

# CityPULSE

a newspaper for the rest of us [www.lansingcitypulse.com](http://www.lansingcitypulse.com)

August 6-12, 2014

FREE

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Issue  
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**WLMI 92.9**

And hear Berl Schwartz of City Pulse call Tim an ignorant slut — or worse. Every Wednesday at 8:30 a.m.



## Howard Storm Near Death Experience

As seen on the Oprah Winfrey Show, 48 hours, and the Discovery Channel.

Howard Storm will discuss the book "My Descent into Death" about his near-death experience (NDE) in 1985.

### Saturday, August 16 at 7pm

<p><b>Pilgrim Congregational                  United Church of Christ</b>                  Lansing, MI</p> 	<p><b>Admission: Free or Donation</b></p> <p>125 S. Pennsylvania Ave.                  (517) 484-7434                  PilgrimUCC.com</p>
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**my 18 MY18-TV! 9 A.M. Every Sunday**  
 THIS WEEK: Whither Journalism?

# CityPULSE NEWSMAKERS

Hosted by **Berl Schwartz**



**Belinda Thurston**  
 City Pulse editor



**Mickey Hirten**  
 City Pulse associate publisher



**Jam Sardar**  
 Channel 6 news director



**Bonnie Bucqueroux**  
 Lansing Online News

<p><b>OVER THE AIR</b></p> <p>Lansing/East Lansing.....Ch. 18</p> <p><b>COMCAST</b></p> <p>Lansing/East Lansing/Holt.....Ch. 8                  Jackson.....Ch. 18                  Summit/Leoni Township.....Ch. 8</p>	<p><b>MILLENNIUM</b></p> <p>Bath,Charlotte/Williamston/others.....Ch. 6                  Vermontville.....Ch. 12                  Grass Lake.....Ch. 11</p> <p><b>CABLE PROPERTIES</b></p> <p>Rives Junction.....Ch. 18                  Springport.....Ch. 18</p>
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**Watch past episodes at [vimeo.com/channels/citypulse](http://vimeo.com/channels/citypulse)**

# Belinda Thurston joins City Pulse as editor

By happy coincidence, our cover this week features a photo (of model Nkiru Nnawulezi) from a joint project between photographer Jena McShane and the Just B yoga studio in REO Town. It and other photos in an exhibit called Lansing Loves Yoga were displayed at the City Market last Christmas.



Thurston

The coincidence is that the owner of Just B Yoga, Belinda Thurston, has just signed on as the editor of City Pulse. She will replace me starting Monday. I'll remain as publisher.

It's exciting news for City Pulse. Belinda is one of those lucky finds: a talented, experienced journalist in Lansing who is also available. And just as important: She's very attuned to the community.

As editor, she will carry on City Pulse's local mission, looking at stories in depth, examining social issues and finding progressive voices to help us understand how best to enhance our community.

Belinda, 46, comes to City Pulse with 20 years' experience in journalism. She arrived in Lansing in 2004 as assistant managing editor of the State Journal, then served as digital news director until she left in 2012. She coordinated the outstanding coverage of the wrongful murder conviction of Claude McCollum.

A native of Washington, D.C., she spent

five years as a reporter at papers in the Pittsburgh area, where she earned a master's in English writing from the University of Pittsburgh and a bachelor's in computer science, English and Spanish at Carnegie Mellon University. She was assistant city editor of the Poughkeepsie Journal and assistant metro editor at the Dallas Morning News.

Belinda started Just B Yoga in 2010. (She'll continue its operation.) Two years later, she founded the Free Being Yoga Network. Her passion comes through in her description on her resume of the latter: a "nonprofit providing yoga services to the homeless, victims of trauma and violence, special needs children, at-risk youth and other underserved communities."

It's such passion that earned her a Michigan Hometown Health Hero Award from the state in 2012 and the Tribute to Women Award last year from the Women's Center for Greater Lansing.

It's the same passion we know she will bring to City Pulse. Welcome aboard, Belinda.



One other happy note: Michael Brenton, who writes our monthly wine column, has been named to the board of the state's Grape and Wine Industry Council. The 12-member council provides research on grapes and wine and offers marketing programs for Michigan's wine industry. As Gov. Rick Snyder said in the news release announcing his appointment, "Michael has a wealth of experience and knowledge about the grape and wine industry and I look forward to his contributions to the council."

I realize that's coming from the man City Pulse voted "worst politician" in our annual Top of the Town contest — but, hey, even a broken clock is right twice a day.

—Beri Schwartz

## Feedback

### Lansing lacks films

I was so pleased to read your piece, "Train in Vain" in the most recent edition of City Pulse. It echoes sentiments that I've held for some time now. The film situation in the Lansing area is abysmal. I often find myself driving to Ann Arbor or Royal Oak (I made the hour-long trek to go see Snowpiercer) for films. Like you I had imagined that Studio C! - with its adult-oriented drink and food menu - would offer more independent fare, yet sadly their screen rooms are filled with multiple version of Transformers.

Aside from Snowpiercer, there are so many interesting movies in limited or wide release right now: I Origins, Boyhood, Writers, The Rover, etc., and none are playing around here. A month or so ago I asked Celebration if they'd be getting Only Lovers Left Alive in Lansing (they had it briefly in

Grand Rapids), and was told they'd ask they're programmers; I never heard back.

I refuse to believe that Lansing lacks the interest in anything other than big-budget action films. Surely one of our four movie theatres can spare a single screening room for even a few showings each week. It does seem as though our individual pleas for these sort of films fall on deaf ears though, so I wanted to write to say that I would be happy to try and start or participate in something that might make our collective voices heard - a petition, letter-writing, phone calls, etc. I also know others who feel similarly.

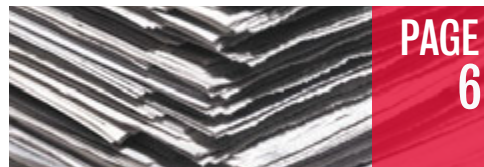
Thank you for your column, and please be in touch if you feel that we might be able to do something.

—Kristen Heine  
Lansing

# CityPULSE

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LSJ and other newspapers split from Gannett



How cat memes and French Impressionism overlap this month



Old Mission Peninsula wineries provide world-class vintages



PHOTO by JENA MCSHANE

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**THIS WEEK**

- Congressional candidate Eric Schertzing
- Just B Yoga's Belinda Thurston
- MSU's Mike Jenkins



7 p.m.  
Wednesdays



## THIS MODERN WORLD

by TOM TOMORROW

THE OVERWHELMING MAJORITY OF PEOPLE KILLED IN GAZA HAVE BEEN CIVILIANS--

--AND A LOT OF THOSE HAVE BEEN CHILDREN!

EXCUSE ME, KIDS--I KNOW A THING OR TWO ABOUT CIVILIAN CASUALTIES!

I MEAN TO SAY I'VE--YOU KNOW--READ ARTICLES AND STUFF.

ANYHOO--

--TAKE IT FROM ME--THERE'S NO POINT IN OBSESSING OVER A LITTLE COLLATERAL DAMAGE!

AND YOU CERTAINLY DON'T WANT TO WASTE TIME TRYING TO ASSIGN BLAME.

UNLESS YOU'RE BLAMING HAMAS.

BUT REALLY--THERE'S NO NEED FOR YOU TO WORRY ABOUT ANY OF THIS! THE GROWN-UPS WILL SORT THINGS OUT!

SOONER OR LATER.

MAYBE THE GROWNUPS COULD THINK ABOUT SORTING THINGS OUT WITHOUT KILLING ANY MORE TEN YEAR OLDS.

HA HA! SURE, AND MAYBE EVERYONE WILL GET A FREE PONY!

OH, YOU WERENT JOKING.

## PULSE

## NEWS &amp; OPINION

# 'Tower of terror'

**Serious problems persist at the public housing complex on South Washington Avenue, residents say — those brave enough to talk. Authorities dispute it.**

The stories from residents are appalling — they paint a picture of a developing country, not a five-story building on Lansing's near south side. Human feces and urine in the hallways, common areas and elevators. Large, aggressive crowds blocking entry to the building. Threats directed at anyone attempting to close a security door into the facility. Large fights. Guns. Drugs. And bedbugs on the fourth and fifth floor.

The residents live in fear, they say. Fear of the violence, and retribution from management if they speak out. They say the place has become a "tower of terror."

The Lansing Housing Commission operates the 248-unit, five-story building where rent is 20 percent or less of a person's income and many residents receive state or federal assistance. Officials there acknowledge problems.

"There are concerns about blocking the doors and fights. LHC has and will continue to identify lease violators and issue termination of tenancy notices," says Patricia Baines-Lake, executive director of LHC. "On an infrequent basis urine and feces have been cleaned. When such issues are caused by residents, without medical emergencies, eviction notices have been issued."

City Pulse spent several days at the complex talking to residents aged 27 to 65, on and off the record. All expressed fear for their safety or fear of retaliation from management if they used their real names. LHC officials deny that they retaliate against residents who raise concerns.

However, safety is an issue. Following a conversation with City Pulse, a man approached two people who had spoken with a reporter and within in ear shot threatened to "blow your fucking brains out" for having spoken. City Pulse is not identifying sources in this article.

The complaints are not new. Nearly a year ago, City Pulse reported on the ongoing crisis. At the time, city and Lansing Housing Commission officials touted a new security camera system, onsite security guards and aggressive policing actions as the solution.

A year later, however, the private security contractors are gone. LHC had to cancel the contract after federal officials determined the payments for security staff were ineligible for the federal funding area previously used, Baines-Lake said.

Despite the loss of private security, she says there are plenty of systems in place for security at the facility — one of the four properties operated by the commission. The other three are LaRoy Froh, Mt. Vernon and Hildebrandt Park.

"LHC discontinued security personnel," Baines-Lake said in an email to City Pulse. "However, security cameras were installed and a community policing officer works with LHC staff at South Washington."

The \$65,000 video camera system was installed in June. And the community policing officer was assigned in 2012.

"Over the course of the past 18 months, LPD has conducted several operations to address the crime issues that were most prevalent in the complex," says Lansing Police Chief Michael Yankowski. "This included knock and talks, drug raids, surveillance, walk-throughs, and general enforcement during pro-active police con-



tacts and calls for service."

Yankowski says aggressive enforcement actions and the addition of the community police officer are working.

"In 2013, LPD responded to over 300 calls for service to the complex," Yankowski said in an email to City Pulse. "So far in 2014 there have only been a total of 79 calls for the first seven months of the year."

The city did not immediately respond to a request for the number of 911 calls, or the number of arrests for those same periods.

The commission opened bids in mid-July to upgrade the security doors on the facility.

Residents enter a small lobby-like area, but they need an electronic card to entry

a second door. When the onsite managers leave at night, the door is propped open. Residents say shutting it means risking a violent confrontation with residents and non-residents who congregate there.

"I was told we were moving in the right direction," says ALynne Boles, president of Lansing City Council who represents the southwest side of the city — that include the location of the facility. "I've gotten no calls from resident there — that I know of."

A year ago, residents complained about bedbugs, and the LHC acknowledged that some pests were found but denied there was an infestation. But residents say the bedbugs remain a problem on the fourth and fifth floors and LHC officials have brought in pest control agents and even dogs to search for the vermin.

It seems the bug problem continues.

On Friday, there was a mattress wrapped in plastic in the facility's dumpster. That's exactly how the Michigan Department of Community Health recommends disposing of a bedbug-infested mattress.

Baines-Lake said the organization was unaware of the problems on the fourth and fifth floors but would send pest control experts to evaluate and, if necessary, act.

Residents say their voices have been silenced by current management. A residential council once operated in the facility, supporting community building events such as holiday parties, and serving as a neighborhood council on community concerns for management. That council was ended under new management, residents said.

Baines-Lake says this is inaccurate.

"LHC did not remove the resident council," she said, noting it ended before the current management was in place. "We have and will continue to encourage residents to form a resident council."

Yankowski says the city and Police Department are trying to develop a stronger community in the complex.

"While this is multi-story apartment building — it is still a neighborhood," Yankowski said. "Strong neighborhoods are built on community involvement and watching out for your neighbors. The community policing officer and our staff believe the best methods to resolve the issues within the building are with these strong relationships and improved communications. In fact, LPD and the City have held a Community Picnic at the complex in which hot dogs and other refreshments were served."

—Todd Heywood



**Property:** George W. Romney Building, 111 S. Capitol Ave.

**Owner:** State of Michigan

**Assessed Value:** no assessment

Built in 1924 as the Olds Hotel, the building was repurposed as an office building in the 1990s and renamed after Michigan's 43rd governor. Like many buildings downtown, this impressive block is often overshadowed by the grandeur of the Capitol. Pedestrians studying the building are encouraged to step within and enjoy the soaring atrium that replaces the hotel's original light court.

The details at this building's base outwardly express its tremendous weight. Replacing the typical, tall individual columns, the supports here seem to have been crushed to stout stubs under the massive building above. Likewise, they have apparently compressed outward, colliding with each other in tightly compacted groups. The frieze immediately above these columns is similarly affected and is squashed out in a pulvinated bulge.

Rising above the dense base, limestone is applied to the brick-clad exterior in decorative Beaux-arts details. Rusticated window surrounds, corner quoins and delicate swags enhance the simple massing. The entire building is divided in the classical tripartite manner, both horizontally and in a more subtle vertical arrangement. By pairing two columns of windows and omitting their limestone surrounds, the Capitol façade is discreetly split into three discrete parts.

—Daniel E. Bollman, AIA

"Eye candy of the Week" is our weekly look at some of the nicer properties in Lansing. It rotates each with Eyesore of the Week. If you have a suggestion, please e-mail [eye@lansingcitypulse.com](mailto:eye@lansingcitypulse.com) or call Andy Balaskovitz at 999-5064.

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## PUBLIC NOTICES

**B/15/012 2014 PARK OVERBAND CRACK SEALING.** as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the FINANCE DEPARTMENT, PURCHASING OFFICE, 8TH FLOOR CITY HALL, 124 W. MICHIGAN AVENUE, LANSING, MICHIGAN 48933 until **3:00 PM** local time in effect on **AUG. 19, 2014** at which time the bids will be opened and read aloud. **Complete specifications and forms required to submit bids are available by calling Stephanie Robinson, CPPB at (517) 483-4128, or email: Stephanie.Robinson@lansingmi.gov, or for content and purpose of this bid contact Dick Schaefer, Parks Department at (517) 483-4283, or go to www.mitn.info.** The City of Lansing encourages bids from all vendors including MBE/WBE vendors and Lansing-based businesses. **CP#14\_203**

### 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, August 27, 2014 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 Trilogy Health Services, LLC for modified Site Plan and Special Use Permit approval for the existing senior living/health care facility at 3500 Coolidge southeast corner of Coleman and Coolidge Roads. The proposed application would permit construction of a new wing, with 12 additional beds, to the westernmost building, along with minor site modifications to accommodate the construction.

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

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

Marie E. Wicks  
City Clerk

**CP#14\_204**

### Notice of Application for Clean Corporate Citizen Designation

**Lansing Board of Water & Light - John Dye Water Condition Plant, 148 South Cedar Street, Lansing, MI** proposes to file an application with the Michigan Department of Environmental Quality for designation as a Clean Corporate Citizen (C3) in accordance with Part 14, Clean Corporate Citizens, of the Natural Resources and Environmental Protection Act, 1994 PA 451, as amended (NREPA).

Clean Corporate Citizenship is a voluntary program that provides the opportunity for companies to be publicly recognized by the state of Michigan for demonstrating environmental stewardship and strong environmental ethics through their operations. Designation of Clean Corporate Citizenship requires a facility to demonstrate implementation of an Environmental Management System (EMS), compliance to all Federal and State Requirements, and implementation of a Pollution Prevention Policy and Program.

Documentation related to the C3 application will be available for a 30 day public review beginning August 6, 2014 at the *Capital Area District Library Reference Desk - Downtown Branch, 401 Capitol and Lansing Board of Water and Light Headquarters, 1201 South Washington Avenue in Lansing, MI.*

Any comments, questions and/or concerns may be directed to:

Lansing Board of Water & Light  
Attn: Mark W. Matus  
1201 South Washington  
Lansing, MI 48910  
or [mwm@lbwl.com](mailto:mwm@lbwl.com)

Any such communications may also be submitted to:

Michigan Department of Environmental Quality  
Office of Environmental Assistance  
Attn: Clean Corporate Citizen Program  
P.O. Box 30457  
Lansing, MI 48909-7957

**CP#14\_202**

# Gannett split

## For newspapers like the Lansing State Journal this divorce makes sense

Gannett Co. Inc. on Tuesday succumbed to the pressure to offload its newspapers, including the Lansing State Journal, USA TODAY, the Detroit Free Press and others

For LSJ customers — readers and advertisers — the divorce suggests two paths.

Ideally, the liberated newspaper company will focus on, well, its newspapers. The old Gannett had become a broadcast business and operator of digital properties like Cars.com and CareerBuilder. Its newspapers provided a steady, though declining, river of cash, very little of it reinvested in operations like the State Journal.

The other path is less welcoming. Gannett's broadcast business is where the profits are, and without them it could be bleak.

"Gannett's newspapers are a drag on its earnings," Ken Doctor, wrote last week in an article for the Nieman Journalism Lab. "Its Q2 publishing results affirm that things aren't betting much better - down 3.7 percent year-over-year overall, 5.1 percent in print ad revenue.

"Newspapers now produce 70 percent of Gannett revenues, but broadcast produces 60 percent of the profits," Doctor wrote. "Those lines continue to diverge."

In the Gannett newspaper empire, the Lansing State Journal is a mid-sized player. It's possible that the new company will view it as a stable, sustainable, even a growth property rather than a cash cow. In announcing the print/broadcast split, the company hinted that investment might be possible.

"The transaction will create two focused companies with increased opportunities to grow organically across all businesses as well as pursue strategic acquisitions," Gannett said in its spin-off announcement. But the publishing company, which will retain the Gannett name, will be publicly traded and will face pressure to produce "shareholder value" for its stockholders. It will have a healthy balance sheet; Gannett's existing debt will be held by the broadcast company.

When the split is completed next year, stockholders will know what they are getting — a company constructed of newspapers and their websites. They will have to suppress their desire for immediate returns that drives the current corporate management.

Gannett was the last large media company to divide itself. Last Wednesday, two large newspaper companies, E.W. Scripps Co. and Journal Communications Inc. announced that they would merge, combin-

ing broadcast operations and spinning off their newspaper properties into a single stand along company, called Journal Media Group. This has been a busy week for restructuring the newspaper industry. On Monday, the Tribune Co. rolled its eight newspapers, among them the Los Angeles Times, the Chicago Tribune and The Baltimore Sun, into a separate company called Tribune Publishing.

For Scripps and the Journal, both were rewarded by Wall Street. Shares of Journal Communications jumped 24 percent on Thursday; Scripps shares were up 8 percent. There was no stock bump for Gannett yesterday. It shares lost value, down from Monday's close. It is likely that the market anticipated the move and pushed the stock higher. Also, the stock prices declined broadly on.

\*\*\*

Our own soon-to-be radio host Congressman Mike Rogers offered a tepid response over the weekend to the embarrassing acknowledgment by CIA Director John Brennan that his agency had hacked into Senate computers.

Based on earlier cautionary statements by Rogers in March, it seemed that the chairman of the House Intelligence Committee might actually be outraged that congressional oversight — that is, by him and his colleagues — was subject to CIA dirty tricks. In March, he told CNN that "if someone broke the law, they're going to have to pay the penalty."

But speaking on CNN's "State of the Nation" program Sunday, Rogers characterized the breach as technical. Referring to the preliminary investigation, Rogers said, "This says that somebody overstepped their bounds by trying to figure out what the coding was on who had access to CIA computers and CIA spaces, that's a little bit different than spying on congress, in my mind. Still a serious breach."

It was, of course, the CIA that required the Senate to use its computers in its "secure" location. Apparently, not that secure.

Rogers is waiting for what he called a "thorough review" of the episode, which for an organization like the CIA ought to be simple as calling in the people responsible and asking what happened. But either the CIA staff is duplicitous enough to hang the boss out to dry — or the boss, Brennan, knows the truth and hopes to bluff his way past a compliant Congress.

There was no call for accountability from Brennan — a contrast to the congressional Republican stampede for dismissal of senior Internal Revenue Service officials,

Rogers deflected questions about the CIA's actions with praise for the legions of loyal, hardworking CIA employees, which raises the question: Could it be that he is simply worn out trying to tame the CIA, NSA and other wings of the nation's security apparatus that clearly do as they please, regardless of law and consequences?

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**MICKEY HIRTEN**

# ARTS & CULTURE

ART • BOOKS • FILM • MUSIC • THEATER

## Pulsar X

Who will take home the gold at City Pulse's 10th annual theater award show?

By ALLANI I. ROSS

It was a year of boys who didn't grow up, musical murder sprees and the most famous song about snow, as if the Lansing area didn't get enough of that stuff last winter. On Aug. 18, the Pulsar Awards will be given to local actors for the 10th time, directors and tech crews, celebrating the best in Lansing-area community theater.

The year's top vote-getter was Riverwalk Theatre's production of "Irving Berlin's White Christmas," which scored 14 nods. Williamston Theatre's "The Lion in Winter" got 13 and

Michigan State University's Department of Theatre Bollywood take on "Peter Pan" netted 12. Peppermint Creek's productions of "Bonnie & Clyde: A New Musical" and "Clybourne Park" each got nine nominations.

This year the ceremony will be at Ledges Playhouse in Grand Ledge, home of the Over the Ledge Theatre Co.

The Pulsar judges are City Pulse reviewers Erin Buitendorp, Mary Cusack, Kathy Helma, Tom Helma, Shawn Parker, Paul Wozniak and Ute Von Der Heyden; a show must have been seen and scored by at least three Pulsar judges to qualify. All of the Lansing area's community, professional or college theater groups were in contention. (Pulsars do not cover children's theater, high school theater, gala presentations, student showcases or workshop shows.) The season ran from Aug. 1 last year to July 31 this year.

There are five nominees in most categories, but in some there are fewer, which may be due to a lack of qualified candidates.

### KEY:

LCC, Lansing Community College Performing Arts Department, Lansing  
 MSU, Michigan State University Department of Theatre, East Lansing  
 MSUOT, MSU Opera Theatre, East Lansing  
 OTL, Over the Ledge Theatre Co., Grand Ledge  
 PC, Peppermint Creek Theatre Co., Lansing  
 RT, Riverwalk Theatre, Lansing  
 SDT, Starlight Dinner Theatre, Lansing  
 WT, Williamston Theatre, Williamston

## 2014 PULSAR AWARD NOMINEES

### Best Play

"Clybourne Park," PC  
 "Frankie and Johnny in the Clair de Lune," WT  
 "In the Next Room, or the vibrator play," OTL  
 "The Lion in Winter," WT  
 "The Woman in Black," WT

### Best Musical

"The Big Bang," WT  
 "Bonnie & Clyde: A New Musical," PC  
 "Irving Berlin's White Christmas," RT  
 "Peter Pan," MSU  
 "Xanadu," MSU

### Best Director/Play

Blake Bowen, "Clybourne Park," PC  
 Mary Job, "In the Next Room, or the vibrator play," OTL  
 Deborah Keller, "Tribes," PC  
 John Lepard, "The Lion in Winter," WT  
 Tobin Hissong, "The Woman in Black," WT

### Best Director/Musical

Susan DeRosa, "Nunsense," SDT  
 Katie Doyle, "Bonnie & Clyde: A New Musical," PC  
 Jane Fallon, "Irving Berlin's White Christmas," RT  
 Rob Roznowski, "The Big Bang," WT  
 Rob Roznowski, "Peter Pan," MSU

### Best Lead Actor/Play

Jack Dowd, "Clybourne Park," PC  
 Devin Faight, "Tribes," PC  
 Aral Gribble, "The Woman in Black," WT  
 John Lepard, "Frankie and Johnny in the Clair de Lune," WT  
 John Manfredi, "The Lion in Winter," WT

### Best Lead Actor, Musical

Matthew Gwynn, "The Big Bang," WT  
 Joe Quick, "Irving Berlin's White Christmas," RT  
 Zev Steinberg, "The Big Bang," WT  
 Joshua Whitson, "Peter Pan," MSU  
 Adam Woolsey, "Irving Berlin's White Christmas," RT

### Best Lead Actress/Play

Sandra Birch, "The Lion in Winter," WT  
 Sarah Goetze, "Ruthless," MSU  
 Deborah Keller, "The Graduate," LCC  
 Heather Lewis, "Clybourne Park," PC  
 Suzi Regan, "Frankie and Johnny in the Clair de Lune," WT

### Best Lead Actress/Musical

Whitney Bunn, "Peter Pan," MSU  
 Rachel Dalton, "Irving Berlin's White Christmas," RT

Brittany Ann Nicol, "Bonnie & Clyde: A New Musical," PC

Brittany Ann Nicol, "Xanadu," MSU  
 Rachael Raymer, "Irving Berlin's White Christmas," RT

### Best Supporting Actor/Play

Chad Badgero, "Tribes," PC  
 Michael Barbour, "The Lion in Winter," WT  
 Joe Dickson, "Clybourne Park," PC  
 Andrew Head, "The Lion in Winter," WT  
 Blaine Mizer, "The Lion in Winter," WT

### Best Supporting Actor/Musical

Ryan Bennett, "Ruthless," MSU  
 Matt Bill, "Bonnie & Clyde: A New Musical," PC  
 Doak Bloss, "Irving Berlin's White Christmas," RT  
 Dan Inglese, "Xanadu," MSU  
 Scott Laban, "Bonnie & Clyde: A New Musical," PC

### Best Supporting Actress/Play

Jenise Cook, "Clybourne Park," PC  
 Oralya Garza, "Agnes of God," LCC  
 Lydia Hiller, "Widows," MSU  
 Erin Hoffman, "In the Next Room, or the vibrator play," OTL  
 Katie Maggart, "The Lion in Winter," WT

### Best Supporting Actress/Musical

Erin Hoffman, "Irving Berlin's White Christmas," RT  
 Lauren Kreuer, "Ruthless," MSU  
 Mary Maurer, "Bonnie & Clyde: A New Musical," PC  
 Kelly Stuble, "Irving Berlin's White Christmas," RT  
 Jacqueline Wheeler, "Peter Pan," MSU

### Best Featured Actor/Play

Devin Faight, "Clybourne Park," PC  
 Devin Faight, "The Graduate," LCC  
 Jesse Frawley, "Prelude to a Kiss, LCC

### Best Featured Actress/Play

Shannon Bowen, "Clybourne Park," PC  
 Lela Ivey, "Other Desert Cities," PC  
 Gini Larson, "In the Next Room, or the vibrator play," OTL

### Best Featured Actor/Musical

To be announced at ceremony

### Best Featured Actress/Musical

Heather Benson, "The Magic Flute," MSUOT  
 Tigiste Habtemariam, "Bonnie & Clyde: A New Musical," PC  
 Elizabeth James, "The Magic Flute," MSUOT  
 Ann Marie Theis, "The Magic Flute," MSUOT

### Best Musical Director

Jeff English, "The Big Bang," WT  
 James Geer, "Nunsense," SDT  
 Kevin Noe, "The Magic Flute," MSUOT

John Dale Smith, "Irving Berlin's White Christmas," RT  
 Dave Wendelberger, "Peter Pan," MSU

### Best Choreography

Brent Decker, "Bonnie & Clyde: A New Musical," PC  
 Shubhi Kalwani/Jennifer Ridley/Raji Singh/Ranjani Srinivasa/Zev Steinberg, "Peter Pan," MSU  
 Fran Norton, "Nunsense," SDT  
 Karyn Perry, "Irving Berlin's White Christmas," RT  
 Kelly Stuble, "Ruthless," MSU

### Best Lighting

Joseph Dickson, "A Wrinkle in Time," OTL  
 Genesis Garza, "Frankie and Johnny in the Clair de Lune," WT  
 Daniel Huston, "The Lion in Winter," WT  
 Shannon T. Schweitzer, "Peter Pan," MSU  
 Daniel C. Walker, "The Woman in Black," WT

### Best Sound

Joseph Dickson, "A Wrinkle in Time," OTL  
 Steve Edwards, "Irving Berlin's White Christmas," RT  
 Quintessa Gallinat, "Frankie and Johnny in the Clair de Lune," WT  
 Jason Price, "Peter Pan," MSU  
 Michelle Raymond, "The Lion in Winter," WT

### Best Set Design

Bartley H. Bauer, "Frankie and Johnny in the Clair de Lune," WT  
 Bartley H. Bauer/Jeff Boerger, "Clybourne Park," PC  
 Kirk Domer, "Peter Pan," MSU  
 Renee Suprenant, "The Magic Flute," MSUOT  
 Megan Wilkerson, "The Lion in Winter," WT

### Best Properties

Bruce Bennett, "The Big Bang," WT  
 Bruce Bennett, "The Lion in Winter," WT  
 Ray Kurtis/Melody Teodoro-Kurtis, "In the Next Room, or the vibrator play," OTL  
 Michelle Raymond, "Bonnie & Clyde: A New Musical," PC  
 Michelle Raymond, "Frankie and Johnny in the Clair de Lune," WT

### Best Makeup

Daniel Moore, "In the Next Room, or the vibrator play," OTL  
 Mel Motz, "Peter Pan," MSU  
 Susie Perazza, "Irving Berlin's White Christmas," RT

### Best Costumes

Lark Burger, "In the Next Room, or the vibrator play," OTL  
 Amber Marisa Cook, "The Lion in Winter," WT  
 Amber Marisa Cook, "Frankie and Johnny in the Clair de Lune," WT  
 Daniel Hobbs, "Peter Pan," MSU  
 Kris Maier, "Irving Berlin's White Christmas," RT

## Free Will Astrology By Rob Breznsny

August 6-12

**ARIES** (March 21-April 19): Don't just be smart and articulate, Aries. Dare to be wildly wise and prone to unruly observations. Don't merely be kind and well-behaved. Explore the mysteries of healing through benevolent mischief. Don't buy into the all-too-serious trances. Break up the monotony with your unpredictable play and funny curiosity. Don't simply go along with the stories everyone seems to believe in as if they were the Truth and the Way. Question every assumption; rebel against every foregone conclusion; propose amusing plot twists that send the narratives off on interesting tangents.

**TAURUS** (April 20-May 20): *Breve orazione penetra* is an old Italian idiom. Its literal translation is "short prayers pierce" or "concise prayers penetrate." You can extrapolate from that to come up with the meaning that "God listens best to brief prayers." In the coming week, I invite you to apply this idea whenever you ask for anything, whether you are seeking the favors of the Divine Wow or the help of human beings. Know exactly what you want, and express it with no-nonsense succinctness.

**GEMINI** (May 21-June 20): Every February, you go through a phase when it's easier to see the big picture of your life. If you take advantage of this invitation, your experience is like being on a mountaintop and gazing into the vastness. Every August, on the other hand, you are more likely to see the details you have been missing. Transformations that have been too small and subtle to notice may become visible to you. If you capitalize on this opportunity, the experience is like peering through a microscope. Here's a third variation, Gemini: Around the full moons of both February and August, you may be able to alternately peer into the microscope and simulate the view from a mountaintop. I think that's about to happen.

**CANCER** (June 21-July 22): You wouldn't sip dirty water from a golden chalice. Am I right? Nor would you swig delicious poison from a fine crystal wine glass or ten-year-old vinegar from a queen's goblet. I'm sure you will agree that you'd much rather drink a magical elixir from a paper cup, or a rejuvenating tonic from a chipped coffee mug, or tasty medicine out of a kids' plastic soup bowl you bought at the thrift store. Don't you dare lie to yourself about what's best for you.

**LEO** (July 23-Aug. 22): Every 12 years, the planet Jupiter spends about a year cruising through the sign of Leo. It's there with you now, and will be with you through early August, 2015. What can you expect? EXPANSION! That's great, right? Yes and no. You might love to have some parts of your life expand; others, not so much. So I suggest you write down your intentions. Say something like this: "I want Jupiter to help me expand my faith in myself, my power to do what I love, and my ability to draw on the resources and allies I need. Meanwhile, I will prune my desires for things I don't really need and cut back on my involvement with things that don't inspire me. I don't want those to expand."

**VIRGO** (Aug. 23-Sept. 22): TV comedian Stephen Colbert confesses that his safeword is "pumpkin patch." Does that mean he participates in actual BDSM rituals? Is it the codeword he utters when he doesn't want the intensity to rise any further, when he doesn't want his next boundary crossed? I don't know. Perhaps he's simply joking or speaking metaphorically. Whether or not you engage in literal BDSM, Virgo, there's an aspect of your life right now that has metaphorical resemblances to it. And I suggest that you do the equivalent of using your safeword very soon. Nothing more can be gained from remaining embroiled in your predicament. Even if the ordeal has been interesting or educational up until now, it won't be for much longer. Escape your bondage.

**LIBRA** (Sept. 23-Oct. 22): If you're planning to hurl a thunderbolt, make sure you are all warmed up and at full strength before you actually unleash it. It would be sad if you flung a half-assed thunderbolt that looked like a

few fireflies and sounded like a cooing dove. And please don't interpret my wise-guy tone here as a sign that I'm just kidding around. No, Libra. This is serious stuff. Life is offering you opportunities to make a major impression, and I want you to be as big and forceful and wild as you need to be. Don't tamp down your energy out of fear of hurting people's feelings. Access your inner sky god or sky goddess, and have too much fun expressing your raw power.

**SCORPIO** (Oct. 23-Nov. 21): In your dreams you may travel to Stockholm, Sweden to accept the Nobel Prize or to Hollywood to pick up your Oscar. There's a decent chance that in your sleepy-time adventures you will finally score with the hot babe who rejected you back in high school, or return to the scene of your biggest mistake and do things right this time. I wouldn't be surprised if in one dream you find yourself riding in a gold chariot during a parade held in your honor. I'm afraid, however, that you will have to settle for less hoopla and glamour in your waking life. You will merely be doing a fantastic job at tasks you usually perform competently. You will be well-appreciated, well-treated, and well-rewarded. That's not so bad, right?

**SAGITTARIUS** (Nov. 22-Dec. 21): Lake Superior State University issues a "Unicorn Questing Privilege" to those people who are interested in hunting for unicorns. Are you one of them? I wouldn't be surprised if you felt an urge like that in the coming weeks. Unusual yearnings will be welling up in you. Exotic fantasies may replace your habitual daydreams. Certain possibilities you have considered to be unthinkable or unattainable may begin to seem feasible. Questions you have been too timid to ask could become crucial for you to entertain. (You can get your Unicorn Questing License here: <http://tinyurl.com/unicornlicense>.)

**CAPRICORN** (Dec. 22-Jan. 19): Your ethical code may soon be tested. What will you do if you see a chance to get away with a minor sin or petty crime that no one will ever find out about? What if you are tempted to lie or cheat or deceive in ways that advance your good intentions and only hurt other people a little bit or not at all? I'm not here to tell you what to do, but rather to suggest that you be honest with yourself about what's really at stake. Even if you escape punishment for a lapse, you might nevertheless inflict a wound on your integrity that would taint your relationship with your own creativity. Contemplate the pleasures of purity and righteousness, and use them to enhance your power.

**AQUARIUS** (Jan. 20-Feb. 18): "The thorn arms the roses," says an old Latin motto. The astrological omens suggest you'll be wise to muse on that advice in the coming weeks. How should you interpret it? I'll leave you to draw your own conclusions, of course, but here are a few hints. It may be that beauty needs protection, or at least buffering. It's possible that you can't simply depend on your sincerity and good intentions, but also need to infuse some ferocity into your efforts. In order for soft, fragile, lovely things to do what they do best, they may require the assistance of tough, strong, hearty allies.

**PISCES** (Feb. 19-March 20): If you go to an American doctor to be treated for an ailment, odds are that he or she will interrupt you no more than 14 seconds into your description of what's wrong. But you must not tolerate this kind of disrespect in the coming days, Pisces -- not from doctors, not from anyone. You simply must request or, if necessary, demand the receptivity you deserve. If and when it's given, I urge you to speak your truth in its entirety. Express what has been hidden and suppressed. And this is very important: Take responsibility for your own role in any problems you discuss.

## Art Gallery **CONFIDENTIAL**

# Selfie esteem

How cat memes and French Impressionism overlap this month

By JONATHAN GRIFFITH

An artist often gives away his surroundings through his art: The vast, rolling pastures of Constable's Dedham Vale, the lush, liquid landscapes of Monet's water lilies, the visual cacophony of Bosch's ... well, who really knows. So, given the array of animals that inhabit the paintings of Freshteh Parvizi's new exhibit at East Lansing's Mackerel Sky, one could easily assume she is entrenched with a veritable menagerie of creatures. But you know what they say about assumptions.

"I don't even own a dog," Parvizi said. Not that there's anything wrong with that.

Her styles vary subtly from piece to piece as figures take baby steps away from realism and back again with all the work exploring color palettes right at home with the French classics of the 20th century.

Although incongruent, it's obvious the pieces are all part of the same litter: One series of paintings contains flowers and birds, the next is all cats and flowers and then finally a pair of portraits contain a person and a cat. Parvizi denies any correlation — she said it's all in the spirit of experimentation.

Parvizi earned a master's degree in graphic design from Michigan State University when she moved to the states from Iran 27 years ago. Her background in graphic design aids her in digitally implementing flourishes into her work, which in turn inspires her to reach beyond the confines of her trade.

"Working in graphic design for so long has made me want to experiment outside the art form," Parvizi said. "Now whenever I see things, I just want to paint it."

So while the masters put their surroundings to canvas, whether they knew it or not, they passed down a visual history of their respective era. The MSU Museum debuted a new exhibit that explores how we're all doing the same thing with "selfies," and that photographic self-portraiture is not as new a trend as we may think it is.

"#me: From Silhouettes to Selfies" takes a

look all the way back to culture's first form of selfie to today's. The exhibit says that it is estimated that nearly 1 trillion selfies will be taken this year alone. That's a lot of narcissism.

The exhibit contains several pieces from the MSU historical collections including examples of daguerrotypy, one of the first photographic processes that captured images on a highly polished silver surface, and a look at the physiognotrace, an instrument that helped capture an individual's silhouette.

Far removed from the selfie taking, social media obsessed culture of the 21st century, Saper Galleries' new exhibit featuring the works of French painter Fabienne Delacroix. This exhibit concerns itself with a time that was less about keeping your eyes glued to the screen of your smartphone and more with keeping them trained on distant sailboats and sunsets.

"Its all about the time we wish we had," said Saper Galleries owner Roy Saper.

Delacroix is the youngest daughter of famed 20th-century French painter Michel Delacroix, who was a practitioner of the Naif style of painting, a style that defied contemporary techniques and traditions. Where Fabienne Delacroix's work is concerned, the apple didn't fall far from the tree.

"Fabienne grew up at her father's feet," Saper said. "Painting is in her blood."

While her father was known for painting a France he was well acquainted with — the Nazi-occupied wartime of his youth — Fabienne Delacroix, born in 1972, paints an era that predates her existence by several decades. In vibrant palettes, echoing Impressionistic techniques, she brings to life scenes from the Belle Epoque of pre-WWI France. A time of limited electricity whose leisurely activity was deliberately spent at a snail's pace.

Scenes like "Le trios mats" and "Sous le pont" are effective in their ability to transport the viewer to another time with their loose brushwork. Furthermore, they convey an implied accuracy that makes the viewer wonder how Delacroix can articulate such lucid visions of the past onto canvas. Saper offers a simple insight on the secrets of Delacroix's talent.

"She paints from the heart," Saper said. "Not what she thinks others want."





CityPULSE

# Health Issue



# Crunch time

— By LAWRENCE COSENTINO —

**M**ike Jenkins has had three heart attacks. He has diabetes. He has probably earned enough frequent siren miles for a free EMS ride to Saskatoon. Crunchy's, MSU's old-school beer, burger and fries joint, is the last place he should haunt.

But he likes it here. It's walking distance from his job as director of communications for MSU's College of Arts and Letters. One fine July afternoon last week, he settled onto the patio, poised to bite into the crunchiest lunch at Crunchy's.

"Veggie platter, please," he asked the server. "No pita bread."

Jenkins has enjoyed 151 veggie platters here, by his own count. No. 152 was on the way. The dish is a Spartan oval of green pepper strips, carrot and celery sticks, cucumber slices and a thimble of hummus. Why is this man smiling?

Last year, Jenkins' vision began to blur from diabetes. Another heart attack could happen anytime.

"He's had a lot of scary stuff going on," his physician, Dr. William Page-Echols, acknowledged.

Dreading the prospect of insulin treatments, Jenkins went on a high-nutrient, ultra-low-fat diet and lost 30 pounds in 30 days. By diet and exercise, he hopes to kick diabetes completely and put an end to his cardiovascular brushes with death.

Page-Echols is cheering him on, even though the East Lansing physician considers a pound-a-day weight loss "pretty dramatic" compared to the pound or two a week that's "totally safe and comfortable."

Several of Page-Echols' patients have radically changed their lives the way Jenkins is doing, including two heart attack patients the doctor believes would have been "history" by now if they hadn't, but that's not the norm.

"Unfortunately, it's a rare event, even for me to witness," Page-Echols said.

Medical school, he said, pays only "lip service" to nutrition.

"Our training is to use drugs or surgery," he said. "It's not training in lifestyle modification. 'You've got diabetes. Take your insulin.' The physician has to be motivated to go out and learn on their own."

Even doctors who appreciate the impact of nutrition and exercise on health are fighting an uphill battle.

"There's a TV commercial with this chubby guy, on jet skis, jumping through a flaming hoop, and he's raving about Prilosec," Page-Echols said. "He looks unhealthy! But with this drug, he can eat whatever he wants. What kind of message is that?"

He sees no changes in sight.

"We're in deep trouble," he said. "Five of the top 10 Fortune 500 companies are pharmaceutical companies. They're making money hand over fist."

Many patients need a shock to get them on the righteous path, even after being advised to change their ways.

Watching Jenkins order lunch, you know that something must have given him religion.

Most Crunchy's waitresses know Jenkins on sight, but this afternoon's server wasn't with his program yet. She suggested a hummus plate instead.

"You get way more hummus — like a cup of hummus — with the hummus plate, versus a little tiny container," she advised.

"I'll just take the little tiny container," Jenkins countered with a grin.

The server walked off. "I don't know how much oil is in their hummus," Jenkins explained. "I'm more interested in the veggies anyway."

Jenkins' employment history is a strange mix of hospitals and terrible food. Before coming to MSU, he worked in marketing for Wyandotte General Hospital. He did the same for Burger Chef, Pizza Hut, Domino's Pizza and Wendy's.

He had his first heart attack in 2002.

"It was a total surprise," he said. "Nobody in my family had heart problems. I weighed 215 or so at 6-foot-2 and exercised."

He remembers everything he ate that day. He spent the afternoon jumping and rolling all over the grass, playing goalie at a kids' field hockey game.

At the game, he had a beer, a Bahama Mama hot dog with spicy mustard and jalapeños. After the game, at a reception, he had a few more beers and shrimp with spicy cocktail sauce.

He woke up the next morning with sore leg, a sore arm and a sick feeling in his stomach.



Lawrence Cosentino/City Pulse

MSU professor Mike Jenkins lost 30 pounds and put his diabetes in check by simply switching to a diet full of vegetables and beans.

His carotid artery started to pound. Recognizing the signs of a heart attack — "I had 6 out of 7" — he asked his wife to drive him to the hospital.

Surgeons put in a stent but Jenkins wasn't done with the cardiologists. Six months later, on Christmas morning, he had another heart attack. The first stent was redone and two more were added. He was 52.

In 2009, Jenkins came back to MSU, where he had studied journalism as an undergraduate. One day, while walking across the campus in winter, he started having "weird feelings" in his neck, but brushed it off.

At a routine checkup, Jenkins mentioned the incident. The doctor called EMS immediately. Surgeons found an 80 percent blockage.

Last year, Page-Echols found Jenkins' blood glucose levels were too high. He had to lose weight. "Dr. Will" started Jenkins on medications Metformin and Januvia for diabetes, but they didn't seem to help.

He lost a few pounds here and there,

but it wasn't happening fast enough.

Jenkins ended up in the hospital April 15 this year and was told he needed to go on insulin. He knew full well that diabetes can lead to strokes, heart attacks and even amputations. Jenkins' cousin went blind from diabetes. It was crunch time.

After the depressing news, his wife, Jan, took his straight from the doctor's office to Schuler Books and sat him down in front of the fireplace with a stack of diabetes books. One of them was "The End of Diabetes," by nutritionist Joel Fuhrman.

The book claimed that with proper diet and exercise, a person can "kick diabetes to the curb in 60 to 90 days."

Jenkins' regimen from April 15 to May 15 was pretty much the same every day. Breakfast: A salad. No oil.

"But I found this white balsamic vinegar, very fruity, that I love," Jenkins said. "As many seeds as I want, an ounce and a half of nuts. That's where you get your vital fats."

Animal protein (meat, cheese, fish) was almost completely forbidden, and so are

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**"There's a TV commercial with this chubby guy, on jet skis, jumping through a flaming hoop, and he's raving about Prilosec. He looks unhealthy! But with this drug, he can eat whatever he wants. What kind of message is that?"**

—DR. WILLIAM PAGE-ECHOLS, PHYSICIAN

# Diet

from page 10

oils, even olive oil. Salt is strictly rationed.

Lunch: Another salad, made of lettuce and cabbage, with spicy chili beans heated up and put on top.

"You can have all the beans you want because that's where most of your protein comes from," Jenkins said. To bulk up the meal, he mashed up half an avocado with dill and a thin slice of turkey and rolled the mash into collard greens for a wrap.

For dinner, he could have all the cooked vegetables he wanted, followed by all the raw vegetables he wanted. For dessert, he had a bowl of mixed berries, a pear, a mango or an apple.

"Frozen mixed berries are great," he said. "Being frozen, they take longer to eat and they're more satisfying."

Fuhrman's program also called for Jenkins to walk briskly 30 minutes before every meal to drive down glucose levels and speed up his metabolism.

Page-Echols doesn't put his patients on quite as drastic a diet as Jenkins has embraced, but his prescription for a healthy life is still a far cry from the SAD, or Standard American Diet.

"Basically, starchy carbs need to go," Page-Echols declared. "Hunter and gatherer diet. No processed foods, no dairy, very little meat. If your niece is having a birthday party, enjoy the cake and ice cream, but for the other 20 meals of the week, go back to being rock solid with what's been proven over and over to be a healthy diet."

After losing 30 pounds in 30 days, Jenkins shrank from a size 42 waist to a 34.

"I bought my first pairs of Levi's skinny jeans in my life," he said.

Far more important, the crucial numbers plunged as well. When Jenkins was in the hospital April 15, his blood glucose

level never went below 264 and shot up as high as 308. (A normal level, two hours after eating, is less than 140.) Now, after his evening walk, it ranges from 85 to 105. The daily and weekly averages don't go above the 120s.

He has eased the diet since mid-May, adding chicken and a few more foods, but isn't straying far from the Fuhrman regimen.

In early August, Jenkins will go over the latest numbers with his doctors. He may be able to slacken the diet, or he may not. The holy grail is a 1 AC number, or three-month average glycogen level, of 7 or less.

"He's probably labeled as a diabetic, once and forever, but once he gets there, he's in good shape," Page-Echols said.

Doctors like to say there is no substitute for a motivated patient. Jenkins is not only pleased with his waistline and overall health, he is treating the change in his life as a grand adventure.

On trips to Chicago, San Francisco and New York, he challenged several restaurants to meet his needs and was always pleased at the results. "I found that they will work with you if you're not an idiot about it," he said. "Just explain to them what you need."

On a trip to Toronto, a chef made him a sauté of seven different mushrooms. Back in East Lansing, the staff at Pepino's Sports Grille devised a well-seasoned veggie scramble made from pizza toppings.

"It tastes like you're eating a pizza without the crust, without the cheese and without the meat," Jenkins said. "It's wonderful."

To some, that might sound underwhelming, but Jenkins prefers to pull the focus back to what's important in life.

"I'd like to be here for my wife, for my daughter's wedding, for grandbabies," he said. "I'm not ready to check out."



Belinda Thurston/City Pulse

Yoga businesses are flourishing in Lansing as classes at community centers and fitness centers gain in popularity. There are several styles to choose from.

## Home stretch

— By BELINDA THURSTON —

You don't need to bend over backward to find yoga in Lansing — it seems to be everywhere you turn. Look in the community centers, gyms, workplace offices and outside in the parks. And yoga studios have flourished over the last 10 years, offering traditional forms and specialized classes, such as prenatal yoga and yoga for bigger bodies.

Across Lansing you can see people with their yoga mats tucked under their arm, Lululemon pants on and water bottle in hand rushing to get their yoga fix after work.

Yoga is an ancient system from India that involves physical exercises and other practices like breath and meditation. It has grown into a \$27 billion industry with nearly 30,000 studios across

the country. With so many styles it can be confusing to the newbie. Yoga can seem like a version of Cirque du Soleil, with pretzel-like poses and gravity-defying arm balances.

As the owner of Just B Yoga, Lansing's only donation-based yoga studio, it's been exciting to watch our yoga landscape grow. But I've also heard lots of questions about what kinds of yoga exist around town and how students should choose.

"Real yoga makes your heart sing," said Patty Sutherland, owner of East Lansing Hot Yoga on Trowbridge Road. "All yoga has a basic foundation in common, but the pace of the class, philosophy behind them and range of types of

See Yoga, Page 12

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# Yoga

from page 11

poses can vary greatly.”

Ruth Fisk is the owner of Center for Yoga, Movement and Massage in East Lansing, which became the area’s first yoga studio in 1997.

“Yoga is about internal awareness, not exercise of the body,” Fisk said. “(You should ask yourself) what are you doing it for?”

Fisk’s studio offers Iyengar, Viniyoga and Hatha yogas, which are slow forms that involve more time in poses. They focus on alignment and breath.

“Our demographic encompasses people who feel that most yoga is beyond their reach, and we start where they are,” Fisk said. “We offer classes that bring people into themselves in a way that it begins at their level of health, physical ability.”

Ashtanga and Bikram yogas are forms that are set sequences, meaning the same poses are done in the same order in every class. Ashtanga can be demanding for upper body and abdominals; Bikram is done in a room heated to 105 degrees in front of a mirror.

Vinyasa classes are flowing, fluidly linking postures into a sequence that can vary in pace and selection of pose from class to class and teacher to teacher. These classes can get the heart pumping as the practitioner moves from seated to standing poses in a smooth manner. These classes can sometimes include music or be hot.

Hilaire Lockwood is owner of Hilltop Yoga, which has two studios in Lansing and East Lansing. She said there are there are no prerequisites to get on a yoga mat.

“We encounter so many people (who)

are scared and nervous to try yoga because of it being perceived as only a modality for those who are strong and flexible,” she said. “(It’s) all relative.”

Ellen Larson, owner of Ardhha Moon Yoga & Massage, one of the newest yoga studios in Lansing, recommends students “follow their guts” when choosing what type of yoga is right for them.

“It’s important to feel a connection and to feel safe,” she said. “Find a place you are able to be you.”

Yoga at fitness clubs or community centers could open the gateway for someone to explore other types of yoga or even the spiritual side of yoga. Often in those settings there is little yoga philosophy introduced; Sanskrit terms might be minimal and there may not be the chanting of Om at the end of class. Those traditional elements could be intimidating and foreign for newcomers, so sometimes fitness settings are easy entry points.

“Although yoga is amazing for the body, it isn’t meant to be exercise,” Lockwood said. “Through quieting the mind, real yoga should offer stress relief, emotional healing, self-acceptance and empowerment. Physical well being is a by product of having addressed all of those deeper pieces.”

Still, she said if you only have access or opportunity to practice in a gym setting.

“Any exposure to yoga is a start,” she said.

Plenty has been written about the health benefits of yoga, ranging from arthritis to spinal health and knee issues. But too much of even yoga could be a bad thing.

“Most injuries come from diving into your practice too quickly or simply not listening to your body,” Larson said. “The beauty of yoga is finding your practice today, to not have any expectations of what makes a posture perfect.”

Yoga has catapulted into mainstream life in popularity. You can dip your toe into it or dive into the deep end of the pool. But there is no wrong way. The way that is comfortable is the way that’s right for you.

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Photo credit

Playmakers in Okemos equips runners with the equipment to get them moving as well as clinics to teach proper running techniques.

# The running business

— By NATHAN KARK —

Running shoes don't do you any good sitting in your closet. Maybe an injury's got you sidelined. Maybe you've tried running but you're wasting energy because your form's all out of whack. Not everyone's a born runner, but one local business has positioned itself as not just a purveyor of shoes, but the starting line for people looking to transform their health through fitness.

Sure, Playmakers in Okemos is a "running store," but it does more than just sell shoes. The 15,747-square-foot space serves as a headquarters for local running groups, a running clinic for people new to exercise and a partner in endurance races across the state.

"The original goal was to open a store for community-minded people and help them reach their fitness

goals, whether running or walking with more comfort," said Playmakers co-owner Brian Jones. "Playmakers provides a unique experience for everyone with a lot of local flavor."

When Curt and Judy Munson opened Playmakers in 1977, jogging was still in its infancy. As the sport exploded in the '80s, and with the Munsons guiding the store's growth, Playmakers evolved from a small location at a strip mall to its current location, 2299 W. Grand River Ave., inside a former grocery store. In July 2008, Tom Keenoy, John Benedict and Jones bought into the business as well.

Playmakers staff members don't just help customers try on shoes — they educate people on the benefits associated with better movement.

See Playmakers, Page 14



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## Playmakers

from page 13

"We know our products and stand behind them so we can confidently help our customers with any fitness goal they have in mind," said long-time Playmakers employee Alec Wombolt.

The Munsons worked with doctors to develop the Good Form movement clinic, a free series of classes to im-

ics. She said her instructor took video of her running and then walked her through the steps of good form running. "(Now I) run with a steady and consistent cadence with a mid-foot instead of a heel strike." She said she was very satisfied in that she has been able to increase distance and improve time.

Another weekly program that Playmakers offers is the Free Injury Clinic, where physical therapists and sports medicine professionals assist in the rehabilitation of sports-related inju-

"(The Couch to 5K program) can get just about anyone who can walk a quarter mile running a 5K race."

-BRIAN JONES, CO-OWNER, PLAYMAKERS

prove a runner's gait and form.

"The clinic taught good form, but more importantly (it) explained why good form is important in avoiding injuries," said Melissa Cupp, a local runner who attended one of the clin-

ics.

Playmakers also offers a variety of workout groups for athletes of all interests and abilities. Runners and walkers can train for events togeth-

See Playmakers, Page 15

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# Playmakers

from page 14

er in Playmakers' Any Distance, Any Pace, group. Team Triathlon provides a similar group training experience but adds swimming and biking into the training program. Additionally, Playmakers offers the Couch to 5K program, designed to transform sedentary people into racers.

"It can get just about anyone who can walk a quarter mile running a 5K race," Jones said.



Jones

Last year, the staff of Playmakers assisted in the Run for Phil, which raised over \$80,000 to rehabilitate avid runner and Cooley Law School Professor Phil Prygoski, following a stroke. Play-

makers also supports local races like the 8-year-old Hawk Island Triathlon, organized by Lansing City Councilwoman Kathie Dunbar. Next month she'll push athletes a little farther with the area's first Olympic triathlon.

"I couldn't accomplish these races without the support of Playmakers," Dunbar said. "Their dedication to fitness is beyond admirable."

Playmakers also created the Playmakers Fitness Foundation to address community fitness needs.

"Hopefully the Foundation is a way for us to continue to build upon what we have already started," Jones said.

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# Power of the people

'Detroit Resurgent' features works by French photographer who captures spirit of Detroit

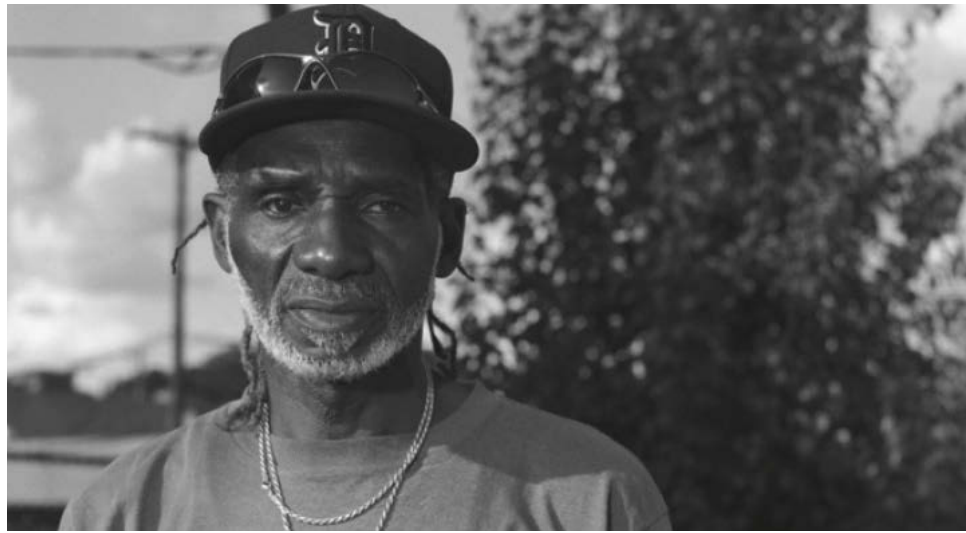
By **BILL CASTANIER**

Not all summer reading necessitates a whisking away to exotic locales. "Detroit Resurgent" is a photography book by Parisian photographer Gilles Perrin and documentarian-interviewer Nicole Ewencyk. The book showcases the portraits of more than 60 Detroiters taken by the world-class portrait photographer accompanied by poignant interviews by his partner.

The behind-the-scenes development of this book makes for a wonderful story all its own. Both Howard Bossen, an MSU photography professor, and John Beck, associate professor in the School of Human Resources and Labor Relations, had a hand in making this book a reality. They provided point-of-view essays, but what isn't said is how they worked diligently to make an idea become a book.

The journey started in 1988 when Bossen met Perrin and Ewencyk at the Rencontres d'Arles, an international photo show in France. Perrin does documentary photography cycles that are intimately associated with occupations. He uses a large-format camera. His shoots are complex, requiring long setups. When Bossen ran into Perrin again in 2008 at the Houston FotoFest, he suggested Perrin and Ewencyk visit Michigan for their next project. Bossen enlisted Beck, who coordinates the Our Daily Work, Our Daily Life program at MSU, to bring Perrin to Detroit to photograph Detroiters at work. But once the idea was laid out and the project unfolded, a new facet was added.

"This is too good — it has to be a book," he said. That's when MSU Press stepped up to be the publisher. The photographer spent three weeks shooting in Detroit in the summer of 2012.



Courtesy image

In the book "Detroit Resurgent," world-famous French photographer Gilles Perrin captures the resilience of the people of Motown.

"You just don't walk into a General Motors plant and start shooting," Bossen said. Although much of the shoot was planned, Bossen said Perrin likes to see "where the shoot goes." The city may be bankrupt, but the book's photos seem to say, its people aren't. The people who will remake the city are among those in this book: Artists, musicians, small business owners, poets and those involved in the local food movement.

Beck contacted his old MSU friends Larry Gabriel and W. Kim Herron, former editor of Detroit Metro Times, to serve as guides, helping the editors identify potential photo subjects. The approach seems to have worked: The book's photos represent an incredible cross section of Detroiters without resorting to boosterism — this is no Chamber of Commerce poobah hustle.

Gabriel, a journalist, writer and musician, was also enlisted to write an essay on Detroit for the book, jazzily titled "detroit dreams: no rust belt scene." Herron was one of the subjects. The book, and its collection of stunning portraits of Detroiters is in a sense a modern-day adventure spanning two continents, two languages and a city that in everyone's imagination says is on the brink of Armageddon. Not so, says Beck.

"The book is about the power of the

people of Detroit and the power of their ideas and their passion for getting stuff done," Beck said. "Everyone thinks there is a monolithic answer to Detroit's problems, but the interviews and essays in the book show that the future of Detroit is being invented person by person."

It can also be easily used as a travel guide for Detroit providing for a grand summer adventure. Bossen sees the book as unusual since it is not just an exquisite collection of portraits. They are paired with interviews, an essay and a poem. He also offers in his essay an intriguing look at documentary photography and the mind of a photographer.

"It really doesn't fit any category (of photo book), but it does show an awful lot of people doing pretty amazing things at all levels of society," Bossen said. "It clearly shows that the perception of Detroit does not extend to its people."

All the 60-plus photographs in the book can be viewed at MSU's Detroit Center in Midtown Detroit and the editors plan on a map detailing locations of the public places

used in the book. The recently published book "Canvas Detroit" (Wayne State Press) offers up another way to look at Detroit and not just through the popular lens of ruin-porn photography. Editors Julie PinCUS and Nichole Christian teamed up to explore more than 300 works of art in the city ranging from murals to a Banksy installation that was cut out of the Packard plant.

Perhaps stencil artist Nicole MacDonald describes the overall feeling of the book best when she says, "I'm really driven by an old Italian anarchist idea: Let your voice be heard and do it out on the street."

And speaking of street art, world famous Detroit artist Tyree Guyton has been recreating abandoned homes into spectacular works of art for 27 years. In 2013, arsonists destroyed three of his homes, leaving only four of the original seven homes. But Guyton will not be hindered. He writes in the book, "My art is a medicine for the community."

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# OUT ON THE TOWN

Events must be entered through the calendar at [lansingcitypulse.com](http://lansingcitypulse.com). Deadline is 5 p.m. Thursdays for the following week's issue. Charges may apply for paid events to appear in print. If you need assistance, please call Jonathan at (517) 999-5069.

## Wednesday, August 6

### CLASSES AND SEMINARS

**Family Storytime.** Ages up to 6. Stories, rhymes and activities. 10:30 a.m. FREE. CADL South Lansing Library, 3500 S. Cedar St., Lansing. (517) 367-6363.

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

**Overeaters Anonymous.** 7 p.m. FREE. First Congregational United Church of Christ, 210 W. Saginaw Highway, Grand Ledge. (517) 256-6954, [fcgl.org](http://fcgl.org).

**Kundalini Yoga.** With Emily Emer. 7:30 p.m. \$8. LotusVoice Integrative Therapies, 4994 Park Lake Road, East Lansing. (517) 897-0714, [lotusvoice48823.com](http://lotusvoice48823.com).

**Drop-In Writer's Workshop.** 30 minutes of writing followed by peer critique. 6-9 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, [elpl.org](http://elpl.org).

### EVENTS

**Practice Your English.** 7:30-8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. [elpl.org](http://elpl.org).

**Allen Street Farmers Market.** Featuring locally grown/prepared foods. Live music. 3-6:30 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

**Capital Area Crisis Men's Rugby Practice.** Weather permitting. All experience levels welcome. 6:30 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale St., Lansing. [crisisrfc.com](http://crisisrfc.com).

**Movie Night.** "Heaven is for Real"/popcorn bar. 6-8 p.m. FREE. Bretton Woods Covenant Church, 925 Bretton Road, Lansing. (517) 323-3316. [bwcc.net](http://bwcc.net).

**"American Revolutionary" screening.** 6:30 p.m. \$10/\$8 seniors/\$5 students. Hannah Community Center, 819 Abbot Road, East Lansing. (517) 484-1880 ext. 203, [michiganwomenshalloffame.org](http://michiganwomenshalloffame.org).

**August Suits and the City.** LGBT professional networking organization. 5:30-7:30 p.m. FREE. Grand Cafe/Sir Pizza, 201 E. Grand River, Lansing. (517) 484-4825, [gaylansing.org](http://gaylansing.org).

**Summer BabyTime.** Intended for ages 2 and

See Out on the Town, Page 20



## Honeymoon stage

THURSDAY, AUG 7 - SUNDAY, AUG 17

Dearly beloved, Over the Ledge Theatre Co. gathers this weekend to celebrate its latest production, "Married Alive!"

The musical comedy follows two sets of married folks: One is a pair of newlyweds, the other, a couple with a few anniversaries under their belt. The show's director, Rick Dethlefsen, said the show displays the joys and downfalls of marriage in a comical fashion.

"Beyond being funny, it's interesting because you can relate to a lot of it," Dethlefsen said. "Everyone will walk out with a smile on their face and humming some of the tunes."

"Married Alive!" is a four-person chamber musical revue: It involves only the actors and a piano. Dethlefsen said the keyboard used for the play is large and equipped with various special effects noises, making the "battlefield of marriage seem like a war zone" to the audience.

Dethlefsen said the scenarios throughout the play show that the grass is not always greener on either side. As both couples go through various marital disputes, such as adding spice to the love life of the older couple and preparing to have a baby for the younger couple.

"It shows all the realistic aspects of marriage, the good the bad and the ugly," said Rachel Mender, who plays

the younger wife, Erin. She said the play showcases how each couple loves each other, but in different ways as the years go on.



"Marriage is progress — you really gotta work at it," Mender said. "You're going to get in arguments and you're going to have bad days. It's not all perfect and wonderful."

Mender said the story combined with the songs make for a fun and entertaining show. And although there are some allusions to sex in the play, Dethlefsen said the play is intended and

appropriate for a family audience.

And just like in real life, it's all about trying to find that happy ending.

"A lot of times you go through life and ask what have I gotten out of this?" said Dethlefsen. "You realize the most spectacular thing is sitting right next to you."

You may now kiss the bride.

### "Married Alive!"

Over the Ledge Theatre Co.  
8 p.m. Thursday, Aug. 7- 8 p.m.  
Saturday, Aug. 9; 2 p.m. Sunday,  
Aug. 10  
(continues Aug. 14-17)  
\$10/\$8 seniors/\$6 students  
Ledges Playhouse  
137 Fitzgerald Drive, Grand Ledge  
(517) 318-0579, [overtheledge.org](http://overtheledge.org)

—ALEXANDRA HARAKAS

# TURN IT DOWN

A SURVEY OF LANSING'S MUSICAL LANDSCAPE

BY SARAH WINTERBOTTOM



FRI. AUG 15TH

## U.S. ROYALTY AT MAC'S BAR

**Mac's Bar, 2700 E. Michigan Ave., Lansing. 7 p.m. \$10, all ages., Friday, Aug. 15.**

U.S. Royalty, a D.C.-based indie rock band, headlines Mac's Bar on its 2014 tour. Opening are Parkway and Columbia, Golden Youth and Matching Bricks. U.S. Royalty, which formed in 2008, has been described as a cross between Crosby, Stills, Nash & Young and Fleetwood Mac. The band is known for exploring new ways of producing its albums, such as recording in a former church in upstate New York. Its first album, "Mirrors," was released in 2011 and landed the band a spot playing festivals such as SXSW and CMJ as well as opening for Third Eye Blind. The band's latest LP is 2014's "Blue Sunshine."

## NORMA JEAN AT THE LOFT

**The Loft, 414 E. Michigan Ave., Lansing. 7 p.m. \$15/\$10 adv., all ages, Monday, Aug. 10.**

The Georgia-based band Norma Jean formed in 1997 and has become known for its Christian metalcore/mathcore sound. The band, which headlines Monday at the Loft, has released six studio albums, the latest being "Wrongdoers," released in 2012 via Razor & Tie. In 2006 Norma Jean received a Grammy Award nomination for Best Recording Package for its second album, "O God, The Aftermath." Led by lyricist/vocalist Cory Brandan, the band has played festivals like Ozzfest, 2008's Warped Tour and Mayhem Festival alongside A-list hard-rock bands Rob Zombie and Korn. Opening at The Loft are Verses, Know Lyfe, Dead Hour Noise, The Worst Of and I Am Six.



MON. AUG 10TH

## PRESERVATION HALL JAZZ BAND AT THE WHARTON CENTER

**The Wharton Center, 750 E. Shaw Lane, East Lansing. 7:30 p.m. Wednesday, Oct. 8. From \$25. Tickets on sale Aug. 18 at (800) WHARTON and whartoncenter.com.**

Preservation Hall Jazz Band has been hailed as "America's best traditional jazz band" by the authoritative jazz website All About Jazz. The band, named after the French Quarter venue where it first played, plays the essence of classic New Orleans music. The band tours over 150 days a year, performing at Carnegie Hall and alongside the Black Keys and Dr. John at the 55th annual Grammy Awards ceremony. Last year it put out its 28th album, "That's It!" Preservation Hall Jazz Band emerged in the early 1960s and features a rotating door of musicians. One of the members is Ben Jaffe (creative director/tuba/bass), the son of co-founders Allan and Sandra Jaffe.



WED. OCT 8TH

**UPCOMING SHOW? CONTACT RICH TUPICA AT RICH@LANSINGCITYPULSE.COM >>> TO BE LISTED IN LIVE & LOCAL E-MAIL LIVEANDLOCAL@LANSINGCITYPULSE.COM**

# LIVE & LOCAL

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Avenue Café, 2021 E. Michigan Ave.	Service Industry Night, 6 p.m.		Tom Waits Tribute, 8 p.m.	
Coach's Pub & Grill, 6201 Bishop Rd.	DJ Trivia, 8 p.m.	Updraft, 9 p.m.		DJ Jimmy, 9 p.m.
Colonial Bar, 3425 S. MLK Blvd.		Open Mic w/Pat Zelenka Project, 9 p.m.	Soulstice, 9 p.m.	Crosby's Conspiracy, 9 p.m.
Crunchy's, 254 W. Grand River Ave.	Kassandra Rose, 10 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.
The Exchange, 314 E. Michigan Ave.	Blue Wednesday, 8 p.m.	Skoryoke Live Band Karaoke, 8 p.m.	Smooth Daddy, 8 p.m.	Smooth Daddy, 8 p.m.
Fireside Bar & Grill, 6951 Lansing Rd.		Tim Heenan, 5:30 p.m.		
Grand Café/Sir Pizza, 201 E. Grand River Ave.		Kathy Ford Band, 7:30 p.m.	Karaoke w/Joanie Daniels, 7 p.m.	DJ Dazzlin Dena, 8 p.m.
Green Door, 2005 E. Michigan Ave.	Johnny D Jam, 8 p.m.	Karaoke Kraze, 8:30 p.m.	Glamhammer, 9 p.m.	Groove Revived, 9 p.m.
Gus's Bar, 2321 W. Michigan Ave.		Open Mic w/Hot Mess, 9 p.m.	Karaoke	
Binni's Bar & Grill, 820 W. Miller Rd.	Old School w/Lee Groove, 4 p.m.	DJ Hollywood, 10 p.m.	The Butcher, 10 p.m.	DJ Clarence, 10 p.m.
The Loft, 414 E. Michigan Ave.		Everyone Dies in Utah, 6 p.m.	The Skylit Letter, 8 p.m.	The Plot in You, 6 p.m.
Mac's Bar, 2700 E. Michigan Ave.				East Harvest, 9 p.m.
Moriarty's Pub, 802 E. Michigan Ave.	Comedy Night, 7 p.m.	Lincoln County Process, 10 p.m.	Second Nature, 9:30 p.m.	Hooties, 9:30 p.m.
Reno's East, 1310 Abbot Rd.	Don & Rush, 6/8 p.m.	Steve Cowles, 6/8 p.m.	New Rules, 6/8 p.m.	Alex & Rachel, 6/8 p.m.
Reno's West, 501 W. Saginaw Hwy.	XXX, 6/8 p.m.	Rachel & Alex, 6/8 p.m.	Rory Miller, 6/8 p.m.	Steve Cowles, 6/8 p.m.
Tin Can West, 644 Migaldi Ln.	Waterpong, 11 p.m.	Live Acoustic Jams, 8 p.m.		
Tin Can DeWitt, 13175 Schavey Rd.	DJ Trivia, 8 p.m.			
Uli's Haus of Rock, 4519 S. Martin Luther King Jr.		Prozak, 8 p.m.	After the Minor, 8 p.m.	Kung Fu, 8 p.m.
Unicorn Tavern, 327 E. Grand River Ave.		Frog & the Beeftones, 8:30 p.m.		
Waterfront Bar & Grill, 325 City Market Dr.	Suzi and the Love Brothers, 6:30 p.m.	Jen Sygit, 6:30 p.m.	Joe Wright, 6:30 p.m.	Pat Zelenka, 6:30 p.m.
Whiskey Barrel Saloon, 410 S. Clippert St.	DJ, 9 p.m.	DJ, 9 p.m.	DJ, 9 p.m.	DJ, 7 p.m.

## PLAY IN A BAND? BOOK SHOWS? LIVE & LOCAL LISTS UPCOMING GIGS!

To get listed just email us at [liveandlocal@lansingcitypulse.com](mailto:liveandlocal@lansingcitypulse.com) or call (517) 999-6710

**WHAT TO DO:** Submit information by the Friday before publication (City Pulse comes out every Wednesday.) Be sure to tell us the name of the performer and the day, date and time of the performance. Only submit information for the following week's paper.

# Out on the town

from page 18

under. 10:30-11 a.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**LEGO Screening Party.** Watch LEGO short films and "The LEGO Movie." 1 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

## MUSIC

**Concerts in the Park.** With Frog and the Beeftones. 7 p.m. FREE. Benjamin Davis Park, 5614 Pleasant Grove Road, Lansing. (517) 483-4277, lansingmi.gov/attractions.

**Marshall Music Open Jam.** 6:30 p.m. FREE. Marshall Music, 3240 E. Saginaw St., Lansing. (517) 337-9700, marshallmusic.com.

## Thursday, August 7

### CLASSES AND SEMINARS

**Family Storytime.** Ages up to 6. Stories, rhymes and activities. 10:30 a.m. FREE. CADL Downtown Lansing Library, 401 S. Capitol Ave., Lansing. (517) 367-6363. cadl.org.

**Meditation.** For beginners and experienced. 7-8:30 p.m. FREE. Quan Am Temple, 1840 N. College Ave., Mason. (517) 853-1675, quanamtemple.org.

**Tarot Study Group.** With Dawne Botke. 7 p.m. FREE. Triple Goddess New Age Bookstore, 2019 E. Michigan Ave., Lansing. (517) 883-3619, triplegoddessbookstore.net.

**Lansing Area Codependent Anonymous.** Held in room 214G. 7-8 p.m. FREE. Community Mental Health Building, 812 E. Jolly Road, Lansing. (517) 515-5559, coda.org.

**Ojibwe/Anishinaabemowin Class.** Teaching the language of the first people from this region. 7-9 p.m. Donation. Nokomis Learning Center, 5153 Marsh Road, Okemos. (517) 349-5777, nokomis.org.

**Craft Night Social.** Creating quill boxes, making

dance shawls and teaching the peyote stitch. 5-7 p.m. FREE. Nokomis Learning Center, 5153 Marsh Road, Okemos. (517) 349-5777, nokomis.org.

**Sign Language Classes.** For ages 12 and up. 6-7:30 p.m. FREE. Meridian Christian Church, 2600 Bennett Road, Okemos. (517) 492-6149.

**Take Root Garden Camp.** For ages 5-10. 10 a.m -noon. \$20. Hunter Park Community GardenHouse, 1400 E. Kalamazoo St., Lansing. (517) 999-3918, allenneighborhoodcenter.org

**Managing Digital Photos.** For computer users at the beginner level. 6-8 p.m. FREE. Foster Community Center, 200 N. Foster Ave., Lansing. (517) 708-4394, iteclansing.org.

**Franken-Foods.** Seminar on healthy eating. 6:15 p.m. FREE. Rassel-Daigneault Family Chiropractic, 537 N. Clippert St., Lansing. (517) 203-2090, achiro.net.

**Mind Benders.** Trivia games. 11 a.m., FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.

**Early Childhood Music Class.** Suggested ages: birth-3 years. 10 a.m. \$6. Mother and Earth Baby Boutique, 4601 W. Saginaw Highway, Ste. N, Lansing. (517) 410-5304.

**Take Off Pounds Sensibly.** Contact Jan. 5:15 p.m. \$5. New Hope Church, 1340 Haslett Road, Haslett. (517) 349-9183, newhopehaslett.com.

**Take Off Pounds Sensibly.** Weigh-in 6 p.m., meeting 6:30 p.m. FREE to visit. St. David's Episcopal Church, 1519 Elmwood Road, Lansing. (517) 882-9080, stdavidslansing.org.

## EVENTS

**Moonlight Film Festival.** "Father Of the Bride" with music by Rob Klajda. 9 p.m. FREE. Valley Court Park, 400 Hillside Ct., East Lansing. cityofeastlansing.com.

**Spanish Conversation Group.** Both English and Spanish spoken. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. elpl.org.

**Euchre.** No partner needed. 6-9 p.m. \$1.50. Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing. (517) 484-5600.

**Karaoke.** With Atomic D. 9 p.m. LeRoy's Classic Bar & Grill, 1526 S. Cedar St., Lansing. (517) 482-0184.

**Dimondale Farmers Market.** Live music, locally grown produce. 3-7 p.m. FREE. Bridge Street, Dimondale. (517) 646-0230, villageofdimondale.org.

**TNL! Courthouse Concert Series.** The Backwoods Band performs. 6-7:30 p.m. FREE. Ingham County Courthouse, 341 S. Jefferson,

See Out on the Town, Page 21

## Jonesin' Crossword

By Matt Jones

Metric Feet"--a conversion diversion.  
Matt Jones

### Across

- 1 Botch the job
- 4 Electronic keys
- 8 Fiji rival
- 14 "\_\_\_ won't do that" (Meat Loaf line)
- 15 Ghostly glow
- 16 "A Midsummer Night's Dream" king
- 17 911 call responder
- 18 Making all your beer the night before?
- 20 Be eco-friendly
- 22 Quentin cast her in "Kill Bill: Vol. 1"
- 23 Lead character in "Zoolander"?
- 24 Magnificent car driven by giant B-movie ants?
- 29 Drake's acronym
- 30 Swanson and Burgundy
- 31 Digging
- 34 Brandish
- 36 Diacritical dots
- 38 Impressed reactions
- 41 Beaver with a mohawk?
- 43 Driving range barrier
- 44 Stir-fry ingredient
- 46 Flat-screen variety
- 48 Daly of "Cagney & Lacey"
- 49 Ashen
- 50 "Right, right"
- 54 Part of a door to a cemetery?
- 58 As a rule, in the dict.
- 60 Chronic complainer
- 61 "Watchmen" actor



- Jackie \_\_\_ Haley
- 62 Comeuppance at the pool?
- 67 "\_\_\_ the ramparts we watched..."
- 68 Lackey
- 69 Enthusiastic
- 70 Chillax
- 71 Grow too old for an activity
- 72 Entreats
- 73 Dir. from Dallas to Philly
- 8 "Nessun \_\_\_"
- 9 "You could really be \_\_\_ Brummell baby..." (Billy Joel line)
- 10 Do some quilting
- 11 Emma Stone, by birth
- 12 Fourth piggy's portion
- 13 Dramatist who wrote "Picnic"
- 19 Rear ends
- 21 The white stuff?
- 25 Bald tire's lack
- 26 "Chariots of Fire" Oscar nominee lan
- 27 Tactic in bridge
- 28 Up to the point that, casually
- 32 Weekday abbr.
- 33 Mel of Cooperstown
- 35 Groom's answer
- 36 Anesthetized
- 37 NYSE or NASDAQ
- 38 Fitting
- 39 "You, there!"
- 40 Optimistic
- 42 "The Daily Bruin" publisher
- 45 According to
- 47 Plastic option
- 49 Violin tuners
- 51 \_\_\_ Tuesday
- 52 Brennan who played Mrs. Peacock in "Clue"
- 53 Become apparent
- 55 Kind of pear
- 56 Speak boastfully of
- 57 "Dirty \_\_\_ Done Dirt Cheap"
- 58 Cadets' inst.
- 59 Drink from a flask
- 63 "Water enhancer" brand
- 64 Caps Lock neighbor
- 65 "\_\_\_ seen worse"
- 66 It takes a light, for short

### Down

- 1 Cabinet department
- 2 Joker portrayer
- Cesar
- 3 Ceremonial act
- 4 Turned towards
- 5 Pronoun for two
- 6 Sports \_\_\_
- 7 Filmmaker Peckinpah

## FRIDAY, AUGUST 8 >> 'THE CASTAWAYS' AT MID MICHIGAN FAMILY THEATRE

The Mid Michigan Family Theatre tells the story of homelessness in a dramatic musical "The Castaways." The story shows a cross-section of people in modern society facing a multitude of problems. The play then flashes back to New York at the turn of the 20th century, a time of high amounts of immigration, lost jobs, homelessness and kids fending for themselves. Artistic director Bill Gordon said the play is geared toward the whole family. "Especially with what's going on with immigration in the news," said Gordon. "The audience will be entertained while being thoughtful." 7 p.m. Friday, Aug. 8; 3 p.m. Saturday, Aug. 9; Sunday, Aug. 10. \$7/\$5 for 12 and under. Alfreda Schmidt Southside Community Center. 5825 Wise Road, Lansing. (517) 339-2145.



## SATURDAY, AUGUST 9 >> TEENAGE MUTANT NINJA TURTLES PARTY

The "Get Pop-Cultured" month long event continues at Barnes & Noble Booksellers at Lansing Mall. This week's theme is the Teenage Mutant Ninja Turtles, in honor of the new movie featuring the heroes on a half shell, which hits theaters Friday. The party Saturday will be geared towards children and involves multiple events. Activities will include story reading and an ooze workshop. There will also be ninja training stations that will have word puzzles and coloring. Ninja trainees will receive a certificated for completing all seven stations. 1 p.m. FREE. Barnes & Noble at Lansing Mall, 5132 W. Saginaw Highway, Lansing. (517) 327-0437.

## SUDOKU

## INTERMEDIATE

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

### 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 22

**THE BARREL NEIGHBORHOOD PUB/HEAT BLOW DRY BAR**

Alexa McCarthy/City Pulse  
The Barrel Neighborhood Pub opens Monday across from Frandor. The gastropub will feature small plates and 20 taps..



**By ALLAN I. ROSS**

Lansing's getting a new gastropub next week: On Monday, the **Barrel Neighborhood Pub** opens in the strip mall across from Frandor. Although the name may sound familiar, it has no connection to either the **Peanut Barrel** in East Lansing or the **Whiskey Barrel** in Lansing.

"It's a simple concept — we saw something missing in the area, and thought a neighborhood bar would be perfect here," said manager Frank Cheng. "I think it fills a unique niche."

The site was the home of **Jimmy's Pub** before it moved up to Chandler Road; the Jimmy's building



was leveled to accommodate the mall, and a hole was left in the local bar scene. When **Xiao**

**China Grille and Lounge**, the Barrel's next-door neighbor, opened in the mall in 2011, it made some inroads toward satisfying that crowd, but a real pub still eluded revelers.

Cheng said the Barrel will feature 20 draft beers, 18

of which will be dedicated to craft selections. The 1,200-square-foot space accommodates 40 seats, not including the patio. The menu was a central conceit — the gastropub concept relies heavily on nontraditional bar snacks, including mussels, calamari and three-cheese mac and cheese.

Cheng said the Barrel will feature daily happy hour specials that include reduced price appetizers. He said live music isn't on the docket yet, but hasn't ruled it out down the road. Keep an eye out for a grand opening celebration later this month.

**Bringing on the Heat** Monday also marks the opening of **Heat Blow Dry and Beauty Boutique** inside the **Michigan Athletic Club**. The blow dry bar offers hairstyles that last for up to three days.

"We wanted to offer an affordable luxury service that did something like no one else in town was doing," said co-owner/operator Dan Buccilli. "You can come in, get washed and styled and be on your way."

Heat also offers haircuts by appointment. The base price for a blow out is \$27, with haircuts starting at \$45.

"This is a concept that's catching on in bigger cities and I really wanted to bring it here," Buccilli said "And being inside the M.A.C. is a perfect location."

Although the M.A.C. is a private fitness facility, Heat is open to the public.

**The Barrel Neighborhood Pub**

3415 E. Saginaw St., Lansing Opens Monday 3 p.m.-2 a.m. Monday-Friday; noon-2 a.m. Saturday-Sunday (517) 333-8215, barrelpubeastlansing.com

**Heat Blow Dry and Beauty Boutique**

(inside the Michigan Athletic Club) 2900 Hannah Blvd., East Lansing 7 a.m.-7 p.m. Monday & Friday; 8 a.m.-7 p.m. Tuesday-Thursday; 9 a.m.-3 p.m. Saturday; closed Sunday (517) 575-6273, heatblowdry.com

**Everyone Dies In Utah.** Electronica. With guests The Paramedic and more. 6 p.m. \$7/\$5 advance. The Loft, 414 E. Michigan Ave., Lansing . (517) 913-0103, theloftlansing.com.

**Open Jam at the Colonial.** All talents welcome. \$8 sizzler steak special. 8 p.m. FREE. Colonial Bar and Grill, 3425 S. MLK Jr. Blvd. Lansing. (517) 882-6132, colonialbarandgrille.com.

**THEATER**

**"Married Alive!"** Musical comedy on marriage. 8 p.m. \$12/\$10 seniors. Ledges Playhouse, 137 Fitzgerald Park Drive, Grand Ledge. (517) 318-0579, overtheledge.org.

**"The Big Bang."** Musical comedy depicts history of the planet. 8 p.m. \$20. Williamston Theatre, 122 S. Putnam, Williamston. (517) 655-7469. williamstontheatre.org.

**Friday, August 8**

**CLASSES AND SEMINARS**

**Lansing Bike Party.** Bike ride with TGIF stop. 5:45 p.m. FREE. Broad Art Museum, 547 E. Circle Drive,

MSU campus, East Lansing. facebook.com/groups/lansingbikeparty.

**Friday Flicks.** "Philomena." 1 p.m. FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.

**Alcoholics Anonymous.** A closed women's meeting. 7:30 p.m. St. Michael's Episcopal Church, 6500 Amwood Drive, Lansing. (517) 882-9733.

**EVENTS**

**Finding Nonprofit Funding On.** Helping nonprofit organizations raise money. 10 a.m.-11:30 a.m. FREE. MSU Library, MSU campus, 366 W. Circle Drive, East Lansing. (517) 884-0901, lib.msu.edu.

**Howl at the Moon Guided Walk.** A guided night walk in the moonlit woods. 9-10 p.m. \$3. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866. meridian.mi.us.

**Leslie Community Yard sales.** Maps at local establishments. 9 a.m. FREE. Downtown Leslie. (517) 589-8612.

**Rummage Sale.** Call to register for selling space. 10 a.m.-5 p.m. \$8 for a 9-by-5 space. Alfreda Schmidt Southside Community Center, 5825 Wise Road, Lansing. (517) 483-4292, lansingneighborhoods.com.

**Old Town Farmers Market.** Featuring local foods and products. 3-7 p.m. Corner of Turner Street and Grand River Avenue, Lansing. (517) 485-4283.

**Peoples Church Jewelry Sale.** Two-day new and used jewelry sale. 10 a.m.-8 p.m. Peoples Church of East Lansing, 200 W. Grand River Ave., East Lansing. (517) 332-5073. thepeopleschurch.com.

**MUSIC**

**Matt LoRusso Trio.** Jazz. 9 p.m.-midnight, FREE. Troppo, 111 S. Washington Square, Lansing. (517) 371-4000.

**Latin Explosionar.** A celebration of culture and dance. 10 p.m.-2 a.m. \$5. The Firm, 227 S Washington Square, Lansing. (517) 487-3663, latinexplosionar.com.

**Skylit Letter Farewell Show.** With guests The Getout and Know Lyfe. 8 p.m. \$8/\$5 advance. The Loft, 414 E. Michigan Ave. Lansing . (517) 913-0103, theloftlansing.com.

**THEATER**

**"The Big Bang."** For details, see Aug 7. 8 p.m. \$25. Williamston Theatre, 122 S. Putnam, Williamston. (517) 655-7469. williamstontheatre.org.

**"The Castaways."** Musical drama set in early 20th century New York. 7 p.m. \$7/\$5 for 12 and under. Schmidt Community Center, 5815 Wise Road, Lansing. (517) 483-6685, ow.ly/zQ3VG.

**"Married Alive!"** For details, see Aug. 7. 8 p.m. \$12/\$10 seniors. Ledges Playhouse, 137

Fitzgerald Park Drive, Grand Ledge. (517) 318-0579, overtheledge.org.

**Saturday, August 9**

**CLASSES AND SEMINARS**

**Domestic Violence Support Group.** Noon-1:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163, womenscenterofgreaterlansing.org.

**Tai Chi in the Park.** For beginning and experienced tai chi practitioners. 9-10 a.m. FREE. Hunter Park Community GardenHouse, 1400 E. Kalamazoo St., Lansing. (517) 272-9379.

**Kid's Garden Yoga and Meditation.** Fun ways to connect your garden, mind, and body. 3-4 p.m. FREE. Lansing City Market, 325 City Market Drive, Lansing. (517) 483-7460, lansingcitymarket.com.

**Preserving Your Harvest.** Learn helpful food preservation techniques. 12:30-2 p.m. \$10 donation. Hunter Park Community GardenHouse, 1400 E. Kalamazoo St. Lansing. (517) 999-3910. allenneighborhoodcenter.org.

**EVENTS**

**Paws for Reading.** Kids read to therapy dogs. 10:30 a.m.-Noon. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 3. dtdl.org.

**Karaoke.** With Atomic D. 9 p.m. LeRoy's Classic Bar & Grill, 1526 S. Cedar St., Lansing. (517) 482-0184.

**Car and Motorcycle Show.** Supports Peckham Veteran Services. 11 a.m.-3 p.m. FREE, \$10 to register vehicle. Peckham Industries, 3510 Capital City Blvd., Lansing. (517) 316-4494, ow.ly/zQ4W7.

**Touch a Truck Day.** Lots of trucks to climb on, climb in and honk. 9:30 a.m.-2 p.m. FREE. Sharp Park, 1401 Elmwood Road, Lansing. (517) 323-8555, deltami.gov/parks.

**Woodpeckers of MI Campfire.** Campfire, woodpecker program, marshmallow roast. 7-8:30 p.m. \$3/\$5 family. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866, meridian.mi.us.

**Leslie Community yard Sales.** Maps at local establishments. 9 a.m. FREE. Downtown Leslie. (517) 589-8612.

**Sukyo Mahikari Experience.** By Sandra

See Out on the Town, Page 22

**Out on the town**

from page 20

Mason. (517) 676-1046.

**Cuisine in the Park.** Fundraising event. Music and silent auction. 6:30 p.m. \$45/\$80 couple. Lake Lansing Park South, 1621 Pike St., Haslett. (517) 244-7186, friendsofinghamcountyparks.org.

**Youth Talent Show.** Performances by local kids. 6:30-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 3. dtdl.org.

**MUSIC**

**Rally In The Alley Open Mic.** 6:30 p.m. FREE. American Legion Post 48, 731 N. Clinton St., Grand Ledge. (517) 627-1232.

**[REVOLUTION] at Tavern.** Electronic music, 21-up. 9 p.m.-2 a.m. FREE. Tavern On the Square, 206 S. Washington Square, Lansing. (517) 374-5555.

**Music in the Park.** Lost Hitchhikers playing folk, country and bluegrass. 6-8 p.m. FREE. Sharp Park, 1401 Elmwood Road, Lansing. (517) 323-8555. deltami.gov/parks.

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www.stushafer.com

## Out on the town

from page 21

Amundsen. 2-4 p.m. FREE. LotusVoice Integrative Therapies, 4994 Park Lake Rd., East Lansing. (517) 897-0714. lotusvoice48823.com.

### MUSIC

**Matt LoRusso Trio.** Jazz. 9 p.m.-midnight, FREE. Troppo, 111 S. Washington Square, Lansing. (517) 371-4000.

**The Plot In You Concert.** With guests Upon This Dawning. 6 p.m. \$15/\$13 advance. The Loft, 414 E. Michigan Ave., Lansing. (517) 913-0103, theloftlansing.com.

### THEATER

**"The Big Bang."** For details see Aug 7. 3 p.m. and 8 p.m. \$22 matinee/\$25 evening. Williamston Theatre, 122 S. Putnam, Williamston. (517) 655-7469. williamstontheatre.org.

**"The Castaways."** For details see Aug. 8. 7 p.m. \$7/\$5 ages 12 and under. Schmidt Community Center, 5815 Wise Road, Lansing. (517) 483-6685, owl/zQ3VG.

**"Married Alive!"** For details, see Aug. 7. 8 p.m. \$12/\$10 seniors. Ledges Playhouse, 137 Fitzgerald Park Drive, Grand Ledge. (517) 318-0579, overtheledge.org.

## Sunday, August 10

### CLASSES AND SEMINARS

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

**Spiritual Talk, Pure Meditation and Silent Prayer.** 10 a.m. FREE. Self Realization Meditation Healing Centre, 7187 Drumheller Road, Bath. (517) 641-6201, selfrealizationcentremichigan.org

**Lansing Area Codependents Anonymous.** Third floor meeting room. 2-3 p.m. FREE. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 515-5559, coda.org.

**Oil and Vinegars.** How to make infused vinegar and oil. 2:30-4 p.m. FREE. Lansing City Market, 325 City Market Drive, Lansing. (517) 483-7460, lansingcitymarket.com.

### EVENTS

**Swing & Light Variety Dance.** Hosted by Lansing Eagles. 5-9 p.m. \$8. Lansing Eagles, 4700 N. Grand River Ave., Lansing. (517) 490-7838.

### THEATRE

**"The Big Bang."** For details see Aug 7. 2 p.m. \$22. Williamston Theatre, 122 S. Putnam, Williamston. (517) 655-7469, williamstontheatre.org.

**"The Castaways."** For details see Aug. 8. 3 p.m. \$7/\$5 for ages 12 and under. Schmidt Community Center, 5815 Wise Road, Lansing. (517) 483-6685. freewebs.com/midmichfamilytheatre.

**"Married Alive!"** For details, see Aug. 7. 8 p.m. \$12/\$10 seniors. Ledges Playhouse, 137 Fitzgerald Park Drive, Grand Ledge. (517) 318-0579, overtheledge.org.

## Monday, August 11

### CLASSES AND SEMINARS

**Adult Rape Survivor Support Group.** Registration preferred. 6-7:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave.,

Lansing. (517) 372-9163.

**Job Seekers Support Group.** Finding the right career. 10 a.m.-noon, FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163, womenscenterofgreaterlansing.org.

**Support Group.** For the divorced, separated and widowed. Room 9. 7:30 p.m. St. David's Episcopal Church, 1519 Elmwood Road, Lansing. (517) 323-2272, stdavidslansing.org.

**American Sewing Guild Meeting.** Visitors welcome. 6:30-9 p.m. FREE. UAW Local 652, 426 Clare St., Lansing. (517) 703-9393. lansingclippers.com.

**2020 Girls Camp.** Scholarships available. 9 a.m.-4 p.m. \$25 for Lansing students. Foster Community Center, 200 N. Foster Ave., Lansing. (517) 708-4392. iteclansing.org.

**Meet the Tool Truck.** Registration required. 4-7 p.m. FREE. North West Initiative, 1012 N. Walnut St., Lansing. (517) 372-5980, glhc.org.

**Post-Polio Support Group.** Architect, Liz Harrow. 1:30 p.m. FREE, donations welcome. Plymouth Congregational Church, 2001 E. Grand River Ave., Lansing. (517) 339-1039.

### EVENTS

**Monday Morning Movie.** Popcorn and a movie. 10:30 a.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtldl.org.

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

**Mac's Monday Comedy Night.** Hosted by Mark Roebuck and Dan Currie. 9:30 p.m. FREE. Mac's Bar, 2700 E. Michigan Ave., Lansing. (517) 484-6795, macsbar.com.

**Club Shakespeare.** 6-8:45 p.m. Donations. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 348-5728, cadl.org.

**Saints, Sinners & Cynics.** Lively conversation, variety of topics, no judgment. 6:30-8:30 p.m. FREE. Coral Gables, 2838 E. Grand River Ave., East Lansing. (517) 882-9733, saintmichaellansing.org.

**Monday Movie Matinee.** Movies intended for an adult audience. 1 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**French Club.** Practice listening to and speaking French. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

## Tuesday, August 12

### CLASSES AND SEMINARS

**Coupon Swap.** Share coupons and strategies. 6-7:45 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtldl.org.

**Take Off Pounds Sensibly.** Have a support system, lose weight. 7 p.m. FREE to visit. Eaton Rapids Medical Center, 1500 S. Main St., Eaton Rapids. (517) 543-0786.

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

**Not So Happy Endings Support Group.** For women ending relationships. 5:30-7:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 896-3311.

**Hopeful Hearts Grief Group.** Learn, grow and heal together. 10-11 a.m. FREE. The Marquette Activity Room, 5968 Park Lake Road, East Lansing. (517) 381-4866.

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

**Speakeasies Toastmasters.** Improve listening, analysis, leadership and presentation skills. 12:05-1 p.m. FREE. Ingham County Human Services Building, 5303 S. Cedar St., Lansing. (616) 841-5176.

**H.E.R.O.: Home Inspections.** Call (517) 372-5980 to register or email bruce@glhc.org. 6-8 p.m. FREE. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. (517) 372-5980, glhc.org.

**Blood Pressure Checks.** No appointment needed. 11:15-noon, FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.

**Chair Massage.** Call for an appointment. 9:40 a.m.-noon, \$14/\$12 members. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.

### EVENTS

**Bible and Beer.** Discussion of scripture in everyday settings. 6 p.m. Midtown Brewing Co., 402 S. Washington Square, Lansing. (517) 482-0600, bibleandbeer@cccclansing.org.

**Pre-School Olympics.** Ages 2-5. Non-competitive fun events. 6-7 p.m. FREE, Canned Goods donation accepted. Delta Mills Park, 7001 Old River Trail. (517) 323-8555, deltami.gov/parks.

**Stories in the Garden.** Stories read at the MSU 4-H Children's Garden. 7-8:30 p.m. FREE. MSU 4-H Children's Garden, MSU campus, East Lansing. (517) 351-2420, elpl.org/stories-garden.

**ELPL at Noodles & Company.** 25 percent of profits go to East Lansing Public Library. 4-9 p.m. Donation. Noodles & Company, 1965 W. Grand River Ave., East Lansing. (517) 351-2420, elpl.org.

**Books on Tap.** "Tales of a Female Nomad" by Rita Golden Geiman, 6:30-8:30 p.m. FREE. Jimmy's Pub, 16804 Chandler Road, East Lansing. (517) 351-2420, elpl.org.

**Arabic Club.** Practice listening to and speaking Arabic. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

## Wednesday, August 13

### CLASSES AND SEMINARS

**Family Storytime.** Ages up to 6. Stories, rhymes and activities. 10:30 a.m. FREE. CADL South Lansing Library, 3500 S. Cedar St., Lansing. (517) 367-6363.

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

**Overeaters Anonymous.** 7 p.m. FREE. First Congregational United Church of Christ, 210 W.

Saginaw Highway, Grand Ledge. (517) 256-6954, fcgl.org.

**Near-Death Experiences.** Do these experiences have meaning? 6-7 p.m. FREE. Pilgrim Congregational United Church of Christ, 125 S. Pennsylvania Ave., Lansing. (517) 484-7434, pilgrimucc.com.

### EVENTS

**Strategy Game Night.** Learn and share favorite games. 5-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtldl.org.

**Practice Your English.** 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

**Allen Street Farmers Market.** Featuring locally grown/prepared foods. Live music. 3-6:30 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

**Capital Area Crisis Men's Rugby Practice.** Weather permitting. All experience levels welcome. 6:30 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale St., Lansing. crisisrfc.com.

**Teen Movie Mania.** Watch a blockbuster hit on the library big screen. 1-3 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Practice Your English.** 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

## City Pulse Classifieds

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(517) 999-5066 or adcopy@lansingcitypulse.com

**Do you make \$9.75 per hour?** You could own 1139 W Maple St in Lansing. \*Based on example available at Ingham County Land Bank Office\* Adriane Lau, ReMAX Real Estate Professionals, (517) 881-5182.

**Leslie Community-wide Yard Sale** 60+ sales. Maps at local stores. Fri. & Sat., Aug. 8 & 9. 9am.

**Meridian Mall** Arts, crafts, antiques, collectibles & home-business shows. Oct. 17-19, 31-Nov. 2, Nov. 14-16. Space limited. For info, visit smetankacraftshows.com or call (810) 658-0440 or 658-8080.

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## CROSSWORD SOLUTION

From Pg. 20

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## SUDOKU SOLUTION

From Pg. 20

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# Mission: unmissable

Old Mission Peninsula wineries provide world-class vintages

By MICHAEL S. BRENTON

Last month I reviewed recent winery additions on Leelanau Peninsula. A few miles away, across the West Bay, lies the equally picturesque Old Mission Peninsula, a narrow, rolling finger of land: 19 miles long and up to four miles wide. Jutting out into the moderating waters of Grand Traverse Bay, the marine influence, glacial soils and rolling hills make this one of the grape-friendliest places in the state.

Eight wineries make up the Wineries of Old Mission Peninsula (wineriesofoldmission.com): Chateau Grand Traverse, Peninsula Cellars, Bowers Harbor Vineyards and Chateau Chantal, along with more recent additions Black Star Farms, 2 Lads, Brys Estate, and 2013 newcomer Hawthorne Vineyards. Soon to join the tasting room trail will be Villa Mari Vineyards and Bonobo Winery, bring the number of tasting rooms at 10.

Located four miles north of Traverse City on a high 80-acre site with overlooks to the west and east bays, Hawthorne Vineyards (hawthornevineyards.com) was established by Bruce and Cathleen Hawthorne. The winery may be new, but the array of wines made by winemaker Brian Hosmer include proven varieties: Chardonnay, Pinot Blanc, Cabernet Franc/Merlot, Lemberger, Gewürztraminer and Pinot Grigio.

Villa Mari Winery (villamarivineyards.com) is a newcomer, but some of its vineyards were first planted in 1999. Founder Marty Lagina has planted red wine grapes typical to current Michigan viticulture and Italian varieties, such as Nebbiolo and Sangiovese. He is also implementing innovative new techniques to maximize ripening, such as temporary greenhouses over the vines,



Courtesy image

Bowers Harbor Vineyard is one of the Old Mission Peninsula's eight major vineyards.

called a Nellaserra technique, to maximize heat and ripening. Villa Mari proprietary blend wines made using this technique include the ultra-premium Row 7, Bel Tramoto and Ultima Thule. Villa Mari is also building underground aging caverns, and a winery and tasting room scheduled for completion in spring 2015.

Almost ready to come on board to the tasting room scene is Bonobo Winery, a joint project of Traverse City native brothers Todd and Carter Oostershouse. Marketing direc-

tor/tasting room manager Heather Fortin projects opening in late September, and a grand opening to follow about a month later. The winery is already generating considerable buzz. Wines initially available should include three styles of Chardonnay, three styles of Riesling, Pinot Gris and Pinot Blanc. Pinot Noir and Cabernet Franc will be released later.

While touring the peninsula, be sure to check out Brys Estate's innovative new "Upper Deck." It includes what is essentially a "bridge to nowhere," a long elevated pier extending over the vineyard. Very cool.

Upcoming event:

Be among the first to try winning wines from the 2014 Michigan Wine Competition at the Gold Medal Wine Reception at Kellogg Center on Aug. 14. (\$45/\$40 advance/\$35 for Vintage Michigan members.)

This is a great opportunity to taste the breadth and depth of quality from Michigan's vineyards. Many winning winemakers and proprietors will be on hand to discuss their wines and share a glass with attendees. Best of Class wines will be paired with foods prepared by the Kellogg Center's chefs. Other double gold, gold and silver medal wines will be available for sampling. Taste for yourself what Michigan wines have to offer!

For a fun opportunity to sample Old Mission Peninsula wines paired with gourmet paella, consider attending Paella in the Park in the Traverse City Open Space West Quadrant on Aug. 15.

Michigan's burgeoning wine scene continues to impress. Cheers.

In Vino Veritas.

(Michael Brenton is president of the Greater Lansing Vintner's Club. His column appears monthly. You can email him at [brenton@lansingcitypulse.com](mailto:brenton@lansingcitypulse.com).)



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**Great Lakes Folk Festival**  
August 8-10  
Downtown East Lansing

Friday 6pm-10:30pm  
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