314 E. Michigan Ave.	The Good Cookies, 8 p.m.	Skory-oke Open Mic, 8:30 p.m.	Smooth Daddy, 9:30 p.m.	Smooth Daddy, 9:30 p.m.
Green Door, 2005 E. Michigan Ave.	"Johnny D" Jam	Karaoke Kraze!!	Glamhammer	From Big Sur
Harpers, 131 Albert Ave.	Sarah Brunner, 6 p.m.	Reggae Lou, 6 p.m.		Daryn Larner, 6 p.m.
Harrison Roadhouse, 720 E. Michigan Ave.			Sarah Brunner, 5:30	
The Loft, 414 E. Michigan Ave.,	Astronomy on Tap (2nd anniversary), 7 p.m.	Technically American ask for Keenan, 8 p.m.	Kap G, J.R. Donato, Paperpaulk, 7 p.m.	Sloan, 8 p.m.
Mac's Bar, 2700 E. Michigan Ave.	Harry Moroz, 8 p.m.	Jared & The Mill, 6:30 p.m.	Rozwell Kid, 7 p.m.	Jaquedeliq and Skitzo, 7:10 p.m.
Moriarty's Pub, 802 E. Michigan Ave.		DJ Trivia Night, 7 p.m.	Dart Tournament, 7 p.m.	Live Music
Reno's East, 1310 Abbot Road	Don Middlebrook & Rush Clement, 6:30 p.m.	Daryn Larner, 6 p.m.	Reggae Lou, 6 p.m.	Last One Out, 6 p.m.
Reno's North, 16460 Old US 27	Reggae Lou, 6 p.m.	Jacob Ford, 6 p.m.	Wise Guys, 6 p.m.	Wise Guys, 6 p.m.
Reno's West, 5001 W. Saginaw Hwy.	Mike Cooley, 6 p.m.	Alistair Beerens, 6 p.m.	New Rule, 6 p.m.	New Rule, 6 p.m.
Robin Theatre, 1105 S. Washington Ave.				The War & Treaty, 8 p.m.
Ryan's Roadhouse, 902 E. State Road.		Shawn Garth Walker, 6 p.m.		
Sir Pizza/Grand Cafe, 201 E. Grand River Ave.	Stagetime Open Mic, Redbird 7 p.m.			
Waterfront Bar & Grill, 325 City Market Dr.	Open Mic. Night	Bad Tattoo	Speak Easy	
Watershed Tavern and Grill, 5965 Marsh Rd.	Alistair Beerens, 7 p.m.	Dan MacLaughlin, 7 p.m.		

Out on the town

from page 21

North Foster, Lansing. (517) 485-5185.
Crafting for a Cause (All skill levels). Bring things to work on. 4 - 5:30 p.m. Grand Ledge Area District Library, 131 E. Jefferson St Grand Ledge. (517) 627-7014. (517) 627-7014.

Kalamazoo Nature Center: Under Construction (All ages). Build a dam, habitat and more. 10:30 - 11:30 a.m. FREE. Capital Area District Libraries Okemos Branch, 4321 Okemos Road.

Spanish Conversation. Practice listening to and speaking Spanish in friendly setting. 7 - 8 p.m. FREE. East Lansing Public Library, 950 Abbot Road East Lansing. (517) 351-2420. elpl.org.

Thursday Night Live! – The Sea Cruisers. A concert sponsored by Darrell's Market & Hardware. West lawn in downtown Mason. 6 - 7:30 p.m. FREE. Ingham County Courthouse, 341 S. Jefferson, Mason.

ARTS

Remnants, (SCENE)Metrospace. Solo exhibition featuring A.J. Cook. 12 - 12 a.m. FREE. (SCENE) Metrospace, 110 Charles St. East Lansing. (517) 432-3961.

Friday, July 21

CLASSES AND SEMINARS

PFLAG Monthly Meeting. Support, education and advocacy for the LGBTQ community. 7 - 9 p.m. FREE. Everybody Reads Books and Stuff, 2019 E. Michigan Ave., Lansing. (517) 925-1125.

THEATRE

Murder for Two. 2 performers playing 13 roles. 8 - 9:30 p.m. \$30/\$28 Military/Senior (65+)/\$10 Student. Williamston Theatre, 122 S. Putnam Williamston. 517-655-SHOW. williamstontheatre.org.

EVENTS

Crafts with Kids. New craft with Miss Emily Friday mornings. Age 3-10. 10:30 a.m. FREE. East Lansing Public Library, 950 Abbot Road East Lansing. (517) 351-2420. elpl.org.

Impression 5 Science Center--Build It Challenge (Ages 8-12). Learn about building. 1 - 2 p.m. FREE. Capital Area District Libraries Okemos Branch, 4321 Okemos Road, Okemos. (517) 347-2021.
Magic the Gathering Game Club (Ages 12-17). Eat pizza/play Magic with other kids. 5 - 6:30 p.m. FREE. Capital Area District Libraries Mason Branch, 145 W. Ash St., Mason. (517) 676-9088.

Movie In the Park. Lansing Township presents Disney's "Moana." 7 p.m. - 12 a.m. FREE. Lake Lansing North Park, 6260 E. Lake Drive, Haslett. ow.ly/8ihx30DaRy.

Phantom of the Universe. Presentation on dark matter. 8 to 9:30 p.m. \$3-4. Abrams Planetarium, 755 Science Road East Lansing. (517) 355-4672. St., Joseph

Mid-East 25th Food Fest. Home-made food. 11 a.m. - 7 p.m. \$13/\$7.50 kids. \$13.00 for adult meal, \$7.50 for a child. St. Joseph Melkite Catholic Church, 725 W. Mt. Hope Ave., Lansing. (517) 575-6264..

Saturday, July 22

MUSIC

Live Music w/ Tell Yo Mama with spg ZooFunkYou. At 7 p.m. FREE. Lansing Brewing

Company, 518 E. Shiawassee St. Lansing.
Summer Music Series at Henry's Place. Live music from local artists. 9 p.m. - 12 a.m. Henry's Place Neighborhood Gastro Sports Bar, 4926 Marsh Road, Okemos.

THEATRE

Murder for Two. Two performers play 13 roles. 3 - 4:30 p.m. \$27/\$25 Military/Senior (65+)/\$10 students. Williamston Theatre, 122 S. Putnam, Williamston. 517-655-SHOW.

EVENTS

Discussion on the Role of Media relating to Hate Groups and Extremism. Journalist Todd Heywood facilitates. 7-9 p.m., Casa de Rosado, 204 E. Mt. Hope, Lansing.

Build an ArtBot (Age 8 & up). Take apart electric toothbrush/build drawing robot. 11 a.m. - noon FREE. Capital Area District Libraries Dansville Branch, 1379 E. Mason St., Dansville.

Classroom Critters (All ages). Learn about mother nature. 11 a.m. - noon FREE. Capital Area District Libraries Downtown Lansing Branch, 401 South Capitol Avenue Lansing.

Harris Nature Center Birthday Bash. 20th year anniversary celebration. Activities and food. 10 a.m. - 2 p.m. FREE. Harris Nature Center, 3998 Van Atta Road Meridian Township. (517) 349-3866.

Paws for Reading. Preschool - high school ages can spend time reading to therapy dog. 10:30 to 11:30 a.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. (517) 627-7014.

Taste of Downtown. Join us for the food and wine tasting festival of the summer! 3:30 - 9 p.m. Washington Square, 101 S. Washington Sq., Lansing.

Turtle Toast Gala. Jazz performance by Randy Scott. 5 - 8 p.m. \$20 in advance/\$25 at door. Harris Nature Center, 3998 Van Atta Road Meridian Township. (517) 349-3866. hncfoundation.org.

Sunday, July 23

CLASSES AND SEMINARS

Charlotte Yoga Club. Beginner to intermediate. 11 a.m. - 12:15 p.m. \$5 annually. ALIVE, 800 W Lawrence Charlotte. charlotteyoga.net. (517) 285-0138.

Juggling. From 2 to 4 p.m. FREE. Orchard Street Pumphouse, 368 Orchard St. East Lansing.

Kendo Martial Art Class. Martial arts practice group. 10 - 11:30 a.m. \$5. Westside Community YMCA, 3700 Old Lansing Road Lansing. ow.ly/kO5y30clOyn. (269) 425-6677.

THEATRE

Murder for Two. 2 actors play 13 roles. 2 to 3:30 p.m. \$27/\$25 Military/Senior (65+)/\$10 Student. Williamston Theatre, 122 S. Putnam Williamston. 517-655-SHOW.

EVENTS

Atheists and Humanists Dinner Meeting. Dan Holland presenting on Overcoming the Supernatural Paradigm. 5 - 8:30 p.m. Buffet \$11.99 plus tax. Asian Buffet, 4920 Marsh Rd. Okemos. (517) 381-8388.

Lansing Area Sunday Swing Dance. At 6 p.m. \$8 dance, \$10 dance & lesson. The Lansing Eagles, 4700 N. Grand River Ave., Lansing. (517) 321-0933.

ARTS

4th Sunday Meridian Artisan Market. Approximately 30 artisans/crafters with handmade items. 11 a.m. - 4 p.m. FREE Admission. Central Park Pavilion, 5151 Marsh Road Okemos.

Monday, July 24

CLASSES AND SEMINARS

A Course in Love. Weekly group dedicated to the study of the spiritual psychology. 1 - 2 p.m. Unity Spiritual Center of Lansing, 230 S. Holmes Lansing. (517) 371-3010.

Support Group. For the divorced, separated & widowed. Room 9. 7:30 p.m. St. Davids Episcopal Church, 1519 Elmwood Rd., Lansing. (517) 323-2272.

LITERATURE AND POETRY

Out of This World Book Club. "Ninefox Gambit" by Yoon Ha Lee. 7 p.m. FREE. East Lansing Public

Library, 950 Abbot Road, East Lansing. (517) 351-2420.

MUSIC

New Horizons Community Band. Learn to play

See Out on the Town Page 25

JULY 20 >> AMERICAN OPERA

With his debut full-length album just recently released, the Michigan born performer will be back in Michigan for his tour. American Opera, also known as John Bee, will be performing his brand new album "Small Victories" at The Loft in Lansing. This is a part of Michigan Made Concert Series. Other performances that evening will include Watching for Foxes, Alex Mendenall and Monte Pride. Tickets range from \$8-\$10. The Loft, 414 E. Michigan Ave., Lansing. 7 p.m.

JULY 20 >> POETRY IN THE CITY

The 11th annual Poetry in the City, showcases a number of locally and nationally recognized poets. Some of the featured performances are Rosemarie Wilson "One Single Rose" from Detroit, Michael "Mikey" Austin from Lansing, Nancy Knox from Chicago and iDream Dance Studios. This year's electrifying lineup is a colorfully diverse montage of poetic styles. There will also be an opportunity for members of the community to share their poems as well. Each community poet will have 3 minutes at the microphone. Anyone can sign up. However, there is a strict no profanity rule since this is a family event. Bring a blanket or a lawn chair. This event is rain or shine. FREE. Capitol Steps. 7-9 p.m.

JULY 21 >> EARTHWORK MUSIC SHOWCASE FEATURING THE SPRINGTAILS, JEN SYGIT & SAM CORBIN, GIFTS OR CREATURES AND RED TAIL RING

East Lansing's Summer Concert Series decided one talented performer just wasn't enough. Earthwork Music is known for encouraging original music in the state of Michigan, so it isn't a surprise more than one talented group from the organization will be featured. The artists featured at this event will be the husband and wife duo called the Springtails, Jen Sygit and Sam Corbin, Gifts or Creatures and Red Tail Ring. Community members are encouraged to bring lawn chairs and/or enjoy outdoor dining at restaurants surrounding the plaza. Performances will be canceled if rain or severe weather occurs. FREE. East Lansing's Ann Street Plaza. 7-9 p.m.

JULY 22 >> THE WAR & TREATY

The Robin Theatre will be hosting the up and coming group called The War & Treaty. This Michigan based duo will be joined by a 4-piece band for their first Lansing appearance. Get ready for a night filled with a captivating mix of folk, bluegrass, soul and gospel music. Tickets range from \$10 in advance and \$15 at the doors. All ages are welcome to enjoy the music. The Robin Theatre, 1105 S. Washington Ave., Lansing. Doors open at 7:30 p.m., with the show starting at 8 p.m.

JULY 21 >> COMMUNITY DISCUSSION ON THE ROLE OF MEDIA IN RELATION TO HATE GROUPS AND EXTREMISM

The Casa de Rosado holds a forum on a topic that many tread lightly around. The discussion focuses on the role of the media in reporting on hate and extremist groups, as a part of a photo exhibit by freelance investigative journalist Todd Heywood and City Pulse. The photo exhibit highlights hate and extremist groups in Michigan over the last ten years, specifically, and Heywood will facilitate the forum. The exhibition is currently showing at Casa de Rosado on weekends though Aug. 6, noon to 5 p.m. Ingham County Prosecutor Carol Siemon will attend to discuss balancing transparency and the right of defendants to receive a fair trial The discussion panel also includes Jam Sardar, News Director at WLNS Channel 6 News in Lansing; Lester Graham, Michigan Radio host and reporter; Philip Rodney Moon, blogger and archivist of YAFWatch blog and Vicki Levengood, spokeswoman Michigan Department of Civil Rights. 7-8 p.m. FREE. Casa de Rosado, 204 E. Mt. Hope, Lansing. (517) 402-0282.

JULY 22 >> TELL YO MAMA AND ZOOFUNKYOU AT LANSING BREWING COMPANY

Hold my beer. Lansing Brewing Co. is serving up a night of funky music to complement the taste of your IPA. Zoofunkyou takes the stage first, followed up by TELL Yo MAMA to finish out the night. With influences like The Grateful Dead and Jimi Hendrix, the Chicago-based band Zoofunkyou delivers psychedelic vibes in the form of introspective lyrics and wailing guitar runs. Their sound has been referred to as the lovechild of Fleetwood Mac and Tame Impala. TELL Yo MAMA switches it up with a mix of original, soulful, rock compositions to cover songs to match the groovy mood. The band began as a collection of friends with a need to jam out, and has now grown into something much more than what they imagined. So if you are in the mood for ale and a side of tunes, you know where to go Saturday night. 7-10 p.m. FREE. Lansing Brewing Company, 518 E. Shiawassee St., Lansing. (517) 371-2600. lansingbrewingcompany.com.

STATE OF MICHIGAN PROBATE COURT OF INGHAM COUNTY NOTICE TO CREDITORS DECEDENT'S ESTATE File No: 17-1715-DE

In the matter of Menda A. Eastman, deceased. DOB 11/17/1942.

To All creditors.

TAKE NOTICE: The decedent, Menda A Eastman, who lived at 3605 W Michigan Ave, Lansing, died June 18, 2017. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Melissa Sherry, personal representative or to both the probate court of Ingham County, 313 W Kalamazoo St. Lansing, MI 48933, and the personal representative within 4 months after the date of publication of this notice.

Date: July 19, 2017
 Personal Representative:
 Melissa Sherry
 Personal Representative
 1425 Briarwood Drive
 Lansing, MI 48917
 (517)763-9367

CP#17-204

See Out on the Town Page 25



KNIGHT CAP

Photo by Priscilla Perez

The owners of Knight Cap have sold the longtime downtown Lansing eatery. The father-and-son team of Leo and Gregory Farhat bought and renovated the restaurant in 2015. Allan I. Ross/City Pulse

By ALLAN I. ROSS

Two years ago, restaurateur Leo A. Farhat Jr. and his son, Gregory Farhat, bought the **Knight Cap** restaurant in downtown Lansing. Under their ownership, the space received an intensive three-month renovation and a rebranding campaign aimed at reintroducing the 45-year-old business to a new generation of diners. Shortly after reopening in July 2015, the elder Farhat expressed his commitment to upholding the legacy left by the restaurant's founders, Charlie and (the late) George Sinadinos.

"This was George and Charlie's baby," Farhat said at the time. "I'm not going to be able to get the 45 years out of it they did, but hopefully I'll get a few."

It turns out it was only a couple. The Farhats have sold the business to Doug Johns Jr., who owns the adjacent establishments, **Omar's Show Bar** and **the Exchange**. Johns' company, **414 Entertainment**, also owns/operates the nearby bar cluster containing **Duke's Saloon**, **Taps 25**, the **Tin Can** and the **Loft**. So far, Johns hasn't announced what will become of the restaurant, but it doesn't sound like he plans to let it sit empty.

Johns said via press release that he looks "forward to engaging the City of Lansing" as well as the Lansing Economic Area Partnership in "future discussions to help move Lansing forward."

The Farhats gave the closing date for their incarnation of the Knight Cap as Saturday, July 29.

"We are completely dedicated to ensuring our guests enjoy this last month of the Knight Cap," said Gregory Farhat in the release. "We have great passion for the City of Lansing, our staff and our guests, which makes this decision difficult. However, we feel the time is right for the Knight Cap to end while it's prime. We are confident this will allow for the next step of Lansing's evolution downtown."

Through the end of the month, guests can make reservations at the restaurant's website, knightcap.com. The Farhats will also answer any questions, field any comments and pass along any employment opportunities for outgoing Knight Cap employees at host@knightcap.com.

In the release, Farhat announced he intends to expand his commercial real estate portfolio with his business, **Jameson Real Estate Services**. He will do this while also working at **Jackson National Life Insurance**. Leo Farhat, meanwhile, will continue to operate the **Brunch House**, located at 1040 S. Pennsylvania Ave., which he's owned since 2009.

The Knight Cap opened in 1969 under Charlie Sinadinos and her husband, George Sinadinos. She took over in 1988 after he died, ran it for 27 years and closed for good in March 2015, amid an outpouring of well-wishes. Four days later, Leo Farhat signed the paperwork, got the keys and immediately started work on cosmetic upgrades for the 1,000-square-foot interior.

He relaunched the 45-seat restaurant with some of the same staff and a similar menu. Though he didn't return a call for comment, it's clear to see this wasn't the ending Leo Farhat had envisioned.

"When I was (in high school), I told my prom date that some day I wanted to own the Knight Cap," Farhat said in July 2015. "This has always been a dream. It just goes to show that sometimes dreams do come true."

Knight Cap (closing July 29)
320 E. Michigan Ave., Lansing
4-10 p.m. Monday-Saturday;
closed Sunday
(517) 484-7676,
knightcap.com

Out on the town

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an instrument or dust off an old one. 6 - 8 p.m. MSU Community Music School, 4930 Hagadorn Road, East Lansing. (517) 355-7661. cms.msu.edu.

EVENTS

Animal Yoga. Meet exotic animals and learn kid-friendly yoga. Ages 7-11. Register online. 11 a.m. - noon FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. elpl.org.

Chess, Cribbage, Hand & Foot. Weekly activities at the Center. 10 a.m. - 4:30 p.m. FREE. Meridian Senior Center, 4406 Okemos Road, Okemos. (517) 706-5045.

French Club. Practice speaking French in freindly environment. 7 - 8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

Impression 5 Science Center: Build It Challenge (Ages 8-12). Build with cups and straws. 2 to 3 p.m. FREE. Capital Area District Libraries Foster Branch, 200 North Foster, Lansing.

Social Bridge. Come play Bridge and meet new people. No partner needed. 1 - 4 p.m. \$1.50. Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing. (517) 484-5600

Tuesday, July 25

CLASSES AND SEMINARS

Capital City Toastmasters Meeting. Learn leadership and speaking skills. 7 p.m. FREE for visitors. CADL Downtown Lansing Library, 401 S. Capitol Ave., Lansing. (517) 367-6300.

Free cooking class - Pan Sauces in Minutes. Join a local chef at Cutco Kitchen in Okemos for a night of cooking fun! 6 - 8 p.m. FREE. Cutco Kitchen, 1863 West Grand River Ave., Okemos. (517) 481-2137. **Reiki Reflexology Training.** 2 day Reiki-Reflexology course. 9 a.m. - 5 p.m. \$250. Willow Stick Ceremonies, 1515 W. Mt. Hope Ave., Suite 3 Lansing.

Take off Pounds Sensibly. Have a support system, lose weight. Wheelchair accessible. 6 p.m. FREE first visit. St. Therese Parish, 102 W. Randolph St., Lansing. (517) 487-3749.

Yawn Patrol Toastmasters. Learn leadership and speaking skills. 7 - 8:30 a.m. FREE for visitors. MICA Gallery, 1210 N. Turner St. Lansing.

MUSIC
Jazz Tuesdays at Moriarty's. 7 - 10 p.m. FREE. Moriarty's Pub, 802 E. Michigan Ave. Lansing. (517) 485-5287. <http://ow.ly/Ygua4>

The Scratch Pilots Present Turntable Tuesdays. Featuring DJs, Mr. Neddles, Dee J Butcher, Vandal and DJ Duke. 9 p.m. to 2 a.m. FREE. The Green Door, 2005 E. Michigan Ave. Lansing.

EVENT
Build a Better Community (Ages 6-15). Make fleece blankets to donate to Project Linus. 2 - 3:30 p.m. FREE. Capital Area District Libraries Foster Branch, 200 North Foster Lansing. (517) 485-5185.
Bingo, Bridge, and Euchre. Activities at the center. 1 - 4:30 p.m. Cost Varies. Meridian Senior Center, 4406 Okemos Road Okemos.

Impression 5 Science Center--Build It Challenge (Ages 8-12). Build cups with straws. 2 - 3 p.m. FREE. Capital Area District Libraries Webberville Branch, 115 South Main St., Webberville.

Lansing Area Codependents Anonymous. At 5:45 p.m. FREE. Everybody Reads Books and Stuff, 2019 E. Michigan Ave. Lansing. (517) 515-5559. coda.org.

LCC West Toastmasters. From 5 to 6:30 p.m. LCC West Campus, 5708 Cornerstone Drive Lansing. 5174831314.

Overeaters Anonymous. Learn leadership and speaking skills. 7 p.m. Presbyterian Church of Okemos, 2258 Bennett Road., Okemos. (517) 349-9536.

Game Night at UrbanBeat. Bring your own or play provided games. 5 - 8 p.m. FREE. UrbanBeat Event Center, 1213 Turner St. Lansing.

ARTS
Family Movie Afternoon. Join us every Tuesday for family-friendly movies. July 25: Robin Hood. 1 - 3 p.m. FREE. East Lansing Public Library, 950 Abbot Road East Lansing. (517) 351-2420. elpl.org.

Wednesday, July 26

CLASSES AND SEMINARS

Green Screen Magic. Have fun with our maker studio/green screen. Register online at elpl.org. 2 - 4 p.m. FREE. East Lansing Public Library, 950 Abbot Road East Lansing. (517) 351-2420.

MUSIC

Classic Soul, Blues and R&B with Root Doctor. Concerts in summer. 7 - 9 p.m. FREE/Donations accepted. William E. Tennant Performance Shell, 805 W. Park St., Saint Johns. (989) 224-2429.

Instrument Petting Zoo. Assortment of instruments from White Brothers Music! All ages. 7:30 - 8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

The Honey Badgers at Allen Farmers Market. From 5 to 6:30 p.m. FREE. Allen Market Place, 1629 E Kalamazoo St., Lansing. (517) 999-3911.

The Lansing Unionized Vaudeville Spectacle. Bring your lawn chair and be ready to be entertained! 7 - 9 p.m. FREE. Moores Park, 420 Moores River Drive Lansing. (517) 483-3413.

EVENTS

Back to School Open House. Learn about K-Prep Curriculum. 5:30 - 7 p.m. FREE. Gilden Woods Early Care and Preschool-Okemos, 2190 Association Drive, Okemos. (517) 574-4159.

Cirque Among Us Circus Show (All ages). Performers take the stage to present classic acts. 1 - 2 p.m. FREE. Capital Area District Libraries Haslett Branch, 1590 Franklin St. Haslett.

Hawk Hill Raptors (All ages). Get close and personal with live birds like hawks, falcons and owls. 10 to 11 a.m. FREE. Capital Area District Libraries South Lansing Branch, 3500 S. Cedar St. Lansing.

Magician Ming the Magnificent (All ages). Show for all ages. 2 - 3 p.m. FREE. Capital Area District Libraries Dansville Branch, 1379 E. Mason St., Dansville.

Stevens Puppets--The Wizard of Oz (All ages). The story comes to life with marionettes. 2 - 3 p.m. FREE. Capital Area District Libraries Holt-Delhi Branch, 2078 Aurelius Road, Holt.

ARTS

Pop Up Demo: Rosanne Coty. The 2017 Pop Up Project brings art out of the gallery and into the public arena. 12 - 1 p.m. FREE. Lansing Art Gallery, 113 S Washington Square Lansing. (517) 374-6400.

CROSSWORD SOLUTION
 From Pg. 22

P	A	R	M	S	P	O	C	K	D	A	U	B					
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SUDOKU SOLUTION
 From Pg. 22

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



HE ATE

SHE ATE



Bordeaux provides seasonal selections and ambiance

Ambitious menu and décor impresses

By MARK NIXON

It's been my experience that hotel restaurants generally don't measure up to stand-alone restaurants. Locally there are two exceptions: The English Inn near Eaton Rapids and The State Room in the Kellogg Hotel and Conference Center in East Lansing.

So why, generally speaking, do so many hotel restaurants under-perform? My guess is because their business does not lean squarely on the kitchen. Clean, safe rooms with free Wi-Fi take priority over, say, an adventurous take on Caesar salad.

Enter Bordeaux, an airy restaurant tucked inside the Crowne Plaza on Lansing's west side. It has its charms. Alas, the charms are frittered away by inattention to detail.

If you've read my reviews, you know one of my biggest beefs relates to the culinary heat index. That's my subjective measure of how hot food should be. We are experiencing the restaurant equivalent of reverse climate change, because so-called hot food often reaches the table not so hot. Bordeaux seems plagued by this malady.

The tempura-fried green beans (\$8) teetered on the brink of cold. The French onion soup (\$8) was warmer but not far from hot. The \$10 pizzelle—a thin-crust take on a pizza—tossed together two of my favorites, goat cheese and asparagus. It was easily the best thing I tasted in our two visits to Bordeaux. But again, the pizzelle nose-dived on the heat index.

Beyond my fixation with food temperature, I might offer some other advice to Bordeauxians ... Bordeauxites? Take a road trip. Visit some of the upstart restaurants in Lansing's ever-changing restaurant scene, and see what can be done. Learn from them, and adapt it to your budget and creative talents.

You could start with the whitefish entree (\$25). You had the right idea, but the execution left me cold. Yes, the crusted fillet was not as warm as it should have been (hot plate!), but the underlying flaw was somewhat the opposite. It was overdone. "The whitefish died in vain," said our frequent dining partner, Bruce, who ordered this entree as well.

The accompanying beurre blanc sauce rescued the fish somewhat. Somewhat, as in: They were too stingy with the sauce for me to get a good taste of it.

The cheese plate (\$10) was accompanied by whole-grain mustard and a tangy onion compote. The mustard and compote were spot on. The cheese was cool, but not in a hip sort of way. As Europeans well know, cheese should be served at or near room temperature so that the ripe flavors reach their potential. Note to the kitchen at Bordeaux: Despite corporate lawyers' hand-wringing, room-temperature cheeses won't kill customers.

There must be a silver lining somewhere in this dispiriting culinary cloud, and I think I found it. Judy's Lamb Chops (\$28) were perfectly prepared, rare to the point of "still bleating," as only my wife could state it. Also on the upside, Bordeaux has a soft elegance about it, with striking impressionist prints, reddish overhead backlighting and candle-lit tables with fresh flowers in miniature vases.

The elegant table settings are offset a tad by plastic salt and pepper shakers labeled with the McCormick brand -- something you can buy at any grocery store. I mean, even some unbranded plastic shakers from a Dollar Store would be an improvement.

The above evidence to the contrary, it is not my style to "pile on" in restaurant critiques. I reserve piling on for politics and radio commentators who are destroying democracy. Therefore, I want to wish Bordeaux a prosperous future. You have a good look about you, a friendly staff and an ambitious though under-performing menu. Be bold, my friends. Be adventurous. Warm to the challenge, so to speak. Oh, and one more thing. Your online menu is way out of date.

Seasonal selection makes menu unique

By GABRIELLE LAWRENCE

Last New Year's Eve, we celebrated the end of 2016 with a group of friends at Bordeaux and had a magical evening. We devoured delicious food, from foie gras to juicy, grass-fed, flavorful steaks topped with herbed butter. We even had a pavlova for dessert. It's a disk of meringue—crunchy on the outside, gooey and dreamy on the inside, generally topped with a cream and fruit topping. This one had blood orange custard and was the perfect end to a rich and decadent meal. I went home thinking that I had misjudged Bordeaux, and that they were doing something special.

Fast forward to last month when we made our return visit for dinner with some family. The menu had changed to include some seasonal items.

I eagerly ordered the Sweet Pea and Ricotta Bruschetta (\$11), and we were presented with a platter of sliced, grilled bread, surrounding a bowl with a vibrant green spread inside. Sweet peas were blended with mint, fresh lemon, and ricotta cheese. I thickly slathered it on my bread and took a huge bite.

No flavor. My bro, who was bouncing our three-month-old nephew on his knee, considered giving Bennett a bite of the spread when he fussed, since it had the trademarks of baby food. The description of the dish made my mouth water, but there was nothing there.

For dinner, I chose the whitefish (\$25). I know, whitefish is typically a fish that is mildly flavored, but I figured the grapefruit-basil beurre blanc (a butter sauce), garlic whipped potatoes, and chef's vegetable would help. The joke was on me. Between the flaky fish and mound of potatoes, there was no texture on the plate. The three pieces of broccolini were a bright

spot in terms of the vibrant green color, preserved by shocking the vegetable in ice water.

Brother's dinner, the beef shoulder tender (\$29), was the clear winner of the evening. Slices of beef tenderloin were wrapped in bacon and sage and served with a mushroom ragout, caramelized onions and roasted fingerling potatoes. The meat was prepared correctly and the taste of the sage shined. Mr. She Ate's linguine (\$19) with chicken (\$5) came to the table in an oddly congealed state. While the description of a sweet corn broth with snap peas, grape tomatoes and basil had us envision something brothy and fragrant, what he received was totally flavorless.

We returned for lunch. We were given a basket of house-cut kettle potato chips with a bowl of their own onion dip. The chips were so crunchy, salty and heavenly that I scooped more than half of the cool, tangy dip into my mouth before I looked up to inhale.

We started with a bowl of the day's special soups (\$2/each)—an Italian wedding and a creamy bacon chowder. Both were fantastic in their own way—the Italian wedding was piping hot and a light start, with bite-sized meatballs, diced vegetables, and orzo that was just ever so slightly overcooked. The chunks of bacon in the unbelievably thick, rich, decadent chowder were actually bite-sized pieces, not diced beyond recognition.

My farmers chopped salad with chicken (\$17) was enormous, and since I typically eat an enormous salad for lunch, I didn't anticipate a problem. The lightly-dressed kale was topped with diced, grilled sweet corn, zucchini, yellow squash, crisp red onion and heirloom cherry tomatoes. Along with thick, juicy slices of grilled chicken.

His BBQ burger with fries (\$16) also did not disappoint. These had flavor, texture, and salt—the French fry trifecta. The burger was properly cooked, with gooey cheddar cheese just a touch caramelized on the edges from the grill.

Our New Year's Eve dinner and lunch left us wanting more, but weekday dinner was a bust. If they continue sourcing seasonal ingredients and offering things I can't find anywhere else in town, I'll come back, but maybe only for lunch.

Bordeaux

6:30 a.m.-
midnight
Monday-Friday
925 S. Creyts
Road,
Crowne
Plaza Lansing
West, Lansing
(517) 323-4190
Bordeauxlansing.
com



Left: The almost-too-big-to-eat farmer's chopped salad at Bordeaux packed a lot of size and flavor. Right: Bordeaux's beef shoulder tender was a flavor-packed highlight.



Gabrielle Johnson Lawrence/City Pulse

PUBLIC NOTICES

NOTICE OF DAY OF REVIEW OF APPORTIONMENTS
 Ingham County Drain Commissioner
 Patrick E. Lindemann

Notice is Hereby Given that a Public Hearing of Apportionment for special assessment of costs incurred by the drainage districts listed below will be held at the office of the Ingham County Drain Commissioner, 707 Buhl Avenue, in the City of Mason, Michigan, 48854, on **Wednesday, July 26, 2017 from 9:00 a.m. to 5:00 p.m.**

At the meeting to review the apportionment of benefits, I will have the tentative apportionments against parcels and municipalities within the drainage district available to review. Any drain assessments against land will be collected in the same manner as property taxes. For assessments to be collected in installments, the Drain Code (Act 40 of 1956, Sec. 154 [e]) provides that the assessment may be paid in full with any interest to date at any time and thereby avoid further interest charges.

DRAIN #	DRAIN NAME	MUNICIPALITY	SECTION NUMBER
B16-00	BULLFROG DRAIN	MERIDIAN TOWNSHIP	4
C05-00	CIDER MILL DRAIN	MERIDIAN TOWNSHIP	9
C29-00	COSTIGAN DRAIN	MERIDIAN TOWNSHIP	3, 4, 9, 10
D25-00	DOBIE HEIGHTS DRAIN	MERIDIAN TOWNSHIP	27
D36-00	DELTA GRANDE DRAIN	CITY OF LANSING	6
F07-11	FOSTER, GEORGETOWN BRANCH DRAIN	MERIDIAN TOWNSHIP	14
F30-00	FARMINGTON DRAIN	LANSING TOWNSHIP	18
F31-00	FARMINGTON NO. 2 DRAIN	LANSING TOWNSHIP	18
F32-00	FARMINGTON #3 DRAIN	LANSING TOWNSHIP	18
H09-00	HATHAWAY DRAIN	MERIDIAN TOWNSHIP	23, 26
H20-00	HERITAGE HILLS DRAIN	MERIDIAN TOWNSHIP CITY OF EAST LANSING	5, 8 7, 8
H21-00	HERRON CREEK DRAIN	MERIDIAN TOWNSHIP ALAIEDON TOWNSHIP CITY OF LANSING	20, 28-32 5-9, 16, 17 29, 32
H60-00	HILLBROOK DRAIN	MERIDIAN TOWNSHIP	10
K05-00	KIERSTEAD DRAIN	MERIDIAN TOWNSHIP CITY OF EAST LANSING	8, 17 8, 17
L35-00	LANSING TOWNSHIP NO. 1 DRAIN	LANSING TOWNSHIP CITY OF LANSING	18, 19 17, 19, 20
L36-00	LANSING TOWNSHIP NO. 2 DRAIN	LANSING TOWNSHIP	18, 19
M17-00	MEADOWS DRAIN	MERIDIAN TOWNSHIP	32
M18-03	MUD LAKE OUTLET, OLD ENGLISH ESTATES BRANCH DRAIN	MERIDIAN TOWNSHIP	14, 15
N03-00	NEMOKA DRAIN	MERIDIAN TOWNSHIP	10, 11
P24-02	OAK GROVE DRAIN	MERIDIAN TOWNSHIP	3, 10
R07-08	CARRIAGE HILLS ESTATES DRAIN	MERIDIAN TOWNSHIP CITY OF EAST LANSING	5, 6, 8 7
R28-00	RAVENSWOOD DRAIN	LANSING TOWNSHIP CITY OF LANSING	7 7
R32-00	RED CEDAR MANOR DRAIN	MERIDIAN TOWNSHIP WILLIAMSTOWN TOWNSHIP	24, 25 29
S17-01	WOOD STREET BRANCH OF SMEDLEY COOLIDGE DRAIN	LANSING TOWNSHIP CITY OF LANSING	2, 3 2
S38-00	SIERRA RIDGE DRAIN	MERIDIAN TOWNSHIP	4, 9
S67-00	SHOALS NO. 6, RED CEDAR BRANCH DRAIN	MERIDIAN TOWNSHIP	26, 35
T18-00	SANDERS-TACOMA HILLS DRAIN	MERIDIAN TOWNSHIP	21, 22, 27, 28
T21-00	TWYCKINGHAM DRAIN	MERIDIAN TOWNSHIP	20
W18-00	WILKSHIRE DRAIN	MERIDIAN TOWNSHIP	11, 12
W44-00	WAVERLY HILLS DRAIN	LANSING TOWNSHIP	19

Proceedings conducted at the day of review are subject to the Michigan Open Meetings Act. Persons with disabilities needing accommodations for effective participation in the meeting should contact the Ingham County Drain Commissioner at (517) 676-8395 or the Michigan Relay Center at 711 (TTY) at least 24 hours in advance of the meeting to request mobility, visual, hearing, or other assistance. **You are Further Notified** that persons aggrieved by the apportionment may appeal to the Ingham County Probate Court within ten (10) days of the Day of Review.

Patrick E. Lindemann
 Ingham County Drain Commissioner

CP#17-199

Carrabba's — Minestrone Soup

When I ordered a bowl—and not a cup—of Carrabba's minestrone soup, the server warned me that it was a very large portion and I might not want that much. Not heeding her expert advice, I asked for the \$7 bowl anyway—and a full pasta entree. After consuming every spoonful of the delicious minestrone, much of that pasta I was too full to eat ended up in a take-out container.

"Minestrone" in Italian means "soup" and "minestrone" means "thick soup." I have learned that at Carrabba's, a bowl of their thick soup with bread and maybe a couple of sides is plenty. With an entree, a cup will do.

Their recipe includes 7 vegetables—8 if tomatoes and tomato paste count as 2—and 7 spices. The appetizing cannellini beans, zucchini, celery, carrots, and Swiss chard were deliciously apparent. The flavorsome leeks, onions, cloves, and crushed pepper were subtler.

The broth also had the added flavor of olive oil, a bay leaf, oregano, and the rind of a chunk of Parmesan cheese. Using the rind was the secret to the soup's distinct charm.

When the server suggested I add some extra Parmesan hand-cranked to the soup delivered in the massive "I-told-you-so" bowl, it was obvious it was best to heed her advice.

-DAVID WINKELSTERN



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THE PULSIFIEDS

BACKPAGE CLASSIFIEDS

Ingham County seeks bids for the purpose of furnishing propane to the Eastern Garage location for the Ingham County Road Department, Link: <http://pu.ingham.org/Home/CurrentBids.aspx Pkt 144-17>

Ingham County seeks proposals to redesign its website, and central to this website will be a content management system. Link: <http://pu.ingham.org/Home/CurrentBids.aspx>, Pkt 140-17

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AD DEADLINE
MONDAYS AT NOON
PHONE 999-6710

EMAIL MANDY@LANSINGCITYPULSE.COM

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A deposit of \$1,000 is required to receive a bid card.
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Detailed information on parcels to be offered & terms of sale can be obtained on the internet at www.BippusUSA.com
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