

www.lansingcitypulse.com

February 5-11, 2025

CityPULSE

A newspaper for the rest of us
Locally owned



The brains behind Lansing Foodies

See Page 11



GREWAL LAW

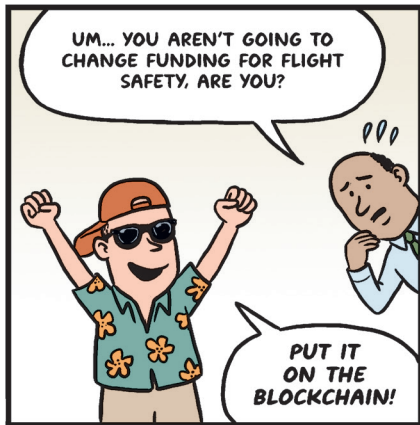
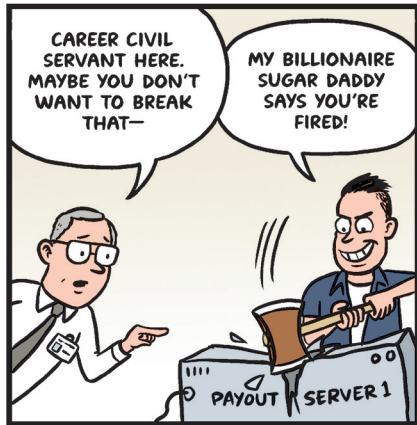
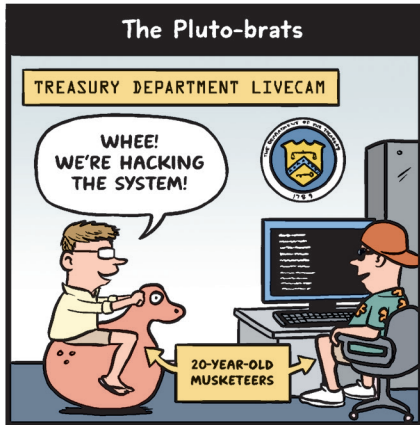
protecting your rights PLLC

517.393.3000

CityPULSE

**VOL. 24
ISSUE 26**

(517) 371-5600 • Fax: (517) 999-6061 • 1905 E. Michigan Ave. • Lansing, MI 48912 • www.lansingcitypulse.com



©2025 Jen Sorensen • Be a subscriber! jensorensen.com/subscribe



Short-term Broad exhibit shines light on gun violence



"MJ" brings king of pop's greatest hits to East Lansing



I Heart Mac & Cheese puts delicious spin on comfort-food favorite

Cover photo by Raymond Holt

CityPULSE

**GET THE
DIGITAL EDITION
IN YOUR INBOX
FREE
BY 6AM
EVERY WEDNESDAY!**

**HELP PUT INK ON THE PAGE!
CONTRIBUTE TO CITY PULSE.**

Use the QR code to donate by credit card or call (517) 999-6704.
Checks may be mailed to City Pulse, 1905 E. Michigan Ave, Lansing, MI 48912.

THIS MODERN WORLD

by TOM TOMORROW

IN TWO SHORT WEEKS, TRUMP HAS TRIED TO USURP CONTROL OF FEDERAL SPENDING, ALLOWED ELON MUSK AND HIS MINIONS TO COMMANDEER THE U.S. GOVERNMENT'S PERSONNEL AND PAYMENT SYSTEMS--



--DECLARED WAR ON TRANSGENDER AMERICANS AND UNDOCUMENTED IMMIGRANTS, ANNOUNCED PLANS TO BUILD A CONCENTRATION CAMP, WITHDRAWN FROM THE W.H.O. WITH A POSSIBLE PANDEMIC LOOMING--



--BLAMED A HORRIFIC PLANE CRASH ON D.E.I., BEGUN A PURGE OF THE D.O.J. AND F.B.I., NOMINATED SOME OF THE LEAST QUALIFIED PEOPLE IN HUMAN HISTORY TO POSITIONS OF IMMENSE RESPONSIBILITY--



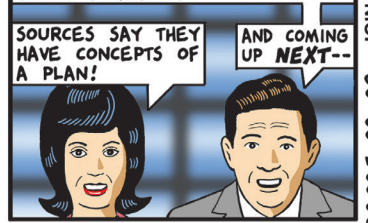
--CLAIMED THE UNILATERAL AUTHORITY TO REWRITE THE CONSTITUTION'S BIRTHRIGHT CITIZENSHIP CLAUSE, LAUNCHED A SENSELESS TRADE WAR, AND GENERALLY THROWN THE COUNTRY INTO UTTER CHAOS!



STILL, LET'S NOT FORGET THE BIZARRE ASSERTION THAT THE U.S. SPENT \$50 MILLION ON CONDOMS FOR HAMAS! OR HIS DREAM OF SEIZING GREENLAND, THE PANAMA CANAL, AND OF COURSE CANADA!



IN OTHER NEWS, CHUCK SCHUMER SAYS DEMOCRATS ARE PLANNING TO EVENTUALLY START THINKING ABOUT FOCUS-GROUPING AN OPPOSITION STRATEGY!



--AREA POLITICAL CARTOONIST GRAPPLES WITH EVENTS NO RATIONAL PERSON FEELS LIKE LAUGHING ABOUT!



TOM TOMORROW © 2025-02-03 ... JOIN SPARKY'S LIST: thismodernworld.com/subscriptions

Win-Win

East Lansing artist Susan Smith got creative when considering how to support City Pulse. She says:

“

For years, I have relied on City Pulse for local news – especially Rewind – and for events around town, so I decided to help put ink on the page. Time to stop being a free rider/reader! As I was searching who to call, I noticed a number of eye-catching ads. I am involved in several local art organizations and thought why not support the Pulse and the Lansing Women Artist Collective with an ad – a win win! Placing the ad for our art exhibit at the Okemos library was super easy, and the ad looks terrific.

Thank you, City Pulse!



Check out the ART!

Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective, a small group of local women artists who exhibit work in local galleries, theaters, libraries and businesses to make it more accessible to the public for viewing and purchase. The artwork — watercolor, acrylic, collage, fiber, mixed media and photography — will be on display through February.



Okemos Library, 4321 Okemos Road, Okemos.
Mon.-Fri.: 9am-8pm; Sat.: 9am-7pm; Sun:12-6pm.
Phone: 517.347.2021

LWAC is also displaying artwork at the Robin Theater in REO Town and the Lansing Neighborhood Empowerment Center near Old Town.

**Would you like to do the same for your own favorite business or cause?
 Please contact Berl Schwartz at publisher@lansingcitypulse.com
 or **517-999-5061** to find out how.**

PULSE

NEWS & OPINION

If the ICEman cometh to Lansing schools, bring a warrant

Lansing will continue to maintain its policy of requiring law enforcement, including U.S. Immigration and Customs Enforcement officers, to bring a search warrant to conduct actions in district schools, Sergio Keck, the deputy superintendent for special populations, said Tuesday.

Keck said he has emailed reassuring messages to families and staff since the Trump administration announced that schools would no longer be off limits to ICE and Customs and Border Protection agents.

The U.S. Department of Homeland Security announcement Jan. 21 said the new policy “empowers the brave men and women in CBP and ICE to enforce our immigration laws and catch criminal aliens — including murders and rapists — who have illegally come into our country. Criminals will no longer be able to hide in America’s schools and churches to avoid arrest. The Trump Administration will not tie the hands of our brave law enforcement, and instead trusts them to use common sense.”

In response, Keck emailed families and staff Jan. 28 that “the safety and well-being of all our students remain our top priority. Our schools are, and will always be, a safe and welcoming place for every child in our community.” It was one in a series of messages that included online resources meant to address concerns.

Ryan Gilding, the school district’s communications manager, said the district’s policy regarding law enforcement has not changed.

“We had our procedures in place before the current administration,” Gilding said. “The only change is the climate the country sees itself in. The country is a little bit on edge, which is to be expected.”

“We have to and will comply with a judicial order.”

Asked about “the climate,” Gilding said, “You look at the news, and people are a little confused, not knowing what the directive may be from Washington.”

Keck said no parents have contacted him or the school district with concerns, perhaps because the district has been

proactive in delivering the message that “our schools are the safest place for our children.”

Gilding said he expects a discussion on how Trump’s policy “is affecting the climate” at Thursday’s school board meeting.

It’s a conversation taking place across Michigan.

“Unfortunately, we’ve heard a lot of concerns from the community. There’s a lot of reports of people seeing ICE near or around schools,” said Christine Sauvé, the manager of policy & communication at the Michigan Immigrant Rights Center.

She said the center has provided guidance to schools around Grand Rapids, Ann Arbor and Metro Detroit, among others.

Students are concerned, too.

“Every day I go to school with the fear that my sister will get picked up and I will be picked up. I should not be worrying about that,” a student told the Grand Rapids Board of Education at a recent meeting.

Since 2011, Homeland Security has classified schools, churches, hospitals and other locations as “sensitive.” The policy, first formalized under the Obama administration, sought to prevent ICE from disrupting educational environments, religious institutions and essential services.

In 2021, under the Biden administration, Homeland Security expanded these protections by establishing additional areas as “protected,” such as playgrounds, child care centers, and social service establishments.

However, those protections are now gone.

Sauvé said removing the policy raises more concerns and challenges for people who go to those locations for essential needs.

“Our concern is that it could endanger public safety and public health if people are afraid to attend school or go to clinics because now enforcement actions could happen at those locations,” she said.

Michigan Education Association communications consultant Thomas



Morgan said educators should not have to enforce immigration policy.

“It has to be an administrative issue,” he said. “Our peer organization, the National Education Association, has put out a lot of guidance to make sure superintendents are the ones running point on any of these issues.”

The NEA says the policy change will “lead to fear and upheaval, mass panic in immigrant communities, and will predictably harm school environments including increased absences, decreased student achievement and parental disengagement.”

Morgan said teachers are already overburdened and should not be expected to act as “junior federal officials.”

“Our members already have enough on their plates trying to teach kids,” Morgan said. “We’re referring any of those issues to local school districts to make sure the superintendent is involved.”

The Michigan Immigrant Rights Center advises immigrant families to prepare, rather than panic.

“We’re encouraging immigrant students and families to become familiar with their rights and then prepare accordingly,” Sauvé said.

Sauvé highlighted the importance of parents knowing their rights and schools having clear protocols in place.

“We’re working directly with school districts to make sure they understand these rights,” she said.

“We also want students and families to be aware that their school cannot share information with ICE without

their consent,” she said.

The center has a soon-to-be-published guide, “Student Rights to Education,” detailing the legal protections for students in Michigan, even after the policy change.

With the new administration, immigrant students and their families now face new risks.

“Every family and most of our clients who are undocumented, and those with other kinds of status, always have to make these complicated risk assessments.”

“You know, will I drive without a license? Will I go to this activity in this location?” Sauvé said.

“And so families that are used to making those difficult choices, right now, there are protections for students in place so that schools can continue to be the places of safety that they have been,” she said.

“At this point, we do not have any confirmed reports of students being detained by ICE at a school,” Sauvé said, “but we are watching and monitoring to ensure that schools are following proper protocols.”

Despite the uncertainty, Sauvé and the center’s messages to immigrant families remain clear:

“Prepare, don’t panic,” she said. “Knowledge is power. The more informed you are, the better you can protect yourself and your community.”

Such preparations could include having legal documents accessible in case needed, having an emergency plan for family members, having the name and number of a reliable immigration attorney with them and becoming familiar with their rights.

For more information, families and educators can visit the National Education Association’s website at nea.org and search for guidance on immigration issues.

— CAMILA BELLO CASTRO
AND BERL SCHWARTZ

(Castro is a reporter for Capital News Service at Michigan State University.)

Rebuilding Lansing's downtown neighborhood: An update

By JOAN NELSON

As we ponder our downtown these days, most of us think of government offices (drastically reduced by the exodus of 30,000 state workers since COVID); the traditional central business district with its slowly and steadily growing retail and restaurant offerings; emerging arts and entertainment entities (Grewal Hall and, under construction, the Ovation); well-regarded colleges such as LCC; and, most exciting, significant new residential development.

Current and pending housing projects promise the most dramatic and impactful changes to our downtown. The recently completed Comprehensive Marketing Analysis, prepared by LandUseUSA, prioritizes residential development, along with commercial growth, and creation of more public outdoor gathering spaces. Regarding residential development, the study reads: "Demand is high for downtown housing, catering to different family structures and income levels, and amenities that are accessible within a 15-minute walk."

The study advises decision makers to "avoid over-building new detached houses for owners and explore alternative formats like side-by-side duplexes and townhouses." The plan sets goals for townhouses, condos, and, of course, more apartments — "up to 1,127 new units throughout the downtown each year, including 910 lofts, walkups, and courtyard apartments. Diversify the choices with 123 new for-lease townhouses with private entrances and stoops; and 94 accessory dwellings, small cottages, and units in small apartment houses." (These are welcome words to this shared-use housing advocate!)

Downtown Lansing Inc. was deeply involved in the market study and has been hard at work advancing the priorities. "I am very excited about the major focus on housing," Cathleen Edgerly, DLI's executive director, said. "We saw what happens when you put all of your eggs in one basket and rely on state day workers to maintain a vibrant downtown."

Post-COVID, the opportunity for more downtown housing prompted forward-looking developers to move quickly to create, collectively, 641 new units. Now being occupied are: REO

Gateway at Malcolm X Street and Washington Avenue with 96 units over four buildings; Stadium North Lofts and Stadium North Senior Lofts (north of Jackson Field), each with 66 units; City View Apartments on Washington (next to the Ovation site), offering 172 units; Metro Place Apartments on Lenawee Street, 145 units; and Capital View on Capitol Ave with 96 units. These efforts involve both rehabs and new builds, studios to three bedrooms, and both market-rate and "affordable" spaces. Various of the new developments also offer fitness

rooms, courtyards, yoga rooms, balcony lounges and storage space.

On the horizon is New Vision Lansing LLC, the \$350 million project from family-owned Gentilozzi Real Estate Inc. The New Vision Project will develop or redevelop three downtown properties that will

provide 460 units in the heart of Lansing. Of them, 150 units will be "workforce housing" (more than "affordable"), and the remainder will be market rate. Notably, at least a part of the financing for this project comes from a once-in-a-lifetime \$40 million state investment secured by Mayor Andy Schor and the legislative Capital Caucus last session.

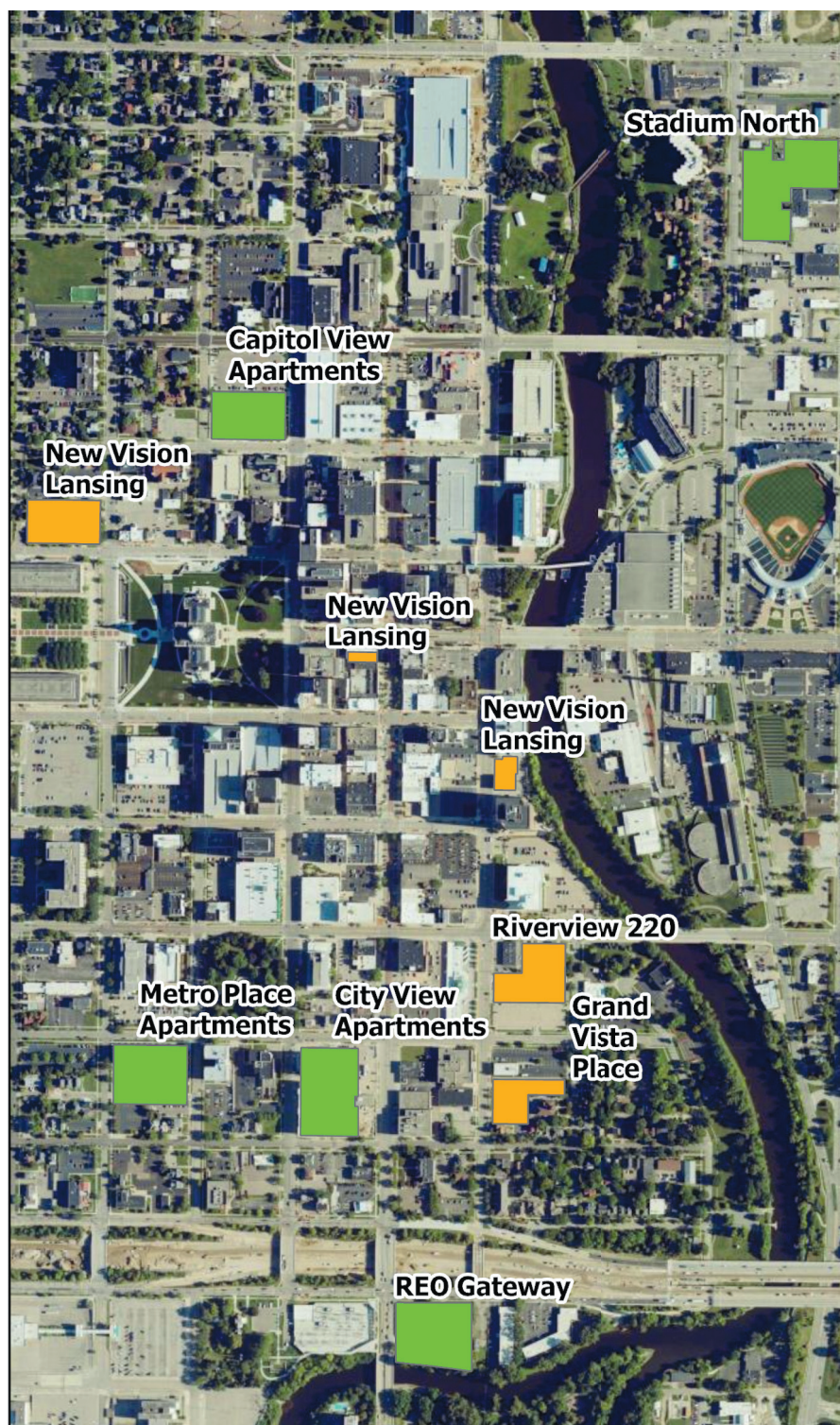
Also on the horizon, the Lansing Housing Commission will create two apartment buildings that will offer 111 affordable and six market-rate units. LHC's Riverview 220 and Grand Vista Place will go up along Kalamazoo Street between Grand Avenue and Cherry Street, near the new City Hall site as well as the historic Cherry Hill Neighborhood.

The 641 recently created units plus the projected 577 coming from the Gentilozzi and LHC developments in about 18 months gets us to 1,218 units. And this does not reflect a host of smaller developments in the pipeline. While this is an impressive start, downtown Lansing has a ways to go to hit the market study goal of 1,773 new apartments annually for the next five years. "We need many more units in our downtown," Rawley Van Fossen, Lansing's planning director, points out, "and while I am excited about what we have been seeing recently, I hope that it spurs other developers to do the same."

Increasing the number of people living in downtown will dramatically change this city. Because more



Opinion



Courtesy city of Lansing

Residential is downtown Lansing's missing link, but Joan Nelson sees hope in all the new and proposed apartment construction — though more is needed.

residents means more traffic, it will likely improve the prospects for downtown businesses, including the small shops and startups coming out of the DLI-supported retail incubator, Middle Village, as well as the planned Macotta Club, a restaurant incubator, opening later this year.

With all of the residential development going on downtown, it will be interesting to see if organized neighbor-

hoods make a comeback. Beginning in the '70s and continuing for many years, the Downtown Neighborhood Association hosted annual art shows in Ferris Park and worked with businesses on a raft of placemaking events. Dormant since about 2018, DNA was followed briefly by Apartment Dwellers of the Downtown.

See Nelson, Page 6



**CHARTER TOWNSHIP OF MERIDIAN, INGHAM COUNTY
LEGAL AD NOTICE: MARCH BOARD OF REVIEW
MARCH 4, 10, 11 AND 12, 2025**

**CHARTER TOWNSHIP OF MERIDIAN
BOARD OF REVIEW MEETINGS
5151 MARSH ROAD, OKEMOS, MICHIGAN 48864
(517) 853-4400
MUNICIPAL BUILDING**

The Charter Township of Meridian Board of Review will conduct its organizational meeting on Tuesday, March 4, 2025 at 10:00 a.m. at the Township Municipal Building, 5151 Marsh Road, Okemos, Michigan 48864.

2025 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 at the Township Municipal Building on the following days:

- Monday, March 10, 2025: 2:00 p.m. to 5:00 p.m. and 6:00 p.m. to 9:00 p.m.**
- Tuesday, March 11, 2025: 9:00 a.m. to 12:00 noon and 1:00 p.m. to 4:00 p.m.**
- Wednesday, March 12, 2025: 9:00 a.m. to 12:00 noon**

For an appointment to appear before the Board of Review, call (517)853-4400 by 5:00 p.m. on Tuesday, March 11, 2025.

Written appeals will be accepted if received by 12:00 noon on Wednesday, March 12, 2025. Appeals must be in office by this time, post marks are not accepted.

**ANGELA DEMAS
MERIDIAN TOWNSHIP CLERK**

CP#25-035

Providing a safe and welcoming, sustainable, prime community.



**NOTICE OF PUBLIC HEARING
EAST LANSING PLANNING COMMISSION**

Notice is hereby given of the following public hearing to be held by the East Lansing Planning Commission on **Wednesday, February 26, 2025 at 7:00 p.m.** at the **East Lansing Hannah Community Center**, 819 Abbot Road, East Lansing, MI, 48823.

- 1. A public hearing to consider Ordinance 1545 to amend the definition of family.

The public may attend and participate at all meetings in person. Members of the public may participate electronically in all meetings. Please visit the City's public meeting portal for electronic meeting access information or contact staff for more information:

Landon Bartley, AICP, Principal Planner
410 Abbot Road, East Lansing, MI 48823
517.319.6930 or lbartley@cityofeastlansing.com
<https://cityofeastlansing.civicweb.net/Portal/>

A staff report (Agenda Item Report) for each public hearing will be published on the City's website the Friday before the meeting. To locate staff reports, please visit the City's public meeting portal at <https://cityofeastlansing.civicweb.net/Portal/> and select the meeting date.

Materials related to the request are 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 www.cityofeastlansing.com/currentapplications. Written comments may be sent prior to the public hearing to the Planning Commission, City of East Lansing, 410 Abbot Road, East Lansing, Michigan, 48823, or by email to coelplanningcommission@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 Planning, Building and Development Office, (517) 319-6930 (TDD Number: 1-800-649-3777) or via email at ldegarmo@cityofeastlansing.com.

This notice is posted in compliance with PA 267 of 1976 as amended (Open Meetings Act) and the Americans with Disabilities Act (ADA) and published in compliance with the Michigan Zoning Enabling Act, 2006 P.A. 110.

Amy Gordon
Interim City Clerk

CP#25-034

Nelson

from page 5

After disappearing during COVID, the Cherry Hill Neighborhood Organization has recently re-emerged. Thirty people came to a November meeting organized by Evan Carr, who moved to the area a year ago. A second meeting in December was hosted by the Lansing Housing Commission's executive director, Doug Fleming, in the LHC offices adjacent to Cherry Hill and near the future home of Riverview 220 and Grand Vista Place. Carr described the December get-together as establishing a "spirit of partnership" between the LHC staff and Cherry Hill residents. Carr and his neighbors anticipate regular communication once LHC breaks ground on its neighborhood-abutting buildings this year.

Upcoming projects for the resurrected Cherry Hill Neighborhood group will likely focus on Cherry Hill Park improvements such as planting trees and river cleanups and promoting

Lansing's only designated Historic Neighborhood District. (To understand how this came to be, take a moment to stroll or drive through this architecturally stunning neighborhood!) About the resurgence of his group as well as the pace of residential building downtown, Carr said, "My hope is for the realization of vitality and potential. The stage is being set for a vibrant, urban experience."

There is new excitement and momentum for creating downtown housing, and there appears to be space to accommodate it — especially if some of the empty state parking lots and buildings become available. This game-changing effort, involving so many different scales and types of housing development, will almost certainly result in a dynamic residential downtown for the first time in a very long time.

(Joan Nelson is the retired founding executive director of the Allen Neighborhood Center. Her column appears monthly.)

State of Michigan Probate Court, Ingham County, Notice to Creditors, Decedent's Estate, Case No. 25-000038-DE-P33, Estate of Eduardo Nera Madamba, Date of Birth: 9/25/1940. Notice to Creditors: The decedent, Eduardo Nera Madamba, died 4/4/2024. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Luningning Madamba, personal representative, or to both the probate court at 313 West Kalamazoo Ave., Lansing, MI 48933, 517-483-6300, and the personal representative within 4 months after the date of publication of this notice, Feb. 5, 2025. Attorney: Barry Y. Freeman, Bar No. 49950, 1375 E. Ninth St., One Cleveland Center, 10th Fl., Cleveland, OH 44114, 312-741-0786. Rep.: Luningning Madamba. 2592 Mariotta Ridge, Clermont, FL 34715. 773-209-4181.

CP#25-036

State of Michigan, County of Ingham, Notice to Creditors, Decedent Trust: TO ALL CREDITORS: The decedent, Gilberte M. VanLancker (date of birth: Nov. 28, 1933), Grantor of The George A. VanLancker and Gilberte M. VanLancker Revocable Family Trust Agreement, dated May 11, 1999, died on Dec. 29, 2024. There is no personal representative of the Grantor's estate to whom letters of administration have been issued. Creditors of Grantor are notified that all claims against the Trust Agreement will be forever barred unless presented to Jerry J. VanLancker, Successor Trustee, within four months after the date of publication, 2/5/2025. Notice is further given that the Trust will thereafter be assigned and distributed to those entitled to receive it. Prepared by: Kenneth L. O'Deen (P58004), Attorney at Law, 133 S. Cochran Ave., Charlotte, MI 48813, (517) 543-5551. Successor Trustee: Jerry J. VanLancker, 8820 Island Hwy, Eaton Rapids, MI 48827.

CP#25-038

**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 4, 2025 at 10:00 a.m. in the Court/Council Conference Room of City Hall, 410 Abbot Road, East Lansing, Michigan 48823.

2025 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 10, 2025: 1:00 p.m. to 5:00 p.m. and 6:00 p.m. to 9:00 p.m.**
- Tuesday, March 11, 2025: 9:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m.**

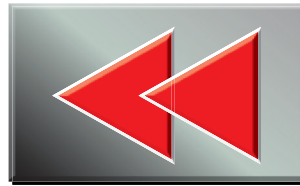
Written appeals must be received by 5:00 p.m. on March 11, 2025. For an appointment, call Marti Townsend (mtownse@cityofeastlansing.com) at 517-319-6880 by 1:00 p.m. on March 11, 2025.

CP#25-016

REWIND

NEWS HIGHLIGHTS FROM THE LAST 7 DAYS

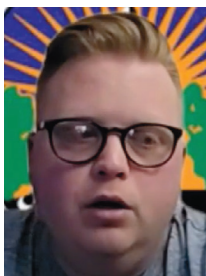
COMPILED BY STEVE UNDERWOOD FROM LOCAL NEWS SOURCES



Lansing Mayor Andy Schor made it official Tuesday: He will run for a third term as Lansing mayor. “After seven years, I still believe that Lansing’s Time is Now, and I also believe that the best is yet to come,” Schor’s written announcement said. “I look forward to getting out on the campaign trail and talking to residents and asking for their vote for four more years leading our community into the future.”

In a kickoff event at Gregory’s Soul Food in north Lansing, Schor highlighted 15 developments he wants to see through or advanced if elected again. Among them: construction of a new city hall; the sale of the current City Hall with its transformation to a hotel; the Public Safety & District Court Complex in south Lansing; and the relocation of the Capital Area Transportation Authority headquarters to downtown. Schor, 49, a Democrat, is Lansing’s 52nd mayor. He has served since 2018 after being a state legislator and an Ingham County commissioner.

The MSU Board of Trustees plans to vote Friday on a Budget Committee recommendation to demolish the 1959 IM West athletic facility in spring 2027, the Lansing State Journal reported. The \$200 million, 293,000-square-foot Student Health and Recreation Center, which is expected to open in May 2026, will replace it. The board said the 66-year-old IM West would be too expensive to repurpose. Demolition would cost about \$45 million.



New Lansing City Council President Ryan Kost said he plans to hold up mayoral appointments until Andy Schor provides a public list of applicants for the three dozen-plus boards and commissions for which he makes appointments. Schor said he plans to address the issue at next week’s Council meeting. The mayor nominates candidates to the Council. Kost said that Council presidents have not received transparency when they asked for it. Schor said creating a public list of applicants would likely require redactions, at least of personal information and details.

Gail Kleine, who took on various leadership roles with the Lansing School District and local nonprofits for many years, died Jan. 26 at 82. She helped create a district-wide parent-teacher association, served 12 years on the school board and chaired a 1979 millage campaign that renewed school funding during a period of tax revolt. Kleine led the nonprofit Child Abuse Prevention Services in Ingham County for 14 years and helped create the Michigan Children’s Trust Fund for child abuse prevention. She was honored in 2006 by the Ingham County Women’s Commission as its first Everyday Heroine for working to help end child abuse and neglect.



SALUS CENTER

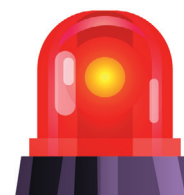
The Lansing City Clerk’s Office will accept passport applications at the Salus Center, an LGBTQ+ services organization at 408 S. Washington Square, 9 a.m. to 1 p.m. Feb. 13, March 13 and April 10 and possibly beyond. “Given the hostile climate created by current national politics, we are noticing that more queer people are focusing on securing their legal documents,” said Lansing City Clerk Chris Swope. “Providing passport services in a welcoming space like the Salus Center is a great opportunity to serve the community.” Anyone can walk in during these times to apply for a new passport, receive form assistance, or renew an existing passport. All must apply in person, even if they are minors.

The City of East Lansing has settled with Davies Claims Solutions and the domestic arm of Lloyd’s of London in an attempt to get reimbursed over a 2023 settlement with Country Mills Farms of Charlotte. Country Mills owner Stephen Tennes had sued the city for banning him from its farmers market in 2017 because of his religious beliefs. He had publicly announced that he would not host same-sex weddings at his farm and orchard. The settlement document does not include details, and City Manager Robert Belleman also declined to provide them. The city paid about \$42,000 in damages and another \$783,800 to cover Tennes’ legal costs.



Andrew Garza of Lansing, 54, faces 22 charges, including impersonating a police officer and wearing body armor while committing a violent crime, after an incident in which shots were fired at police during a pursuit. The most serious was discharging a firearm from a motor vehicle, a potential 10-year felony. He is also charged as a habitual offender, fourth offense designation, due to three prior felony convictions in Ingham County between 2014 and 2024. Garza, denied bond at his arraignment, is scheduled for a probable cause conference Thursday and a preliminary examination on Feb. 13.

Five defendants face two counts of assault with intent to murder, discharge of a firearm from a motor vehicle causing serious impairment, carrying a concealed weapon and three counts of felony firearm after a shooting near the intersection of Willow Street and Grand Avenue left an unnamed 21-year-old man with critical injuries. Garrard Young, 19; Davion Forrest, 19; Anthony White Jr., 20; Dayjian Lenoir, 21; and Tshara Lynch, 35, were each charged in the incident. The charges are subject to change if the man who was shot does not survive. All five have probable cause conferences scheduled for Feb. 6.



MSU College of Veterinary Medicine
784 Wilson Road, East Lansing

The Michigan State University College of Veterinary Medicine is worth a trip for its terrific animal sculptures and artwork. The most spectacular is “Pegasus,” unveiled in 2007. The impressive sculpture by Avard T. and Grant Fairbanks is set outside the Critical Care Center for Horses.

“Cherished,” which hangs in the atrium of the East Wing of the College’s Medical Center, represents the vast array of species from dogs and cats to giraffes and horses treated by the veterinary profession. The 2007 suspended sculpture was completed by the husband and wife team of Jonathon and Evelyn Clowes. The metal sphere represents the entire animal kingdom.

“Her Sanctuary,” an oil on canvas by Luke Allsbrook, shows a young girl with her pets conveying the close relationship between pets and humans and the protection and security we often find in them.

A fourth sculpture welcomes pets and their owners outside the Veterinary Clinic’s North Entrance, though the artist’s name has been lost to time. It shows a young girl with her stethoscope and her pet on a bench living a childhood dream of becoming a vet.

In 1999, local artist Jim Cunningham, a retired veterinarian and professor, executed this wonderful depiction of a stylized dog, bird and bull perched atop the Veterinarian’s Oath. A big bark of thanks to the college’s communication manager and City Pulse alum Allison Hammerly for helping with this information.

Public Art of the Week is a new feature that rotates with Eyesore of the Week. If you have an idea for either, please email eye@lansingcitypulse.com or call (517) 999-6704.

LET'S BOOGIE! **Bob Baldori & David Small**



Groundhog Day

Jan 21: Air Traffic Controller hiring frozen

Jan 22: Aviation Safety Advisory Committee disbanded

Jan 28: Buyout/retirement demand sent to existing employees

Jan 29: First American mid-air collision in 16 years

Jan 30: Bozo blames DEI, Pete Buttigieg, Joe Biden, Nancy Pelosi, Liz Cheney, Jack Smith, yo mama, et al. ad nauseum.

In his standard, tired gibberish, Bozo responds to tragedy by spewing an incoherent, incomprehensible word salad of excuses. Nobody knows what he really said. Including himself. Not that we need more evidence that he is a bumbling, incompetent sociopath.

This is such an old story it hardly bears repeating. Except we are burdened with the loathsome task of documenting as well as broadcasting Bozo's bottomless capacity of criminal behavior for four more years. An interminable 1,445 more days.

Why is it important to accurately report this endless list of depredations? For one thing, because we are engulfed in a tsunami of misinformation led by Elon Musk and reinforced by an overwhelming wing-nut infrastructure. Real world facts are — for the average citizen — incredibly hard to come by through the prevailing information structure of wing-nut controlled media — even though they are easily ascertainable IF you do the work to find them. Unfortunately, a significant segment of the electorate has neither the time, the inclination nor the ability to search them out. Or even discern them through the structural blizzard of disinformation. (see Steve Bannon - Flooding the Zone.)

So we are condemned to a daily Groundhog's Day of deplorable conduct — and as I've noted repeatedly, there is no bottom. The incompetent sociopath will again deliver his word salad to the MAGA cult, describing yet another crime as an act of "making America great again" — even though Bozo is ripping the legal and social fabric of what used to be the USA to shreds.

How far he can get with his Hitler blueprint remains to be seen. Resistance to date has been token, and in terms of leadership there seems to be a vacuum.

It is time for someone to step up. A lot of someone's, actually.

But before you can blink... Voila les tarifs!

Addendum:

Mexico says that the best way to avoid rapists and criminals from getting a stronghold in America is not to elect them president.

(The Boogie Kings is an e-newsletter written by Bob Baldori, with art by David Small. The Boogie Kings Newsletter is published several times a week. To subscribe, go to theboogiekings.substack.com.)

U.S. Senate race comes down to three questions, other fun facts

I could spend this week's entire column on the behind-the-scenes jockeying over who will succeed retiring U.S. Sen. Gary Peters.

It's tempting, but the storylines are limited on both sides.

Running for the U.S. Senate is a high-stakes game reserved only for those who can raise gobs of money and have the support (spoken or unspoken) of the Republican or Democratic Senate caucuses in D.C.

These groups play in primaries now, and their horse rarely loses.

Yeah, we had primaries last year in the first open U.S. Senate race since 1994, but they weren't competitive because, in part, of the D.C. involvement. Elissa Slotkin won her primary the day she announced. Mike Rogers wrapped up the GOP contest when Trump endorsed him in January 2024.

Maybe a primary could develop in '26, but the participants with a realistic shot are Rogers and U.S. Rep. James on the Republican side and Pete Buttigieg and state Sen. Mallory McMorrow on the Democratic side.

Rogers is getting in. His wife, Kristy, appears to have signed off, so he's good to go. He came closer to winning a U.S. Senate seat than any Michigan Republican since Spence Abraham nabbed that seat in the 1994 Republican landslide (including John James twice).

Rogers probably would have won if his opponent had been anybody other than Slotkin.

James has a decision to make. Does he roll the dice on a pretty good gig as a member of Congress to run a primary against someone sharper, more likable and more politically polished than he is?

On the Democratic side, McMorrow has the ambition and skillset to run, but "Mayor Pete" can raise a bunch of national money and has built-in positive name ID. Can she match that with progressive political action committees like Emily's List? And does Buttigieg forego a U.S. Senate run in a state that he's only lived in for two years so he can get a jumpstart on president against . . . probably Gov. Gretchen Whitmer?

The answers to these questions

will tell us whether the 2026 U.S. Senate primary will be a fait accompli or something worth watching.

So, while we wait for answers, let's learn a little about the 38 men and two women who have served in the U.S. Senate from Michigan since statehood.

- Michigan has only had 42 U.S. senators, but two served non-consecutive terms, meaning 40 Michiganders have held the title "senator."

- Of these 40, only 14 were born in Michigan. (Slotkin hails from New York.) This is proof that Michigan voters use the whole residency thing as an excuse for why they vote or don't vote for someone when, really, where a person grew up doesn't mean a whole hell of a lot.

- Eight were born in New York, four in Pennsylvania, two in Canada and the rest from eight other states.

- Ten Michigan senators died in office at the average age of 65.

Peters is 66.

- Of the 14 senators who left office at the expiration of their term without attempting to seek reelection, the average age at the time they left office was 58. Peters will be 68 when he leaves office in 2026.

- The average length of time a U.S. Senator representing Michigan has served is nine years and a few months. Peters will be finishing up 12 years when he steps down.

- Slotkin took office at age 48. Spence Abraham had served a term and was defeated for reelection by age 48.

- In the last 100 years, Michigan has had eight Republican U.S. senators. Not a single one of them left office on his terms. They all were defeated in reelection, died or resigned under political pressure.

- Carl Levin served 36 years, the longest of any senator in Michigan history. When he retired, he was also the oldest, at 80. Debbie Stabenow, who stepped down after 24 years, was 74, the second oldest and second-most tenured senator in Michigan history.

(Kyle Melinn is the editor of the Capitol news service MIRS. You can email him at melinnky@gmail.com.)



KYLE MELINN

POLITICS

ARTS & CULTURE

ART • BOOKS • FILM • MUSIC

'There are many layers to this'

Exhibit at MSU Broad marks second anniversary of 2023 shooting

Quiet spaces for meditation and healing, sobering visual reminders of the scope and impact of gun violence in America and calls to action are all part of a new exhibit at Michigan State University's Broad Art Museum, "Art in the Aftermath: Healing Gun Violence Through Artivism."

But for co-curators Scott Boehm and Maya Manuel, the exhibit has a deeper meaning.

Two years ago, the Broad became a refuge for a group of traumatized students and their professor, Marco Díaz-Muñoz, minutes after the Feb. 13, 2023, shooting at next-door Berkey Hall that left three students dead and five injured. For one chaotic night, the steel walls of the Broad flashed with the lights of some 30 emergency vehicles.

"This exhibit is a way to reclaim the space from being a site of evacuation after a mass shooting to a regenerative, restoring, healing space," Boehm said. "There are many layers to this."

Boehm is an assistant professor of 20th- and 21st-century Spanish culture, and Manuel is a 22-year-old recent MSU grad.

"Our generation believes it's not 'if' we're going to be impacted by gun violence, but 'when,'" Manuel said. "Creating this space for people to express themselves in this light is so beautiful and serene and special to me, and to our students and faculty."

Perhaps the most famous graphic symbol for opponents of gun violence, the knotted gun, has appeared in many forms and guises around the nation.

A rainbow-colored version designed by Beatles drummer Ringo Starr is part of the Broad exhibit. The gun is inscribed with the word "IMAGINE," a nod to Starr's murdered bandmate, John Lennon.

(Adding a touch of dry humor, Boehm said the artifact also represents "an opportunity to educate the youth on who Ringo Starr is.)



Courtesy Soul Box Project

The centerpiece of the newest Broad exhibit, "Art in the Aftermath," is an array of nearly 3,000 tiny boxes from the national Soul Box Project, each of which represents a person who was killed or injured by gun violence.

The centerpiece of the exhibit is an array of nearly 3,000 tiny boxes from the national Soul Box Project. Leslie Lee, a Portland, Oregon-based artist, conceived the idea after the 2017 shooting at a music festival in Las Vegas.

Each 3-by-3-inch origami box represents a person who was killed or injured by gun violence.

"Each box is different," Manuel said. "Some of them are embroidered with designs, some have dates of death, some have photographs, favorite quotes. Some have calls to action. Some are even for pets that were

caught in the crossfire."

The Broad's boxes come from the IHM Sisters of Monroe, a Catholic community that adopted the Soul Box Project for Michigan and Ohio. They represent gun deaths and injuries in Michigan and Ohio over a 13-month period — 2,940 boxes in all.

"Not only does each box represent someone who's been injured or killed, it represents the person who made the box," Manuel said. "I think that's very

powerful."

In 1999, 19-year-old Kalamazoo College student Maggie Wardle was killed by an ex-boyfriend with a hunting rifle. Since then, her parents, Martha and Rick Omilian, have fought for gun reform like the package of six bills signed by Gov. Gretchen Whitmer in April 2023 that require background checks for all firearm sales and safe storage of firearms and ammunition.

"Maggie's box is actually in our exhibit," Manuel said. "Her parents have seen the box make its way across Michigan and the country. The fact that you're looking at her and her beautiful smile — you can understand that her story is still just as important as it was years ago."

In back of a wall behind the boxes, a short film features anti-gun-violence activist Manny Oliver, who visited the Lansing area last year with his one-man show, "Guac," honoring his son, Joaquin, one of 17 people killed in the 2018 shooting at Marjory Stoneman Douglas High School in Parkland, Florida.

Oliver, an artist and filmmaker, has celebrated Joaquin's memory and advocated for an end to gun violence in a variety of mediums and formats. A

larger-than-life set piece depicting Joaquin, which Oliver created for "Guac," is on view near the screen.

"I witnessed him create this piece," Manuel said. "His show, his story, left an impact on me that I'll never forget. I'm not a father, and I don't know what it's like to lose a son. But he put it into art. He showed us how he deals with his pain and his trauma."

The Broad exhibit also features a new oil painting by Díaz-Muñoz, an assistant professor at MSU and the subject of a documentary film by Boehm.

Díaz-Muñoz was wrapping up a two-hour class on Cuban history and culture when the gunman entered his classroom and opened fire.

Boehm asked Díaz-Muñoz if he would be interested in creating a work of art, in whatever medium he chose, "as an opportunity for him to process and reflect on his experience on Feb. 13."

Díaz-Muñoz chose to make his first oil painting in 40 years. After being swamped by interview requests at last year's anniversary, he's limiting media interviews this year, but Boehm has kept in close contact with him.

While working with Díaz-Muñoz, Boehm found that the connection between the 2023 shooting and the Broad went deeper than he thought.

According to Boehm, Díaz-Muñoz was teaching in that classroom in Berkey Hall by request because he's trained as an artist and architect and wanted to have a view of the Broad.

"If he wasn't an artist and didn't choose that room, he probably would have been in a different classroom that night," Boehm said.

Boehm said the painting balances abstraction with realism while "trying to register some little crack of hope."

"There are so many mass shootings that happen, but it's very rare that one of the key witnesses, how he was positioned, is also an artist," he said. "I think what he's producing is very powerful, and people will be deeply moved by it."

"Art in the Aftermath: Healing Gun Violence Through Artivism"

Feb. 5-13
MSU Broad Art Museum
547 E. Circle Drive, East Lansing
(517) 884-4800
broadmuseum.msu.edu

2025 Michigan Notable Books run the gamut

By **BILL CASTANIER**

“Big Gretch” is on the promotion trail for the young-adult version of her memoir, “True Gretch,” which was recently selected as a Michigan Notable Book for 2025. Just last week, the governor appeared on “The View,” “Morning Joe” and “The ReidOut,” among others, to discuss the book, which provides advice for a younger audience of women.

Another 2025 Michigan Notable Book award winner, Amos Paul Kennedy Jr., spent the last week in January on Michigan State University’s campus showcasing his poster and handbill art, which he creates using letterpress printing, a nearly extinct form of putting ink on paper.

At a recent pop-up exhibit of his work at MSU’s Main Library, Kennedy, in his trademark denim overalls, interacted with a regular parade of students, staff and faculty.

When I asked where his gallery is located in Detroit, he responded, “Shop printers have shops.” But don’t let that fool you — Kennedy is an accomplished artist, and his posters are often printed in a rainbow of colors, promoting everything from civil rights leaders to bars. Most have social activism themes.

One student, who clearly hadn’t seen anything like Kennedy’s prints before, asked the astute question, “What period of history does this work represent?” Kennedy patiently explained his work while telling the student, “Every era of history.”

As is typical of the Michigan Notable Book list, this year’s selections — the full

list of which can be found on the Library of Michigan’s website — represent an eclectic mix of topics, with the one caveat that they all have some relationship to Michigan culture, geography and/or people. The winners range from the sports book “The Lions Finally Roar,” by Detroit native Bill Morris, which details the Detroit Lions’ ascension to one of the top teams in the NFL, to a biography of MC5, a band best known for “kicking out the jams” with an added expletive.



Courtesy Library of Michigan

As is typical of the Michigan Notable Book list, this year’s selections represent an eclectic mix of topics, with the one caveat that they all have some relationship to Michigan culture, geography and/or people.

The list also counts a very funny and fun semi-romance novel, “Funny Story,” by New York Times best-seller Emily Henry, which is set in a Lake Michigan shore town. The book had an added push for winning since Henry graduated from Hope College in Holland, Michigan.

Lansing author Erin Bartels earned her third award for “The Lady with the Dark Hair,” which is an exceptional art fraud mystery revolving around a lost

piece of art and its mysterious artist.

Donald Lystra also struck again with his coming-of-age novel “Searching for Van Gogh,” which is set in Grand Rapids in the gritty 1960s. The selection panel (which I serve on) loved this book.

Great Lakes nerds will be clamoring for a copy of “Sail, Steam and Diesel: Moving Cargo on the Great Lakes,” published by MSU Press. The book, by Cleveland-area author Eric Hirsimaki, details the history of shipping on the Great Lakes and is surprisingly approachable.

Alice Randall, a former Detroit and previous award winner for her book “Black Bottom Saints,” is on 2025’s list for her non-fiction book on an important niche in historic and emerging country music. The book, “My Black Country: A Journey Through Country Music’s Black Past, Present and Future,” is a delightful read by an author who was also the first Black woman to co-write a No. 1 country hit, Trisha Yearwood’s “XXX’s and OOO’s.”

Interestingly, Felicia George, a research assistant for a previous Michigan Notable Book, Bridgett Davis’ “The World According to Fannie Davis: My Mother’s Life in the Detroit Numbers,” is an award winner this year for her book, “When Detroit Played the Numbers: Gambling’s History and Cultural Impact on the Motor City,” which details the illicit numbers racket in the city that funded everything from cultural institutions to the career of boxer Joe Louis.

It’s no surprise that Bonnie Jo Campbell’s book “The Waters” was also named to the list. The book picks the scabs off modern-day disagreements in a rural

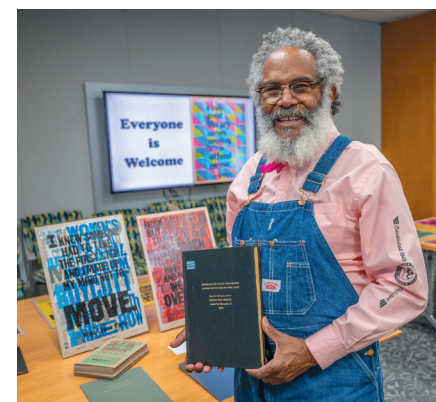


Photo by Derrick Turner

2025 Michigan Notable Book Award winner Amos Paul Kennedy Jr. spent the last week in January on Michigan State University’s campus showcasing his poster and handbill art, which he creates using letterpress printing, a nearly extinct form of putting ink on paper.

Michigan village, which leads to some terrifying moments. The massasauga rattlesnake has a starring role in the book, which features three generations of strong women who live in a natural environment that’s at risk from outsiders.

Detroit’s auto workers are given a voice in Oakland University Professor Daniel J. Clark’s award winner, “Listening to Workers: Oral Histories of Metro Detroit Autoworkers in the 1950s.” Many books have been written about the travails of working on the line, but this is one of the first to look at the workers’ home lives and beyond.

Not unexpectedly, a poetry book and a cookbook also made the list this year. “Old Time Hawkey’s Recipes from the Cedar Swamp: A Cookbook” is a yummy look at 100 recipes from deer camps, campfires and family gatherings in the Upper Peninsula. The poetry collection “What Can the Matter Be?” by Ann Arbor resident Keith Taylor, explores aging, death and a sense of place with humor and joy.

CITY OF GRAND LEDGE ADOPTION OF AN ORDINANCE

At its regular meeting on Monday, 27 January 2025, the City Council adopted Ordinance #614, amending the City Code, Chapter 18, Fire Prevention and Protection, Article II, Fire Code, Section 18-21 – Adoption of International Fire Code of 2015. The full text of the ordinance is available on the City’s website at www.cityofgrandledge.com and at the City Clerk’s office, 310 Greenwood St., Grand Ledge, Michigan, between 8:00 a.m. and 5 p.m., Monday through Friday.

Gregory Newman, City Clerk

CP#25-033

State of Michigan Probate Court, Ingham County, Notice to Creditors, Decedents Estate. File No. 24-001058-DE-P33. Estate of Tracy Ann Mick. Date of birth: 2/27/1959. TO ALL CREDITORS: NOTICE TO CREDITORS: The decedent, Tracy Ann Mick, died 1/14/2024. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Gerald Mick and Ryan Mick, personal representatives, or to both the probate court at 313 W. Kalamazoo, Lansing, MI 48933, 517-483-6300, and the personal representatives within 4 months after the date of publication of this notice, 2/5/25. Gerald Mick, 4641 Lowcroft Ave., Lansing, MI 48910, and Ryan Mick, 117 Paris Ave., Lansing, MI 48910.

CP#25-037

Curious Book Shop

307 E. Grand River, E. Lansing
Mon.-Sat. 10 a.m.-7 p.m., Sun. 12-5
332-0112 ♦ We validate parking
curiousbooks.com



Quality Used Books at Great Prices!



*We have books
you always
wanted but never
knew existed!*

*Find us on
Facebook
and Instagram!*

Lansing's first family of food

James and Erin Brains foster a massive force for social goodness



Photo by Raymond Holt



Photo by Raymond Holt

Erin (left) and James Brains, founders of the Lansing Foodies group.

By STEVE UNDERWOOD

To put the Lansing Foodies group and its jaw-dropping 75,600-person Facebook membership in some perspective, consider that a Google search of similar foodie groups in Grand Rapids and Detroit, other major Michigan cities, as well as Chicago, New York and Los Angeles reveals that L.A. has the next-largest membership of the batch — at “just” 41,000.

The population of the Lansing-East Lansing Metropolitan Statistical Area was just over 540,000 when last recorded in 2023, so could it be said that nearly one person in seven is a Lansing Foodie? A portion of the membership is likely from outside the area, so that probably isn't quite the case. But any social media group of more than 75,000 members in a medium-sized city is simply extraordinary.

What James and Erin Brains have done since they came to Lansing in 2018 is indeed extraordinary — in that and so many other ways.

Ryan Wert, former president and executive director of the REO Town Commercial Association, is one who can

remember the Foodies' first couple of years, a simple, fun Facebook group of about 100 members.

“Then James told me he was going to spend some money on Facebook ads to attract new members and get the ball rolling, which seemed silly for what at the time felt like a little social group to



Courtesy Ryan Wert

Ryan Wert (left) and James Brains.

talk about food,” Wert recalled. “From there, the rest is history. They hit 1,000 members, then 5,000 members, and on

and on, with every big increment feeling pretty surreal. I guess from this point, the next big milestone is surpassing the population of Lansing. They're well on their way!”

Of course, the sheer size of Lansing Foodies is only part of the story. Moreover, the numbers do not begin to describe how the group began or the eclectic set of circumstances that brought its founders together.

If you really want to know the origin of Lansing Foodies — and the Brains behind it (pun intended) — you have to go back to before the Facebook mega group launched in 2017. Back to when an adventurous young couple moved east. Back to Eugene, Oregon, and before that, Grand Rapids. Back to when Erin Tiel met James Warmels on Craigslist and a fortuitous connection was forged.

You have to go back to ... roller derby. Bullet Brains and Master Brains.

When Erin placed a Craigslist dating ad in 2008, she did so for shits and giggles, but also because she was a somewhat lonely single mom who also happened to have discovered and embraced the wild sport of roller derby.

“I found James' profile, and it was re-

freshing and fun!” she said. “He had a photo wearing a Marilyn Monroe dress and a blonde wig, so I sent a picture of me as a zombie eating brains. Then we both lied and said those were the only pictures we had of ourselves on the internet. We hit it off from there.”

They started talking on the phone, then met in person a month or so later. Erin's sport of choice became much more than a weekend hobby.

“I got him involved in roller derby, and that was a huge part of our lives for many years,” she said.

As a young writer and natural PR man, James thought he could help promote Erin's team and the league.

“He could barely skate at first,” she said. “But within a month, he was playing.”

James grinned. “There aren't a lot of adult sports where you get to hit people,” he said.

So, what does roller derby have to do with Lansing Foodies?

You have to go back to James' upbringing in a family with Jewish, Polish, German and Austrian ancestry.

“I ate a lot from a young age,” he said. “Any time we celebrated something, we did it by eating — lots of different foods. Some of my favorites were chicken paprikash and kluski, which we just call cabbage noodles. That recipe was passed down from my Austrian great-grandparents.”

James still has a clipping from a 1978

See Lansing Foodies, Page 12

Lansing Foodies

from page 11

issue of the Grand Rapids Press, featuring his mom, Cathy Winnick, and her recipe for the cabbage-and-egg-noodle dish with chopped bacon and caraway seeds.

James went on to major in psychology at Michigan State University.

“But I had no idea what I wanted to do after I got my degree,” he said. “So, I thought I would keep doing school. The University of Oregon accepted me into their psychology grad program.”

That eventually led to Craigslist and the roller derby romance. James proposed to Erin in the middle of a roller derby match, and that led to a choice that would ensure they’d never forget their roots as a couple.

“That’s how we got our last name,” Erin said. “I was Bullet Brains, and he became Master Brains. When we decided to get married in 2012, we were like, ‘We can just pick our last name?’ He really took my last name, so we’re Brains.”

How did the Brains wind up in Michigan?

“James kept bringing me out to Michigan to visit his family during the summer, and I fell in love with it,” Erin said. “He kept saying, ‘I’m never moving back,’ but one day, we were driving back from a strawberry festival, and he said he was a little homesick. I pounced on it, and we decided to move to Michigan that day.”

Meanwhile, the couple had begun to get involved with a foodies group in Eugene, which caused James to reconnect with his love of good food and Erin to become inspired as well.

“I grew up in poverty and was always excited whenever we got to eat at a restaurant,” Erin said. “In my teens, I attended Job Corps and was in the culinary arts program, so I got a chance to appreciate the skills that went into making good food. I also love to do my part to make a positive impact on the world, so Lansing Foodies really fulfills both of those aspects of my nature.”



Copyright (C) 2011 Jeff Boerio / www.rockinbdigital.com

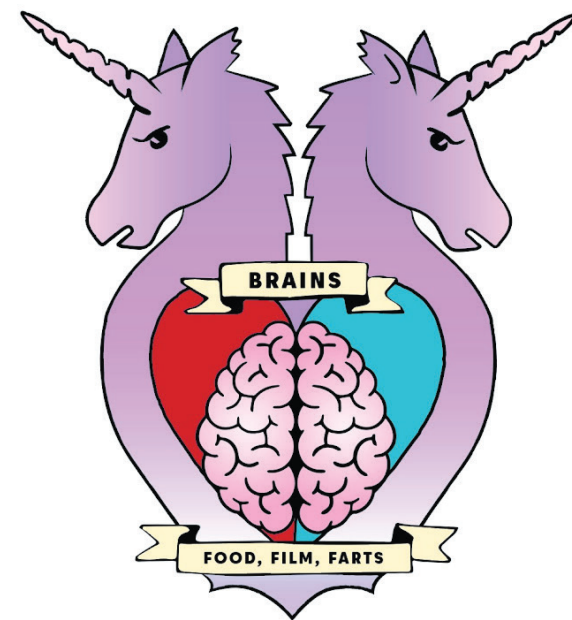
Photo by Jeff Boerio

James proposes to Erin at a 2011 roller derby match in Eugene, Oregon.

“As for supporting local restaurants, we know that spending money locally makes our community stronger and more resilient. It really makes a difference in our neighbors’ lives in tangible ways.”

During the yearlong process of preparing to move to Michigan, James started Lansing Foodies from afar.

“Six months before we moved, we were like, ‘Is there a foodies group?’” Erin said. “James looked and didn’t see



Courtesy photo

When Erin and James married on Leap Day 2012, they chose the last name Brains based on their roller derby names, Bullet Brains and Master Brains.

anything. We knew there were groups around, that there was something in Grand Rapids, so James was just like, ‘I’m going to make it.’”

James added, “I wanted to know where all the good food was.”

Wert remembers when the Brains first moved to Lansing.

“My first chance to meet up with James was at the Lansing Chamber of Commerce’s Grub Crawl in REO Town, which I was helping to organize,” he said. “James showed up and helped me move picnic tables and set up the bar, so it’s fair to say that he was helping to support Lansing’s food scene within hours of arriving. I remember James talking about the foodie groups they had in Eugene and



Photo by Raymond Holt

The Brains glance at their entrees in eager anticipation while dining at a Lansing Foodies favorite, the People’s Kitchen.



To the apparent dismay of his wife, James can’t resist going all in on his burger.

how he wanted to start something like that here.

“Initially, I think the members were all friends of the Brains — a few people we went to high school or MSU with that were still in the area and a couple of neighborhood restaurant owners I sort of knew. There were maybe 20 of us, and we all knew each other. Most of us assumed that’s where it would stay, but James and Erin definitely had a bigger vision for how big and impactful the community could be.

Three major factors helped shape Lansing Foodies into what it is today. The first is that the Brains became very proactive in growing roller derby in Eugene — so much so that by 2011, they were a big part of starting the Big O Tournament, an annual event in Eugene that not only attracted teams from across the country but around the world. (The tournament was retired in 2023 in the wake of the pandemic.)

“Roller derby gave us a huge chunk of experience,” Erin said. “We were on the board of our non-profit and learning to do a lot of marketing, organization and community activation kind of stuff.”

“I think one thing that Erin and I are really talented at is working with no budget and getting stuff done,” James added. “We never had a budget in roller derby, so I got really good at writing press re-



Courtesy photo

A 1978 article in the Grand Rapids Press highlights James’ mother, Cathy Winick, and her recipe for Austrian cabbage noodles.

leases that would get the media’s attention.”

The second factor is that a couple of years into Lansing Foodies’ growth, the pandemic happened.

“We just had small events and get-togethers before that,” James said. “But the Foodies definitely took off during the pandemic.”

“We were able to be a conduit for connecting restaurants and customers in a time that was constantly changing with different lockdowns,” Erin said. “A lot of restaurants appreciated having a place to be able to communicate they had takeout available and things like that. It was all very organic. We had no ideas going into it — it was more like, ‘This is how we can help and do things.’”

“We heard a lot about how we were able to save people who had no experience cooking at home. I’ve heard from more than one pregnant woman who’s said, ‘Thank God for that group because I have specific cravings and need to find out where to get things.’”

In February 2021, partly in response to the impact of the pandemic, the Brains hosted their first annual Support Month. Now, the Foodies’ 5th annual Support Month has just begun.

“We know that this is the hardest time of year for restaurants in general, so each year, we take nominations from group members and pick at least 28 restaurants to highlight throughout the month,” Erin said. “Each week, we’ll spotlight seven different restaurants and encourage members to post about them in the group using the hashtag #LFSM25. At the end of



Courtesy Erin and James Brains

The Brains at Lansing Foodies’ 2024 Olive Burger Festival.

the month, we put all the people who posted with the tag into a drawing and do a giveaway of prizes that include kitchen appliances, gift cards and more.”

The third factor is that in 2022, Facebook reached invited Erin and James into its 16-week Community Accelerator Program, teaching them how to use the website’s tools and how to write a business plan and a grant application.

“Having the opportunity to really dive into all the tools we could use in the group and being able to have conversations with other group administrators helped widen our perspective of what we could do with the group,” Erin said. “We got a grant for \$40,000 from their partner GlobalGiving, which we were able to use to really pump up that year’s Support Month and throw the first Olive Burger Festival.”

Lansing Foodies is a family affair for the Brains and their two children. Caesar, 22, created the group’s logo when they were 16.

“They’re a very artistic and compassionate person,” Erin said. “As a vegan, they give us a great perspective for that dietary lifestyle. They’re also a huge fan of how Lansing Foodies has grown and what we’re able to do, and they love to help out with events.”

Then there is 11-year-old Ivan, who “is excited that his principal and vice principal at school are members of Lansing Foodies. He loves to wear shirts and hats with Lansing Foodies or Olive Burger Festival logos on them,” Erin said.

Erin and James are also quick to credit the community that makes it all possible.

“We get a lot of help from people,” James said. “We have



Photo by Raymond Holt

Erin wipes the remnants of the hefty burger off James’ chin, a picture-perfect moment for a foodie couple.

Photo by Raymond Holt



Department of Theatre whartoncenter.com
MICHIGAN STATE UNIVERSITY 1-800-WHARTON



9 TO 5, THE MUSICAL

Music & Lyrics by Dolly Parton
Book by Patricia Resnick

**BASED ON THE SMASH HIT
MOVIE. VIOLET, JUDY, &
DORALEE ARE BACK!**

**GET YOUR TICKETS AT
WHARTONCENTER.COM
OR AT THE DOOR.**

**MSU STUDENTS
GET IN FREE!**

**FEBRUARY 15 - 23, 2025
FAIRCHILD THEATRE,
MSU AUDITORIUM**

Lansing Foodies

from page 13

an awesome moderating crew that does it all, comes to us with questions, lets us know what is going on and much more.

Rachel Kay joined the Foodies in 2018 and responded to an application to join the group's first batch of moderators a few years later, when it had grown to nearly 2,000 members.

"From the beginning of reading the attention to detail in the moderator application, I knew this group was going to be something special," Kay said. "I met James and Erin at Soup Spoon for the first time; I was so impressed with how genuine, easygoing and dedicated they were to this project. Erin had made a literal training packet for a tiny Facebook group.

"What made Lansing Foodies work and made me want to continue to work with them was how they so earnestly want to see small, new or overlooked restaurants succeed and the professionalism and generosity they both bring as leaders in our own admin team and in the group. Erin and James both work countless hours behind the scenes with grace and a true love for our community. I'm truly lucky to call them friends and colleagues."

Erin said she does a lot of behind-the-scenes stuff, while James is in charge of the front of the scenes, where he's able to create catchy posts that get a lot of engagement online.

"In person, well, I've just got a bigger extrovert streak to me than he does. We complement each other very well, though, with the skills that we've accumulated

and picked up in different facets of life," Erin said.

"I've come to understand relationships are the most important part of whatever you do; things, money, that doesn't matter," James said. "It's the relationships you have that are going to bring the most meaning."

A big part of what the Brains have been up to this winter has been creating the Foodies' first zine. When they met, James was producing a zine called "Urinal Gum" that was hilarious, Erin said. "As a punk teen, I had always dreamed of putting together a zine."

She thought creating a new zine would bring them joy as well as help the Foodies potentially reach a broader audience.

"Zines are a great way to do grassroots information spreading, and we had a lot of fun putting the first issue together," she said. "We have some in-depth reviews, a great interview and lots of 'best of' lists, as well as information about food security and farmers markets in the area.

"The best part is there's no comment section. We are planning to put 'What's for Dinner?' out quarterly, and future issues will have some more contributors to look forward to."

Wert said that even with the Brains' passion for food, it's really their dedication to community growth and empowerment that has made Lansing Foodies so successful.

"They could just as easily have started a group about gardening or home improvement and found the same level of success because they're so deeply committed to fostering an environment that builds things up," he said.



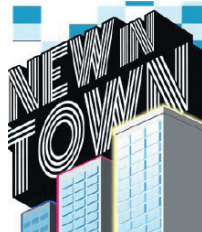
Courtesy Erin and James Brains

Erin and James with their children, Caesar (back right) and Ivan (front right), in 2024.

The Courtyard at Delta brings a new approach to senior living

By AJ GLAUB

The pursuit of a meaningful life through community and curiosity doesn't fade as we age, it evolves. That philosophy is at the heart of the Courtyard at Delta, Lansing's newest assisted living and memory care community, which began welcoming residents Monday (Feb. 3).



The Courtyard at Delta

350 S. Marketplace Blvd.,
Lansing
Office open 8 a.m.-5 p.m.
Monday-Friday
(517) 459-9225
thecourtyardatdelta.com

With 53 assisted-living apartments and 32 memory-care residences, the Courtyard offers more than just a place to live — it offers a place to keep living. Rather than a one-size-fits-all

model, the facility prioritizes individuality, with residents taking an active role in shaping their daily lives.

“We're committed to serving our residents as unique individuals by offering custom care plans and activities that fit their interests and lifestyles,” SarahKate Watson, director of sales and marketing, said. “We work with residents to provide the support they need to live their best lives.”

The Courtyard's flexible care model ensures residents get just the right amount of support. This approach recognizes that many older adults want to make their own choices while having peace of mind that help is there when needed.

“While living independently is key to maintaining health and happiness, there may come a time when a little help with everyday activities can make a big difference in how much you or your loved one enjoys life,” Watson explained. “That's why we provide discreet support that adapts to each resident's unique situation.”

That philosophy extends to the design of the space itself. Apartments are larger than average, featuring high ceilings and big windows to create an open, airy feel. At the center of the community are two enclosed and landscaped courtyards, offering private outdoor spaces for relaxing and connecting with nature.

“From sipping morning coffee on the patios to enjoying happy hours in the sunshine, these courtyards are the very centerpiece of our design and daily life,” Watson said.

Residents are encouraged to bring their passions and interests to the community,

helping define its culture from day one.

“I think our founding residents are most excited about being part of the birth of a new community,” Watson said. “People who move in now have a unique opportunity to set the culture here.”

Interest in the Courtyard has been strong, both from prospective residents and their families.

“There's a lot of interest from older adults and their adult children,” Watson noted. “Our neighbors watched the construction process and are eager to see the community and learn more about what we provide.”

To celebrate its grand opening, the Courtyard will host a vintage Vegas-themed event from 2 to 6 p.m. Tuesday (Feb. 11), featuring live music,



Courtesy Courtyard at Delta

Tucked behind the Marketplace at Delta Township, the Courtyard at Delta, which will hold its grand opening celebration from 2 to 6 p.m. Tuesday (Feb. 11), offers residential assisted-living and memory-care apartments and services.

casino games, signature cocktails and mocktails, and tours of the facility.

and we're so happy to be bringing that passion to the Greater Lansing community!” Watson said.

“We're passionate about what we do,



You Deserve More Than Just Banking

With an MSUFCU account, you'll gain access to exclusive benefits and a supportive community committed to helping you **dream BIG** and achieve your financial goals.

Take the first step toward better banking and open your account today!

msufcu.org | 517-333-2424



Federally insured by NCUA

What does a Trump presidency mean for cannabis?

By CHRIS SILVA

As the first weeks of President Donald Trump's second term wind down, the cannabis industry is holding its breath. Was Trump's campaign-trail support for legalization just another empty promise, or is there hope for meaningful reform? The answer, as always with Trump, is shrouded in uncertainty — and a healthy dose of skepticism.

Trump's reelection comes at a pivotal moment for recreational cannabis. The once-breakneck speed of legalization has slowed to a crawl. Florida, the next big domino to fall in the transition from medical to recreational cannabis, remains stubbornly resistant. Last year's Amendment 3, which aimed to legalize



Photo illustration by Design2Pro

Lansterdam in Review: The next four years

form will require bipartisan cooperation. And let's be real — when was the last time Congress played nice? The Trump administration would need to work with Democrats to push through a rescheduling, and in today's hyper-partisan climate, that's about as likely as Sessions lighting up a joint.

The DEA wild card

Adding to the uncertainty is Trump's pick to lead the DEA: Derek Maltz, a career special agent with a "no-nonsense" approach and a long history of anti-cannabis rhetoric. Maltz has publicly criticized the Biden administration's efforts to reschedule cannabis, citing "public health concerns" and even blaming cannabis for school shootings. While it's tempting to dismiss his comments as partisan fearmongering, his track record speaks for itself.

The real question is whether Maltz will toe the line if Trump decides to push for legalization. Will he bow to pressure from the Oval Office, or will he dig in his heels and become a roadblock to progress? Only time will tell, but his appointment doesn't exactly inspire confidence.

The road ahead: chaos or clarity?

The future of federal cannabis policy is as murky as ever. The industry has grown far beyond a niche market; it's now a multi-billion-dollar ecosystem supporting workers, business owners and investors. But in today's political climate, where partisanship reigns supreme, the odds of meaningful reform feel slim.

Will Trump prioritize cannabis, or will he shelve the issue to appease the conservative wing of his base? Will the purge of federal workers create a more favorable environment for legalization, or will it just add to the chaos? These are the questions keeping cannabis activists up at night.

One thing's for sure: The next few years are going to be a wild ride. The cannabis industry has weathered its fair share of storms, but this new era of politics is uncharted territory. Whether Trump's second term brings progress or paralysis, one thing is certain: Cannabis operators will need to stay nimble, resilient and ready for anything. Because in the world of cannabis, the only constant is uncertainty.

Was Trump's campaign-trail support for cannabis legalization just another empty promise, or is there hope for meaningful reform?

recreational cannabis in the Sunshine State, narrowly failed at the ballot box, despite Trump's endorsement. The proposal needed 60% of the vote and fell just short, leaving organizers scrambling to try again in 2026.

For many in the cannabis industry, Trump's endorsement of Amendment 3 was a rare glimmer of hope. But let's not forget: This is a man who, during his first term, did little to advance the cause of legalization. His first-term pick for attorney general, Jeff Sessions, was a notorious cannabis critic who rolled back Obama-era protections for the industry. While Trump has since softened his stance, many insiders wonder if his newfound support is little more than election-year pandering.

Federal reform: The make-or-break moment

If the cannabis industry is going to survive its growing pains, federal reform is non-negotiable. Rescheduling cannabis at the federal level is the next big hurdle, and it's one that could unlock a flood of opportunities.

Cannabis operators are especially hamstrung by Section 280E of the Internal Revenue Code, which prevents them from deducting otherwise standard business expenses from gross income. This archaic rule is crushing small businesses, especially in states like Michigan, where price compression is already squeezing margins. Retailers in Lansing and beyond are frustrated, and many are wondering how much longer they can hold on.

But here's the kicker: Meaningful re-

IMPORTANT UPDATES & INFO-SHARE SOCIAL HOUR AT 530-600 MEETING STARTS AT 600PM

ALUMNI, NEIGHBORS AND COMMUNITY MEMBERS ENCOURAGED TO ATTEND

Community Conversation

DATE	TIME	LOCATION
2-13 2025	530-7PM	SIR PIZZA-OLD TOWN GRAND RIVER & TURNER LANSING, MI

THE COALITION TO PRESERVE EASTERN HIGH SCHOOL AND PROMOTE MENTAL HEALTH

Even non-fans will be thrilled with ‘MJ’ the musical

By COURTNEY BOWERMAN

Devin Bowles wasn't a big Michael Jackson fan. But when he saw "MJ" the musical on Broadway — the first of many viewings for him — he knew he wanted to be in the show. He got his wish when he joined the North American tour at the start of its run in August 2023.

"Obviously, Michael's music was great," Bowles said, "but I've become more of a fan now that I'm in the show."

"MJ" is still going strong on Broadway three years after its debut in February 2022, scheduled to run through Oct. 19 at least. The national tour visited Detroit in late 2024 but will make another much-anticipated Michigan stop Tuesday (Feb. 11) through Feb. 16 at the Wharton Center.

The jukebox musical is based on the life of the pop king, spanning from his early Motown days with his brothers in the Jackson 5 all the way up to the explosive "Dangerous" world tour in 1992. All these events play out to the show's renditions of his greatest hits: "I'll Be There," "ABC," "Beat It," "Thriller," "Billie Jean," "Smooth Criminal" and many more.

Even people who aren't fans of Michael Jackson won't be able to resist the show's replications of his iconic music and elaborate dancing. But with so many memorable songs to choose from, which is the one number that brings the house down? For Bowles, one song manages to stand out.

"The number that sends people on the biggest roller coaster of their lives is 'Wanna Be Startin' Somethin'?' That point in the show represents everything that has been building up in Michael Jackson's life," he said.

On the other hand, he noted that the show's finale is so fantastic that it might top "Wanna Be Startin' Somethin'." When pressed further, he refused to give anything away, claiming it's better for the audience to experience it completely unspoiled.

"All I can say is stay in your seat until the very end," he promised. "You won't be disappointed."

In the show, Bowles alternates between playing patriarch Joe Jackson

and Michael's fictional right-hand man, Rob. It's an intense part that he never expected to get — he originally auditioned to play Tito Jackson and Quincy Jones instead.

"It is challenging," Bowles said. "In my opinion, Joe's role is more influential in the story we built. Every scene is in grand service to the story. I have to stay on my toes, but it's still a good time."

Born and raised in Jackson, Tennessee, Bowles always had a passion for theater.

"I've been singing in the house, singing in school musicals, singing in the choir, and it turned into something I wanted to do for the rest of my life," he said.

After studying musical theater at Middle Tennessee State University, he found experience performing at Cedar Point amusement park in Ohio. He also participated in the 2019 Kennedy Center American College Theater Festival in Washington, D.C. It all came together when he moved to New York City and got his break in the 2022 off-Broadway production of "Kinky Boots."

However, he loves being in the audience just as much as acting in the cast. When asked what his favorite musical is, he had to go with "In the Heights."

"It's educational, the musicality is so fast, and it's a beautifully written story," he said.

He also enjoys and "Dreamgirls" and "Hamilton" — a show he would love to perform in someday.

"For now, the future is all 'MJ,'" he said. "We have a lot more cities to get to."

The Wharton Center stay will be his first time visiting East Lansing, and he can't wait for local audiences to experi-



Photo by Matthew Murphy

The cast of the North American tour of "MJ" the musical, running at the Wharton Center Tuesday (Feb. 11) through Feb. 16.

ence the show for themselves. He gave high praise for the story, choreography and especially the hard work of the cast and crew.

"It's a blessing to be part of a company where you learn from someone in every

way. J. Daughtry (Berry Gordy/Nick) is such an influence to me on stage, as well as Jordan Markus (Michael Jackson), Matteo Marretta (ensemble), Malcolm Young (Randy Jackson/ensemble) — just everybody, really."

February theater productions:

"A Case for the Existence of God"

Feb. 6–March 16
Opening weekend showtimes:
7:30 p.m. Thursday–Friday
2 p.m. Saturday–Sunday
Rest of run showtimes:
2 p.m. Thursday, Saturday–Sunday
7:30 p.m. Friday–Saturday
Williamston Theatre
122 S. Putnam St., Williamston
williamstontheatre.org

"Little Shop of Horrors" (Broadway version)

Feb. 7–9
7 p.m. Friday
3 p.m. Saturday–Sunday
Hannah Community Center
819 Abbot Road, East Lansing
allofusedexpress.org

"MJ"

Feb. 11–16
7:30 p.m. Tuesday–Saturday
2 p.m. Saturday
1 and 6:30 p.m. Sunday
Wharton Center Cobb Great Hall
750 E. Shaw Lane, East Lansing
whartoncenter.com

"First Date"

Feb. 13–16 and 20–23
7 p.m. Thursday
8 p.m. Friday–Saturday
2 p.m. Sunday

Riverwalk Theatre
228 Museum Drive, Lansing
riverwalktheatre.com

"9 to 5"

MSU Department of Theatre
Feb. 15–16 and 19–23
7:30 p.m. Wednesday–Thursday
8 p.m. Friday–Saturday
2 p.m. Sunday; Feb. 22
Fairchild Theatre
542 Auditorium Road, East Lansing
theatre.msu.edu

"Crime and Punishment"

LCC Performing Arts
Feb. 21–23 and Feb. 28–March 1
7 p.m. Friday–Saturday
2 p.m. Sunday
LCC Black Box Theatre
411 N. Grand Ave., Lansing
lcc.edu/showinfo

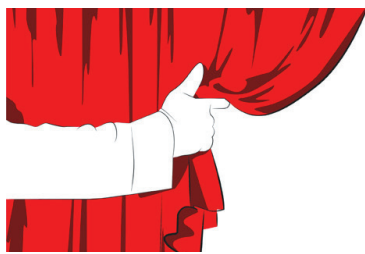
"Mankind"

Peppermint Creek Theatre Co.
Feb. 21–23 and Feb. 27–March 2
7 p.m. Thursday–Saturday
2 p.m. Sunday; March 1
Stage One at Sycamore Creek Eastwood
2200 Lake Lansing Road, Lansing
peppermintcreek.org

"Into the Woods"

Feb. 28–March 2 and March 7–9
7:30 p.m. Friday–Saturday
2 p.m. Saturday–Sunday
Lebowski Center for Performing Arts
122 E. Main St., Owosso
lebowskiycenter.com

BEHIND THE CURTAIN



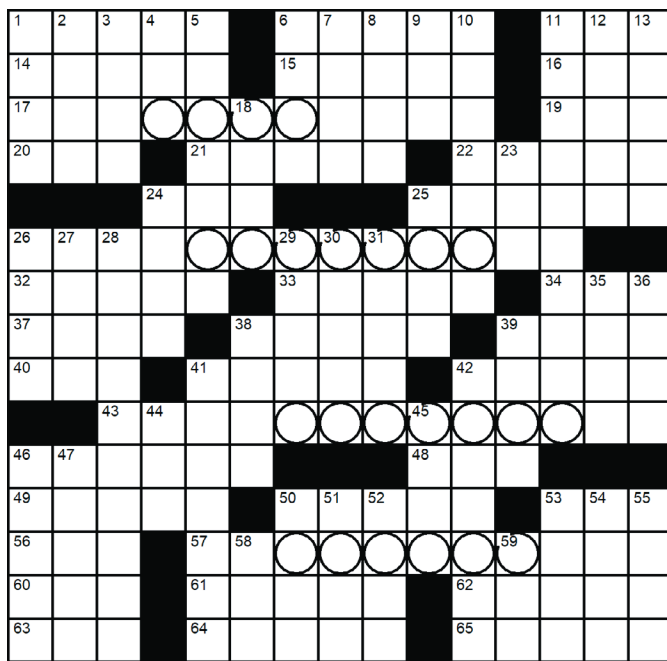
Jonesin' Crossword

By Matt Jones

"We're Golden" -- at least, hiding in the long answers.
by Matt Jones
© 2025 Matt Jones

ACROSS

- 1. Classic auto, for short
- 6. Pancake order
- 11. Keeps in the loop, in a way
- 14. In ___ fertilization
- 15. Ali's boxing daughter
- 16. Panama, e.g.
- 17. Easter egg found within a subway system?
- 19. Former Notre Dame coach Parseghian
- 20. Nonspecific number
- 21. Mauritian of long ago
- 22. Bashful coworker?
- 24. Sidekick
- 25. Puts down on paper
- 26. Herb specifically designated for a tomato sauce?
- 32. Makes level
- 33. 2000s corporate scandal subject
- 34. Spit some bars
- 37. Scan the print
- 38. Notions
- 39. Circle dance at some weddings
- 40. Onetime Dirk Benedict costar
- 41. Ordinary
- 42. Ring-collecting Sega character
- 43. Atypically sunny weather at the highest peak of the Alps?
- 46. Donnie ___, 1997

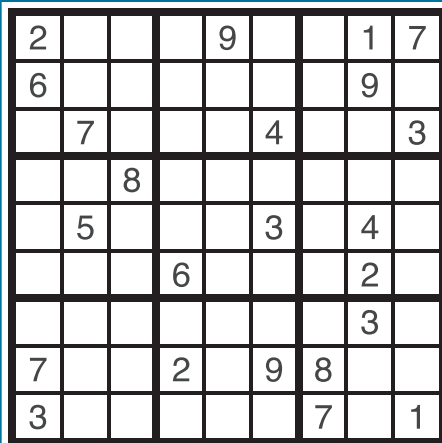


- Johnny Depp role
 - 48. Surprised cry
 - 49. Not as frequent
 - 50. "Let's Make ___"
 - 53. ___ Lankan
 - 56. Media attention
 - 57. Short break from reading fables?
 - 60. Bronze, for one
 - 61. Cliched
 - 62. Adjusts accurately
 - 63. Badminton divider
 - 64. Clear, as a whiteboard
 - 65. Striped equine
- DOWN
- 1. "Severance" rating
 - 2. "Muy ___"
 - 3. Teensy
 - 4. Telugu-language 2022 movie that was big in the U.S.
 - 5. Thingamabobs
 - 6. Wheelless vehicle
 - 7. Salsa holder
 - 8. Pretentious
 - 9. Progressive
 - Field team, on scoreboards
 - 10. "Agatha All Along" star Hahn
 - 11. Book opener?
 - 12. "___ diem"
 - 13. Lingers
 - 18. Without help
 - 23. Goal
 - 24. Fishing hole
 - 25. "___ gonna tell them?"
 - 26. Long-lasting hairstyle
 - 27. Walkie-talkie signoff
 - 28. Place to stake out some steaks
 - 29. Do the audio again
 - 30. Shaq's surname
 - 31. Cheery refrain
 - 35. Operatic performance
 - 36. Agreement
 - 38. "It ___ laugh"
 - 39. Ding Dong alternative
 - 41. Remove from a large container
 - 42. "The beer that made Milwaukee famous"
 - 44. Sugary suffix
 - 45. Baumbach who frequently works with Adam Driver
 - 46. "Family Guy" dog
 - 47. Grazing area
 - 50. Continent with the longest coastline
 - 51. They may get connected
 - 52. Fencing sword
 - 53. Concertgoer's souvenir
 - 54. Someone sorry
 - 55. "Insecure" actress Rae
 - 58. Need correction
 - 59. Thin Lizzy's "The Boys ___ Back in Town"

©2020 Jonesin' Crosswords (jonesincrosswords@gmail.com)

Answers on page 21

SUDOKU



Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Free Will Astrology

By Rob Breznsky

Feb. 5-11, 2025

ARIES (March 21-April 19): The world's largest mirror isn't an actual mirror. It's Bolivia's Salar de Uyuni salt flat, a vast area that's almost perfectly flat. After it rains, a thin layer of calm water transforms the surface into a perfect reflector that can be used to calibrate observation satellites. In these conditions, it may be almost impossible to tell where the earth begins and the sky ends. I foresee metaphorically similar developments for you during the coming weeks. Boundaries between different aspects of your world — professional and personal, spiritual and practical — might blur in interesting ways. A temporary dissolution of the usual limits may offer you surprising insights and unexpected opportunities for realignment. Be alert for helpful clues about how to adjust the way you see things.

TAURUS (April 20-May 20): From day to day, glaciers appear static. But they are actually slow-moving rivers of ice that have tremendous creative power. They can make or reshape valleys, moving tons of dirt and rock. They pulverize, grind and topple trees, hills and even mountains. New lakes may emerge in the course of their activity. I invite you to imagine yourself as a glacier in the coming months, Taurus. Exult in your steady transformative power. Notice and keep track of your slow but sure progress. Trust that your persistence will ultimately accomplish wonders and marvels.

GEMINI (May 21-June 20): In recent weeks, have you stirred up any dynamic fantasies about exotic sanctuaries or faraway places or mercurial wild cards? Have you delivered enticing messages to inspiring beauties or brave freedom fighters or vibrant networkers? Have you been monitoring the activities of longshots or future helpers or unification adepts who might be useful to you sooner than you imagine? Finally, Gemini, have you noticed I'm suggesting that everything important will arise in threes — except when they come in twos, in which case you should hunt for the missing third? PS: When the wild things call to you, respond promptly.

CANCER (June 21-July 22): Archaeologists found two 43,000-year-old flutes in Germany. Constructed of mammoth ivory and bird bone, they still produce clear notes with perfect pitch. They were located in a cave that contains ancient examples of figurative art. Some genius way back then regarded art and music as a pleasurable pairing! I propose we make these instruments your power symbols for the coming weeks, Cancerian. May they inspire you to resuscitate the value of your past accomplishments. May you call on the help of melodies and memories that still resonate — and that can inspire your future adventures! Your words of power are regeneration, revival and reanimation.

LEO (July 23-Aug. 22): It's your unbirthday season, Leo — the holiday that's halfway between your last birthday and your next. During this interlude, you could benefit from clarifying what you don't want, don't believe and don't like. You may generate good fortune for yourself by going on a quest to discover rich potentials and stirring possibilities that are as-yet hidden or unexpressed. I hope you will be bold enough to scan the frontiers for sources of beauty and truth that you have been missing. During your unbirthday season, you will be wise to gather the rest of the information you will need to make a smart gamble or daring change.

VIRGO (Aug. 23-Sept. 22): Austrian playwright Elfriede Jelinek won the Nobel Prize for Literature in 2004, and Romanian German author Herta Müller earned it in 2009. But garnering the world's most prestigious award for writers did not provide a big boost to their book sales. In some markets, their famous works are now out of print. In 2025, I hope you Virgos do in your own spheres what they only half-accomplished in theirs. I would love for you to gather more appreciation and attention while simultaneously raising your income. According to my reading of the astrological omens, this is a

reasonable expectation.

LIBRA (Sept. 23-Oct. 22): By day, Libra-born Forrest Bess (1911-1977) worked as a commercial fisherman in Texas. By night, he created visionary paintings inspired by symbols that appeared to him in states between sleeping and waking. Other influences in his art came from alchemy, the psychological philosophy of Carl Jung and Indigenous Australian rituals. His life was living proof that mystical exploration and mundane work could coexist. I'm hoping he might serve you as an inspirational role model. You are in a phase when you have the power to blend and synergize seemingly opposing aspects of your world. You would be wise to meditate on how to find common ground between practical necessity and spiritual aspiration. Are there ways you can unite the desires of your head and heart? Of your need for safety and your longing for adventure? Of your craving for beauty and your fondness for usefulness?

SCORPIO (Oct. 23-Nov. 21): The first emperor of China, Qin Shi Huang, arranged for himself to be buried after death with an army of 8,000 soldiers made from terracotta, which is a clay ceramic. Joining the gang below the earth's surface were 770 horses and 130 chariots. For over 2,000 years, this assemblage was lost and forgotten. But in 1974, farmers digging a new well found it accidentally. In this spirit, I am predicting that sometime in the next five months, you will make interesting discoveries while looking for something other than what you find. They won't be as spectacular as the terracotta army, but I bet they will be fun and life-changing.

SAGITTARIUS (Nov. 22-Dec. 21): Author Zora Neale Hurston said, "There are years that ask questions and years that answer." I will adjust that counsel for your use, Sagittarius. According to my astrological analysis, the first half of 2025 will ask questions, and the second half will answer them. For best results, I invite you to gather and polish your best questions in the next five months, carefully defining and refining them. When July begins, tell life you are ready to receive replies to your carefully wrought inquiries.

CAPRICORN (Dec. 22-Jan. 19): Hemoglobin is an iron-bearing protein that's crucial to most life. It enables the transportation of oxygen in the blood. But one species, the icefish of the Antarctic seas, lacks hemoglobin. They evolved other ways to obtain and circulate enough oxygen in the frozen depths, including larger hearts and blood vessels. The system they've developed works well. So, they are examples of how to adjust to an apparent problem in ways that lead to fine evolutionary innovations. I suspect you're now in the midst of your own personal version of a comparable adaptation. Keep up the good work!

AQUARIUS (Jan. 20-Feb. 18): Born under the sign of Aquarius, Clyde Tombaugh discovered the heavenly body known as Pluto in 1930. This was years before he earned advanced degrees in astronomy. His early education was primarily self-directed. The telescopes he used to learn the sky were built from tractor parts and old car components from his father's farm. During the coming months, I surmise there will be elements of your life resembling Tombaugh's story. Your intuition and instincts will bring you insights that may seem unearned or premature. (They're not!) You will garner breakthroughs that seem to be arriving from the future.

PISCES (Feb. 19-March 20): One of the world's deepest caves is Vertyovkina in the nation of Georgia. At its lowest, it's 7,257 feet down. There are creatures living there that are found nowhere else on Earth. I propose we make it your symbolic power spot for now. In my astrological opinion, you will be wise to dive further into the unknown depths than you have in quite some time. Fascinating mysteries and useful secrets await you. Your motto: "Go deeper and deeper and deeper."

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. 5

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

"A Course of Love" Zoom Discussion Group, with Lucille Olson and Bill Dietrich - Group reads a section of the book each week and discusses the insightful ideas. 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

Acting & Glee Music Class for Kids - 15-week class. Ages 5-12. 4:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Al-Anon Meeting - 6 p.m. Okemos Community Church, 4734 Okemos Road, Okemos. cmialanon.org.

Antonio Di Cristofano, guest pianist - Italian pianist Antonio Di Cristofano regularly performs in major concert halls across the globe. He's also a frequent judge at international piano competitions and has given masterclasses in dozens of cities, from Greece to China and beyond. 7:30 p.m. Cook Recital Hall, 333 W. Circle Drive, East Lansing. music.msu.edu.

Beginning Ballet for Adults - 6:45 p.m. The Studio Performing Arts Center, 5015 Park Lake Road, East Lansing. 517-336-4088. dancesingact.com.

Beginning Tap Dance for Teens & Adults - 7:45 p.m. The Studio Performing Arts Center, 5015 Park Lake Road, East Lansing. 517-336-4088. dancesingact.com.

Ben Awrey at Dublin Square - 9 p.m. 327 Abbot Road, East Lansing. 517-351-2222. facebook.com/@dublinsquare.

Broadway Jazz Dance for Teens & Adults - 15-week class, meets biweekly. 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Building Bridges Ritual - We'll focus on strengthening our community connections and tapping into the energy of the waxing moon. We'll share a meal, reflect on our recent wins and challenges, and raise some powerful energy together. 6 p.m. Weavers of the Web, 809 Center St., Lansing. weaversoftheweb.org.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-8 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Club 750 Music: Brandon Woody's Upendo - Jazz trumpeter Brandon Woody started his musical journey at age 7. Since then, he's become an international artist, playing with his band Upendo, scoring films and performing at major venues around the world. 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. whartoncenter.com.

Code Club - Learn to make websites, apps, animations and more! No coding experience necessary. Grades 3+. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. glad.org.

"Farmland: Food, Justice, and Sovereignty" - 10 a.m.-6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Fitness Over 50! Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall food court through April. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

Improv Acting for Teens & Adults - 15-week class, meets biweekly. 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Intro to Fly-Tying Workshop - Members of Red Cedar Fly Fishers will go over the tools, materials and techniques needed to tie fishing flies for trout, bluegill and bass. Ages 12+. Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. glad.org.

It's Elementary - Discover how organisms adapt to and survive cold weather. Dress warmly for an outdoor portion where we'll attempt to make frozen bubbles. Grades 3-6. Registration req. 2:30 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. charlottelibrary.org.

Karaoke at Lansing Shuffle, hosted by Starlight Entertainment - 7:30-11 p.m. 325 Riverfront Drive, Lansing. lansingshuffle.com.

Lansing Live Open Stage Night - Whether you're experienced or just starting out, the stage is open to all. Not a performer? Enjoy dinner, drinks and live music. No cover, all ages welcome. 6 p.m. UrbanBeat, 1213 Turner St., Lansing. urbanbeatevents.com.

Mindfulness Meditation in the Thich Nhat Hanh tradition - All are welcome to join our weekly practice! 7-9 p.m. Van Hanh Temple, 3015 S. Martin Luther King Jr. Blvd., Lansing. lamsosangha.wordpress.com.

Tap II for Teens & Adults - 15-week class. 6 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Thursday, Feb. 6

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

2025 Lansing Economic Club Series Kickoff - Join us for an engaging luncheon featuring Mayor Mike Duggan of Detroit as our keynote speaker. 11:30 a.m. Kellogg Hotel, 219 S. Harrison Road, East Lansing. Register at members.lansingchamber.org/event-calendar.

"A Case for the Existence of God" - A sweet, thoughtful story about fatherhood, family and friendship. 7:30 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. williamstontheatre.org.

Acting 101 for Teens & Adults - 15-week class, meets biweekly. 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Acting Ensemble Class for Teens & Adults - 15-week class, meets biweekly. 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Al-Anon Meeting - 6:45 p.m. Mason Sparrow Urgent Care, 800 E. Columbia St., Mason. cmialanon.org.

Local Black History Month events feature renowned African American leaders



This month, Lansing-area residents have the chance to learn — and participate — in a series of events held in honor of Black History Month.

The 25th annual William G. Anderson Lecture Series, presented by the College of Osteopathic Medicine at Michigan State University, will host three free lectures at the Wharton Center for Performing Arts.

The series kicks off at 5 p.m. Feb. 13 with a lecture by Barbara Ross-Lee, the first African American woman to serve as dean of a U.S. medical school and the recipient of numerous awards in the medical field.

The series will continue at 5 p.m. Feb. 20 with an appearance by the Rev. Osagyefo Uhuru Sekou, an author, musician, documentary filmmaker, theologian and activist. Sekou's cross-disciplinary career has spanned essay collections, on-the-ground activism and even an NPR Tiny Desk Concert.

The final speaker will be Dr. Russell J. Ledet, an activist, physician and content creator. Ledet is the founder of the 15 White Coats, a nonprofit led by Black physicians and dedicated to supporting historically marginalized individuals in the medical field. Ledet will speak at 5 p.m. on Feb. 27.

Those interested in attending the lectures can register on the College of Osteopathic Medicine's website, where they can also register for free parking. All the lectures can be attended virtually.

Student presentations, including spoken-word and musical performances, can be seen at Lansing Community College's Malcolm X Symposium, which runs from 5:30 to 7:30 p.m. Feb. 18 in the Gannon Building. The event also includes a panel discussion with major union representatives.

MSU's James Madison College will hold its third annual Black History Month Symposium at noon on Feb. 21, with keynote speaker Lt. Gov. Garlin Gilchrist II. Gilchrist is the first Black lieutenant governor of Michigan and is known for his work as chair of the Michigan Coronavirus Task Force on Racial Disparities. The event is free, and those interested can reserve a spot on James Madison College's Eventbrite page.

The MSU Museum's latest exhibit, "Techno: The Rise of Detroit's Machine Music," opened Tuesday (Feb. 4) and will remain open through April. Located in downtown East Lansing at 311 Abbot Road, the exhibit chronicles the birth of techno music in Detroit and its importance to the Afrofuturist movement. It includes a 45-minute sound installation by techno collective Underground Resistance.

Finally, Everett High School will honor Black History Month with a collage concert featuring music, dance, theater, tech and visual art from 6 to 8 p.m. on Feb. 28.

— LEO KAPLAN

See Events, Page 20

Events

from page 19

Al-Anon Meeting - 8 p.m. Eastminster Presbyterian Church, 1315 Abbot Road, East Lansing. cmialan-non.org.

Capital Area Audubon Meeting - Steve Roels of the American Bird Conservancy presents a lecture titled, "Birds on the Move: Looking to the Past to Secure the Future of the Kirtland's Warbler." 7 p.m. Michigan Nature Association, 2310 Science Parkway, Okemos. capitalareaudubon.org.

Capital Area Modelers Society Meeting - Learn about building scale models, display what you're working on and get to know others interested in the hobby. 6:30 p.m. Judson Baptist Church, 531 Glendale Ave., Lansing. capitalareamodelerssociety.wordpress.com.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-8 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

College Night at Lansing Shuffle - Free shuffleboard with student ID, half off well drinks, \$5 pitchers. 7-11 p.m. 325 Riverfront Drive, Lansing. lansingshuffle.com.

Crafty Vibes - Bring your knitting, crochet or any other portable craft project and immerse yourself in an evening of creativity, conversation and community. 5 p.m. Weavers of the Web, 809 Center St., Lansing. weaversoftheweb.org.

Dementia Caregiver Series - Three-session series for those caring for a person with dementia. Learn useful information and tools that can help reduce stress. Free. 3:30 p.m. PACE, 1921 E. Miller Road, Lansing. To register, call 517-887-1465 or email histedc@tcoa.org.

"Farmland: Food, Justice, and Sovereignty" - 10 a.m.-6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

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

Mason Slusher at Dublin Square - 9 p.m. 327 Abbot Road, East Lansing. 517-351-2222. facebook.com/@dublinsquare.

Michael Dease - Dease is one of the world's eminent trombonists, lending his versatile sound and signature improvisations to over 200 recordings and Grammy-winning artists like David Sanborn and Alicia Keys. 7 p.m. UrbanBeat, 1213 Turner St., Lansing. urbanbeatevents.org.

MSU Symphony Band - Program includes works by MSU alumnus Henry Dorn, Zhou Tian and H. Owen Reed. 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. music.msu.edu.

Parkinson's Exercise: Rock-Steady Boxing - Free exercise class for people with Parkinson's and their caregivers. 1 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. To register, call 517-364-8800. lpsg.org.

Philip Bowen & Sammie Hershock - An Americana songwriter co-bill! Appalachian viral sensation Philip Bowen and Michigan rising star Sammie Hershock trade sets of original tunes. 7:30 p.m. The Robin Theatre, 1105 S. Washington Ave., Lansing. therobintheatre.com.

Ruhala Broadway Ensemble for All Ages - 15-week class, meets biweekly. 5:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Spirit of Michigan Chorus Rehearsal - We're an inclusive community of women who sing a cappella in the barbershop style. We welcome all levels of musical experience. 6:45 p.m. Church of the Nazarene, 4851 Holt Road, Holt. spiritofmichigan-chorus.com.

Thursday Night Open Forge - Try your hand at blacksmithing and create your own metal masterpieces! 6-9 p.m. Artfire Michigan, 4567 Churchill Road, Leslie. artfiremichigan.com.

Take Off Pounds Sensibly - Weight-loss support group. Weigh-in 5:30 p.m., meeting 6-7 p.m. Haslett Middle School, 1535 Franklin St., Haslett. 800-932-8677. facebook.com/HaslettTops.

Valentine Making - We'll have a variety of craft supplies that guests can use to create cards and Valentines to give to friends and family. Ages 5+. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. gladl.org.

Friday, Feb. 7

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-6 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

"A Case for the Existence of God" - A sweet, thoughtful story about fatherhood, family and friendship. 7:30 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. williamstontheatre.org.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-8 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Circulate Love: Red Cross Blood Drive - Join us for a blood drive at GLADL. Call 1-800-733-2767 or visit RedCrossBlood.org (sponsor code GLADL) for more information or to schedule an appointment. 10 a.m.-3:15 p.m. 131 E. Jefferson St., Grand Ledge. gladl.org.

Country Night at Lansing Shuffle - Enjoy line dance instruction from 8-9 p.m., followed by modern country music playing until midnight! We'll have drink specials all night. No cover! 325 Riverfront Drive, Lansing. lansingshuffle.com.

Craft Club Jr. - Make paper-plate love birds! Grades 1-3. Registration req. 4:15 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. charlottelibrary.org.

Euchre with the Kiwanis Club and Unity - Optional potluck at 6:30 p.m., euchre at 7. Tournament with cash prizes. Unity Spiritual Center, 2395 Washington Road, Lansing. unitylansing.org.

"Farmland: Food, Justice, and Sovereignty" - 10 a.m.-6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

First Fridays for College Students: Techno Silent Disco - Dance the night away to electronic beats through wireless headphones. When you're ready for a break, explore the exhibition "Techno: The Rise of Detroit's Machine Music" and dive into other retro-themed activities. 7-9 p.m. 311 Abbot Road, East Lansing. museum.msu.edu.

Fitness Over 50! Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall food court through April. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

Guy Davis - Davis is a two-time Grammy nominated musician, actor, author and songwriter. He uses a blend of roots, blues, folk, rock, rap and world music to comment on the frustrations of social injustice, touching on historical events and common life struggles. 7:30 p.m. University Lutheran Church, 1020 S. Harrison Road, East Lansing. tenpoundfiddle.org.

Jesse Campbell Band - Get ready for an unforgettable night with Jessie Campbell, a Nashville recording artist who brings Southern charm and Michigan heart to the stage. 7 p.m. UrbanBeat, 1213 Turner St., Lansing. urbanbeat-events.com.

Lansing Parks and Recreation Travelogue: Kayaking America - Mike Stout is an MSU grad, author, photographer and world-record-set-

Mid-Michigan Art Guild, Cindy Evans and Joel Ellis art exhibition

Through March 8

10 a.m.-5 p.m. Monday-Friday
Noon-3 p.m. Saturday
Shiawassee Arts Center
206 Curwood Castle Drive,
Owosso



A new exhibition at Owosso's Shiawassee Arts Center, running through March 8, features the work of artists Cindy Evans and Joel Ellis as well as members of the Mid-Michigan Art Guild.

Evans, based in Williamston, specializes in watercolor and mixed-media paintings.

"My paintings are my reaction to what I see and experience," she said. "I treat each piece differently and try to fit the technique, color choice and design elements to enhance the mood and message. I use watercolor because the washes offer many possibilities for putting paint to paper. I use acrylic, ink and collage because they offer textural qualities and subtle details."

She said her motivation to paint is "that love of how water and color moves on the paper, the challenge to bring what happens to a successful conclusion, bring attention to the beauty in nature and tell a visual story."

Ellis, also a painter, received his art and design training at Western Michigan University. He taught for many years at Michigan schools, including the DaVinci Institute High School in Jackson.

"The adventure of being in life inspires me: beautiful Michigan scenes, interactions with people, even dreams echoing a day's experience. My only true expression of these is through making art and wondering what is going to happen next," he said.

Mid-Michigan Art Guild member Chelsea Lake Roberts, 36, has a piece in the show she created as a Lansing Community College Student. The work, made using found materials such as wrapping paper and painted fabric to "create a visual landscape of collapse," offers a glimpse into the aftermath of the 2008 financial crisis through the eyes of a 21 year old.

"I was still learning my techniques at this point, but the basics for a landscape are there," Roberts said. "A central image, the burned-out building in the center, reflects the abandoned buildings that were a very real part of my growing up in this area. To some extent, they still are."

The exhibit is open 10 a.m. to 5 p.m. Monday through Friday and noon to 3 p.m. Saturday. For more information, visit shiawasseearts.org.

ting kayaker, having solo paddled across Lake Michigan and Lake Superior and competed in races across the U.S. 7 p.m. Foster Community Center, 200 N. Foster Ave., Lansing. lansingmi.gov/985/Travelogue.

Geech at Mash Bar - 9 p.m. 212 Albert Ave., East Lansing. 517-858-2100. mashbar.net.

Lit Up at Summerlands Brewing Co. - 7:30 p.m. 1957 Cedar St., Holt. facebook.com/summerlandsbrewing.

"Little Shop of Horrors" - Presented by All-of-Us Express Children's Theatre. 7 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. allofousexpress.org.

Mason Slusher at the Peanut Barrel - 8 p.m. 521 E. Grand River Ave., East Lansing. 517-351-0608. peanutbarrel.com.

MSU Men's Ice Hockey vs. University of Michigan - 7 p.m. Munn Ice Arena, 509 Birch Road, East Lansing. msuspartans.com/sports/mens-ice-hockey.

MSU Symphony Orchestra, Mahler 5 - Mahler's Symphony No. 5, encompassing all human emotions, from doubt to triumph, will be performed alongside a student-composed fanfare. 8 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. music.msu.edu.

Mid-Michigan Women's Expo - Featuring a variety of vendors selling products and services, main-stage entertainment and prize giveaways tailored to women of all ages and their families. 10 a.m.-6 p.m. Lansing Center, 333 E. Michigan Ave., Lansing. kohlerexpo.com.

Parkinson's Exercise: Movement with Vitality - Free exercise class for people with Parkinson's and their caregivers. 1 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. To register, call 517-364-8800. lpsg.org.

Parkour for Littles at ALIVE - You and your little one will learn to safely maneuver obstacles using the whole body. Build strength, balance, focus and problem-solving skills after listening to related stories. Ages 3-6. 10 a.m. 800 W. Lawrence Ave., Charlotte. myalive.com.

Saturday, Feb. 8

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-3 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

"A Case for the Existence of God" - A sweet, thoughtful story about fatherhood, family and friendship. 2 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. williamstontheatre.org.

Campfire Science & S'mores: Winter Wildlife - Join us at Lincoln Brick Park to learn more about our local winter wildlife. Identify animal tracks, discover the strategies that wildlife employ to survive during winter, create homemade bird feeders and roast marshmallows over a fire! Ages 6+. 5 p.m. 13991 Tallman Road, Grand Ledge. gladl.org.

See Events, Page 21

Events

from page 20

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-7 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Couple Shuffle - Join us for the annual Couple Shuffle 2-mile, 5K and 10K runs! Enjoy a course sprinkled with fun photo ops and a finish line filled with sweet treats and high fives. 9 a.m. Adado Riverfront Park, 201 E. Shiawassee St., Lansing. runsignup.com/Race/MI/Lansing/CoupleShuffleLansing.

Dine-in or Carryout German Dinner and Dance - Dinner 5-6:30 p.m., live polka music and dancing to follow. \$15 adults, \$7 children 10 and under. Lansing Liederkrantz, 5828 S. Pennsylvania Ave., Lansing. facebook.com/lansingliederkrantzclub.

Electric Love - Featuring sets by Ganja Girl, VNM\$, Grapefruit Jacuzzi and Kindly as well as a refugee canned food drive, vendors and dancers. \$5 cover. 8 p.m.-2 a.m. Mac's Bar, 2700 E. Michigan Ave., Lansing. Instagram.com/macsbarmusu.

"Farmland: Food, Justice and Sovereignty" - 10 a.m.-6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Fiddle Scouts, featuring the Fabulous Heftones - Harmony singing, whistling and nonsense lyrics will delight all ages. Dancing is encouraged. Intended for kids ages 3+ and their families. 11 a.m. MSU Community Music School, 4930 Hagadorn Road, East Lansing. tenpoundfiddle.org.

Flurry Fest - Enjoy family-friendly activities and winter fun for all ages, including a find-the-yeti scavenger hunt, a chili cook-off, a snowflake bar at Bestsellers, story time at the library, a bonfire and s'mores station at the Fire Department and more. 11 a.m.-5 p.m. Downtown Mason. business.masonchamber.org.

The Fourth Amendment: Protections and Rights - Join this community conversation — presented by Kathy Swedlow, attorney and Fourth Amendment expert — to learn more about the law and your rights. 10 a.m. Hannah Community Center, 819 Abbot Road, East Lansing. facebook.com/cityofeastlansing.

Grief is a Verb - Stop by or stay awhile and make memorial art to honor and remember lost loved ones. Create your own bracelet, magnet or pin using fabric, felt, beads and buttons. 11 a.m.-3 p.m. Red Cedar Friends Meeting House, 1400 Turner St., Lansing. retreatart.xyz.

Inebriated Insights: Paths Entwined - This month's Inebriated Insights offers readings designed to show us how we work together: as lovers, as friends, as partners and family. Bring your "other half" of every variety. 5-8 p.m. Keys to Manifestation, 809 Center St., Lansing. manifestlansing.com.

Intermediate Ballet for Teens & Adults - 15-week class, meets biweekly. 11 a.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Lansing's Official Daddy-Daughter Dance - Dress to impress and enjoy activities like live entertainment by Nat Spinz, a DJ, dancing, photo backdrops, a photo booth, prize giveaways, caricature artists, henna tattoos and more. 6-8 p.m. The Venue by Eleven 11 Events, 5660 W. Saginaw Hwy., Lansing. venue111.com/officialdaddydaughter.

Library Lovers Party & Book Speed Dating - Join us for Valentine's-themed games, treats and prizes. Don't miss out on the chance to fall in love with a good book. Intended for adults. 11 a.m.-1 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. charlottelibrary.org.

"Little Shop of Horrors" - Presented by All-of-Us Express Children's Theatre. 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. allofussepress.org.

LSO Pops: The Music of Queen - "Queen — One Vision," by Jeans 'n Classics, blends rock and orchestral music to highlight the legendary rock band Queen's greatest hits in unique arrangements. 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. lansingsymphony.org.

Mid-Michigan Women's Expo - Featuring a variety of vendors selling products and services, main-stage entertainment and prize giveaways tailored to women of all ages and their families. 10 a.m.-6 p.m. Lansing Center, 333 E. Michigan Ave., Lansing. kohlerexpo.com.

MSU Men's Basketball vs. University of Oregon - Noon. Breslin Center, 534 Birch Road, East Lansing. msuspartans.com/sports/mens-basketball.

Museum Tour: Deep-Rooted with Beal Botanical Garden - Join Beal Botanical Garden education director Maeve Bassett for an immersive tour unearthing the historical, social and political narratives growing within works of art from the Broad's collection. 1 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

Used Book Sale - Find many categories of gently used books at cheap prices. 10 a.m.-4 p.m. Unitarian Universalist Church of Greater Lansing, 5509 S. Pennsylvania Ave., Lansing. zabbycox@gmail.com. Uulansing.org.

VFW National Home 100th Anniversary Gala - Join us for a black-tie event at the DoubleTree in downtown Lansing. Delve into the rich history and exciting vision for the next 100 years. Enjoy a luxurious sit-down dinner, accompanied by the renowned 126 Army Band. 5-10 p.m. 111 N. Grand Ave., Lansing. vfwnationalhome.org.

Sunday, Feb. 9

"A Case for the Existence of God" - A sweet, thoughtful story about fatherhood, family and friendship. 2 p.m. Williamston Theatre, 122 S. Putnam St., Williamston. williamstontheatre.org.

Capital Pro Wrestling - 3 p.m. The Fledge, 1300 Eureka St., Lansing. 517-894-4589. american-luchalibre.com.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. Noon-6 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Euchre - 6 p.m. Esquire Bar, 1250 Turner St., Lansing. 517-487-5338.

Family Brunch & Lunch at Lansing Shuffle - Featuring free shuffleboard for kids, video game tournaments, cornhole, giant Jenga and two-for-\$10 mimosas. 11 a.m.-4 p.m. 325 Riverfront Drive, Lansing. lansingshuffle.com.

"Farmland: Food, Justice, and Sovereignty" - 10 a.m.-6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. broadmuseum.msu.edu.

GLAD Drum Circle at Luna Center - Join the Greater Lansing Area Drummers for a fun and energetic afternoon of rhythm and drumming. All ages and experience levels welcome. 2-4 p.m. 6110 Clark Road, Bath. facebook.com/GreaterLansingAreaDrummers.

Harmony Sundays - Weekly DJ event featuring Aura the Brave and special guests. 9 p.m. Mac's Bar, 2700 E. Michigan Ave., Lansing. 517-484-6795. instagram.com/macsbarmusu.

Ingham Festival Chorale Rehearsal - The chorale invites you to sing. Membership fee is \$60 and includes all music. No audition necessary. 2-3:30 p.m. University United Methodist Church, 1120 S. Harrison Road, East Lansing. facebook.com/inghamfestivalchoralemi.

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

"Little Shop of Horrors" - Presented by All-of-Us Express Children's Theatre. 3 p.m. Hannah Community Center, 819 Abbot Road, East Lansing. allofussepress.org.

Live Pitch: 2025 Running Start Competition - See student entrepreneurs pitch their innovative projects and music business ideas to a live audience and panel of judges. Members of the audience are invited to vote for the people's choice award. 1 p.m. Murray Hall, 333 W. Circle Drive, East Lansing. Music.msu.edu.

See Events, Page 22

The Plant Professionals Inc

WWW.THEPLANTPROFESSIONALS.COM - 16886 TURNER RD. LANSING MI

517-327-1059



LET US DELIVER SOMETHING SPECIAL TO YOUR SPECIAL SOMEONE THIS VALENTINES DAY!

We accept



CROSSWORD SOLUTION

From Pg. 18

T	B	I	R	D	S	T	A	C	K	C	C	S			
V	I	T	R	O	L	A	I	L	A	H	A	T			
M	E	T	R	O	S	E	C	R	E	T	A	R	A		
A	N	Y	D	O	D	O	S	H	A	P	P	Y			
			P	A	L			W	R	I	T	E	S		
P	O	M	O	D	O	R	O	T	H	Y	M	E			
E	V	E	N	S		E	N	R	O	N		R	A	P	
R	E	A	D		I	D	E	A	S		H	O	R	A	
M	R	T		U	S		A	L		S	O	N	I	C	
			M	O	N	T	B	L	A	N	C	H	E	A	T
B	R	A	S	C	O			O	H	O					
R	A	R	E	R		A	D	E	A	L		S	R	I	
I	N	K		A	E	S	O	P	H	I	A	T	U	S	
A	G	E		T	R	I	T	E		T	R	U	E	S	
N	E	T		E	R	A	S	E		Z	E	B	R	A	

SUDOKU SOLUTION

From Pg. 18

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

Events

from page 21

Love Conquers All - Valentine's Day drag show. Doors 7 p.m., show 8 p.m. Mac's Bar, 2700 E. Michigan Ave., Lansing. facebook.com/thejunction-michigan.

Mid-Michigan Women's Expo - Featuring a variety of vendors selling products and services, main-stage entertainment and prize giveaways tailored to women of all ages and their families. 11 a.m.-4 p.m. Lansing Center, 333 E. Michigan Ave., Lansing. kohlerexpo.com.

MSU Women's Basketball vs. University of Michigan - 2 p.m. Breslin Center, 534 Birch Road, East Lansing. msuspartans.com/sports/womens-basketball.

Summerlands Sunday Brunch - Noon-4 p.m. Summerlands Brewing Co., 1957 Cedar St., Holt. facebook.com/summerlandsbrewing.

What Can Theoretical Physics Tell Us About the Origin and Evolution of Early Life? Public Zoom Talk with Physicist Nigel Goldenfeld - 3 p.m. Virtual — to register, visit frib.msu.edu/gateway.

Monday, Feb. 10

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

Al-Anon Meeting - 8 p.m. St. Michael's Episcopal Church, 6500 Amwood Drive, Lansing. cmialanon.org.

Bingo Night at Summerlands Brewing Co. - Free to play, with fun prizes every game! 8-9:30 p.m. 1957 Cedar St., Holt. facebook.com/summerlandsbrewing.

Broadway Jazz Dance for Teens & Adults - 15-week class, meets biweekly. 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Camping at Michigan State Parks - Shaun McKeon, Explorer Program coordinator at the Michigan DNR, will provide information on where to camp, how to book sites and an update on park upgrades throughout the state. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. gladl.org.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see

unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-8 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Fiber Circle - Knitters, crocheters and stitchers of all ages and skill levels welcome. Although formal instruction isn't provided, attendees assist each other with techniques and skills. 6 p.m. 226 S. Bostwick St., Charlotte. charlottelibrary.org.

Fitness Over 50! Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at the Meridian Mall food court through April. 9-10 a.m. 1982 W. Grand River Ave., Okemos. meridian50plus.com.

Improv Acting for Teens & Adults - 15-week class, meets biweekly. 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Jazz/Ballet II for Kids - 15-week class. Ages 9-13. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

The Muse: Dmitri Berlinsky (violin) and Jiarui Cheng (piano) - Program includes Robert Schumann's Sonata for Violin and Piano No. 1, Clara Schumann's Three Romances for Violin and Piano and Johannes Brahms' Sonata for Violin and Piano No. 3. 6 p.m. Facility for Rare Isotope Beams, 640 S. Shaw Lane, East Lansing. frib.msu.edu/gateway.

Parkinson's Exercise: Yoga - Free exercise class for people with Parkinson's and their caregivers. 1 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. To register, call 517-364-8800. lapsg.org.

Ruhala Broadway Ensemble for All Ages - 15-week class, meets biweekly. 5:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

"The Untethered Soul" Zoom Book Study, with Kathi Frederick - "The Untethered Soul" embraces non-judgment, allowing ourselves and others to be as we are without imposing expectations or labels. 1:30 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

Tuesday, Feb. 11

18th Annual MSUFCU Student Art Exhibit - Artists from mid-Michigan high schools showcase their work, hoping to earn votes from the public and a group of judges. 9 a.m.-5:30 p.m. MSUFCU Headquarters Building 1, 3777 West Road, East Lansing. msufcuart.com.

"A Course in Miracles" Discussion Group, with Lisa Schmidt - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

Acting 101 for Teens & Adults - 15-week class, meets biweekly. 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.



Illustrations • Murals • Graphic Design
Signs • Banners • T-Shirts • Logos

nevin@nevingraphics.com

517-703-4655



Flurry Fest

11 a.m.-5 p.m. Saturday,
Feb. 8
Downtown Mason

Visit downtown Mason 11 a.m. to 5 p.m. Saturday (Feb. 8) for the Mason Area Chamber of Commerce's Flurry Fest, a day of "winter fun, great food and festive vibes." Attendees of all ages can enjoy a range of activities, including a find-the-yeti scavenger hunt around town, an antique snowmobile display at Dart Bank, a story time at the library, meet-and-greets with Elsa and Anna of "Frozen" at Kean's, face painting at the Maple Street Mall, a snowflake bar at Bestsellers, a s'mores station and hot cocoa bar at the Fire Department and more. The only ticketed event will be the chili cook-off tasting at the Chamber of Commerce's office, which is \$10 per person. Tickets can be purchased in advance at masonchamber.org or in person on the day of the event. For a full schedule of activities and locations, visit facebook.com/masonchamber.



Acting Ensemble Class for Teens & Adults - 15-week class, meets biweekly. 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Al-Anon Meeting - 9 a.m. Alano Club South, 3500 S. Cedar St., Lansing. cmialanon.org.

Al-Anon Meeting - 7 p.m. St. Jude Church, 801 N. Bridge St., DeWitt. cmialanon.org.

Beginning West Coast Swing Group Dance Class - Eight-week class. 8 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. To register, call 517-364-8800. uofmhealthsparrow.org/our-hospitals-services/michigan-athletic-club.

Check Out the Art! - Beat the winter blues with a visit to Okemos Library's Event Room to see unique and interesting artwork by members of the Lansing Women Artists Collective. 9 a.m.-8 p.m. 4321 Okemos Road, Okemos. cadl.org/about/our-locations/okemos.

Dementia Caregiver Series - Three-session series for those caring for a person with dementia. Learn useful information and tools that can help reduce stress. Free. 9:30 a.m. First Congregational Church, 300 S. Main St., Eaton Rapids. To register, call 517-887-1465 or email histedc@tcoa.org.

Flourishing Pipes: Oboe, Trumpet and Organ - Experience an extraordinary chamber music recital where the organ intertwines with oboe and trumpet in a mesmerizing fusion of sounds. 7:30 p.m. Alumni Memorial Chapel, 636 Auditorium Road, East Lansing. music.msu.edu.

Intermediate Ballet for Teens & Adults - 15-week class, meets biweekly. 5:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Jazz Tuesdays - Weekly series showcasing the best and brightest mid-Michigan jazz musicians. 7 p.m. Moriarty's Pub, 802 E. Michigan Ave., Lansing. facebook.com/jazztuesdaysatmoriartys.

Level I Dance for Kids - 15-week class. Ages 5-8. 4

p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

"Minecraft" Mania! - We'll have our "Minecraft" server set up and laptops ready to go. No experience needed — all levels of players/builders welcome. Ages 8-12. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. gladl.org.

"MJ" the Musical - 7:30 p.m. Wharton Center, 750 E. Shaw Lane, East Lansing. whartoncenter.com.

MSU Men's Basketball vs. Indiana University - 9 p.m. Breslin Center, 534 Birch Road, East Lansing. msuspartans.com/sports/mens-basketball.

On the Same Page Book Club - Each participant reads the same book beforehand and comes to the meeting ready to chat, eat snacks and have book-related fun. Grades 7-12. Registration req. 6 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. charlottelibrary.org.

Parkinson's Exercise: Balance, Conditioning and Strength - Free exercise class for people with Parkinson's and their caregivers. 1 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. To register, call 517-364-8800. lapsg.org.

Parkinson's Support Group: Informal Discussions - People with Parkinson's meet in a separate room from caregivers for confidential conversations. Receive emotional support, learn what resources have been helpful to others, get insight on what to expect, process losses. 1 p.m. Congregation Shaarey Zedek, 1924 Coolidge Road, East Lansing. lapsg.org.

Savvy Caregiver Program - Are you caring for a loved one with memory loss? Attend a six-week workshop to learn how to reduce caregiving stress! 2-4 p.m. Virtual — to register, call 517-887-1465 or email histedc@tcoa.org.

Trivia at Lansing Shuffle - 7:30-9 p.m. 325 Riverfront Drive, Lansing. 517-940-4365. lansingshuffle.com.

H&H Mobil Abandoned Auto Auction
Viewing 2/20/25 By Appointment
2818 E. Kalamazoo St.
Lansing, MI 48912
Call 517-332-6335
Bids must be submitted by 8 am 2/24/25
at 1500 Haslett Rd. East Lansing, MI 48823
For more info go to www.hhmobil.com

CRIMINAL DEFENSE

Drunk Driving
Embezzlement
Drugs
Homicide
All Federal and State Crimes

45 YEARS -
AGGRESSIVE
LITIGATION

EFFECTIVE
MEDIATION

**LAW OFFICES OF
STUART R.
SHAFFER, P.C.**
Former Assistant Prosecutor

487-6603

1223 Turner St., Ste 333, Lansing

www.stushafer.com

FOOD & DRINK

DINING OUT IN GREATER LANSING

I Heart Mac & Cheese is a dairy lover's dream

By COURTNEY BOWERMAN

In first grade, when asked what my favorite food was, I said macaroni and cheese. Maybe I only chose it so I could stand out from all the other kids who chose pizza, but back then, I couldn't get enough of the Kraft macaroni. When I attended Michigan State University years later, I was similarly addicted to the Wisconsin mac and cheese at Noodles and Co. So, when a mac-and-cheese-focused eatery like I Heart Mac & Cheese comes to East Lansing, I obviously have to check it out.

Recently opened in the Hannah Plaza on Hagadorn Road, this is the third Michigan location for the franchise — the other two are in Saginaw and Escanaba. The restaurant has an indus-

trial-style feel, with a small seating area in case patrons prefer dining in to taking out. For those who don't love mac and cheese, the menu also offers grilled cheese and flat-bread sandwiches, as well as sides like tater tots, mac and cheese bites and tomato soup for dipping.



Chicken Parmesan mac and cheese

\$18.25

Tater tots

\$4.50

I Heart Mac & Cheese

4790 S. Hagadorn Road, Suite 158, East Lansing

11 a.m.-11 p.m. Sunday-Wednesday

11 a.m.-1 a.m. Thursday-Saturday

(517) 721-1017

iheartmacandcheese.com

Each item is made to order. The staff takes you down the cafeteria line of different bases and toppings so you can customize your dish the way you want before it's sent to the oven. So, if you'd prefer a gluten-free base that doesn't involve noodles, you can substitute them with broccoli, cauliflower, tater tots or quinoa. There's even a dairy-free cheese sauce for vegans. Fittingly, the food is served in a heart-shaped bowl, which is a

cute gimmick.

Since it was my first time, I thought I should try more than just the basic mac and cheese. Although I was tempted by the lobster mac, I wound up getting the chicken Parmesan mac and cheese, which was topped with chicken pieces, marinara sauce, Parmesan and mozzarella cheeses, pesto and breadcrumbs. Yes, that's a lot of cheese — almost too much for this cheese lover to handle. Don't get me wrong, it was delicious. The different ingredients were mixed well enough that the marinara sauce didn't overwhelm the cheese. The tots I ordered as a side were small yet crispy.

My mother, not being as adventurous as I am, decided on a regular grilled cheese sandwich with tater tots and tomato soup. She liked it enough, although she thought the soup had a little bit of spice. I tried some as a dipping sauce for my tater tots and didn't think it was too intense.

I Heart Mac & Cheese puts a delicious spin on my favorite dish. I heard another



Courtney Bowerman for City Pulse

Fittingly, the food at new East Lansing eatery I Heart Mac & Cheese is served in a heart-shaped bowl.

franchise is in the works in Novi, but I hope the chain doesn't stop there. A few businesses in downtown Lansing closed recently, and it could sure use a good mac and cheese place.

TOP 5 DINING GUIDE

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

TOP 5 CHICKEN STRIPS/TENDERS

Based on your votes in City Pulse's 2024 Top of the Town contest. Bon appétit!

1. Cheddar's Scratch Kitchen

Family-friendly chain serving American comfort food with a Texas twist
5719 W. Saginaw Hwy., Lansing
(517) 323-4963
cheddars.com

11 a.m.-10 p.m. Sunday-Thursday
11 a.m.-11 p.m. Friday-Saturday

2. Eastside Fish Fry & Grill

Lansing staple known for its variety of deep-fried fare
2417 E. Kalamazoo St., Lansing
(517) 993-5988
eastsidefishfry.com

11 a.m.-10 p.m. Sunday-Thursday

11 a.m.-midnight Friday-Saturday

3. Olympic Broil

Casual fast-food outpost offering burgers, coney dogs, sandwiches, chicken strips and more

1320 N. Grand River Ave., Lansing
(517) 485-8584
olympicbroil.com

10:30 a.m.-8 p.m. Monday-Saturday

4. Raising Cane's

Fast-food chain specializing in chicken fingers, crinkle-cut fries and Texas toast
301 E. Grand River Ave., East Lansing
(517) 318-1420

raisingcanes.com

10 a.m.-midnight Monday-Wednesday

10 a.m.-2 p.m. Thursday-Saturday

10 a.m.-7 p.m. Sunday

5. The Old Bag of Nails Pub

Local pub chain serving American comfort food and signature fish 'n' chips
210 Cascade Blvd., Lansing
(517) 826-6266

oldbagofnails.com

11 a.m.-10 p.m. Monday-Thursday

11 a.m.-11 p.m. Friday-Saturday

11 a.m.-9 p.m. Sunday



**809 E. MICHIGAN AVE.
LANSING
(517) 485-7271**

Mon - Fri 9-6, Sat 9-5

**Valentine's Day
is February 14**

**ORDER EARLY!
Roses are in short supply**



Limited-Time Offer

12 WORLD-CLASS WINES

PLUS BONUS BOTTLES & GLASSES **ONLY \$79⁹⁹**

**SAVE
\$160**



Pour The Perfect Sip Every Time

Our experts handpicked this highly acclaimed collection to pair perfectly with your favorite meals. Uncork **12 bottles with bonus gifts for just \$79.99** (plus \$19.99 shipping and tax on your first case – free shipping on all future cases) as your introduction to the Omaha Steaks Wine Club – saving you \$160.

Then, look forward to 12 new selections every three months and enjoy a \$25 Omaha Steaks E-Reward Card with each future club case. You'll also save 10% on every 12+ bottle purchase and get free shipping every time you order. There's no commitment to continue and every bottle comes with our **100% guarantee**.

YOUR BONUS GIFTS >>>
\$74.97 total value



95-Pt California Cabernet
Shroud Mountain 2022 (x2)

92-Pt Aussie Favorite
The Black Stump 2022 (x2)

90-Pt Spanish Gran Selección
Ermita de San Lorenzo 2018 (x2)

94-Pt Italian Primitivo
Pillaastro Primitivo 2022 (x1)

Argentine Star's Red Blend
HJ Fabre Assemblage 2023 (x1)

Gold-Medal Rhône Blockbuster
Benedictus de Vatican 2023 (x1)

Our #1 Portuguese Red
Aluado 2023 (x1)

Gold-Medal Bordeaux
Château Les Aubitriés 2022 (x1)

98-Pt Super Tuscan
Saracosa Governo 2023 (x1)

Order now at [GetOSWine.com/sip105](https://www.getoswine.com/sip105)
or call 1.877.541.2513 and mention code **AGJF002**

OMAHA STEAKS® WINE
POWERED BY LAITHWAITES

Offer available to first-time members only and limited to one case per household. Wines and offer may vary by state. 100% money back guarantee applies to each wine. Offer subject to availability and club enrollment. All orders fulfilled by licensed retailers/wineries and applicable taxes are paid. You must be at least 21 years old to order. Offer valid in U.S. only (excluding AR, DE, MS, RI, UT). See online for full details on state-specific shipping, delivery and other charges. Omaha Steaks Wine is operated independently from Omaha Steaks, LLC. Full terms and conditions online. Void where prohibited by law.