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City Pulse's 2016 Healthy Issue p. 15



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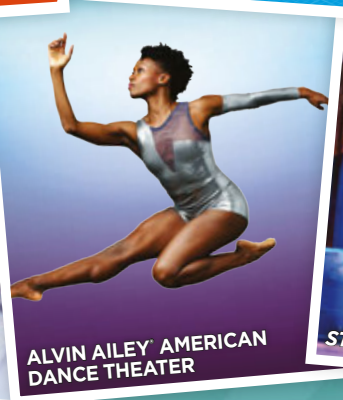
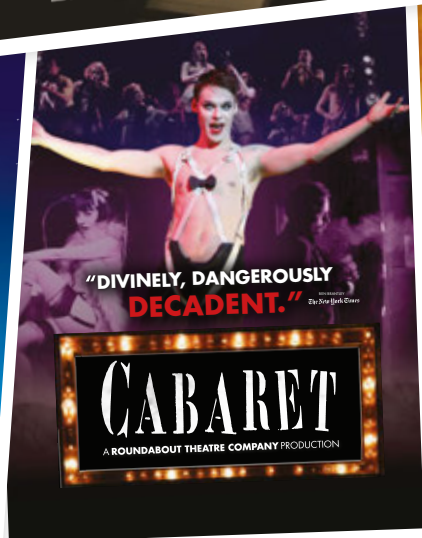
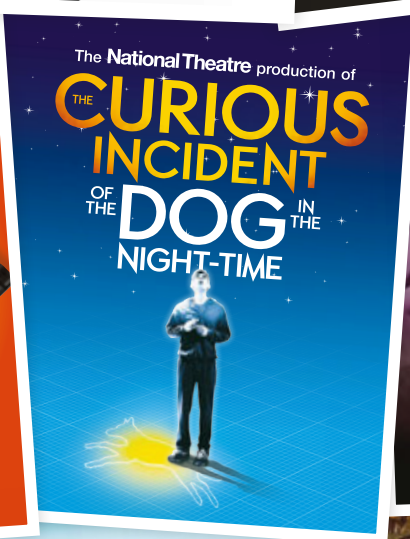
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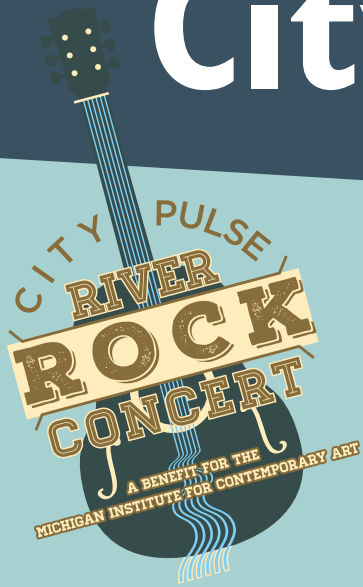
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Alto

Re-Imagining Police-Community Relations

Please join the Lansing Area ACLU and ACTION of Greater Lansing at our first forum as we begin an important dialogue about local law enforcement policies and the impact of these policies on the citizens of Lansing.

May 23, 2016 6:00-8:00 p.m.

Ingham County Health Dept.
Conference Room A (Door 3, 2nd floor)

Panelists include: Chief Michael Yankowski, Lansing PD; Hon. Thomas Boyd, 55th District Court; Ingham County Sheriff Gene Wrigglesworth; Brian Jackson, former Eaton County Prosecutor; and Mark Fancher, ACLU of Michigan

Moderator: Sarah Anthony, Ingham County Commission

For more information about this event, please contact
Derrell Slaughter—slaugh35@gmail.com

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BWL's emphasis on natural gas irks environmentalists



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Gideon Mendel explores floods through photography



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River Rock Concert showcases locally sourced talent



COVER ART

by JONATHAN GRIFFITH

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KING OF CLONES

THIS MODERN WORLD by TOM TOMORROW

I BELIEVE THIS NATION SHOULD COMMIT ITSELF TO ACHIEVING THE GOAL, BEFORE THIS DECADE IS OUT, OF LANDING A MAN ON THE MOON AND RETURNING HIM SAFELY TO EARTH!

SOON THE PRESIDENT'S GOAL IS AMBITIOUS--BUT IT'S CERTAINLY NOT VERY PRAGMATIC!

HE SHOULD REALLY TONE DOWN THE ASPIRATIONAL RHETORIC! THERE'S NO PLACE FOR THAT SORT OF THING IN AMERICAN POLITICS!

ANYWAY, WE ALREADY SENT A MAN INTO ORBIT!

DO WE WANT TO RISK UNDERMINING THAT ACHIEVEMENT--BY ATTEMPTING SOMETHING THAT MIGHT NOT SUCCEED?

WHAT ARE THE PRECISE DETAILS OF THIS SO-CALLED PLAN? HOW EXACTLY CAN A ROCKET ACHIEVE ESCAPE VELOCITY AND REACH A TARGET 238,900 MILES AWAY?

AND LET'S NOT FORGET THE MONEY THAT MIGHT OTHERWISE BE SPENT ON SOMETHING SENSIBLE--

AND SO WHAT I MEANT TO SAY IS, WE SHOULD FORM AN EXPLORATORY COMMITTEE BEFORE THE DECADE IS OUT--TO CONSIDER THE POSSIBILITY OF MAYBE LANDING A MAN ON THE MOON SOMEDAY!

IF WE DON'T KNOW THE ANSWER TO EVERY QUESTION IN ADVANCE--THEN WE SHOULDN'T EVEN TRY!

--LIKE GUNS! AND BOMBS! THE AMERICAN PEOPLE ARE FAR TOO LEVEL-HEADED TO EMBRACE THIS CRAZY SCHEME!

AS LONG AS IT'S NOT TOO DIFFICULT, AND THE PUNDITS APPROVE.

...AND HISTORY MARCHES ONWARD!

Contracts benefit family

City attorney Abood did not disclose ties required by ethics code

Since December, acting City Attorney Joseph Abood has been involved in authorizing at least \$5,000 in payments and contracts to his former law firm, of which he is a part owner.

Some of these billings, totaling \$4,753, were made using coding that shields the identity of the Abood Law Firm.

Additionally, Abood's administrative assistant is his daughter, Nicole Malson, who is being paid at a rate of \$55,000 a year.

Abood, who for more than a year has worked as a deputy and interim city attorney, was required by ethics provisions of the City Charter and the city's ethics ordinance to disclose this financial conflict of interest within 10 days of his first day on the job, which was Feb. 1, 2015. He did not comply with this requirement, according to City Clerk Chris Swope.

It was only on April 29 of this year, a month after being named interim city attorney, that he filed documents acknowledging his ownership interest in the Abood Law Firm.

In a response Tuesday to questions about Abood, the Bernero administration acknowledged that the employment of Abood's daughter was a conflict and gave him to the end of June to resolve it.

But the administration denied that Abood had a conflict of interest regarding the use of his family law firm or had failed to properly disclose information required by the ethics ordinance.

Concerned about Abood's actions, City Council President Judi Brown Clarke is filing a complaint with the city's Ethics Commission citing provisions requiring all employees to disclose financial interests that would be an actual or perceived conflict of interest.

That complaint will cite Abood's self-disclosed interest in the law firm as well as his continuing employment of his daughter as his contracted administrative assistant.

Abood confirmed to the City Council on March 29 and again in a conversation with City Pulse on May 12 that he has employed and directly supervises his daughter, a violation of the city's ethics policies. That contract expires June 30 at the end of the fiscal year.

Also, newly released documents from

City Auditor Jim DeLine show that although Abood wasn't named interim city attorney until March 29 of this year, the city backdated his pay to Jan. 9 to reflect the promotion. This cost the city an additional \$6,380.

"As a Deputy City Attorney it was not a question I was asked," Abood wrote in response to questions from City Pulse about his role in approving contracts with his law firm. "As Interim City Attorney I have not considered awarding a legal matter to



Abood

which outside counsel would be required to the Abood Law Firm."

On Dec. 16, 2015, city billing records show four payments totaling \$4,753 to the Abood firm; a \$75 payment was made to the firm on March 15, 2016.

Abood's daughter went to work for the City Attorney's Office on June 8 of last year. Abood said Tuesday she works full time but does not receive overtime.

He said hiring his daughter was not his decision. But the city's website shows she reported to him both when he was deputy city attorney and now, as interim city attorney.

"I did not hire my daughter as a contract employee of the City, my predecessor did," he wrote, referring to Janene McIntyre.

Randy Hannan, chief of staff to Lansing Mayor Virg Bernero, issued a statement by email Tuesday that said:

"Mayor Bernero understands that Mr. Abood's interest in the Abood Law Firm is held in trust by his brother, Andrew, which is an accepted practice at all levels of government. He also understands that any income Mr. Abood has derived from the Abood Law Firm while serving as Deputy City Attorney/Interim City Attorney was earned prior to his employment by the city. During his tenure as Interim City Attorney, Mr. Abood has not engaged the Abood Law Firm for any matter requiring outside counsel and was not responsible for any such engagements prior to his appointment as interim. Contrary to your claim, Mr. Abood did not hire his

daughter. Nonetheless, Mayor Bernero has directed him to resolve this conflict no later than the start of the new budget year on July 1. As Deputy City Attorney, Mr. Abood was not a reporting individual under the city's ethics ordinance and therefore was not required to file a statement of financial interests in 2015. He did file a statement of financial interests in 2016 following his appointment as Interim City Attorney."

However, Hannan is referring to only one provision of the ethics ordinance — which requires elected and top appointed officials, as well as members of city boards, to submit financial disclosure reports. The law and city policies also require any employee with a conflict to file such forms.

The ethics issues entangling Abood come as the administration is still grappling with controversy over its \$160,000 settlement with

McIntyre, who resigned March 4.

Adding to the controversy are multiple issues related to the Michigan Freedom of Information Act. The city, ignoring legally required deadlines, has yet to produce documents requested under the law or even to respond to requests for them.

The city's ethics policies are outlined in a 33-page document. Overall responsibility for oversight rests with the city attorney. The manual outlines the responsibilities for city employees, as well as appointed and elected officials to disclose ethical concerns, such as a family member or business in which an employee has a financial interest having a contract with the city. Such conflicts are to be disclosed in writing to

See Abood, Page 6



Property: 1335 E. Grand River Ave.
Lansing

Buildings like this, which is occupied as a sort of musicians' collective, can be found in most urban neighborhoods, formerly serving functions that varied from corner market to hardware store to local pub. Although the individual commercial uses may have been displaced by larger competitors, the building type remains vital.

In fact, this type — known as the Live-Work — is a fundamental element in the 'Missing Middle,' a term used by modern planners in reference to the gap between single-family detached residences and multi-unit apartment blocks.

This building's renovation (see below) should begin with a more welcoming front elevation. Whether the replacement storefront features traditional details or reflects modern tastes, the additional windows will allow potential patrons to see the goods available within.

—Daniel E. Bollman, AIA



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

Energy transition

Environmental groups say BWL's plan creates unneeded natural gas plants

What a difference eight years make.

In 2008, the Lansing Board of Water & Light announced plans for a new 350-megawatt coal/biomass plant to replace aging units at its Eckert plant near Moores Park. After fierce public opposition, the BWL shifted gears to replace part of Eckert's total output with the 85-megawatt REO Town plant that runs on cleaner-burning natural gas.

Today, as the remaining Eckert units and the rest of the BWL's coal fleet become increasingly obsolete due to age and environmental regulations, the utility is working on a long-term plan to make up for what would be an 80 percent loss of its current load, or more than 400 megawatts.

Last week, a citizens advisory group issued a recommendation, known as an Integrated Resource Plan, to the BWL board to do just that. Instead of calling for a new coal plant, though, the outlook calls for two natural gas plants and more wind and solar generation. By 2025, the BWL plans to get one-third of its energy needs by renewable energy and efficiency, a target that makes it a leader among Michigan utilities.

But with shades of 2008, the plan — which is endorsed by BWL leadership — is viewed by some as a bad investment in fossil fuel with threats to public health and public pocketbooks.

The Sierra Club, which has pushed for years to close Eckert, says the new 20-year outlook is based on flawed, in-house analysis, rooted in 20th-century utility planning.

While the Sierra Club supports the BWL's plans to add 125 megawatts of wind and solar within the next 10 years, the Sierra Club and others claim the board is not investing enough in energy efficiency to decrease energy demand and, therefore, the need for as much natural gas.

BWL officials say some level of new gas plants will be necessary for base-load generation, or that which can be turned on when wind and solar is unavailable. Energy storage, which could solve those fundamental challenges with renewables, is too expensive at this point, officials said. Additionally, BWL officials say increasing the amount of energy efficiency that's done will lead to higher electric rates. All told, utility officials say this 20-year energy transition will cost \$1.69 billion.

"The way they're looking at this technology is 20 to 30 years old. One of the frustrating things about this whole process is that it just seems to be not up to date with the best available technology," said Brad van Guilder, an organizing representative with the Sierra Club's Beyond Coal campaign. The Sierra Club also announced an intention to sue the BWL last year over self-reported violations of the federal Clean Air Act.

A local expert on energy efficiency agreed with the Sierra Club and that without more consideration, the BWL may end up with stranded capital projects.

"I'm surprised and disappointed that the draft IRP has such a limited incorporation of energy efficiency," said Martin Kushler, a senior fellow with the American Council for an Energy-Efficient Economy. "The IRP would needlessly increase total costs for BWL customers. But I'm hopeful that with

some further analysis and deliberation, this problem can be fixed.

"If they improve their plan to substantially increase the energy efficiency component, the Lansing BWL has an opportunity to truly emerge as a leader in 21st century utility resource planning."

Indeed, the growing threat of climate change, a federal administration that takes it seriously, the precipitous fall of the coal industry and the steady decline in renewable energy prices means the energy sector looks much different than it did in 2008.

"New natural gas plants ... will be a necessary, integral part of the energy supply here in the United States for some time to come," said George Stojic, the BWL's executive director of planning and development. "You have to do that with a unit that is dispatchable (like natural gas). I don't think it would be responsible to replace existing generation without at least some gas."

To get an idea of the scale of new solar, the BWL is planning a 20-megawatt, 70,000-panel solar project in Delta Township to come online this fall. The latest recommendation calls for twice as much of that capacity within the next decade. The BWL also contracts for about 20 megawatts of wind power today, which is generated from a 34-turbine, 81-megawatt project in Ithaca. The plan calls for a total of 85 megawatts.

Stojic added that the BWL will stick to a 1 percent target for energy efficiency on an annual basis. The report says that, beyond that, less demand or energy sales will make rates go up.

"Rates are very sensitive to sales," Stojic said. "If you're saving energy, your rates will

go up and that hits low-income customers the most."

But opponents say the plan doesn't need to rely on 100 megawatts of new natural gas if more efficiency is pursued. Van Guilder said bringing another gas plant the size of the REO Town facility "could be avoided entirely" by doing targeted efficiency spending and by pricing structures that reduce demand for energy during peak times, such as hot summer days.

"I really feel the information that was given to members of the Citizens' Advisory Committee was heavily biased toward building traditional, base-load power," van Guilder said.

Van Guilder said the process has unfolded in a "very, very similar way" to what happened in 2008. "Basically, the staff made the decision and has a panel that sort of acts as a fig leaf over who's pulling the strings behind the scenes," van Guilder said.

Stojic said the months of planning and input from the nine-member Citizens' Advisory Committee is proof that the utility learned its lesson from 2008. Additionally, the plan will be revisited by the utility in four or five year increments. In 2008, the utility put together a plan then sought input from the community.

"I have a standing invitation to meet with groups if they want to talk about energy efficiency or our energy plan," Stojic said. "We started it that way to make it much more public and much more transparent than the last time around."

— Andy Balaskovitz



Abood

from page 5

the Ethics Commission within 10 days.

Swope said the only financial disclosure forms for Abood were filed on April 29. The ethics ordinance designates the city clerk as the recordkeeper for the Ethics Commission.

Since becoming Lansing's deputy city attorney, Joseph Abood has continued his 50 percent stake in the law firm he used to run with his brother, financial disclosure documents reveal.

While not actively working for the Abood Law Firm since being hired by the city, he has received payments in "excess of \$2,500," his financial disclosure form showed.

"I retain an interest in the Abood Law Firm that is held in Trust by my brother Andrew," he told City Pulse. "I retain a financial interest to the extent that I retained certain accounts receivable. My relationship to the firm has been disclosed in compliance with the City's ethics requirements."

Abood's continued interest in The Abood Law Firm may violate the city's voter-adopted Ethics Ordinance. That ordi-

nance, according to the Ethics Manual for the City of Lansing, prohibits appointed and elected officials from using their position to "obtain financial gain" for themselves, their immediate family members, or businesses which the family or employee have an interest.

Brown Clarke said she was unaware of Abood's stake in the outside law firm until City Pulse drew her attention to it.

"If he disclosed it to the Ethics Commission, wouldn't you usually say it's not in our best interest to send work to this firm because of a conflict of interest?" Brown Clarke asked.

She called the conflict inherent in the situation "poor business decisions."

Abood may face a reappointment hearing before City Council on May 29, when his current appointment as interim city attorney expires. Brown Clarke said this conflict will impact the Council's deliberations on whether to extend his term.

Since December, city records obtained by City Pulse show, Abood Law Firm has billed the city nearly \$5,000 for legal work. This figure only represents billing sent directly to the city and does not reflect any legal billings that may have been filed with the city's third party legal payment contractor.

The records, compiled by DeLine in April show the city was direct billed \$23,269.35 for legal services by six legal entities. The billing was for Nov. 18, 2015, to April 7.

Three of the four billing entries for The Abood Law Firm are listed only as "Outside Counsel" and provide no details about what legal services were offered, or for what case. One entry, from March of this year — for \$75 — is billed with the cryptic "ALF Re: BJO."

Adding to Abood's ethical issues woes is the fact that after he began employment in the Office of the City Attorney, he and McIntyre hired his daughter, Malson, to serve as a contract administrative assistant to both. Malson continues in her post, with Abood as her direct supervisor, despite assurances during his March confirmation hearings that this would change.

A payroll history produced by DeLine of Abood's checks since January show that on March 25, he received a payroll check for \$9,835. His biweekly pay up until that date was \$3,455. After his appointment, his biweekly pay increased to \$4,615. DeLine calculated that the March 25 check represented a back date in pay rate as interim city attorney to Jan. 9.

As chief deputy city attorney, one of Abood's responsibilities was to fill in for the city attorney during absences, such as her nearly two-month absence on medical leave this year while she and the city sparred over her employment. She did not resign her post. In effect, the city has now paid two individuals to carry out the position of Lansing City Attorney.

Hana Callaghan, director of government ethics for the Markkula Center for Applied Ethics at Santa Clara University in California said the situation with Abood raises a host of ethical concerns.

"It's definitely a conflict of interest," she said of Abood's continued interest in his former law firm and the city contracts issued to it. "It's a violation of the fiduciary duty to the public."

She said this about more than perceptions and actual violations of ethics.

"First and foremost, if the public doesn't trust government, government doesn't work," she said. "That's why they're stewards of the public trust."

She said is essential public employees and elected officials avoid "even the appearance of impropriety."

— Todd Heywood



Unnecessary secrecy

Picking a county prosecutor, Ingham judges confuse their role

Starting July 2, Gretchen Whitmer will replace disgraced Ingham County Prosecutor Stuart Dunning III, a short-term assignment that raises her profile in what is



MICKEY HIRTEN

expected to be a run for governor in 2018.

It's a good choice, though tarnished by the unnecessary secrecy that Ingham County's judges used to hide how and why they picked the former state senator and Democratic leader over six other candidates.

The process could have been open and should have been. County prosecutor is an elected office, not an appointment. It's a significant distinction that either didn't matter or was never considered by the county's judiciary. Perhaps, they were just judges being judges. It's one of the more rarefied, solitary and powerful perches in our society.

But the difference between an election and an appointment is important. Prosecutors exert extraordinary power over people's lives, deciding what crimes to pursue, what charges to level and how defendants are treated before trials. People need a voice in deciding who will be the chief law enforcement officer in their community.

State law gives county judges the privilege of filling vacancies in elected offices, in this case Dunning's decision to resign. In these unusual circumstances, judges become the voice of the people ... or should be.

So you have to ask, why wouldn't Chief Judge Janelle A. Lawless open up the process used to pick a new prosecutor?

"It was really a collective decision of all seven of the judges," Lawless said. She noted that the action conformed with policies established by the Michigan Supreme Court. The judges followed the letter of the law, but missed the spirit.

Michigan has two landmark laws that advance the right of people to know how their government works and how officials behave. One is the Freedom of Information Act; the other is the Open Meetings Act, which the Attorney General's Office summarizes this way:

"In enacting the OMA, the Legislature promoted a new era in governmental accountability and fostered openness in government to enhance responsible decision making."

"Nothing in the OMA prohibits a public body from adopting an ordinance, resolution, rule, or charter provision that requires a greater degree of openness relative to public body meetings than the standards provided for in the OMA."

What this really means is that public

bodies shouldn't hide behind the act and are free to be more open than the legalistic limits of the law.

Legislated to accommodate the constitutional separation of powers, the Open Meetings Act does not apply to the judiciary, which most of the time operates inside of its courts. But when judges step outside of their courtrooms and hang up their robes, as they did with the Whitmer appointment, the role changes.

The judiciary is the least understood of the three branches of government and certainly the most secretive. When we deal with the courts, it's usually related to crime, civil infractions, perhaps a lawsuit. Opening up the process of picking a prosecutor offered the judges a chance to demonstrate that they work for the people in a less legalistic setting. And that would be good.

Surveys find that people's trust in the judiciary has declined, just as it has with other branches of government, businesses, religions, news organizations — just about everything.

Erosion of trust in the U.S. Supreme Court has been dramatic. A Gallup poll released in September 2015 found that only 53 percent have a great deal or fair amount of trust in the court, and the trend was worsening.

Local courts fare somewhat better, but a survey by the National Center for State Courts, found that the perception of political bias affected about half of all people's view of the judiciary.

Although Whitmer was by far the best choice to fill out Dunning's term, she is very much a political insider. Lawless said there were no interviews with candidates. Judge William E. Collette said Whitmer was the unanimous choice.

But the secret deliberations and decision by Ingham County's judges feed people's suspicions about judicial bias. Lawyers who argue in front of judges often give them large campaign contributions. It's all done through their political action committees and is quite legal.

Whitmer's political action committee, the Whitmer Leadership Fund, contributed \$50 to the reelection campaign of Lawless in 2008 and \$100, also in 2008, to Collette.

It's a small amount, insignificant really. Neither Lawless, Collette or Whitmer said they were aware of the contribution. Still, it's about appearance.

"Doubts about partisanship, political bias represent greatest threat to public confidence," the National Center for State Courts, said in a report accompanying its survey.

"The one negative attribute that garnered majority agreement in our survey was political, with 53 percent saying it describes the courts in their state and 56 percent saying the same about judges in their state. Concerns about political bias in the selection of judges, as well as the decisions they make on the bench, are evident in two statements we tested in this survey."

For Ingham judges, political bias didn't happen on the bench. But it didn't have to happen at all.

Park Board ignored Despite vote not to sell, city still wants Willoughby on ballot

Despite a 7-1 vote by the Lansing Park Board opposing a ballot question to sell 70 acres of untouched wooded wetlands in southwest Lansing, Mayor Virg Bernero still wants voters to decide.

"It is up to the City Council to determine if the voters of Lansing, who have consistently supported measures to sell surplus city property, should have the opportunity to consider this question," said Randy Hannan, Bernero's chief of staff, about Willoughby Park.

The Parks Board met on May 11 to consider the proposal. Its decisions are advisory to the Council, which under the City Charter decides whether to ask voters to approve the sale of parkland. The charter prohibits selling parkland not approved by voters.

Paul Holland was the only Parks Board member to support the sale of the property.

"I voted to recommend that Council place the disposition of Willoughby Park before the voters so that, in the case that residents approve, the Administration could explore opportunities for infill development between existing subdivisions and thus expand the city's tax base while potentially limiting sprawl even further away from the urban core," Holland explained in a social media message to City Pulse.

Much of the park is wooded wetland and is un-

likely to be suitable for development.

Hannan said the mayor views the property as "surplus" and said there is a cost to continuing to maintain it. However, a recent visit by City Pulse revealed the property revealed little, if any, maintenance. The surviving heir of the man who donated the property to the city, Rowland C. Stebbins, said he personally clears the brush away from the city's sign marking the entrance to the park. The park has no recreational equipment and no parking lot.

The consideration to sell the property was tabled at April's meeting, when the Park Board faced considerable public opposition to a plan to approve recommending the transfer of Scott Park, at Malcolm X and Washington avenues, to the Board of Water and Light. The BWL wanted the property to build a power substation. That proposal was approved 5-3. The administration argues that a ballot question on Scott Park is not required because it would not be a sale if the park is given to the BWL.

— Todd Heywood



STATE OF MICHIGAN
PROBATE COURT
COUNTY OF INGHAM
PUBLICATION OF
NOTICE OF HEARING
FILE NO. 13-612-LG

In the matter of Mercilee Colleen Frisell.
TO ALL INTERESTED PERSONS including: Jessie Lea Frisell whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:
TAKE NOTICE: A hearing will be held on 6-8-2016 at 1:30 p.m. at Ingham County Probate Court, 313 W. Kalamazoo Street, Lansing, MI 48933 before Judge Richard J. Garcia, for the following purpose: Petition to terminate guardianship.

Date: 5/12/16
Kory Frisell
1664-2 Aurelius Rd.
Holt, MI 48842
(517) 894-7652
CP#16-130

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transgender people and
their allies in the greater
Lansing community since 1979.**

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PUBLIC NOTICES

CITY OF EAST LANSING NOTICE OF ADOPTION

ORDINANCE NO. 1357

AN ORDINANCE TO AMEND SECTIONS 50-5 AND 50-156 OF CHAPTER 50 - ZONING - OF THE CODE OF THE CITY OF EAST LANSING TO ALLOW FOR SOLAR CARPORTS.

Please take notice that Ordinance No. 1357 was adopted by the East Lansing City Council at the regular meeting of the Council held on May 10, 2016 and will become effective 7 days after the May 18, 2016 publication of the following summary of ordinance.

SUMMARY OF ORDINANCE NO. 1357

THE CITY OF EAST LANSING ORDAINS:

Sections 50-5 and 50-156 of Chapter 50 of the Code of the City of East Lansing are hereby amended to read as follows:

(4) Carport solar energy systems.

- Carport solar energy system shall be permitted in the B4 and B5 zoning districts subject to site plan approval as provided for in section 50-35 of this chapter.
- No part of the system shall exceed twenty feet at the highest point.
- The array shall not exceed a maximum slope of 10 degrees.
- Minimum clearance under the system shall be 8'6" or the minimum height for structured parking found elsewhere in the ordinance.
- The parking setbacks shall be subject to section 50-814 of this chapter.

A true copy of Ordinance No. 1357 can be inspected or obtained at the Office of the City Clerk at City Hall, 410 Abbot Road, East Lansing, Michigan during normal business hours.

Marie E. Wicks
City Clerk

CP#16-129

PUBLIC NOTICES

Introduced: 02-16-2016
 Public Hearing: 04-26-2016
 Adopted: 05-10-2016
 Effective: 05-18-2016

CITY OF EAST LANSING

ORDINANCE NO. 1370

AN ORDINANCE TO AMEND SECTIONS 44-335, 44-336 AND 44-341 OF CHAPTER 44 - TRAFFIC AND VEHICLES - OF THE CODE OF THE CITY OF EAST LANSING.

THE CITY OF EAST LANSING ORDAINS:

Sections 44-335, 44-336 and 44-341 of Chapter 44 of the Code of the City of East Lansing are hereby amended to read as follows:

Sec. 44-335. - Eligibility. (8.32.4)

The following eligibility criteria must be met before a permit parking program is established.

- (1) The requesting area must be a residential area, as defined by this resident permit parking code and not part of MSU.
- (2) The total contiguous street length along affected properties shall be at least 2,500 feet as measured along the street center line.
- (3) Residents support establishment of a RPP program in the manner described in section 8.32.5 [section 44-336].
- (4) A shortage of reasonably available and convenient on-street parking spaces exists for residents in the proposed RPP area as defined by at least 75% of legal parking spaces being occupied in at least 75% of the vehicle counts taken during the parking study described in Sec. 44-336 (8.32.5).

Sec. 44-336. - Process. (8.32.5)

The following process shall be followed to establish a resident permit parking program except for the two permit parking areas currently established by Traffic Control Order No. 246 and No. 264, where it shall be presumed that the criteria relating to eligibility, engineering study, and resident support of the permit program required by section 8.32.4 [section 44-335] and section 8.32.5(1), (2), (3), and (4) [section 44-336] have been fulfilled and that more than 25 percent of the addresses support the proposed RPP program, as required by subsection 8.32.5(5) [section 44-336]. All other provisions specified herein shall apply to existing permit parking areas.

- (1) Residents of an area who feel that they are or a neighborhood association which determines that a particular area within the neighborhood is adversely affected by a shortage of reasonably available on-street parking may request permit parking by submitting a petition, as described in this section, signed by 30% of the property owners in the proposed permit parking area.
- (2) The petition shall include:
 - a) A map with a designation of the specific streets proposed for permit parking,
 - b) The printed name, signature, date signed and street address of each property owner who signed the petition
 - c) The specific problem the permit parking area will address
 - d) The proposed permit parking restrictions including the hours, days, dates or events, or any combination thereof, that the petitioners desire to see restricted to residential permit parking.
 - e) The rules that residents in the residential parking permit area will be required to follow, including the fees they will pay for resident parking permits, the number of guest permits available, and the process for obtaining resident parking permits and guest permits.
 - f) A list of other available parking restrictions that residents could pursue as an alternative to a residential permit parking system.
 - g) The name and address of the person who is circulating the petition.

Petition forms shall be available in the city clerk's office, which illustrate the types of restrictions available for residential permit parking and the required information for a valid petition.

- (3) The petitions shall be submitted to the clerk for verification of the form and the sufficiency of the number of signatures. Any signatures dated 6 months before submission shall not be counted. If there are an insufficient number of signatures or other impropriety in the form, the petitions shall be returned to the person that submitted them. If the petitions are in proper form and have sufficient signatures, they shall be forwarded to the city engineer who shall study the request to assess the nature and extent of the parking problem as well as determine the ramifications of implementing a RPP program. At a minimum, the city engineer's parking study shall include:
 - a) The total number of legal parking spaces in the proposed residential parking permit area. The number of spaces will be determined using an average parking space length of 20 feet, ensuring 1 foot buffers on either side of driveway curb cuts are maintained and that other necessary space is provided in order to maintain sufficient line of sight for drivers.
 - b) The names of individual streets and the number of households making up the proposed residential permit parking area as a whole.
 - c) At least 15 counts of the number of vehicles parked in the area as a whole and on the individual streets making it up. The vehicle counts shall be taken at a representative mix of days and times during MSU events, other community events or other times that were identified in the petition that were identified in the petition as causing a lack of available residential parking in the petition for a neighborhood parking permit area.
- (4) If the city engineer determines that the study results meet the eligibility requirements established in section 8.32.4 [section 44-335], the city engineer shall develop a draft "supplemental neighborhood permit parking plan," and provide the completed parking study and the draft parking plan to the Transportation Commission, the petitioners and an applicable neighborhood association, if any. This plan shall describe those unique obligations, conditions, and requirements specific to the proposed permit parking area. It will also address such issues as the maximum number of permits which could be issued to businesses and residents and delineate the specific boundaries of the permit area and streets contained therein. The plan shall be reviewed by the city treasurer, chief of police, and city attorney. Insofar as possible, comments provided by such offices shall be incorporated into the plan prior to its submittal for a public hearing. However, in any case, the plan shall not establish conditions or requirements which are in conflict with this resident permit parking code.
- (5) The city engineer shall establish a date for a Transportation Commission public hearing on the proposed residential parking permit. The city engineer shall mail the draft supplemental plan to all properties in the residential neighborhood in which the plan would take effect, and its neighborhood association, if any, with notice of the public hearing at least 14 days before the hearing. At the hearing, the transportation commission shall review all aspects and implications of the proposed RPP program.

The transportation commission may then refine and modify the supplemental neighborhood permit parking plan based on information provided at the public hearing and on comments received from city departments, individual citizens, the neighborhood association, if any, and the city attorney. During formulation of the supplemental neighborhood permit parking plan, the transportation commission shall take reasonable steps to assure itself that the interest of all neighborhood residents have been adequately represented.
- (6) At the completion of such a review hearing, if the commission determines that there is a sufficient basis to proceed based on the criteria established in section 8.32.4 [section 44-335], it shall direct the city engineer to prepare a voting ballot describing, in general terms, the RPP program and the supplemental neighborhood permit parking plan. The ballot shall clearly indicate that a majority of the returned ballots must indicate support for the proposed plan and that the city council retains authority to further alter the plan during its review of it. One ballot shall be mailed to

PUBLIC NOTICES

each address on affected properties. Eligible voters and the number of votes which can be cast on behalf of the "affected properties" shall be determined as follows:

- a) Each affected property, whether abutting or non-abutting to the permit parking street, shall receive one vote for each parcel of property.
 - b) Votes for one-family or two-family dwellings and class A and B multiple dwelling properties shall be cast by the property owner.
 - c) Votes for business properties shall be cast by the owner, or owner's representative, of the property on which the business is located.
- (7) Ballots shall be signed by the voter and returned to the city engineer within 30 days after mailing. In order to continue with the process of establishing a RPP program, a majority of the ballots returned must indicate support for the RPP program.
- (8) If the conditions established in subsection (7) above are fulfilled, the city engineer shall forward the supplemental neighborhood permit parking plan to city council for consideration.
- (9) The city engineer shall prepare a proposed ordinance which, if adopted, would establish a permit parking area in accordance with the supplemental neighborhood permit parking plan and submit that, with the entire record of the process, to city council. City council shall hold a public hearing on the proposed ordinance. All residents of affected properties and those within one block of affected properties and all owners of affected properties and the applicable neighborhood association, if any, shall be mailed a notice of the public hearing at least 14 days before the date of the public hearing. If at the conclusion of the public hearing, based on the record of the process and the information provided at the public hearing, city council determines that the eligibility requirements of section 8.32.4 [section 44-335] have been met and a permit parking area and permit parking plan would benefit the residents of all or a portion of the proposed permit parking area, city council may: (a) approve a permit parking area for all or that portion of the proposed permit parking area that the city council determines would benefit the residents; and (b) based upon the record provided and the information provided at the public hearing, make any other modifications to the proposed ordinance concerning the issuance of permits and the particular permit parking restrictions that it deems appropriate. If approved by city council, this code shall be amended to establish permit parking for the area. Such area shall be designated by name and those streets along which permit parking is to be established shall be listed in section 8.33.2 [section 44-343]. The supplemental neighborhood permit parking plan, as approved by city council, shall also be contained within section 8.33.2 [section 44-343].
- (10) Once established, upon petition signed by an owner of a majority of the properties of any portion of an established permit parking area at least one block in length or an entire established permit parking area, residents of that area or an applicable neighborhood association, if any, may request an amendment to the permit parking plan. Upon certification of the petitions by the city clerk, the transportation commission shall hold a public hearing on the request. All residents of the area proposed for an amendment to a permit parking area shall be mailed a notice of the public hearing at least 14 days before the date of the public hearing. The transportation commission shall make a determination whether current parking plan restrictions no longer are justified for a significant portion of the residents and that a plan change or area change will not adversely affect other residents or the intent and purpose of the permit parking area. The transportation commission shall then convey a recommendation to city council with its finding and specific recommendations for or against changes to the permit parking plan.

Upon receipt of the recommendation of the transportation commission regarding change(s) to a permit parking plan, the city council shall hold a public hearing on the request. All residents of the area proposed for permit parking shall be mailed a notice of the public hearing at least 14 days before the date of the public hearing. If the city council finds that current permit parking plan restrictions no longer are justified for a significant portion of the residents and a plan change does not adversely affect other residents or the intent and purpose of the permit parking area, city council may make any changes to the permit parking plan, the permit parking restrictions, or the permit parking area it deems appropriate.

- (11) All affected properties shall be eligible to participate in the permit program in accordance with the provisions of this code and the supplemental neighborhood permit parking plan.
- (12) Annual renewal of a permit program shall be automatic unless:
- a) A petition requesting termination is received from at least 2/3 of the affected properties; or
 - b) The transportation commission finds that resident participation in the RPP program is inadequate to justify its continuation; or
 - c) The transportation commission finds that the eligibility criteria established in section 8.32.4 [section 44-335] no longer apply to the permit area.
- (13) If the transportation commission makes a recommendation to city council regarding termination of the RPP program for an area, the city council shall schedule a public hearing on the matter and notify residents and neighborhood associations in the same manner utilized to establish a supplemental neighborhood permit parking plan (Sec. 44-336). At the hearing the city council may (a) approve a termination or (b) modify the current parking plan.

This amendatory ordinance shall take effect upon its adoption and publication as required by Charter and shall be effective as to all circulated petitions which have been submitted to the program administrator on or after October 1, 1996.

Sec. 44-341. - Issuance of permits. (8.33)

- (1) Each legal resident of an "affected property" within the permit area consisting of one-family or two-family dwellings shall be provided one resident permit for each vehicle under their legal control, except that the number of resident permits issued to any one address shall not exceed a predetermined maximum which shall be established in the supplemental neighborhood permit parking plan.
- (2) Each legal resident of dwellings located on "affected properties" shall be provided two guest permits per address.
- (3) Each address of "affected properties" within a permit area consisting of class A multiple dwellings shall be provided one resident permit and one guest permit, provided that the resident permit is issued for a vehicle under legal control of a person who resides at the address.
- (4) Each address of "affected properties" within a permit area consisting of class B multiple dwellings shall be provided a minimum of three resident permits, provided that such permits are issued for vehicles under the legal control of a person or persons who reside at the address. The maximum number of resident permits issued to class B multiple dwellings shall be established in the supplemental neighborhood permit parking plan.
- (5) In order to accommodate special events or unique parking needs, the city treasurer may issue dated or undated temporary permits to residents of the RPP area to accommodate nonresident parking for period not to exceed 24 hours. The supplemental neighborhood permit parking plan may establish a daily limit on the number of temporary permits that may be issued by the city treasurer for special event or unique parking need. In order to accommodate home occupations, the city treasurer may issue up to 60 undated temporary permits per month to a resident of an RPP area that is operating a home occupation, as defined in the zoning code, in compliance with the city's zoning restrictions that has been registered as such with the zoning administrator. Any fees for those permits shall be established by the budget resolution. Those permits must be dated in large bold print by the resident to be valid and those permits are only valid for that specific date. Undated or altered permits are invalid. The city treasurer may refuse to issue temporary undated permits if the treasurer determines that the resident has sold permits or issued said permits for other than home occupation use. A resident that has been denied permits for selling the permits or issuing them for other than home occupation use may appeal that decision to the city manager.
- (6) One guest permit shall be available to nonresident owners of "affected property" who reside outside the permit area.
- (7) If appropriate, the number and circumstances under which business permits maybe issued shall be described in the supplemental neighborhood permit parking plan.
- (8) In all instances where a limit is established on the maximum number of permits available to any one address, permits will be issued by the city treasurer on a first come, first served basis.
- (9) Except for home occupation permits, all initial permits authorized by this section shall be provided without charge. The charge for any replacement permits shall be as established in the city's budget resolution.

ARTS & CULTURE

ART • BOOKS • FILM • MUSIC • THEATER

'I DREAM OF FLOODS'

Gideon Mendel's 'Drowning World' plumbs the line between murk and normality

By LAWRENCE COSENTINO

South African photographer Gideon Mendel's lush, large-format photographs of flood victims around the world are striking enough in magazines like National Geographic. "Drowning World," Mendel's new exhibit at the Broad Art Museum, offers total immersion.

"I often dream about floods and flood zones, and I do feel this urge to return," the artist said at Friday's exhibit opening.

In Mendel's portraits, life-sized flood victims from five continents stare straight at the bone-dry viewer, folded at the neck,

"Gideon Mendel: Drowning World"

Open through Oct. 16

FREE

Eli and Edythe Broad Art Museum
547 E. Circle Drive, East Lansing
(517) 884-4800,
broadmuseum.msu.edu

waist, or knees by an inexorable water line. Above the line is normality; below is murk.

Mendel often talks about his work at climate change conferences, but he's an artist, not a journalist. At Friday's event, he talked like a man caught in an aesthetic undertow.

"People say to me, 'It must be so difficult and painful and traumatic,'" he said. "The truth is, as a photographer, as an artist, I've come to love being in flood zones."

Mendel started documenting floods in India and the United Kingdom in 2007. Since then, he has photographed floods in Pakistan in 2010, Thailand and Australia in 2011, Nigeria in 2012 and South Carolina in 2014.

"There's something about that environment that I find immensely compelling, visually," he said "Everything is reversed. Nothing is where it was meant to be. The light is changed by the water."

Mendel isn't sure whether his work is evidence of climate change or a metaphor for it. Water seeps into the mind as surely as it covers the planet, and that makes Mendel's photographs hard to shake off. As you look around the gallery, the ever-present water line cuts as cleanly as mathematics across cultures and countries. It would be hard to find a more dramatic metaphor for — or evidence of — humanity's common lot.



Lawrence Cosentino/City Pulse

Gideon Mendel's portraits, like "Francisca Chagas Dos Santos, Taquari District, Rio Branco, Brazil, 10 March 2015," shown here, feature subjects dealing with the aftermath of extreme floods.

Broad Art Museum curator Caitlin Doherty, who curated the Mendel exhibit, has been haunted by Mendel's images since she first saw them in 2007.

"These people are from different countries, entirely different socio-economic and cultural situations, but they are all united by their vulnerability," Doherty said.

The beauty and gravity of the subjects' faces stubbornly defy the chaos around them.

"The photographs obey all the rules of conventional portraiture, but the environment is quite strange," Mendel said.

The exhibit is divided into two parts. The first is a selection of Mendel's

"Drowning World" photographs, a few of them never before seen, along with a half-hour video of people mournfully wading, gingerly rowing and playfully back-flipping through flooded streets in cities around the world.

The second part of the exhibit, the "Watermarks" series, brings Mendel's work into a new phase, seen for the first time at the Broad. The gallery is hung with flood-damaged snapshots that are "massively amplified," in Mendel's words, to the size of posters.

Fishing ordinary family photos from flood areas, Mendel found that wedding

pictures, high school portraits, vacation snapshots and other pictures had turned into semi-abstract mosaics of patterns, colors, faces and backgrounds.

A vitrine in the center of the gallery contains a pile of the originals. Mendel has collected about 400 of them.

"They're muddy and destroyed, but yet beautiful," Doherty said.

As in the "Drowning World" photographs, a blatant metaphor all but jumped from the blotchy, patchy images. Mendel was fascinated by the role of chance in

The same, but more

East Lansing Art Festival expands its offerings

By TY FORQUER

The East Lansing Art Festival operates largely on an “if it ain’t broke, don’t fix it” mindset. The festival’s core — the juried selection of diverse artists who line the streets of downtown East Lansing — is as healthy as ever.

This year’s event features 186 artists in mediums ranging from photography and painting to ceramics to sculpture.

East Lansing Art Festival

May 21 and 22

FREE

Downtown East Lansing

(517) 319-6804, elartfest.com

Friday night kick-off concert

With Huckleberry Groove

7-9 p.m. Friday, May 20

FREE

Ann Street Plaza

Corner of Albert and M.A.C.

avenues, East Lansing

Included in that number are 67 artists who are joining the festival for the first time.

But from this core, the festival is casting nets beyond the visual arts to snag a larger share of the Greater Lansing arts community. While the festival has

always embraced music, it has also started reaching out to the local literary arts scene.

“Last year was the first time we had a poetry reading,” said Michelle Carlson, East Lansing Art Festival coordinator. “People really liked it.”

The festival is expanding its poetry offerings this year, including poetry chalking on streets and sidewalks and an interactive haiku workshop led by Michelle Root-Bernstein, a former editor of the Haiku Society of America’s journal, “Frog Pond.”

New to the festival this year is a the-



Ty Forquer/City Pulse

Rodney Whitaker’s Soul-R-Energy performs on the recently remodeled Ann Street Plaza stage at last year’s East Lansing Art Festival.

ater showcase, where members of MSU’s Summer Circle Theatre and Riverwalk Theatre will give audiences a preview of upcoming shows.

“We’re always looking for ways to include more arts,” Carlson said.

Last year, the festival rolled out a new artist demonstration area, where attendees get a behind-the-scenes look at the process of making art.

“The artists who participated last year really enjoyed it,” Carlson said. “Most artists work by themselves in a studio and don’t have a chance to share their process with the community.”

Artists participating in this year’s

demonstrations include sculptor Manny Lopez, painter Bradon Badeau and glass artist Lino Pretto. The demonstrations give attendees a chance to see how the art for sale at the festival is created.

“When people see how much effort and time goes into the work, it helps them appreciate the art more,” Carlson said.

The festival is also working to improve its children’s area. Organizations like the Broad Art Museum, Impression 5 and Reach Studio Art Center will host art activities for kids throughout the weekend. The theme of all of the projects is wearable art, and twice-daily Move Your

Art Parades will give children a chance to show off their creations.

“We’re working to make it a more authentic art experience,” Carlson said.

And then there’s the music. Last year, the festival added a Friday night kick-off concert with local cover band Triple Lindy. This year, Michigan-based soul/rock outfit Huckleberry Groove will kick off the festivities. Over 20 more bands and performers will take the stage Saturday and Sunday.

The diverse slate of performers includes Detroit’s Planet D Nonet, which will perform a set of music written by South African musicians during Apartheid. Other acts include energetic folk trio the Moxie Strings and Off the Ledge, which recently won the Q106 Hometown Throwdown. Former Verve Pipe drummer Donny Brown will perform a set of original songs with his band, the Van Dell-Tones.

“Some people come to the festival just for the music,” Carlson said.

This is the second year that main stage performers are able to take advantage of the new performance area at Ann Street Plaza. The main stage was quarantined to a parking lot behind the police station for several years while Ann Street Plaza was remodeled.

“We didn’t feel like part of the festival,” said Ben Hall, the festival’s music coordinator. “It’s nice to be back in the middle of things.”

A stage in the small park at the corner of Albert Avenue and Abbot Road has evolved from a glorified open mic to a legit second stage. Between the two stages, attendees will have the chance to take in everything from 1920s jazz to zydeco to indie rock.

“It’s always my goal to have the music reflect the diverse forms of art,” Hall said. “It’s the soundtrack to the festival.”



Lawrence Cosentino/City Pulse

Artist Gideon Mendel discusses his work Friday at the opening of his exhibit, “Drowning World,” at the Broad Art Museum.

Floods

from page 10

saving parts of the images and obliterating others. The capricious waters dealt the same with the photos as they had with people.

“They work on a level I’m not used to dealing with,” Mendel said. “I don’t fully understand why I’m so drawn to them.”

At a question-and-answer session after Friday’s talk, Mendel seemed familiar with the accusation that he is exploiting his subjects and aestheticizing tragedy. He said he’s well aware of the issue of subject consent, appropriation and “the gaze.” But he seemed content to leave the question open and continue to do what he does.

His interactions with subjects, he explained, vary according to the circumstances. Sometimes he pays people 30 dollars to lead him to their flooded homes and let themselves be photographed. At

other times, he doesn’t get consent, but he appeared comfortable with his methods.

One flood victim, he said, refused his money. “I want you to show the world what’s happened to us,” she told him.

“As a curator, you get a gut feeling about the genuineness of work,” Doherty said in the artist’s defense. “I felt that four years ago, and it haunted me ever since. I now know that initial gut feeling was correct.”

Doherty found it “particularly powerful” that the people in Mendel’s portraits are named and not anonymous victims.

Mendel pointed out that in 2008, at the same time Hurricane Sandy hit North America, massive floods in Nigeria killed 500 people and left almost an eighth of the country under water. Although the disaster was worse than Sandy, there was very little press coverage. Mendel’s Instagram feed was among the few outlets to give the world a glimpse of the disaster.

“They want what’s happened to them be deeply witnessed, and that’s what I do,” he said.

Spotlight on Lansing River Rock Concert showcases local talent

By CALLIE OPPER

The inaugural City Pulse River Rock Concert, coming to Adado Riverfront Park next month, will serve up a heaping helping of locally-grown music.

The festivities kick off June 10, where the Verve Pipe and Wally Pleasant, staples of the '90s Greater Lansing music scene, perform their most popular albums live. Local '80s cover band Triple Lindy opens the concert.

But after that nostalgia-heavy lineup, attendees will get a chance to catch a trio of up-and-coming local acts the next night. Singer/songwriter Stefanie Haapala, indie rockers Elliot Street Lunatic and hip-hop artist James Gardin take the stage June 11, along with Kentucky-based pop punk outfit City Mouse.

Gardin discovered his passion for music back in 2003. While he started with a band, he eventually set out on his own.

"I saw excitement in creating a voice and an identity for myself through music," Gardin said. "I became more comfortable being myself as a solo artist."

Gardin's most recent album, "Living Daylights" came out in March of last

City Pulse River Rock Concert

June 10-11

The Verve Pipe "Villains" 20th Anniversary Concert

With Wally Pleasant and Triple Lindy
Friday, June 10
\$15/\$20 reserved VIP seating

Top of the Town Party

With Elliot Street Lunatic, City Mouse, Stefanie Haapala and James Gardin
Saturday, June 11
\$5/\$10 reserved VIP seating/\$10 with TOTT Party/\$15 for VIP seating and TOTT party

Two-night combo: \$18/\$28
VIP reserved seating and TOTT Party
(Concert tickets \$10 more at the door.)

Adado Riverfront Park,
Lansing
riverrockconcert.com

year. He plans to release some new music this year and is trying to do more touring. His style of music, which mixes soul, gospel and rap, has an uplifting message.

"Most people seem to second guess themselves, putting a cap or limitation on what they do," Gardin said. "I want everyone to be confident in their own gifts, to be able to just go out and do it."

Haapala, on the other hand, would rather tell you a story. She takes her cues from the great folk writers of the 1970s.

"So much of the story gets lost in popular music today," Haapala said. "For me, it

has never been about being popular; it's always been about the story being told."



Courtesy Photos

Local acts Elliot Street Lunatic (bottom), James Gardin (above) and Stefanie Haapala (right) perform on the second night of the inaugural City Pulse River Rock Concert.

Growing up in Metro Detroit, she discovered music through her parents' collection of '70s folk music.

"My parents were avid music fans," Haapala said. "I fell in love with the artist's voices and the stories they told."

She studied creative writing at Michigan State University, where she started to immerse herself in the local music scene. In March, Haapala put out an EP, "This Won't Be The Last Time I Tell You."

"This will be a new beginning," Haapala said, adding that she recently graduated from MSU and plans to move back to Detroit. She's hoping to find her way back into the music scene where she once started.

Rounding out this trinity of local talent is Elliot Street Lunatic. The band, which includes members of now-defunct outfit Lights & Caves, has been on something of a hiatus for several years. But the group is reuniting for a handful of shows this summer, including the River Rock Concert and pair of shows in August at the Robin Theatre.

Guitarist, singer and songwriter Jason Marr co-founded the group in 2007 with some friends who were in his music theory class at Lansing Community College.

"I've always been playing music," Marr said, "My parents have told me that whenever I would hear a song growing up, I would be able to play it."

Marr said that people describe Elliot Street Lunatic's music as "spacey pop rock" and compare it to bands like Coldplay.

The band recorded and released two albums, but parted ways in January 2013.



While the band is not officially back together, and not all the original members are still around, they occasionally get together to play shows. Marr continues to play locally and can often be found sharing a stage with Gardin as part of his live band, the Full Respect. While he doesn't have a full-time band at the moment, he's not quitting any time soon.

"When music stops being fun, I'll stop playing. But I don't see that happening," Marr said.

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CURTAIN CALL

Doctors without borders

Therapists cause more harm than good in 'Beyond Therapy'

By TOM HELMA

Ho-hum. Another bleak black box stage. Mismatched chairs, some desks that look like they were borrowed from the MSU Surplus Store, a framed knock-off "Mona Lisa" looking down benignly — is that a smirk?

We soon realize, however, that this simple set is cleverly designed like a three ring circus, led by ringmaster, er, set designer and director Michael Schacherbauer. This circus is Christopher Durang's iconic 1981 play, "Beyond Therapy," staged by Riverwalk Theatre.

"Beyond Therapy"

Riverwalk Theatre
8 p.m. Friday, May 20 and Saturday, May 21; 2 p.m. Sunday
\$12/\$10 students, seniors and military
Riverwalk Theatre, 228 Museum Drive, Lansing (517) 482-5700, riverwalktheatre.com

In ring one, at center stage, we

have two desperately single lonely hearts meeting for a blind date. Bruce (Joseph Baumann) is bisexual and living with another man, but yearns for something else. Bruce is awkward, uncomfortable and frenetic, prone to putting both feet in his mouth.

Baumann brings his best comedic work to this role, which is likely his last local production. He's moving— emotionally moving, yes — but also moving out of town after years of major contributions to local theater. Adieu Joseph, we loved you well.

Baumann is well-matched in this disorganized dance by Shannon Bowen, as Prudence. Bowen, who has only recently recovered from the depths of a lingering sickness, still manages to deliver the goods. Her take on Prudence is sharp and snappy. She captures many of the characteristics of a typical neurotic Manhattanite.

Together, these two create a humorous semi-sexual interplay that invites non-stop laughter. It's like flipping through an array of New Yorker cartoons at breakneck speed, each one funnier than the one before. Baumann and Bowen play against each other with zings and zaps, stepping on each other's toes and saying amazingly inept things. The

audience ate it up. The blackout after the first scene met with a rush of appreciative applause.

Ring two: enter the therapists. We're now in the office of Bruce's shrink, Charlotte (Emily Clark). What makes this play work is that the doctors, the very people who should be helping the situation, are crazier than the clients. Charlotte appears healthy at first, until she opens up her mouth. We discover that she has eccentricities. She uses inappropriate word substitutions that devolve into something like a strange version of Tourette Syndrome. She uses a hand puppet dog to bark when she expresses approval. Clark delivers her lines with a perfectly psychotic look on her face; her eyes appear to be somewhere

else in time.

Flip to stage left, ring three. Prudence's therapist, Stuart (Joe Dickson), sports hair and beard slicked with Brilliantine, chest hair proudly sticking out of an unbuttoned shirt. Stuart is not so much crazy as he is unethical. He has apparently already slept with Prudence and would like to continue to do so, even while she's still seeing him for therapy.

Where can things go from here? Not really anywhere, actually. The punch is in the premise, delivered exquisitely by Durang's lines. It's like Neil Simon on steroids. But it all ends in a mish-mash, everyone meeting in a restaurant and seemingly living happily ever after — or whatever.



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Star-crossed romance

Darcy Wood's 'Summer of Supernovas' draws on teenage angst, astrology

By BILL CASTANIER

Wilamena Carlisle is on a deadline — an astrological deadline — to find someone to love.

Darcy Woods Book release party

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Williamston-based author Darcy Woods, 38, weaves the tale of Wil in her debut young adult romance novel, "Summer of Supernovas." The 17-year-old protagonist lives by her astrological chart. She was born

under the Fifth House, which makes finding the "right one" difficult.

Astrology isn't the only characteristic that makes Wil different. She hangs with a Russian friend. She's also a piercer who wears vintage dresses and studies the sky.

"I can't write a beige character," Woods said. "Wil has an unapologetic way about her. She doesn't try to conform. It's how I wanted to be when I was a teen."

While studying the sky from the top of a water tower, Wil meets the dreamy Grant, who mistakenly believes she is a jumper and tries to save her. And that's where the fun — and the teenage angst — breaks out. Grant is perfect except for one thing: He's the wrong sign. His hunk of a brother, Seth, is the right sign, but is he perfect for her?

As Wil romps through this mixed-up dating triangle, the plot takes unexpected twists and turns. One such twist is the kind of mistaken identity — Grant and Seth look alike, especially in the dark — that you would expect from a Shakespearean comedy. This book is funny, quirky and refreshing.

"I wrote the book I wished I had when I was that age," Woods said. "The (teen) years are a magical time in your life. They are intoxicating, and the intensity of emotion can

be overwhelming."

Woods said that although the book is edgy, it doesn't push too far.

"It's relatively tame for contemporary teen romance," she said.

Woods celebrates the release of "Summer of Supernovas" with an event Tuesday at Schuler Books & Music's Eastwood Towne Center location. The release party, which is free and open to the public, includes live music and cupcakes.

A graduate of Haslett High School, Woods was always an avid reader. But she got started as a writer on what she calls "a whim."

"It was a bleak February," she recalled. "My husband said, 'You should write a book.' I sat down and stared at the laptop, and then I began writing. From that moment, I wondered why I hadn't been doing it before. It felt like oxygen to me."

As she wrote, she gravitated toward young adult literature, particularly romance. She entered her first manuscript, "Spark," in the 2011 Romance Writers of America Golden Heart Contest and was one of the seven finalists in the young adult category. Just two years later, she won the Golden Heart award for "Summer of Supernovas."

At the massive Romance Writers of America convention, she nearly tripped over romance writing legend Nora Roberts on the way to the podium to accept the award. As she looked up at herself on the JumboTron, the first words out of her mouth were "holy shit."

But like most unpublished writers, Woods went back home and went back to work.

"It took a year to sell the book. I had two



Courtesy Photo

"Summer of Supernovas," by Williamston author Darcy Woods, tells the tale of a teenage romance complicated by astrology.

offers, but both fell through," she said. "It was grueling and gut-wrenching."

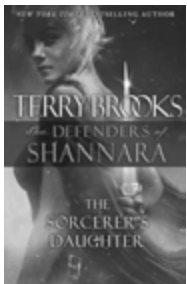
Finally, the stars aligned for Woods in the form of a preemptive offer from Random House Crown Books. While the business side was difficult, Woods never lost the joy of writing.

"When I'm writing, I really love the moments when that one word or one phrase makes it all come together," she said.

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of Shannara, is brimming with untold stories and unexplored territory. The epic MTV series, *The Shannara Chronicles*, debuted in January of this year; Now Brooks breaks new ground with *The Sorcerer's Daughter*, a standalone adventure. This will be a ticketed event. Please visit our website for full details.


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City Pulse's 2016 Healthy Issue



Wally, the water and you

Lansing swimming legend Wally Dobler glides into his 80s

By Lawrence Cosentino

After 70 years of moving through water, Wally Dobler doesn't walk across a roomful of air. He teleports. Air resistance means nothing to him.

Ramrod straight, ruddy-faced and hearty, the 82-year-old champion swimmer stood at the door of his Lansing home, saying hello. Two seconds later, he was in a chair, ready to talk. How did he do that?

See Dobler, Page 16

Photo by Roxanne Frith

Photo: Accomplished 82-year-old swimmer Wally Dobler stands by the pool at Sparrow's Michigan Athletic Club.

City Pulse's 2016 Healthy Issue

Dobler

from page 15

For Dobler, getting older is exciting, because every decade gives him the chance to set more records in a new age group. He's already set two world records, 13 national marks and dozens of state records. Dobler is living proof of the lifelong health benefit of swimming.

To list all his records and awards would put serious drag on this story, so wax up and let's dive in at the shallow end.

Growing up in Flint, Dobler spent summers at nearby Camp Copneconic, where his dad was director. At a tender age, the younger Dobler was told he couldn't swim to the raft until he could swim from dock to dock. He connected the dots right away. Water, he learned, was a medium for movement, a flying dream come true.

Every day at camp, the swim coach would line four boys up at one end of the 20-yard pool and tell them to race. It quickly got monotonous. He can still hear the voice carry over the water.

"Dobler, you won. Go back and race the next four. Dobler, you won. Go back and ...," he barked, imitating the coach. "I don't know, I just had a natural ability for swimming and I stuck with it."

In 1946, at 13, he won a race on stilts against 100 other kids at Flint's Ballenger Park.

"My dad built 'em," he said. "People walking around on stilts — it was just a fad, I guess."

The prize was a baseball, handed to him by Charles S. Mott.

A well rounded athlete, Dobler has finished about 100 triathlons so far. But he isn't crazy about the running part.

"Swimmers don't like running, and runners don't like swimming," he said.

His first press coverage came not for athletics, but for sitting. At 14, he was fishing in

a creek near Flint when a man spotted him and took his picture.

A few weeks later, he was walking down a street in Great Falls, Mo., on a visit to an aunt, when he spotted himself on the cover of Collier's Magazine. He still has a copy of the magazine — and still flashes the same smile.

Back home, at Flint's Central High School, Dobler placed sixth in the state in the individual medley. He kept on swimming after enlisting in the Army.

"I always liked adventure," he said. "I jumped off of things as a kid. And then I went into the 82nd Airborne and I loved that. I won a lot of all-Army swimming competitions."

Fresh out of the service, he qualified for the 1956 Olympic trials, which were held in Detroit, in the 200-meter butterfly. But he finished fourth. He wasn't used to swimming in a long-course (50-yard) pool.

In 1957, a year after enrolling at MSU, Dobler became part of an old-ish, mostly married, veteran-heavy Spartan swimming team that managed to dart to a rare Big Ten championship.

Dobler married his wife, Ionne, in 1955. He coached swimming around the Midwest for several years, moved to Lansing in 1967 and settled into a landlocked job in pharmaceutical sales. His watery exploits resumed when he started swimming in master's competitions — competitions for adult swimmers — in 1973. He placed in the top ten dozens of times. He had a banner year in 1994, at age 60, setting two world records in the 60-64 age group and placing first in the world in six other events.

For decades, Dobler's trick has been to storm into each new age group full force, taking as many records as he can before he slows down.

Since he powered his way through 1994, he's reached for a finer balance in life.

"You kind of think, 'Been there, done that,'" he said. "How hard to I want to work to beat the best guys in the world?"

These days, he trains for quality, not

quantity.

"I used to swim 400 yards freestyle and 200 back(stroke) up to 2,000 or 3,000 yards," he said. "Now I'm down to 100 and 50. I feel I don't need any more at my age, so I don't do more."

Last August, at the U.S. Masters championship in Geneva, Ohio, Dobler won the 50-yard breaststroke in his age division (80 and above), placed second in the 100-meter freestyle and third in the 200-meter freestyle.

The meet is in Spokane this year, but

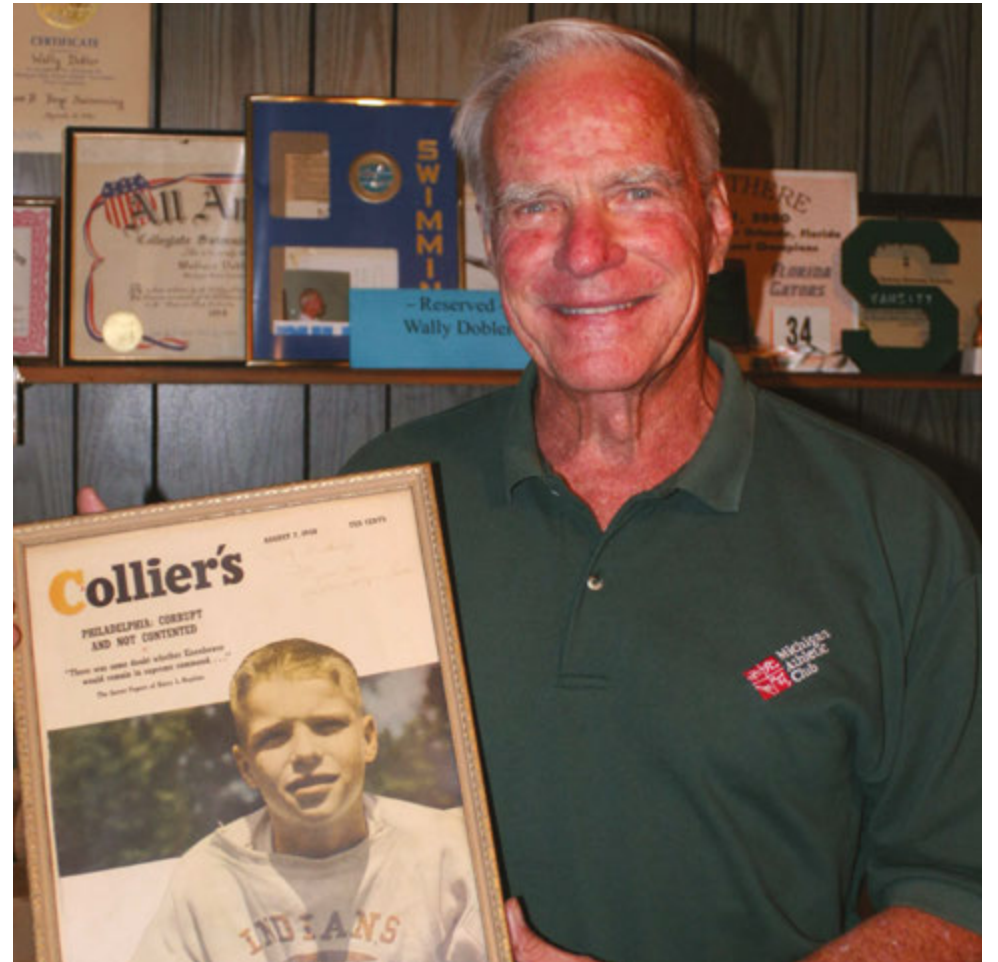
Dobler won't be there.

"I'm not going that far to swim," he said. He spends a lot of time with his two children and five grandkids, coaches swimming at the Sparrow's Michigan Athletic Club and referees swim meets.

In over 60 years of swimming, he hasn't suffered any injuries — with one exception.

At a swim meet at Ohio State University in 1957, he stuck his arm out to do a flip turn, spun around to change direction,

See Dobler, Page 17



Lawrence Cosentino/City Pulse

Wally Dobler holds a copy Collier's Magazine that features himself, at age 14, on the cover.



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Dobler

from page 16

and his mighty arm and shoulder muscles clamped like a vise onto a wayward vein in his arm.

It took a few rounds of rehab to get everything untangled.

"Most swimmers do have pretty big shoulders. It just comes with the territory," he said.

The key to avoiding such injuries, Dobler said, is to switch up your stroke so you don't wear out your joints with repetitive motion.

At 82, Dobler retains a beyond-astronaut-level, interstellar glow of health. When he turned 75, he ran his first half marathon.

"Like any American male, I had my prostate out when I was 68. No side effects," he said. "I have a cardiomyopathy. I just need to monitor it."

In recent years, Dobler has gone mad over pickleball, which he calls "a crazy sport named after a dog." The hybrid of tennis and ping pong is one of the fastest growing amateur sports in the country.

But chlorine blue is still his native habitat.

Theresa Sheridan, Aquatics Director at the Westside YMCA, knows all about

Dobler, but she's more interested in the benefits of swimming for your average dabbler.

She urges people to start swimming at an early age, like Dobler, so "you can benefit from it all your life." On the other hand, she said, it's never too late to start. Sheridan has seen many out-of-shape, arthritic, obese or simply despondent souls come to life after returning to the pool or starting swimming for the first time.

The best thing about swimming, she said, is that it's less stressful on your joints than activities like running or biking.

"If you have any kind of arthritis or joint pain, you can still work out, get your heart rate up and build muscle, because it's a resistance sport, because you're buoyant," Sheridan said.

Not all swimmers are as patient and even-tempered for lap swimming as Dobler. Sheridan echoed Dobler's advice to change up the strokes, for both mental and physical reasons.

"If you break it up and do 10 hundreds (hundred-meters), five fast and five slow, before you know it, you're done," she said.

Interval training is less boring, less dangerous and it gets better results.

"If you only do the front crawl, you're going to put wear and tear on your shoulders," Sheridan said. "You should learn

to do backstroke, breast stroke and front crawl. Variations of the kick will also help the joints."

Swimming is unique among sports for several reasons. It can be profoundly relaxing and highly challenging for young and old, fit and unfit alike. It's the only exercise this side of the thermosphere that gently

lifts the burden of gravity. The water takes you wherever you want to go, whether your goal is to merely function better or grow massive pecs and morph into Aquaman.

"Who knows? You could end up like Wally," Sheridan said. "He's been swimming for a lot of years and he's highly competitive. There's nothing wrong with that."

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City Pulse's 2016 Healthy Issue

In it for the long haul Health tips for people over 50

By **TY FORQUER**

Staying healthy and active is important at any age, but it's especially important as we get older. People over the age of 50 face increased physical and mental health challenges, and staying active can help ward off many of the negative effects of aging. City Pulse has compiled some of the best tips for staying healthy into your golden years.

Stay active: Finding ways to stay physically active is important for both physical and mental health. Experts suggest at least 30 minutes of exercise per day to stay fit and combat conditions like heart disease.

That may involve a change in routine, even for active people. High-impact exercises like running or aerobics can be tough on aging joints. You may find that you need more time to warm up before exercise or need a longer recovery time after.

Swimming and other aquatics activities provide good exercise and put less stress on knees and hips. Many fitness and senior centers offer classes like gentle mat or chair yoga to minimize joint stress.

"We offer a lot of low-impact good cardio," said Cherie Wisdom, coordinator of Meridian Senior Center. "It's great for people who have had knee or hip surgery."

The National Institute of Health warns

that lack of physical activity often leads to more doctor visits and hospitalizations. A healthy exercise program, on the other hand, has been shown to combat the effects of arthritis and diabetes.

"Being active increases longevity and quality of life," said Justin Grinnell, owner of East Lansing's State of Fitness. "There are studies out there showing that movement delays the onset of things like Alzheimer's disease and dementia."

Grinnell also encourages seniors to look into strength training. As bodies age, there is a natural loss of muscle mass, which can lead to other health issues. Building muscle mass can improve balance and bone health and decrease joint pain.

"Any movement is good, but strength training is the fountain of youth," Grinnell said.

Eat healthy: As the body ages, nutritional needs change. People over 50 generally need to consume fewer calories because they aren't as active. But it's important to eat a balanced diet that includes fruits, vegetables and lean proteins like fish and poultry. While Wisdom recommends daily multi-vitamins, a balanced diet can provide many of the same benefits.

"Whenever possible, the best option is to eat your vitamins," Wisdom said. "Your body absorbs nutrients better when you consume them as food."

Taking calcium and vitamin D can help bone strength, and adding fiber to your diet can help with digestive and intestinal problems. Nutrient-rich unsaturated fats, like those found in nuts, olives and fish, can help guard against stroke and improve neurological health. Edu-

cating seniors on recent food research is an important part of Grinnell's mission.

"Some of the information they have is really outdated," he said. "We used to think eggs were bad for you, but now we know they're not so bad."

It's also important to drink more water. As you age, your body may not signal it is thirsty as well as it once did. It's possible that you may not recognize

See Fitness Tips, Page 21





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City Pulse's 2016 Healthy Issue

Fitness tips

from page 19

when you are thirsty or dehydrated. The Mayo Clinic recommends around nine to 10 cups of water per day to remain hydrated.

Retirement is also a great time to improve your cooking skills. Cooking classes are a good way to learn about new foods, and they also provide a social outlet.

"We provide food, but we also provide education," Wisdom said. "A lot of times, people come in for meals after their spouse dies. They don't have any experience cooking meals."

Stay social: Finding ways to stay socially active is also important to healthy living. Activities like playing cards, group meals or attending community events can actually improve your health.

"Keeping socially engaged is important," Wisdom said. "It not only helps fight depression and other mental health issues, it also improves your physical health."

Feelings of loneliness and isolation can start a chain reaction where depression leads to less physical activity, which leads to increased risk of health problems. Social activities can combat that sense of loneliness. Studies suggest that social

interaction can lower blood pressure, which lessens the risk of cardiovascular problems.

Exercising with a group can combine the best aspects of exercise and social interaction.

"It's tough to do things alone," Grinnell said. "When you sweat together, it's easier."

As you build relationships, it gives you another reason to stick to your exercise routine.

"Now you're not just going for yourself," Grinnell said. "You know you're going to see people you know — and they'll know if you don't show up. It keeps you accountable."

Stop bad habits: It's important to quit bad habits like smoking and excessive drinking, which can increase your risk for heart disease and other health problems. It's also a good idea to avoid soft drinks and other sugary drinks, which provide empty calories with little nutritional value.

Sugary drinks increase the risk of diabetes and damage teeth, and studies suggest they contribute to osteoporosis. Even diet sodas, which are lower in calories and sugar, can contribute to dehydration.

Juices, lightly sweetened iced tea and decaffeinated coffees are healthier alternatives to soda. For that carbonated kick, try mixing a splash of real fruit juice with sparkling water.



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Dr. Knowles is a writer, speaker, serial entrepreneur, blogger and consultant. She studied communication at Alma College, has a certificate in Mindfulness-Based Stress Reduction from Duke University Integrative Medicine, and is a graduate from University of Michigan School of Dentistry. Dr. Knowles has been published in DrBicusid.com, Dental Economics, Dentistry Today, Dental Products Report and ADA publications.



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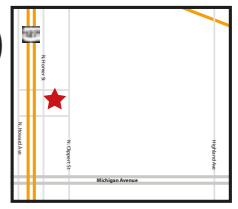
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OUT ON THE TOWN

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 Allison at (517) 999-5066.

Wednesday, May 18

CLASSES AND SEMINARS

Business Plan Basics. Course on business planning. Call or register online. 6-8 p.m. FREE. Charlotte City Hall, 111 E. Lawrence Ave., Charlotte. (517) 483-1921, sbdcmichigan.org.

EVENTS

Greater Lansing Ride of Silence. Annual silent bike ride to honor lives of cyclists killed in traffic crashes. 6:15 p.m. Wells Hall, 619 Red Cedar Road, East Lansing. bit.ly/ROS2016.

Android Basics. Tips and tricks for mobile devices. Call or register online. 6:30-7:30 p.m. FREE. CADL Stockbridge, 200 Wood St., Stockbridge. (517) 851-7810, cadl.org.

Children's Trust Fund. Charity auction to support children in need. 5-8 p.m. FREE. Lansing Center, 333 E. Michigan Ave., Lansing. 501auctions.com/CTFsignature.

Remember When Reminiscers: History of Buttons. Bring in buttons to learn about their age and value. 10-11 a.m. FREE. CADL Leslie, 201 Pennsylvania St., Leslie. (517) 589-9400, cadl.org.

Allen Street Farmers Market. Locally grown, baked and prepared foods. 3-6:30 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

ICACS Whisker Wednesday. Pet adoptions. All animals spayed/neutered, vaccinated and microchipped. Noon-6 p.m. Ingham County Animal Control, 600 Curtis St., Mason. (517) 676-8370.

Practice Your English. All skill levels welcome. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Coloring for Adults. Adults relax by coloring. Call or register online. 6:30-7:30 p.m. FREE. CADL Mason, 145 W. Ash St., Mason. (517) 676-9088, cadl.org.

CLASSES AND SEMINARS

Meditation. For beginners and experienced. 7-9 p.m. FREE. Vietnamese Buddhist Temple, 3015 S. Washington St., Lansing. (517) 351-5866, lamc.info.

Alcoholics Anonymous. A closed step meeting. 6 p.m. Donations. Pennsylvania Ave. Church of God, 3500 S. Pennsylvania Ave., Lansing. (517) 899-3215.

See Out on the Town, Page 26

Winding path

Photo by Matthew Murphy

Elizabeth Stanley (left) and Andrew Samonsky star in the national tour of "The Bridges Of Madison County," which opens at the Wharton Center tomorrow.



May 19-22

Some children know exactly what they want to be when they grow up. That was never the case for Broadway actor Andrew Samonsky.

"I was definitely not a born performer," Samonsky said. "I was a shy kid. I sang and did little shows as a kid, but I never took it very seriously."

Samonsky plays the lead male role, Robert, in the touring version of "The Bridges of Madison County," opening at the Wharton Center Thursday. He has appeared in Broadway productions of "South Pacific" and "The Mystery of Edwin Drood," and he starred as Phoebus in the U.S. premiere of "The Hunchback of Notre Dame" in La Jolla, Calif.

But Samonsky took a meandering path to Broadway success. He attended California State University, Northridge, after high school. He stumbled into a music degree when no other subjects piqued his interest.

"My voice teacher said, 'Why don't you give music a try?' So off I went," he said. "I thought that sounded kind of fun, at least."

He ended up with a bachelor's degree in opera, but decided that wasn't where he wanted to be, either.

"I thought that was a little too stuffy for me," he said. "I decided to go get some acting training. All the actors

seemed to be having much more fun than us classical singers."

He moved on to University of California, Irvine, where he earned a second bachelor's degree in musical theater and a master's degree in acting. Shortly after, he moved to New York.

Samonsky's first introduction to "The Bridges of Madison County" was the Broadway version of the show. He instantly fell in love with the lead role.

"I rarely let myself do this, but it was one of the few times that I saw that role and thought, 'Wow. That would be a real dream, to play that role,'" he said. "When the auditions for the tour came up, I made sure my agents knew I was very interested. It was extremely gratifying to get the part."

After landing the role, Samonsky read the book and watched the movie. But he didn't want to let those versions color his interpretation too much.

"We're not trying to emulate anything that has been done before," he said. "We're re-creating the show for ourselves, making it very personal for us. It was very fulfilling — one of the most fulfilling shows I've been a part of."

The Tony-winning score to "The Bridges of Madison County" was written and orchestrated by Jason

Robert Brown, whose Broadway credits also include "Parade" and "The Last Five Years."

The score draws on influences outside of Broadway to give depth to the characters.

"I think what's really beautiful about it is you have these two different styles — Francesca sings in a more classical style, and my character, Robert, sings in a more folk style — but he blends the two," Samonsky explained. "The music becomes this third character that you don't get in the movie or the book."

For Samonsky, this "third character" is the key to unlocking the musical's emotional power.

"It's a very complicated, challenging romance, and the music allows us to dive into the emotions of the conflicts more than I think we could without the music," he said. "It's why I love musical theater. When it works, I don't think there's anything better."

"The Bridges of Madison County"

7:30 p.m. Thursday, May 19; 8 p.m. Friday, May 20; 2 p.m. and 8 p.m. Saturday, May 21; 1 p.m. Sunday, May 22
Tickets start at \$40/\$25 students
Wharton Center
750 E. Shaw Lane,
East Lansing
(517) 432-2000,
whartoncenter.com

— TY FORQUER

Turn it down

A SURVEY OF LANSING'S MUSICAL LANDSCAPE
BY RICHTUPICA



THU. MAY 26TH

Photo by Nicole Rico
Hailey Wojcik

HAILEY WOJCİK AT THE AVENUE CAFÉ

Thursday, May 26 @ The Avenue Café, 2021 E. Michigan Ave., Lansing. 18+, \$7, 8 p.m.

Lansing-based songwriter Hailey Wojcik headlines the Avenue Café May 26; opening the show are Sumarah, Stef Chura and Scary Women. Wojcik, who debuted in 2010 with her "Diorama" LP, splits time between Brooklyn and Michigan. Last year, she received critical praise for her latest solo record, the "Book of Beasts" EP. Noissey called it "a dark, whimsical little nugget of punky-pop goodness." The self-made record was released digitally at wojcik.bandcamp.com and on cassette via Wiener Records. While Wojcik handles most of the duties on the EP, it does feature Brian Viglione (of the Dresden Dolls and Violent Femmes) on drums. Wojcik also films and edits her own stop-motion music videos. Her latest, the delightfully bizarre "Dog V. Man," can be viewed at haileywojck.com.

CAVALCADE LP RELEASE SHOW AT THE AVENUE CAFÉ

Saturday, May 21 @ The Avenue Café, 2021 E. Michigan Ave., Lansing, 18+, \$5, 7 p.m.

Saturday's Dark Art Bizarre, which showcases and sells occult-inspired artwork from Michigan-based artists, crafters and filmmakers, is also stocked with a lineup of heavy bands. The slate of performers features Hordes, Dead Hour Noise, Residivis and DJ Deathteater. Also on the bill is Lansing-based metal-punk band Cavalcade, which is using the event to release its new vinyl LP, "Lake Side Effect." The sophomore LP is the first to feature Sean Peters on lead vocals. "We've progressed a little more into traditional song structures," said Cavalcade guitarist Cale Sauter. "But it's still weird enough to alienate the less adventurous punks and metal heads." As for a favorite track on the record? "Mine is 'The Bottom is Not Pitless,'" Sauter said. "It's based around a beautifully mangled attempt by a doctor who didn't speak fantastic English to comfort me after my dad passed away."

SAT. MAY 21ST

Cavalcade LP Cover

STITCHED UP HEART AT THE LOFT

Saturday, May 21 @ The Loft, 414 E. Michigan Ave., Lansing. All ages, \$12/\$10 adv., 6:30 p.m.

Los Angeles-based hard-rock band Stitched Up Heart headlines Saturday at the Loft; openers are Sierra Denae, Martyr for Madison and Portals. Led by vocalist Alecia "Mixi" Demner, Stitched Up Heart formed in 2010 and two years later released its debut EP, "Escape the Nightmare." In 2014, the band's pop-tinged sound got heavier with the release of its second EP, "Skeleton Key." All Music Guide described the atmospheric sound as "Evanescence meets In This Moment." Last year, that heaviness continued with the release of the band's "Finally Free" single. To date, the song's music video has racked up over one million YouTube views. Sticked Up Heart has played more than 300 shows across the country, including a stint on Warped Tour. The band's forthcoming LP on Another Century Records, "Never Alone," hits stores June 17.

SAT. MAY 21ST

Stitched Up Heart

UPCOMING SHOW? CONTACT ALLISON@LANSINGCITYPULSE.COM

LIVE & LOCAL

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Avenue Café, 2021 E. Michigan Ave.	Service Industry Night, 3 p.m.	Open Mic, 8 p.m.	The Devil's Cut, 8 p.m.	The Dark Art Bizarre, 7 p.m.
Black Cat Bistro, 115 Albert Ave.		DJ Don Black, 9:30 p.m.		Rachel Curtis, 8 p.m.
Blue Gill Grill, 1591 Lake Lansing Road			Scott Seth, 9 p.m.	Sarah Brunner, 5 p.m.
Champions, 2440 N. Cedar St.	Karaoke, 8 p.m.			
Coach's Pub & Grill, 6201 Bishop Rd.	DJ Trivia, 8 p.m.		Blue Haired Betties, 9 p.m.	DJ, 9 p.m.
Crunchy's, 254 W. Grand River Ave.	Deacon Earl, 10 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.
Darb's, 117 S. Cedar St.		Karaoke, 8 p.m.		Darrin Larner, 9 p.m.
Esquire, 1250 Turner St.	Karaoke with DJ Jamie, 9 p.m.		DJ Fudgie, 10 p.m.	Karaoke with DJ Jamie, 9 p.m.
The Exchange, 314 E. Michigan Ave.	Live Blues w/ The Good Cookies, 7 p.m.	Mike Skory & Friends, 8:30 p.m.	Smooth Daddy, 9:30 p.m.	Smooth Daddy, 9:30 p.m.
Gallery Brewery, 143 Kent St.	Artzy Phartzy Night, 5 p.m.	Open Mic, 7 p.m.	Sarah Brunner, 7 p.m.	Crosstide, 7 p.m.
Grand Cafe/Sir Pizza, 201 E. Grand River Ave.			Karaoke, 7:30 p.m.	
Green Door, 2005 E. Michigan Ave.	"Johnny D" Blues Night, 9 p.m.	Karaoke Kraze, 9 p.m.	Glamhammer, 9:30 p.m.	Tell Yo' Mama, 9:30 p.m.
Harper's, 131 Albert Ave.		Sarah Brunner, 6 p.m.		
Harrison Roadhouse, 720 Michigan Ave.			Alistar, 5:30 p.m.	
Leroys, 1526 S. Cedar St.		Karaoke, 9:30 p.m.		Karaoke, 9:30 p.m.
The Loft, 414 E. Michigan Ave.			Apollo Mixtape Release, 7 p.m.	Stitched Up Heart, 6:30 p.m.
Mac's Bar, 2700 E. Michigan Ave.	Wild Throne, 7 p.m.	Insane Poetry, 8 p.m.		Blake Wilson, 8 p.m.
Moriarty's Pub, 802 E. Michigan Ave.	Open Mic w/ Jen Sygit, 9 p.m.	Atomic Boogaloo, 9 p.m.	From Big Sur, 9 p.m.	Greg Nagy, 9 p.m.
Reno's East, 1310 Abbot Road			Kathy Ford, 7 p.m.	
Reno's North, 16460 Old US 27			New Rule, 7 p.m.	Mark Sala, 7 p.m.
Reno's West, 5001 W. Saginaw Hwy.	Kathy Ford Band Karaoke, 7:30 p.m.		Eye 69, 7 p.m.	Chris Laskos, 7 p.m.
Tavern & Tap, 101 S. Washington Square	Tavern House Jazz Band, 7:30 p.m.			
Tequila Cowboy, 5660 W. Saginaw Hwy.		Joe Diffie, 7:30 p.m.	Taylor Shannon, 8:30 p.m.	Taylor Shannon, 8:30 p.m.
Unicorn Tavern, 327 E. Grand River Ave.		Frog Open Blues Jam, 8:30 p.m.	Fragment of Soul, 9 p.m.	Fragment of Soul, 9 p.m.
Watershed Tavern and Grill 5965 Marsh Rd.	Trevor Compton, 7 p.m.	Dan MacLachlan, 7 p.m.	Capitol City DJs, 10 p.m.	Capitol City DJs, 10 p.m.
Waterfront Bar and Grill, 325 City Market Dr.	Open Mic, 6 p.m.		Joe Wright, 6 p.m.	



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featuring THE BEST IN local, regional and national music, an interactive children's area and a traditional
New Orleans-style second line parade

JUNE 17-18 2016

Out on the town

from page 23

Thursday, May 19

CLASSES AND SEMINARS

Ask a Business Librarian. Course on market research. Call or register online. 9-1 a.m. FREE. Small Business Development Center, LCC, 309 N. Washington Square, Suite 110, Lansing. (517) 483-1921, sbdcmichigan.org.

Capital Area Crisis Rugby Practice. All levels welcome. 6-8 p.m. FREE. St. Joseph Park, 2125 W. Hillsdale St., Lansing. crisisrfc.com.

Chipmunk Story Time: Some Babies are Wild.

Baby animal stories with nature activity. 10-11 a.m. \$3. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

Take Off Pounds Sensibly. Weigh-in 5:15 p.m.,

meeting 6 p.m. First meeting FREE. New Hope Church, 1340 Haslett Road, Haslett. (517) 927-4307.
Book Talk with Susan K Rothfuss. Selections from book "Breathe into Wisdom." 6-7:30 p.m. FREE. Everybody Reads Books and Stuff, 2019 E. Michigan Ave., Lansing. (517) 346-9900.

MUSIC

Open Mic @ The Colonial Bar & Grill. Weekly bring-your-own-instrument open mic. 9 p.m.-1 a.m. FREE. The Colonial Bar & Grille, 3425 S. Martin Luther King Jr. Blvd., Lansing. (517) 882-6132.

Drum Circle. Drumming session with meditation. 7-9 p.m. \$10 suggested donation. Inner Ascended Masters Ministry, 5705 S. Washington Ave., Lansing. lightiam.org.

EVENTS

Film Movement Series. "The Lesson" (Bulgaria). 6:30- 8 p.m. FREE. CADL Okemos, 4321 Okemos Road, Okemos. (517) 347-2021, cadl.org.

Mason Codependents Anonymous. A fellowship to develop healthy relationships. 7-8 p.m. FREE. Mason First Church of the Nazarene, 415 E. Maple St., Mason. (517) 515-5559, coda.org.

THEATER

The Bridges of Madison County. Romance tale on stage. 7:30 p.m. Tickets from \$40. Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-1982, whartoncenter.com.

Friday, May 20

CLASSES AND SEMINARS

Mud & Mug. Pottery course. 7-10 p.m. \$25. Reach Studio Art Center, 1804 S. Washington Ave., Lansing. (517) 999-3643, reachstudioart.org.

LITERATURE AND POETRY

Pizza & Book Discussion. Kids discuss "They Said She Was Crazy" by Mason Middle School teacher. Call or register online. 6-7 p.m. FREE. CADL Mason,

145 W. Ash St., Mason. (517) 676-9088, cadl.org.

MUSIC

The Coffeehouse at All Saints. Musical/spoken word showcase. 7:30-9:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. 517-402-2582, ow.ly/XeLKP.

THEATER

Beyond Therapy. Offbeat comedy about marriage counseling. 8 p.m. \$12/\$10 seniors. Riverwalk Theatre, 228 Museum Drive, Lansing. (517) 482-5700, riverwalktheatre.com.

The Bridges of Madison County. Romance tale on stage. 8 p.m. Tickets from \$40. Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-1982, whartoncenter.com.

EVENTS

Howl at the Moon: Guided Night Walk. Leashed dogs welcome. 9-10 p.m. \$3. Harris Nature Center,

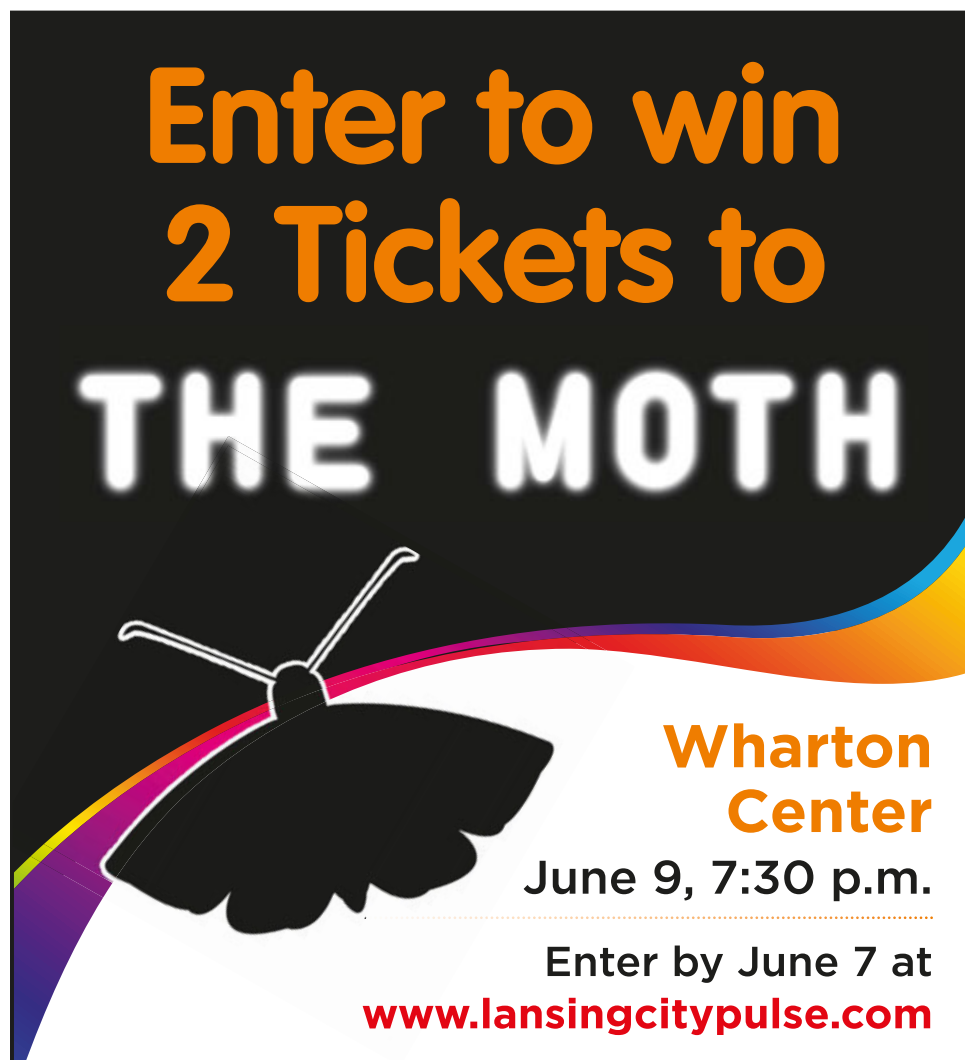
See Out on the Town, Page 27

THURSDAY, MAY 19 >> THE MOST MEMORABLE MOMENTS OF MSU SPORTS

A local sports journalism legend discusses legendary Spartan sports memories Thursday at the downtown Capital Area District Library. Jack Ebling, host of "The Drive" on the Team 92.1 WQTX, remembers some of the most famous moments in Spartan sports memories, including MSU's 1977 basketball championship with Magic Johnson and last year's championship win by the women's cross country team. The event is hosted by the Historical Society of Greater Lansing, and attendees are encouraged to bring their own list of favorite Spartan sports memories to share. Ebling is a three-time Michigan Sportswriter of the Year winner and has written several books on MSU sports. 7 p.m. FREE. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 282-0671, lansinghistory.org.

THURSDAY, MAY 19 >> WINE AND STEIN AT POTTER PARK ZOO

After a hard workday, you may enjoy a beer at the bar. Or maybe you like to mix something up in your own kitchen. Thursday, you can change things up and grab a drink with a monkey. Potter Park Zoo brings back its summer tradition, Wine and Stein, where zoo visitors 21 and up can sample beer, wine and hors d'oeuvres from local restaurants. Attendees can sip beverages from local businesses like Burgdorf's Winery, EagleMonk Pub & Brewery, Ellison Brewery + Spirits and more. Snacks are provided by La Senorita, Pizza House and Swagath Indian Cuisine. 6-9 p.m. \$40/\$35 members. Potter Park Zoo, 1301 S. Pennsylvania Ave., Lansing. (517) 483-4222, potterparkzoo.org.



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Enter by June 7 at
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Art



CityPULSE

City Pulse and the Arts Council of Greater Lansing are joining forces this summer to put original art by area artists on the cover of City Pulse each week for 15 weeks, beginning May 25. To find out how you can get YOUR art in front of over 50,000 readers visit:

www.lansingarts.org

Out on the town

from page 26

3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

Minecraft Game Night. Ages 8-15 game together. Call or register online. 7-8:30 p.m. FREE. CADL South Lansing, 3500 S. Cedar St., Lansing. (517) 272-9840 ext. 202, cadl.org.

StoryTime. Ages 2-5 years enjoy stories and songs. 10:30-11 a.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing.

Teen Asian Snack Trials. Taste Asian snacks and vote for the best. 4-5 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing.

Wings, Kites and Planes Storytime. For ages 2-6. Call or register online. 10:30-11:30 a.m. FREE. CADL Mason, 145 W. Ash St., Mason. (517) 676-9088,

cadl.org.

Zumba Glow Party. Glow in the dark party. 7-8:30 p.m. \$20/\$15 in advance. YMCA Westside, 3700 Old Lansing Road, Lansing. (517) 827-9670, ow.ly/4mVlmo.

Saturday, May 21

CLASSES AND SEMINARS

Multiple Sclerosis Self-Help Support Group.

Info and support for MS patients. 11 a.m.-12:30 p.m. FREE. Sparrow Professional Building, 1200 E. Michigan Ave., Lansing. (517) 393-9747.

Tai Chi at Allen Market Place. Instruction in Qigong, meditation and Yang style tai chi forms. No class April 30. 9-10 a.m. FREE. Allen Market Place, 1619 E. Kalamazoo St., Lansing. (517) 272-9379.

MUSIC

Deacon Earl: Meridian Twp. Farmers Market. Live blues, reggae, Americana and more. 11 a.m.-2

p.m. FREE. Meridian Township Farmers Market, 5151 Marsh Road, Okemos. (517) 712-2395, ow.ly/yN28300eUQd.

EVENTS

14th Annual Lids for Kids. School-aged children can be fitted with a bike helmet, meet firemen and win prizes. 10 a.m.-1 p.m. FREE. Marshall Street Fire Station, 815 Marshall St., Lansing.

Lansing Derby Vixens Double Header. Two roller derby bouts. \$10. Summit Sports and Ice Complex, 9410 Davis Highway, Dimondale. ow.ly/Rx12300hL6.

8th Women of Vision Luncheon. Silent auction, vendors and more. 11 a.m.-3 p.m. \$35/Cancer survivors FREE. MSU Kellogg Center, 219 S. Harrison Road, East Lansing. againstalloddsinc.com.

Bath Township Senior Center Craft Show & Plant Sale. Lunch available for purchase. 9 a.m.-4 p.m. FREE. Bath Community Center, 5959 Park Lake

Road, Bath. bathtownship.us.

CADL Adventurer's Role Playing Game Club. Ages 13-18 game together. Call or register online. 2-4 p.m. FREE. CADL Mason, 145 W. Ash St., Mason. (517) 676-9088, cadl.org.

Dinner Dance. Roast pork dinner followed by dance. Music by the Austrian Duo. 5:30-11:30 p.m. \$10/\$4 kids for dinner; \$6/kids FREE for dance. Lansing Liederkrantz Club, 5828 S. Pennsylvania Ave., Lansing. (517) 882-6330.

Family Tree Talk. Today's topic: Digitizing Family Photos. 2-3 p.m. FREE. CADL South Lansing, 3500 S. Cedar St., Lansing. (517) 272-9840, cadl.org.

Friends of the Library Plant Sale. Proceeds go to the library for programs and services. 9 a.m.-noon. FREE. CADL Mason, 145 W. Ash St., Mason.

Mobile Food Pantry. Non-perishable food items for those in need. 9-11 a.m. FREE. St. Casimir Catholic Church, 800 W. Barnes Ave., Lansing.

See Out on the Town, Page 28

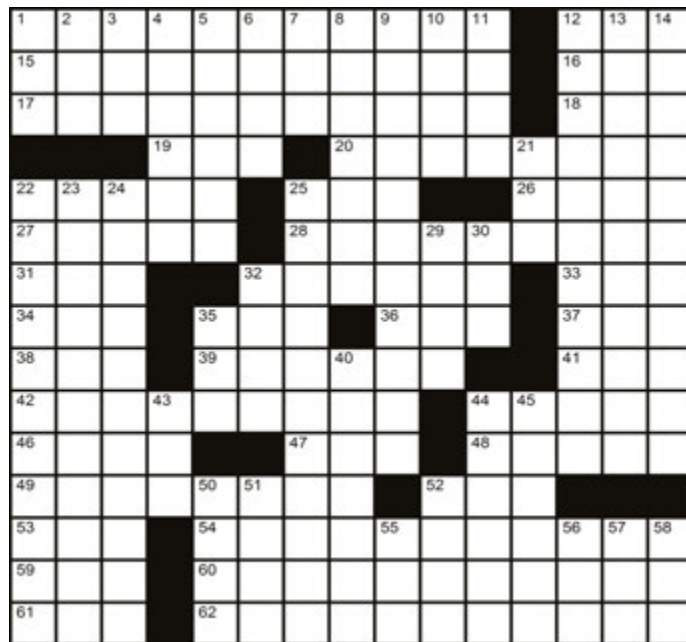
Jonesin' Crossword

By Matt Jones

"Freemium"—another freestyle display of words. Matt Jones

Across

- 1 Brake quickly and accurately
- 12 Zapp Brannigan's timid, green assistant on "Futurama"
- 15 Interactive Twitter game on Comedy Central's "@midnight"
- 16 Eggy prefix
- 17 Part of a content warning, maybe
- 18 Columnist Savage
- 19 Palindromic "War on Poverty" agcy.
- 20 Providing funds for
- 22 Body part in a lot of cow puns
- 25 Kind of dye containing nitrogen
- 26 Without a stitch
- 27 Bob Ross 'dos
- 28 Fault finder
- 31 Physicians' medical gp.
- 32 "Cast Away" costar (in a way)
- 33 Clearance sale container
- 34 Herd of whales
- 35 Grass bought in rolls
- 36 Be the author
- 37 Greek vowel that resembles an English consonant
- 38 Title for a Khan
- 39 "Thirteen at Dinner" detective
- 41 Bon ___ (cleanser brand)
- 42 Stuck trying to get somewhere, maybe
- 44 Aesopian conclusion
- 46 Drei squared
- 47 "M*A*S*H" soldier, briefly
- 48 Orgs.
- 49 Pull forcibly on



- 52 Hard ending?
- 53 Comedian Notaro
- 54 2014 bio subtitled "Paul McCartney in the 1970s"
- 59 Ending for winter or weather
- 60 Assimilate a different way of life, perhaps
- 61 French possessive meaning "your"
- 62 Cinematographer's option
- 8 Frank Zappa's oldest son
- 9 1975 Leonard Nimoy autobiography (with an "opposite" 1995 follow-up)
- 10 "A horse is a horse" horse
- 11 Canadian (and former U.S.) fuel brand
- 12 Southern Alaskan omnivores (and the largest of their kind)
- 13 Director of "Ghostbusters" and "Ghostbusters II"
- 14 Bad things to use on a chalkboard
- 21 Pugilist's org.
- 22 In a difficult situation
- 23 Render a credit card useless, e.g.
- 24 Theater consultants of sorts
- 25 Folk rocker with the 2014 album "Allergic to Water"
- 29 Jim Morrison, e.g.
- 30 Business off the highway
- 32 "Scratch me behind the ears!"
- 35 Place for some "me time"
- 40 Hilariously funny
- 43 "Messenger" molecule
- 44 Biz Markie vocals played over Metallica, say
- 45 Some blenders
- 50 Apple that debuted 18 years ago
- 51 It dissolves in H2O
- 52 Caesar's "And you?"
- 55 Atlanta Braves' MLB div.
- 56 "Go, old-timey baseball team!"
- 57 "Teach ___ Fly" (2009 single for Wiz Khalifa)
- 58 Make after expenses

Down

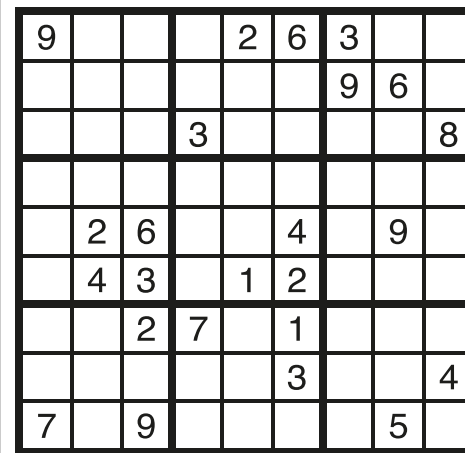
- 1 ___-La-La" (1974 Al Green hit)
- 2 One of Lincoln's sons
- 3 Sch. for Cowboys, Buckeyes, or Beavers
- 4 Innermost layer of tree bark
- 5 Sleek, whiskered swimmers
- 6 Gp. with a phonetic alphabet
- 7 Comics outburst

MAY 19-22 >> MICHIGAN VICTORY GAMES

Athletes with physical disabilities get a chance to shine this weekend during the Michigan Victory Games. Founded in 1976, the sporting event features both competitive and recreational sports across a wide variety of activities and ability levels. Over the years, the organization has qualified athletes to participate in the Paralympic Games and other large sports events. Games include bowling, swimming, wheelchair tennis, cycling, power lifting and more. The event concludes with a dance party Sunday night at 8 p.m. to celebrate the participating athletes. Volunteers are still needed to help run the event, and donations are accepted online. Events take place all weekend across MSU's campus; see web for times and locations. michiganvictorygames.com.

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 30

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LADIES DAY LUXURY BUS TOUR - Grosse Pointe - Fri June 24

Tour **Pewabic Pottery** with workshop, lunch at the Edsel & Eleanor Ford House; shop the Mall at Partridge Creek

GREEKTOWN CASINO - June 24

Pay \$25 - Receive \$20 Bonus Play
NOVIA SCOTIA
Aug 13-Aug 22
Halifax tour, Peggy's Cove, Hopewell Rocks, much more!

FALL FOLIAGE RAIL & SAIL - Sept 25-Oct 1

Incl. 2 RR excursions, 2 cruises & a Loon Mountain Skyride, much more!

CHICAGO July 8

Coming in 2017

Early Mardi Gras, New Orleans - set for Feb 2017, Savannah, GA & Charleston, SC - Mar 11-17, 2017

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FRIDAY, MAY 20 >> GREATER LANSING BIKE MOVIE NIGHT

For the second year in a row, the Tri-County Bicycle Association brings the Kalamazoo Bicycle Film Festival to Lansing. Nearly 30 films by international filmmakers, all just a few minutes long, are shown back-to-back in an event that celebrates bikes and cycling culture. Some of the films show off bike stunts and tricks, while others tell stories about cyclists or beautiful biking journeys. Some films follow a documentary format, including one about Kalamazoo bike shop Pedal Bicycle. The shorts will be shown in two screenings at different times. Local sponsors, including Saddleback BBQ and Sleepwalker Spirits and Ales, provide door prizes and other goodies. 7 and 9 p.m. \$5 suggested donation. The Robin Theatre, 1105 S. Washington Ave., Lansing. ow.ly/pzK3300e5m2.

Out on the town

from page 27

Stewardship Morning. Day for volunteers help maintain the park. 9-11 a.m. FREE. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

Summer Stroll for Epilepsy. Charity walk for Epilepsy Foundation of Michigan. 8 a.m. \$25/\$15 kids. Potter Park Zoo, 1301 S. Pennsylvania Ave., Lansing. 1-800-377-6226 ext. 1231.

The Color Run Night Tour. Nighttime run with neon colored powder. \$45. Cooley Law School Stadium, 505 E. Michigan Ave., Lansing. thecolorrun.com/night/.

Jewelry and Used Book Sale. Costume and fine jewelry, books, DVDs and puzzles for sale. 9 a.m.-4 p.m. The Peoples Church of East Lansing, 200 W. Grand River Ave., East Lansing. (517) 332-5073.

THEATER

Beyond Therapy. Offbeat comedy about marriage counseling. 8 p.m. \$12/\$10 seniors. Riverwalk Theatre, 228 Museum Drive, Lansing. (517) 482-5700, riverwalktheatre.com.

Secrets. Collection of one-act plays with Ixion Theatre Co. 8 p.m. \$15. The Robin Theatre, 1105 S. Washington Ave., Lansing. ixiontheatre.com.

The Bridges of Madison County. Romance tale on stage. 2 and 8 p.m. Tickets from \$40. Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-1982, whartoncenter.com.

Sunday, May 22

CLASSES AND SEMINARS

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

Juggling. Learn to juggle. 2-4 p.m. FREE. Orchard Street Pumphouse, 368 Orchard St., Lansing. (517)

371-5119.

MUSIC

DJClarinet Combo Live at the East Lansing Art Festival. Artistry and music. 2-3 p.m. FREE. East Lansing Art Festival, 410 Abbot Road, East Lansing. elartfest.com.

Okemos Community Church Honors Music Program. With a 30 plus voice adult choir, children's and bell choirs. 10-11 a.m. FREE. Okemos Community Church, 4734 Okemos Road, Okemos. (517) 349-4220, okemoscommunitychurch.org.

EVENTS

Bird Watching in Our Parks. Bird watching walk. 8-9 a.m. FREE. Lake Lansing North Park, 6260 E. Lake Drive, Haslett. (517) 349-3866, bit.ly/HNCprg.

Atheists and Humanists Meeting. Topic: What the Revolution in Neuroscience Will Mean for Humanism. 5 p.m. \$6.89/\$3 without food. Old Great Wall Restaurant, 4832 W. Saginaw Hwy., Lansing. (517) 914-2278, atheists.meetup.com/453.

FamMAYnia. Food, games and goodie bags. 2:30-4:30 p.m. FREE. One Love Global, 913 W. Holmes Road, Lansing. (517) 999-0779, neonlansing.org.

Lansing Area Codependents Anonymous. A fellowship to develop healthy relationships. 2-3 p.m. FREE. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 515-5559, coda.org.

Lansing Area Sunday Swing Dance. Lessons 6-6:45 p.m., dance 6:45. \$8 dance/\$10 dance & lesson. The Lansing Eagles, 4700 N. Grand River Ave., Lansing. (517) 490-7838.

Sunday Wildflower Walk. Guided walk with naturalist. 3-4 p.m. \$3. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

The Little Star That Could. Planetarium show for families. 2:30 p.m. \$4/\$3.50 seniors and students/\$3 kids. Abrams Planetarium, 755 Science Road, East Lansing. (517) 355-4672.

See Out on the Town, Page 29

MAY 21-22, 28-29 >> 'SECRETS' AT IXION THEATRE

Ixion Theatre presents "Secrets," a whirlwind program of original script readings from local playwrights, opening Saturday at the Robin Theatre. Under the guidance of director Paige Dunkel, six actors run through six one-act scripts in one evening. Topics include one woman's high-heeled shoe addiction in "Pumps," by Brett Hursey, and the struggles of having a socially awkward significant other in "Small Talk," by David MacGregor. The scripts were chosen out of over one hundred submissions from local authors. 8 p.m. Saturday; 7 p.m. Sunday. \$15. The Robin Theatre, 1105 S. Washington Ave., Lansing. (517) 775-4246, ixiontheatre.com.

Free Will Astrology By Rob Breznsky

May 18-24

ARIES (March 21-April 19): "An oar moves a boat by entering what lies outside it," writes poet Jane Hirshfield. You can't use the paddle inside the boat! It's of no value to you unless you thrust it into the drink and move it around vigorously. And that's an excellent metaphor for you to keep in mind during the coming weeks, my friend. If you want to reach your next destination, you must have intimate and continual interaction with the mysterious depths that lie outside your known world.

TAURUS (April 20-May 20): The short attention span is now enshrined as the default mode of awareness. "We skim rather than absorb," says author James Lough. "We read Sappho or Shakespeare the same way we glance over a tweet or a text message, scanning for the gist, impatient to move on." There's a problem with that approach, however. "You can't skim Shakespeare," says Lough. I propose that we make that your epigram to live by in the coming weeks, Taurus: You can't skim Shakespeare. According to my analysis, you're going to be offered a rich array of Shakespeare-level information and insights. To get the most out of these blessings, you must penetrate and marinate and ruminate.

GEMINI (May 21-June 20): "There are situations in life when it is wisdom not to be too wise," said Friedrich Schiller. The coming days may be one of those times for you. I therefore advise you to dodge any tendency you might have to be impressed with your sophisticated intelligence. Be suspicious of egotism masquerading as cleverness. You are most likely to make good decisions if you insist on honoring your raw instincts. Simple solutions and uncomplicated actions will give you access to beautiful truths and truthful beauty, especially if you anchor yourself in innocent compassion.

CANCER (June 21-July 22): To prepare you for the coming weeks, I have gathered three quotes from the Bulgarian writer Elias Canetti. These gems, along with my commentary, will serve you well if you use them as seeds for your ongoing meditations. Seed #1: "He would like to start from scratch. Where is scratch?" Here's my addendum: No later than your birthday, you'll be ready to start from scratch. In the meantime, your task is to find out where scratch is, and clear a path to it. Seed #2: "All the things one has forgotten scream for help in dreams." My addendum: Monitor your dreams closely. They will offer clues about what you need to remember. Seed #3: "Relearn astonishment, stop grasping for knowledge, lose the habit of the past." My addendum: Go in search of the miraculous.

LEO (July 23-Aug. 22): "There are friendships like circuses, waterfalls, libraries," said writer Vladimir Nabokov. I hope you have at least one of each, Leo. And if you don't, I encourage you to go out and look for some. It would be great if you could also get access to alliances that resemble dancing lessons, colorful sanctuaries, lion whisperers, prayer flags, and the northern lights. Right now you especially need the stimulation that synergistic collaborations can provide. The next chapter of your life story requires abundant contact with interesting people who have the power to surprise you and teach you.

VIRGO (Aug. 23-Sept. 22): "Perfection is a stick with which to beat the possible," says author Rebecca Solnit. She is of course implying that it might be better not to beat the possible, but rather to protect and nurture the possible as a viable option -- especially if perfection ultimately proves to have no value other than as a stick. This is always a truth worth honoring, but it will be crucial for you in the weeks to come. I hope you will cultivate a reverence and devotion to the possible. As messy or maddening as it might be, it will also groom your powers as a maker.

LIBRA (Sept. 23-Oct. 22): An invigorating challenge is headed your way. To prepare you, I offer the wisdom of French author André Gide. "Through loyalty to the

past," he wrote, "our mind refuses to realize that tomorrow's joy is possible only if today's joy makes way for it." What this means, Libra, is that you will probably have to surrender your attachment to a well-honed delight if you want to make yourself available for a bright new delight that's hovering on the frontier. An educational blessing will come your way if and only if you clear space for its arrival. As Gide concludes, "Each wave owes the beauty of its line only to the withdrawal of the preceding wave."

SCORPIO (Oct. 23-Nov. 21): "How prompt we are to satisfy the hunger and thirst of our bodies; how slow to satisfy the hunger and thirst of our souls!" Henry David Thoreau wrote that, and now I'm passing it on to you just in time for a special phase of your long-term cycle. During this upcoming interlude, your main duty is to FEED YOUR SOUL in every way you can imagine. So please stuff it with unpredictable beauty and reverent emotions. Cram it with mysterious adventures and rambling treks in the frontier. Gorge it with intimate unpredictability and playful love and fierce devotions in behalf of your most crucial dreams. Warning: You will not be able to rely solely on the soul food that has sustained you in the past. Be eager to discover new forms of nourishment.

SAGITTARIUS (Nov. 22-Dec. 21): "Here's how every love letter can be summarized," says Russell Dillon in his poem "Past-Perfect-Impersonal": "What is it you're unable to surrender and please may I have that?" I bring this tease to your attention because it may serve as a helpful riddle in the coming weeks. You're entering a phase when you will have an enhanced ability to tinker with and refine and even revolutionize your best intimate relationships. I'm hoping Dillon's provocation will unleash a series of inquiries that will inspire you as you imagine how you could supercharge togetherness and reinvent the ways you collaborate.

CAPRICORN (Dec. 22-Jan. 19): Fifth-century Christian theologian St. Jerome wrote that "it requires infinite discretion to look for gold in the midst of dirt." Ancient Roman poet Virgil on one occasion testified that he was "searching for gold in dung." While addressing the angels, nineteenth-century French poet Charles Baudelaire bragged, "From each thing I extracted its quintessence. You gave me your mud, and I made gold out of it." From what I can tell, Capricorn, you have been engaged in similar work lately. The climax of your toil should come in the next two weeks. (Thanks to Michael Gilleland for the inspiration: tinyurl.com/mudgold.)

AQUARIUS (Jan. 20-Feb. 18): "At this time in my life," says singer Joni Mitchell, "I've confronted a lot of my devils. A lot of them were pretty silly, but they were incredibly real at the time." According to my reading of the astrological omens, Aquarius, you are due to enjoy a similar grace period. It may be a humbling grace period, because you'll be invited to decisively banish worn-out delusions that have filled you with needless fear. And it may be a grace period that requires you to make strenuous adjustments, since you'll have to revise some of your old stories about who you are and how you got here. But it will also be a sweet grace period, because you'll be blessed again and again with a visceral sense of liberation.

PISCES (Feb. 19-March 20): More than halfway through her prose poem "A Settlement," Mary Oliver abruptly stops her meandering meditation on the poignant joys of spring's soft awakening. Suddenly she's brave and forceful: "Therefore, dark past, I'm about to do it. I'm about to forgive you for everything." Now would be a perfect moment to draw inspiration from her, Pisces. I dare you to say it. I dare you to mean it. Speak these words: "Therefore, dark past, I'm about to do it. I'm about to forgive you for everything."

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

Out on the town

from page 28

THEATER

Beyond Therapy. Offbeat comedy about marriage counseling. 2 p.m. \$12/\$10 seniors. Riverwalk Theatre, 228 Museum Drive, Lansing. (517) 482-5700, riverwalktheatre.com.

Secrets. Collection of one-act plays with Ixion Theatre Co. 7 p.m. \$15. The Robin Theatre, 1105 S. Washington Ave., Lansing. ixiontheatre.com.

The Bridges of Madison County. Romance tale on stage. 1 p.m. Tickets from \$40. Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-1982, whartoncenter.com.

Monday, May 23

CLASSES AND SEMINARS

Nutrition Workshop: Educational Grocery Store Tour. Topic: shopping healthy on a budget. RSVP required. 6-8 p.m. FREE. BetterHealth Market, 305 N. Clippert Ave., Lansing. (517) 898-1870, lettucelivewell.org.

Support Group. For the divorced, separated and widowed. 7:30 p.m. St. David's Episcopal Church, 1519 Elmwood Road, Lansing. (517) 323-2272, stdavidslansing.org.

LITERATURE AND POETRY

Out of this World Book Club. "Use of Weapons" by Iain M. Banks 7 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

EVENTS

CADL RAM Trails Bookish Walkers. Two-mile walk for book lovers to discuss books. Noon-1 p.m. FREE. Veterans Memorial Gardens Amphitheater, 2074 Aurelius Road, Holt.

Elementary Student Welcome Week. Story and activities for homeschool and public school students. Call to schedule. 11 a.m.-3 p.m. FREE. CADL Stockbridge, 200 Wood St., Stockbridge. (517) 851-7810.

French Club. All levels welcome. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Social Bridge. 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.

After School Teen Program. For teens in 6th-12th grades. 3-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Tuesday, May 24

CLASSES AND SEMINARS

Capital City Toastmasters Meeting. Learn public speaking and leadership skills. 7 p.m. FREE. CADL Downtown Lansing Library, 401 S. Capitol Ave., Lansing. (517) 775-2697, cadl.org.

Capital Area Crisis Rugby Practice. All skill levels welcome. 6-8 p.m. FREE. St. Joseph Park, 2125 W. Hillsdale St., Lansing. crisisrfc.com.

Lansing Area Codependents Anonymous. 5:45-6:45 p.m. FREE. Everybody Reads, 2019 E. Michigan Ave., Lansing. (517) 515-5559, coda.org.

Overeaters Anonymous. Support for weight loss efforts. 7 p.m. FREE. Okemos Presbyterian Church,

See Out on the Town, Page 30

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Out on the town

from page 29

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Starting a Business. Introductory course. Call or register online. 9-11 a.m. FREE. Small Business Development Center, LCC, 309 N. Washington Square, Suite 110, Lansing. 517-483-1921, sbdcMichigan.org.
Take Off Pounds Sensibly. Have a support system, lose weight. Wheelchair accessible. Weigh-in 6:30, meeting 7 p.m. FREE first visit. St. Terese Church, 102 W. Randolph St., Lansing. tops.org.
Yawn Patrol Toastmasters. Learn public speaking. 7-8:30 a.m. Studio 1210 Place, 1210 Turner St., Lansing. (989) 859-2086, yawnpatrol.com.
Bible and Beer. Discussion of scripture's power in daily events. 6 p.m. Kelly's Downtown, 220 S. Washington Square, Lansing. (517) 482-0600, bibleandbeer@ccclansing.org.

MUSIC

Jazz Tuesdays at Moriarty's. 7-10 p.m. FREE. Moriarty's Pub, 802 E. Michigan Ave., Lansing.
The Scratch Pilots Present: Turntable Tuesdays. Featuring DJ's Bizzy B, Cutt-Nice, James B, Leek. The Green Door, 2005 E. Michigan Ave., Lansing. facebook.com/ScratchPilots.
Russian Chorus Concert. Choral music sung in Church Slavonic, Russian, Finnish and Latvian. 7:30-8:30 p.m. FREE. Emanuel First Lutheran Church, 1001 N. Capitol Ave., Lansing.

EVENTS

Knitting and Crochet Group. All ages and levels welcome. 11 a.m.-noon. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing.
Let's Walk and Talk with a Doctor. Group walk with talk on avoiding diabetes. 6-7 p.m. FREE. Hawk Island County Park, E. Cavanaugh Road, Lansing. (517) 347-3377, capitalareahealthalliance.org.

Wednesday, May 25

Legal Basics for Small Business. Basic course on legal entities. Call or register online. 6-7 p.m. FREE. Charlotte City Hall, 111 E. Lawrence Ave., Charlotte. (517) 483-1921, sbdcMichigan.org.
Senior Discovery @ ANC. Speaker to be announced. 10 a.m.-noon. FREE. Allen Market Place, 1619 E. Kalamazoo Ave., Lansing. (517) 367-2468, allenneighborhoodcenter.org.
Meditation. For beginners and experienced. 7-9 p.m. FREE. Vietnamese Buddhist Temple, 3015 S. Washington St., Lansing. (517) 351-5866, lamc.info.

EVENTS

Cruisin' for Kids Car Show. Fundraiser car show where kids vote for the best ride. 5:30-8:30 p.m. \$15 to show vehicle/FREE to visit. Neff Kindergarten Building, 950 Jenne St., Grand Ledge. (517) 505-0406, blessingsinabackpackgl.org.
Mid-MI Genealogical Society. Topic: Little-Known Resources and Search Tips. 7-9 p.m. FREE. Plymouth Congregational Church, 2001 E. Grand River Ave., Lansing. mmgs.wordpress.com.
Allen Street Farmers Market. Locally grown, baked and prepared foods. 3-6:30 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

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SUDOKU SOLUTION

From Pg. 27

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CROSSWORD SOLUTION

From Pg. 27

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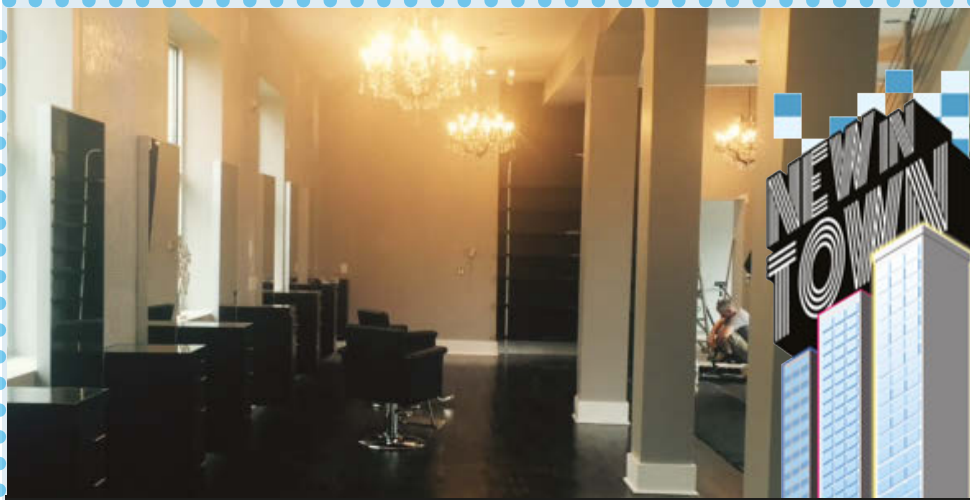
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MATTHEW RYAN SALON & SPA / BLAZE PIZZA / BOSTON'S RESTAURANT & SPORTS BAR

Courtesy Photo

Matthew Ryan Salon & Spa will soon move into its new space on the northern edge of Old Town. The building was constructed in the late 1800s.

By ALLAN I. ROSS

Last week, **Matthew Ryan Salon & Spa** held a ribbon cutting outside its new home, a historic building on Old Town's northern fringe. Since he opened his salon three years ago, owner/stylist Matthew Ryan Smith has built an ever-growing clientele. The demand for additional services prompted the move into a space more than twice as large as his current salon.

"We weren't even seriously thinking about moving, but then I saw this building and just fell in love with it," Smith said. "As soon as I walked inside, I said, 'Here we are.'"

Originally built to be a train depot in the late 1800s, the building had become home to a fasteners company and was colloquially known as the Fasteners Building. In 2006, Ryan Lowe, a real estate developer and principal at **Simplified Accounting and Tax Service**, bought the 4,300-square-foot building and had it developed into a residence.

"It was in reasonable shape, but it needed a fair amount of work to convert into livable space," Lowe said. "I finally moved in in 2009. I wasn't in a hurry."

Lowe, also a commercial real estate agent,

listed the building for sale late last year, which is when Smith first saw it. Lowe said he had added commercial finishes during his build-out process, with the intention of turning it back into commercial space.

"I'm not heartbroken at all that he's turning this back into a business," Lowe said. "I actually helped coordinate the whole makeover. It looks beautiful."

Smith's old digs were just 1,500 square feet, limiting his ability to grow his roster of stylists and offer spa services. The new space will have two spa rooms/treatment areas, a laundry facility and the potential for hiring additional full-time stylists. Smith estimates that he spent about \$100,000 on construction, including removing the kitchen and adding new bathrooms, a lounge and lighting and refinishing the hardwood floors. He also added a parking lot in back to bring it up to code.

"We've been working day and night for three or four months, and it seems like everything that could go wrong did," Smith said. "But it was a good challenge for my partner, Mark Clouse, and I. He has the drive and ambition, and we actually enjoyed the process. This wouldn't have

happened without him. This space is wonderful now, and I can't wait for the customers to start seeing this next month."

Smith is adding the finishing touches and plans to host a grand opening event on June 4. Matthew Ryan Salon & Spa will continue to specialize in cuts, extensions, coloring and retexturing, and it can now add services such as couples facials, massages, waxing and bioactive treatments.

"I'd love to eventually start offering medical grade services as well, overseen by an M.D.," Smith said. "I'm looking to really maximize (the business). We're always going to be doing the latest techniques and services, and that's encouraging for our clients. They put their trust in us. If we stop growing, things get mediocre and stale and people get bored, so I want to keep moving forward, both individually and as a business. And now I'm in the perfect place to do that."

The last couple years have been a time of rapid expansion for Old Town. **Zoobie's Old Town Tavern** and its conjoined twin, **Cosmos**, pushed the historic neighborhood east, drawing with it specialty shops **Grace Boutique**, **Curvaceous Lingerie** and **Leopold Bloom & Co.** Traveling west across the Busby Memorial Bridge, new arrival **Scoop's Ice Cream** serves as that side's anchor. And across the street from the salon, Kyle and Dan Malone are putting the finishing touches on **Ozone's Brewhouse**, a warehouse that the father-and-son team has been slowly converting into Old Town's first microbrewery.

"It's amazing watching Old Town evol-

ing like this, even in the few years since I've been here," Smith said. "Things are starting to happen that no one could have (predicted). It's fun to be part of this."

Master pizzas

Two new eateries appealing to pizza connoisseurs are under construction in Metro Lansing. **Boston's Restaurant & Sports Bar**, a North American chain headquartered in Dallas and specializing in pizza and pub fare, is nearing end of its buildout near the Eastwood Towne Center. Over in the Frandor Shopping Center, **Blaze Pizza** is taking over the slot formerly occupied by Video To Go, which closed last fall. The fast-casual joint prepares pizzas in hot-stone ovens that cook the pies in just three minutes.

"We are very excited to welcome Blaze Pizza," said Patrick F. Corr, president of Corr Commercial Real Estate, which manages the properties in Frandor. "They are a great addition, offering a new type of use to the Greater Lansing market."

Construction is under way for an addition to the building, allowing Blaze to take up about 3,300 square feet. This will be the fourth Michigan location for the California-based chain.

Matthew Ryan Salon (opening soon at new location)
1410 Turner St., Lansing
9 a.m.-7 p.m. Monday-Friday;
9 a.m.-4 p.m. Saturday;
closed Sunday
(517) 484-9299,
matthewryansalon.com

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HOSTED BY **BERL SCHWARTZ**

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HE ATE

SHE ATE



REO Town's meat mecca

Where there's smoke, there's flavor

By **MARK NIXON**

Restaurants are known for self-laudatory proclamations like “Home of the world-famous (fill in the blank).”

But then there's Saddleback BBQ's slogan, “Respect the pig.” At first, I thought it was a toss-off line. Then I thought it might be a Zen-like nod to all things pork. I finally settled on the ethos of our hunter-gatherer origins: If you're going to kill something to eat it, show the deceased animal some gratitude for the sacrifice by making it taste good.

Saddleback's owners may laugh at my conclusion, but the proof is in the pudding — or the pork, in this case. These folks show respect for the food through the painstaking methods and time necessary to deliver quality smoked meats to their customers.

On an interior brick wall of this diner is an oversized painting of a pig, specifically the porcine breed known as the saddleback. The black-and-white pig was spray-painted by a friend of the owners. Obviously, Saddleback's owners have given a good deal of thought to the relationship between pork and people.

Dining here is akin to hanging out at a friend's backyard barbecue. Picnic tables flank the outside entrance, which faces Washington Avenue in Lansing's REO Town.

There's a smattering of small tables inside. Nothing fancy here: It's all plastic dinnerware, paper napkins and foam cups. Order at the counter, grab a self-serve soft drink and park yourself at a table until the food arrives.

And when the food arrives ... OMG, as my granddaughter says on Facebook every 15 seconds.

On our first visit I ordered the full rack of pork ribs (\$26). I ate my fill, and there were take-home leftovers for two more meals. The spiced, dry-rub exterior had a bit of char, and the telltale smoke ring inside proved this piece of meat had been properly slow-smoked.

The three house-made sauces on the table range from tangy & spicy to nuclear reactor meltdown — that's my scale, not theirs. More on spice in a moment.

Of the entrees we tried, my hands-down favorite was the beef brisket sandwich (\$9.50). Tender, subtly smoked with just a thin layer of fat hugging the edges, this was the finest beef brisket I've ever tasted. Our dining companion, Bruce, said it was “as close to perfection as you can get.”

Here's a noteworthy warning for late eaters: Slow-smoked meats are not something that can be whipped up on the spot, and Saddleback sometimes runs out of meats by the end of the day. The eatery points that out on its website. On one visit, I wanted to try the smoked pulled chicken (\$6), but there was none left. Our friend Jan had the chicken on a previous visit and found it bland and chewy.

The best side we tried was the fried pork rinds (\$2.25). If you've only tasted those odious rinds sold in a bag at grocery stores and gas stations, you haven't had a real fried pork rind. “Kick-ass pork rinds” is how Judy described Saddleback's version. They are feathery light, all crisp-and-crunch porky goodness, dusted with sriracha

Saddleback BBQ

11 a.m.-7 p.m. Monday-Saturday, closed Sunday
1147 S. Washington Ave.,
Lansing
(517) 253-7556, saddlebackbbq.com



Left: Meat offerings, like the brisket shown here, come with house-made pickles and corn cake. Sides like fries or macaroni and cheese can be added à la carte. Right: Saddleback BBQ's Wu-Tang Wednesday special is Killa Bee Wings, smoked and fried chicken wings tossed in a house-made sauce.

By **GABRIELLE JOHNSON LAWRENCE**

Almost exactly a year ago, my love roommate and I had a housewarming party. We both come from enormous families, so we knew the crowd would be large — and hungry. I'd heard rumblings about Saddleback BBQ, which was preparing to open in

REO Town, just a stone's throw from our new house. We enlisted the eagerly anticipated restaurant's owners to provide smoked chicken and beef for the party. The meat was a huge hit. We knew that if the restaurant could maintain that quality, it would be a winner.

On an overcast but pleasantly cool Friday night just a few weeks ago, that roommate and I gathered with 200 of our nearest and dearest at the MSU Alumni Chapel and promised to eat the rest of our meals together ‘til death do us part. He started appearing in this column as “the boyfriend,” and eventually “the fiancé.” He's now officially Mr. She Ate. We sealed the deal with our favorite food trucks: Good Truckin' Food, El Oasis and Detroit Frankie's Wood Fired Brick Oven Pizza.

Let me get my few criticisms of Saddleback out of the way first. In recent months, the prices have increased. I used to get a smoked chicken taco combo with fries for \$9.00. Now those same items must be ordered à la carte, bringing the bill to \$11.00. Fountain pop prices have risen from \$1.75 to \$2.50, and refills

of iced tea or lemonade cost you \$0.50. In my inexpert opinion, the new prices are a little too high. This doesn't seem like a big deal until you remember the demise of Fork in the Road, which also had good food that was slightly overpriced.

Since Saddleback opened, the Mr. and I have sampled everything on the menu. The menu is small, which I love, and it gives the expertly prepared meats a chance to shine. During a recent lunch on Saddleback's Wu-Tang Wednesday, I loved the Killa Bee Wings (\$8.00). They are an entire chicken drumette, larger than a traditional chicken wing, and they were slightly crispy before I doused them in the Saddleback's delicious house-made red sauce. The fries (\$3.00) that I ordered to complete my session of gluttony were medium-cut, hot and salty. I used them to sop up more sauce.

Every meat item at Saddleback comes with a few slices of house-made pickles, which are, simply put, perfect. A few scoops of corn cake — kind of a deconstructed corn bread — round out the meal. The whole thing is presented on an industrial metal tray. It's an interesting juxtaposition to the anti-corporate vibe of Saddleback, which features tattooed servers, a wall hanging of a pig and blaring gangster rap.

The Mr. usually orders the pulled pork sandwich (\$8.50) or brisket sandwich (\$9.50). Both feature heaps of perfectly smoked meat on a fluffy roll. He's a bit of a sandwich fanatic and is unable to control himself when Saddleback concocts a special, limited-edition sandwich. He takes himself for a lunch date every time he hears about a new one. One such sandwich was a quarter rack of deboned smoked ribs that were fried, tossed with red sauce and topped with jalapenos and onion straws on a Hawaiian roll. Another was smoked pastrami on thick Jewish rye with house-made whole grain mustard. During Lent, it was a crab and langoustine salad on a Ha-



Gabrielle Johnson Lawrence/City Pulse

See He Ate, Page 32

See She Ate, Page 33

He Ate

from page 32

seasoning. There's the rub. Judy said next time she'll ask for the seasoning on the side; the sriracha's heat detracted from the flavor of the pork rinds.

That's part of an unfortunate pattern at Saddleback. Granted, my internal works cannot handle spice as they once did. But I find some of the spicing here is plainly over the top. The baked beans (\$3) is not your mother's baked beans. It's your Aunt Zepha's rip-out-your-tongue-and-send-it-straight-to-hell baked beans. Three bites were all I could stand.

The house-made dill pickle slices, while tasty, have an after burn that would do a NASA spacecraft proud. I would aim for more middle-of-the road

heat, like that found in Saddleback's brisket rib chili (\$4).

Some side dishes deserve a makeover. The cole slaw (\$3.50) lacks oomph, and I don't mean conventional spicy heat. A dab of horseradish would help. The mac & cheese (\$4) hits the mouth like an uninspired afterthought. It needs something, like tossing garlic-infused bread crumbs on top and browning it under a broiler.

Let's dwell no longer on the downside of their sides. Saddleback is a welcoming, sincere place that is in earnest about respecting the tradition of smoking and barbecuing meats. We'll be back — if they'll have us. Oh, and here's a little secret we discovered: Place your order, then head next door and grab a seat at the REO Town Pub. Order your favorite adult beverage, and Saddleback will deliver your meal to go with your brew. Perfect.

She Ate

from page 32

waiian roll. It's no wonder we've become Saddleback fanatics — the inventions are unique and perfectly executed.

On a recent trip, while I dove into a pile of smoked brisket with baked beans and my beloved pickles, my husband went for a half rack of ribs (\$15.00.) The meaty offering was covered in a dry spice rub. These aren't the drippy, saucy, sugary monstrosities served in chain restaurants. In his opinion, these were the best in town — even surpassing another popular barbecue restaurant on the north side of town.

The macaroni and cheese presents a missed opportunity to do something special. It's a serviceable elbow macaroni in a creamy but not overpowering

cheese sauce. But it could be better. I'd add a parmesan cheese or some other element to deepen the flavor, maybe garlic bread crumbs for added texture. If I'm paying \$4.00 for a side of it, I want it to be better than what I can make at home.

While it doesn't bother me, I've heard complaints that Saddleback runs out of food too early and too often. Yes, they run out. They'll let you know via Twitter or Facebook, or you can call on the phone and check. I don't know much, but I know that profit margins in restaurants are razor thin and that every cent counts. If that means that they only prepare what they think they can sell and run the risk of closing an hour early, that's cool with me. In exchange, Saddleback, please consider adding me to your advisory board. I know you have one, and I'm heartbroken that I can't add it to my resume.

TOP FIVE DINING GUIDE!

Based on your votes in the first round of City Pulse's 2016 Top of the Town contest, we've assembled a guide to your favorite Lansing-area eateries. Last year's complete dining guide is always available on our website or on our official mobile app, *The Pulse*. The app is available on iPhone and Android platforms; head over to facebook.com/lansingapp or text "pulse" to 77948 for links to download. *Bon appétit!*

TOP 5 THAI

#1 BANGKOK HOUSE

City Pulse readers love its spiced-to-order Thai favorites
420 E. Saginaw St., Suite 112, Lansing
(517) 487-6900
bangkokhouselansing.com
11 a.m.-3 p.m. & 5-9 p.m. Monday-Friday; 5-9 p.m. Saturday, closed Sunday

(517) 324-0225
tasteofthaiatlansing.com
11 a.m.-9 p.m. Monday-Thursday; 11 a.m.-10 p.m. Friday; 1-10 p.m. Saturday; 1-9 p.m. Sunday

#4 THAI PRINCESS

City Pulse readers love Thai Princess' contemporary take on Thai cuisine
1754 Central Park Drive, Okemos
(517) 381-1558
thaiprincessmi.com
11:30 a.m.-9 p.m. Monday-Friday; noon-9 p.m. Saturday; noon-8 p.m. Sunday

#2 NO THAI!

Michigan-based chain that, despite the confusing name, serves up quality Thai food
403 E. Grand River Ave., East Lansing
(517) 336-5555
nothai.com
11 a.m.-10 p.m. Monday-Saturday; noon-10 p.m. Sunday

#5 THAI VILLAGE

Downtown restaurant that offers dine-in and carry-out.
400 S. Washington Square, Lansing.
(517) 371-1000
thavillagelansing.com
11 a.m.-9 p.m. Monday-Friday; noon-9 p.m. Saturday; closed Friday.

#3 TASTE OF THAI

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Steakhouse Philly, on the eastern edge of Lansing at the corner of Clippert and Kalamazoo streets, offers traditional Philly cheesesteak sandwiches and gyros — or you can split the difference and order the Greek Philly (\$8.99). This hearty sandwich features Philly steak and freshly shaved gyro meat topped with grilled onions, provo-

Steakhouse Philly

11 a.m.-close Monday-Saturday; noon-close on Sunday (Kitchen closes daily at 10 p.m., but the bar stays open later)
3020 E. Kalamazoo St., Lansing
(517) 337-2210, steakhousephilly.com

and the tzatziki provides a cooling cucumber contrast.

Steakhouse Philly, formerly known as the Best Steakhouse, complements its inventive cheesesteak offerings with an impressive array of Greek options. In addition to the aforementioned gyro, it serves up classics like spinach pie, saganaki — opa! — souvlaki and hybrid dishes like the Greek fries, which features crumbled feta and Greek dressing.

Steakhouse Philly has a full bar, so

you have plenty of options to wash down the transatlantic fare. What do you pair with a Greek Philly? A Greek spirit like ouzo? A workingman's beer like Bud Light? I'll stick with a Michigan craft

brew, thank you. With all due respect to Philadelphia and Greece, we've got them both beat when it comes to beer.

—Ty Forquer



What's your favorite dish?

Do you have a go-to dish at your favorite local restaurant? We want to know about it. Email your favorite dish and a short explanation about why you love it to food@lansingcitypulse.com, and it may be featured in a future issue. If possible, please send a photo along with your description — a nice smartphone photo is fine. Cheers!

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East Lansing
(517) 203-5498
ellisonbrewing.com

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(517) 349-9605

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Williamstonpubandgrill.com

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Monday – Friday | 7:30 a.m. to 5:30 p.m.
Closed 2-2:30 p.m. for lunch

Sparrow FastCare Frandor

7 days a week | 8 a.m. to 8 p.m.
Closed 2-2:30 p.m. for lunch

Sparrow FastCare DeWitt Meijer

Opening Summer 2016

Sparrow.org/FastCare

Walk-ins welcome or schedule an appointment online at Sparrow.org/FastCare

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