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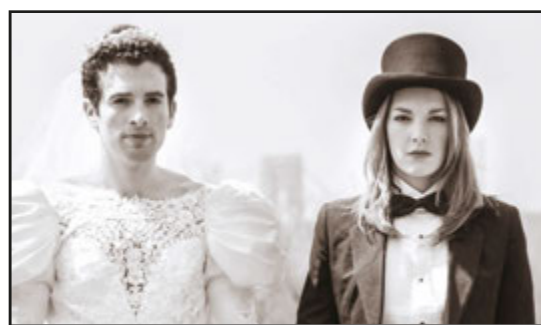
City PULSE

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February 1-7, 2017

The first-ever Women's Health Issue p. 13



JARROD SPECTOR & KELLI BARRETT

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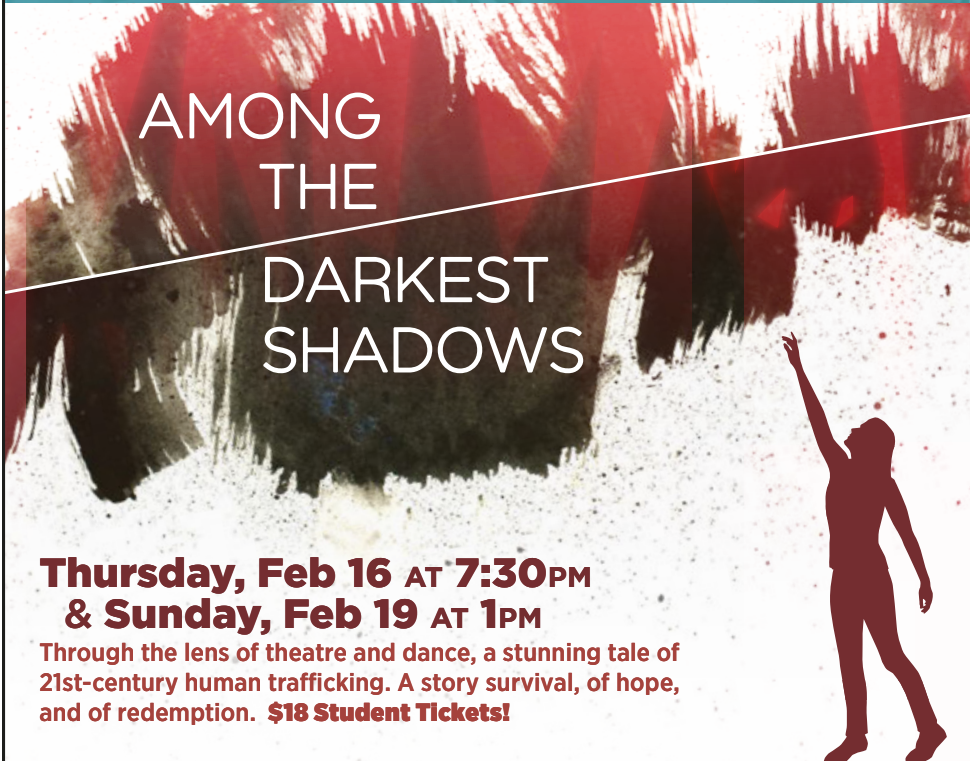


It's almost time for Greater Lansing residents to vote for their favorite businesses, places and people in City Pulse's annual Top of the Town Awards. This year, City Pulse is taking reader submissions for contest categories. The best suggestions will be added to this year's contest.

To see a list of last year's categories and to submit your own idea, visit lansingcitypulse.com/totcat

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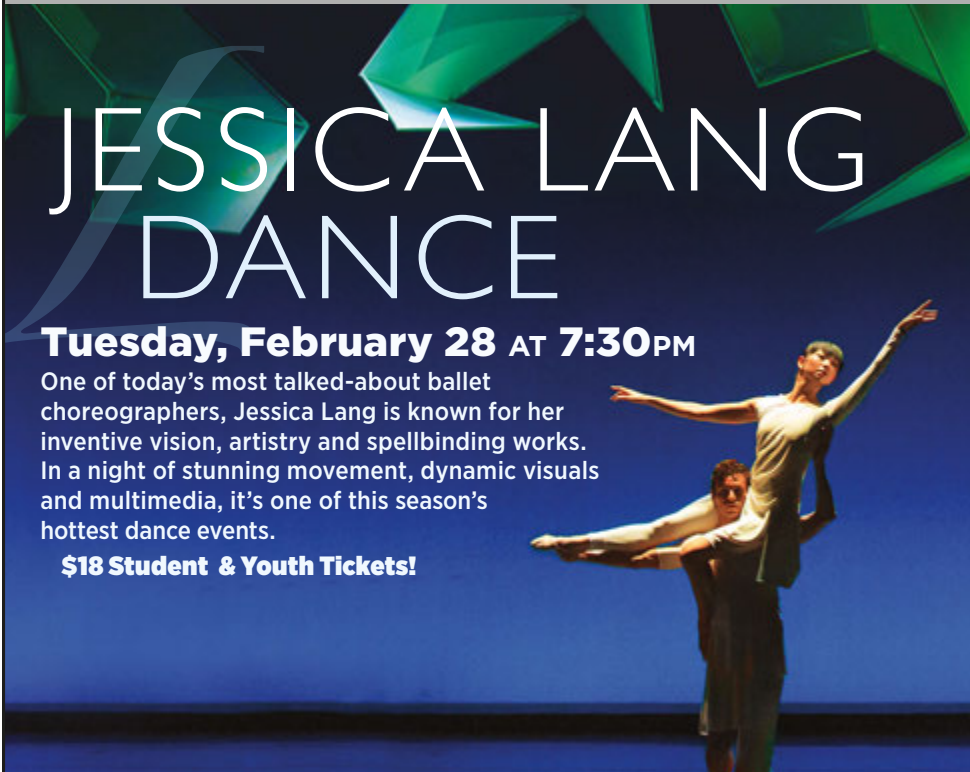


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Feedback

Looking to the past

The election of 2016 ended a two term presidential reign for the Democrats while another Republican was “elected” (“appointed” by the Electoral College) who seems to be rewarding his “friends” with cabinet positions in a manner similar to a long ago era when a Republican won the White House in the election of 1920. Outgoing President Woodrow Wilson, recovering from a stroke, accompanied a healthy and robust Warren G. Harding to his inauguration in early 1921.

Donald Trump beat over a dozen would-be Republican-party presidential wannabees as did Harding at the 1920 Republican national convention held in Chicago. This was an era whereby party nominees were chosen in “smoke-filled back” rooms. History reveals that some of Harding’s cabinet appointees were corrupt. Three appointees of note include Harry Daugherty as AG, Albert Fall as Interior Secretary (of Teapot Dome Scandal, the worst presidential cabinet scandal until Watergate in the 1970s), and Charles Forbes as VA Director (this agency was called the Veterans Bureau back then). Will the same occur in a Trump administration?

A fascinating account of the life and times of President Harding are found in a superb biography by Francis Russell titled “The Shadow of Blooming Grove”, 1968, McGraw-Hill.

— Paul R. Loconto, PhD
Okemos

Bishop and the ACA

Anyone who is wondering about the dangers posed by the Trump administration doesn’t need to listen to any of his speeches, all it takes is a visit to the district office of Michigan’s 8th District U.S. Representative Mike Bishop. That’s what I and four other of his constituents discovered on January 17 when we attempted to express our concerns about his pledge to repeal the Affordable Care Act, better known as ObamaCare.

Thanks to the ACA the state’s uninsured rate in Michigan has fallen by more than one-half since it became law six years ago. That means 618,000 Michiganders who would not have had health care do today. To put it another way, that’s more than the populations of Lansing, East Lansing, Flint, Ann Arbor, and Grand Rapids combined. But we didn’t only want to share those facts with Rep. Bishop, members of our group also wanted to tell him their first-hand experiences with the ACA and that, without it, they’d have no access to health care.

It would be inaccurate to say Rep. Bishop’s staff slammed the door in our face. In fact, we never even got that far. Rather than be allowed near his office, a member of his staff told us we had to stay in the building lobby. He told us that only two or three people at a time were allowed in the office and that attendance by people from the news was strictly prohibited. He went on to tell us that Mr. Bishop does not conduct public forums or town hall meetings because he sees them as “disruptive.” We talked briefly in the building lobby, he took our letters and returned to his locked office. We were disappointed, but not totally surprised.

Rather than working to protect and improve the ACA, Mr. Bishop has instead followed in lock step behind the far-right interest groups who tried to kill the health care law before it was even enacted – even though the ACA was based on a popular program that Republican Gov. Mitt Romney created in Massachusetts.

For Mr. Bishop, repealing the ACA isn’t about helping uninsured people in Michigan, instead it’s about advancing the far-right’s agenda. And it doesn’t stop with the ACA. Mr. Bishop has consistently voted to defund Planned Parenthood, he earned a zero rating from the Leadership Conference on Civil and Human Rights, he’s been rated as one of the worst members of Congress by Environment America, and the list goes on.

I’m old enough to remember Governors William Milliken & George Romney and how, though they were both Republicans, they understood that their job was to work for everyone’s benefit – not just the people who voted for them. Mr. Bishop is the opposite. To him, those who have opposing views are an enemy to be fought, not constituents to be listened to and respected. That’s a tragedy, because if he did listen to the people who depend on the ACA he might understand that repealing it may serve the interests of the right-wing in Washington, but it sure doesn’t serve ours.

— Liz Meyers
East Lansing

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

Now you have two ways to sound off:

1.) Write a letter to the editor:

- E-mail: letters@lansingcitypulse.com
- Snail mail: City Pulse, 1905 E. Michigan Ave., Lansing, MI 48912
- Fax: (517) 371-5800
- At lansingcitypulse.com

2.) Write a guest column:

Contact Berl Schwartz for more information: publisher@lansingcitypulse.com or (517) 999-5061

(Please include your name, address and telephone number so we can reach you. Keep letters to 250 words or fewer. City Pulse reserves the right to edit letters and columns.)

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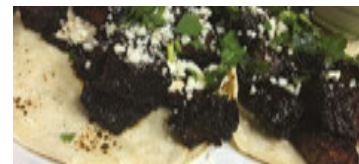
Jim DeLine wants to bring accountant’s eye to City Council

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Anat Cohen brings multicultural approach to jazz residency

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BoarsHead Theatre co-founder John Peakes dead at 83

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ADVERTISING INQUIRIES: (517) 999-6704
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EDITOR AND PUBLISHER • Berl Schwartz
publisher@lansingcitypulse.com • (517) 999-5061

ASSOCIATE PUBLISHER • Mickey Hirten
mickey@lansingcitypulse.com

ARTS & CULTURE EDITOR • Ty Forquer
ty@lansingcitypulse.com • (517) 999-5068

PRODUCTION MANAGER • Allison Hammerly
adcopy@lansingcitypulse.com • (517) 999-5066

STAFF WRITERS • Lawrence Cosentino
lawrence@lansingcitypulse.com

Todd Heywood
todd@lansingcitypulse.com

ADVERTISING

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

SALES EXECUTIVES • Mandy Jackson, Liza Sayre,
Suzi Smith

mandy@lansingcitypulse.com
liza@lansingcitypulse.com

suzi@lansingcitypulse.com

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

Delivery drivers: Frank Estrada, Dave Fisher, Paul Shore, Richard Simpson, Thomas Scott Jr.

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THIS MODERN WORLD
by TOM TOMORROW

THE REIGN OF MAD KING DONALD

MAD KING DONALD WANTED ALL TO KNOW--HIS CORONATION WAS THE BEST CORONATION EVER. I DON'T CARE WHAT THOSE LYING PHOTOS SHOW--I HAD A BIGGER CROWD THAN ANY OTHER KING! IT'S AN ALTERNATIVE FACT, YOUR MAJESTY! THIS IS FINE.

HE RAILED AGAINST THE UNFAIRNESS OF HIS POPULAR VOTE LOSS. CROOKED HILLARY GOT MORE VOTES DUE TO FRAUD--ISN'T THAT RIGHT, SIR STEPHEN OF BREITBART? YES SIR, AND SOMETHING MUST BE DONE! I'LL GET TO WORK ON THE VOTE SUPPRESSION-- --ER, I MEAN THE INVESTIGATION!

HE DECREED THAT A WALL WOULD BE BUILT TO KEEP OUT THE BAD PEOPLE HE HAD READ ABOUT ON SIR STEPHEN'S WEBSITE. AND MEXICO'S GONNA PAY FOR IT! I MEAN, WE'LL PAY FOR IT, AND THEN THEY'LL REIMBURSE US! OR MAYBE I'LL TAX THEIR TACO BOWLS! EXCELLENT PLAN, SIR.

AND OF COURSE, HE ABRUPTLY CLOSED THE BORDERS OF HIS LAND TO CITIZENS OF SEVEN MUSLIM NATIONS. IT IS MY HUMBLE PRIVILEGE TO HELP IMPLEMENT THIS EXCELLENT IDEA WHICH YOU DEFINITELY THOUGHT UP ENTIRELY ON YOUR OWN, SIR! I'M, LIKE, VERY SMART, BELIEVE ME!

AND THAT WAS JUST WEEK ONE. ALSO, I THINK YOU ARE ABSOLUTELY CORRECT THAT I SHOULD HAVE A SEAT ON THE NATIONAL SECURITY COUNCIL, INSTEAD OF THE JOINT CHIEFS! UH, SURE, SOUNDS GREAT! SAY, DO YOU THINK MY HANDS WOULD LOOK BIGGER IF I HAD A SMALLER PHONE?

TOM TOMORROW © 2017 • TMW-1705

Another lost document

City attorney said McIntyre filed employment claim against the city

The still largely unexplained \$160,663 payout to former City Attorney Janene McIntyre was preceded by a legal claim she made against the city, according to the minutes of an obscure council committee meeting.

Lansing City Attorney Jim Smiertka told the Committee on Ways and Means last August that McIntyre had been paid over \$78,000 “for release of the claim.” He characterized the claims as “employment related,” according to minutes of the Aug. 3 meeting, but declined to explain what those claims may have been. He also noted that the Office of the City Attorney had been unable to find any written documents related to such a claim. It is one of many McIntyre-related documents that Lansing Mayor Virg Bernero’s administration has said it cannot locate.

Smiertka’s characterization jibes with reporting by WILX last March that found \$127,000 of McIntyre’s payout came from a budget line item to pay off claims and judgments.

The acknowledgement that the severance settlement followed the release from a claim by McIntyre conflicts with the characterization of the payout offered by Bernero following a firestorm over the former city attorney’s abrupt departure from City Hall at the beginning of March last year. Shortly after her exit, the Bernero administration released a separation agreement signed by the mayor and McIntyre that included a release of legal claims, as well as a \$10,000 non-disparagement clause, effectively silencing parties to the agreement.

Councilmember At-Large Judi Brown Clarke said at the time Angela Bennett, the budget director, explained to her and fellow Councilmember Carol Wood that there had been “a threat of a lawsuit,” which justified the use of the claims and judgments budget. Brown Clarke said Bennett declined to explain what that lawsuit threat was. Wood backed up her recollection of the off-the-record meeting.

In a May 2016 interview with Dave Akerly on his WILS “Morning Wake Up” radio show, Bernero coyly raised the specter of legal action, noting “we live in a liti-

gious society.” Akerly pressed Bernero as to whether McIntyre had grounds to file a legal action, and Bernero said “anyone has grounds,” inferring the adage that anyone can file a lawsuit at anytime. But he also said the deal was to “grease the skids, to get things done so everybody would be happy,” and he characterized the payment as a “bonus.”

“She’s a good person, she did good work, she was doing two jobs at the same time, and she got an \$80,000 bonus on her way out,” he said.

Bernero’s Chief of Staff Randy Hannan, responding to questions, reiterated the



Courtesy Photos

The minutes of an Aug. 3 committee meeting suggest former Lansing City Attorney Janene McIntyre’s \$160,663 payout was motivated by a legal claim she made against the city. Lansing Mayor Virg Bernero has avoided frequent requests for a full explanation of the payout.

city position that “it was a negotiated separation agreement that included a general release of claims to eliminate the possibility of litigation that could have cost Lansing taxpayers far more.” He emphasized the phrase “general release of claims.”

The shifting messages, lost documents and lack of transparency by Bernero and his administration have frustrated City Council attempts to uncover what prompted the McIntyre departure and the costly settlement.

“This Council was told over and over this was done because of a potential lawsuit,” Wood said. “Many of us on Council were upset with the comments made by the mayor, because not only the public but Council was receiving two different messages.”

In late August, City Council did pass two resolutions. The first would require Council approval of separation agree-

ments for at-will administration employees, while the second would require approval for such deals for the City Attorney.

But the issue lost steam with the Council over the summer when it became clear a five-vote majority of councilmembers was not going to approve the expense of an outside investigation, said Judi Brown Clarke, a Councilmember At-Large who served as the body’s president last year and chair of the Ways and Means Committee. That observation is also supported in the Aug. 3 minutes.

While she stopped short of accusing Bernero of lying to the public, she did say he had misled the public over the payout.

“I think it becomes that absence of information,” she said of the mayor’s comments. “I don’t directly give you false information. I leave gaps in my statements to allow you to make assumptions.”

The still unresolved McIntyre affair could play into the coming mayoral battle. Bernero is up for re-election. He’s held the office for three terms, bellowing his way through elections and challengers while also running for governor and flirting with a run for Congress. But he hasn’t faced a real electoral challenge since he beat Tony Benavides in tight rematch in 2005.

In 2017, Bernero is likely to face a challenge from State Rep. Andy Schor, a Democrat cut from a different, less confrontational cloth. Current City Councilmember At-Large Judi Brown Clarke, a first term incumbent up for re-election, is considering whether to surrender her Council seat and challenge Bernero as well.

One of the issues will be Bernero’s propensity for large departure payouts, not just for McIntyre but also for Peter Lark. The former general manager of the Lansing Board of Water & Light, who had the mayor’s backing until he didn’t, left the utility with \$650,000. Compounding a bruising primary and general election are special interest groups like organized labor and the Chamber of Commerce, as well as the emergence of secretive, agenda-driven political nonprofits.

“The people haven’t forgotten,” Brown Clarke said of the money spent on payouts. “When I go out and I talk to people, it’s



A reader suggested the southside entrance to the Michigan Avenue stairs to the River Trail as an eyesore because it’s across the street from the Lansing Center and hence creates a bad impression on visitors. The city closed it in 2014, because the stairs were unsafe, Lansing Parks and Recreation Director Brett Kaschinske said.

But there’s good news: Kaschinske said the stairs are on the schedule to be repaired this year, thanks to funding from the Ingham County trails millage. Kaschinske said the city sought millage funding because so many downtown workers who use the stairs live outside the city, making it “a regional asset.” Because it’s the state’s bridge and it involves the river, the state has to sign off on the plan, but Kaschinske doesn’t foresee a problem getting permission. And once it is fixed, the northside entrance will be improved as well, he added. Both repairs, plus one already one done this year on the River Trail just north of Michigan Avenue, are covered by the same \$281,000 grant.

— Berl Schwartz

“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.



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City Pulse takes home eight awards from Michigan Press Association

City Pulse received eight awards from the Michigan Press Association last week, recognizing its work on public notices, for editorials, feature stories and a special section.

Todd Heywood received the first place award for Public Notice Journalism, one of the MPA's major awards.

His article on Lansing's failure to properly publish notification of a hearing regarding development proposals at the former School for the Blind resulted in City Council's inability to consider providing Indiana based developers a four percent payment in lieu of taxes (PILOT) deal. Judges called the article a "good demonstration of why public notice is important."

Associate Publisher Mickey Hirten won three editorial writing awards. His column headlined "Eyes wide shut," awarded first place, questioned whether senior staff in the Ingham County Prosecutor's office knew of and ignored the sordid sexual abuses of former Prosecutor Stuart Dunnings III. Judges commented that the column "raises serious, legitimate questions that point to accountability — or lack of, undoubtedly helping to steer the public conversation." His columns titled "Nature knows best," about the ben-

efits of wasting deer disease, and "Ad campaign backfires," about a bungled negative ad campaign by the Greater Lansing Regional Chamber of Commerce, received second and third place awards.

Staff writer Lawrence Cosentino took second place in feature writing for his article "Labeled' but not licked," a profile of artist Eric Staib, including his struggle with dyslexia and his ultimate success. Judges called it a "combination of crisp writing and a great subject."

In the same category, Bill Castanier was awarded third place for "Death steals everything but our stories," a remembrance of author Jim Harrison. Cosentino received an honorable mention for his article, "Zaha slept here," written after the death of Zaha Hadid, the renowned architect who designed MSU's Eli & Edythe Broad Art Museum.

Also, in the special section category, Ty Forquer, Jonathan Griffith and Allison Hammerly received the third place award for City Pulse's Town of the Town section.

All of the 2016 MPA Better Newspaper Contest awards were in the Weekly/News Media A category for publications with circulation greater than 15,000.

'Desperately needed' Needle exchange program could head off HIV outbreak

In a race against time, the Ingham County Health Department and other local agencies are working to set up a needle exchange program to head off a potential outbreak of HIV and other communicable diseases associated with injection drug use.

The program is still in the planning stage, but with the change in presidential administrations, the availability of federal funds for the program is uncertain.

In February and March of 2015, 55 new HIV cases were reported Scott County, Ind., up from about five new cases a year in previous years. When the outbreak happened, Indiana law prohibited needle exchange programs. By the time then-Indiana Gov.

Mike Pence handed down an emergency order allowing needle exchanges at the end of March, over 100 people in the small community were infected with HIV. By October of that year, reports of new HIV infections had dropped to less than one per month, according to a study in the New England Journal of Medicine.

The rural county seemed like an unlikely place for an HIV outbreak, but the area had also been hit hard by the injected opioid epidemic sweeping the nation. Ingham County officials and health experts say that with the alarming rise of opioid use in Ingham County, they want to head off a Scott County-scale outbreak here.

"We have some of the higher opioid and heroin mortality rates in the state," Ingham County Health Officer Linda Vail said. "The last thing we want on our hands is some-

See Needle Exchange, Page 7

McIntyre

from page 5

brought up. Frequently. And I can't say every time, but it's brought up frequently, and it will be part of this year.

"It also brings up the issues of credibility, trust and fiscal responsibility," she added. "I think that's important. I think people really want to know or have assumptions."

Brown Clarke indicated that while she

hesitated to go to the Attorney General last summer — she wanted to have "Council consensus" for such a move to avoid being accused of political posturing — that option was back on the table now.

Wood notes that the political will on Council is not present to pursue outside legal counsel nor to further investigate the payout itself. The "final step," Wood said, "could be asking the Attorney General to review this matter."

— Todd Heywood



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Needle Exchange

from page 6

thing like (the Scott County outbreak).”

Ingham County already has the highest HIV rate in Michigan outside of Detroit, according to the state’s Department of Health and Human Services. In 2015, the county had 175 cases of HIV per 100,000 people. Ominously, opioid-related deaths have spiked in Ingham County, from 14 reported in 2003 to 68 in 2015.

An ad hoc committee on needle exchanges reported to the Ingham Community Health Center in fall 2016 that “it is clear (...) that injection drug use is on the increase” in the county.

“We are certainly at increased risk of HIV and hepatitis transmission,” Vail said.

Ingham County Clerk Barb Byrum, a member of the ad hoc needle exchange committee, said “it will only take one person who is in the community that uses and shares needles to have an outbreak” similar to the one in Scott County.

A needle exchange program would help prevent the spread of HIV, reduce the Hepatitis C rate among intravenous drug users and reduce the number of emergency room visits caused by drugs in Ingham County, the report said.

When the risk of an outbreak is this high, conventional treatment programs don’t work fast enough, Vail said.

“If you’ve ever worked with people who are addicted to opioids and heroin, it takes them, on average, five or six times going in and out of recovery until they finally recover,” Vail said. “We need to meet people where they are in the meantime to try to maintain other aspects of their health and protect the community from the risk of transmission.”

Byrum said the needle exchange program is “desperately needed” in Ingham County.

Ingham County Commissioner Todd Tennis, who also served on the ad hoc needle exchange committee, said the program will likely be administered by a private nonprofit, and talks with possible partners are underway.

“Minor” adjustments of local ordinances will be needed to implement the program, according to the ad hoc committee report. Lansing ordinance restricts the use of drug paraphernalia.

“The city would have to take steps to change those ordinances and local rules so people would feel comfortable to get clean needles,” Tennis said.

Vail said the county health department has been in contact with the Lansing City Council’s Committee on Public Safety and the mayor’s office “related to the potential of changes that would get that out of our way, and they’re prepared to review it and see what they can do to help.”

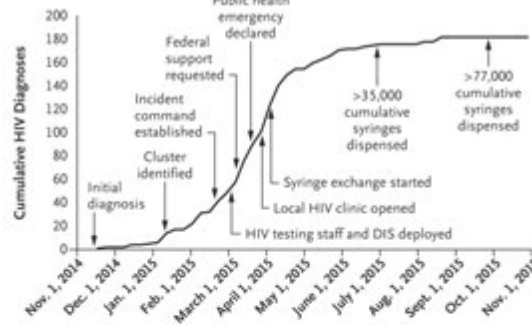
Funding for the program, however, would have to come mainly from the federal government.

“The sticky part is that there’s not a whole lot of budgetary space, either at the county

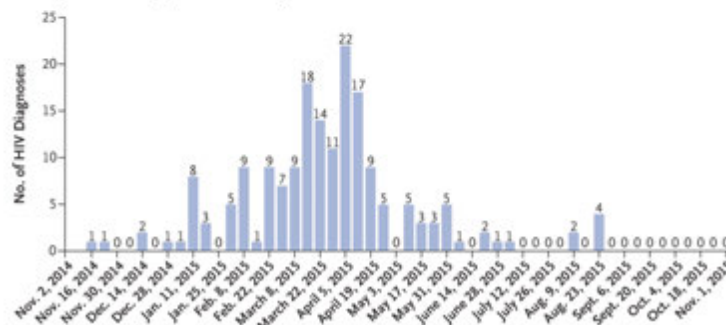
Courtesy New England Journal of Medicine

Two graphs from the New England Journal of Medicine show the decline in new HIV infections in Scott County, Ind., following a March 2015 emergency order allowing needle exchanges. The top graph shows a plateau of total infections, while the bottom graph shows a steep decline in new infections.

Cumulative HIV Diagnoses and Public Health Response



HIV Diagnoses According to Week of Testing



level or local unit levels,” Tennis said.

According to U.S. Center for Disease Control guidelines, federal funds can’t be used to purchase sterile needles or syringes for illegal drug injection, but can be used to support a “comprehensive set of services” including staff time, testing equipment and other supplies.

To get a CDC grant, local health departments must show evidence that their area is either experiencing or at risk for “significant increases in hepatitis infections or an HIV outbreak due to injection drug use.”

Tom Price, the physician and congressman from Georgia picked by President Donald Trump to head the Department of Health and Human Services, voted to stop federal funding for needle exchanges in 2009 and voted in 2007 to stop the District of Columbia from using non-federal funds for needle exchange programs.

However, Price represents a district north of Atlanta where heroin-related deaths have increased dramatically since 2013, according to data released by the Big Cities Health Coalition Project. Price’s wife, Betty, an anesthesiologist who serves in the Georgia state legislature, pushed through the Georgia House in

March a bill that would have allowed homeless shelters, drug treatment centers and other social service organizations to distribute sterile syringes to intravenous drug users, but the bill failed in the state Senate.

Supporters of needle exchange programs hope the recent spikes in injection drug use and related outbreaks in HIV and Hepatitis-C in Mike Pence’s and Tom Price’s home states will influence the CDC to protect the programs, even under a Trump administration.

Vail, Byrum and Tennis all cited another significant benefit of a needle exchange program. For many injected drug users, such a program is a first contact with counseling and treatment services and a gateway to recovery.

“As opposed to this population living in the shadows, unable to even find help, hopefully this program can provide a safe space where they can start to reevaluate their choices,” Tennis said.

Tennis said it’s “impossible to know” whether a Scott County-type event is likely to happen here, “but it’s better to take steps to prevent that happening rather than react to it after it happens.”

— Lawrence Cosentino




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Councilman accountant

Former city auditor seeks to replace former boss on City Council

Having had a front row seat to the making of legislative sausage in Lansing, Jim DeLine, the City Council's recently retired internal auditor, wants into the kitchen. He's announced that he will run to represent Lansing's Second Ward.

He's already prepared his menu.

"It would help to have someone on the dais with a financial background, somebody who knows how to read a spreadsheet," said DeLine in his first official interview as a candidate. "I'm not saying I wear a green visor, and all I do is look at money, but somebody needs to say, 'Wait a minute, how does that affect taxpayers if we OK this?' And I can do that."

Indeed, DeLine's financial understanding of the city is based on over 21 years of experience, working for over 18 years on the Lansing Police Department's budgets

and then, for the last three and half years, as the Lansing City Council auditor.

Second Ward is currently represented by Tina Houghton, who has not declared whether or not she will seek re-election to Council.

In his internal auditor role, DeLine clashed with powerful elements of Lansing Mayor Virg Bernero's administration, including former City Attorney Janene McIntyre. Before her controversial exit from the city, she refused to provide answers to the City Council Committee on Ways and Means about outstanding legal bills owed by the city to contract lawyers.



DeLine

It was DeLine's digging that fueled the Council's request. McIntyre steadfastly refused to cooperate, and chairwoman of the committee, City Councilwoman At-Large Judi Brown Clarke, threatened to use the Council's subpoena power to force her to appear.

DeLine's investigation angered Bernero, who called for Tina Houghton, then Second Ward Council Member and President of City Council, to reprimand DeLine. She didn't.

And when McIntyre suddenly resigned from her post with a \$160,663 golden parachute payout, it was DeLine that Councilmembers turned to in an attempt to flesh out why the payment had been made. His investigation, stymied by the settlement's confidentiality clauses, revealed little.

If elected, DeLine said he wants to ensure that city tax incentives are being used wisely and in the right areas of the city.

"My Second Ward concern is that these are things that have played into the mayor's mantra that he has had for the last five years, that we need millennials downtown," said DeLine. "We have heard that over and over ad infinitum. In the meantime. Who

gives a shit about the homeowner on Devonshire?"

He points to the former school at Cedar Street and Holmes Road, which used to house the Lansing Police Department, as an example of a building in need of incentives to bring it back on the tax rolls.

DeLine adds his name to chorus of opposition candidates rising up for the 2017 Council and mayoral race. James McClurken was first, filing to run in the Fourth Ward, likely challenging incumbent Jessica Yorke. That was followed by Peter Spadafore filing for an At-Large race where he could face off against incumbents Kathie Dunbar and Judi Brown Clarke. None of the incumbents have filed paperwork for re-election, and only Yorke has publicly indicated she would run again.

Add to this a likely knock-down, drag-out fight for mayor featuring Bernero, state Rep. Andy Schor and possibly Brown Clarke, and you have the groundwork for a contentious election season.

Also, at least three shadowy groups are likely to seek to influence the races: Capitol Region Progress, a political non-profit with ties to Bernero; Reform Lansing, with unclear ties; and No Secret Lansing Deals, a group with ties to business in the city. The latter two groups appear opposed to much of Bernero's agenda, while the first group has backed Bernero candidates, including Shelley Davis Mielock and A'Lynne Boles, in their bids for City Council.

DeLine said he won't condemn those dark money groups for not disclosing their donors.

"I don't think you can let the side of evil have all the ammunition," he said. "You know, I need to have the same advantage. I need to have the same tools accessible to me."

— Todd Heywood



PUBLIC NOTICES

STATE OF MICHIGAN OFFICE OF THE INGHAM COUNTY DRAIN COMMISSIONER NOTICE OF DAY OF REVIEW OF DRAINAGE DISTRICT BOUNDARIES

Notice is Hereby Given that on Tuesday, February 28, 2017, the Ingham County Drain Commissioner will hold a Day of Review of Drainage District Boundaries from 9 a.m. to 5 p.m. at the Office of the Ingham County Drain Commissioner, 707 Buhl, Mason, Michigan 48854. At that time and place, the Drain Commissioner will hear the proofs and allegations and carefully reconsider and review the description of lands comprising the Drainage Districts for the Drains listed below, and determine whether the addition or deletion of lands will more accurately define the boundaries of the land benefitted by the Drains and is just and equitable pursuant to Section 197 of 1956 PA 40, as amended. Maps of the proposed Drainage District boundary revisions may be found at the Ingham County Drain Commissioner's Office or web site (<http://dr.ingham.org>). The Drains are located and established in the following municipalities, and a general description by section number of the lands proposed to be added or deleted in whole or in part include the following:

DRAIN NO.	DRAIN NAME	MUNICIPALITY	SECTION NUMBERS
B 67-00	BRACKEN WOODS DRAIN	MERIDIAN TOWNSHIP	24, 25
C 32-00	COUNTRY CROSSROADS DRAIN	DELHI TOWNSHIP	18, 19
D 13-00	DINGMAN DRAIN	ALAIEDON TOWNSHIP	5
		CITY OF LANSING	5
		MERIDIAN TOWNSHIP	32
D 21-00	DUCK POND DRAIN	AURELIUS TOWNSHIP	1, 2, 11, 12
E 06-00	EIFERT DRAIN	ALAIEDON TOWNSHIP	1, 2, 12
		WHEATFIELD TOWNSHIP	7, 8, 17, 18
G 12-02	GREEN, NE DELHI BRANCH DRAIN	DELHI TOWNSHIP	14
G 12-07	GREEN, THREE LAKES BRANCH DRAIN	DELHI TOWNSHIP	11, 14
K 01-02	KALAMINK CREEK DRAIN, WEBBERVILLE INDUSTRIAL PARK BRANCH DRAIN	LERROY TOWNSHIP	10, 11, 14, 15
		VILLAGE OF WEBBERVILLE	10, 11, 14, 15
K 00-03	KEESLER AND WINNE DRAIN	ALAIEDON TOWNSHIP	10, 11, 14, 15, 22, 23
L 16-00	LOWE LAKE DRAIN	STOCKBRIDGE TOWNSHIP	1, 2, 3, 10, 11, 12, 13, 14, 15, 21, 22, 23, 24, 25, 26, 27, 28, 33, 34, 35, 36
		VILLAGE OF STOCKBRIDGE	22, 23, 26, 27, 34, 35
		WHITE OAK TOWNSHIP	34, 35, 36
M 52-00	MCKEON DRAIN	WILLIAMSTOWN TOWNSHIP	3, 4, 5, 9
N 05-00	NOTTINGHAM CONDOMINIUMS DRAIN	CITY OF WILLIAMSTON	1, 12
		WHEATFIELD TOWNSHIP	1, 12
Q 00-01	QUARRY DRAIN	VEVAY TOWNSHIP	25, 26, 35, 36
R 18-00	ROSSITTER DRAIN	ALAIEDON TOWNSHIP	5, 6, 7, 8
S 04-00	SCHOOLCRAFT DRAIN	DELHI TOWNSHIP	14, 23
S 38-00	SIERRA RIDGE DRAIN	MERIDIAN TOWNSHIP	4, 9
S 13-00	SIMPSON DRAIN	AURELIUS TOWNSHIP	20, 21, 28, 29
S 42-00	SWAN AND BEATTY DRAIN	LERROY TOWNSHIP	19
		WHEATFIELD TOWNSHIP	13, 23, 24
S 35-00	SWEET DRAIN	AURELIUS TOWNSHIP	31, 32
		ONONDAGA TOWNSHIP	5, 6
T 23-00	TIMBERLAND DRAIN	DELHI TOWNSHIP	30
T 04-00	TOPLIFF DRAIN	AURELIUS TOWNSHIP	17, 18, 19, 20, 29
T 17-00	TOWN LINE DRAIN	ALAIEDON TOWNSHIP	34, 35
		VEVAY TOWNSHIP	2, 3
T 08-00	TUTTLE DRAIN	LOCKE TOWNSHIP	9, 16, 17
V 07-00	VAN HORN DRAIN	ALAIEDON TOWNSHIP	34, 35, 36
		VEVAY TOWNSHIP	1, 2, 3
W 22-05	WILLOW CREEK, MERRILL RD BRANCH DRAIN	AURELIUS TOWNSHIP	25, 36
		VEVAY TOWNSHIP	31
W 69-00	WOODED VALLEY DRAIN	DELHI TOWNSHIP	11, 14
W 29-00	WYGANT DRAIN	LERROY TOWNSHIP	15, 16, 20, 21, 22, 28, 29

Persons with disabilities needing accommodations for effective participation in the meeting should contact the Ingham County Drain Commissioner at (517) 676-8395 or the Michigan Relay Center at 711 (TTY) at least 24 hours in advance of the meeting to request mobility, visual, hearing, or other assistance. **You are Further Notified** that persons aggrieved by the decision of the Drain Commissioner to add or delete property to or from a Drainage District may seek judicial review in the Ingham County Circuit Court within ten (10) days of the decision.

January 24, 2017

Patrick E. Lindemann
Ingham County Drain Commissioner

CP#17-021

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING EAST LANSING PLANNING COMMISSION

Notice is hereby given of the following public hearing to be held by the East Lansing Planning Commission on Wednesday, February 22, 2017 at 7:00 p.m., in the 54-B District Court, Courtroom 2, 101 Linden Street, East Lansing.

A public hearing will be held to consider an application from United Hospitality Group East Lansing, LLC, for the property located at 1100 Trowbridge Road to construct a four-story SpringHill Suites by Marriott hotel and a one-story commercial building with a drive-through lane on a 3.43 acre parcel. The property is zoned B-2, Retail Sales Business District.

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

The City of East Lansing will provide reasonable auxiliary aids and services, such as interpreters for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities upon request received by the City seven (7) calendar days prior to the meeting. Individuals with disabilities requiring aids or services should write or call the Planning Department, 410 Abbot Road, East Lansing, MI 48823. Phone: (517) 319-6930. TDD Number: 1-800-649-3777.

Marie E. Wicks
City Clerk

CP#17-022

'Come on, I'm ready for the fight'

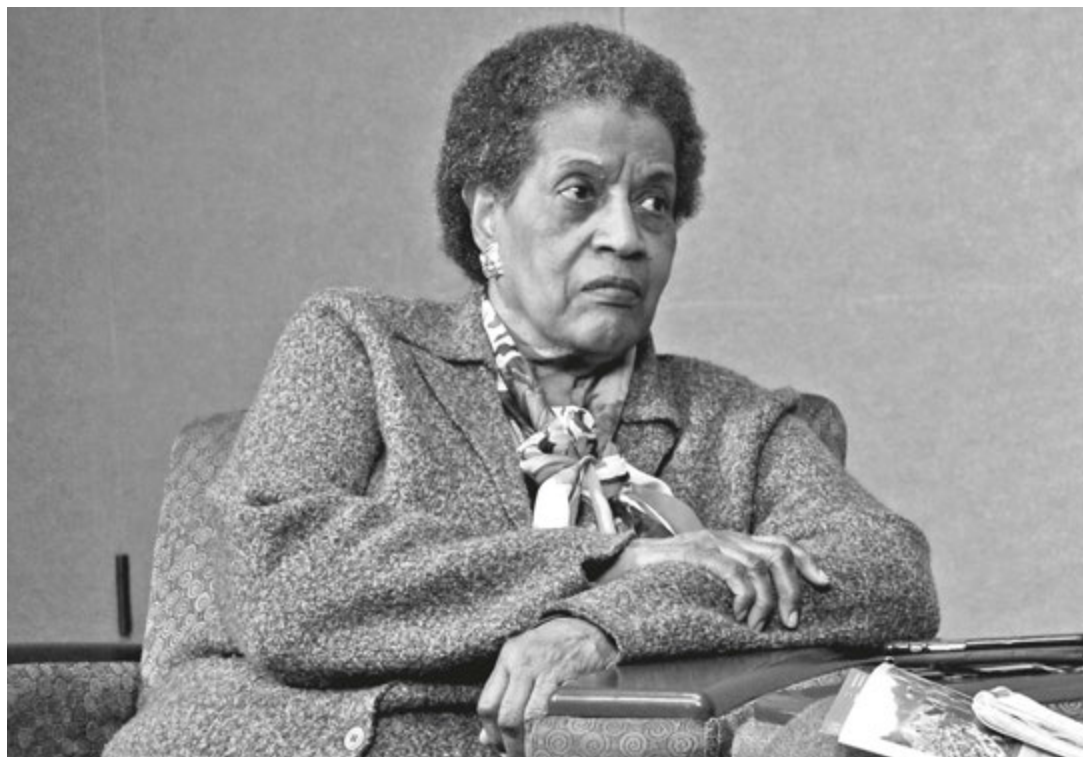
Myrlie Evers-Williams, 83, entered the history books as the widow of slain civil rights leader Medgar Evers, but that was far from the end of her story. Evers-Williams had worked closely with her husband, who was field secretary for the NAACP in Mississippi. After he was murdered in their front yard, she moved to California, earned a college degree and worked in civil rights in academia and business. In 1995, she helped a struggling NAACP overcome financial problems as the first woman to chair the organization. Jan. 16, Evers-Williams spoke at the 32nd annual Martin Luther King Jr. Holiday Luncheon at the Lansing Center. Then she sat down for an interview with City Pulse publisher and editor Berl Schwartz for the "City Pulse Newsmakers" TV show. Here are edited and condensed excerpts in honor of the first day of Black History Month.

You said in your talk that you met on occasion with Coretta Scott King and Betty Shabazz — and that you even found things to laugh about.

We certainly discussed our husbands, Martin Luther King Jr., Medgar and Malcolm. That was done with thought, but it was also done with a lot of laughter, because we could discuss the way our husbands reacted and what they did in certain cases. Race, hatred and what not.

If you don't find some humor in life, it becomes very difficult. There were times

Myrlie Evers-Williams' interview with Berl Schwartz for the "City Pulse Newsmakers" TV show is available at www.lansingcitypulse.com.



not only did we discuss those issues, we'd have heated arguments about it, we'd end up shedding tears and then embracing each other because it was a uniqueness in our relationship. It was so precious to all three of us. Coretta Scott King knew that her husband would probably be assassinated. I certainly had known that Medgar would be assassinated.

The year before your husband was assassinated, your home was fire bombed. Certainly that had to be a warning of what might come.

There were warnings all along. You simply did not challenge a political system without knowing that there were be some effect because of it. Political systems represent power; no one wants to relinquish power. How do you work together to build a coalition that addresses the needs, expectations and hopes of everyone involved? That really is a difficult thing to do. Here in America, we've been able to move forward in that in a way. I still believe that our discussions and

exchanges perhaps are not rare, but they are so decent and so good. You and I could disagree on something from today 'til the end of the earth, but as long as we did it with respect for each other, it's all right.

Is that a problem you think with our president-elect? That he can't disagree with respect?

I think respect is a big problem with the president-elect. It appears, in my humble estimation, in every facet of his political career.

Going back then to when your husband was assassinated, you weren't surprised, but obviously it changed your life in unfathomable ways. How did you pick yourself up? How did you keep going at that point?

Bit by bit. Hope, faith, help from friends regardless of race, creed or color. Also another motivating factor is the ugly negative-ness that you find. It makes you stand tall and brace your back and reach a little where you say to others, "Come on. I'm ready for the fight."

Before the assassination, after the fire bombing of your home the year before, was there any thought of "We're risking our lives, we're risking our children's lives?"

Of course. Of course.

What were those discussions like?

Medgar and I were very emotional about the possibility of his being killed. One of the last things he said to me was, and I quote, "You take care of my children." I'll never forget that. That was the night before he was killed. "You take care of my children." I recall saying to him, "Of course I'll take care of your children. They are my children too." I've been very fortunate to have been able to embrace those three young people to educate them, and I hope I've given them good background as human beings.

You said in your talk you're thankful for all of the things that have happened in your life, including the ones that have been very difficult. Is that something you had to grow into as you look back on your life, or have you always had that sort of approach?

I don't think I've always had those feelings. I think it's something that I've grown into. You mature, you are able to see things a little bit differently. I've been very, very fortunate in my life. It's been very painful, but it's also been very good. You hopefully grow from all of these things that are there. You look at the changes. For me, I tried to find a place that I might be helpful. Helpful, not negative. That's life. That's life. Do you embrace it? I embrace it regardless of what it is. If it's so negative it makes me angry or what not, I have on a couple of occasions said, "Come on. I'm here. Come on."

— Berl Schwartz



Black History Month events

WEDNESDAY, FEB. 1 >>

EARL NELSON SINGERS AT LANSING MATINEE MUSICALE

Black History Month kicks off in Lansing tonight with a recital of traditional spirituals and gospel music from the Earl Nelson Singers. The Lansing-based choir was founded in 1963 by former Michigan state Sen. Earl Nelson, who died last year at 79. The concert features spirituals composed by slaves and the gospel music that came with the abolition of slavery in the post-Civil War era. 1-2 p.m. FREE. Plymouth Congregational Church, 2001 E. Grand River Ave., Lansing. lansingmatineeusicale.org.

FEB. 1-21 >> BLACK HISTORY MONTH AT LANSING COMMUNITY COLLEGE

Lansing Community College hosts sev-

eral events in commemoration of Black History Month. Today, the college's Black History Month committee hosts a community health fair. Tuesday, humanities Professor Paul Jurczak facilitates a discussion on Cornel West, an African-American philosopher and political activist. On Feb. 21, students and the public are invited to a panel discussion on Malcolm X. FREE. See web for times and locations. lcc.edu/studentlife/bhm.

FEB. 2-23 >> "FROM SLAVERY TO FREEDOM" LECTURE SERIES AT MICHIGAN STATE UNIVERSITY

Every year to celebrate Black History Month, Michigan State University's College of Osteopathic Medicine hosts a lecture series featuring prominent African-American and civil rights figures. This year's lineup includes astronaut and chemical engineer Mae Jemison (Feb. 2), journal-

ist Jonathan Capehart (Feb. 9) and former Tuskegee, Ala., mayor and Alabama state Rep. Johnny Ford (Feb. 23). 5 p.m. FREE. Kellogg Center, 219 S. Harrison Road, East Lansing. com.msu.edu/stf.

FEB. 4 >>

DR. MARTIN LUTHER KING JR. COMMUNITY PRAYER BREAKFAST

Gubernatorial candidate Gretchen Whitmer and religious leader Minister Caliph Muab-El are the speakers at the eighth annual Dr. Martin Luther King Jr. Community Prayer breakfast. The event also features performances by Michigan State University jazz students, jazz performer Tessarae, and Worship Without Words, a travelling mime ministry. 9-11 a.m. \$10 from member organizations/\$12 online. Union MBC, 500 S. Martin Luther King Jr. Blvd., Lansing. actionofgreaterlansing.org.

FEB. 28 >>

50 YEARS ON: REFLECTIONS ON RACE, RACISM AND THE LEGACIES OF THE 1967 DETROIT RIOTS AT THE BROAD ART MUSEUM

The Broad Art Museum and MSU's Residential College in the Arts and Humanities team up to examine the 1967 Detroit riot in a series of conversations that draw from artwork in the museum's collection. The first of these events focuses on the work of Detroit artist Tyree Guyton, best known for starting Detroit's Heidelberg Project. Assistant curator Carla Acevedo-Yates will discuss his work with Jena Baker-Calloway of the MSU Detroit Center. 7:30 p.m. FREE. Eli and Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. (517) 884-4800, broadmuseum.msu.edu.

ARTS & CULTURE

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CREATING THE MOMENT

Clarinetist Anat Cohen brings humanist vision to MSU residency

By LAWRENCE COSENTINO

There is no one in jazz, or in all of music, quite like Israeli-born clarinetist Anat Cohen.

Cohen has taken a horn with a corny aura, the clarinet, into far-flung, fertile fields, from the spiritual realm of John Coltrane to a bubbling pot of Latin-American musical traditions. Her presence on stage is so natural it's almost startling. She's not trying to be hip, intellectual or above it all.

"I don't care if somebody plays the fastest, the hardest — if he doesn't touch my heart, I don't care," she said.

Beginning Saturday, jazz students from MSU and around the state will soak up Cohen's aura firsthand in a busy week-long residency sponsored by the MSU Federal Credit Union, culminating in a Feb. 10 concert at MSU's Cook Recital Hall.

For Cohen, improvised music is a social art. At MSU, she'll try to go beyond technical tips and attune students to the intangibles that make music meaningful.

"You're not playing with a piano," she said. "You're playing with a piano player, a person. Relate to the person. This is the kind of thing I like to talk about — the meaning behind the music, creating the moment."

Anat Cohen and MSU Jazz Octets

7 p.m. Friday, Feb. 10
\$15/\$12 seniors/\$5 students
Cook Recital Hall, Music Building
333 W. Circle Drive, East Lansing
(517) 353-5340, music.msu.edu

Cohen plays with many sizes and types of groups, and each setting brings out a different side of her personality. She morphs with ease, and

convincing musical logic, from the sultry Brazilian "Samba de Orfeu" into the quintessential New Orleans tune "Struttin' With Some Barbecue." On her latest CD, "Luminosa," she pounced on the perky, electronic blips of Flying Lotus' "Putty Boy Strut" and turned them into an irresistible exercise in acoustic pointillism.

Born in Tel Aviv, Cohen received a classical training and played in all sorts of bands, from big bands to the Israeli Air Force Band. She worked mainly on technical proficiency until a life-changing encounter with Arnie Lawrence, a Brooklyn-born saxophone



Courtesy Photo

Israeli-born clarinetist Anat Cohen joins MSU's Jazz Studies program next week for a series of master classes, educational trips to Michigan high schools and a Friday night concert with MSU Jazz Octets.

guru who moved to Israel in the 1990s.

"We were like disciples, going to his evenings every Wednesday in Jerusalem," Cohen recalled. "It wasn't about 'this is bebop and you've got to burn.' He could play anything. But it was beyond the style. It was about getting human beings together to create something meaningful."

The same could be said of Cohen's approach to teaching.

"You can't learn to be who you're not," she said. "You can learn to play like Charlie Parker, but you'll never be Charlie Parker. That's his vision, his personality; you can only imitate it. It's not just notes."

Cohen also plays tenor saxophone, but began to home in on the clarinet as her playing and composing career took off in the 1990s.

"It just happened," she said. "That's what I hear, that's who I am, that's how I feel. With the clarinet I can just be myself. With the tenor saxophone I'm not as comfortable. It's too much responsibility just knowing Sonny (Rollins) and (John) Coltrane were there."

But there's also a practical benefit to an open musical mind.

"Some musicians think, 'I'm just going to play jazz from the 1960s and I'll be ready for

life.' No, no, no. The more music you know, the better off you are. It's also important that somebody learns to be a dental hygienist," she said with a laugh. "One job might not be enough. You have to do more than one thing. I've played second clarinet in a band, playing repeated notes for three minutes. It gives you more options."

She credits her experience in New York, where she now lives, and the Berklee College of Music for opening her up to a wider world of music.

"I met friends from all over the world that love jazz," she said. "I wanted to play

See Cohen, Page 11

Cohen

from page 10

Coltrane all day and all night. I started to meet people who create songs based on other rhythms, from Brazil, Cuba, Venezuela, from Argentina.”

This year, Cohen is releasing three albums, each one different from the others. The most anticipated of the three is a loving immersion in the music of Moacir Santos, a revered yet under-appreciated Brazilian multi-instrumentalist and composer. Cohen recorded the CD live in Brazil last year in an intimate duet format with a phenomenal seven-string guitar player, Marcello Gonçalves. Cohen also has a new CD with Trio Brasilliero, which is slated to come out just before they tour together in May, and an album with a ten-piece ensemble planned for fall.

“Sometimes traditional, sometimes Brazilian sometimes with an orchestra, sometimes crazy — I like to keep things interesting,” she said.

Cohen is often asked what it’s like to succeed as a woman in a male-dominated field. Characteristically, she answers the question from a humanist perspective.

“Music could benefit from people that accept both masculine and feminine sides,” she said. “We are complex human beings. Nobody is just one or the other.

It depends on what we hide and what we let go.

Music needs everything. It needs softness, it needs caresses, it needs anger, it needs shouting.”

Next week’s residency will be an extra busy week, including master classes at MSU and bus trips with jazz students to teach and perform in high schools in Detroit, Grand Rapids, Mason, Williamston,

Fowlerville and East Lansing.

“Staying in one place for a few days, you can go more in depth and create music together, and that’s what we hope to do in Michigan,” she said. “You can relate to each other musically and as human beings and let people digest your vision of being.”

Improvised music and classrooms do not always make a perfect fit, but the touring and performing model embraced

by MSU’s jazz residencies comes close to bottling real-life experience without losing the fizz.

“We’re trying to fit the performance world into the academic world, which is hard,” Cohen said. “That’s where somebody with experience is helpful, because students get tangled up in so much information and they sometimes forget that they are human beings.”

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LANSING COMMUNITY COLLEGE

'He's gone'

BoarsHead Theatre co-founder John Peakes dead at 83

By TY FORQUER

Longtime Lansing actor John Peakes died Thursday morning at 83. Peakes had been suffering from chronic heart problems and other medical conditions.

"He's gone. It was very peaceful. He just stopped breathing," his wife, Judith Peakes, texted to Lansing-area friends.

Peakes was co-founder of BoarsHead Theatre, which was founded in 1966, and served as the troupe's artistic director until 2003. After leaving BoarsHead Theatre, John and Judith Peakes moved to Merchantsville, N.J.

"What Lansing meant to him is less important in my mind than what he meant to Lansing," said his son, Ian Peakes, in a message to City Pulse. "He loved it there and made it an artistic home for 30 some odd years. But his impact, as I have seen after posting a few things about my dad over the last week, is astonishing. I think for me, it really pushes home the notion that even a small arts environment in a smaller city is so vital and so necessary."

Peakes, in a 2003 City Pulse interview, said he was in graduate school at Iowa State University when he learned of an opportunity in Greater Lansing.

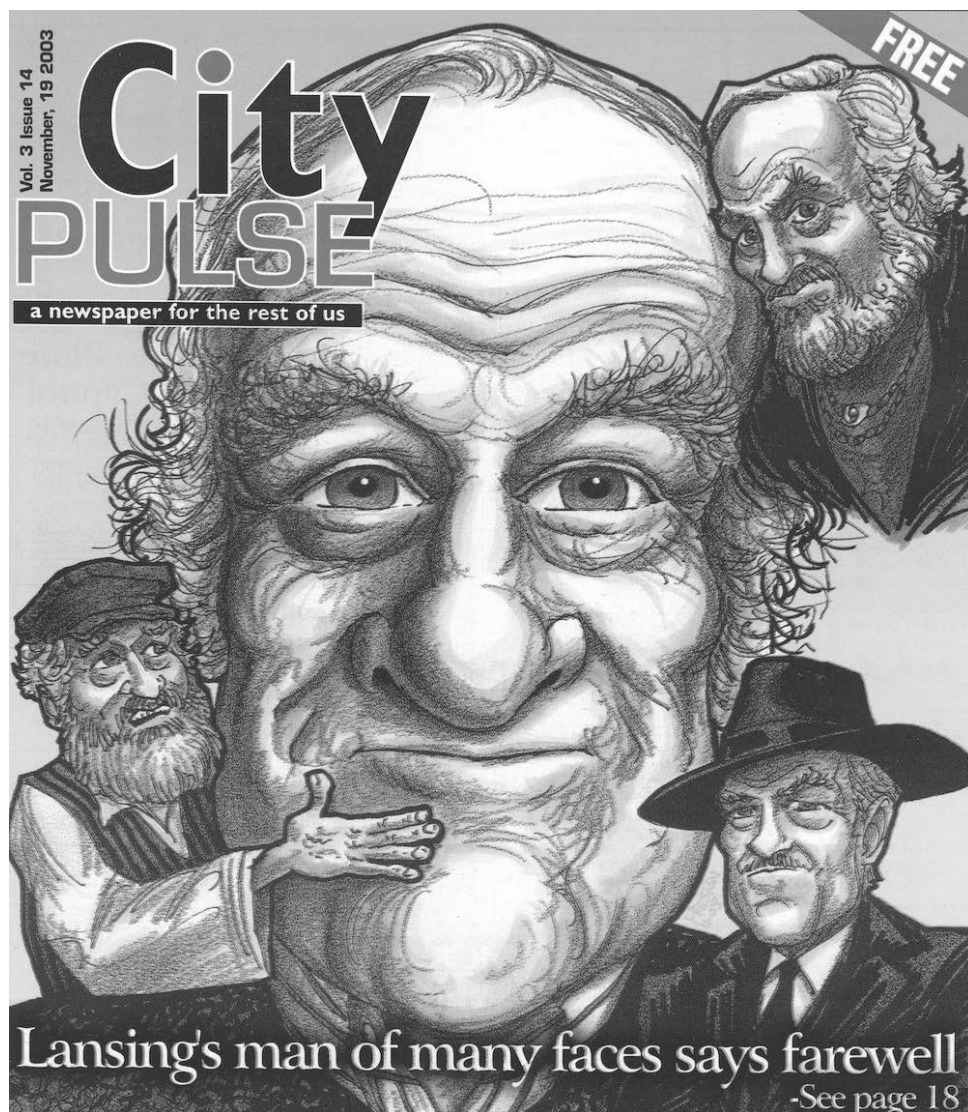
"One of my professors ran a summer theater in Michigan, but he'd been offered a job at Brigham Young University," said Peakes, "so of course he'd have to give up the commute to Michigan. He asked if I knew anyone who wanted to buy and run a theater."

Peakes took on a partner, Richard Thomsen, and purchased the Ledges Playhouse in Grand Ledge. Peakes and Thomsen had paying teaching jobs in the off-season for the next several years, which enabled them to indulge their summer



City Pulse archives

Left to right: John Peakes, Buck Shirner and Carmen Decker appear in a 1990 production of "Big Sister, Little Brother and Dumbarton Oaks" at BoarsHead Theatre.



City Pulse archives

City Pulse's Nov. 19, 2003, issue, published shortly before John Peakes moved to New Jersey, featured a drawing of "Lansing's man of many faces" by Dennis Preston.

passion. But the duo wanted to do theater year round, so they moved into a former church in downtown Grand Ledge.

"We changed our name to the BoarsHead Theater and did five seasons there from 1970 to 1975," Peakes recalled. "We chose BoarsHead because it was the tavern in Shakespeare's 'Henry IV,' and we had the grand idea we could do at least one Shakespeare show a season. We quickly found out that wasn't financially feasible."

Peakes' first wife, Connie Villiers, was instrumental in the early years of BoarsHead Theatre. The two had a son, Ian Peakes, who was a regular on BoarsHead stages from an early age. Ian Peakes, who moved to Merchantsville a few years after his father, has become an accomplished actor on the East Coast. Last year, he won the prestigious Helen Hayes award for his supporting role in "Rosencrantz and Guildenstern Are Dead" at Folger Theatre in Washington.

"Growing up in the theater is so advantageous for any child. It's just play all the time," he recalled. "We were never talked down to. It was, indeed, a unique and wonderful time. Being exposed to creativity and stories just made me want to do it

myself. And I have. And I feel pretty lucky each day I go to work."

In 1975, BoarsHead Theatre purchased a space in downtown Lansing at the corner of Grand Avenue and Lenawee Street. Thomsen left the troupe in 1984, after what Peakes described as "creative differences." Judith Peakes, then Judith Gentry, joined BoarsHead Theatre in 1986 as managing director. The theater, at the time, was facing dire financial troubles.

City Pulse archives

Left to right: Director Judith Peakes gives notes to actors Ian, Karen and John Peakes in preparation for BoarsHead Theatre's 2003 production of "Philadelphia, Here I Come," John Peakes' last performance in Lansing.



"I thought it would be a nice challenge to help him straighten it out," she said.

She married John Peakes in 1994 and continued to serve as managing director of BoarsHead Theatre until 2003. BoarsHead Theatre folded in 2009, citing financial hardships.

"John was grumpy and gracious, frumpy and formal, arrogant and affable — and always likeable," said City Pulse theater critic David Winkelstern. "I found him an articulate man of contrasts."

Peakes' final performance at BoarsHead, a December 2003 production of "Philadelphia, Here I Come," was directed by his wife and featured both his son and daughter-in-law.

"I have nearly 40 years' worth of friends in Lansing," he said before the performance. "But that's why 'Philadelphia, Here I Come' is such a great play for all of us to be doing right now — it's all about leaving and how hard it is to leave. What could be better than to be doing it with your family?"

Actor Jim Wisniewski appeared in seven shows at BoarsHead, including Peakes' farewell performance.

"It was one of the best experiences of my career," he said in an email to City Pulse. "John could tease the heck out of you, and then he would give you the warmest smile that said, 'Hey man, you're safe here.' I learned so much from him."

For Ian Peakes, his father's enduring legacy is the love of theater he instilled in so many people.

"Watching my dad — and really all the adults around me who chose to make the theater their life — taught me that outside the box, outside the norm, there existed a special kind of happiness and fulfillment I didn't often see in my friends' parents," he said. "This is not a judgment or an assumption that they were not happy and fulfilled, but being face to face with such unadulterated joy as a living made me realize that there were options, while not always financially solvent, that didn't involve a 9-to-5 job. And for that, I'm eternally grateful."

T.E. Klunzinger, Ute Von Der Heyden and Meegan Holland contributed to this remembrance.



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City Pulse's 2017

Women's Health Issue

Beyond contraception

Birth control offers benefits outside of pregnancy prevention

By Eve Kucharski

It started in her mid-teens. Olivia Mitchell's once manageable menstrual cramps became increasingly painful — so much so that it began to severely hinder the her ability to get through the school day. On her worst days, she couldn't

even make it to school. “I was 16 when I first started taking birth control,” said the now 19-year-old MSU student. “It was only during my period week, but that week of school I would be either miserable all day or at home in bed for a week. I couldn't sleep at night because I

would just be holding my stomach in pain. I couldn't even focus on doing schoolwork at home.”

In lieu of prescription painkillers with a variety of potentially harmful side effects the Cleveland Clinic lists as ranging in severity from depression to constipation, Mitchell and her parents, desperate for a solution, opted to try birth control pills.

“I've always been prone to migraines, but being under so much stress and all that pain would start to trigger migraines,” Mitchell said. “The first step was managing the cramps, but from there (birth control pills) solved all the other problems too. I didn't need to start taking medications for migraines or abdominal pain, it just kind of stopped it at the source.”

Mitchell is not alone in taking birth control for other than contraceptive reasons. According to a 2011 study by the Guttmacher Institute, 58 percent of birth control pill users between the ages of 15 and 44 found that they experienced benefits beyond the prevention of pregnancy. These benefits range from the prevention of acne to regulation of menstrual cycles, alleviation of menstrual cramping and even relief from endometriosis, a disorder where uterine tissue grows outside of the uterus and may cause severe pain.

Birth control pills are classified

as hormonal contraception, according to the Washington-based American College of Obstetricians and Gynecologists. There are a variety of other birth control methods, such as patches, injections and intrauterine devices — better known as IUDs — of which the health benefits have been known to the medical community for years.

“We've known for many years that hormonal contraceptives have health advantages beyond preventing pregnancy,” says Robert L. Reid, MD, of Kingston, Ontario, in a 2009 press release for the American College of Obstetricians and Gynecologists. “These recommendations examine the scientific data supporting the non-contraceptive uses of hormonal contraceptives to treat specific conditions.”

Still, even with all their benefits, birth control pills are not without side effects. For most women, these are mild or unnoticeable and usually correct themselves within the first 90 days of starting the pill. Some people, however, can experience effects ranging from nausea and soreness to headaches and severe pain.

The fear of a potentially negative reaction to contraception keeps some women away from using it altogether, like 21-year-old MSU student Ellen McCartney.

“I wanted to go on it a couple of times before but decided against it, because the only reason I could think of that I would want to be on it was for acne health,” McCartney said. “When I did look into it, it had side effects like extreme nausea and vomiting. In some instances it made cramping worse, but not around your period, just cramping because of the hormones. I also know



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Women's Health Issue

Speak up for women's health

Government-supported programs offer important services for women

The impact of access to appropriate women's reproductive health care, for me, is on one hand a professional story and on the other a very real and personal story. The journey to the birth of my granddaughter, Ruby, 2 and a half years ago, was not an easy one for my daughter. In fact, it was filled with many years of challenges and



Linda S. Vaill

heartache. Had she not been fortunate enough to have access to a variety of reproductive health care options, however, the consequences would have been devastating and even life-threatening. Access to appropriate reproductive health care, without hoops to jump through and restrictions, saved my daughter's life, both emotionally and physically, and allowed her to experience one of the greatest joys of life — parenthood.

Most women have personal reproductive health stories. You may have noticed billboards around Lansing in the last

year promoting breastfeeding and women's health care services. The women you saw sharing their experiences were not models. They are your neighbors, friends and colleagues. They felt strongly enough about women's health to volunteer for these campaigns and share the powerful and inspiring stories of their experiences. In speaking to these women about their decision to participate, many said that they did so because they were proud to be women and wanted to encourage other women.

"I know a lot of people in the commu-

nity," said Crystal Morris, one of the models in the "Your Health Matters" campaign. "I wanted them to know that I go and get my exams on a regular basis and they should too."

Another model from the campaign, Kathleen Albany, said she liked the statement the campaign made.

"It's definitely important for women to take care of their bodies," she said.

Now, more than ever, I encourage you to do what these women did. Speak to

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Contraception

from page 13

that fluid retention was a big part of it — it was just not something I wanted to deal with. I didn't want to be bloated all the time."

McCartney, who was raised Catholic, said that she isn't closed off to the idea of using birth control, but she stays away from it for now because of her family's beliefs.

"My mom is very, very against birth control," McCartney said.

That stigma about birth control is something that McCartney said she has carried with her for a long time, but her views are changing.

"I definitely was raised to think that

there was a stigma, but the longer I've been on my own and in a different environment, the less I believe that there truly is," McCartney said. "I think that I was raised to believe in a stigma that no longer exists."

Ruth Lednicer, director of media and communications for Planned Parenthood of Michigan, said that she's seen this stigma lessen over the years but hasn't seen it go away entirely.

"I do think it's become more the standard that women will go and get birth control when they become sexually active, but by the same token, there are others on the right who are working really hard — someone just admitted on an interview this weekend on MSNBC that their goals are to make forms of birth control illegal," she said.

Lednicer was referring to Students for Life President Kristan Hawkins' in-

terview with MSNBC's Joy Reid. In the interview, Hawkins was asked if hormonal contraception like IUDs should be legal.

"I don't think they should be legal," she answered. "They put women at risk and they kill children," Hawkins said.

According to Lednicer, the goal of Planned Parenthood's services is to ultimately decrease the number of abortions, both legal and illegal, by providing women with contraception, sex education and other services.

"The majority of what we do is prevent unintended pregnancy, which would reduce the number of abortions required," Lednicer said. "We're in the news a lot because of the abortion services that we provide at many of our locations. Overall, that is 3 percent of the services that we provide to patients."

For many women, access to reproductive health services is limited because of barriers like the inability to pay for services, lack of accessible healthcare, or language barriers. Lednicer said that President Trump's efforts to repeal the Affordable Care Act, commonly known as "Obamacare," scared many women into scheduling appointments to get IUDs, which can provide contraception for three to 12 years, depending on the device.

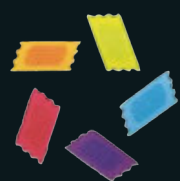
"We did see a real spike after the election, and continuing on, of women calling and looking into the idea of getting IUDs," Lednicer said. "They were afraid ACA would be repealed. Obamacare provides no copay for birth

control, so it makes it much more affordable to get an IUD. And also they were worried that access to birth control in general would be limited, so they wanted to do something that they knew would last throughout the entire presidential term."

Many women continue to support reproductive health organizations through events like the Stand with Planned Parenthood rally, scheduled in Lansing for Feb. 11.

That worry about healthcare access was likely heightened by Trump's expansion of the "global gag rule," which removes U.S. family planning funds from foreign groups that are involved in abortion services, even in referring patients to get them. And then there's the longstanding Republican efforts to defund Planned Parenthood which could make receiving quality healthcare, especially for low-income women, even more difficult. Lednicer said that of the thousands of women who come to Planned Parenthood, people qualifying for Medicaid would have the most difficulty if Planned Parenthood is defunded.

"Right now, patients who qualify for Medicaid can come to Planned Parenthood to get their services. If they're successful in 'defunding' us, what it means is that it we wouldn't be eligible to get Medicaid reimbursements," Lednicer said. "That means if you are a Medicaid patient, you wouldn't be able to come to us. You would have to find another provider willing to take Medicaid reimbursement."



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Women's Health Issue

Heart disease a concern for women, too

Heart disease is a condition most often associated with men, but women are just as susceptible to heart disease as their male counterparts. In fact, the National Heart, Lung, and Blood Institute notes that coronary heart disease, or CHD, is the foremost killer of both men and women in the United States.

While heart disease does not discriminate based on gender, it does not necessarily manifest itself in women the same way it does in men. Recognizing the symptoms of heart disease in females as well as the risk factors can help women in their fights against this potentially deadly disease.

Symptoms of heart disease in women

The symptoms of heart disease in women depend on the type of problem women may be suffering from.

- **Arrhythmia:** Arrhythmia occurs when the heart beats at an abnormal rhythm that can be too fast, too slow or even erratically.

- **CHD:** CHD occurs when plaque builds up inside the coronary arteries, which help deliver oxygen-rich blood to the heart. A woman suffering from CHD may develop angina, a condition marked by severe pain in the chest. The pain may spread to the neck, jaw, throat, upper abdomen or back.

- **Heart attack:** Women suffering from heart attack may feel chest pain or discomfort and/or pain in their upper backs and necks. Lesser known potential indicators of heart attack include, indigestion, heartburn, nausea and vomiting, and extreme fatigue.

- **Heart failure:** Women suffering from heart failure may experience shortness of breath, fatigue and/or swelling in their feet, ankles, legs, and abdomen.

Risk factors for women

Much like the symptoms of heart disease are similar in men and women, so, too, are the risk factors. For exam-

ple, high cholesterol and obesity put both men and women at risk of heart disease. But there are some factors that affect women's risk of developing heart disease more so than men.



- **Abdominal fat:** When combined with high blood pressure, high blood sugar and high triglycerides, abdominal fat increases women's risk for heart disease more so than it does men in the same physical condition.

- **Diabetes:** Women with diabetes are at a significantly higher risk of developing heart disease than men with diabetes.

- **Pregnancy:** High blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure, which is a significant risk factor for heart disease.

- **Smoking:** Smoking and heart disease are linked, but smoking is a greater risk factor for heart disease in females than it is among males.

Heart disease is most often associated with men, but women can be just as susceptible to this potentially deadly foe as their male counterparts.

Services

from page 14

others about women's health, make your voice heard, be an advocate and bring women's health to the forefront. Your message is unique, and your voice is critical.

The Ingham County Health Department and our Community Health Centers have a significant focus on women's health, including reproductive health.

We provide basic preventive health and annual well-woman visits. More specific women's reproductive health care services offered by the Health Department include prenatal, obstetric and antenatal care; contraception; anemia screening; testing, counseling and treatment for sexually transmitted infections and HIV; breast and cervical cancer screenings; and breastfeeding support and counseling.

Our Maternal and Child Health Division offers a number of programs specifically focused on ensuring healthy births

in women at high risk of poor pregnancy outcomes or infant death. Our programs offer home visits to support new mothers through their pregnancies and during the first two years of the child's life; education and counseling to promote healthy behaviors before, during and after pregnancy; and inter-conception care focused on spacing pregnancies to ensure optimum health for subsequent pregnancies. They also serve to reduce barriers in access to appropriate care and support throughout the community by providing linkage to a broad array of health care and social services.

These preventive and reproductive services at the Ingham County Health Department are just some of the many benefits covered by health plans under the Affordable Care Act (ACA) or funded by federal grants. While the ACA is not perfect, I have no doubt that women are healthier today thanks to the preventive care benefits it has provided. Since the ACA was enacted, more women receive mammograms, improving early detection of breast cancer. Because more pregnancies today are planned and prenatal care is covered, babies and children are healthier and parents are ready to parent. Abor-

tion and teen pregnancy rates are at a historic low today, and the availability of contraceptives under the ACA is a likely contributor. A healthier population is critical to the success of our communities and country. Despite its imperfections, the ACA has made us a healthier nation.

Right now our politicians are discussing the future of women's preventive and reproductive health services, including these programs. They aim to dismantle the ACA, and at this time we've seen no clear plan for replacement. There is so much at risk. Our community is healthier and stronger today because of the ACA. My family is healthier and stronger today because of ACA. That is my health story. Now, go share yours. That might mean talking to your legislator, speaking up for the services you rely on when your employer is shopping for health insurance plans or refusing to be ashamed when you seek the services you need. What you do, and even the specific message you share, is unique, but there is power in our collective stories. Women's bodies and health care needs are normal, and they matter to all of us.

Linda S. Vail is health officer for the Ingham County Health Department.



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City Pulse's 2017 Women's Health Issue

Maintain a safe and healthy pregnancy

Thousands of women will become pregnant this year for the first time. Pregnancy can trigger thoughts of the future and making plans for when the baby arrives. It also can be a time to take inventory of personal health to make changes that will benefit expecting mothers and the children growing within them. Prioritizing overall health is a great way to increase your chances of a safe and healthy pregnancy.

• **Visit an obstetrician or midwife as soon as possible.** Once the pregnancy test comes out positive, make an appointment with your doctor to discuss the course of the pregnancy and what can be

any questions you may have and let you know about additional testing that may be necessary.

• **Don't overeat.** Eating right is one of the best things you can do for yourself and the baby. Anything you put in your body can affect the baby, so prioritize a healthy diet. Contrary to popular belief, you do not need to eat for two. During the first few months, you may not have much of an appetite. The fetus does not require many additional nutrients until the end of the pregnancy. Only then will an increase of 200 calories or so be adequate. Speak with your physician about what constitutes healthy and unhealthy weight gain during pregnancy.

• **Choose healthy foods.** Avoid undercooked foods and soft cheeses that may harbor bacteria. Some seafood, such as tuna or shark, may contain high levels of mercury. Lean meats, fruits, vegetables, fiber, and dairy products can fuel your body and keep the baby growing.

• **Continue to exercise.** Unless there are complications during your pregnancy, you likely can continue to exercise. However, don't overdo it with exercise,



done from the start. Doctors may schedule blood screenings and estimate due dates. They also will go over nutrition and care guidelines, which will usually include a regimen of prenatal vitamins.

• **Discuss age and risk factors with the doctor.** The Centers for Disease Control and Prevention point out that there has been a societal shift in the age at which most women become pregnant, with many waiting until later in life to start their families. Whereas ages 20-24 used to be the peak time for pregnancy, many women in North America now become pregnant for the first time between the ages 25 and 29, while many more wait until their 30s. Waiting longer to become pregnant for the first time may increase a woman's risk for certain conditions during pregnancy. Your doctor can answer

and call your doctor if you experience any adverse side effects during or after exercise sessions.

• **Avoid drugs, tobacco and alcohol.** Smoking, taking drugs or drinking during pregnancy can cause serious health problems for the baby. Miscarriage, premature birth, low birth weight, and SIDS are just a few of the potential side effects of drinking alcohol, smoking tobacco or taking drugs while pregnant, advises Baby Center. Avoid these behaviors and always check with a doctor before taking any over-the-counter or herbal remedies as well.

• **Get educated.** Pick up a book from a reputable doctor or author so that you can better understand your pregnancy. It can save you stressful moments and keep your pregnancy on a healthy track.

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Women's Health Issue

6 myths associated with menopause

At some point in a woman's life she will enter into a period called menopause. Unlike what the name might suggest, menstruation does not "pause" upon entering menopause. Rather, it ceases to occur from this point on, ending the fertile, reproductive time for females.

The North American Menopause Society says menopause typically begins around age 51. It also may be induced through medical intervention at an earlier age.

Women are encouraged to discuss menopause with their healthcare providers so they can better understand their bodies. That's especially important since certain myths about menopause still prevail.

Myth No. 1: Menopause is a disease. Menopause is an inevitable part of aging and a process that occurs naturally and spontaneously. Menopause affects each woman differently. While some women struggle with any number of symptoms, others may feel as if their lives have not changed much at all since entering menopause.

Myth No. 2: Menopause happens suddenly. Women do not wake up one day and discover they have entered menopause. Doctors at the Menopause Center at Texas Children's Hospital's Pa-



vilion for Women say that menopause is characterized by a subtle fluctuation of hormones that will gradually lead to menopause. Unless menopause results from a hysterectomy procedure or another medical intervention, it should happen slowly over the course of a few years. The period leading up to a last menstrual period is called perimen-

pause.

Myth No. 3: Perimenopause eliminates pregnancy risk. A woman is not totally protected from an unplanned pregnancy until a year has passed since her most recent menstrual cycle. Even if periods are infrequent or unreliable, the NAMS advises that women choose another effective method of birth control if they do not want another pregnancy.

Myth No. 4: Menopause means gaining weight. Many women gain

weight after menopause, and hormonal changes can affect the body's metabolism. However, weight gain can be controlled. A 2003 study from researchers at the Department of Epidemiology, Graduate School of Public Health, University of Pittsburgh studied 535 premenopausal women who were followed throughout menopause.

The study discovered that, after five years, women were able to remain at or below their baseline weight by following a strict diet and exercising regularly. Women generally need cut their calorie intake by 200 calories after reaching menopause to keep weight down.

Myth No. 5: All hormone replacement therapies are the same. NAMS says it is now believed that women who have had a hysterectomy can take estrogen alone, but those who still have a uterus need progesterone added to protect against endometrial cancer. Doctors can work with women to customize hormone replacement therapies to reduce risks.

Myth No. 6: Hot flashes are unavoidable. Hormonal shifts trigger hot flashes in many menopausal women. However, hot flashes may vary in frequency and intensity depending on the individual. In addition, Dr. Sheryl Ross, OB/GYN at Providence Saint John's Health Center in Santa Monica, California, says the first two or three years of menopause tend to be the worst for hot flashes. After those initial two or three years, hot flashes may lessen in intensity or become less frequent.

Menopause can be a confusing time for women, as it involves changes to the body women have not yet experienced. Women can combat that confusion by discussing their symptoms or concerns with their physicians.



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City Pulse's 2017 Women's Health Issue

The benefits of weightlifting for women

Many women steer clear of the free-weight areas inside their gyms, opting instead for treadmills and other cardio machines. Some women may not know how to use weights correctly, while others simply don't want to add any bulk to their frames.

But research shows that women who adhere to moderate strength-training programs two to three times per week can benefit in a variety of ways.

- **Burn more calories:** Many people exercise to burn calories and shed fat, and weight training is an efficient way for women to do just that. Resistance training is a great way to burn calories, as after a heavy weight-training session, the body continues to use oxygen, which increases a person's basal metabolic rate. In addition, as you increase lean muscle mass, your body burns even more calories as its muscles contract and it works to repair and build new muscle.

- **Reverse metabolic decline:** Lifting weights can help reverse the natural slowing down of metabolism that begins in middle age. Keeping your body working out and your metabolism elevated for as long as possible can help keep you in top shape.

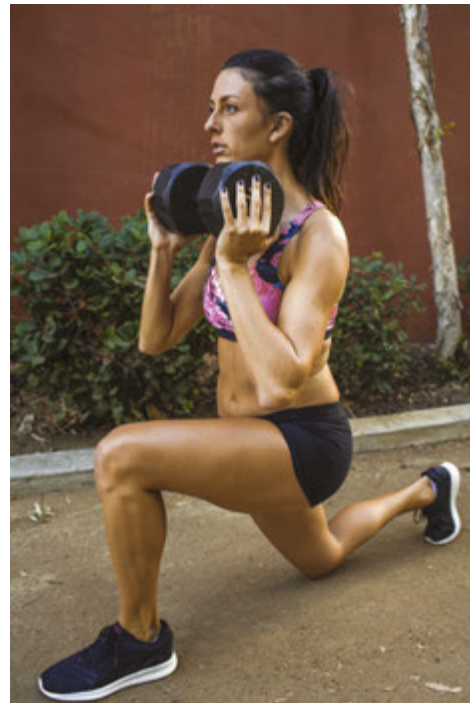
- **Build stronger bones:** Lifting weights does more than just build muscle. Weightlifting also builds bone

density. After menopause, women may lose up to 20 percent of their bone mass, and the United States Surgeon General estimates that, by 2020, half of all Americans could have weak bones due to bone loss. Women can look to weightlifting to help increase bone density and reduce their risk of fracture and osteoporosis.

- **Reduce risk for heart disease:** Cardiovascular disease claims the lives of 5.6 million women worldwide each year. Women are more likely to get heart disease than cancer. A study in *The Journal of Strength and Conditioning* found that women who lift weights are less likely to develop heart disease risk factors, such as large waist circumference, high triglycerides, hypertension, and elevated glucose levels. The American Heart Association lists weight training as a healthy form of exercise for those at risk for heart disease.

- **Combat back pain:** Weight training can help strengthen the core muscles of the abdomen and back, which may help alleviate lower back pain. It's important to use proper form when lifting weights to avoid exacerbating existing back pain or developing new injuries.

- **Boost mood and combat depression:** Lifting weights is not just good for the body, it's also good for the mind.



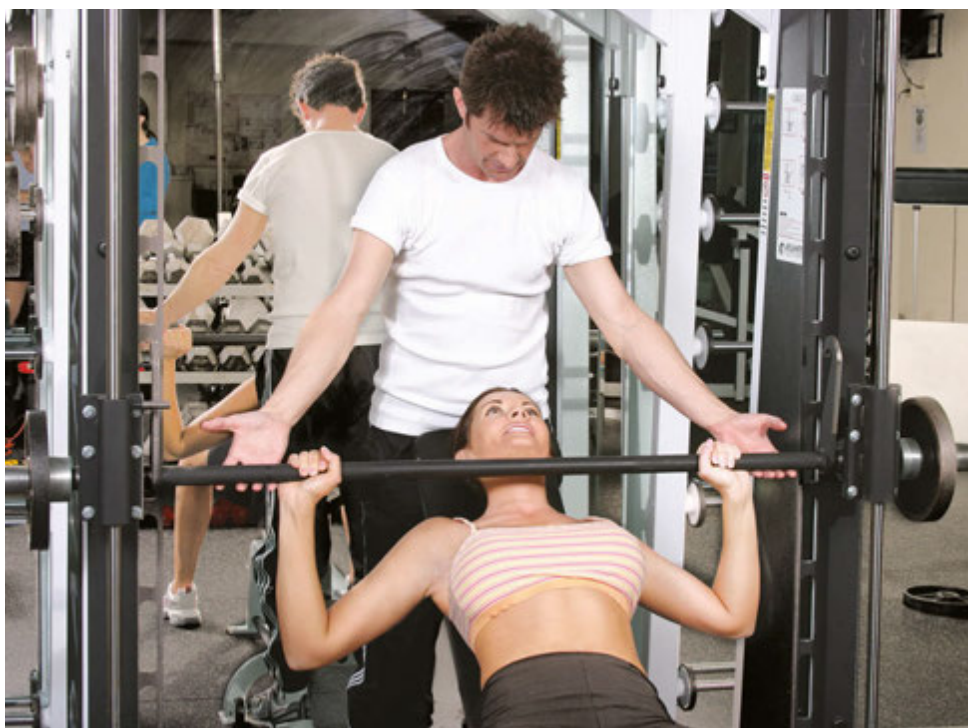
Women who strength train regularly can improve their feelings of well-being and may be able to reduce episodes of depression. A study from research-

ers at Harvard University found that 10 weeks of strength training was effective at reducing symptoms of clinical depression.

- **Relieve stress:** Any form of exercise can help to relieve stress, but according to the 2009 study "Psychological Aspects of Resistance Training," those who regularly strength train tend to manage stress better and experience fewer adverse reactions to stressful situations than those who do not exercise.

- **Increase energy levels:** Lifting weights can boost mind power and provide a long-term energy boost. Working out in the morning can be an especially effective way to maintain high energy levels throughout the day.

Women should not shy away from lifting weights. In addition to creating a trimmer, healthier body, resistance training offers many other health benefits.



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Join McLaren at the 17th Annual Mid-Michigan Women's Expo!

Mid-Michigan Women's Expo returns to Lansing for its 17th year on February 3-5. This event focuses on health, home ideas, style trends—and giving women something to feel good about.

McLaren Greater Lansing, sponsor of the Mid-Michigan Women's Expo for the sixth consecutive year, will be on hand with a variety of health screenings including cholesterol and blood pressure checks, Echo testing, carotid screenings, 3D/4D ultrasound and more! Attendees can also stop by and chat with an expert while they see a full demonstration of the da Vinci surgical robot! **For more information, visit www.kohlerexpo.com.**

Care beyond care.
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Below the surface

Poet Cindy Hunter Morgan explores Great Lakes shipwrecks

By BILL CASTANIER

Even on a good day, the placid waters of the Great Lakes are beguiling. Beneath these calm waters lie thousands of shipwrecks.

MSU Professor and poet Cindy Hunter Morgan's latest poetry collection is a transformative look at the shipwrecks that dot the Great Lakes. "Harborless," which comprises 40 poems, is partly history and partly imaginative reinvention of the lives that were lost in the tragedies.

Anyone who grew up on or near a Great Lake or took a summer vacation up north has likely stumbled upon some remnant from a shipwreck — pieces of wood, clothing and even entire structural beams often wash ashore, especially following a storm. That's exactly how Hunter Morgan became fascinated with what lays beneath the world's largest bodies of fresh water. Experts estimate that a minimum of 6,000 shipwrecks have occurred on the lakes, taking upwards of 30,000 lives.

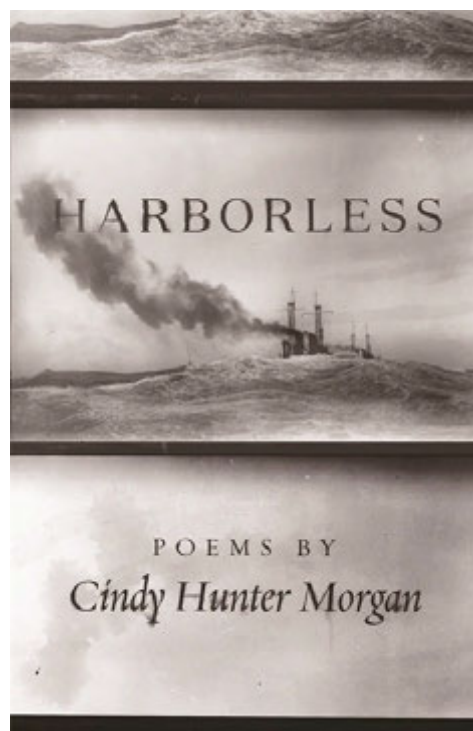
"My grandma grew up in Oceana County and we camped there every summer. Near the Stony Lake channel, where it enters Lake Michigan, I always saw remains of shipwrecks," Hunter Morgan said. "That, coupled with my great grandfather, who sailed the lakes to earn money so my grandmother could go to Michigan State College in the late 1920s, and I became fascinated with shipwrecks."

The inspiration for individual poems includes objects from shipwrecks that litter the lakes' floor.

"There are barrels of whiskey, juke boxes, cars and whole trains lying on the lake floor," she said. "It's bizarre what's on the bottom."

There are even rumors that a German World War I submarine was scuttled after a victory tour and lies somewhere at the bottom of Lake Michigan.

Hunter Morgan's poem "Rouse Simmons, 1912" recounts the sinking of what



Courtesy Photo

"Harborless," a collection of poems by Cindy Hunter Morgan, is inspired by the thousands of shipwrecks that have happened on the Great Lakes.

was called the "Christmas Tree Ship," which sank with 17 men and 5,000 Christmas trees.

"Fishermen wondered why they caught balsam and spruce, their nets full of forests not fish," she writes.

Hunter Morgan, who grew up mostly in the Lansing area, said she began this collection of thematic poetry in 2013,

before it was accepted for publication by Wayne State University Press. She has published two chapbooks, "The Sultan, The Skater, The Bicycle Maker" and "Apple Season," but "Harborless" is her first book of poetry. Her next project is a collection of poems that will pay tribute to her grandmother.

"She was very important in my life," she said.

The poems will explore the unusual job held by her grandmother, who took on the role of an "Indian Princess," a sort of cultural ambassador who travelled Michigan promoting the prevention of tuberculosis. Hunter Morgan is researching the extensive records surrounding tuberculosis in Michigan that are housed at the MSU Archives.

It was recently announced that she has won the Moveen Prize for Poetry, which includes a month-long residency in Ireland at the ancestral cottage of fellow Michigan poet Thomas Lynch. The ocean-side lodging, on the Loop Head Peninsula of West Clare, is funded by the Lynch and Sons Fund for the Arts based in Lynch's home of Milford, Mich.

This summer, Hunter Morgan plans to visit several Great Lakes port cities to promote her book, including Chicago, Mackinac Island, Petoskey and Marquette.

Another poem in the collection, "Pewabic, 1865," tells the unusual tale of what was left behind when a ship carrying 150 Union troops sank near Thunder Bay in Lake Huron after colliding with another ship.

"When the ship was found, divers found a card table complete with an un-

finished game of cards," she said. "It was a live action scene. It was the stuff of life, still there and preserved."

Hunter Morgan said she was also inspired by the people who went to their death on the ships.

"People were sort of an entry point for a lot of poems, and I used a sense of an imagined life of the people who sailed the lakes," she said.

In the poem "Sidney E. Smith Jr., 1972," for example, she writes about a ship's pilot contemplating his guilt following a collision. In "Independence, 1853," Hunter Morgan writes about the ship's cargo exploding in fire.

"The crew clung to bales of hay, flotsam once meant to feed the horses in mining camps on the Keweenaw," she writes.

"I imagined a sailor who, clinging to a bale of hay, represented the juxtaposition between earth and water," she said.

SCHULER BOOKS & MUSIC

AUDIO AIR FORCE presents *The Maltese Falcon*

Tuesday, February 7 @ 7pm
Meridian Mall location

The Audio Air Force is a community theater group that puts on audio theater presentations, live on stage, with music and sound effects - much like what was done in the golden days of radio. They will perform *The Maltese Falcon*, the classic story by Dashiell Hammet, made famous by the movie in 1941, using a script from a 1946 network radio production promoting the re-release of the film in theaters.

Young Adult Author Duo:
STEPHANIE GARBER and
ELLY BLAKE

Monday, February 13 @ 7pm
Eastwood Towne Center location



Stephanie Garber has earned incredible buzz for *Caraval*, dubbed a "magnificent debut" by Publishers Weekly in a starred review, while Kirkus Reviews proclaimed it "destined to capture imaginations."

School Library Journal said Elly Blake's *Frostblood* is "perfect for fans of Red Queen and will delight those who love fantasy, adventure, and romance. A strong addition to any YA fantasy collection."

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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.

Comedy for a cause

Wednesday, February 1

CLASSES AND SEMINARS

Gentle Yoga. Relaxing pace class suitable for beginners. 11 a.m.-noon. First class FREE/\$5/\$3 members. Williamston High School, 3939 Vanneter Road, Williamston.

Mindfulness. Meditation for beginners and experienced. 7-9 p.m. FREE. Donations welcome. Van Hanh Temple, 3015 S. Washington Ave., Lansing. (517) 420-5820, ow.ly/CIHU305nMqx.

Introduction to Audio Analysis. Workshop on basics of audio analysis tools. 12:30-2 p.m. FREE. MSU Library, 366 W. Circle Drive, East Lansing. ow.ly/HPSX308a1hy.

CosPlay 101. 4-week course on wig techniques, foam work for props, make up and more. 6:30-7:30 p.m. \$35/sliding fee for ages 13-17. Jackson School of the Arts, 634 N. Mechanic St., Jackson. jacksonarts.org.

EVENTS

After School Action Program. Light meal, tutoring and activities. 4-6 p.m. FREE. Eastside Community Action Center, 1001 Dakin St., Lansing.

After School Teen Program. For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Allen Market Place — Indoor Season. Locally grown, baked and prepared foods. 3-6:30 p.m. FREE. Allen Farmers Market, 1629 E. Kalamazoo St., Lansing. (517) 999-3911, ow.ly/Bol130304VE.

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

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

Green Themes Presentation: Climate

See Out on the Town, Page 24

Courtesy Photo

Karen Williams headlines *We Laugh*, one of two comedy fundraisers in Lansing Friday night.

Comedy fans in Lansing have two opportunities to have a good laugh and support good causes Friday night.

In REO Town, the Women's Center of Greater Lansing presents *We Laugh*, and on the north side of Lansing, Old Town Comedy Showcase offers an *Standup for Vets*. Both events are fundraisers for local nonprofits.

Comedian Aaron Putnam hosts the *Standup for Vets*, which benefits Team Red White and Blue. The nationwide nonprofit helps veterans with the transition back into life at home by connecting them to their communities through social and physical activities.

Putnam's Old Town Comedy Showcase, which hosts events in Lansing and Chicago, has done comedy benefits in the past, and Putnam put together this comedy benefit after a veteran approached him about doing something with Team Red, White and Blue.

"It's honestly a great way to support live comedy, and it's for a good cause," Putnam said.

Team Red White and Blue has chapters around the nation, and Friday's event benefits the Lansing chapter. Putnam, who will also be performing in the event, is joined by headliner Keith Bergman. The Toledo-based comic has

toured the U.S., appearing in comedy clubs from Los Angeles to New York. Also slated to perform are Michigan comedians Diego Attanasio, Tom E. Thompson and Ben Langworthy.

We Laugh, which comes to REO Town's Cadillac Room Friday, is a combination of two past Women's Center fundraisers: *She Laughs*, which featured female comedians, and *He Laughs*, which offered a slate of male performers. This year's event brings the genders together, with headliner Karen Williams supported by comedians Hedlun Walton, Will Green, Robert Jenkins, Samantha Rager, Esther Nevarez and Stephanie Hirschert Walton. The evening also features a silent auction.

Williams, a Cleveland-based comedian who has appeared in a *She Laughs* event in the past, feels that using comedy is an effective way to help the community.

"Throughout my career I've considered myself to be comic activist," she said.

Williams has performed for a variety of benefits to fundraisers for organizations that support causes like

LGBTQ rights and HIV/AIDS relief. She is also the founder of the HaHA Institute, an organization that emphasizes human potential through humor and healing arts.

"Nonprofits are going through a lot of changes, because the funding and foundation sources are not there," Williams said. "So it's always a good for any nonprofit to have fundraising events."

When asked if there might be some friendly competition between the men and the women performing Friday, she said she was ready for the challenge.

"I'm always good," Williams said with a laugh. "I expect to blow everybody out of the water."

— DIAMOND HENRY

We Laugh

8 p.m. Friday, Feb. 3
\$25/\$40 VIP/\$40 per couple
The Cadillac Room (inside
Riverview Church)
1115 S. Washington Ave.,
Lansing
(517) 372-9163,
womenscenterofgreaterlansing.org

Standup for Vets

8 p.m. Friday, Feb. 3
\$10
UrbanBeat Event Center
1213 Turner St., Lansing
(517) 331-8440,
urbanbeatevents.com

Turn it down

A SURVEY OF LANSING'S

BY RICHTUPICA

MUSICAL LANDSCAPE



NEW VENUE, URBANBEAT EVENT CENTER, HOSTS PD9 IN OLD TOWN

Friday, Feb. 10 – PD9 @ Urban Beat Event Center, 1213 Turner St., Lansing, \$15, urbanbeatevents.com.

The newest addition to Lansing's music and entertainment scene, UrbanBeat Event Center, hosts Planet D Nonet, aka PD9, one of Detroit's top little big bands. Co-founded by bandleader RJ Spangler in 2007, the group is known for its early jazz repertoire, spanning from the 1920s through the '40s. PD9's latest album, "A Salute to Strayhorn," features musical selections from composer Billy Strayhorn, best known for his collaborations with Duke Ellington.

As for the venue, building owner Terry Terry — also founder and CEO of Old Town media and PR firm MessageMakers — said the newly opened space has been

vacant for years but has a rich local history.

"It hadn't been really used since the late '80s," Terry said. "It was the Mustang Bar — that was its last official use."

As for the length of time it sat empty, Terry said he was waiting for an entrepreneur with an artistic vision. He decided to collaborate with his business partners, John and Joni Szykiel, on the new venue. The space offers a little under 3,000 square feet and a capacity of 50 to 150 people, depending on the floorplan.

"We developed this idea of an events center that's kind of unique — a blank canvas with unique characteristics, with brick

walls and wood floors," Terry said. "We wanted a space where people could come in and make it their own."

Urban Beat allows each promoter/host to place seating and the stage wherever it best suits the event, Terry said.

"We have a catering kitchen, and we have a great sound and lighting system going," he said. "We are investing heavily to make it a premiere place in Lansing for intimate concerts and events."

Those looking to book an event can visit UrbanBeat's website, urbanbeatevents.com. Terry said the venue is open to music, comedy shows, weddings, dinner parties, corporate meetings and other

unique events.

"We're doing a variety of things," he said. "On Valentine's Day, we'll have a dinner that will be a benefit for Habitat for Humanity. We are booking and promoting some of the music shows, but others organize and sell tickets on their own."

Terry said he's excited to bring PD9 to Old Town, and he plans to continue booking talent from across the state.

"PD9 is a phenomenal group," he said. "We're glad to bring in Detroit talent. We want to showcase the best talents of Lansing but also bring in outside talent to share with Lansing."

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.	Customer Appreciation Day (FREE), 9 p.m.	The Hunky Newcomers, 9 p.m.	DJ Deatheater (FREE), 9 p.m.
Black Cat Bistro, 115 Albert Ave.				Sarah Brunner, 8 p.m.
Buddies - Holt, 2040 N Aurelius Rd			Alistair, 9 p.m.	
Buddies - Okemos, 1937 W Grand River Ave			Rush Clement, 9 p.m.	
Classic Bar & Grill, 16219 Old US 27			Lee Groove, 9 p.m.	
Champions, 2440 N. Cedar St.		Lee Groove, 7 p.m.		
Crunchy's, 254 W. Grand River Ave.	Russ Holcombe, 10 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.
Coach's, 6201 Bishop Rd			Young Guns, 9 p.m.	Jammin' DJ, 9 p.m.
Darb's Tavern, 117 S Cedar St				Alistair, 9 p.m.
Eaton Rapids Craft Co., 204 N Main St.		Steve Cowles, 6 p.m.	Chris Laskos, 6 p.m.	
Esquire, 1250 Turner St.	Karaoke with DJ Jamie, 9 p.m.		DJ Brandon, 9 p.m.	Karaoke with DJ Jamie, 10 p.m.
The Exchange, 314 E. Michigan Ave.	Live Blues w/ The Good Cookies, 8 p.m.	Mike Skory & Friends, 8:30 p.m.	Blue Haired Bettys, 9:30 p.m.	Summer of Sol, 9:30 p.m.
Gallery Brewery, 142 Kent St.		Open Mic, 7 p.m.	Lunch and Learn, Noon	
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.	Avon Bomb, 9 p.m.	Icy Dicey, 9 p.m.
Harrison Roadhouse, 720 E. Michigan Ave.			Sarah Brunner, 5:30 p.m.	
The Loft, 414 E. Michigan Ave.,			Homegrown Throwdown 4, 6:30 p.m.	
Mac's Bar, 2700 E. Michigan Ave.			Martyr For Madison, 8 p.m.	PARTS, 8 p.m.
Moriarty's Pub, 802 E. Michigan Ave.	Open Mic w/ Jen Sygit, 9 p.m.	Live Music, 9 p.m.	Live Music, 9 p.m.	Live Music, 9 p.m.
Reno's East, 1310 Abbot Road		Kathy Ford, 8 p.m.	Life Support, 8 p.m.	The Tenants, 8 p.m.
Reno's North, 16460 Old US 27	Kyle's Open Mic Jam, 7-11 p.m.		Wise Guys, 8 p.m.	Wise Guys, 8 p.m.
Reno's West, 5001 W. Saginaw Hwy.			Bobby Standall, 8 p.m.	Hidden Agenda, 8 p.m.
Ryan's Roadhouse, 902 E State St		Kevin Schaeffer, 6 p.m.		
Tavern & Tap, 101 S. Washington Square	Tavern House Jazz Band, 7:30 p.m.			
Tequila Cowboy, 5660 W. Saginaw Hwy.		Miranda & the M80's, 4 p.m.	Hoosier Highway, 4 p.m.	Hoosier Highway, 4 p.m.
Unicorn Tavern, 327 E. Grand River Ave.		Frog Open Blues Jam, 8:30 p.m.	Live Music, 9 p.m.	Live Music, 9 p.m.
Watershed Tavern and Grill 5965 Marsh Rd.	Trevor Compton, 7 p.m.	Mark Sala, 8 p.m.	Capitol City DJs, 10 p.m.	Capitol City DJs, 10 p.m.
Waterfront Bar and Grill, 325 City Market Dr.		Alex Mendenall, 8 p.m.		

LIVE & LOCAL LISTS UPCOMING GIGS! To get listed email allison@lansingcitypulse.com. Only submit for the upcoming week's shows.

Free Will Astrology By Rob Brezsky

Feb. 17

ARIES (March 21-April 19): Once upon a time, Calvin of the Calvin and Hobbes comic strip made this bold declaration: "Happiness isn't good enough for me! I demand euphoria!" Given your current astrological aspects, Aries, I think you have every right to invoke that battle cry yourself. From what I can tell, there's a party underway inside your head. And I'm pretty sure it's a healthy bash, not a decadent debacle. The bliss it stirs up will be authentic, not contrived. The release and relief it triggers won't be trivial and transitory, but will generate at least one long-lasting breakthrough.

TAURUS (April 20–May 20): The coming weeks will be an excellent time to ask for favors. I think you will be exceptionally adept at seeking out people who can actually help you. Furthermore, those from whom you request help will be more receptive than usual. Finally, your timing is likely to be close to impeccable. Here's a tip to aid your efforts: A new study suggests that people are more inclined to be agreeable to your appeals if you address their right ears rather than their left ears. (More info: tinyurl.com/intherightear)

GEMINI (May 21-June 20): Here are your five words of power for the next two weeks, Gemini. 1. Unscramble. Invoke this verb with regal confidence as you banish chaos and restore order. 2. Purify. Be inspired to cleanse your motivations and clarify your intentions. 3. Reach. Act as if you have a mandate to stretch out, expand, and extend yourself to arrive in the right place. 4. Rollick. Chant this magic word as you activate your drive to be lively, carefree, and frolicsome. 5. Blithe. Don't take anything too personally, too seriously, or too literally.

CANCER (June 21-July 22): The 17th-century German alchemist Hennig Brand collected 1,500 gallons of urine from beer-drinkers, then cooked and re-cooked it till it achieved the "consistency of honey." Why? He thought his experiment would eventually yield large quantities of gold. It didn't, of course. But along the way, he accidentally produced a substance of great value: phosphorus. It was the first time anyone had created a pure form of it. So in a sense, Brand "discovered" it. Today phosphorus is widely used in fertilizers, water treatment, steel production, detergents, and food processing. I bring this to your attention, my fellow Cancerian, because I suspect you will soon have a metaphorically similar experience. Your attempt to create a beneficial new asset will not generate exactly what you wanted, but will nevertheless yield a useful result.

LEO (July 23-Aug. 22): In the documentary movie *Catfish*, the directors, Henry Joost and Ariel Schulman, present a metaphor drawn from the fishing industry. They say that Asian suppliers used to put live codfish in tanks and send them to overseas markets. It was only upon arrival that the fish would be processed into food. But there was a problem: Because the cod were so sluggish during the long trips, their meat was mushy and tasteless. The solution? Add catfish to the tanks. That energized the cod and ultimately made them more flavorful. Moral of the story, according to Joost and Schulman: Like the cod, humans need catfish-like companions to stimulate them and keep them sharp. Do you have enough influences like that in your life, Leo? Now is a good time to make sure you do.

VIRGO (Aug. 23-Sept. 22): The city of Boston allows an arts organization called Mass Poetry to stencil poems on sidewalks. The legal graffiti is done with a special paint that remains invisible until it gets wet. So if you're a pedestrian trudging through the streets as it starts to rain, you may suddenly behold, emerging from the blank grey concrete, Langston Hughes' poem "Still Here" or Fred Marchant's "Pear Tree In Flower." I foresee a metaphorically similar development in your life, Virgo: a pleasant and educational surprise arising unexpectedly out of the vacant blahs.

LIBRA (Sept. 23-Oct. 22): When he was in the rock band Devo, Mark Mothersbaugh took his time composing

and recording new music. From 1978 to 1984, he and his collaborators averaged one album per year. But when Mothersbaugh started writing soundtracks for the weekly TV show *Pee-wee's Playhouse*, his process went into overdrive. He typically wrote an entire show's worth of music each Wednesday and recorded it each Thursday. I suspect you have that level of creative verve right now, Libra. Use it wisely! If you're not an artist, channel it into the area of your life that most needs to be refreshed or reinvented.

SCORPIO (Oct. 23-Nov. 21): Many vintage American songs remain available today because of the pioneering musicologist, John Lomax. In the first half of the 20th century, he traveled widely to track down and record obscure cowboy ballads, folk songs, and traditional African American tunes. "Home on the Range" was a prime example of his many discoveries. He learned that song, often referred to as "the anthem of the American West," from a black saloonkeeper in Texas. I suggest we make Lomax a role model for you Scorpios during the coming weeks. It's an excellent time to preserve and protect the parts of your past that are worth taking with you into the future.

SAGITTARIUS (Nov. 22-Dec. 21): The mountain won't come to you. It will not acquire the supernatural power to drag itself over to where you are, bend its craggy peak down to your level, and give you a free ride as it returns to its erect position. So what will you do? Moan and wail in frustration? Retreat into a knot of helpless indignation and sadness? Please don't. Instead, stop hoping for the mountain to do the impossible. Set off on a journey to the remote, majestic pinnacle with a fierce song in your determined heart. Pace yourself. Doggedly master the art of slow, incremental magic.

CAPRICORN (Dec. 22-Jan. 19): Who can run faster, a person or a horse? There's evidence that under certain circumstances, a human can prevail. In June of every year since 1980, the Man Versus Horse Marathon has taken place in the Welsh town of Llanwrtyd Wells. The route of the race weaves 22 miles through marsh, bogs, and hills. On two occasions, a human has out-paced all the horses. According to my astrological analysis, you Capricorns will have that level of animalistic power during the coming weeks. It may not take the form of foot speed, but it will be available as stamina, energy, vitality, and instinctual savvy.

AQUARIUS (Jan. 20-Feb. 18): Who would have guessed that Aquarian Charles Darwin, the pioneering theorist of evolution, had a playful streak? Once he placed a male flower's pollen under a glass along with an unfertilized female flower to see if anything interesting would happen. "That's a fool's experiment," he confessed to a colleague. "But I love fools' experiments. I am always making them." Now would be an excellent time for you to consider trying some fools' experiments of your own, Aquarius. I bet at least one of them will turn out to be both fun and productive.

PISCES (Feb. 19-March 20): In Shakespeare's play *MacBeth*, three witches brew up a spell in a cauldron. Among the ingredients they throw in there is the "eye of newt." Many modern people assume this refers to the optical organ of a salamander, but it doesn't. It's actually an archaic term for "mustard seed." When I told my Piscean friend John about this, he said, "Damn! Now I know why Jessica didn't fall in love with me." He was making a joke about how the love spell he'd tried hadn't worked. Let's use this as a teaching story, Pisces. Could it be that one of your efforts failed because it lacked some of the correct ingredients? Did you perhaps have a misunderstanding about the elements you needed for a successful outcome? If so, correct your approach and try again.

Out on the town

from page 22

Change and Public Health. Part of a climate action plan developed by Meridian Township. 7-8 p.m. FREE. Meridian Township Hall, 5151 Marsh Road, Okemos.

LITERATURE AND POETRY

Wharton Center Inner Circle Book Club. "The Berlin Stories," by novelist Christopher Isherwood. 3:30-5 p.m. Schuler Books & Music, 1982 Grand River Ave., Okemos. whartoncenter.com.

MUSIC

Margarita Shevchenko, piano. 7:30 p.m. \$10/\$8 seniors/FREE for students and children. Fairchild Theatre, 542 Auditorium Road, East Lansing. (517) 353-5340, music.msu.edu/event-listing.

Thursday, February 2

CLASSES AND SEMINARS

(TOPS) Take Off Pounds Sensibly. Weigh-in 5:15 p.m.; meeting 6 p.m. First meeting FREE. Room 207, Haslett Middle School, 1535 Franklin St., Haslett. (517) 927-4307.

Build A Story: Your Celebration of Life & Family. Make personalized accessories out of nostalgic baby clothing. Call to register. 7 p.m. \$34.99-\$54.99. Lucky Star Lane/Painted Teal, 200 S. Bridge St., Grand Ledge. (517) 749-0320.

A Course in Miracles. Group on peace through forgiveness. 7-9 p.m. Unity Spiritual Center of Lansing, 230 S. Holmes St., Lansing. (517) 371-3010, unitylansing.org.

Celebrate Recovery. For all hurts and hang-ups. 6 p.m. Donations welcome. Trinity Church (Lansing), 3355 Dunckel Road, Lansing, (517) 492-1866.

Mason Codependents Anonymous. Support group. 7-8 p.m. FREE. Mason First Church of the

Nazarene, 415 E. Maple St., Mason.

Preschool Science Explorations: Mammal Mania. Science activities with nature walk and crafts. 1-2:30 p.m. \$4. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg

MUSIC

MSU Symphony Band Concert. 7:30 p.m. \$10/\$8 seniors/students FREE. Cobb Great Hall, Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-5340, music.msu.edu/event-listing.

THEATER

A Painted Window. Play about family, loss, regret and the power of fear and love. 8-9:30 p.m. \$15/\$13 military and seniors/\$10 students. Williamston Theatre, 122 S. Putnam St., Williamston. (517) 655-7469, williamstontheatre.org.

EVENTS

After School Action Program. Light meal, tutoring and activities. 4-6 p.m. FREE. Eastside Community Action Center, 1001 Dakin St., Lansing.

After School Teen Program. For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

12-Step Meeting. AA/NA/CA all welcome. In room 209. Noon-1 p.m. FREE. Donations welcome. Cristo Rey Community Center, 1717 N. High St., Lansing.

Baby Storytime. Stories and movement for our youngest readers. Call to register. 10:30-11:15 a.m. FREE. CADL Foster, 200 N. Foster Ave., Lansing. (517) 485-5185, cadl.org.

Capital Area Audubon Society. "eBird and How To Use It" presented by Caleb Putnam. 7-9 p.m. FREE. Fenner Nature Center, 2020 E. Mount Hope Ave., Lansing. capitalareaaudubon.org.

Crafternoon: Duct & Washi Tape Fun. Ages 6-13 make colorful creations. Call to register. 4:30-5:30 p.m. FREE. CADL Mason, 145 W. Ash St., Mason. (517) 676-9088, cadl.org.

Crafting for a Cause. Knitters and crafters

See Out on the Town, Page 25

FEB. 3-4, 10-11 >> 'NUMBER THE STARS' AT ALL-OF-US EXPRESS CHILDREN'S THEATRE

All-of-us Express Children Theatre takes on an unexpectedly timely topic this weekend with its adaptation of the Lois Lowry's "Number the Stars," which tells the story of a Jewish family trying to escape Copenhagen during World War II. The work of historical fiction centers around sisters Annemarie and Kristi Johansen, who face soldiers and interrogations as they try to help Ellen Rosen and her family escape to safety in Sweden. 7p.m. Friday; 2 and 4:30 p.m. Saturday. \$7/\$5 children. Hannah Community Center, 819 Abbot Road, East Lansing. (517) 319-6957, allofusexpress.org.

FEB. 3-12 >> 'BLOOD AT THE ROOT' AT MSU DEPARTMENT OF THEATRE

In 2006, six black students at Jena High School in Louisiana were arrested on assault charges after a racially-charged confrontation with a white student. Dominique Morriveau's play "Blood at the Root," explores this incident. "The system is supposed to be blind, justice is supposed to be blind, and yet it isn't," said Morriveau, "I think those things are all coming up against each other in this play." This production is directed by guest artist Steve H. Broadnax III, head of Penn State's MFA acting program. Friday's performance will have post-show discussion, and the Sunday performance will have a pre-show discussion at 1:15 p.m. 7:30 p.m. Tuesday-Thursday; 8 p.m. Friday-Saturday; 2 p.m. Sunday. \$15/\$13 seniors and faculty/\$10 students. Arena Theatre (in the basement of MSU Auditorium) 542 Auditorium Road, East Lansing. (517) 432-2000, whartoncenter.com.

Out on the town

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create items for the food bank. 4-5:30 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. (517) 627-7014, grandledge.lib.mi.us.

Drop-in LEGO Club. Ages 4 and up engage in imaginative play. 3:15-4:30 p.m. FREE. CADL Webberville, 115 S. Main St., Webberville.

CADL Family Storytime. Held off-site during library remodeling. 10:30-11:15 a.m. FREE. Library of Michigan, 702 W. Kalamazoo St., Lansing. cadl.org.

Highlights from Local History Online. How to

use CADL's Local History Online database. 5-6 p.m. FREE. CADL Holt-Delhi, 2078 Aurelius Road, Holt. **Kids Reading to Dogs.** Ages 6 and up practice reading to trained dog. 4-5 p.m. FREE. CADL Haslett, 1590 Franklin St., Haslett. (517) 339-2324.

Ladies Silver Blades Figure Skating Club. All skill levels welcome. 9:30-11:20 a.m. \$5 and yearly dues fee. Suburban Ice, 2810 Hannah Blvd., East Lansing. (517) 881-2517, ladiesilverblades.com.

Friday, February 3 CLASSES AND SEMINARS

Gentle Yoga. Relaxing pace class suitable for beginners. 11 a.m.-noon. First class FREE/\$5/\$3 members. Williamston High School, 3939 Vanneter

FRIDAY, FEB. 3 >> ROMANCING THE TONE AT WILSON CENTER AUDITORIUM

With Valentine's Day not far away, vocal quartet Romancing the Tone offers an evening of love songs and romantic tunes ranging from 1930s standards to modern hits. "We formed Romancing the Tone just for this performance, although we have all performed together many times," said St. Johns-based singer Ellen Hoard. The quartet, which also features vocalists Kelly Sandula-Gunner, Dan Templin and Dave Sincox, will be backed up by Jeff Richards on piano, Rick Peterson on bass and James Flanagan on drums. All proceeds go toward the ongoing renovation of the Wilson Center Auditorium. 7:30 p.m. \$10. Wilson Center Auditorium, 101 W. Cass St., Saint Johns. facebook.com/wilsoncenterauditorium.

Road, Williamston.

GroupGAP Informational Session. Program for farmers about food safety practices. Register online. 1-3 p.m. Allen Market Place, 1629 E. Kalamazoo St., Lansing. (517) 999-3923, ow.ly/nfnD308a0gT.

Study of the Book of Revelations. All supplies provided at no charge. 7-8 p.m. FREE. University Seventh Day Adventist Church, 504 Ann St., East Lansing. (517) 663-1633.

MUSIC

MSU Faculty Recital: Melanie Helton, soprano, and Elden Little, piano. 8 p.m. \$10/\$8 seniors/students FREE. Fairchild Theatre, 542 Auditorium Road, East Lansing. (517) 353-5340, music.msu.edu/event-listing.

MSU Symphony Orchestra Concert. 8 p.m. \$10/\$8 seniors/students FREE. Cobb Great Hall, Wharton Center, 750 E. Shaw Lane, East Lansing. (517) 353-5340, music.msu.edu/event-listing.

Song's You'll Love. Concert of love songs from jazz to Broadway. 7:30-9 p.m. \$10. Wilson Center Auditorium, 101 W. Cass St., St. Johns. (989) 224-8159, wilsoncenterauditorium.org.

African Children's Choir Concert. Featuring young singers from African countries. 6:30 p.m. FREE, donations welcome. Trinity Church, 3355 Dunckel Road, Lansing. (517) 272-3820, africanchildrenschoir.com.

THEATER

Blood at the Root. Play about miscarriage of justice, based on historical events. 8 p.m. \$15. Wharton Center, 750 E. Shaw Lane, East Lansing (517) 432-2000, theatre.msu.edu.

A Painted Window. Play about family, loss, regret and the power of fear and love. 8-9:30 p.m. \$30/\$28 military and seniors/\$10 students. Williamston Theatre, 122 S. Putnam St., Williamston. (517) 655-7469, williamstontheatre.org.

Number the Stars. Based on book by Lois Lowry about Jewish family's escape from Copenhagen in 1943. 7 p.m. \$7/\$5 kids. Hannah Community Center, (517) 319-6957, alloufsexpress.org.

EVENTS

RWB Comedy Benefit. Proceeds go towards supporting veterans. 8-10 p.m. UrbanBeat Event Center, 1213 Turner St., Lansing. ow.ly/MoRE308uy11.

After School Teen Program. For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Control Your Clutter at Mid-Michigan Women's Expo. Learn from professional organizer Betty Huotari. 12-12:30 p.m. Lansing Center, 333 E. Michigan Ave., Lansing.

Ice Worlds. Examination of icy ecosystems and ice on other planets. 8-9:30 p.m. \$3-4. Abrams Planetarium, 755 Science Road, East Lansing. ow.ly/S30L307wkTS.

We Laugh. Comedy benefit for the Women's Center of Greater Lansing. 8 p.m. \$25/\$40 couples/\$40 VIP. The Cadillac Room, 1115 S. Washington Ave., Lansing. womenscenterofgreaterlansing.org.

Mid-Michigan Women's Expo. Vendors offer goods and services aimed at women. 10 a.m.-8 p.m. \$7. Lansing Center, 333 E. Michigan Ave., Lansing. kohlerexpo.com.

Talking Books at Mid-Michigan Women's Expo. Selection of under-the-radar reads with CADL. 11-11:30 a.m. Lansing Center, 333 E. Michigan Ave., Lansing.

Video Game Night. Ages 8-18 play tournament-style games. Call to register. 5-7 p.m. FREE. CADL Holt-Delhi, 2078 Aurelius Road, Holt. (517) 694-9351.

ARTS

Midwinter Portraits: an Exhibition of Original Drawings by Artist Laura Gajewski. Original mixed-media charcoal drawings. 5-8 p.m. FREE. 'east arbor architecture', 201 1/2 East Grand River Ave., East Lansing. (517) 755-7310.

Saturday, February 4

CLASSES AND SEMINARS

Cross Country Ski Class. Rentals must be reserved in advance. 9:30-11:30 a.m. \$15/\$20 with rental. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

Reiki Two Training. Workshop on energy healing method. 9 a.m.-4 p.m. \$95. Willow Stick Ceremonies, 1515 W. Mt. Hope Ave., Suite 3, Lansing.

See Out on the Town, Page 26

Jonesin' Crossword

By Matt Jones

"Exaggeration" — way more than necessary.
Matt Jones

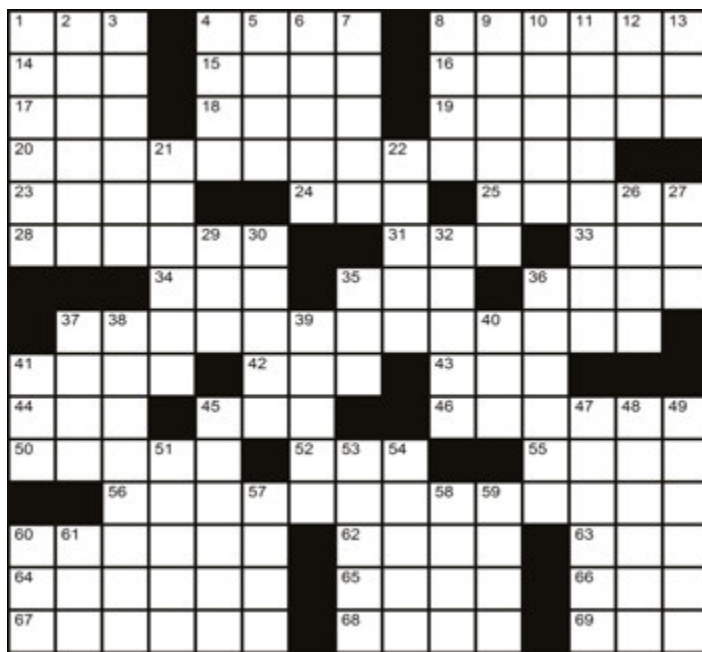
Across

1 Contacts electronically, in a way
4 They're the result of extracted genes
8 Chunks of fairway
14 Buck's counterpart

15 "___ that a kick in the pants?"
16 Hall of Fame quarterback Johnny
17 "Friends" costar Courteney
18 Falco of "Nurse Jackie"

19 Kitchen protectors
20 Theme park chain, grossly exaggerated?
23 French realist painter Bonheur
24 "Conjunction Junction" conjunction
25 Chef DiSpirito
28 End of many failed '90s businesses?
31 Autumn mo.
33 "The Fault in ___ Stars"

34 "Wayne's World" actress Carrere
35 Feeling of amazement
36 Caricatured
37 Morris's favorite cat food, wildly exaggerated?
41 Green dip, for short
42 Tats
43 Eden matriarch
44 Adjective for 2017 (but not 2018)
45 Enjoy brunch, for instance
46 Rabbit relative?
50 "Sons of Anarchy" extra
52 For emus, it's green-ish



55 Negative in Nuremberg
56 "Gone with the Wind" plantation, insanely exaggerated?
60 Duke University city
62 "___ Jury" (Spillane detective novel)
63 Architect I.M. ___
64 Beezus's sister
65 Group led by Master Splinter, initially
66 "Wow," when texting
67 Like beer or bread dough
68 They may have polar bears and giraffes
69 Why the exaggeration? Because it's this number raised to the nth power

Down

1 It usually includes a photo
2 Cow sound in "Old MacDonald"
3 Like some illegal hiring practices
4 "Mozart in the

Jungle" star ___ Garcia Bernal
5 Computer music format
6 Big Mac ingredient
7 "Mad Men" pool member
8 Twofold
9 To a certain extent
10 Leo follower
11 Doctor's ear-examining tool
12 Camel tone
13 Draft lottery org., once
21 Milk-related
22 "Eh, I'm not buying it" look
26 Helps with lines
27 Chicago airport letters
29 Contents of a cruet
30 Sasha's sister
32 "E! News" subject
35 Astronaut affirmative
36 Johnson & Johnson skin care brand
37 Car on the Auto-

bahn
38 Result of evil acts, supposedly
39 "___ Inside" (computer slogan)
40 Apple Chief Design Officer Jony ___
41 One of the Blüth brothers on "Arrested Development"
45 Given to traveling
47 Drink container
48 "Black ___" (historic 1961 book)
49 Lieutenant's underling
51 Community character
53 Glamor partner
54 Controversial naval base in Cuba, informally
57 "If ___ be so bold ..."
58 "I don't believe this!"
59 Barclays Center squad
60 Martini preference
61 Abu Dhabi loc.

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Out on the town

from page 25

willowstickceremonies.com.

Snowshoe Class. With tips from expert instructor. Rentals available, must be reserved. 1-3 p.m. \$15/\$20 with equipment rental. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866, bit.ly/HNCprg.

MUSIC

MSU Faculty Recital: I-Fu Wang, violin, and Ralph Votapek, piano. 8 p.m. \$10/\$8 seniors/students and kids FREE. Fairchild Theatre, 542 Auditorium Road, East Lansing. (517) 353-5340, music.msu.edu/event-listing.

THEATER

A Painted Window. Play about family, loss, regret and the power of fear and love. 8-9:30 p.m. \$27/\$25 military and seniors/\$10 students. Williamston Theatre, 122 S. Putnam St., Williamston. (517) 655-7469, williamstontheatre.org.

Blood at the Root. Play about miscarriage of justice, based on historical events. 8 p.m. \$15. Wharton Center, 750 E. Shaw Lane, East Lansing (517) 432-2000, theatre.msu.edu.

Number the Stars. Based on book by Lois Lowry about Jewish family's escape from Copenhagen in 1943. 2 and 4:30 p.m. \$7/\$5 kids. Hannah Community Center, (517) 319-6957, allofusexpress.org.

EVENTS

Make & Take Valentines. Stop in to make a

SUNDAY, FEB.5 >> HANG-YOGA FLOW AT ROBIN THEATRE

Just B Yoga brings live music into the mix with an all-levels yoga session at Robin Theatre Sunday. Guest musician Jeremy Arndt accompanies the session on the hang drum, a flying saucer-shaped cousin of the steel drum that is played by hands and fingers. Just B Yoga founder Belinda Thurston leads the 90-minute session. \$24/\$18 adv. The Robin Theatre, 1105 S. Washington Ave., Lansing. (517) 488-5260, justbyyoga.com.

Valentine for that special someone. 10 a.m.-2 p.m. FREE. CADL Haslett, 1590 Franklin St., Haslett.

CoderDojo. Ages 7-17 learn to code websites, apps, programs and games. Call to register. 2-3:30 p.m. FREE. CADL Haslett, 1590 Franklin St., Haslett. (517) 339-2324, cadl.org.

Introduction to Isha Kriya Mediation. Ages 12 and up learn practice for clarity and peacefulness. 10:30-11:30 a.m. FREE. CADL Okemos, 4321 Okemos Road, Okemos. (517) 347-2021.

Spartan Young Astronomers Club. For kids ages 8-12 who love astronomy. 10 a.m.-noon \$3. Memberships available. Abrams Planetarium, 755 Science Road, East Lansing. (517) 355-4676.

Speed Painting at Mid-Michigan Women's Expo. Artist Martina Hahn brings image to life in six minutes. 12-12:30 p.m. Lansing Center, 333 E. Michigan Ave., Lansing.

String Art. Ages 8 and up create string art with angles and fractals. 11 a.m.-noon. FREE. CADL Dansville, 1379 E. Mason St., Dansville.

Valentine 3D Print It. Ages 8-13 make object with 3D printer. 10:30 a.m.-noon. FREE. CADL South Lansing, 3500 S. Cedar St., Lansing.

Mid-Michigan Women's Expo. Vendors offer goods and services aimed at women. 10 a.m.-6 p.m. \$7. Lansing Center, 333 E. Michigan Ave., Lansing.

kohlerexpo.com.

Sunday, February 5

CLASSES AND SEMINARS

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

Juggling. Learn how to juggle. 2-4 p.m. FREE. Orchard Street Pumphouse, 368 Orchard St., East Lansing. (517) 371-5119.

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

THEATER

Blood at the Root. Play about miscarriage of justice, based on historical events. 2 p.m. \$15. Wharton Center, 750 E. Shaw Lane, East Lansing (517) 432-2000, theatre.msu.edu.

A Painted Window. Play about family, loss, regret and the power of fear and love. 8-9:30 p.m. \$27/\$25 military and seniors/\$10 students. Williamston Theatre, 122 S. Putnam St., Williamston. (517) 655-7469, williamstontheatre.org.

See Out on the Town, Page 27

MSU Music

MSU Federal Credit Union

Jazz Artist IN RESIDENCE

Anat Cohen, jazz clarinet
COOK RECITAL HALL, MUSIC BUILDING
Concert: Friday, Feb. 10, 8:00 p.m.

Anat Cohen takes the stage with MSU Jazz Octets. She has won hearts and minds the world over with her expressive virtuosity and delightful stage presence.

music.msu.edu, 517-353-5340

UPCOMING AND PREVIOUS JAZZ ARTISTS IN RESIDENCE

FEB. 6 - 12, 2017
Anat Cohen, jazz clarinet

MAR. 20 - 26, 2017
Conrad Herwig, jazz trombone

DEC. 5 - 11, 2016
Rufus Reid, jazz bass

OCT. 10 - 16, 2016
Russell Malone, jazz guitar

College of Music
MICHIGAN STATE UNIVERSITY

SUDOKU INTERMEDIATE

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

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 29

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Out on the town

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EVENTS

Mid-Michigan Women's Expo. Vendors offer goods and services aimed at women. 10 a.m.-5 p.m. \$7. Lansing Center, 333 E. Michigan Ave., Lansing. kohlerexpo.com.

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

One World One Sky. Big Bird and Elmo take imaginary trip to the moon. 2-3:30 p.m. \$3-4. Abrams Planetarium, 755 Science Road, East Lansing. (517) 355-4676.

Live Music and Yoga. With Jeremy Arndt and Just B Yoga. 11 a.m.-12:30 p.m. \$18 in adv./\$24 at door. The Robin Theatre, 1105 S. Washington Ave., Lansing. ow.ly/PUtZ308uMgU.

ARTS

Sunday Gallery Walk: New Dalton Gallery and Studio. More than 150 paintings by James McFarland on display. Noon-5 p.m. FREE. Hotwater Works, 2116 E. Michigan Ave., Lansing.

MUSIC

MSU Faculty Recital: Chen-Yu Huang, harp. Artist-Faculty Series: "Death and Transfiguration." 7 p.m. \$10/\$8 seniors/students and kids FREE. Fairchild Theatre, 542 Auditorium Road, East Lansing. (517) 353-5340, music.msu.edu/event-listing

Monday, February 6 CLASSES AND SEMINARS

Gentle Yoga. Relaxing pace class suitable for beginners. 11 a.m.-noon. First class FREE/\$5/\$3 members. Williamston High School, 3939 Vanneter Road, Williamston.

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

Lansing. (517) 371-3010, unitylansing.org.
Painting Basics: Acrylic. Basic painting for ages 14 and up. 6:45-7:45 p.m. \$40. Jackson School of the Arts, 634 N. Mechanic St., Jackson. jacksonarts.org.

Photography Class. With award-winning photographer Ron St. Germain. 6:30-9 p.m. \$60 for 4 sessions. Woldumar Nature Center, 5739 Old Lansing Road, Lansing. (517) 322-0030.

Sharper Focus/Wider Lens: A World on the Move: Refugees, Migrants and Immigrants. MSU faculty discuss refugees, immigration and more. 7-8:45 p.m. FREE. MSU Union, 49 Abbot Road, East Lansing. (517) 355-2326, ow.ly/JOeY3088un4.

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.

What is Gerrymandering? Informative meeting on how voting districts are drawn hosted by Sierra Club. 6-8 p.m. FREE. Allen Neighborhood Center, 1611 E. Kalamazoo St., Lansing. (517) 484-2372.

MUSIC

New Horizons Community Band. Learn to play an instrument or dust off an old one. 9-11 a.m. MSU Community Music School, 4930 Hagadorn Road, East Lansing. (517) 355-7661, cms.msu.edu.

EVENTS

After School Action Program. Light meal, tutoring and activities. 4-6 p.m. FREE. Eastside Community Action Center, 1001 Dakin St., Lansing.

After School Teen Program. For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

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

Tuesday, February 7 CLASSES AND SEMINARS

Valentine Cupcake Toppers with the Laser

See Out on the Town, Page 29

MONDAY, FEB. 6 >> ELLISON BEER AND RIBS PAIRING

Ellison Brewery + Spirits and Saddleback BBQ team up for a night of smoked ribs and locally made brews. The five-course "beer dinner," organized by I'm a Beer Hound and hosted by the REO Town Pub, pairs a series of Saddleback ribs with a variety Ellison beers, including its Relativity double IPA and Tiramisu Stout. 7 p.m. \$32. REO Town Pub, 1145 S. Washington Ave., Lansing. imabeerhound.com.



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UPCOMING EVENTS:	2/24	"Hate Mail"
1/29 Wine Tasting	2/25	"Hate Mail"
2/3 RWB Comedy Benefit	2/28	Grand River Connection
2/13 Mark Mehaffey Workshop	3/3	Arts Night Out
2/14 Valentines Dinner Benefit for Habitat for Humanity	3/11	Lansing Derby Vixens
2/17 "Hate Mail" by Generation Theatre	3/17	Sea Cruisers
2/18 "Hate Mail"	3/24	Deacon Earl
2/23 Sea Cruisers	3/25	Ritmo
	4/14	Sea Cruisers



FEB 10th 2017 | \$15

LIMITED SEATING

Tickets: urbanbeatevents.com/events



SCHAVEY ROAD PUB / SARNIE SHOPPE / RUCKUS RAMEN / BLAZE PIZZA

Allan I. Ross/City Pulse

The Schavey Road Pub opens today in DeWitt, taking the place of the Tin Can DeWitt. The Tin Can management team closed the bar 10 days ago to accommodate interior renovations that would give it a more refined look.

By ALLAN I. ROSS

When the first **Tin Can Bar** opened in downtown Lansing seven years ago, it served as a sort of counterprogramming option to the self-important craft beer tasting rooms that had begun to pop up around town. Conceived as a “world class dive bar,” the Tin Can’s success spawned four additional locations, where its college-age (and college-age-minded) customers could be found drinking beer out of the can, making chalk drawings on the blackboard walls and playing jumbo versions of children’s tabletop games. But this week, the Tin Can’s management team unveiled the changes recently made to its DeWitt location, which will put it in line with the upscale image the mini-chain was rebelling against in the first place.

“Our DeWitt customers are definitely (more subdued) than the crowds we see at our other locations,” said Dave Sell, vice president of 414 Entertainment, the Tin Can’s parent company. “We’ve been busy since we opened there, but the one thing we kept hearing from our clientele was that we should be more family friendly. That got us thinking about what we could do.”

And so 10 days ago, Sell’s team closed down the Tin Can DeWitt and took on a massive interior overhaul to the 800-square-foot space. Today, it reopens with the same management but a completely new look, new menu and a new name: the **Schavey Road Pub**.

“The focus will be more on craft beer, so we’ve added a draft system to the bar,” Sell said. “We’re also adding more robust wine options and putting more of an emphasis on our food. We looked at every way we could be more accommodating.”

Sell said that the eight tap handles will favor local breweries and may eventually include the upcoming **Looking Glass Brewing Co.**, set to

open in downtown DeWitt later this year. The menu was designed by Igor Jurkovic, who worked with 414 Entertainment to develop the food options at the company’s flagship bar, **the Exchange**. Jurkovic also owns and operates the **Mediterranean Café** in downtown Lansing and previously ran Restaurant Mediteran.

“Igor brings some pedigree, so we really gave him a lot of room to be creative with this menu,” Sell said. “He created this lasagna dip appetizer with garlic crostini that’s out of this world. People are going to flip.”

The menu includes a new lineup of burgers, sandwiches, salads and wraps. Besides the lasagna dip, appetizer options include house-made hummus and a specialty cheese board. There’s also a kid’s menu and new dessert options, including a rice pudding served in a cast iron skillet that gets scorched to order, crème brûlée-style.

“The goal is to evolve the menu as we get feedback from the customers and keep it changing with the seasons,” Sell said. “This is the first time (our company has) put such an emphasis on our food. There seems to be a growing food culture in DeWitt, and it’s exciting to be a part of that.”

The patio and the 80-inch HD TVs are staying put, but gone are the chalkboard walls and game area. The interior was revamped with tin ceilings and furniture that has what Sell called a “neighborhood pubby” feel, as well as a darker color scheme.

“This came almost entirely from customer feedback,” Sell said. “You can’t be all things to all people, but this redesign will make it more accessible to a wider range of people. And it looks fantastic. If it works, we may bring this concept to another location. We’re eager to see how people respond.”

Shope out

Last week, a sign was posted in the window for Gareth Jones’ down-

town Lansing sandwich store, **Sarnie Shoppe**, announcing the 5-month-old store’s immediate closure.

“It is with a heavy heart that I have to close operations at the Sarnie Shoppe at Lansing,” said the note, which was signed by Jones. “I realize we’ve only been here for a short period, but the time is right for a business decision to solely focus on catering.”

Sarnie Shoppe opened on the first floor of the renovated Knapp’s Centre last September, featuring a deli counter selling sandwiches, soups, salads and smoothies. It was the Knapp Centre’s first restaurant tenant, but Nick Edey, a principal at the building’s owner, the Eyde Co., said progress is already being made on a replacement.

“It wasn’t the outcome we were looking for, but we’re already talking to some folks who would be an ideal fit,” Edey said. “We’re also close to signing a lease for a restaurant (inside the Knapp’s Centre). It’s something that downtown really needs, and I think it will make a lot of people happy.”

Stay tuned for details.

Raising a Ruckus

Former pop-up experiment **Ruckus Ramen** officially transitioned to a full-time dinner kitchen this week. Owner/operator Steve Swart set up shop the **Avenue Café** after a series of sold-out one-night-only events late last year.

He worked with local chefs to hone the menu, which offers traditional Japanese soup dishes, salads and dumplings, all sourced with local ingredients and tweaked to appeal to American palates. Swart said Ruckus Ramen will be dine-in only to start.

Blaze spreads

Following the debut of its Frandor restaurant last summer, California-based **Blaze Pizza** will open a second mid-Michigan location in East Lansing later this year. The fast-casual eatery prepares pizzas in hot-stone ovens that bake crusts in just three minutes.

The new, 3,200-square-foot location will move into the ground floor of the State News office building, 437 E. Grand River Ave., adjacent to **Panda Express**. According to a press release issued last week by Blaze’s parent company, the new store will be built using recycled and sustainable materials and will use eco-friendly packaging and energy-efficient LED lighting.

Schavey Road Pub
13175 Schavey Road (in the Schavey Road Plaza), DeWitt
3 p.m.-2 a.m. Monday-Friday; noon-2 a.m. Saturday-Sunday
(517) 624-2078, [facebook.com/schaveyroadpub](https://www.facebook.com/schaveyroadpub)

Ruckus Ramen
2021 E. Michigan Ave., Lansing (inside Avenue Café)
3-10 p.m. Tuesday-Saturday; closed Sunday-Monday
[facebook.com/ruckusramen](https://www.facebook.com/ruckusramen)

TOP 5 DINING GUIDE

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

Based on your votes in City Pulse’s 2016 Top of the Town contest, we’ve assembled a guide to your favorite Lansing-area eateries. We’ll run single categories in the paper periodically, but the complete dining guide is always available on our website.

Bon appétit!

TOP 5 SUSHI

#1 MARU SUSHI AND GRILL

High quality sushi, upscale atmosphere
5100 Marsh Road, Okemos
(517) 349-7500
marurestaurant.com
11:30 a.m.-2:30 p.m. & 4-9:30 p.m. Monday-Wednesday; 11:30 a.m.-9:30 p.m. Thursday-Saturday; 11:30 a.m.-9 p.m. Sunday

#2 SANSU

City Pulse readers love Sansu’s value, serving quality sushi at good prices
4750 S. Hagadorn Road, East Lansing
(517) 333-1933
sansu-sushi.com
11:30 a.m.-2:30 p.m. & 4:30-10 p.m. Monday-Saturday; 3-10 p.m. Sunday

#3 UKAI (WEST LANSING)

Sushi bar and hibachi grill, known for entertaining hibachi chefs
754 Delta Commerce Drive, Lansing
(517) 853-8888
iloveukai.com
11:30 a.m.-2 p.m. & 4-10 p.m. Monday-Thursday; 4-11 p.m. Friday-Saturday; noon-9 p.m. Sunday

#4 AI FUSION

Known for creative sushi rolls and good service
2827 E. Grand River Ave., East Lansing
(517) 853-3700
ai-fusion.com
11:30 a.m.-10 p.m. Monday-Thursday; noon-11 p.m. Friday-Saturday; noon-11 p.m. Sunday

#5 SUSHI MOTO

Cozy west side restaurant known for its fresh sushi
436 Elmwood Road, Lansing
(517) 580-4321
sushimoto.us
11 a.m.-10 p.m. Monday-Saturday; Noon-9 p.m. Sunday



Out on the town

from page 27

Cutter. Use Adobe Illustrator and a laser cutter for a project. 6-7 p.m. FREE. MSU Library, 366 W. Circle Drive, East Lansing. ow.ly/OQzw3088ugr.

Capital City Toastmasters Meeting. Learn public speaking and leadership skills. See website for schedule and locations. 7 p.m. FREE for visitors. CADL Downtown Lansing Library, 401 S. Capitol Ave., Lansing. (517) 775-2697, 639.toastmastersclubs.org.

Starting a Business. Course for aspiring entrepreneurs. Call to register. 6-8 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 483-1921, ow.ly/o4LH307jtSr.

Take Off Pounds Sensibly. Have a support system, lose weight. Wheelchair accessible. 6 p.m. FREE first visit. St. Therese Church, 102 W. Randolph St., Lansing. tops.org.

Yawn Patrol Toastmasters. Hone speaking and leadership skills. Visit website for details. 7-8:30 a.m. FREE for visitors. MICA Gallery, 1210 N. Turner St., Lansing. yawnpatrol.com.

MUSIC

Jazz Tuesdays at Moriarty's. 7-10 p.m. FREE. Moriarty's Pub, 802 E. Michigan Ave., Lansing. (517) 485-5287.

EVENTS

Capital Area Crisis Rugby Practice. All experience levels welcome. 7-8 p.m. \$3. Gier Community Center, 2400 Hall St., Lansing. crisisrfc.com.

After School Action Program. Light meal, tutoring and activities. 4-6 p.m. FREE. Eastside

Community Action Center, 1001 Dakin St., Lansing. **After School Teen Program.** For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

LCC West Toastmasters. Public speaking group. 5-6:30 p.m. LCC West Campus, 5708 Cornerstone Drive, Lansing. (517) 483-1314, lccwest.toastmastersclubs.org.

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

National Black HIV/AIDS Awareness Day. Free HIV and AIDs tests for everyone. 8:30 a.m.-3:30 p.m. FREE. Forest Community Health Center, 2316 S. Cedar St., Lansing. (517) 887-4424, hd.ingham.org.

Overeaters Anonymous. Struggling with food? Overeaters Anonymous offers hope. 7 p.m. Presbyterian Church of Okemos, 2258 Bennett Road, Okemos. (517) 505-0068, oa.org.

12-Step Meeting. AA/NA/CA all welcome. In room 209. Noon-1 p.m. FREE. Donations welcome. Cristo Rey Community Center, 1717 N. High St., Lansing.

THEATER

Blood at the Root. Play about miscarriage of justice, based on historical events. 7:30 p.m. \$15. Wharton Center, 750 E. Shaw Lane, East Lansing (517) 432-2000, theatre.msu.edu.

Wednesday, February 8

CLASSES AND SEMINARS

Gentle Yoga. Relaxing pace class suitable for beginners. 11 a.m.-noon. First class FREE/\$5/\$3 members. Williamston High School, 3939 Vanneter Road, Williamston.

Mindfulness. Meditation for beginners and experienced. 7-9 p.m. FREE. Donations welcome.

Van Hanh Temple, 3015 S. Washington Ave., Lansing. (517) 420-5820, ow.ly/CIHU305nMqx.

Photography Class Okemos. With award-winning photographer Ron St. Germain. 6:30-9 p.m. \$60 for 4 sessions. Harris Nature Center, 3998 Van Atta Road, Meridian Township. (517) 349-3866.

EVENTS

After School Action Program. Light meal, tutoring and activities. 4-6 p.m. FREE. Eastside Community Action Center, 1001 Dakin St., Lansing.

After School Teen Program. For teens in grades 7-12. 2:30-5:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Allen Market Place — Indoor Season. Locally grown, baked and prepared foods. 3-6:30 p.m. FREE. Allen Farmers Market, 1629 E. Kalamazoo St., Lansing. (517) 999-3911, ow.ly/Bol130304VE.

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

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

Daddy Daughter Dance. Dinner reservations can be made in advance. 7-9 p.m. \$10/\$12 non-residents.

Crowne Plaza Lansing West, 925 S. Creyts Road, Lansing. (517) 323-8555, deltami.gov.

Lansing Catholic High School Winter Prospective Family Night. Parents and students learn about what LCHS has to offer. 6:30-8:30 p.m. Lansing Catholic High School, 501 Marshall St., Lansing. (517) 67-2102, lansingcatholic.org.

THEATER

Blood at the Root. Play about miscarriage of justice, based on historical events. 7:30 p.m. \$15. Wharton Center, 750 E. Shaw Lane, East Lansing (517) 432-2000, theatre.msu.edu.

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SUDOKU SOLUTION

From Pg. 26

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

From Pg. 25

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Presenting "In the Spirit of Friendship"

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Join us on Sunday, Feb. 5, from noon until 4 p.m., for a reception to celebrate art and friendship and to meet these fine women. "In the Spirit of Friendship" runs through March 26, 2017.

Tuesday-Friday 10-6 | Saturday 10-5 | Sunday noon-4 | Closed Monday
211 M.A.C. Avenue, East Lansing | 517.351.2211 | mackerelsky.com

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Trapped in the wine cellar

Exploring sexy wines with the help of R. Kelly

By JUSTIN KING

February is a sexy time in Michigan. First of all, there's Valentine's Day. Second, it's not warm. Winter is back, and that means snuggles for survival.



So I set forth my two-pronged path. Clearly, I had to find some sexy wines. But more important, to get in the right

mindset, I had to watch all 33 Chapters of R. Kelly's made-for-the-Internet hip hop soap opera, "Trapped in the Closet." This is the sexiest video collection in American history. Come with me on this journey, and we'll pick up some wine tips along the way.

Chapter 1, 0:30: A downtown-wide panorama view tightens to the apartment in question, narrowing right in on the closet door. It's good to know what we're working with this quickly.

C1, 0:55: Did you cheat R. Kelly? With a married woman?

C1, 2:31: Things are serious. R. Kelly is now confined to the clothing storage space while the lady in question converses with her cuckold. It's not time for wine yet.

C2, 0:15: R. Kelly is already out of the closet, gun in hand. There are 32 more chapters of this. This plot is moving quickly. We find out the husband is a pastor.

C2, 3:30: So we find out the pastor was also cheating — but with a man. We've now covered literally and figuratively trapped in the closet. I do not know 31 more versions of "in the closet." This will be a compelling plot stretch.

C2, 2:45: R. Kelly's gun discipline is worrisome. He keeps waving it around.

C4, 0:34: Omar from "The Wire" appears as an ornery officer of the law with a nicotine addiction!

C4, 2:40: R. Kelly is now at home enjoying some intimate time with his wife,

who's presumably still in the dark regarding his antics. But wait, he finds evidence of her infidelity! Everyone's cheating. This is really intense.

C6, 1:10: Mr. and Mrs. Kelly are now bonding over their dramatic and nefarious behavior. This might be considered a healthy — albeit surprising — dynamic. Time for wine. I would drink something sexy here. It seems to be mid-morning, and they could probably use some brunch, perhaps some eggs Benedict.

I'd go with a Soave here. Eggs and the garganega grape marry surprisingly well. Check out Pieropan's Soave Classico, which you can snag for roughly \$20.

C7, 1:00: They shot his wife's brother, Twan, in the shoulder. This isn't sexy right now.

C8, 0:30: R. Kelly is known for feigning a southern accent to sing to Omar's wife. It's not convincing.

C8, 2:55: He's in the closet again, but this time it's Omar's closet. R. Kelly's smoking a cigar, but he's just there as a storyteller, so I don't think the cigar is a giveaway.

C9, 1:00: A slice of pie is missing from the cherry pie! Oh snap! And Omar's wife is allergic to the cherries in the pie! Omar's police skills came in handy for this home cooking detective work.

I'm only 30 percent of the way through this, and I have no choice but to believe everyone is terrible. But this is incredible storytelling. The canon of Western music and prurient metaphors runs deep, but the late Jani Lane of Warrant threw a bull's-eye with "Cherry Pie" 27 years ago. This is kind of sexy.

If you want to drink sexy wine with your cherry pie, late bottle vintage port is a hot way to go. The 2009 Pousada Porto LBV is robust in with Bing cherry flavor, Chambord-like density and a hint of light baking spices. This will cost about \$30, which is totally fair, but you can find other late bottle vintages for a touch less than this.

C10, 1:10: We find out the Kellys have a see-thru refrigerator door. This is incredible.

C12, 2:50: Our first wine consumption on video! I did not expect this fortuitous encounter! It's a red. It's hard to tell what the

bottle is, but it's Bordeaux-shaped, one of those bottles that are mostly a flat cylinder. So, chances are it's a cabernet sauvignon, merlot or a blend that focuses on one or both of said varieties.

Napa Valley cabernet sauvignon is sensual compared to the more highly structured and tannic cabernets from the nearby mountainous areas of Howell Mountain or Atlas Peak. Cade is a producer of both mountain and valley wines, and it made a stunner with its 2014 Napa Valley cabernet sauvignon. Briary, leafy notes up front give way to violets, plum and black cherry concentrate. This a special bottle — and the tag reflects that at about \$80.

Here's a good shortcut, though: 2012



Justin King/City Pulse

Arnot-Roberts' Trousseau is a great wine for cuddling with a loved one or cozing up with R. Kelly's epic "Trapped in the Closet."

and 2013 West Coast cabernet sauvignons are generally low-risk and ripe. And good wines from these grapes are very easy to find. Check in with your trusted wine shop, and they're likely to have dozens to choose from. California had some drought in 2014, but the wines from that year are still pretty great.

C14, 0:40: More wine! R. Kelly is cut-

ting into his dinner, and his wine is only slightly red, somewhat translucent, darker than a rosé. This reminds me of another wine that is totally sexy.

The Arnot-Roberts' Trousseau is magical in its vivacity, fresh cranberry-esque fruit and perfumed floral notes. This is love-making wine for wine geeks, as it behaves a touch like northern Italy's nebbiolo grape: often translucent, floral, savory and elegant, with a sneaky structure and approaching full-bodied. This will run you about \$40. If that's too rich for your blood, look for Beaujolais wines from the 2015 harvest. While lighter in tannins, you'll find similar floral/fruit interplay that rarely leaves red wine drinkers disappointed.

C15, 0:30: This bizarre world of infidelities is run by people with incredible immune systems, because Twan's shoulder gunshot wound has completely disappeared already.

C18, 1:45: The slow jam song cycle is interrupted by a choir cameo, offering "work it out" as its cathartic mantra. This is not sexy.

C20, 1:00: The acting in these last few chapters hasn't lived up to the promise of the first half-dozen, and the plot is meandering. At least we still have wine.

C21, 2:45: Back the truck up! R. Kelly is hitting all the right notes as a serious dramatic actor in this riveting exposition with Joey the mob boss. This is a chapter not to be missed.

C30, 1:00. This whole Pimp Lucius story arc is exhausting. But we've almost made it to the end. The sun is coming up now. What have I done?

C33, 2:35: R. Kelly saves the best for last, appearing as Beeno. History will show Beeno's sunflower seed consumption as multifaceted and crucial. Sylvester and Twan are on the run, only to walk into a television studio to make an appearance on a show. I could be wrong, but history has proven that television cameras have done a reasonably good job of illuminating the whereabouts of humans located in front of them. I have to hand it to you, Mr. Kelly. That's a cliffhanger.

Justin King is a certified sommelier and owner of Bridge Street Social, a wine and cocktails-focused restaurant in DeWitt. He will probably watch "Trapped in the Closet" again — but only the first 10 chapters and chapter 21.

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Future farmers wanted

Ingham County program seeks applicants for urban farming internship

By CITY PULSE STAFF

The Lansing Urban Farm Project is seeking potential urban farmers for its apprenticeship program, which runs from early May through early October.

"This apprenticeship program is unique in its grassroots, community involvement," said Eric Schertzing, Ingham County treasurer and chair of Ingham County Land Bank.

The program, which is open to all Lansing-area residents, is looking for four new apprentices this season. The 20-hour-per-week position offers a mix of instruction, farm work, market experience, neighborhood engagement and field trips. Past apprentices have gone on to start successful urban farms, Schertzing said. This year's apprentices will re-

ceive a stipend of \$4,000.

The Lansing Urban Farm Project is hosting two more information sessions for potential apprentices: 6 p.m. Monday, Feb. 13 and 6 p.m. Thursday, Feb. 23. All information sessions are held at the Allen Market Place Conference Room, 1629 E. Kalamazoo St., Lansing; attendees should enter through the north door of the complex.

To RSVP or for more information, call (517) 999-3916 or email mailto:delind@msu.edu.

Cubano — Gump's BBQ

Gump's BBQ is a testament to the power of word-of-mouth advertising. There's no reason it should still be open.



It's in a terrible location, tucked behind Kwik Car Wash, with only a barely-visible-from-Cedar-Street "BBQ" banner marking its River Street entrance. It's tiny, with seating for less than 20 people, and it doesn't even open on the weekends or for weekday dinner.

Yet from 7 a.m. to 2 p.m. Monday through Friday, Craig "Gump" Garmin serves up loaded breakfast burritos and hefty sandwiches to a steady stream of Lansing's blue collar types and anyone else curious enough to check out this off-the-beaten-path barbecue joint.

My favorite sandwich here is the Cu-

Gump's BBQ

7 a.m.-2 p.m. Monday-Friday, closed Saturday and Sunday
1105 River St., Lansing
(517) 708-0470,
gumpsbq.com

bano, which features pulled pork, ham, Swiss cheese, sliced pickle and yellow mustard.

There are a lot of good Cuban sandwiches in town nowadays, but Gump's generous portions of smoked pork really make this sandwich

stand out. You get two sides with your sandwich, and you should make sure that one of them is the hearty, house-made coleslaw. There's no soupy Gordon Food Service slaw here, just fresh veggies in a tasty vinaigrette dressing.

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Ingham County is requesting bids for the purchase of furnishing and delivering Slag 29A and 29A Natural Aggregate for the Road Department Info: <http://pu.ingham.org>, under Current Bids link, Packet 36-17

Ingham County seeks proposals from experienced and qualified construction managers to oversee the construction of a three-story, 42,600± SF addition to the Community Mental Health Authority facility. Info: <http://pu.ingham.org>, under Current Bids link, packet 11-17.

Ingham County solicits proposals from qualified and experienced electrical contractors for making interior lighting upgrades to the Mason Courthouse. Info: <http://pu.ingham.org>, under Current Bids link, Packet 5-17.

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	<p>CBD Gardens 6070 Martin Luther King Blvd., Lansing (517) 618-9544 Hours- Sun-Thu 9am - 10pm Fri-Sat 9am- midnight</p>	<p>Great Buds, Great Music, THC, CBD Edibles and more. Weed Love to see you.</p>		<p>Capital Dank 1202 S. Washington Ave., Lansing (517) 657-7885 Hours- 11 a.m.-10 p.m. daily</p>	<p>Lansing's #1 Premium Medical Provisioning Center. Capital Dank is a medical marijuana dispensary with an enormous selection of high quality strains, concentrates, and infused products. We offer safe, well-appointed environments in which certified patients can get quality medical marijuana.</p>
	<p>Cannaisseur 3200 N. East St., Lansing (517) 580-6702 Hours- Mon-Sat: 10 a.m. to 9 p.m. Sun: 10am-6pm</p>	<p>Our mission at Cannaisseur is to provide MMMP patients with a safe, secure location to obtain high quality cannabis and cannabis products at a fair price from a compassionate, professional, knowledgeable staff. We strive to make your experience great! Stop by today. All new patients receive a free strain specific preroll!</p>		<p>Nature's Alternative 2521 S. Cedar St., Lansing (517) 253-7290 Hours- Mon-Sat: 11 a.m. to 8 p.m. Sun: Noon-5 p.m.</p>	<p>Our mission at Nature's Alternative is to provide access to high quality, medical marijuana in a safe and professional environment. We are committed to helping patients find the most effective relief for their qualifying ailments. A wide variety of lab tested medical marijuana flowers, edibles and extracts are always available.</p>
	<p>Kola 1106 N. Larch St., Lansing (517) 999-0994 Hours- Mon - Sat Noon-7pm Sun Noon-5pm</p>	<p>Here at Kola, we have the highest quality, lab tested meds obtainable. We strive to continually raise the bar, bettering the industry and community through excellent quality control, great service and education. You can expect an open, safe facility with professional, knowledgeable and friendly staff - stop by and let us show you what we have to offer.</p>		<p>Cedar Street MMMP 3205 S. Cedar St., Lansing (517) 708-0577 Hours: Mon-Fri: 8 a.m.-11 p.m. Sat-Sun: 10 a.m.-11 p.m.</p>	<p>Our mission is to ensure the highest standards of client relations, make sure each patient feels comfortable, and informed. Come meet our friendly and knowledgeable staff for recommendations on our wide variety of flower, edibles, CBD products, concentrates, and more! Still need to get certified? Stop in and we'll help!</p>
	<p>The Emerald City 2200 S. Cedar St., Lansing (517) 253-0397 Hours- Mon-Sat: 10 AM-11 PM Sun: Noon-7 PM</p>	<p>Emerald City is one of Lansing's oldest and fastest growing provision centers! We Strive to provide the most comfortable, professional and cleanest atmosphere to access medical marijuana in the state of Michigan. Our meds are the highest quality at the best possible prices we can provide. "City Pulse" to (313) 349-4700.</p>		<p>StarBuds 2012 N. Larch St., Lansing starbuds-mi.com (517) 977-1085 Hours- Mon-Fri: 10 a.m.-7 p.m.; Sat: 10 a.m.-5 p.m. Sun: Noon-5 p.m.</p>	<p>StarBuds combines years of experience serving the Lansing area with an educated staff to bring you an unparalleled selection of quality products and accurate marijuana information. Our mission is to give you high-quality tested medicine with an emphasis on patient education. StarBuds is here to help!</p>
	<p>Got Meds 3405 S. Cedar St, Lansing (517) 253-7468 Hours- Mon-Thurs: 9 a.m.-midnight Fri-Sat: 9 a.m.-2 a.m. Sun: 9 a.m.-10 p.m.</p>	<p>Got Meds is a donation-based organization committed to meeting its customers' needs. As a result, a high percentage of our business is from repeat customers and referrals. Our budtenders are knowledgeable and experienced, allowing us to deliver you the best services and products in a fun, relaxed atmosphere.</p>		<p>Superior Genetics 1522 Turner St., Lansing Hours- Mon-Sat 10am-8pm Sunday 10am-5pm</p>	<p>Conveniently Located in the Old Town District in North Lansing, Just minutes from I496 and I69. We Offer ONLY Top Quality Medical Marijuana Strains, Medibles, and Alternative Medicines that are ALWAYS Lab tested. Check us out on the WEEDMAPS app, or stop in today! "Superior Genetics, A Natural Healing Collective."</p>