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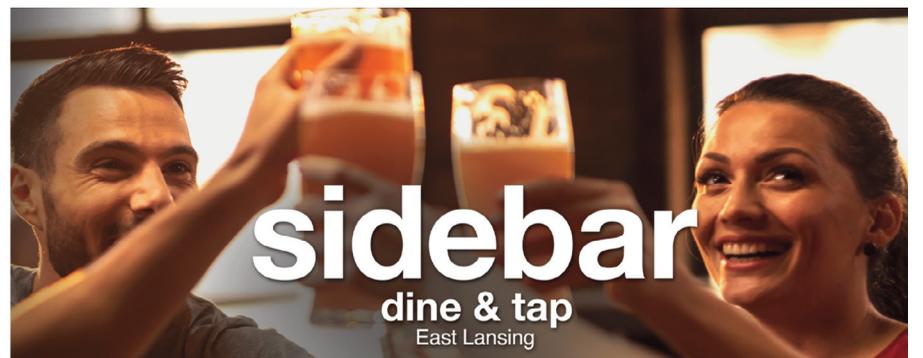


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Page 13

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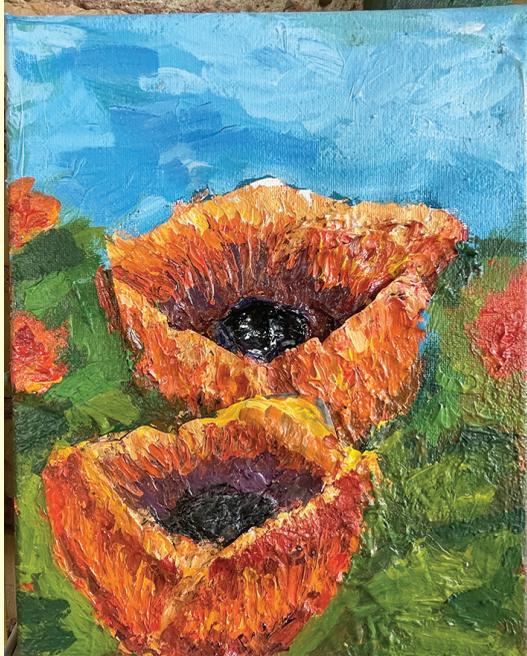
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CityPULSE

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New cleaning service takes on any task

PAGE 18

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"Jagged Little Pill" and other live shows this weekend

PAGE 21



Easy avocado dishes for the Super Bowl and Valentine's Day

PAGE 25

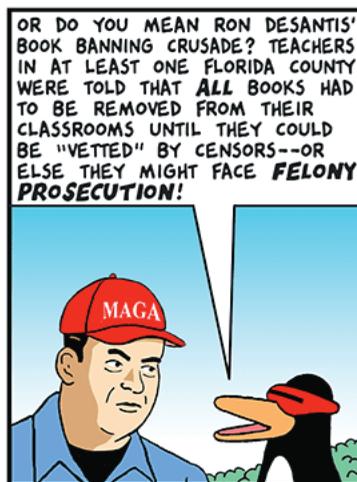
Cover art by Nevin Speerbrecker



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by TOM TOMORROW



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NEWS & OPINION

State's program for sex-assault victims has flaws, experts say

Lansing not among handful of communities equipped to offer aid

A program touted by Gov. Gretchen Whitmer as an immediate medical support intervention for sexual assault survivors is unlikely to have a significant impact across the state, despite claims it would protect Michiganders.

Sexual assault survivors are being given access to emergency contraception as well as prevention of sexually transmitted infections. Paramedics are also being trained to provide basic evidence collection as well.

But experts say the public-facing push on the program was misleading and could result in failures for patients and paramedics. In addition, they express concerns the program fails to account for the costs of medications or help people navigate the medical system to get timely care.

Elizabeth Hertel, the state health and human services director, announced Nov. 2 that “these critical new protocols will help ensure that survivors have access to crucial reproductive care treatment and appropriate medical care as soon as possible.”

The catch is that many of these services are provided through private ambulance companies — and only those with specially trained Community Integrated Paramedics. As of mid-2021, only 22 communities in Michigan are operating with CIPs, private or public, according to data from Michigan State University. Lansing is not one, Lansing Deputy Fire Chief Michael Tobin confirmed.

CIPs take on additional duties above and beyond their paramedic role of emergency intervention.

The protocols were seen as a defense in the event a ballot proposal to enshrine reproduction health rights in the state's Constitution failed and the Michigan Supreme Court upheld a 1931 ban on abortion. The proposal passed in the General Election in November.

“Today, Michigan is setting a nation-

al example by providing first responders the opportunity to carry emergency contraception so they can get survivors of sexual assault the care they need,” said Whitmer in that Nov. 2 announcement. “With the threat of a 1931 law banning abortion even in cases of rape or incest taking effect in Michigan, sexual assault survivors deserve our support and resources more than ever. I am proud of today's changes to make Michigan a leader in sexual assault response by ensuring that EMS responders can deliver emergency contraception and appropriate medical care. Let's keep working together to protect Michiganders and ensure they can get the care they need.”

Outreach to several domestic and sexual violence organizations nationally found that Michigan was leading the way in providing immediate support and care for sexual assault survivors, even with just 22 CIP programs operating statewide.

Despite the groundbreaking move, there are concerns from a medical standpoint. Dr. Erik Wert, an internal medicine doctor in Lansing who is licensed to treat people living with and at risk for HIV, reviewed the protocols and found “multiple issues.”

Wert said the cost of delivering the antibiotics recommended in the protocol may be prohibitive. One drug, ceftriaxone, can run as much as \$1,000 for a course. He said prescribing metronidazole to men is not recommended. It treats the STD trichomoniasis, which is rarely transmitted to men. Wert was concerned about the provision of prescribing the antibiotic doxycycline to women, particularly women who may be unaware they are pregnant, for whom it is contraindicated.



Courtesy photo

Most communities in Michigan, including Lansing, are unable to take advantage of improved intervention to help sex assault victims because they do not have qualified paramedics.

Spokesperson Lynn Sutfin said MDHHS will be providing training to CIPs on when and how to deliver the antibiotics.

“These programs handle medications in different geographic areas,” Sutfin said. “Some always carry a variety of antibiotics with them as they treat other infections as well, some work with partner hospital pharmacies and some obtain medications from local pharmacies on an as-needed basis for patients.”

She said the protocol adopted in October and announced in November was not a stand-alone protocol for CIPs. Instead, it was part of interconnected “suites of protocols.” She also said the protocols are not separate from the need for survivors to have follow-up medical care. The protocols are designed “for use when an individual does not desire to be seen by someone else and one of the main goals is to advise the patient about accessing additional resources in a timely manner, including PEP (Post-Exposure Prophylaxis).”

PEP is a medical intervention to prevent a person from contracting HIV after exposure. The CDC reports that if initiated within 72 hours of exposure, the intervention is “highly effective” in the prevention of HIV infection.

The Nov. 2 announcement highlighted the program as having CIP “programs carry emergency contraception kits and sexually transmitted infection treatment (HIV/STI prophylaxis).” That is not an accurate reflection of the adopted protocol, however. The voluntary program would provide referrals and information about HIV PEP, but not the drugs themselves.

Wert found that troubling.

“How is the patient supposed to get the PEP medication within 72 hours?” he asked. “It is going to be difficult to

get into an infectious disease specialist, so their primary care provider would have to prescribe and many are not comfortable with prescribing PEP. Their PCP or an ID specialist may not have an appointment available in the 72-hour timeframe.”

Kristina Schmigdall, the executive director of the Lansing Area AIDS Network, also expressed her concerns about accessing PEP, echoing Wert's concerns.

“With the initial press release, I thought that PEP would be offered by the responders, but now it seems that they will educate individuals about the medication,” she said. “While this is a step in the right direction, there is a need to address accessibility.”

Responding to Wert's written concerns, MDHHS' Sutfin said the department is developing the training around the new protocols and that the department “welcomes feedback to ensure clinicians are fully able to address a variety of issues.”

“I fear that this protocol may have been written with the best of intentions,” Wert said, “but seems to have been poorly thought out to provide the care a patient needs.”

— TODD HEYWOOD

Sister Cities panel asked to consider a new partner in Romania

War in Ukraine motivates proposal for adding border town

Ody Norkin has made the perilous journey into Ukraine once. He delivered an ambulance from Romania packed with medical supplies to Odessa on that trip, providing aid to Ukrainians caught in the war with Russia. He also helped prepare other ambulances for similar journeys.

“It’s humanitarian aid,” he said. “There are many trucks. And NATO trucks.”

Each time he packed an ambulance to cross the border, he witnessed the hours-long line at Suceava, Romania, near the northeast border of Ukraine.

“Having a sister city relationship will help with connecting to leaders in the city of Suceava,” Norkin told the Lansing Sister Cities Commission last week. “That will make it easier to send supplies into Ukraine from there. It’s an important border point for all the humanitarian aid coming in from the south.”

“It will be a good match for Lansing,” Norkin told the commission about Suceava, which with a population of about 124,000 is about 10% bigger than the city of Lansing. “They are eager for a connection with the auto industry” because of already existing related manufacturing.

Norkin, 68, who is vice president of the Michigan Flyer bus service based in

East Lansing, has a very personal interest in Ukraine. His grandfather was a Holocaust victim there, and evidence indicates his grandmother was too. Norkin went on to become an Israeli soldier who fought in the 1973 Arab-Israeli War before immigrating to the United States in 1978.

Norkin has been helping raise donations in Lansing for ambulances and other vehicles to aid Ukrainians. He will return to Romania next week.

Norkin found his way to the Sister Cities Commission after meeting with Mayor Andy Schor about creating diplomatic ties with the former Iron Curtain country.

The Sister Cities program is designed to foster connections between the residents of various countries. Lansing has six sister city relationships: Akuapim South District, Ghana; Asan, South Korea; Guadalajara, Mexico; Otsu, Japan; Pianezza, Italy; and Sanming, China. The local organization is a nonprofit affiliated with Sister Cities International.

Commission President Maxine Cain said Romanian officials are expected to send a letter of interest to Schor in the coming weeks. If Schor agrees, then the proposal has to be approved by the commission in Lansing and whatever body is established in Romania.

“I honestly was not expecting this to go this well,” Norkin said. “Or this quickly. I just needed a connection in Romania.”

Cain said she is hoping to recruit Nor-



Courtesy photo

Ody Norkin (right) delivers an ambulance in Vynohradiv, Ukraine, for Dnipro, Ukraine, donated by the Greater Lansing Jewish Federation.

kin to serve on the commission.

As the commission is exploring a possible sister city expansion into Romania, it’s continuing its work with other sister cities.

This past weekend, the commission welcomed 22 young people from South Korea. They are staying in the area with host families and attending classes in Holt. While in Lansing, they will visit the Capitol as well as City Hall.

“I know the young lady who is staying with us is ready,” said Cain. “Her mother sent her dress for the winter dance ahead of her.”

Another commission project is facilitating the donation of over \$1 million in medical equipment bound for Ghana.

The donation was made by McLaren of Greater Lansing.

“We got a phone call about all this equipment asking if we could help donate it,” said Barbara Roberts Mason, the commission’s past president. “Of course, we said we would help.”

In early January a metal shipping was packed with equipment and supplies and put on a ship bound for Ghana.

The supplies and equipment are expected to arrive in Ghana on Tuesday (Feb. 7).

“There are great, great, great needs there,” she said of the hospital located just on the southern edge of the sister city. “This is really a miracle donation.”

— TODD HEYWOOD

NOTICE OF PUBLIC HEARING COMMUNITY DEVELOPMENT ADVISORY COMMITTEE

The Community Development Advisory Committee of the City of East Lansing, Ingham County, Michigan will hold a meeting and public hearing on Thursday, February 23, 2023, at 6:00PM. This meeting and public hearing will be held at the East Lansing Hannah Community Center, 819 Abbot Road, East Lansing. The purpose of the public hearing is to consider the FY 24 Community Development Block Grant Budget.

The public may attend and participate at all meetings in person.

The CDBG Budget recommendation for FY 24 drafted by East Lansing’s CD Advisory Committee is available for viewing at the Department of Planning, Building, and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, MI, 48823 between the hours of 8:00 am and 5:00 pm or on the City’s website located at <https://www.cityofeastlansing.com/2243/Community-Development-Advisory-Committee>. Written comments may be sent prior to the public hearing to Matt Apostle, City of East Lansing, 410 Abbot Road, East Lansing, Michigan, 48823, or by email to mapostle@cityofeastlansing.com.

The City of East Lansing will provide reasonable auxiliary aids and services, such as interpreters for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities upon request received by the City seven (7) calendar days prior to the meeting. Individuals with disabilities requiring aids or services must contact the City Manager’s Office, 410 Abbot Road, East Lansing, MI, 48823, (517) 319-6920 (TDD Number: 1-800-649-3777) or via email at nmostel@cityofeastlansing.com.

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

Jennifer Shuster
City Clerk

CP#23-029

STATE OF MICHIGAN INGHAM COUNTY PROBATE COURT. NOTICE TO CREDITORS. Decedent’s Estate. Case No. 21-000949-DE P33. Estate of Christopher Clifton Glass. Date of birth: 11/10/1981. **TO ALL CREDITORS: NOTICE TO CREDITORS:** The decedent, Christopher Clifton Glass, died 02/27/2021. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Michelle Niemi, personal representative, or to both the probate court at 313 W. Kalamazoo St, Lansing MI 48933 and the personal representative within 4 months after the date of publication of this notice.

02/01/2023 Michelle Niemi 517.213.2091

CP#23-027

STATE OF MICHIGAN INGHAM COUNTY PROBATE COURT. NOTICE TO CREDITORS. Decedent’s Estate. Case No. 22-1452-DE. Estate of Jeremy Todd Hockett. Date of birth: 07/30/1969. **TO ALL CREDITORS: NOTICE TO CREDITORS:** The decedent, Jeremy Todd Hockett, died 05/20/2022. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Gary Hockett, personal representative, or to both the probate court at 313 W. Kalamazoo St, Lansing MI 48933 and the personal representative within 4 months after the date of publication of this notice 02/01/2023 Gary A. Hockett P.O. Box 4808 Cave Creek, AZ 85327

CP#23-028

CHARTER TOWNSHIP OF LANSING NOTICE OF POSTED MEETING MINUTES

NOTICE IS HEREBY GIVEN that all meeting minutes for the Charter Township of Lansing are posted to and available on the Township’s website at www.lansingtowship.org. Meeting minutes may also be obtained by emailing dptyclerk@lansingtowship.org.

Meeting minutes are also posted in, and available for inspection at, the office of the Township Clerk (located at 3209 W. Michigan Avenue, Lansing, Michigan) during normal business hours.

Maggie Sanders, Supervisor
Cortney Lighthouse, Clerk

CP#22-276

Michigan tax cuts could total \$1.6B, Witwer says

BY JONATHAN OOSTING
Bridge Magazine

Michiganders could see collective tax bills decline by as much as \$1.6 billion in coming years because of an old law and newer plans that Gov. Gretchen Whitmer touted last week in her State of the State address.

That's according to House Appropriations Chair Angela Witwer of Delta Township, who said that new Democratic majorities in the Michigan Legislature have no plans to block an income tax cut that could be triggered by growing state revenues.

"We haven't talked about political suicide," Witwer told reporters, acknowledging lawmakers could face public criticism if they tried to stop the potential income tax cut, which Republicans built into a 2015 road funding law that increased fuel taxes and registration fees.

With state government sitting on a roughly \$9 billion surplus, and inflation pinching pocketbooks, the trigger law could reduce the state's income tax rate from 4.25 percent to as low as 4.05 percent, according to recent estimates from nonpartisan House and Senate fiscal agencies.

Democrats are waiting for final 2022 revenue numbers to confirm whether state law will require the income tax rate reduction — which they could receive by next week — but they anticipate the potential cut could cost about \$800 million, Witwer said.

Majority leaders also want to provide another \$800 million in relief by ex-

panding the Earned Income Tax Credit for lower-income residents and repealing the so-called pension tax on various forms of retirement income, she said.

Those plans would reverse changes made by the GOP in 2011. Combined, the Democratic plans would benefit some 1.2 million Michigan families: Seven hundred thousand would save another \$350 to \$600 per year, depending on how much much the Earned Income Tax is expanded, while 500,000 retirees would save about \$1,000 per year in retirees.

"These are meaningful ways we can put real money back in people's pockets — people who are living on fixed incomes, people who are working but can't get ahead," Whitmer told reporters last week after a roundtable in Lansing. "That's what we're focused on."

The Senate Housing and Human Services Committee last week approved legislation that would expand the Earned Income Tax Credit to 30 percent of the federal level this year, which would cut taxes by a collective \$442 million.

That's more than the 20 percent federal level that House Democrats proposed, but legislative leaders and the governor are still discussing a final plan.

"We could go as high as 30 (percent)," Witwer said. "We're not yet sure where that will land, but you'll see some changes" to legislation introduced earlier in the month.

Michigan Democrats have long pushed to repeal the so-called pension tax enacted under former Gov. Rick Sny-



Jonathan Oostling of Bridge

Gov. Gretchen Whitmer (center left) discusses taxes with state House Appropriations Chair Angela Witwer of Delta Township (to Whitmer's left) and Senate Appropriations Chair Sarah Anthony of Lansing (to Whitmer's right).

der, and a Senate panel is debating a bill that would restore old exemptions over the next four years.

Republicans have criticized the legislation as too narrowly focused on union retirees, but Democrats are discussing ways to expand their proposals to exempt more forms of retirement income from taxation "so that we're not picking winners and losers," Witwer said.

Democrats seek bipartisan support for their targeted tax relief proposals, which they intend to make among the first bills they send to Whitmer since winning two-seat majorities in the House and Senate last fall.

Republicans, meanwhile, are pushing for broader tax cuts and urging Democrats to let the potential income tax trigger take effect. "A lot of hardworking fam-

ilies could use \$500 today instead of five years from now," Senate Minority Leader Aric Nesbitt, R-Lawton, said last month.

Democrats may not have a choice on the income tax cut, Witwer told reporters.

"We can't really repeal it," she said of the 2015 trigger law, which requires the state to cut the rate if general fund growth exceeds 1.425 times the rate of inflation. "It's one of those things that will happen if the money is there. So, we'll just have to see where the books land."

The Earned Income Tax Credit expansion is backed by a broad and bipartisan coalition of more than 230 groups, including the Michigan Chamber of Commerce and Small Business Association of Michigan.

See tax, Page 8

B/23/079 AS NEEDED MILLING MACHINE SERVICES FOR OPERATIONS AND MAINTENANCE'S PAVING OPERATIONS as per the specifications provided by the City of Lansing. The City of Lansing will accept bids at The City of Lansing, Purchasing Office, 124 W. Michigan Ave. 3rd Floor, Lansing, Michigan 48933 or electronically submitted thru MITN Site (www.Mitn.info) until 2PM local time in effect on FEB. 10, 2023. Complete specifications and forms required to submit bids are available by contacting Marilyn Chick at (517) 483-4282, or Marilyn.chick@lansingmi.gov or go to www.mitn.info. The City of Lansing encourages bids from All Vendors Including MBE/WBE Vendors and Lansing-Based Businesses.

CP#23-030

**CITY OF LANSING
SUMMARY OF
ADOPTED ORDINANCE # 1311**

An Ordinance of the City of Lansing, Michigan, to amend the Lansing Codified Ordinances by amending Chapter 872, Section 872.01, and repealing Chapter 872, Sections 872.10 through 872.23, to eliminate City licensing, regulating, and operating requirements for wreckers.

Effective date: Upon publication

Notice: The full text of this Ordinance is available for review at the City Clerk's Office, 9th Floor, City Hall, Lansing, Michigan. A copy of the full text of this Ordinance may be obtained from the City Clerk's Office, 9th Floor, City Hall, Lansing, Michigan at a fee determined by City Council.

Chris Swope, Lansing City Clerk, MMC/MiPMC
www.lansingmi.gov/Clerk
www.facebook.com/LansingClerkSwope

CP#23-026

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

The City of East Lansing Board of Review will conduct its organizational meeting on Tuesday, March 7, 2023 at 10:00 a.m. in the Court/Council Conference Room of City Hall, 410 Abbot Road, East Lansing, Michigan 48823.

| 2023 Tentative Factors: | |
|---------------------------|---------|
| Commercial Real Property | 1.00000 |
| Industrial Real Property | 1.00000 |
| Residential Real Property | 1.00000 |
| Personal Property | 1.00000 |

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

Monday, March 13, 2023: 1:00 p.m. to 5:00 p.m. and 6:00 p.m. to 9:00 p.m.
Tuesday, March 14, 2023: 9:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m.

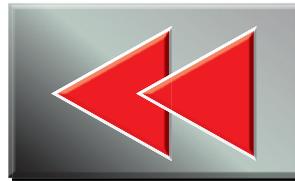
Written appeals must be received by 5:00 p.m. on March 14, 2023. For an appointment, call Marti Townsend at 517-319-6880 by 1:00 p.m. on March 14, 2023.

CP#23-025

REWIND

NEWS HIGHLIGHTS FROM THE LAST 7 DAYS

BY NICOLE NOECHEL



East Lansing High School will get safety improvements, including returning security officers to the school, limiting entry and exit and giving out harsher punishments for students who engage in violent behavior.



This follows a walkout by students and parents held a walkout to protest incidents of violence and demand the East Lansing Board of Education provide more protection. On Jan. 19, a fight outside of a school basketball game ended with one of the participants accidentally dropping a gun in front of a teacher who stepped in to quell the argument. According to the Lansing State Journal, another fight occurred the next day after two students who were being guided to the office attacked a group sitting outside the school's media center. Then, on Jan. 24, the school was locked down for two hours after a report there was a gun on campus. The school was found to be all clear. At the walkout, students called for metal detectors, a school resource officer and additional mental health support, among other requests. At a later meeting with Mayor Ron Bacon, more than 200 community members gathered to voice concerns. Following all of this, School Board President Kath Edsall resigned over accusations of bullying and hindering safety efforts.



The City of Lansing is looking at whether to build a 24/7, year-round homeless shelter. Overnight, privately operated shelters are full or exceeding capacity and require guests to leave during the day, except in extreme weather. The People's Council of Lansing, formed to demand transparency and accountability from the city, has received more than 200 signatures on its Change.org petition for a city-run shelter.

"A public facility would have the resources and ability to offer a wide range of services to those using the space. This, in a long-term sense, could include access to transportation, healthcare and social services, in addition to basic shelter," the petition reads. "A non-profit or religious organization, with less proximity and accountability to existing government institutions, may not be able to offer the same level of support." Mayor Andy Schor classified the project as a citizen priority and asked Human Relations and Community Services to compile a potential budget, spokesperson Scott Bean said.

Former Lansing police officer Yansel Lopez was arrested Thursday and charged with one count of domestic assault. He resigned after working for the department for one year. Further details are yet to be released, but his next court date is set for Feb. 6.



The Ingham County law and courts committee will meet Thursday to consider whether the county jail will receive a Narcan vending machine, according to WILX. The Jackson County jail has a similar machine up and running. Anyone, not just inmates, would be able to use the machine to treat people suffering from opioid overdoses. In 2018, there were 2,599 drug overdose deaths in Michigan, including 2,036 opioid overdoses, with drugs killing more people than car crashes, according to the state's website.

The investigation into the Okemos Knob Hill apartment complex fire could not find a cause. The fire, which took place on Dec. 21, left one man, 52-year-old Raymond Naseef, dead and many families displaced. Officials say the cause is undetermined, but they still believe it started on a couch on the ground floor of one of the buildings.



Gov. Gretchen Whitmer gave her 2023 State of the State address. She announced "Lowering MI Costs," geared toward cutting costs in the wake of inflation and supply chain issues. The plan has three parts: repealing the retirement tax, which will save seniors an average of \$1,000 per year; expanding the Working Families Tax Credit, which will give around 700,000 families tax refunds of at least \$3,000; and offering free pre-k for all, which saves parents an average of \$10,000 per year. She also announced "Make it in Michigan," which aims to keep newly graduated college students in the state. Under the plan, the state will fund efforts to bring in more manufacturing projects, creating more jobs; continue working to have 60% of residents earn a degree or skills certificate by 2030; continue funding the Michigan Achievement Scholarship, lowering the cost of higher education; fund apprenticeships so more people are working in trades; and lower the age for Michigan Reconnect, a program that offers people tuition-free associates degrees and skills training, from 25 to 21. Later, she stated her intentions to repeal the state's 1931 anti-abortion law as well as other laws that limit reproductive freedom and marriage rights and expand the Elliott-Larsen Civil Rights Act, which prohibits discrimination based on religion, ethnicity, sex and other factors. Finally, she proposed investments in public safety and education, including gun safety measures like universal background checks and safe storage laws and funding for MI Kids Back on Track, which offers personalized learning supplements such as tutoring and afterschool programs to fill gaps created by COVID-19.

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Tax

from page 7

But two of three Republicans on the Senate Housing and Human Services panel voted against the legislation last week, including Sen. Jonathan Lindsey, who told Bridge he was concerned by the speed of the process and had unanswered questions about the impact on other taxpayers.

"We need to be taking up legislation that helps keep more money in the pockets of all Michiganders," said Lindsey, R-Allen. "I don't think what we're seeing from this process so far is actually really diving into the best way to do that."

Whitmer last year vetoed larger GOP tax cut plans but began a heavy push for more narrowly focused relief.

Ahead of her State of the State address, the governor met with local supporters who complained about the impact of inflation and other costs on their household budgets, including a young mother who said she earned \$13 an hour and broke down in tears while telling the governor that she struggled to afford food, gas and daycare.

Whitmer has not weighed in on the potential income tax cut trigger that Republicans added to the 2015 road funding law, and she said last week that Democrats are continuing to have internal discussions over possible changes to their own tax relief legislation.

"My foremost goal is to undo the new tax on retirement that was created 12 years ago," Whitmer said, referencing her years-long call to repeal the pension tax.



City Pulse needs a new person to write Eye Candy of the Week and Eye for Design.

Email publisher@lansingcitypulse.com if interested.

Tax cut fever is sweeping the State Capitol once again, this time fueled by a \$9 billion budget surplus and orchestrated through some deft political chess moves by Gov. Gretchen Whitmer. Clearly aiming to outflank the Republicans on their bread-and-butter issues, Whitmer's sudden embrace of a tax cut free-for-all is unsurprising, but it's also disappointing. While the governor's tax-whacking fervor may be good politics, we think it's far from good policy.

We believe that taxation, and public subsidies for things like child care and pre-K education, should be based on one's ability to pay, which depends on one's income and wealth. It's called tax equity and fairness. It's not a new idea or a difficult concept to comprehend. In practice, though, it's been constant cannon fodder for the internecine partisan warfare that has Republicans and Democrats perpetually trying to outdo the other to curry the favor of enough Michiganders to keep or seize political power.

That said, there's a lot to like about Whitmer's pro-working family agenda. We love the Earned Income Tax Credit — renamed the Working Families Tax Credit — because it provides direct tax relief to those who need it most based on their income.

Not so much with the retirement tax rollback approved by the Legislature last week. We're generally in favor of the plan, but after deeper consideration we think the the version that the Legislature eventually sends to the governor should include means testing. The truth is that retirees as a group are far more financially secure than any other. The Brookings Institution reported that senior citizens age 65 and up are the wealthiest age cohort in the world. Yet, politicians trip over themselves to award them tax cuts when they could be directing those resources to solving intractable poverty, especially among families of color, in cities like Lansing.

We do believe it was unfair for former Gov. Rick Snyder to slap retirees with a wholly unexpected tax on their fixed income after they retired. That should be remedied. But going forward, pension taxes should come with a means test. Someone with a total retirement income of \$25,000 annually shouldn't be taxed at the same rate as someone who hauls in \$100,000, or who has a pension and income from a second career that pushes their total yearly income to six figures.

Then there's the small detail that the state's whopping budget surplus is about to trigger an automatic income tax rollback, another bit of Republican trickery from a few yearsback. As reported by Bridge Magazine (see Page 7), House Appropriations Chair Angela Witwer of Delta Township said her fellow Democrats haven't talked about blocking the cut, which

Tax the rich

The CP Edit

Opinion

she described as “political suicide.” Here, too, we think the new Democratic majority should slam the brakes on the rollback — which nonpartisan legislative sources say could knock it down from 4.25% to as little as 4.05% — and consider how this moment can be leveraged to create a more fair and progressive system of taxation for all Michiganders, starting with considering the bold call by another member of the local delegation, Julie Brixie, for a graduated plan.

Adding insult to working-class injury, an unfortunate Court of Appeals ruling last week means that minimum wage and tipped workers won't be getting the raise they were expecting later this month. Michigan voters in 2018 approved a ballot measure that bumped up the minimum wage from \$10.10 per hour to \$13.03 — a 29% increase. Tipped workers, meaning restaurant personnel who make a base wage of just \$3.75, would have seen their base more than triple to \$11.73 per hour. These long-overdue raises for minimum wage workers would take effect on Feb. 19 but for another cynical Republican maneuver, whereby the voter-approved proposal was subsequently amended by the Legislature, elevating partisan chicanery over the will of the people as clearly expressed at the polls.

Finally, we're all for every 4-year-old getting a strong start on their education journey by enrolling in pre-K. Yet we are wholly against using state resources to subsidize pre-K for families who can already afford it. And how about subsidized child care for everyone with no income limits? This, too, smacks of political opportunism rather than a principled policy. Simply put, we're not in favor of tax cuts and subsidized services for the rich. We support tax equity, and that means wealthy people and companies paying their fair share.

We get the governor's strategy. As usual, she's thinking two steps ahead of the discombobulated Republicans and positioning her party to maintain or even expand its majority less than two years from now. And, given the history of the income tax, especially the time when two Democratic state senators were recalled from office for voting to increase it, handing control of the Michigan Senate to Republicans for the next four decades, we know there is zero chance that Dems will support anything resembling a tax increase.

OK, so be it. But that doesn't mean everyone needs or should get a tax cut. With many economists predicting a recession, we think it unwise to blow future holes in the state budget. Our counsel to state lawmakers and the governor is this: At a generational moment in Michigan's history, led by a new Democratic majority for the first time in four decades, let's use that power to create a fair and equitable system of taxation that benefits low- and middle-income families and eschews public subsidies for the wealthy.



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What's old is new again: Boarding houses and other forms of shared housing

BY JOAN NELSON

What does a newly retired, older woman with modest savings and a large, old eastside home do to enhance her financial security? One option is to do what women did 100 to 200 years ago: open a boarding house.

Boarding houses are described in Lansing's zoning code as "a structure, other than a hotel, where, for compensation, and by prearrangement for definite periods, lodging or meals, or both, are provided for at least three but not more than 20." In my case, because I am not preparing meals for my tenants, I simply rent suites in my home while providing lots of additional common space (kitchen, dining room, living room).

I find the history of boarding houses fascinating, not the least because of the gender impacts. For many older women and widows, operating a boarding house in the 1800s and early 1900s was a way to generate income when few options were available. Further, boarding houses were the respectable lodging of choice for young women coming in from rural areas to find work. Indeed, the YWCA operated highly supervised boarding houses for young unmarried women, sometimes referred to as "bricks and mortar chastity belts."

In 1800s America, boarding houses were ubiquitous. "Between one-third and one-half of 19th-century urban residents either took in boarders or were boarders themselves," according to historian Wendy Gamber in her book "The Boardinghouse in Nineteenth-Century America."

The 19th century saw massive urban growth and a quadrupling of the Ameri-

can population. During that time, boarding houses contributed to the dense, cheap housing that provided an initial landing place for a rich mix of people arriving in urban centers. They enabled immigrants, the young and the old, traveling businessmen and poor laborers to live affordably and within walking distance of work and shops providing for daily needs. In Lansing, according to Capitol historian Valerie Marvin, members of Michigan's Legislature generally lived in one of the downtown's many boarding houses.

Because living entirely alone was socially stigmatized at the time, singles were a staple of boarding houses. (That stigma no longer exists, as noted by Diana Lind, author of "Brave New Home," who reports that while only 3% of adults in 1890 lived by themselves, a whopping 28% of adults do so today.)

Ben Franklin, Edgar Allan Poe, Walt Whitman and Moms Mabley lived in boarding houses. So did literary characters such as Jo March and Sherlock Holmes. George Bailey's mom resorted to turn her home into a boarding house in "It's a Wonderful Life." I'll bet if you ask a few of your older relatives, a boarding house operator or resident will reveal themselves.

Near the end of the 19th century and into the 20th century, boarding houses began to fall out of favor along with other forms of shared housing, such as co-operatives, rooming houses, lodging houses, multigenerational housing flats, duplexes and quads. Many factors contributed to this increasingly negative view of dense or shared housing, including public health concerns about overcrowding,

June 20, at Sturgis—Reunion of the 4th Michigan Infantry.

MICHIGAN LEGISLATURE—1883-4.

SENATORS.

| Name. | Residence. |
|----------------------|-----------------------|
| Ansteth, Charles | E. O. Kelly's. |
| Beknap, James W. | Hudson house. |
| Biles, Aaron T. | Lansing house. |
| Butlers, Archibald | 610 Allegan street. |
| Duncan, Lawson A. | E. M. Eschley's. |
| East Orlando J. | Mrs. Edwards'. |
| Fraboe, Alonzo T. | Goodrich house. |
| Grossel, John | Lansing house. |
| Gullifer, Freeman O. | 320 Capitol avenue. |
| Hines, James W. | Lansing house. |
| Huston, James | 301 Cedar street. |
| Johnson, Henry H. | A. O. Benson's. |
| Koon, Ezra L. | Lansing house. |
| Manwaring, Joshua | Mrs. Hutchinson's. |
| McMahon, Joel W. | Hudson house. |
| Mercer, James | Hudson house. |
| Monroe, Charles J. | Mrs. E. V. Sanford's. |
| Norton, John M. | Mrs. Hutchinson's. |
| Pennington, Henry F. | Hudson house. |
| Phelps, Fitch | Lansing house. |
| Richardson, John H. | Lansing house. |
| Richmond, Charles H. | Lansing house. |
| Romey, James W. | Hudson house. |
| Roost, John | Hudson house. |
| Seymour, Henry W. | Lansing house. |
| Shaw, Brackley | Mrs. Ford's. |
| Snoemaker, Michael | Hudson house. |
| Strong, John | Hudson house. |
| Taylor, George E. | Hudson house. |
| White, Shubael F. | Mrs. Harris'. |
| Whiting, Josiah B. | Hudson house. |

REPRESENTATIVES.

Capitol Historian Valerie Marvin

A list from The Lansing Tri-Weekly Republican newspaper from March 1, 1883, showing the boarding houses where Michigan legislators lived.

Moreover, mid-century saw the dramatic growth of home ownership due, in part, to the GI Bill. Unfortunately, the period also saw a myriad of new restrictive zoning laws and restrictive covenants that prioritized single-family homes and reinforced racial and class segregation. Over the second half of the 20th century, most forms of shared housing steadily declined. Boarding houses were discouraged because, in the language of the day, they encouraged unhealthy mixing of people across race, class, sex and ethnicity.

Fast forward half a century and we arrive at a time when city planners are grappling with chronically low housing inventory and rising costs. This has prompted a national conversation about resurrecting the shared housing options of yore to re-establish housing density, diversity, affordability, and community.

Locally (and nationally), there are barriers to incorporating these once-common shared housing options. The most significant barrier is that single-family zoning covers about 83% of Lansing's residential districts. Never mind that the U.S. Census reports that only 40% of U.S. households feature married or single parents with children under 18.

Form-based code, adopted here in 2021, provides a bit more flexibility on Lansing's east side, where only 70% of the area is zoned single family. According to Andy Fedewa, Lansing's principal planner, "because the eastside has a higher rate of multi-family residential (theoretically up to 6 units), there are opportunities to allow further development" along these lines. There is another problem, however, in that the zoning code does not allow more than three unrelated people to live together. Further, Lansing's code forbids Accessory Dwelling Units (ADUs, sometimes called 'mother-in-law cottages'), a related strategy that has been enabling increased density/housing variability in other cities.

Time will tell whether Lansing will follow the recent example of cities such

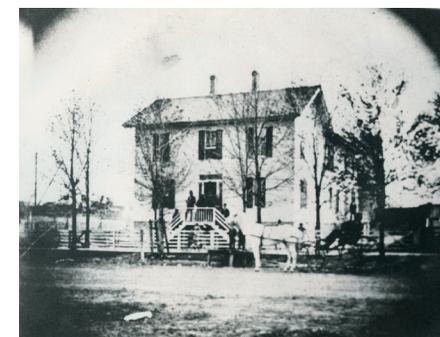


The plaque on Joan Nelson's house.

as Minneapolis, which converted almost entirely to multi-family zoning. This inclusive zoning allows a wide range of housing options (co-ops and other co-living spaces, boarding houses, quads, ADUs, etc.) that serve not only traditional families, but groups of unrelated friends and other people that want to share a home.

Lansing's zoning code is periodically reviewed by the Planning Department, which discusses community feedback with members of City Council. According to Fedewa, the next review is scheduled for this summer. Let's begin now to discuss how to create modern-day versions of flexible, historic, and affordable shared housing options in our neighborhoods to help alleviate our housing shortage while meeting the diverse needs of Lansing citizens.

(Joan Nelson was the founding director of the Allen Neighborhood Center. Her column appears in the first issue of each month.)



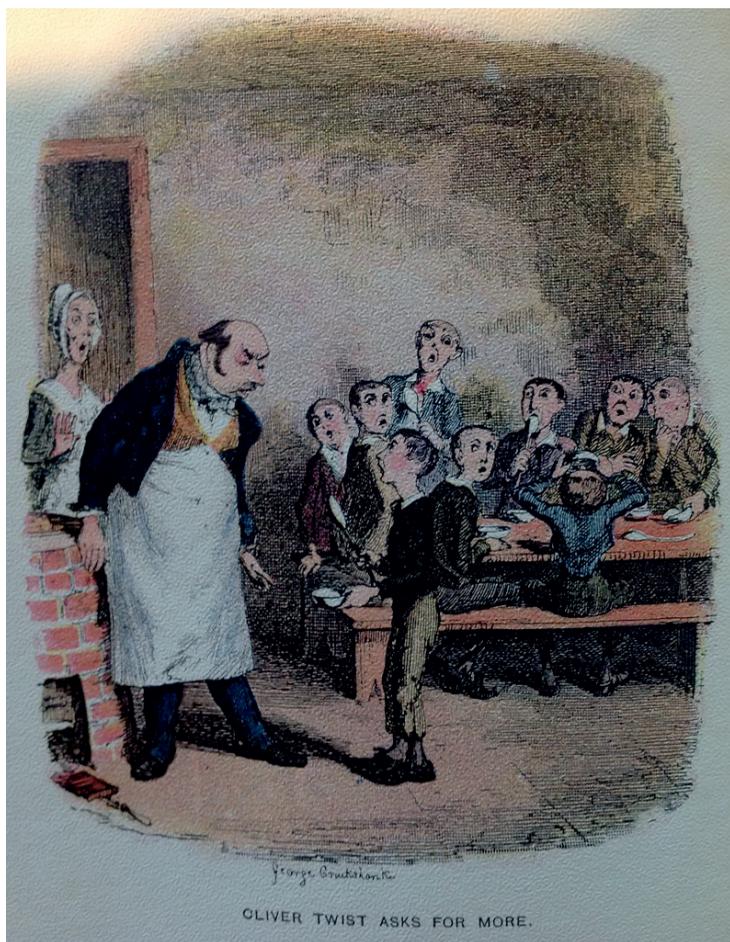
Forest Parke Library & Archives/Capital Area District Library.

A 19th-century photo of Potter's Boarding House on Ottawa Street.

Opinion

Adding a little density, generating income, enjoying company

In 2011, Allen Neighborhood Center put together a brief guide for older eastside homeowners who were interested in renting out a room and bath in their homes — for income and/or for company. The guide begins with an assessment of both the homeowner and house for suitability, offers suggestions for finding tenants (through churches, clubs, neighborhood organizations), provides questions for interviewing prospective tenants, offers a sample lease, and more. Call Joe Enerson, josephe@allenneighborhoodcenter.org, 517-999-3920, to secure a copy.



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The time is now for Republicans to win a seat in the U.S. Senate

It's hard to give a blanket explanation for why Republicans have had such a hard time winning U.S. Senate seats in Michigan over the last 60 years, but they have.

Since 1959, Michigan has had eight U.S. senators. Six have been Democrats. Two have been Republicans. Zero have knocked off an incumbent Democratic U.S. senator since Dwight Eisenhower was president.

Michigan voters like their Democratic incumbents in the U.S. Senate. They don't lose.

Sen. Debbie Stabenow's decision not to seek a fifth term in the U.S. Senate creates one of those rare vacant seats. It may be the last one they get for a while.

U.S. Sen. Gary Peters, a Dem, is 64 and could run for reelection in 2026 and possibly again at age 76 in 2032. Let's presume U.S. Rep. Elissa Slotkin, D-Lansing, wins the Senate seat at age 48 in 2024. She realistically could have the seat for two or three decades.

Obviously, nothing is cast in stone. Some dynamic Republican candidate could win in 2026 or 2030 or 2032. But history isn't on their side.

The time for Republicans to win a U.S. Senate seat is now ... and they don't have the natural fit the Democrats have.

Slotkin, Secretary of State Jocelyn Benson, Lt. Gov. Garlin Gilchrist or state Sen. Mallory McMorrow all would be formidable candidates on the Democratic side. They would instantly appeal to the national coalitions they'd need to run a professional campaign.

The Republican side isn't as clear. The R's were swept in 2022, their field of statewide candidates exposed as being too aligned with Donald Trump's conspiracies to appeal to a broader Michigan audience.

Deep-pocketed businessmen Kevin Rinke and Perry Johnson, who made losing bids for the GOP gubernatorial nomination last year, are talking about another run, but they come with heavy flaws. Rinke doesn't excite anybody, and the eccentric "Quality Guru" Johnson seems more interested in promoting his personal brand than serving the public.

Once-GOP rising stars have moved on. Former Secretary of State Candice

Miller likes being Macomb County's public works director. Former Speaker Tom Leonard likes being a dad and making real money at a law firm. It's a similar story for former Attorney General Mike Cox and former Lt. Gov. Brian Calley at the Small Business Association of Michigan.

The only elected Republican with a recent history of exciting grassroots Republicans and the center-right crowd is two-time U.S. Senate candidate John James, and he barely won a congressional seat last year, despite the national Democrats' decision to ignore the race.

Leonard again suggested on Michael Patrick Shiels' radio show the name of U.S. Rep. Peter Meijer.

His family's chain of supermarkets gives him more name ID, personal wealth and access to funders than anybody else I can't think of.

The rub on Meijer would be making it through a Republican primary against a far-right candidate like Ryan Kelley.

Meijer is a "maverick" who voted to impeach President Donald Trump and flew to Afghanistan to personally investigate Joe Biden's critically received withdrawal. The product sells well with independents. It doesn't work with the GOP base, as he found out in last August's GOP primary, when he was beaten by a pro-Trump carpetbagger.

The name to watch may be U.S. Rep. Lisa McClain. As a former executive with the Hantz Group finance company, McClain has some personal money (not Meijer or Perry Johnson money, though) and has the potential to raise more.

The personable McClain appeals to the conservative base and the Trumpers while having some caché with the private sector. She doesn't have the name ID of Meijer, but Irish political surnames do well in Michigan.

If her chief political strategist, Scott Greenlee, can pull off a win in the Michigan Republican Party chair's race next month, she's someone to watch.

The Republicans are infamous for having an unknown private sector executive show up, and I'd expect the same to happen next year.

But whoever emerges will be under pressure. The time for them to win is now.

(Email Kyle Melinn at the Capitol news service MIRS.)



KYLE MELINN

Opinion

POLITICS

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Don't fence him in

Guitarist Bruce Forman rides into town for jazz at MSU

By LAWRENCE COSENTINO

With his 10-gallon hat, denim attire and unpretentious air, guitarist Bruce Forman is not a typical jazzman. He often masks his dazzling mastery of jazz guitar with an unpretentious cowboy attitude and a keen smell for horse manure.

It's a safe bet MSU jazz studies has not yet stabled a canny thoroughbred like Forman, 66, who digs in for a residency this week, ending in a rollicking concert with stellar student ensembles at the Fairchild Theatre on Friday (Feb. 3).

At a cowboy festival in the early 1990s, Forman found a guitar lying around and played a few of his Western favorites, riled up with plenty of bebop licks straight out of Bird, Monk and Diz. Thus was born the quirkiest of Forman's many bands, Cow Bop.

"We started off being kind of like the turd in the punch bowl," he said. "Let's face it — the one thing cowboys hate is jazz, and the one thing jazz musicians hate is cowboys. We were ready to be hated by everybody."

But Forman can do anything on guitar, from quietly breathing in the open spaces to unleashing a stampede of improvisation, driving home the message that music is music, and to hell with fences.

"We played those Western cowboy songs our way," he said. "We won them over. Next thing you know, we got gigs and made a record." (Four records, in fact, including one called "Too Hick for the Room.")

"We were having fun, but we never really stopped playing jazz."

A lot of folks don't know that the smoky campfire beans in many famous "Western" songs were cooked up in Tin Pan Alley, not Monument Valley. "I'm an Old Cowhand" was written by sophisticate Johnny Mercer. "Don't Fence Me In" was penned by über-urban penthouse dweller Cole Porter.

"People don't realize there was this

whole period in time where Western music was really the rage, both in Broadway and pop," Forman said.

Even saxophone colossus Sonny Rollins helped blaze a trail between the two camps. A major inspiration for Cow Bop is Rollins' honking, swaggering, drolly-dusty 1957 album, "Way Out West."

"But mostly, it just came from the fact that I'm a cowboy," Forman said. "I ride horses. I used to do roping and ranch work."

Cow Bop had a wild heyday from 2008 to 2016 as a five-piece traveling band.

"We'd do a cowboy festival in the afternoon and a jazz festival at night, and we honestly didn't change what we did," Forman said.

There's another thing Forman loves about Cow Bop.

"There was a time, from the '90s into the 2000s, where jazz kind of lost its sense of humor," he said. "For me, Cow Bop is my reaction to the overt seriousness of the presentation. Not the playing. That's the most serious thing in the world."

As a crack California guitar hand in the 1980s and '90s, Forman played with trumpet icon Dizzy Gillespie, hard-driving saxophonist Richie Cole, vibraphone master Bobby Hutcherson, trumpet firebrand Freddie Hubbard and many other greats.

"Those guys were great musicians, but they were having fun on the bandstand," Forman said. "We're serious about the playing part, but there's nothing wrong with making something happen in the room, being entertaining."

A few weeks ago, he sent a few arrangements to MSU jazz guitar professor Randy Napoleon to get the students started. Forman was already

excited to visit MSU jazz studies, which he called "one of the flagship programs of this country," when a swinging clip of the student ensembles playing last week at Jazz at Lincoln Center for the Jack Rudin Championship sent him over the moon.

"I mean, they sound so good," he said. "So good."

Forman has a lot of irons in the fire these days, including a touring project called "The Red Guitar," modeled after "The Red Violin" and "The Red Shoes," two films about an obsession with music (or dance). The project mixes music, philosophy and storytelling to weave a tale of musical infatuation.

In another project, Junkyard Duo, Forman plays broken, salvaged and cobbled-together instruments to create haunting rust-and-bone soundscapes. He also teaches jazz guitar at the Thornton School of Music at the University of Southern California.

Cow Bop is slowing down, due to the difficulty of keeping a five-piece band going, but they have two concerts planned for this year.

"The cow still moos," Forman said.

His latest CD, "The Reunion," is a critical smash and a return to his meat and potatoes, the jazz guitar trio. The album is a fresh ap-

proach to the jazz musician's eternal task — balancing the weight of tradition with spontaneous self-expression. It's a tribute to Forman's guitar idol and one-time bandmate Barney Kessel, but there's a twist: The titular "reunion" refers to three instruments, not three musicians. There's even an oddly touching group "portrait" on the cover: Kessel's old guitar, now owned by Forman; an upright bass that belonged to jazz icon Ray Brown, played by bassist John Clayton; and a drum kit well beaten by another jazz legend,



Courtesy photo

California-based guitarist Bruce Forman, guest artist in residence for MSU jazz studies this week, soaks up inspiration at Cadillac Ranch, near Amarillo, Texas, along Route 66.

Shelly Manne, played by drummer Jeff Hamilton.

Forman doesn't want this crucial link in jazz and American music history to be forgotten. In the mid-1960s, Kessel's astonishing guitar artistry launched the now-ubiquitous guitar-bass-drum format in a series of groundbreaking albums with Brown and Manne under the rubric of the Poll Winners.

When the trio's first disc hit in 1957, "the guitar was barely 20 years old as an electric instrument," Forman said. Kessel commanded a serious spotlight for guitar as a lead instrument. In a very short time, guitarists went from plunking accompanists to literal rock stars. The road was open to Sonny Rollins' landmark 1962 album, "The Bridge," with Jim Hall on guitar; the rise of Buddy Holly's amplified trio; and points way beyond.

"Within 10 years of the first Poll Winners album, Jimi Hendrix came out with 'Are You Experienced?'" Forman said. "If one more person says Barney Kessel's name, that's worth this whole project."

MSU jazz octets with Bruce Forman, guitar

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Lansing Shuffle brings food and fun to former City Market site

By NICOLE NOECHEL

Eric Mizga sat sipping a beer from the Grand Bar inside Lansing Shuffle.

“It’s phenomenal,” Mizga pronounced the makeover of the city-owned downtown pole barn along the Grand River. “It’s a great space for Lansing. We needed something new. Nice atmosphere, very open and welcoming.”

Added Manny Rios, Mizga’s friend and Lansing resident, “It’s gonna be fun for Lansing, definitely.”

When asked if they would come back, Rios replied, “Definitely. Every week.”

“I’ll be here tomorrow night,” Mizga said, laughing.

The building, which opened to the public last Thursday, houses five restaurants (with space for two more), a bar, a private event space and, come summer, a covered pavilion with a bar, five shuffleboard courts and a patio extending to the riverfront.

The space was formerly home to the Lansing City Market, which has a storied past. Established in 1909, the city-sponsored farmers market spent 29 years outdoors at the intersection of Shiawassee Street and Grand Avenue before moving into a building across the Grand River off of Cedar Street in 1938. It was built by employees of then-President Franklin Roosevelt’s Works Progress Administration, a New Deal agency that gave post-Depression era citizens jobs carrying out public works projects.

There was a celebration for the new market’s opening, which Carrie Lewis Wales, who attended the party, told City Pulse in 2009 “was so crowded you could hardly move.” The market continued to be crowded for years to come, with customers “filling the parking lot and lining up for fresh produce and other goods,” City Pulse reported in 2007.

“You couldn’t even get to the tables,” longtime customer Dave Mackey said.

However, with the rise of supermarkets later in the century, followed by big-box stores like Walmart and Meijer, the market grew less and less popular as time went on.

“It’s been limping along for years,” former Lansing Mayor David Hollister told City Pulse in 2007.

In addition, the building needed a major renovation — it faced “over \$1.2 million in maintenance problems, including shredded awnings, crumbling masonry, an aging roof and air conditioning unit, a patchy parking lot and termite problems,” the story said.

In October 2007, developer Pat Gillespie announced his plans to replace this building with a smaller, more cost-efficient and modern facility closer to the Grand River that would also offer entertainment and events. Apartments,



Nicole Noechel/City Pulse

The Boardroom, the Shuffle’s private event lounge, comes with its own tabletop version of shuffleboard.



Nicole Noechel/City Pulse

Browndog at the Shuffle’s flavor-packed beer cheese burger, topped with caramelized onions, bacon, aioli and a pickle slaw, is well worth the \$19.50 price.

retail stores, offices and restaurants would take over the old site, bringing commerce and potential new customers to the area.

He was met with mixed feelings: Some thought this was a Hail Mary for the market, its only chance to stay afloat. Others fought to save the nostalgic old building, fearing gentrification and the loss of tried-and-true, local vendors.

Getting the plan approved was a long process involving “many meetings, public and otherwise, and many levels of government,” City Pulse reported in 2008. Gillespie and Bob Trezise, former CEO of the Michigan Economic Development Corp., held more than 50 public meetings to convince concerned parties that the development was the best direction. The project eventually ended up in the hands of the Lansing City Council, which approved it unanimously after arguments over “holes” in the development agreement, including the selling price of \$1.6 million, the amount of tax incentives Gillespie was eligible for and questions over what, exactly, he was going to build.

Despite controversy, the large pole barn opened in January 2010, with a grand opening on April 24. Initially, the market saw a rise in customers following the move. Fruit vendor Kevin Nich-



Courtesy photo

The first iteration of the Lansing City Market, established in 1909, was held outdoors at the intersection of Shiawassee Street and Grand Avenue.



Nicole Noechel/City Pulse

The Farr and Reynolds families enjoy drinks from the bar. “It’s nice to have something in the winter that’s inside,” said Andrea Farr (far left).

ols told City Pulse in September 2010 that his business had “close to tripled.” Younger, more culturally adept patrons flocked to the new digs, purchasing food from vendors and the newly opened Waterfront Bar & Grill, kayaking on the river and enjoying live entertainment.

In 2014, however, vendors began to voice concerns, especially about a lack of parking. There were only 55 spaces for the entire market, which some worried kept potential drive-in customers from shopping there.

Though Gillespie eventually made good on his plans for the Marketplace apartments, Midtown mixed-use development on Michigan Avenue and Stadium District, attendance and vendors continued to decline. City Pulse asked readers what they thought the market could do to gain more traction. Respondents said increased advertising and later hours could help, though the rise of competing farmer’s markets did not bode well.

In summer 2015, the Lansing Entertainment and Public Facilities Authority, which oversaw the building, announced plans for an “urban market” to replace the obviously tired farmers market concept with more emphasis on restaurants, prepared food, specialty food stands and even a potential brewpub.

In the end, though, nothing could save the floundering establishment. In 2018, the City Council began considering ending its \$80,000-per-year subsidy to the market, with Council President Carol Wood calling it a “failure.” The market was at about 60% occupancy at the time, though Waterfront was taking up a large chunk. The restaurant’s lease expired and the city eventually evicted it from the market after a lengthy legal battle with its owner.

Residents had many ideas for the future of the pole barn, including a welcome center for the city, a marijuana

City Market

from page 13

marketplace and an advocacy center for homeless populations.

Mayor Andy Schor issued a request for “actual, developed proposals,” and for a while, it looked like Grand River Brewery of Jackson was going to cut a deal. That never came to fruition, though.

Finally, in the fall of 2020, the City Council approved a 40-year lease agreement with Detroit Rising Development, and Lansing Shuffle was born. The \$3.2 million development saves the city around \$80,000 annually in utility and maintenance costs it was previously covering and hopes to bring in more customers and profits than the building’s previous tenant.

This is co-owners Jonathan Hartzell and Jim Therkalsen’s first project outside of metro Detroit, and they hope to bring the vibe of the successful Detroit Shipping Co. to the capital city.

“Here, I think what intrigued me was the location on the riverfront,” Therkalsen told City Pulse in 2022. “It’s just an awesome location, right along the Riverwalk, Rotary Park, with the stadium and convention center. It feels like the space wasn’t being used, and development is something that could bridge all those different points of interest.”

The 11,000-square-foot building holds five restaurants, a full-service bar, a private event space and upscale food court-style seating where guests can eat, chat with friends and enjoy drinks. It also offers parking validation for up to two hours for the lot south of the building, though rates are pretty fair if you choose to stay longer.

The owners also plan to bring art, music and comedy events, classes, pop-up retail and more to the venue.

The space is open for bookings — from the private lounge to the entire property. “Whether you’re hosting a meeting, happy hour, dog-walker meet-up, charity ball, Magic: The Gathering tournament, tailgate before a Lugnuts game, speed dating event or a large corporate event,” the website states, the Shuffle hopes to host all kinds of events, with catering menus from each restaurant and cocktails delivered from the bars. Construction for the outdoor pavilion, with five shuffleboard courts, a bar and riverfront patio, is slated to begin in the spring. Once completed, it



Nicole Noechel/City Pulse

The original City Market sign hangs prominently across from the bathrooms at the Shuffle.

will host shuffleboard leagues and private court bookings. But don’t worry, there will still be plenty of opportunities to play a casual game with friends over drinks.

At Thursday evening’s grand opening, wide-eyed and empty-stomached patrons lined up to sample offerings from the restaurants, including Yeti Kitchen, which serves vegetarian, vegan and gluten-free Nepalese food such as butter chicken and paneer, samosas, dumplings and stuffed naan bread; Irie Smoke Shack, a fragrant-smelling Caribbean barbecue stand with options like curry-spiced chicken wings, jerk-rubbed ribs, harissa-smoked turkey breast and smoked beef brisket; and Kin Thai, offering classic noodle dishes such as pad Thai, orange chicken, fried shrimp in sweet chili sauce, crab rangoon “nachos” and various boba teas.

Brian Scherle, co-owner of Browndog at the Shuffle, stood outside of his kitchen to greet passers-by. The company is based in Detroit, but Scherle and his partner are looking forward to introducing the people of Lansing to their menu of American classics like burgers, fries and ice cream with elevated ingredients and flavor profiles.

“We don’t have that opportunity from southeastern Michigan. So, I think, goal-wise, that’s what we’re looking for,” Scherle said. “And to have a good collaboration with all the other restaurateurs and the group that’s here.”

“It’s a great opportunity, a great new market, a city that’s waiting for a food scene and an amazing part of the political and cultural landscape of Michigan,” he added. “So, we’re super excited to be down here for it.”

Chef Gianmarco Roselli, owner of Osteria Vegana, an Italian restaurant serving plant-based and gluten-free pastas, salads and antipasto, is equally excited to bring his business to Lansing to offer more options to residents with limited diets.



Nicole Noechel/City Pulse

Christine Garmichael and Zack Phillips of Lansing sample food from all five vendors while chatting over drinks.



Nicole Noechel/City Pulse

Detroit’s Paxton/Spangler Quintet kept attendees lively throughout opening night.

“Mainly, what our goal is always to do is to offer exceptional, life-changing service and food, because we know how many people have gluten-free and vegan dietary restrictions,” he said. “We would like to make sure that everybody gets what they need. We want everybody to enjoy vegan and gluten free-food. So, that’s our main goal, to keep giving you five-star service and food.”

The concept for the restaurant was formed after he “fired” himself from a burger joint over a discrepancy on how to flip hamburgers.

“The same day, I made this concept

for Osteria Crema, which was originally vegetarian. Then I went to retreats in Mexico and Egypt, both of which made me do fasting, and there I learned I wanted to be vegan. So, we changed the concept and launched Osteria Vegana,” he said. “We were the second person to sign up. We get to be in this Lansing Shuffle every day, and we made friends with all the patrons and kind of grew into a big family. We’ve been loving it. It was pretty fated, the way it happened.”

See City Market, Page 15



Nicole Noechel/City Pulse

Guests line up to order from Yeti Kitchen, which had an hour-long wait for food during the busy opening.



Nicole Noechel/City Pulse

Beyond just food and shuffleboard, the Shuffle has a full-service bar (with a second, outdoor bar coming in the summer) for guests to hang out and converse while waiting for a text that their food is ready.

Keeping trim: An interview with Domiana Bachman



By LUCAS HENKEL

The main role of a cannabis trimmer is to clip the buds off of marijuana plants come harvest time. Trimmers are responsible for ensuring the buds remain intact and visually stunning so they can eventually fill dispensary shelves. They are also responsible for weighing, labeling and packaging buds according to compliance standards.

Domiana “Dom” Bachman is a 29-year-old Lansing native and one of the many unsung heroes of the cannabis world. I sat down with her this week to discuss what it truly means to be a trimmer.

What made you want to work in the cannabis industry?

I’ve always been an avid smoker, so when I was presented with the opportunity to join the cannabis industry back in 2018, I went with it. Five years later, I’m still going strong. I really just enjoy being around the people and, of course, the flower.

Describe your current job and what you do.

I work for a commercial grow facility called High Grade. They’re originally from Arizona but expanded into Michigan last year. I’m a trim lead, so, alongside my colleagues, I help manage 20-plus employees in the trim department and make sure the quality of the bud is up to standard before it’s packaged and sold to dispensaries in the area. We strive to put out the best bud possible, and my job is to make sure that happens.

What are some of the most essential skills that a trimmer needs to have?

I would say the most important skill to have is the ability to focus on a task for a long period. Trimming can be mind-numbing at times, especially when you’re doing it for eight hours a

day. So, having the patience and ability to do that consistently is essential. All the flower we handle throughout the week is different, from the way it grows to the way it smells. A trimmer needs to be able to adapt and change with the flower and each strain’s quirks. Being adaptable while also maintaining consistency helps ensure we’re putting out the best product every time.

If you could use only one tool to trim plants, what would it be and why?

If I had to pick, I would say my favorite tool is Chikamasa scissors, simply because they’re the best in the game right now. They do a great job at making sure I’m accurate with my trimming, and they don’t make my hand cramp up like other tools I’ve used in the past. Just an overall good tool to have when trimming.

What is your favorite strain to trim? What is your favorite to smoke?

My favorite strain to trim is our Scottie Pippin because of the way it smells and, of course, how it looks. The smell is similar to a blueberry pie, fresh out of the oven. The buds are dense and frosty on the outside. Although it’s sometimes sticky, it makes for a great strain to trim. My favorite strain to smoke is GMO because I enjoy the high it gives me and I love the garlic smell it gives off.

How do you usually like to consume cannabis?

I love a good edible just as much as the next person, but my favorite way to consume is smoking flower in a blunt. Especially in Tropical Twist-flavored White Owl wraps. I also like to dabble with concentrates. It’s a newer way for me, but I definitely enjoy the head high it gives, especially after a hard day.

What would you like to see change in the cannabis industry?

In the coming years, I would love to see more women in the industry —



Lucas Henkel/City Pulse

Domiana Bachman is a trim lead at High Grade, a commercial cannabis growing facility. She employs focus and skill to trim buds from plants and make sure they’re up to standard for dispensary sale.

predominantly minority women. I feel that’s something the industry lacks and needs more of. As many people know, cannabis is a very male-dominated industry, so seeing women in those higher-up roles is very inspiring for young women, especially women like myself.

What do you like to do when you’re not working?

When I’m not working, I love tending to my house plants — I have around 20 at the moment. I also love hanging out with my kids and just getting to relax and enjoy my time with them.

City Market

from page 14

With the huge turnout, wait times were relatively long, but guests didn’t seem to mind — they chatted with friends, ordered drinks from the bar and took in the musical stylings of Detroit’s Paxton/Spangler Quintet while waiting for texts alerting them that their food was ready.

“I had no idea what to expect,” Scherle said, “But I think, from the turnout tonight, it looks like people have been waiting for this to happen.”

Matt LoRusso, the quintet’s guitarist, used to play at the City Market while attending Michigan State University’s jazz studies program.

“I loved it back then, but it didn’t have this kind of an appeal or draw,” he said. “It’s great to see the space being repurposed with community-accessible restaurants and everything. Judging by the success of Detroit Shipping Co., I’m sure it’s gonna be the same thing and busy all the time here.”

Lansing resident Ben VanderStarre

agrees that the renovation was the best move for the space.

“What it was before kind of felt like a little bit of a waste, personally,” he said. “I think it’s great. A lot of vendors can get in here — especially if you’re a food truck or something, that gives you a lot more access to people — and it gives a little more back to the community.”

VanderStarre gave a rave review of Browndog’s beer cheese burger, which was high praise coming from a self-proclaimed “burger guy.”

“It’s awesome. The (pretzel) bun was great. Usually, buns are alright, but the salt on top made the rest of the burger kind of combine. And it wasn’t just normal ketchup or anything like that, there was some aioli, so it was great,” he said.

Overall, patrons were more than happy with the new venture.

“It’s very big and expansive, which is nice. There’s a lot of different (food)



Nicole Noechel/City Pulse

Kin Thai staff work to prepare orders for the horde of hungry guests.

options and music, so I like that,” said Christine Carmichael of Lansing. “I think it’s very unique in Lansing. I don’t think we have a space that has this many different types of options for food and drink and this much space to hang out in.”

“I just got finished with a whole

week of classes and labs and stuff, and I was just like, ‘I need this moment, I want to go eat some delicious food from several vendors at the same time,’ said Lansing resident Zack Phillips. “I like that everything is within a space that kind of collaborates with each other. Also, I don’t have to deal with being outside right now.”

Both Carmichael and Phillips said they hope to see more musicians and events at the space in the future.

Referring to a Michigan Avenue establishment, “It’s comparable to The Avenue, where they have that food kitchen, they have a bar, they have events, so I’d love to see that potential tapped into here, where they’re able to bring in karaoke nights and hang out nights and stuff like that,” Phillips said.



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‘Mama Huhu’ is far from mediocre

By **BILL CASTANIER**

“Mama Huhu,” author Christopher Steele’s new memoir about the five years he spent in China teaching English, is part Bill Bryson and part Paul Theroux, with a bit of Baedeker’s travel guide vibe mixed in.

“Mama Huhu” translates in English to “so-so” or “mediocre.” Why would an author give his book a title that might characterize it as boring? Steele’s answer reflects not only his take on life but also how the Chinese abhor bad outcomes. The book makes the case that bad outcomes arise from simple misunderstandings, which can lead to catastrophe.

It can be purchased on Amazon or Steele’s website, mamahubook.com.

Steele has always viewed life a little differently, often running ahead of the pack on social issues. While working for the Michigan Department of Labor and Economic Growth in the late 1970s, he shepherded a program about creating food self-sustainability. Later, he combined that philosophy with his bent for entrepreneurship and founded a local company, Michigan Marketing Association, supplying specialty food items to restaurants.

After years of providing care for his ailing mother in Virginia, Steele decided he wanted to visit Southeast Asia. He made his first trip to Vietnam in 2003. While there, he noticed numerous English-as-a-second-language schools and began thinking he could use that type of position to self-fund a trip to China.

He took a four-week crash course on

ESL in Hawaii and soon landed a position at an English language school in Guangzhou, China’s fifth-largest city.

In his first days in Guangzhou, he was scammed by two young Chinese students wanting to “practice” English with him, which really meant an extended cocktail hour with Steele footing the bill.

The lesson he learned was that modern China was “like the Wild West, with everyone scrambling to make a dollar.”

“Everyone I met there, in some sense, was an entrepreneur,” he said. He posits in the book that this may be due to the Chinese doing anything they can to survive.

Survival is one of the reasons the ESL system thrives in China, especially for students whose grades on the national college tests fall be-

low the requirements needed to get into subsidized, higher-level state schools.

Those students and their parents know the only hope is to learn English, which would allow them to take jobs in brokerage or export-import companies. The schools are expensive alternatives, but they provide jobs like the one Steele landed.

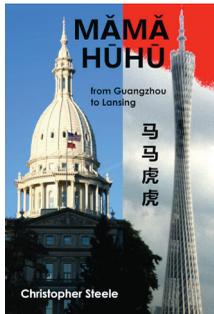
By American standards, the job didn’t pay much, but there were other perks.

“Teachers were given an apartment, plus I didn’t have a car, so my expenses were virtually nothing. I saw myself as on the fringe of the upper middle class,” he said.

In his classroom, he quickly found that traditional teaching methods weren’t working and moved to techniques offering student interaction.

“Previously, no matter what I would do, they would find a way to copy each other’s work or cheat,” he said.

He created a game using oxymorons, which helped students learn the complexity of language.



Courtesy photo

Author Christopher Steele, who spent five years in Guangzhou, China, teaching English as a second language, wrote “Mama Huhu” to show the country isn’t as different from the U.S. as some may believe.

After five years in China, Steele doesn’t necessarily love or hate the country.

“I was most surprised about how much it was like America. The students dressed like Americans — all wore jeans with big rips. They strive for the luxury car and want to buy a Rolex,” he said.

He also learned that a tall, obvious Westerner was a hot commodity for Chinese entrepreneurs. Numerous times, he was hired as a pretty face for advertising and accompanying businesspeople at trade shows.

“Having an American with them added a certain cache,” he said.

While in China, Steele regretted not learning to speak Chinese. It left him feeling isolated and lonely and led him to return to his home in Lansing.

But he took advantage of his time traveling, enjoying the flora and fauna and observing the sometimes-strange

happenings one might not experience in the U.S.

Some of his favorite stories relate to how the Chinese government is constantly building impressive structures that go unused or are torn down within a year.

“I like to tell stories, to keep it simple and to get people to laugh,” he said.

Throughout the book, Steele muses about life in China and his experiences back home at a YMCA steam room, where he quickly learns the negative ideas some hold about the country. One member of the group exclaims, “Does anyone not hate China?”

Steele hopes to give Americans a different view of China and show that it and the U.S. aren’t superheroes. He encourages Americans to see the world and “meet real people on the ground.”

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Tricks to keep flowers fresh for your Valentine

From Metro Creative Connection

Who doesn't enjoy receiving a fresh bouquet of flowers on a special occasion? Flowers are traditionally given for Valentine's Day, Mother's Day, anniversaries and other special events. While a beautiful bouquet can make a lovely gift, fresh flowers have finite lasting power.

However, recipients of floral arrangements need not fret — various strategies can help prolong their lifespan. Florists employ certain tricks to keep cut flowers fresh for longer. In fact, that's a person's best bet to keep them bright and lively — purchasing arrangements from knowledgeable florists who have done their part to ensure longevity.

Here are some additional strategies to consider.

Make fresh cuts in stems

Think back to the last time you purchased a Christmas tree. What is the key to ensuring it gets enough water while on display? You guessed it: making a fresh cut in the trunk. The same concept applies to floral arrangements. Use sharp scissors or pruning shears to cut about 1 inch from the bottom of each stem at a 45-degree angle. Continue this process every three days or so. The angle prevents the stem from squishing during the cut and enables it to absorb more water.



Get them in water quickly

Place the flowers in a vase or other vessel with water promptly after making the cuts. This gives fresh arrangements a good chance to last a while. Some florists like to cut the stems underwater to prevent air bubbles from forming.

Monitor water temperature

The temperature of the water in the vase should coordinate with the flow-

See Tricks, Page 18

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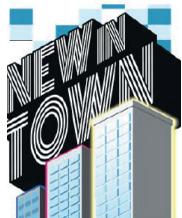
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Just leave it, Flawless will clean it

BY LIZY FERGUSON

When fiancées and Lansing residents Cassandra Wirt and Michael Halbert began the process of finding a housekeeper to help them maintain their home, they discovered a cultural difference that surprised them.



Flawless Cleaning Solutions

Monday-Saturday:
9 a.m.-5 p.m.
flawlesscleaningsolutions.biz
517-575-8833

“I was born and raised in the South and grew up with a housekeeper. They were always more than just someone who comes and cleans your home — they were a part of the family, always helping around the house,” Halbert said. “When I went to find a housekeeper, I noticed something different

in the hiring process. Instead of asking, ‘What can I do for you?’, she gave me a list of things she doesn’t do. We also checked out a local company to hire, but they had an extensive checklist of things you need to do to prepare for them to clean.”

Thus, Flawless Cleaning Solutions was

born.

“We want to be the exact opposite of companies like this,” Halbert explained. “Our motto is, ‘Just leave it, we clean it!’”

Flawless offers services including carpet and gutter cleaning, pressure washing, exterior window washing, painting and car detailing, which was Halbert’s previous profession. Wirt herself has 20 years in the service industry under her belt, and both bring their robust customer service experience to the table.

“Even though we advertise as a residential and commercial cleaning company, there’s nothing we won’t help someone with. From packing up a house for an elderly woman who couldn’t find help last minute to taking an Airbnb client’s laundry offsite to wash and fold and be delivered back to his residence,” Wirt said.

The couple pride themselves on their willingness to take on any task and hope to be more than just a housekeeper to clients.

“Any chance we get to go the extra mile, we will. We want our clients to know they mean more to us than to most companies, and if we can show that appreciation by catering to specific needs while leaving our clients happy and taken care of, then we’re doing exactly the



Lizy Ferguson/City Pulse

Fiancées Cassandra Wirt and Michael Halbert hope to be more than just housekeepers to clients — they’ll take on any task, from pressure washing to car detailing.

job we set out to do,” Wirt said.

Currently the only employees, Wirt and Halbert have confidence in their concept.

“We are looking forward to expanding on this idea of bringing Southern-style cleaning to the Midwest. We simply don’t say no!” Wirt said.

Tricks

from page 17

ers on display. Do not use hot water, or the stems will cook. Room temperature is best for most flowers, except blooms from bulbs that flower during cooler months, such as tulips and daffodils. They’ll be more likely to thrive in cooler water, according to Consumer Reports.

Chill your arrangement

The experts at FTD by Design tested various strategies for keeping floral arrangements fresh, including adding aspirin to the water and using sugar or concoctions containing vodka. Sugar and vinegar served as a runner-up for long-lasting blooms, but the best solution was putting the arrangement in the refrigerator each night for roughly eight hours.

Prune the foliage

Before placing cut flowers in a vase, remove extra leaves at the base of the stems that will fall beneath the water line. This helps to limit bacteria growth in the water and cuts back on foul odors. Plus, removing foliage focuses flowers’ energy on the main blooms.

Accounts vary on Valentine’s Day origins

From Metro Creative Connection

Valentine’s Day is a bright light in the middle of winter. Come Feb. 14, sweethearts celebrate their love and affection for one another on this day devoted to happy couples.

The origin of the holiday has generated much speculation over the years. A few distinctive tales may paint the picture of early Valentine’s Day, which had nothing to do with stuffed animals, heart-shaped chocolate boxes or romantic dinners.

Roman festival

One of the earliest records of the term “Valentine’s Day” is traced to the Roman celebration of Lupercalia, a fertility festival. This annual event, held on Feb. 15, included animal sacrifices and priests called the Luperci who would take pieces of animal hide and touch it to the foreheads of women in the hopes it would make them more fertile. Fortunately for the squeamish (and the sacrificial animals), Pope Gelasius I ended

Lupercalia and replaced it with St. Valentine’s Day by the end of the fifth century.

Two or three St. Valentines?

Most people attribute the origins of Valentine’s Day to the holiday’s namesake, St. Valentine. But it seems that Valentine was the surname of a few different individuals. According to History.com, the Catholic Church recognizes at least three different saints named Valentine or Valentinus.

One Valentine was a priest during the reign of Emperor Claudius II, who decided that single men made better soldiers than those with families or wives. Claudius outlawed marriage for young men. Valentine disagreed with the decree and would perform marriages in secret.

Others believe St. Valentine of Terni, a bishop beheaded by Claudius II outside

of Rome, was the true namesake.

Yet another Valentine was imprisoned and may have fallen in love with a jailer’s daughter. He purportedly wrote to her, beginning the first Valentine’s card tradition. Other stories say Valentine was actually writing to a blind woman he healed and signed the note “from your Valentine.”



It’s hard to know who’s who in regard to the name Valentine, as the stories and the people behind them are used interchangeably. Some historians believe they’re the same person, while others insist there were multiple martyred individuals.

However you slice it, the defiant actions of one or more people named “Valentine” set the course for centuries of romance to follow.

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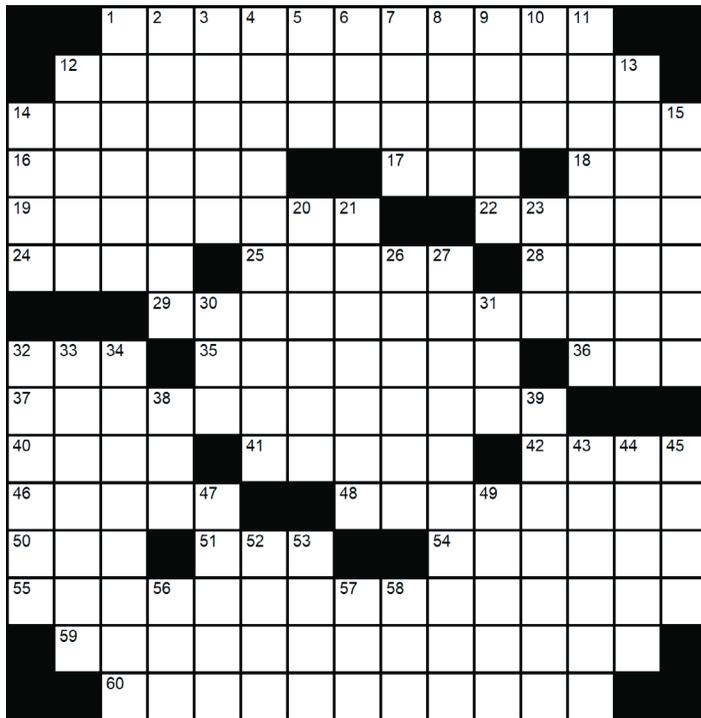
By Matt Jones

"Free Spin"--moving around with some vocab.

by Matt Jones
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ACROSS

- 1. "I Don't Want to Spoil the Party" singer
- 12. Headquarters of an intelligence agency, perhaps
- 14. Wax philosophical, say
- 16. Sagrada Familia architect Gaudi
- 17. Vote of support
- 18. Genre for which "Poverty's Paradise" won the first best album category
- 19. Piles in the yard, perhaps
- 22. Bust makers
- 24. Mondelez International snack
- 25. It's positive when it's up



- 28. "Just say ___ drugs!"
- 29. Like a conversation with your typical five-year-old
- 32. Convenience store convenience
- 35. One sent out for information
- 36. Yearbook div.
- 37. Where jazz organist Jimmy Smith is "Back at", according to the classic 1963 album
- 40. "___ Magnifique" (Cole Porter tune)
- 41. Get the picture
- 42. University that's a lock?
- 46. British war vessel of WWII
- 48. Hero with a weak spot
- 50. "Anon ___" (2022 debut novel from @DeuxMoi)
- 51. MSNBC legal correspondent Melber
- 54. Govt. securities
- 55. Professional equipment

- 59. Video games (like Street Fighter) that require fast fingers and little nuance
- 60. Dampens, as many towelettes

DOWN

- 1. Phrase on a sign for storage units or moving vans
- 2. Straddling
- 3. Pool worker
- 4. Military truces
- 5. Bit of rest
- 6. North American indoor sports org. claiming among its total players about 10% Iroquois
- 7. Web marketplace
- 8. Meet-___ (rom-com trope)
- 9. "You ___ Airplane" (of Montreal song)
- 10. French seasoning

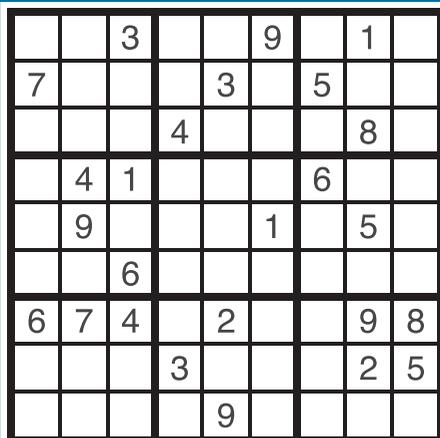
- 11. Flexible curlers for some perms
- 12. Bright Eyes frontman Oberst
- 13. "Heat transfer coefficient" in window insulation (its inverse uses R- and its letter doesn't seem to stand for anything)
- 14. Prefix before "demon" (as seen in games like Doom Eternal)
- 15. Some salts
- 20. Royal resting place
- 21. Separator of the Philippines and Malaysia
- 23. Leslie's friend on "Parks & Rec"
- 26. Legendary
- 27. One can be used to detect asthma (nitric oxide) or lactose intolerance (hydrogen)
- 30. Get inquisitive
- 31. Pendulum path
- 32. Take as true
- 33. 1958 sci-fi movie starring Steve McQueen
- 34. Sushi bar order
- 38. Windy City public transit inits.
- 39. "Star Wars" villain
- 43. Sacrificial sites
- 44. Yorkshire County Cricket Club's locale
- 45. "To be" in Latin
- 47. Sampling
- 49. Words before "Mood" or "Heights"
- 52. Word after control or escape
- 53. "Dance as ___ one is watching"
- 56. 8.5" x 11" paper size, briefly
- 57. "Spare me the details"
- 58. Owns

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Answers on page 22

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Free Will Astrology

By Rob Breznsky

February 1-7, 2023

ARIES (March 21-April 19): During my quest for advice that might be helpful to your love life, I plucked these words of wisdom from author Sam Kean: "Books about relationships talk about how to 'get' the love you need, how to 'keep' love and so on. But the right question to ask is, 'How do I become a more loving human being?'" In other words, Aries, here's a prime way to enhance your love life: Be less focused on what others can give you and more focused on what you can give to others. Amazingly, that's likely to bring you all the love you want.

TAURUS (April 20-May 20): You have the potential to become even more skilled at the arts of kissing and cuddling and boinking than you already are. How? Here are some possibilities. 1. Explore fun experiments that will transcend your reliable old approaches to kissing and cuddling and boinking. 2. Read books to open your mind. I like Margot Anand's "The New Art of Sexual Ecstasy." 3. Ask your partner(s) to teach you everything about what turns them on. 4. Invite your subconscious mind to give you dreams at night that involve kissing and cuddling and boinking. 5. Ask your lover(s) to laugh and play and joke as you kiss and cuddle and boink.

GEMINI (May 21-June 20): You are an Italian wolf searching for food in the Apennine Mountains. You're a red-crowned crane nesting in a wetland in the Eastern Hokkaido region of Japan. You're an olive tree thriving in a salt marsh in southern France, and you're a painted turtle basking in a pool of sunlight on a beach adjoining Lake Michigan. And much, much more. What I'm trying to tell you, Gemini, is that your capacity to empathize is extra strong right now. Your smart heart should be so curious and open that you will naturally feel an instinctual bond with many life forms, including a wide array of interesting humans. If you're brave, you will allow your mind to expand to experience telepathic powers. You will have an unprecedented knack for connecting with simpatico souls.

CANCER (June 21-July 22): My Cancerian friend Juma says, "We have two choices at all times: creation or destruction. Love creates, and everything else destroys." Do you agree? She's not just talking about romantic love, but rather love in all forms, from the urge to help a friend to the longing to seek justice for the dispossessed to the compassion we feel for our descendants. During the next three weeks, your assignment is to explore every nuance of love as you experiment with the following hypothesis: To create the most interesting and creative life for yourself, put love at the heart of everything you do.

LEO (July 23-Aug. 22): I hope you get ample chances to enjoy deep-soul kisses in the coming weeks. Not just perfunctory lip-to-lip smooches and pecks on the cheeks, but full-on, intimate sensual exchanges. Why do I recommend this? How could the planetary positions be interpreted to encourage a specific expression of romantic feeling? I'll tell you, Leo: The heavenly omens suggest you will benefit from exploring the frontiers of wild affection. You need the extra-sweet, intensely personal communion that comes best from the uninhibited mouth-to-mouth form of tender sharing. Here's what Leo poet Diane di Prima said: "There are as many kinds of kisses as there are people on earth, as there are permutations and combinations of those people. No two people kiss alike — no two people fuck alike — but somehow, the kiss is more personal, more individualized than the fuck."

VIRGO (Aug. 23-Sept. 22): Borrowing the words of poet Oriah from her book "The Dance: Moving to the Deep Rhythms of Your Life," I've prepared a love note for you to use as your own this Valentine's season. Feel free to give these words to the person whose destiny needs to be woven more closely together with yours. Oriah writes, "Don't tell me how wonderful things will be someday. Show me you can risk being at peace with the way things are right now. Show me how

you follow your deepest desires, spiraling down into the ache within the ache. Take me to the places on the Earth that teach you how to dance, the places where you can risk letting the world break your heart."

LIBRA (Sept. 23-Oct. 22): Libran author Walter Lippman wrote, "The emotion of love is not self-sustaining; it endures only when lovers love many things together, and not merely each other." That's great advice for you during the coming months. I suggest that you and your allies — not just your romantic partners, but also your close companions — come up with collaborative projects that inspire you to love many things together. Have fun exploring and researching subjects that excite and awaken and enrich both of you.

SCORPIO (Oct. 23-Nov. 21): Scorpio writer Paul Valéry wrote, "It would be impossible to love anyone or anything one knew completely. Love is directed towards what lies hidden in its object." My challenge to you, Scorpio, is to test this hypothesis. Do what you can to gain more in-depth knowledge of the people and animals and things you love. Uncover at least some of what's hidden. All the while, monitor yourself to determine how your research affects your affection and care. Contrary to what Valéry said, I'm guessing this will enhance and exalt your love.

SAGITTARIUS (Nov. 22-Dec. 21): In his book "Unapologetically You," motivational speaker Steve Maraboli writes, "I find the best way to love someone is not to change them but instead help them reveal the greatest version of themselves." That's always good advice, but I believe it should be your inspirational axiom in the coming weeks. More than ever, you now have the potential to forever transform your approach to relationships. You can shift away from wanting your allies to be different from what they are and make a strong push to love them just as they are.

CAPRICORN (Dec. 22-Jan. 19): I analyzed the astrological omens. Then I scoured the internet, browsed through 22 books of love poetry and summoned memories of my best experiences of intimacy. These exhaustive efforts inspired me to find the words of wisdom that are most important for you to hear right now. They are from poet Rainer Maria Rilke (translated by Stephen Mitchell): "For one human being to love another human being: that is perhaps the most difficult task that has been entrusted to us, the ultimate task, the final test and proof, the work for which all other work is merely preparation."

AQUARIUS (Jan. 20-Feb. 18): To get the most out of upcoming opportunities for intimacy, intensify your attunement to and reverence for your emotions. Why? As quick and clever as your mind can be, sometimes it neglects to thoroughly check in with your heart. And I want your heart to be wildly available when you get ripe chances to open up and deepen your alliances. Study these words from psychologist Carl Jung: "We should not pretend to understand the world only by the intellect; we apprehend it just as much by feeling. Therefore, the judgment of the intellect is, at best, only the half of truth and must, if it be honest, also come to an understanding of its inadequacy."

PISCES (Feb. 19-March 20): "In love, there are no vacations. Love has to be lived fully, with its boredom and all that." Author and filmmaker Marguerite Duras made that observation, and now I convey it to you — just in time for a phase of your astrological cycle when boredom and apathy could and should evolve into renewed interest and revitalized passion. But there is a caveat: If you want the interest and passion to rise and surge, you will have to face the boredom and apathy; you must accept them as genuine aspects of your relationship; you will have to cultivate an amused tolerance of them. Only then will they burst in full glory into renewed interest and revitalized passion.

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

OUT on the TOWN

Events & Happenings in Lansing This Week

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

Wednesday, Feb. 1

2023 Michigan Soybean On-farm Research Updates - 9 a.m. AgroLiquid, 3055 M-21, Saint Johns. 517-432-1555. canr.msu.edu.

"A Course of Love" with Lucille Olson - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

ADR's "Becoming A First-Time Home Buyer" Seminar - Experts in mortgage lending, home inspections and a title company representative will discuss each aspect of the process. Registration req. 6 p.m. 1146 S. Washington Ave., Suite 5, Lansing. 517-719-8240.

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

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

Global Day of Play at Charlotte Community Library - We will supply toys and kids of all ages can drop in and play. 9 a.m.-7 pm. 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Handmade Pasta series, session 1 - Pappardelle with a mushroom and herb pan sauce. 6 p.m. Bradley's HG, 319 E. Cesar E. Chavez Ave., Lansing. 517-999-0399. bradlyshg.com.

"I Probably Wrote This While Crying" - James Gardin, a staple of Lansing hip-hop, shares music from his 2021 release. Featuring special guest Melissa Carter. 7:30 p.m. The Robin Theatre, 1105 S. Washington Ave., Lansing. 989-878-1810. therobintheatre.com.

Jagged Little Pill - 7:30 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-432-2000. whartoncenter.com.

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

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

MSUFCU Student Art Exhibit - Showcases talent from 17 area high schools. 9 a.m.-5 p.m. MSUFCU Headquarters 1, 3777 West Road, East Lansing. msufcuart.com.

Meranda's Cleaning. Where Excellence is Our Habit

What Do We Clean?

- Homes, Rentals, New Construction, and Offices

How Often?

- Weekly, Biweekly, Monthly or a one time Deep Clean

We've been proud cleaners of [City Pulse](http://CityPulse.com) since last year!

Email us anytime at Merandascleaning@yahoo.com

Hello, we are a new cleaning company who offer many forms of cleaning. We have 6 years of experience and would love to work for you. Please email us for a free estimate at any time.



Weaving the Web: Myth - Join us online or in person for discussions, rituals, meditations and more! 6 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-974-5540. manifestlansing.com.

Working Hands | Jessica Considine, Angela Larson, & Kelly O'Neill - 11 a.m.-4 p.m. Lansing Art Gallery, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Zaha Hadid Design: Untold - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Thursday, Feb. 2

"A Course in Miracles," a Group Discussion on ZOOM - 7 p.m. Meeting ID: 177 417 886 Passcode: 601744. unitylansing.org.

Anthony Taylor Trio - Open jam after the show encouraging improvisation and collaboration — no rehearsal needed! 7 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

Capital Area Audubon Society February 2023 Meeting - Learn about the State Wildlife Action Plan, how it helps birds and species of special concern and what the Restoring America's Wildlife Act could mean for Michigan. 7 p.m. Foster Community Center room 213, 200 N. Foster Ave., Lansing. capitalareaaudubon.org.

Curious Chemists - Ages 2-4. 10 a.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Jagged Little Pill - 7:30 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-432-2000. whartoncenter.com.

Ladies Silver Blades Skating Club - Join other adult women for fun, exercise, friendship and skating practice. 9:30-11:20 a.m. Suburban Ice, 2810 Hannah Blvd., East Lansing. ladiessilverblades.org.

MSUFCU Student Art Exhibit - Showcases talent from 17 area high schools. 9 a.m.-5 p.m. MSUFCU Headquarters 1, 3777 West Road, East Lansing. msufcuart.com.

Wine about Winter - 4:30-6:30 p.m. MP Social, 313 N. Cedar St., Lansing. 517-487-3322. downtownlansing.org.

Working Hands | Jessica Considine, Angela Larson, & Kelly O'Neill - 11 a.m.-4 p.m. Lansing Art Gallery, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Zaha Hadid Design: Untold - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Friday, Feb. 3

19th Mid-Winter Singing Festival Community Sing - Featuring Mark Dvorak, Joel Mabus, Jean Chorazyczewski and Lori Fithian. 7:30 p.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. 517-337-7744. singingfestival.com.

Biggs Schmidt-Swartz Duo - Performing contemporary electronic music with

Lansing Winterfest

Every Saturday in February
lansingwinterfest.org

This year, Lansing Winterfest will be a monthlong celebration, as opposed to the one-day event in the past, offering more opportunities for area residents to take part in the fun.

This Saturday (Feb. 4) will feature ice sculptures, live ice carving, hot cocoa and bonfires with s'mores on Michigan Avenue and Washington Square from 11 a.m. to 4 p.m.

Next Saturday (Feb. 11) is a Brrrrr-Crawl at some of downtown Lansing's bars and breweries. Hit MichiGrain Distillery at 4 p.m., American Fifth Spirits at 5, MP Social at 6 and finish off at Lansing Brewing Co. at 7.

Feb. 18 brings an Arctic Bazaar to Reutter Park from 11 a.m. to 4 p.m. with ice skating, live music and, of course, booths from local small businesses. There will be a game of Hungry, Hungry Hippos (a large-scale version, not the board game) at 11. Registration is required — it's \$25 per team for players 18 and older or \$10 per team for players under 18.

The series ends with a riverfront party at Rotary Park on Feb. 25 from 4-8 p.m. Enjoy a cold-butt kayak race, euchre tournament, live music and other games and activities. Registration for euchre is \$50 per team and includes a Winterfest beer mug and one drink ticket per player.

"Whether you come out for each weekend or just one, we look forward to having you come downtown and have fun this winter season at Winterfest!" said Cathleen Edgerly, executive director of Downtown Lansing Inc.



saxophone. 8 p.m. Cook Recital Hall, 333 W. Circle Drive, East Lansing. 517-353-5340. music.msu.edu.

Blind Spot: Stephanie Syjuco Opening Reception - Meet the artist while enjoying first access to her newest exhibition. Registration req. 7 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Curious Chemists - Ages 2-4. 10 a.m. Impression 5 Science Center, 200 Museum Drive, Lansing. 517-485-8116. impression5.org.

Dogs After Dark - You and your dog can enjoy a guided walk through the nighttime woods! Approximately three miles long. Dogs need 6-foot, non-retractable leash. 7 p.m. Harris Nature Center, 3998 Van Atta Road, Okemos. 517-349-3866.

First Fridays for College Students - The Science of Love - Featuring renowned poets Rudy Francisco and Ebony Stewart. Decorate cookies, enjoy some pizza, take selfies in the photo booth or meet new people during speed friending sessions. 7 p.m. MSU Museum, 409 W. Circle Drive, East Lansing. 517-355-2370. museum.msu.edu.

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

Horrocks Beer Garden - The Swift Brothers - 5

p.m. 7420 W. Saginaw Hwy., Lansing. 517-323-3782. shophorrocks.com.

Jagged Little Pill - 8 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-432-2000. whartoncenter.com.

Jazz Orchestras with Bruce Forman, guitar (JAR) - 7:30 p.m. Fairchild Theatre, 542 Auditorium Road, East Lansing. 517-353-5340. music.msu.edu.

The Lion, the Witch and the Wardrobe - 7 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. allofusexpress.org.

Michigan State Hockey vs. Notre Dame Fighting Irish - 7 p.m. Munn Ice Arena, 509 Birch Road, East Lansing. msuspartans.com.

MSUFCU Student Art Exhibit - Showcases talent from 17 area high schools. 9 a.m.-5 p.m. MSUFCU Headquarters 1, 3777 West Road, East Lansing. msufcuart.com.

Repeat, No Skull, Dropped at Birth - 8 p.m. Mac's Bar, 2700 E. Michigan Ave., Lansing. 517-484-6795. macsbar.com.

Travelogue - Central Europe - Explore cathedrals, castles, palaces and town squares in Berlin and Dresden, Germany; Vienna and Salzburg, Austria and Prague before returning to Munich.

Live & Local CityPULSE

The Avenue

2021 E. Michigan Ave., Lansing
Remedy presents: Lo Dazz, Xotrey, PRXF7
 Sat., Feb. 4, 9 p.m.



Classic Pub & Grill

16219 Old U.S. 27, Lansing
The New Rule
 Fri., Feb. 3, and Sat., Feb. 4, 8 p.m.



Eaton Rapids Craft Co.

204 N. Main St., Eaton Rapids
DJ E-Nyce
 Fri., Feb. 3, 7 p.m.
Kurt Stone
 Sat., Feb. 4, 7 p.m.



The Green Door

2005 E. Michigan Ave., Lansing
Soulstice
 Fri., Feb. 3, 8:30 p.m.
Gina Garner & the All Night Long Band
 Sat., Feb. 4, 8:30 p.m.



Horrocks Beer Garden

7420 W. Saginaw Hwy., Lansing
The Swift Brothers
 Fri., Feb. 3, 5 p.m.



The Junction

410 S. Clippert St., Lansing
Tejano Sound – International Engagement Volunteers benefit show
 Fri., Feb. 3, 7 p.m.



Lansing Brewing Co.

518 E. Shiawassee St., Lansing
Atomic Annie
 Sat., Feb. 4, 7 p.m.



Mac's Bar

2700 E. Michigan Ave., Lansing
Repeat, No Skull, Dropped at Birth
 Fri., Feb. 3, 8 p.m.



One North Kitchen & Bar

5001 W. Saginaw Hwy., Lansing
Darin Larner Jr.
 Sat., Feb. 4, 6:30 p.m.



The Peanut Barrel

521 E. Grand River Ave., East Lansing
Deacon Earl
 Fri., Feb. 3, 8 p.m.



UrbanBeat

1213 Turner Road, Lansing
Anthony Taylor Trio
 Thurs., Feb. 2, 7 p.m.
Salsa Verde
 Sat., Feb. 4, 8 p.m.



Williamston Roadhouse

3700 E. Grand River Ave., Williamston
Showdown
 Sat., Feb. 4, 7 p.m.

TURN IT DOWN!

Loud dispatches from Lansing's music scene

BY RICH TUPICA

THREE SHOWS TO CHECK OUT THIS WEEKEND



Courtesy photos

"Jagged Little Pill" (pictured left), Tejano Sound (right) and Salsa Verde will all hit local stages this weekend.

'Jagged Little Pill,' Tejano Sound and Salsa Verde

This weekend, Greater Lansing is stacked with dynamic shows across the region. Here are just three events to keep on your radar — especially if you're looking to get out and get down.

'Jagged Little Pill' brings Alanis Morissette's songs to life

These days, when a Broadway show like "Jagged Little Pill" rolls into town that "speaks directly to the messy reality of American life," as The Hollywood Reporter put it, one might wonder what mess they're talking about. In this case, it's the story of an imperfect American family. The musical touches on the spectrum of life's ebbs and flows: joy, love, heartache, strength, wisdom and catharsis. Of course, it's set against the backdrop of Morissette's catalog of Billboard-topping hit singles.

For those wanting to check it out, there's still time — the show opened Tuesday (Jan. 31) at the Wharton Center and runs through Sunday. From '90s standards like "You Oughta Know" and "Hand in My Pocket" up to her latest LP, 2022's "The Storm Before the Calm," the Canadian singer-songwriter has sold more than 75 million records while nabbing seven Grammy Awards along the way and being dubbed the "queen of alt-rock angst" by Rolling Stone.

Directed by Tony Award winner Diane Paulus ("Pippin"), with a Tony-winning book by Diablo Cody ("Juno") and a Grammy-winning score, "Jagged Little Pill" has received ample praise, including from Rolling Stone, which said the show "burns with passion." Meanwhile, The New York Times said it's "redemptive, rousing and real."

Through Sunday (Feb. 5) at the Wharton Center, 750 E. Shaw Lane, East Lansing. Tickets from \$39, MSU students \$29. whartoncenter.com.

Tejano Sound plays benefit show

On Friday, The Junction will host Tejano Sound, a long-running, locally based Tejano band that knows how to get a crowd on the dance floor. The gig is a benefit for International Engagement Volunteers, which supports and contributes to the lives of disadvantaged populations in Mexico through various events and donations. The organization is supported by Michigan State University's study abroad program. According to its organizers, this is International Engagement Volunteers' "biggest event of the year," so they're hoping supporters "come and party hard for a good cause." All proceeds will benefit communities in Mexico visited during its annual study abroad trip.

Friday (Feb. 3) at The Junction, 410 S. Clippert St., Lansing. 7 p.m., 18+, \$10. thejunctionmichigan.com.

Get down with Salsa Verde at UrbanBeat

Founded in 2008 for students to practice and perform Afro-Cuban music, Salsa Verde has played concerts, dances, festivals, recitals, benefits and various cultural events throughout Michigan. The setlist comprises songs by Spanish Harlem Orchestra, Gloria Estefan, Wayne Gorbea, Poncho Sanchez, Celia Cruz, Marc Anthony and Isaac Delgado, among others. Sprinkled in are original arrangements by the members of Salsa Verde, who are students and faculty of the MSU College of Music. Want to learn how to get down? Show up at 8:30 for dance lessons, then stick around for the performance, which runs from 9 p.m. until midnight.

Saturday (Feb. 4) at UrbanBeat, 1213 Turner St., Lansing. Doors at 8 p.m. \$10 in advance, \$15 doors, \$5 with student ID. urbanbeatevents.com.

Events

from page 20

7 p.m. Foster Community Center room 213, 200 N. Foster Ave., Lansing. 517-483-4233.

Working Hands | Jessica Considine, Angela Larson, & Kelly O'Neill - 11 a.m.-6 p.m. Lansing Art Gallery, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org

Zaha Hadid Design: Untold - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Saturday, Feb. 4

19th Mid-Winter Singing Festival Saturday Workshops and Afternoon Community Sing - Featuring Mark Dvorak, Joel Mabus, Jean Chorazyczewski and Lori Fithian. 11 a.m.-3 p.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. 517-337-7744. singingfestival.com.

Board Game Saturdays - Free fun for the whole family! 10 a.m.-3 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

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

Darin Larner Jr. - 6:30 p.m. One North Kitchen & Bar, 5001 W. Saginaw Hwy., Lansing. 517-901-5001. onenorthdining.com.

Family Day: EDIT - Join us this month as we copy, cut and paste to see something new. Registration req. 11 a.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Jagged Little Pill - 2 and 8 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-432-2000. whartoncenter.com.

Lansing Roller Derby | 2023 Season Bout 1 - Doubleheader featuring intraleague teams Capital Corruption v Broadbarians. The second bout is a freshie scrimmage for new skaters. 5 p.m. Court One Training Center, 7868 Old M-78, East Lansing. lansingrollerderby.com.

The Lion, the Witch and the Wardrobe - 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. alloufexpress.org.

Mark Dvorak's Children's Concert - 11 a.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. 517-337-7744. singingfestival.com.

Michigan State Hockey vs. Notre Dame Fighting Irish - 4 p.m. Munn Ice Arena, 509 Birch Road, East Lansing. msuspartans.com.

Musical Jubilee - Drum circle (drums provided) from 2-3 p.m. and 4-5 p.m. Piano-fueled folk music for the soul with Sammie Herschok from 3-4 p.m. Free. Absolute Gallery, 307 E. Cesar E. Chavez Ave., Lansing. 517-482-8845. absolutegalery.com.

PFLAG of Greater Lansing General Meeting - 12:15-1:45 p.m. Delta Township District Library, 5130 Davenport Drive, Lansing. pflag.org/chapter/greater-lansing.

Salsa Verde - 8 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

Ursula Klein Memorial Concert - Reception and exhibits to follow. 6:30 p.m. Church of the Resurrection, 1505 E. Michigan Ave., Lansing. 517-482-4749. corlansing.org.

Working Hands | Jessica Considine, Angela Larson, & Kelly O'Neill - 11 a.m.-4 p.m. Lansing Art Gallery, 300 S. Washington Square, Suite 100, Lansing.

517-574-4521. lansingartgallery.org

Zaha Hadid Design: Untold - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Sunday, Feb. 5

"A Course in Miracles" with Dan and Carol Maynard - Noon. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 517-371-3010. unitylansing.org.

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

Cookie Series: shortbread three ways - Making three flavors: black sesame, masala chai and lemon-rosemary. 4 p.m. Bradly's HG, 319 E. Cesar E. Chavez Ave., Lansing. 517-999-0399. bradlyshg.com.

Drum Circle with Greater Lansing Area Drummers (GLAD) - 1 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-974-5540. manifestlansing.com.

Jagged Little Pill - 1 and 6:30 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-432-2000. whartoncenter.com.

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

PRISM Sunday Brunch and Bingo - 2 p.m. The Junction, 410 S. Clippert St., Lansing. 517-574-4214. thejunctionmichigan.com.

The Lion, the Witch and the Wardrobe - 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. 517-319-6957. alloufexpress.org.

Swan Children with Erin Wilson-Boget - Discussing the concept of birds as shamanistic totems from the motif of children turned into birds. 3 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-974-5540. manifestlansing.com.

Winterlude - Join the Lansing Symphony Orchestra for an afternoon of rarely performed works, including Bach's cantatas and works from Felix Mendelssohn. 3 p.m. St. Paul's Episcopal Church, 218 W. Ottawa St., Lansing. 517-487-5001. lansingsymphony.org.

Zaha Hadid Design: Untold - 10 a.m.-6 p.m. Eli & Edythe Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Monday, Feb. 6

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

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

Jump Into Reading - Stories, songs, activities and therapy dogs. Intended for children ages 0-5 and their caregivers. 11 a.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

MSUFCU Student Art Exhibit - Showcases talent from 17 area high schools. 9 a.m.-5 p.m. MSUFCU Headquarters 1, 3777 West Road, East Lansing. msufcuart.com.

Special Budget Workshop - 6 p.m. City Hall, 114 S. Woodhull Road, Laingsburg. 517-651-5374. laingsburg.us.

Tuesday, Feb. 7

Handmade Pasta series, session two - Braised beef and cabbage agnolotti. 6 p.m. Bradly's HG, 319 E. Cesar E. Chavez Ave., Lansing. 517-999-0399. bradlyshg.com.

19th annual Mid-Winter Singing Festival

Feb. 3 and 4

University United Methodist Church
1120 S. Harrison Road, East Lansing
517-267-0410

singingfestival.com

This year's Mid-Winter Singing Festival, hosted by Ten Pound Fiddle, is a two-day event offering a chance to celebrate a love of music, regardless of your experience level.

7:30 p.m. Friday (Feb. 3), Jean Chorazyczewski, Lori Fithian, Mark Dvorak and Joel Mabus will lead guests in a Community Sing, with lyric sheets for the folk tunes passed out in advance.

11 a.m. Saturday (Feb. 4), Dvorak will present a free children's concert so youngsters can take part in the fun.

Chorazyczewski, Fithian, Dvorak and Mabus will hold another Community Sing Saturday afternoon from 2 to 3 for those who missed out the night before.

There will also be workshops from 11:30 a.m. to 1:45 p.m. Saturday, including a jam-along with Chorazyczewski and Fithian where guests choose which songs they want to sing (anything from pop to jazz to TV theme songs), a Spontaneous Folk Ensemble with Dvorak (instruments are welcome but not necessary) and a ukulele group with Mabus. An all-day wristband is free for kids under 18 and college students with an ID and \$20 for adults.

"Outside of established churches and organized choirs, there are not many places people who love to sing can just belt it out," said Sally Potter, the event's founder. "The Mid-Winter Singing Festival is designed for people who love to sing to do just that, along with hundreds of other like-minded souls."

Register for all events and read more about the song leaders at singingfestival.com.



Learning Online: Your Options, Free and Paid - Technology coordinator discusses places to learn new things online, from informal one-off topics to taking an entire class! Registration req. 4 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

MSUFCU Student Art Exhibit - Showcases talent from 17 area high schools. 9 a.m.-5 p.m. MSUFCU Headquarters 1, 3777 West Road, East Lansing. msufcuart.com.

Old Town Commercial Association Annual Meeting - 6 p.m. 1232 Turner Road, Lansing. 517-485-4283. iloveoldtown.org.

Preschool Family Storytime - Stories and literacy-enhancing activities for ages 1-6. 11 a.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Preteen Reads Book Club - Grades 4-6. Chat, eat snacks and have book-related fun.

Registration req. 6 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Symphony Band - 7:30 p.m. Cobb Great Hall, 750 E. Shaw Lane, East Lansing. 517-353-5340. music.msu.edu.

THE PULSIFIEDS

The City Pulse Fund, a 501(c)3, needs an accountant with experience working with nonprofits. Call Berl Schwartz at (517) 999-5061 or email him at publisher@lansingcitypulse.com if you are interested.

CROSSWORD SOLUTION

From Pg. 19

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SUDOKU SOLUTION

From Pg. 19

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FOOD & DRINK

DINING OUT IN GREATER LANSING

Zynda's offers a new take on the olive burger

By LIZY FERGUSON

Williamson is always quaint, but it is especially so on a cold winter night with picture-perfect snowflakes falling gently past the old-timey street lights. The large front windows of Zynda's, a barbecue restaurant that was formerly Red Cedar Grill, provided the perfect vantage point to take in this scene and eat dinner with friends before a preview

performance of "Wild Horses" at the Williamston Theatre.

When going somewhere new, I always tell myself that I'll forgo the Google search and wait to look at the menu until I'm at the restaurant, as I think there's something sort of exciting and romantic about discovering and deliberating on the spot. I usually cave, though, and this time was no exception. However, as my companions perused their menus, I gave mine another once-over and discovered an option that previously eluded me: the olive burger.

As many know, olive burgers mean something special to the citizens of Michigan, so readers might want to brace themselves as I describe the nature of this iconoclastic iteration.

In place of green olives and mayon-

naise, this burger includes feta, kalamata olives and beets, topped off with pickled red onions. The sauce also contains some diced tomato, lavished upon a beef patty perfectly cooked to medium. The poppy seed bun holding it all together was notably good and, frankly, very photogenic. Could I bring myself to call it an olive burger? No, it just feels wrong. Was it delicious? Absolutely. The brininess of the feta, olives and red onions made for a tongue-tingling, powerfully flavorful bite, balanced out by the juicy, well-seasoned beef.

The tasty and lightly dressed kale slaw provided a nice counterpoint to the richness of the burger, as did the perfectly roasted Brussels sprouts that I got instead of fries. I only made this substitution because we got the Cajun fries as an appetizer, so I am qualified to speak to their tastiness. Crispy and liberally dusted with a spice blend composed of the usual "Cajun" elements, there was also thyme on these,

which was unexpected but welcome, as was the accompanying garlic aioli dipping sauce.

The discovery of an olive burger I didn't know I needed was a welcome moment of novelty at a time of year when sameness can become suffocating. I must also urge you to check out "Wild Horses" if you enjoy theater, as it was similarly spirit-bolstering.



Lizy Ferguson/City Pulse

Calling the feta, kalamata olive, beet and red onion-dressed sandwich at Zynda's an "olive burger" may be controversial, but it's delicious nonetheless.



Olive burger \$15

Zynda's
150 E. Grand River Ave.,
Williamston
Tuesday-Sunday: 11
a.m.-9 p.m.
517-996-6081
zyndas.com

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Thinking outside the guac

By **ARI LEVAUX**

There is much to adore about the avocado. It's creamy as mayonnaise, with a mild, nutty flavor, and full of nutrients, which helps explain why consumption in the U.S. has increased five-fold in the last 25 years. This acceleration is all the more amazing given Americans only use them for guacamole and avocado toast. Today, I'll give you some fresh ideas on how to prepare avocados for the Super Bowl, for Valentine's Day and for breakfast

Avocados are technically berries. As such, avocados are the fattiest, most protein-rich fruit on the planet. The Aztecs, the first people to eat avocados, named them "huacatl," which means testicles, as they hang in pairs from trees. More recently, they have been nicknamed "alligator pears," based on their shape and the color and texture of their skin. On our skin, avocados are prized for the moisturizing glow they impart. As a food, they're full of vitamins and high in fiber, potassium and folate. They're anti-inflammatory and lower the risk of heart disease.

Americans go through about 100 million pounds of avocados on Super Bowl Sunday, which makes February the time of peak demand. But last year, avocados were in short supply at this time. Mex-

ico, the world's largest producer, had a harvest that was uncharacteristically light. To make matters worse, Mexican imports were banned by the U.S. after a USDA inspector received a threatening phone call from a cartel member. The avocado ban lasted almost a week, during which prices rose to a 24-year high.

Thirty percent of the world's avocados are grown in the Mexican state of Michoacan, thanks to rich, volcanic soils and a humid, sub-tropical climate. Michoacan is also a center for narcotrafficking and was heavily impacted by the war on drugs, which forced many cartels to explore new income streams. Avocados became known as "green gold," becoming a focus for the gangs. They got involved in all levels of the industry, including cultivation, marketing and transport. They threaten, tax, extort and kill farmers and sometimes take their land.

In addition to benefiting organized crime, avocados have an environmental cost. A single fruit requires 37 gallons of water to grow, and the rise in popularity has led to deforestation. This includes a third of Michoacan's oak and pine forests, which is where the monarch butterfly, an endangered species, spends the winter.

The fact that one of our favorite foods

can have negative environmental and social consequences is a dilemma, but it doesn't mean we should quit avocados altogether. Many growers are small farmers who depend on them for income, and those that are being harassed by narcos aren't helped by consumers' refusing to buy their product. A growing number of certifications, such as fair trade, allow consumers to use their dollars to leverage the cultivation of avocados in ways that are socially beneficial and environmentally friendly. So far, fair-trade avocados only amount to about 3 million pounds annually, but the number of participating farmers and organizations is growing.

So, now that we have considered the



Courtesy of Ari LeVaux

Avocado scrambled eggs, served with tortilla chips and salsa, is a unique dish to bring to Super Bowl parties.

many angles on avocados, here are some ways to prepare them that you may not have tried.



Avocado scrambled eggs

The idea of heating avocados may seem strange, but once you've tried them in scrambled eggs, you won't look back. If you know how to scramble eggs and open an avocado, you can make this dish.

For two eggs, cut an avocado in half and scoop out the flesh. Use a spoon or knife to cut it into small pieces, and set it aside.

Next, beat and salt two eggs and scramble them in oil or butter on medium heat. As soon as the eggs start to set up, add the avocado pieces and scramble them home.

To make the dish more Super Bowl-friendly, serve it with corn chips and salsa. After all, salsa is a perennial favorite condiment on scrambled eggs, and mixing salsa with avocado is a quick and easy way to make guacamole.

Chocolate-avocado mousse

With no offense intended, a selling point of this mousse is that it doesn't taste like avocado. It's as thick as truffle ganache and tastes like pure chocolate. Valentine's Day lands two days after the Super Bowl this year; if you're looking to hit both holidays, stock up on some alligator pears. If the pudding is too rich for your taste, add more milk and serve it as a milkshake.

- Serves 2
- 2 ripe avocados
- ½ cup cocoa powder
- ¼ cup milk
- ½ teaspoon vanilla extract
- A pinch of salt
- ¼ cup maple syrup or sugar

Add all of the ingredients to a blender or food processor and blend until smooth. Scoop out of the blender, making sure to lick all utensils, and serve.

TOP 5 DINING GUIDE

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

TOP 5 BAKLAVA

Based on your votes in City Pulse's 2022 Top of the Town contest. Bon appétit!

1. Social Sloth | Café & Bakery

Cozy, family-owned eatery with Turkish food and baked goods
301 S. Washington Square, Suite 100, Lansing
517-253-0240
socialslotchcafe.com
9 a.m.-4 p.m. Monday-Friday
9:30 a.m.-2 p.m. Saturday

2. Aladdin's

Middle Eastern restaurant with a robust vegetarian menu
300 N. Clippert St., Lansing
517-333-8710
aladdinslansing.com
10 a.m.-9 p.m. Monday-Saturday
11 a.m.-8 p.m. Sunday

3. Zaytoon

Hearty portions of delectable cuisine served with a smile
940 Elmwood Road, Lansing
517-203-5728
zaytoongrill.com
11 a.m.-8 p.m. Monday-Saturday

4. Jerusalem Bakery

Middle Eastern deli, groceries and pastries
1456 E. Michigan Ave., Lansing
517-485-9975
9 a.m.-6 p.m. Monday-Friday
9 a.m.-5 p.m. Saturday

5. Bell's Greek Pizza

Pizza, pasta and other Mediterranean treats
1135 E. Grand River Ave., East Lansing
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bellspizzahouse.com
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Colin Kaepernick was right. If you are paying attention, you already knew that. Black history and current events are constantly intermingled.

We would defund other programs that exhibit this type of behavior. Policing cannot be reformed. Since video surfaced of Rodney King, and the fact that surveillance, cell phone and body cam videos show police escalating and engaging, instead of getting better because they are aware they may be recorded, police show no signs of acknowledging a problem even exists. They double down and repeat the cycle and insist almost every time that it was a necessary use of force.

Firing and charging these officers so quickly shouldn't go unnoticed. Neither should the fact that they are Black. We need this response every time. We need all of the "good" cops to step in and stop these assaults on the scene and come out and speak against it immediately afterward. Over and over, we see accountability only when the public demands it, but what about self accountability? How about individual cops try to be better. For all the violence we see, there are countless interactions where police abuse and bully or otherwise intimidate innocent people.

While this case has become public, there are many that we don't get to see. For every incident made public, there are a hundred unlawful police actions we don't get to see, if not more.

They didn't expect Tyre to die, they didn't mirror the interaction in their report, and only because he died do we know what happened.

#TyreNichols
#BlackLivesMatter #TodayIsBlackHistory

#BlackHistoryMonth
#EveryDayIsBlackHistoryDay



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Black History Month

EVERY FEBRUARY AND EVERY DAY

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