

**FREE**

# CityPULSE

a newspaper for the rest of us

[www.lansingcitypulse.com](http://www.lansingcitypulse.com)

August 19-25, 2015

**THE CHEAP ISSUE STRIKES BACK**  
**39 money-saving coupons inside**

## **HIGH SPIRITS**

**A look at East Lansing's  
booziest bars • p 21**

## **STROLL INTERRUPTED**

**Alleged Lansing pimp indicted  
in Grand Rapids • p 8**



## **NEW! SAMPLER PACKAGE**

Now you have the power to choose ANY four LSO concerts.  
Concerts as low as \$14 • New subscribers SAVE 25%!

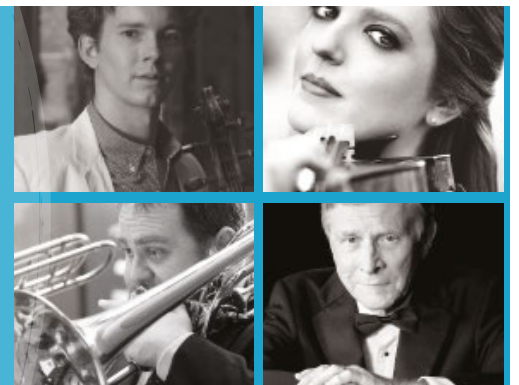
Single Tickets On Sale Now

LANSING SYMPHONY  
ORCHESTRA

TIMOTHY MUFFITT, MUSIC DIRECTOR AND CONDUCTOR

[LansingSymphony.org](http://LansingSymphony.org)

517.487.5001







COME GET YOUR **CityPULSE**

At the **Farmers Market**  
on the **Capitol lawn!**

**Thursday, August 27**  
**from 10 a.m.-3 p.m.**



..... Visit the **City Pulse** booth and  
get a chance to win a **\$50** gift certificate to  
**Foods for Living, Jersey Giant, Red Haven** or  
**Smith Floral and Greenhouse.**

**First 100 people** to pick up  
their paper will **win a movie**  
**pass to NCG Cinemas** when  
you download the **PULSE** app  
or sign up for the **City Pulse**  
**Newsletter.**





# Mental Health First Aid

## Time Frame

1 day (8 hours)  
8:30 a.m. to 5:00 p.m.  
Lunch is provided

## Location

CMHA-CEI Atrium  
812 E. Jolly Road  
Lansing, MI 48910

## Training is regularly

\$45 fee outside this region  
(\$20 Veterans - reduced rate)

**MUST ATTEND  
entire 8 Hours for  
Certification**

# FREE CLASS

Regularly \$45.00 per participant/\$20.00 for veterans  
Must be 16 years or older to attend classes

### Free class is good for:

Youth Mental Health First Aid Class

August 24, 2015

Adult Mental Health First Aid Class

September 15, 2015 & September 24, 2015

**Expires September 30, 2015**

**See full class schedule and register  
at [eventbrite.com](http://eventbrite.com)**

**For more information call  
517-346-8366**

## WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors) until appropriate professional or other help, including peer and family support, can be engaged.



**Community**  
MENTAL HEALTH  
CLINTON • EATON • INGHAM



# Feedback

## Make mine an A&W

America loves to "get into" stuff. We'll decide kale is the next big thing, and so kale has to be everywhere. Six months ago, no one cared about the Confederate flag, now the villagers are out with torches rooting out every one of them instantly. I'm no fan of the flag either, but need we obsess? SO I read about Mr. Zemer and his root beer stand drawing protests over his flag, and at first I thought, geez this guy is caught up in our national obsession. But then as I kept reading it quickly became apparent, we were reading about a complete asshole outing himself with his own actions. Throwing water on a city councilwoman? Liberals were going to burn his stand down? And my favorite line, "Is the Nazi flag a racist flag?" Well, yes, Mr.Zemer, it is, and in a more fundamental way even than the Confederate flag. I'll just buy my root beer at the A&W, at least they aren't total assholes.

—Douglas "Enzo" McCallum  
Lansing

## Wood yea, Gilbert nay

Two thoughts on Democratic women (from a Democratic woman):

1. I like Carol Wood's response to the mistaken link to her campaign website in her city-paid advertising: She gave a clear explanation, even the matter of the two free months, repaid the current portion quickly and explained why she would have to look further to track the earlier payments, and has a good attitude towards the whole thing.

2. I think Melissa Gilbert should probably hold off on running for office until she has her tax problem taken care of. She may well have what it takes to do a good job in office, but I think not quite so many people (in Michigan) can relate to having \$360,000 in back taxes owing as she may suppose, and of course in the course of running a campaign, the matter may become even more complicated.

—Helene Solheim

## Rigid over root beer

I was in line for a root beer float at the Folk Music Festival last week, when I noticed the flap over the Confederate flag. A woman - among other self-righteous people - who was carrying a sign and asking people to boycott the vendor because he displayed a Confederate flag, identified herself as East Lansing City Councilwoman, Ruth Beier. The vendor has been a popular spot since the very first Folk Music Festival. But she said, "He will not be invited back." I told her that he removed the flag as soon as complaints were made, and she repeated "He will not be invited back."

I wondered how one person could make a decision for the entire city council. And I thought how it reminded me of the many German/American businesses destroyed during WWII by people as rigid as she.

— Judy Hood  
Bath

**STATE OF MICHIGAN PROBATE COURT COUNTY OF INGHAM NOTICE TO CREDITORS Decedent's Estate File No. 15-511-DE**  
Estate of Irene A. Barnard. Date of birth: 01/01/1923.  
**TO ALL CREDITORS:**  
**NOTICE TO CREDITORS:** The decedent, Irene A. Barnard, died 04/12/2015. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Kathryn N. Damman, personal representative, or to both the probate court at 303 W. Kalamazoo, Lansing, MI 48933 and the personal representative within 4 months after the date of publication of this notice.  
Date: 8/11/2015  
Charles A. Fleck P35401  
208 E. Mt. Hope, Suite 3  
Lansing, MI 48910  
517-927-8052  
Kathryn N. Damman  
1021 Long Point Drive  
Houghton Lake, MI 48629  
989-906-1209  
CP#15-200

**Have something to say about a local issue or an item that appeared in our pages?**  
Now you have two ways to sound off:

- 1.) Write a letter to the editor:**
  - E-mail: [letters@lansingcitypulse.com](mailto:letters@lansingcitypulse.com)
  - Snail mail: City Pulse, 1905 E. Michigan Ave., Lansing, MI 48912
  - Fax: (517) 371-5800
- 2.) Write a guest column:**  
Contact Berl Schwartz for more information: [publisher@lansingcitypulse.com](mailto:publisher@lansingcitypulse.com) or (517) 999-5061

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

## PUBLIC NOTICES

### CITY OF LANSING SUMMARY OF ADOPTED ORDINANCE #1195

Lansing City Council adopted An Ordinance of the City of Lansing, Michigan to amend Section 402.02 of the Lansing Codified Ordinances by providing the penalty for a misdemeanor violation having an alcohol content of .17 or more pursuant to Section MCL 257.625(1)(c) of the Michigan Vehicle Code.

Effective date: Upon publication

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

Chris Swope, Lansing City Clerk  
[www.lansingmi.gov/Clerk](http://www.lansingmi.gov/Clerk)

[www.facebook.com/LansingClerkSwope](http://www.facebook.com/LansingClerkSwope)

CP#15\_204

# CityPULSE

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New blood at Preservation Lansing



**PAGE 24**

Crowdfunding project targets Michigan Avenue



**PAGE 25**

Kombucha on tap in East Lansing



**COVER ART**

"BIG SAVINGS" by JONATHAN GRIFFITH



**WE'RE MOVING**

**10:30 a.m. Saturdays**

- Beginning Saturday, August 29th, City Pulse will be on air at 10:30 a.m. Saturdays.
- There will be no show on Wednesday, August 19th.

**on IMPACT 89 FM**



## THIS MODERN WORLD

by TOM TOMORROW

**VOTER OUTREACH**  
HELLO, LADIES! I'M FROM THE REPUBLICAN PARTY--AND WE WANT YOUR VOTES!  
LIKE I ALWAYS SAY, YOU CAN'T HAVE A PARTY WITHOUT SOME LADIES!

NOW, I KNOW--SOME OF YOU GALS GET UPSET BECAUSE WE'RE TRYING TO RESTRICT ACCESS TO ABORTION, AND EVEN MAKE IT AS DIFFICULT AS POSSIBLE TO GET BASIC CONTRACEPTION--

--AND THERE'S THAT WHOLE BUSINESS WITH THE FORCED TRANS-VAGINAL ULTRASOUNDS--

--AND IT GOES WITHOUT SAYING THAT WE HAVE NO INTEREST IN LEGISLATING EQUAL PAY FOR EQUAL WORK--

--BUT WE ARE WILLING TO EXPRESS DISAPPROVAL OF THE DREADFULLY SEXIST THING SAID BY THE BOORISH BILLIONAIRE WE'RE DESPERATELY TRYING TO DRIVE OUT OF THE RACE.

SO CAN WE COUNT ON YOU GIRLS?

I MEAN, UNLESS THERE'S A BACKLASH, I'M NOT MAKING ANY PROMISES.

I'LL TAKE YOUR HOSTILE SILENCE AS A "YES."

NOW WHICH ONE OF YOU LITTLE DARLINGS WANTS TO GO MAKE ME A SANDWICH?

HEH HEH.



## High-rise uproar

### MSU's mixed-use project alters Flower Pot Neighborhood

Bullied.

That's how many residents of East Lansing's Flower Pot neighborhood feel as Michigan State University begins development of the former State Police headquarters that sits in their backyards.

That's because the university won't budge when it comes to three four-story apartment buildings that will soon loom over their homes — just 53 feet from the property line. A parking lot next to the complex will sit even closer, 22 feet from the currently peaceful neighborhood yards and gardens.

"They don't seem to have any empathy," said 22-year resident Cynthia Craig, a retired MSU professor. "We all but lose the use of our own backyards."

The 40-acre, \$156 million, development, which will be completed by 2017, will house over 900 students, joining 300 already living at the property's University Village. It will include commercial buildings, like a spirit store and coffee shop. The development will replace the university's current family housing, the ailing Spartan Village.

And because MSU is autonomous from the city with its own zoning laws, East Lansing and Flower Pot residents have few avenues to appeal the project outside of appealing to the university's good nature and asking it to be more considerate of nearby homeowners.

"It's never our intention to bully anyone. We want to be a good neighbor," said Kat Cooper, director of communications for MSU's Residential and Hospitality Services. "At the same time, it's our goal to make our students academically successful, to make sure they have comfortable, affordable places to live that are giving them access to the academic resources to be successful."

Cooper said that the university did try to design the development in a way that would be less detrimental to the neighbor-



Brooke Kansier/City Pulse

Longtime Marigold Avenue resident Sally Wittler worries her backyard might not be so peaceful once the proposed high rises sit about 50 feet from her fence line.

hood. It put the high-rise family friendly building closest to the neighborhood and moved single-student housing, likely to be noisier, to the center of the complex.

But residents say the four-story "buffer" is more like a looming wall.

They're concerned that the development will cause noise and light pollution, taking away the privacy and peacefulness they were used to when the State Police Headquarters was their neighbor. "We won't see the sky anymore," said Sally Wittler, whose gardens back up to the grounds of the proposed housing.

MSU has little interest in these concerns, Craig said. Although Cooper said the university has made efforts to communicate with residents, Craig's group says they were simply told what was going on, with little opportunity to be heard.

"Every time we try to approach MSU with this, we hear about price point, we hear about a 'dynamic urban environment' that the students require for academic success, but we haven't heard anything about the effect on us. That's just never been part of their equation," Craig said.

And Cooper said while the university does acknowledge resident and city concerns, it has to make students its first priority.

"Our main goal here is our students, and their academic success, and that's the most important thing in whatever we do at MSU," she said. "It offers them an opportunity to live on campus, adjacent to everything that they need to be academically successful."

While they point to other sites MSU could have chosen, residents aren't demanding a complete site change — they just want some compromise. Appeals for changes, like higher windows on the buildings so people can't look into their yards, and ideas like switching the buildings with one of the development's many parking lots, have been ignored.

"I know that sounds like just a little bit, but changes like those are huge," Cooper said. "If we made major changes like changing the way a window faces, it changes the entire design of the building." And because Residential and Hospitality Services is self-sustaining, it would fall to students to make up the difference in the form of higher rent.

She said some reasonable compromises have been made.

"We've made a substantial number of incremental changes based on the feedback that we've gotten from the neighborhood, and we think we've been a good partner. But there's some things that they feel very strongly about that we also feel very strongly are important for our students," she said.

Along with addressing some early-on concerns over traffic, the university has agreed to upgrade fencing and landscaping by planting more trees as a buffer, especially between lots and the taller buildings.

"They said that they would plant some evergreen trees that, in about 30 years, would be tall enough to block the buildings. I'll be 92 when that happens," Cynthia Craig said. She says it's not enough.

And because of MSU's autonomy, the city doesn't have much more influence over the project than Craig's group.

The East Lansing City Council, former city mayor Liz Schweitzer and current Mayor Nathan Triplett voiced concerns over the project through letters to the university's Board of Trustees.

The letters' request the Board of Trustees to meet with residents were denied, however, said Larry Craig, Cynthia's husband.

MSU's concession in response to the letters? Offering to let neighborhood residents choose the paint colors of the four-story buildings that will soon tower over their homes.

See Flower Pot, Page 6



Property: 533 S. Grand Ave., Lansing

This building, which marks the west entrance to the Cherry Hill Historic District, is associated with two historically significant individuals. The first, Alvin Whitehead, was a local merchant who constructed this elaborate yellow brick home in 1877. Later, the home was owned by James Seager, a partner in the Ransom E. Olds Motor Co. At the beginning of the 20th century, Seager Engine Works was the principal supplier of engines in the Lansing area.

The building is listed as a Michigan State Historic Site, both for its connection to these notable individuals and for the architectural beauty of the building itself, which is executed in the romantic Italianate style. The large asymmetrical front elevation is carefully partitioned into smaller divisions that create vertical emphasis. Double hung windows are particularly narrow, with high lintels and low sills. Multi-colored porch columns are slender and tall, providing a lofty ceiling for the wide front porch. The two-story window bay to south is topped by a clipped gable and hammer-truss bargeboards.

Visitors are directed to other superb features high on the walls and roof, including carved stone window hoods and painted The chimneys, in particular, exhibit an unusual complexity of brick detail.

— Daniel E. Bollman, AIA

"Eye candy of the Week" is our weekly look at some of the nicer properties in Lansing. It rotates each with Eyesore of the Week. If you have a suggestion, please e-mail [eye@lansingcitypulse.com](mailto:eye@lansingcitypulse.com) or call Berl Schwartz at 999-5061.



# Flower Pot

from page 5

And when the group filed a Freedom of Information Act for documents on the site, the \$23,000 quote MSU gave them to complete it added insult to injury.

The cost was reasonable for such a broad request, Cooper said.

State Rep. Sam Singh, a Democratic former mayor of East Lansing, said MSU should aim to be transparent and should have been more reasonable over the FOIA request.

"In the end, we all know what they're looking for, document-wise, so why not provide that to them?" he said. "Their request

through FOIA was appropriate, and I would hope that the university would honor it.

"It doesn't make any sense to me to hide behind costs, and things like that."

And MSU's actions could have some real consequences for university relations, East Lansing City Councilwoman Kathleen Boyle said.

"If there isn't any accommodation, if there isn't at least some solution to some of these concerns, that's got to impact the relationship — both between the neighbors and the university, and between the city and the university," she said.

Despite some run around and scheduling conflicts, residents were able to secure a meeting with President Lou Anna K. Simon later this month to have their concerns ad-

dressed, they hope.

Larry Craig is confident that if Simon sees their side of things, she has the power to help them.

"If we could get Lou Anna to stand right here, she would see just how little space there is, out that way, and how enormous those buildings would be in relation," he said.

Even though early stages of construction began last week, the group isn't giving up on their longtime home anytime soon.

"It's a fantastic neighborhood — it's a family neighborhood, it's quiet, it's green, it's

friendly, everybody knows everybody," she said. "The people who live in this neighborhood love this neighborhood."

Spreading the word is their last hope.

"Court of public opinion is all we have," Cynthia Craig said. "Appealing to MSU's better nature and publicizing our plight."

"We're looking at any avenue we can find to be heard."

—Brooke Kansier



Photo courtesy of MSU Residential and Hospitality Services

An aerial view of the university's site plan. The development will include student family housing, single student housing, offices and buildings to house MSU's Residential and Hospitality Services and a few commercial spots, like a Starbucks and a small grocery store.

## PUBLIC NOTICES

### NOTICE OF PUBLIC HEARING

The City of East Lansing in the Counties of Clinton and Ingham

NOTICE OF PUBLIC HEARING ON THE ADOPTION OF BROWNFIELD PLAN #20 FOR THE CITY OF EAST LANSING PURSUANT TO AND IN ACCORDANCE WITH ACT 381, 1996, AS AMENDED, OF THE PUBLIC ACTS OF THE STATE OF MICHIGAN.

Please take notice that a Public Hearing shall be held before the East Lansing City Council on Tuesday, September 1, 2015 at 7:00 p.m. in the Council Chambers, 101 Linden Street, East Lansing, MI 48823 on the adoption of a resolution for Brownfield Plan #20 for the City of East Lansing, within which the Authority shall exercise its powers, all pursuant to and in accordance with the provisions of the Brownfield Redevelopment Financing Act, being Act 381 of the Public Acts of the State of Michigan of 1996, as amended.

The description of the proposed Brownfield is:

Land situated in the City of East Lansing, County of Ingham, State of Michigan, described as follows:

LOT 2 FAIRVIEW (SPLIT/COMBINED ON 03/01/2013 FROM 3-20-02-18-170-001), located at 565 E. Grand River Avenue, consisting of one 0.25-acre parcel.

The property consists of land and a one-story building that originally housed a Taco Bell restaurant.

The description of the property, along with any maps and a copy of Brownfield Plan #20 and associated Work Plan, are available for public inspection in the Department of Planning, Building and Development, City of East Lansing, 517-319-6930 and at [www.cityofeastlansing.com/539/projects](http://www.cityofeastlansing.com/539/projects).

Please note that all aspects of the Brownfield Plan are open for discussion at the public hearing, at which all interested persons will be provided an opportunity to be heard and written communication will be received and considered. **The City of East Lansing will provide reasonable accommodations, such as interpreters for the hearing impaired and audiotapes of printed materials being considered at this meeting, upon notice to the City of East Lansing prior to the meeting. Individuals with disabilities requiring reasonable accommodations or services should write or call the City Manager's Office, 410 Abbot Road, East Lansing, MI, 48823, 517-319-6920, TDD 1-800-649-3777.**

Marie Wicks  
City Clerk

CP#15\_197

### NOTICE OF PUBLIC HEARING EAST LANSING HISTORIC DISTRICT COMMISSION

**Notice is hereby given** of the following public hearing to be held by the East Lansing Historic District Commission on **September 10, 2015** at 7:00 p.m., in the 54-B District Court, Courtroom 2, 101 Linden Street, East Lansing.

A public hearing will be held for the purpose of considering a request from Capital Area Housing Partnership for Bailey LDHA LP, for the property at 300 Bailey Street to renovate the existing school and an addition to provide 26 senior independent living apartments. This property is zoned C, Community Facilities District.

**Call (517) 319-6930**, the Department of Planning, Building and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, for additional information. All interested persons will be given an opportunity to be heard.

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

Marie E. Wicks  
City Clerk

CP#15-203

## PUBLIC NOTICES

### NOTICE OF PUBLIC HEARING OF APPORTIONMENT

TO WHOM IT MAY CONCERN:

In accordance with Chapter 8, Section 280.196 of The Drain Code of 1956, as amended, a Special Assessment will be ordered to cover the cost of maintenance for the following Drainage Districts:

DRAIN NAME	DRAIN #
ALAIEDON NO. 4 DRAIN	A04-00
ALLCHIN DRAIN	A05-00
AURELIUS & VEVAY DRAIN	A16-00
BUSH DRAIN	B27-00
BARNARD DRAIN	B30-00
COUNTY FARM DRAIN	C31-00
CHULA VISTA DRAIN	C62-00
DANA & STARKS DRAIN	D01-00
FRANKLIN DRAIN	F10-00
HERRON CREEK DRAIN	H21-00
HARRIS DRAIN	H47-00
LOUNSBURY DRAIN	L20-00
LANSING TOWNSHIP NO. 1 DRAIN	L35-00
LANSING TOWNSHIP NO. 2 DRAIN	L36-00
MUD CREEK DRAIN	M16-00
PUFFENBERGER DRAIN	P19-00
SEARLS DRAIN	S06-00
SLOAN CREEK DRAIN	S16-00
SWIFT DRAIN	S39-00
SMITH DRAIN	S45-00
TALMADGE DRAIN	T01-00
VANDERHOOF AND ROBINSON DRAIN	V01-00
WILLOW CREEK DRAIN	W22-00
WOODWORTH DRAIN	W32-00

These Drains are located in the following: Townships of **Aurelius, Bunkerhill, Delhi, Leslie, Onondaga, Stockbridge, Vevay, and Williamstown**; and: Cities of **Leslie, Lansing, and Mason**.

A Public Hearing of Apportionment will be held at the office of the Ingham County Drain Commissioner, 707 Buhl Avenue, in the City of Mason, Michigan, 48854, on **Thursday, August 27, 2015, from 9:00 a.m. to 5:00 p.m.**

August 12, 2015

Patrick E. Lindemann  
Ingham County Drain Commissioner

CP#15-194



# Vitale force

## Preservation Lansing kicks off 2015 awards under new president

After restoring a dilapidated 1898 house to its original glory, Joe Vitale knows all about to-do lists.

He's got a big one as the new president of Preservation Lansing, a grassroots group of enthusiasts and experts that gives awards to historic preservation projects large and small each year. (This year's nomination form is on this page.)

Vitale, 36, took over in July from the 4-year-old group's founding president, Gretchen Cochran, who married and moved to northern Michigan over the summer.

A push for more and younger members, a tech-savvy marketing campaign and a plan to designate more historic districts in Lansing top the agenda for Vitale, a savvy real-estate dealer who isn't afraid to sell historic preservation as a development tool.

Lansing historic preservation stalwart Dale Schrader met with Vitale and a few other Preservation Lansing members Monday to talk about strategy — and to ogle the 1930 filling station at 127 W. Grand River Ave., restored to its former glory in 2011 by Schrader.

The group gathered under the blue Pewabic Pottery plaque, last year's Preservation Lansing award for a commercial project under \$1 million.

"Joe brings a lot of energy, he's historic minded and he puts his money where his mouth is," Schrader said. "He could live anywhere and he chose to live in a historic home in downtown Lansing."

Six years ago, MSU alumnus Vitale bought a tax foreclosure property at 213 S. Bingham St. in Lansing's historic Cherry Hill neighborhood. The 1898, two-story farmhouse-style structure passed through three generations of the same family.

"You couldn't build it today the way it was built then," Vitale said. Vitale had to strip off three layers of carpet and flooring to expose the original poplar hardwood floors.

"Poplar was an inexpensive wood in 1898 but today you can't duplicate it," Vitale said.

The house was in bad shape, but the wood trim was still there, along with a show-stopping curved-banister staircase similar to the one in Lansing's historic Turner-Dodge house.

"The idea that to restore it, you're put-

ting more money into it than it's worth is not true," Vitale said. "You're not getting the same quality."

"He's living this stuff," said Ingham County Treasurer Eric Schertzing, who also chairs the Ingham County Land Bank. "We need more Joes."

Schertzing set up the transfer of leadership at Preservation Lansing a year ago when he introduced Vitale to Cochran.

"Joe brings a lot of energy and market-oriented expertise," Schertzing said. "The community needs somebody to remind us of the value of our historic properties."

Schertzing also hopes Vitale can help him with the difficult job of keeping tax foreclosure homes in historic trim. Vitale can't buy them all and fix them up, but each year, a handful of tax foreclosure homes taken over by the Ingham County Land

Bank are sold with historic covenants that require the new owners to keep the exterior in original condition. The covenants make the houses harder to sell, but historic restoration is good for neighborhoods, Schertzing said. He hopes Vitale's real estate connections and marketing savvy will help put some of those homes in loving hands.

"These opportunities are available in more ways, with more willing partners [in Lansing], than they are in a lot of other communities," Schertzing said.

Vitale was intrigued by the guerrilla nature of Preservation Lansing. "I love it that they educate on preservation and its impact, and they lobby to keep structures that should be saved — that's really exciting," Vitale said.

As the group chatted under the service station overhang, Schrader told them about his plan to get the station listed on the National Register of Historic Places. As if on cue, Preservation Lansing member Ted O'Dell tooled up in a 1930 Ford Model A that matched the station's vintage.

Treasurer Cassandra Nelson told the group she's working on a proposal to get historic designation for a large swath of Old Town along Grand River, from Zoobie's Bar on the east side to the filling station on the west.

Schrader said there are so many old houses in the neighborhood that the district should extend to Oakland Street on the south and Martin Luther King Jr. Boulevard to the west.

"That way, we wouldn't see things like this pole barn being built over here," Schrader said, referring to a corrugated metal structure put up by Niowave Corp. in the nearby Walnut Neighborhood nearby in the midst of a shaded block of

### Preservation Lansing seeks nominations

To nominate a home or business, and for more information on getting a preservation job underway, go to Preservation Lansing's Facebook page or contact Vitale at Joe@cb-hb.com or (517) 712-4500. You can also mail the form on this page.



Lawrence Cosentino/City Pulse

Preservation Lansing members Ted O'Dell (left, pointing), Diane Sanborn, president Joe Vitale and Dale Schrader ogle O'Dell's Ford Model A.

brick homes.

Lansing has a sad history of steam-rolling landmarks and neighborhoods alike, from the 1906 Ransom E. Olds mansion, razed in 1971 for I-496, to the 1861 City Club of Lansing, razed in 2009 to make room for a skyscraper that was never built.

Compared with other Michigan cities like Grand Rapids and Kalamazoo and even small cities like Marshall and Albion, Lansing has a modest list of local historic districts. The city has eight build-

ings and two districts locally designated as historic. One district, Ottawa-Walnut, consists of two houses; the other, Cherry Hill, has about 90 properties. By comparison, Kalamazoo has five historic districts with 2,075 properties; Grand Rapids has six districts with about 2,500 properties, and East Lansing has six districts covering about 800 properties. Traverse City, about one-eighth Lansing's size, has three districts covering about 350 properties.

Whether more historic districts are created in Lansing, Vitale wants Preservation Lansing to beat the drums for preservation any way it can, and the annual awards ceremony is the group's most high-profile event.

Nominations for 2015 awards are due Sept. 1. The categories

are large and small residential and large and small commercial. (The cutoff between "large" and "small" is \$1 million.) Buildings must be at least 50 years old and only the exterior is judged.

The awards ceremony will be in late October at La Fille Gallery on Michigan Avenue in downtown Lansing.

—Lawrence Cosentino



### Preservation Lansing Award Nomination

*Submission deadline*  
September 1, 2015

Date: \_\_\_\_\_

Properties must be located within the Lansing city limits. Nominated buildings must have been built 50 years ago or more with possible exceptions made for outstanding Mid-Century Modern buildings. Projects should have been completed in the previous 5 years. Judging will apply to exterior only. Work should adhere as closely as possible to the Secretary of the Interior's Standards for Rehabilitation. Property owners may nominate their own properties.

Nominated Property address: \_\_\_\_\_

Date of original construction (if known): \_\_\_\_\_ Work began: \_\_\_\_\_ Work completed: \_\_\_\_\_

Please check the appropriate box below (Small Residential Exterior = \$5,000-\$9,999. Large Residential Exterior = \$10,000+):

Residential Small exterior project cost

Residential, Large exterior project cost

Non-residential project costs \$1 million or less

Non-residential project costs exceed \$1 million

Person nominating property (print): \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_ Nominator's signature: \_\_\_\_\_

Nominator's Address: \_\_\_\_\_

Property owner's name (print): \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Property owner's signature: \_\_\_\_\_

By signing this document I agree that if I receive an award, it will be affixed to and remain in plain view on the exterior of the building recognized with the award.

On an attached sheet, write a brief narrative addressing the following points. Responses should be limited to 2-3 pages, double-spaced, 12 point font.

- Describe the building's historic and current use. Describe the work completed and explain why this project is deserving of an award, i.e. the quality of the work, its impact to the surrounding area, neighborhood or city as a whole, etc.
- You may include up to 3 additional supporting documents including historic photos, letters of support, National Register nomination forms, newspaper articles, etc.
- Please provide up to 3 before photos of the project, if available, and between 3 and 5 photos of the completed work. All photos should be color. In addition, a CD of the photos should be included. By submitting photos, you agree to their use in any way related to the award by the committee and Preservation Lansing.
- Please include 3 copies of your completed application and mail or deliver to the following address:  
Preservation Lansing  
720 Seymour  
Lansing, MI 48906
- For more information please email [joe@cb-hb.com](mailto:joe@cb-hb.com), call Diane 517-881-5938, or visit [www.facebook.com/preservationlansing](http://www.facebook.com/preservationlansing).



# The 'stroll' goes on

## Federal indictment renews attention to Kzoo hustlers

Theresa Moore has lived near one of the Lansing's busiest sex-for-sale corridors, a stretch of Kalamazoo Street, for 17 years. While she is wary of the women who work the stroll — they are “obviously strung out on something” — she is much more concerned about the men circling the block looking to engage the services of the women.



“It makes it Smith kind of unfair that I can't walk to the Allen Street Farmers Market, or from the mechanic's down the street without being ap-

proached [by men seeking sex with prostitutes],” the mother of two boys, 11 and 17, said. “I've had men circle the block and try to pick me up. I've let them know with some sorts of gestures that was unacceptable. They left the area pretty quickly.”

Moore, a social worker, was pleased to hear that Tyrone Smith, 45, of Lansing, has been indicted for trafficking four women, including a minor, by a federal grand jury in Grand Rapids. The indictment was unsealed last week. Smith, who served 17 years in state prison for a second-degree murder conviction, faces three counts of sex trafficking by force, two counts of transportation for the purpose of prostitution, one for sex trafficking of a minor and one count of transportation of a minor for purpose of prostitution. The indictment identified the minor as 17 years old. If convicted, he could face life in federal prison and hundreds of thousands of dollars in fines and fees.

Smith's operation allegedly transported the women to Illinois and other cities to perform sexual services for men. The women he was trafficking were also forced to work the Kalamazoo Street

stroll to make extra money. He allegedly used violence, including rape, and heroin to control the women, sources familiar with the case told City Pulse.

Smith's case is the second federal case in two years against a man accused of trafficking women in Lansing. In 2014, Christopher Bryant was charged with similar crimes in the same federal court. Authorities said he took the women — including some minors — between Michigan and Arizona from August 2012 to July 2014. He was convicted in December 2014 of all five

charges and sentenced to 40 years in federal prison. Convicted with him was a 17-year-old girl.

For Moore, the indictment highlights an underside of the city that has become so commonplace it has become less of an enforcement issue.

There is little available data on how many prostitution-related arrests are happening along the corridor of either sex workers or their clients. Even a casual observer can witness the women walk-

See Stroll, Page 10

### PUBLIC NOTICES

#### NOTICE OF PUBLIC HEARING OF APPORTIONMENT

TO WHOM IT MAY CONCERN:

In accordance with Chapter 8, Section 280.196 of The Drain Code of 1956, as amended, a Special Assessment will be ordered to cover the cost of maintenance for the following Drainage Districts:

DRAIN NAME	DRAIN #
ASQUITH DRAIN	A11-00
ATZINGER DRAIN	A12-00
BIRD DRAIN	B12-00
BROWN DRAIN	B19-00
BROWNELL EXTENSION DRAIN	B20-00
CARL DRAIN	C04-00
COSGRAY DRAIN	C28-00
DEER CREEK DRAIN	D06-00
DIETZ CREEK DRAIN	D12-00
DOAN CREEK DRAIN	D14-00
DOAN & DEER CREEK DRAIN	D15-00
FOSTER DRAIN	F07-00
FROST DRAIN	F21-00
HATHAWAY DRAIN	H09-00
HAYHOE DRAIN	H13-00
HAYNER DRAIN	H15-00
HAYWOOD DRAIN	H16-00
HERITAGE HILLS DRAIN	H20-00
LOCKE DRAIN NO. 5	L14-00
LOCKE CENTER DRAIN	L15-00
LOWE LAKE DRAIN	L16-00
LINDSAY DRAIN	L29-00
LINN DRAIN	L30-00
LOCKE DITCH NUMBER ONE	L41-00
PATRICK COUNTY DRAIN	P25-00
RED CEDAR MANOR DRAIN	R32-00
SEYMOUR DRAIN	S07-00
SULLIVAN CREEK DRAIN	S31-00
SQUAW CREEK DRAIN	S44-00
TOBIAS DRAIN	T14-00
WILSON DRAIN	W24-00
WELLINGTON ESTATES DRAIN	W67-00

These Drains are located in the following: Townships of **Alaiedon, Bunkerhill, Ingham, Leroy, Locke, Meridian, Stockbridge, Vevay, Wheatfield, White Oak, and Williamstown**; and: Cities of **East Lansing and Williamston**; and: Villages of **Dansville, Stockbridge, and Webberville**.

A Public Hearing of Apportionment will be held at the office of the Ingham County Drain Commissioner, 707 Buhl Avenue, in the City of Mason, Michigan, 48854, on **Thursday, September 3, 2015**, from **9:00 a.m. to 5:00 p.m.**

August 13, 2015

Patrick E. Lindemann  
Ingham County Drain Commissioner

CP#15-201

### PUBLIC NOTICES

**B/16/007 New Pick Up Trucks Reissue** as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the **CITY OF LANSING C/O LBWL, PURCHASING OFFICE, 1232 HACO DR., LANSING, MICHIGAN 48912** until **3:00 PM local time in effect on August 25th, 2015** at which time the bids will be opened and read aloud. **Complete specifications and forms required to submit bids are available by calling Stephanie Robinson, CPPB at (517) 702-6197, or email: [slr@lbwl.com](mailto:slr@lbwl.com), or go to [www.mitn.info](http://www.mitn.info).** The City of Lansing encourages bids from all vendors including MBE/WBE vendors and Lansing-based businesses.

CP#15-198

**B/16/024 NEW VANS** as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the **CITY OF LANSING C/O LBWL, PURCHASING OFFICE, 1232 HACO DR., LANSING, MICHIGAN 48912** until **3:00 PM local time in effect on August 25th, 2015** at which time the bids will be opened and read aloud. **Complete specifications and forms required to submit bids are available by calling Stephanie Robinson, CPPB at (517) 702-6197, or email: [slr@lbwl.com](mailto:slr@lbwl.com), or go to [www.mitn.info](http://www.mitn.info).** The City of Lansing encourages bids from all vendors including MBE/WBE vendors and Lansing-based businesses.

CP#15\_199

**B/16/026 2015 LOCAL STREET REHAB** as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the **CITY OF LANSING C/O LBWL, PURCHASING OFFICE, 1232 HACO DR., LANSING, MICHIGAN 48912** until **3:00 PM local time in effect on SEPT. 1, 2015** at which time the bids will be opened and read aloud. **Complete specifications and forms required to submit bids are available by calling Stephanie Robinson, CPPB at (517) 702-6197, or email: [slr@lbwl.com](mailto:slr@lbwl.com), or go to [www.mitn.info](http://www.mitn.info).** The City of Lansing encourages bids from all vendors including MBE/WBE vendors and Lansing-based businesses.

CP#15\_202

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STATE SIDE DELI & PUB/JN SQUEEZE

Photo by Helen Murphy

Downtown Lansing's Juice Nation recently opened a satellite location, JN Press, in Old Town.

**By ALLAN I. ROSS**

All the attention is on downtown Lansing this week, with the new "urban bakery" **Glazed and Confused** selling out of its pastries in mere minutes and **Domino's Pizza Theater** firing up its ovens in the shadow of the Knapp's Centre. But Metro Lansing's two other hottest retail areas — Old Town and downtown East Lansing — have also seen some shaking up this summer.

Two years ago, Spencer Soka got a special use liquor license to turn his East Lansing deli into a bar. It was the second location for his **State Side Deli** restaurant (the original is in Okemos; he has since opened a third location in Howell). The East Lansing bar was briefly named Spencer's Kitchen & Bar before switching to **State Side Deli & Pub**. He said business has been good, but the midnight curfew for the liquor license has been frustrating.

"I hate saying no to customers, but three or four nights a week that's what I'm doing," Soka said. "When I agreed to the special use license, I was told there were no more liquor licenses going in downtown. But now there's **Peppino's** and **Hop Cat** and **Black Cat (Bistro)** who have opened since then. What can one guy do against that?"

And then last week, Doug Johns Jr., owner of 414 Entertainment — the company behind downtown Lansing's juggernaut **Duke's Saloon/Taps 25/the Loft/the Exchange/Omar's** stronghold — approached East Lansing's Planning Commission about turning State Side Deli & Pub into the fifth location for his **Tin Can** concept. The "upscale dive bar," featuring oversized board games and over 100 types of canned craft beer, has worked in Lansing, Delta Township, DeWitt and Grand

Rapids. A location in bar crawl central seems like a no-brainer.

"We have always wanted to be part of (East Lansing) and MSU, and this is a great opportunity," Johns said via text. "This location has a full kitchen and will allow us to get more creative with menu items, like stuffed burgers."

Soka said if the planning commission approves the plan, he'll gladly make way for the new bar.

"I'm not going to leave just to get out of here," Soka said. "But Doug seems like a good guy and he has a great reputation. He has the potential to do something really special downtown."

Something, Soka says, that he wasn't able to do by having to close at midnight.

Meanwhile, East Lansing recently welcomed the confectionary **Velvet: A Candy Store**, which sells handmade ice cream, candy and Mackinac Island-style fudge. And coming soon to the former space of **Moe's Southwest Grill**, which closed earlier this year, is **Jersey Mike's Subs**, a national sandwich chain.

Over in Old Town, Okemos' **Retail Therapy** women's clothier recently established a pop-up shop inside **Bradly's Home and Garden**. There's a new jewelry store called **Sweet Custom Jewelry** coming soon, and **the Creole** is slated to start serving up drinks this week. (Its sister storefront, the breakfast and lunch focused **Creole Coffee Co.**, will open later this year). But the (literally) coolest news is the opening of **JN Squeeze**, the satellite location for downtown Lansing's 5-year-old **Juice Nation** store.

"We cold press the juice, which keeps a lot of the nutrients and enzymes that are lost when fruits and vegetables are exposed to heat," said co-owner/operator Tameko Richard. "It's a lot more convenient to eat healthy this way. With the Go Green, Go White (drink), you're getting four-and-a-half pounds of leafy greens in one bottle. You have to work hard to get that much green in your diet normally. Here, you can just

drink it."

Her husband, Vernon Richard, and daughter, Taylor Richard, helped launch the business in 2010. She said the concept emerged after surveying the market and seeing the healthy eating trend emerging.

"If you have a doughnut for breakfast, you're craving sugar all day," Richard said. "This is healthy and it's convenient."

Convenience is also a reason she picked Old Town when deciding where to open JN Squeeze. It may not have the foot traffic that downtown has, but it's easier to park, making it more accessible for customers who want to run in and out. It also helps expand the business' territory and introduces the concept to a new market. Richard said additional locations are eventually planned for other parts of town.

The menu features 12 types of juice cocktails made from all organic produce, much of which is sourced locally. The juice is all squeezed at the downtown location with a 6-foot-tall, 1,200-pound hydraulic cold press that exerts 28,000 pounds of pressure to extract the juice. The juice is bottled on site and transported to the Old Town location. Both stores also feature two-ounce "wellness shots" and 1-, 3- and 5-day detox cleanses using formulas that were developed in-house.

"We tested a lot of these on family members when we were coming up with recipes," she said. "They didn't seem to mind."

JN Squeeze  
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# Up close and personal

**American Community Survey may be intrusive, but it's necessary**

The letter arrived at our home a few weeks ago from the United States Department of Commerce. My family had been chosen, actually required by federal law, to complete the American Community Survey. At least it wasn't from the IRS.



MICKEY HIRTEN

About 3.5 million Americans get similar notices each year, instructed to provide to the government the kind of information that was formerly included on the Census Bureau's long form. Other than the tone, which seemed altogether governmental and a bit threatening, I was glad to be among the chosen.

The Census Bureau wanted to know whether our home had running water and flush toilets, about our computers and Internet access, the average electric bill, education, income, commute times to work, whether I had trouble climbing stairs. The responses are confidential, which is fitting considering the personal nature of the questions, but without a doubt valuable to the government and businesses that rely on data to frame decisions.

In the broadest sense, information gathered by the Census Bureau every 10 years with its nationwide survey or with its annual American Community Surveys tells us who we are, at least statistically. It's big-picture data that can be sorted into smaller snapshots — the percentage of families in Grand Ledge receiving food stamps or the average cost for water and sewer services in Meridian Township.

But what's missing and will be missed in 2082 with the release of the 2010 Census, is person-by-person, block-by-block detail about who we are. The U.S. Constitution requires a 10-year census to apportion seats in the House of Representatives. But over time

the range of questions has broadened, providing a wealth of information about our ancestors. For millions of Americans this is valuable stuff.

In fact, finding out about our families has never been easier as massive databases of records are now available online. Services like Ancestry.com, Myheritage.com and Genealogy.com scrape information from governments, newspapers, religious organizations and other sources, all of it available at a nominal charge.

The 1940 Census was released last year. From it I learned that my maternal grandfather was a bookkeeper at a distilling business, earned \$1,800 a year, worked a 44-hour week, got 2 weeks' vacation and received more than \$50 from sources other than salary or wages. My grandmother was a "housewife," and besides her age, there wasn't much more recorded. Both graduated from high school. Oddly, altogether missing was my mother, who was living at home.

On the other side, I discover that my paternal grandfather was an insurance broker who worked a 48-hour week. The pay was listed at zero. He and my grandmother, a housewife, had eight-grade

educations. Living with them were my father, an aunt and an uncle.

In 2015 is any of this personal detail important to the nation? Not really. But the 1940 Census tells us about com-

See Hirten, Page 10



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# Hirten

from page 9

munities that were still struggling with the Great Depression and families that were about to be drawn into World War II. With this census and older ones we see the ethnic make-up of neighborhoods, the size and nature of families, their lineage, the range of occupations, the value of homes, whether they were owned or rented.

Not the big picture, but compelling miniatures.

Compare the answers on the 1940 Census with what will appear in 72 years on the 2010 Census forms. Future researchers — maybe, even my descendants — will find only plain vanilla information: names, ages, race or ethnicity, relationships and a telephone number (added in case the responses required clarification). It's neither interesting nor particularly informative for purposes other than congressional redistricting.

The modern census process is under

attack from conservative Republicans in Congress on grounds that it invades people's privacy. They have also cut funding for the Bureau of Labor Statistics.

In March, John Culberson, a Texas Republican who heads the Commerce, Justice, Science and Related Agencies subcommittee, complained that the American Community Survey was too long, too intrusive and shouldn't be mandatory. "Our most important right as Americans is to be left alone," Culberson said, parroting the conservative legislative line that applies only until lawmakers seek to impose their behavioral values on others. He also said, somewhat disingenuously, that "I have a lot of constituents who are concerned about the American Community Survey."

But asking for only voluntary responses, would degrade the statistical value of the survey, requiring the government to gather even more survey information, costing the government an additional \$90 million, the Census Bureau said.

So far Democrats, with the support of the business community and the U.S. Chamber of Commerce, have deflected attempts to rein in the Census Bureau. President Obama has threatened to veto any measure targeting the survey and so it continues.

My answers have been returned to the Census Bureau. It's all done online, although I would have received a hard copy form to complete, if I didn't file electronically.

As for the future, I should take my copy of the survey, seal it in an envelope not to be opened until 2082 when the lightweight 2010 Census is finally released. At least with a copy of my American Community Survey there will be some meaningful information for any of my family who might be interested in old grandpa Mick.

# Stroll

from page 8

ing the stroll and getting into cars most times of the day and evening.

Moore said she is aware of some recent nighttime sting operations, but she would like to see daytime enforcement.

"[Officials] are hearing what the neighbors are bringing up, but they can't fully understand because they don't live here, like we do," she said. "I don't think it is being looked into as well as I would like it to be."

That is a frustration shared by City Councilwoman Jody Washington, whose First Ward includes the Kalamazoo stroll, which stretches roughly from Pennsylvania Avenue east to US 127.

"I was repeatedly assured that something was being done," Washington said of her conversations with Lansing Police leaders. The indictment "reassures me that the neighborhood's concerns are being taken seriously."

Since 2013, about the time Smith allegedly set up his operations, just months after being released from prison, Washington joined with other community leaders to begin to address the problems on the Kalamazoo corridor. Among those attending meetings were state Rep. Andy Schor, D-Lansing; Moore, the neighborhood activist; Joan Nelson, the director of the Allen Neighborhood Center; and Ingham County Commissioner Brian McGrain.

"We've been asking the Police Department to put the pressure on," Washington said. She said the group has been asking through phone calls and face-to-face meetings with police leadership to address the issues.

Washington said she hopes the tie to heroin will spur more action. Heroin locally, as well as nationally, is a growing issue. Lansing Police Chief Michael Yankowski told City Pulse earlier this month that since mid-July Lansing had seen 47 heroin-related overdoses, seven of which were fatal. That's more than

double the total overdoses and related fatalities of 2014.

"We need to fund the initiatives to address this and get all the right tools in place to get at the heroin issue," Washington said.

Schor is also working to address the combined heroin and sex trafficking crisis in the local area as well as state-wide. He touted passage of a multi-bill package of reforms passed last year by the Legislature designed to crack down on sex trafficking. Those new laws protect women who are being trafficked from being prosecuted for prostitution and increase penalties for those convicted of trafficking. The laws also create broader definitions for trafficking, mirroring federal law, making it easier for law enforcement to crack down on traffickers.

"We needed the tools so that women who are involved in this by force are not ending up in jail," Schor said.

For Moore, she said she is concerned for the women themselves. She doesn't hate them. That, she said reflects her social work background.

"When I first moved here I would get pissed about them," she said. She has lived in the area for 17 years, with her husband. "But then I started taking social work courses and it started making sense. These women are caught in a cycle of sexual and physical abuse. They need resources to get out of this. They need to be able to stop using. They need job skills so they can get a so-called 'normal job.' They need resources that aren't there right now."

According to Moore, a program that used to provide such services — Project Fresh Start — has left the community and nothing has replaced it. Today, women trapped in sex work and addiction have to search for a treatment program that will accept them — an often daunting task for low-income residents who rarely have insurance, or if they do, have only Medicaid.

She hopes the federal indictment will bring more attention to the issue — and with that attention, more police enforcement, particularly of the "johns." She is unaware of any daytime sting operations that have occurred in the area and would like to see the police put resources into a daytime operation.

"I don't know why they aren't doing that," she said. "I don't know if they don't want to know who is picking them up during the day. I believe it would be more prominent members of the city."

— Todd Heywood



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# THE CHEAP ISSUE

**W**elcome to the Cheap Issue, City Pulse's second annual ode to saving money in the Lansing area. The issue also marks our anniversary – City Pulse turned 14 this week. We created the Cheap Issue last year as a way to celebrate the occasion.

We offered advertisers a special deal: Run a coupon in the Cheap Issue and receive at least

50 percent off. Last year's result: 34 local coupons. This year we upped it to 39. That's a win-win for advertisers and readers alike.

Which is great, because City Pulse depends on both. We have virtually no paid subscriptions. We thought the Cheap Issue would be a great way to say thank you to both.

You will find those 39 money-saving coupons for

Lansing-area businesses spread throughout this issue, so when you're finished reading the paper, grab those scissors and get ready to save some cash. You can also head over to [lansingcitypulse.com](http://lansingcitypulse.com) or download the Pulse, City Pulse's official smartphone app, for more deals. (To download the app, text "Pulse" to 77948.)

## THE LAST MAN ON EARTH (WITH A FLIP PHONE)

Smartphones are everywhere. From children barely old enough to eat solid food to elderly folks too old to eat solid food, it seems like everyone is packing a tiny touchscreen computer these days. And we are willing to shell out more and more money for expensive data plans, driven by the need for constant connection. What am I outraged about today?

What stupid thing did a politician do this time? Which 12 cat gifs best explain the Iran nuclear deal? We need to know these things, we need to know them now, and we're willing to pay for it.

I just finished watching "Breaking Bad" this year. (Yes, I'm way behind. At this rate, I'm hoping to start "Orange is the New Black" in 2025.) As I watched the series, Walt's flip phone seemed delightfully dated. It's the same way I feel when I see Dick Van Dyke dial a rotary phone. (My wife is on a big "The Dick Van Dyke Show," kick. At this rate, she'll probably

be ready to start "Cheers" in 2025.)

When I met Peter Luttrull last year, he seemed like an ordinary guy. He had a good sense of humor and a solid Midwestern work ethic. As we approached that 21st century friendship milestone — the swapping of cell phone numbers — I was taken aback. Luttrull pulled out his phone and flipped it open. For a second I thought we

See Flip phone, Page 13



## CLIF-HANGER

My household has added a new secular holiday in recent years: Expiration Day. Oct. 26, 2011, is the day that great heaps of Clif Bars, on display for years at Vallarta Super Market in north Lansing, went out of date. These delicious, nutritious, 240-calorie energy bars ("built on the spirit of adventure") usually retail for about \$1.59, or a buck if they're on sale. At Vallarta, they're a quarter apiece, or \$2.99 for a box of 12.

And they are always the same flavor: Macadamia Nut White Chocolate, which happens to be my favorite.

In the past three years, I've probably eaten hundreds of the expired treats. I've had chewy white moments with them at my desk, on my front porch, in rolling



Atlantic seas, on crags over glacier fed lakes, even in the parking lot at Frandor. Yes, they are a bit stale, but 10 seconds in a microwave and they taste like a home baked cookie. (Beware: more than 10 seconds and the frosting turns to nappalm.)

I've eaten them for breakfast so many times it would take an elephant-sized mainframe to calculate my savings, compared to, say, so many more and Gouda omelets at Golden Harvest. It has to be in the thousands of dollars by now.

Every so often, the stock looks like it's dwindling, and I get very nervous, until another pallet of 1,000 or so suddenly appears. This fall, the basket looks like it's dwindling again. The check-out lady told me she'd check to see if there was more at the warehouse.

— LAWRENCE COSENTINO

## CUT THE CORD

At some point a few years ago, I realized that cable TV is a scam. Cable packages have become bloated and unmanageable. Hundreds of music channels. Twenty versions of the Home Shopping Network. Movie channels that replay the same seven movies I never liked but always seemed to end up watching. A block of "inspirational" channels featuring handsome man with perfectly coiffed hair, standing at clear plastic podiums explaining how they need my hard-earned cash to do God's work. (God's work always seems to involve a lavish estate and a fleet of Cadillacs. If memory serves me correctly, Jesus was a homeless guy who rode a donkey, and he made a pretty good name for himself. But hey, I'm no theologian. Where was I? Oh yeah, cable TV.) I was giving

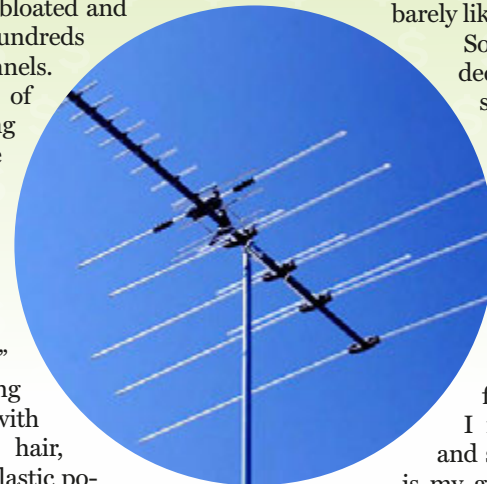
away a good chunk of my paycheck each month for just a few channels that I actually watched. I realized that I was paying more and more for a product I barely liked.

So I decided to end my decades-long relationship with cable TV. Cable TV didn't take the break-up well, calling me repeatedly, begging me to come back. But I stayed strong, and have been cable-free for a few years now. But I needed some help, and so will you. So here is my guide to cutting the cord.

### 1) GET AN ANTENNA.

Believe it or not, there are still TV stations that broadcast over the air. If you're my age or older, you probably had a giant antenna mounted on top of your house when you were growing up. We lived in

See Cord, Page 17





# FLIP PHONE

from page 12

had ripped the space-time continuum. In 2015, Luttrull still has a flip phone.

Not even Blackberry or a one of those fancy mid-2000s phones with the slide-out keyboard. An honest-to-God flip phone. Luttrull lovingly refers to it as his “dumbphone.” While smartphone addicts like myself may laugh at his outdated phone, Luttrull is laughing too — all the way to the bank.

“Seventy percent of my motivation is financial,” Luttrull admitted, explaining that his monthly bill is only \$10. “Thirty percent is that it’s nice not knowing what’s going on all of the time.”

In today’s information-obsessed culture, taking in all of the streams of information can be like drinking from a fire hose. With Facebook, Twitter, Instagram, Snapchat and a myriad of other social applications vying for our attention, we are doused with a steady stream of information from the moment our alarm goes off in the morning until we set our smartphones down to go to bed. Resisting the smartphone revolution is Luttrull’s way of slowing the intake.

“Wi-Fi is everywhere, and I have a computer. I still feel plugged in,” he said. “But it’s nice to have a break.”

Luttrull, who is working towards a master’s degree in jazz studies, said he doesn’t take much ribbing from his colleagues about his ancient cell phone.

“It’s like an ice-breaker. People think it’s crazy,” Luttrull said. “I might be the only one (in the jazz program) with a flip phone. Even Uncle G has a smartphone!”

“Uncle G,” of course, is the jazz program’s 80-year-old elder statesman and instructor of drums, Randy Gelispie. A seasoned jazz cat who has traded drum licks with the likes of Max Roach, Gelispie now carries much of the legendary drummer’s discography in his hip pocket.

He does, however, see the smartphone as an inevitability. His wife, also a longtime smartphone holdout, caved and bought her first smartphone a few months ago. Luttrull is hoping to hold out a bit longer, but suspects his upgrade might be looming as well.

“I think they’re trying to phase (the flip phone) out,” he said, noting that his service provider keeps raising the rates. “Eventually I’ll probably have to get a smartphone.”

— TY FORQUER



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# HIDDEN TREASURE

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Trade “everyone else in greater Lansing” for “uncle” and you get some idea of the sweet setup that is the Book Burrow. Many folks still don’t realize that all the discarded media from the Capital Area District Library’s far-flung empire eventually funnels into the

basement of the downtown library to be avidly scavenged by book lovers and bargain hunters.

Discards are pretty ruthless at CADL lately, owing to a crackdown on clutter and emphasis on more eye-catching, bookstore-ish presentation. If stuff doesn’t get checked out, it gets chucked. Hence, there are hundreds of CDs for a buck, DVDs for two bucks. The selection is huge, from junk reads like “The Nursing Home Murders” to classics like “Decline and Fall of the Roman Empire.” I just snagged a seven-DVD collection of Noel Coward plays and a complete set of Beethoven piano sonatas for a few bucks. At those prices,

I don’t even have to listen to or watch them. I can just put them on the table to intimidate guests while I binge-read the “Star Wars as written by Shakespeare” series (also in stock at the Book Burrow as of last week).

Kids’ hardcover books are 50 cents, 40 cents for softcover. There are tons of cookbooks, just about any book about Michigan you can imagine (the story of Escanaba, anyone?), gardening books, art books, a great African-American history section, books on tape and lots of discards from CADL’s fine graphic novel collection. I’ve snagged award-winning graphic work by greats like

See Books, Page 15



This is The Creole, soon to be the zeitgeist of new times in Lansing. We are here to bring you what you need to hear, to fill your soul with Soul, to drown your Blues in booze, and get to the Roots of your Funk. Along with all that Jazz we are looking to fill your bellies, quench your thirst, and knock your socks off. We are The Creole and on August 20th we will be here to play. (finally)



The Bar will be open at 2pm daily for happy hour. Fresh Oysters and bar snacks will be offered until the kitchen opens in September. We can't wait to see you here!

Aaron, Alan, Sam & the Team



# BOOKS

from page 14

Chris Ware, Joe Sacco and Daniel Clowes. What are people thinking, not checking this stuff out for free?

True, some of the books are slightly out of date, but what's wrong with learning how to tell your 1953 soda-slurping teenager about sex or finding out "All You Need to Know About the New Millennium" a fashionable 15 years late?

The Book Burrow is not the dusty dump you might expect. Librarian Patricia York, who runs the place, tirelessly tends aisles and aisles of well-organized, thoughtfully presented brain food. The 1950s spinner rack of vintage paperbacks is a time machine and a glorious time suck.

Besides the library discards, donors bring stuff in by the boxful and York curates it well. Only last week, a summer Santa dropped two shelves worth of 2015 titles, many never read. (Judging by the local interest in many of the titles, I'm guessing that it was a certain City Pulse book reviewer I won't name, but his name rhymes with Bill Castanier.)

The Burrow makes it easy to treat yourself, but it's also heaven for cheap-skate gift-givers. A few thoughtfully selected second-hand books, mailed media rate — or better yet, regional flat rate — yields a higher cost-to-love return than about any other token of esteem you could find.

After you leave, the things you passed up will give you a delicious itch until you return. Right now I'm thinking about "10,000 Superstitions You Really Need" and a bleak, pretentious, black-and-white book about megaliths. Beat you there.

— LAWRENCE COSENTINO



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**MICHIGAN STATE UNIVERSITY** College of Osteopathic Medicine



PI: Jacek Cholewicki, PhD and Peter Reeves, PhD. Funded by NIH.



# CORD

from page 12

the country, so we had a fancy rotating antenna, complete with a directional control dial with stickers marking the best direction for each station.

If you live in town, you can get by with a small indoor antenna. That will cover most of your major networks — NBC not included because the regional affiliate, for reasons unknown, chose to put its broadcast hub 30 miles south of Lansing in Onondaga — plus PBS and even a few “inspirational” channels to boot. All stations broadcast in HD now, so the picture is actually better than what you get with cheaper non-HD cable packages.

Or you can pony up and buy an outdoor antenna. Antenna technology has advanced since the late ‘80s, and you can get a pretty powerful antenna that doesn’t look nearly as gaudy as those aluminum stick figure contraptions that we used to use.

## 2) JUMP IN THE STREAM.

The antenna is well and good, but you’re at the mercy of the network TV schedule. Plus, there’s all those great shows on cable that you’re missing. This is where streaming entertainment comes to the rescue. (Sure, I’ve cut out cable, but I still have Internet. I’m not a caveman.)

Invest a little bit in a Chromecast, an Apple TV or some other Internet TV device,

and you can access more media than you ever need to consume. Some combination of Hulu, Amazon Prime and/or Netflix will deliver almost all of the content you are missing on cable, at a fraction of the cost. There will be some gaps — I’m looking at you, “Game of Thrones” — and you may need to wait a little bit (no “Mad Men” spoilers please, I’m still waiting for season 7.2 to hit Netflix), but trust me, you won’t miss much.

## 3) MAKE SOME FRIENDS.

There will be some times you want to watch live TV. Sporting events are rarely streamed live, at least through legal avenues, or maybe you want to catch the premiere of “Sharknado 7” on the Syfy channel. This is where it helps to have some friends — preferably friends who are not as miserly as you so you can mooch off of their cable TV.

For most live sports, you can always head to the bar. Make sure you eat before you go though: A few drinks and a sampler platter later, you’ve already blown your cable savings. In either case, it’s good to get out of the house once in a while.

There is an added bonus to cable-cutting: You never have to deal with the wretched, soul-crushing experience that is Comcast/AT&T/DirecTV customer service. I suppose you have to get your Internet from somewhere, but there are local providers who will gladly hook you up.

— TY FORQUER

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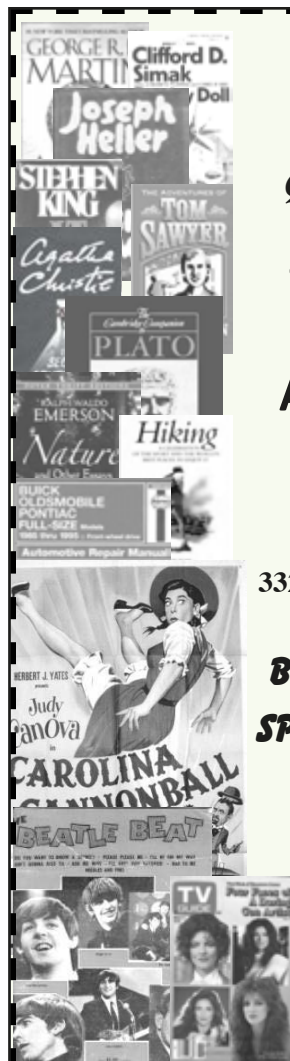
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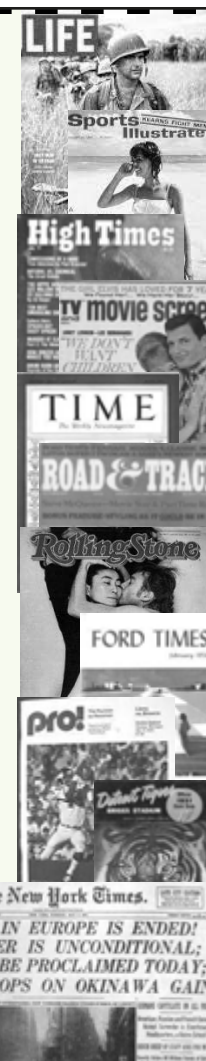
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# ARTS & CULTURE

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## LIQUORED UP

*Taking a look at East Lansing's thirstiest bars*

By **TY FORQUER**

Numbers from the Michigan Liquor Control Commission confirm something that we already know: MSU students like to drink.

The Michigan Liquor Control Commission tracks all liquor that bars and restaurants purchase. The numbers in this story include only liquor — not beer or wine — purchased at wholesale prices by the establishments

City Pulse looked at the numbers for all establishments in the tri-county area that hold a Michigan Class C liquor license, the standard liquor license for bars and restaurants. Unsurprisingly, the biggest spenders are located just off of MSU's campus. The top three in the area, Dublin Square, Rick's American Café and Harper's Restaurant & Brewpub, each purchased nearly \$250,000 in liquor last year and are on pace to hit similar number this year.

Those three are significantly ahead of the rest of the region. The Lansing bar with the highest liquor tab, Harem Night Club (now Duke's Saloon), spent just over \$186,000 last year. Overall, tri-county bars and restaurants spent an average of \$28,155 on liquor last year.

Dublin Square and Rick's are both on Abbot Road, under 300 feet apart, and Harper's Restaurant and Brewpub is just around the corner on Albert Avenue. Add in P.T. O'Malley's, with the fourth highest liquor bill in East Lansing and eighth high-

est in the tri-county area, a few doors south of Rick's, and you have what is likely the booziest corridor in Great Lansing.

This nexus of liquor consumption also makes it a hotbed for unsavory activities — again, no real surprises here. According to documents provided by the East Lansing Police Department, police visited Dublin Square, owner of the largest liquor bill, 155 times in 2014. Many of these were standard bar checks, but officers also responded to reports of fights, disorderly conduct, larceny and a variety of alcohol related offences.

But Rick's, with the second largest liquor bill, attracted the most police attention last year. An eight-page report provided by ELPD details 219 police visits to the establishment — that averages out to one visit every 1.66 days last year.

Rick's also had a slew of liquor law violations in the '80s, including several counts of sales to minors and overcrowding. It was also implicated in the 1998 death of MSU student Bradley John McCue, who died of alcohol poisoning on his 21st birthday after consuming a reported 24 shots of liquor.

Harper's is not far behind Rick's with 181 police visits last year, and P.T. O'Malley's had 153. For comparison's sake, the Peanut Barrel, a few blocks east on Grand River, has the fifth highest liquor bill in East Lansing and the 10th highest in the tri-county area but had just 19 police visits last year.



## EAST LANSING'S TOP FIVE LIQUOR PURCHASERS:

### #1 Dublin Square, 327 Abbot Road

2014 liquor purchases: \$249,216.96  
2015 liquor purchases to date: \$104,298.52

Notable violations since 2000:  
Jan. 30, 2011: Sold to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to loiter.  
Outcome: \$554.80 negotiated settlement

Dec. 8, 2011: Sold to minor decoy.  
Outcome: \$400 negotiated settlement

### #3 Harper's Restaurant & Brewpub, 131 Albert Ave.

2014 liquor purchases: \$231,150.13  
2015 liquor purchases to date: \$131,668.99

Notable violations since 2000:  
Oct. 12, 2001: Sold to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to loiter.  
Outcome: \$300 fine

July 1, 2003: Sold to minor.  
Outcome: \$400 negotiated settlement

April 11, 2011: Sold to two intoxicated persons; allowed two intoxicated persons to consume; allowed two intoxicated persons to loiter; allowed alcoholic liquor sold for consumption on premise to be removed from licensed premises; sold to minor  
Outcome: \$1006.88 negotiated settlement

Dec. 07, 2012: Sold or furnished alcohol to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to frequent or loiter.  
Outcome: \$373.80 fine

### #2 Rick's American Café, 224 Abbot Road

2014 liquor purchases: \$244,787.01  
2015 liquor purchases to date: \$118,160.77

Notable violations since 2000:  
March 13, 2011: Sold to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to loiter.  
Outcome: \$335.16 negotiated settlement

Sept. 19, 2014: Sold or furnished alcohol to two minors; allowed two minors to consume or possess alcohol for personal consumption on licensed premises; sold or furnished alcohol to two minors who were in an intoxicated or visibly intoxicated condition; allowed two minors who were in an intoxicated condition to consume alcohol upon the licensed premises; allowed two minors who were in an intoxicated condition to frequent or loiter upon the licensed premises.  
Outcome: \$900 negotiated settlement

### #4 P.T. O'Malley's, 210 Abbot Road

2014 liquor purchases: \$89,677.88  
2015 liquor purchases to date: \$37,708.31

Notable violations since 2000:  
April 27, 2000: Sold to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to loiter.  
Outcome: \$1,000 fine

Sept. 19, 2004: Sold to intoxicated person; allowed intoxicated person to consume; allowed intoxicated person to loiter.  
Outcome: \$1141.60 negotiated settlement

Aug. 10, 2006: Sold to two minor decoys  
Outcome: \$800 fine

### #5 The Peanut Barrel, 521 E. Grand River Ave.

2014 purchases: \$82,572.97  
2015 purchases to date: \$42,324.90

Notable violations since 2000:  
Nov. 20, 2003: Sold to two minors.  
Outcome: \$800 fine

July 11, 2006: Failed to cooperate with law enforcement officers and/or obstructed law enforcement officers in the course of inspecting or investigating the licensed premises while enforcing the Michigan liquor control code; sold to two intoxicated person; allowed two intoxicated persons to consume; allowed two intoxicated persons to loiter; premises occupied after the legal hour.  
Outcome: \$1,432 negotiated settlement



# {BIG WEEKEND IN OLD TOWN}

Old Town's second annual ART Feast on Saturday had something for everyone. The day-long festival featured over 30 artist booths, an assortment of food trucks, live music and a sidewalk sale by local businesses. The

festival also coincided with the 10th annual Renegade Theatre Festival, which hosted numerous theatrical performances in several Old Town venues. Many visitors wandered down Turner Street, perusing the artist tents and

food trucks, while others ducked into storefronts and galleries to escape the hot sun and take in some theater.

Photos by HELEN MURPHY



Clear skies and warm weather made Saturday a perfect day for an outdoor festival.



Young entrepreneurs (left to right) Ainsley Tandoc, 8, Olivia Tandoc, 8, Hunter Hinze, 10, Isaiah Tandoc, 10, and Nagoya Hinze, 9, set up a lemonade stand and raked in the quarters on the hot day.



Renegade Theatre Festival founder Chad Badgero tells attendees about the festival's variety of offerings.



Photo by Paul Wozniak  
Lisa Biggs performs her one-woman show, "Where Spirit Rides," in the former Chrome Cat building.



Visitors lined up to grab a bite at the Shimmy Shack, a '50s-themed food truck that serves up vegetarian takes on classic diner fare.



# CURTAIN CALL

## ‘Elegies’ in earnest

Song cycle makes for touching, unconventional theater

By PAUL WOZNAK

To really appreciate “Elegies,” Peppermint Creek Theatre Co.’s latest production, you have to take it on its terms. “Elegies” describes itself as a “song cycle,” not a musical. While “Elegies” is a collection

of thematically related songs, it lacks the central story, blocking and characters one would normally associate with musical theater. That said, each song tells a story. It’s almost like a sung version of “The Moth Radio Hour.”

Add to that a “no applause between songs” request, and “Elegies” feels more like a somber church concert than anything resembling a Broadway show. And while “Elegies” may not be the type of

musical fare we’ve come to expect from Peppermint Creek, it is sung beautifully and frequently pulls at the heart strings.

The cast, made up of Sandy Buchanan Sykes, Ben Cassidy, Bill Henson, Emily

McKay and Matt Eldred (who also directed the performance), take turns singing stories of characters and memories, recalling pleasure and pain through their mini-narrative journeys.

In “Only One,” Sykes proudly recalls being the toughest teacher in her school district and the “only one” whose students aced the standardized tests. Henson presents the excitement and eccentric characters of “Mark’s All-Male Thanksgiving.” McKay’s strongest number, “Passover,” distills all of the joy and awkwardness of large family gatherings. Cassidy, in “My Dogs,” connects to every pet owner as he remembers the quirks

and flaws of his dogs. The song features the poignant rhetorical question, “Why is it only dogs I love that die?”

For all the subtlety and humor in songs like “My Dogs,” “Elegies” provides plenty of less subtle songs, such as “Boom Boom” or “Goodbye (Finale),” where the singers belt out their lines as if pain is best conveyed by volume.

Fortunately, Bill Bartleson’s sound design seamlessly blends the voices with pianist John Dale Smith’s flawless accompaniment. At the MICA Gallery in Old Town, the combined effect of all five voices in harmony with Smith’s fiery piano was electric. Hopefully the cast can retain that intimate energy at the more spacious Miller Performing Arts Center this weekend.

**Review**

**“Elegies”**

Peppermint Creek Theatre Co.  
8 p.m. Thursday, Aug. 20-Friday, Aug. 21  
\$10  
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# CROWDSOURCING

A GUIDE TO LANSING-AREA ONLINE FUNDRAISING CAMPAIGNS

*Crowdsourcing highlights local crowdsourcing campaigns.  
To find the events, go to the designated website and search by title.*

By **TY FORQUER**

## Michigan Avenue Under the Bridge

[patronicity.com/underthebridge](http://patronicity.com/underthebridge)

The Under the Bridge campaign to transform the US 127 underpass on Michigan Avenue got a substantial boost with Sparrow Health System's signing on as a lead supporter.

Sparrow announced a \$10,000 pledge for the project. That brings the amount raised so far to \$23,320 of its \$50,000 goal.

The campaign is spearheaded by the Lansing Economic Area Partnership — LEAP — and Michigan Economic Development Corporation. The campaign's website says the purpose is to turn a "sterile, ugly and non-bikable" area into "a vibrant pedestrian and biker-friendly gateway that instills community pride and builds a sense of connection between two great cities" of Lansing and East Lansing.

The campaign is trying to raise the money through crowdfunding website Patronicity.com. The campaign is an all-or-nothing funding model, meaning the group will only get the pledged donations if the goal is reached by Sept. 11. MEDC will kick in an additional \$50,000 grant if the goal is met.

"This is a tremendous opportunity for residents, local businesses and other community stakeholders to participate in this kind of transformative project that has the potential to spur a number of new economic development opportunities for Lansing, East Lansing and Lansing Township," said Steve Arwood, MEDC's CEO. "I'm pleased to see the kind of collaboration being demonstrated here."

The proposed renovation includes vandalism resistant, low-maintenance light-

ing, improved landscaping and four large murals and other art from local artists. The Arts Council of Greater Lansing will partner with the project to help coordinate the artistic aspects of the renovation.

"We are so very proud to partner with LEAP on this project," said Deborah Mikula, Arts Council of Greater Lansing executive director. "It is so important to the creative economy movement, putting art at the center of a placemaking effort that will really make a difference for the region."

Sparrow announced its donation last month.

"We have called Michigan Avenue home for more than 100 years and are proud to be a lead sponsor and promoter of this project," said Joe Ruth, Sparrow's executive vice president and CEO. "Sparrow is specifically interested in having its contribution go toward the lighting element of the project, which is understood as an absolute must at such a key transit point along the corridor."

The location of the project is strategic, with several other development projects slated for the surrounding area in the near future. Sparrow recently began construction of a new cancer center on Michigan Avenue, and several other developments are expected to begin construction soon.

"The Under the Bridge project is a critical piece of the economic development puzzle surrounding the redevelopment of the entire Michigan Avenue corridor," said Bob Trezise, LEAP's president and CEO. "With the current activity happening in this area, specifically the Red Cedar Renaissance and the SkyVue development, this placemaking initiative will draw pedestrians down the corridor in both directions, uniting the entire length of this important stretch of corridor."



Courtesy image  
A conceptual sketch of the proposed underpass improvements, including enhanced lighting and landscaping as well as murals and other artistic touches.

If you have a crowdsourcing event to promote, send a link and short description to [ty@lansingcitypulse.com](mailto:ty@lansingcitypulse.com).



# Tea party

## Better Health Store serves up kombucha on tap

By MICHELAI A. GRAHAM

There's a new beverage in town that's served on tap, but this one is legal for all ages: kombucha tea. Better Health Store is now selling Seoul Kombucha tea on tap in the café at its Frandor location. Tasha Kuhn, the Better Health Store's café manager, is excited the café has started carrying this Michigan made product.

"(Seoul) Kombucha tea is actually made in Grand Rapids and it's 100 percent organic," Kuhn said.

Kombucha tea, a traditional Chinese beverage, is a green or black tea that is fermented with yeast to give it a unique, slightly vinegary taste. Even though the tea is fermented, it clocks in at less than 0.05 percent alcohol — the legal threshold for alcoholic drinks.

Seoul Kombucha, brewed by Grand Rapids' Seoul Foods, is hand crafted in white oak barrels. This process, explained Kuhn, makes it a lot smoother than most kombucha you can purchase in a bottle.



Photo by Michela A. Graham for City Pulse

Better Health Store recently started carrying kombucha tea on tap at its East Lansing location.

See Tea, Page 26

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# Tea

from page 25

“The Downtown Market (in Grand Rapids) is where we brew, and what makes us different is how we brew our kombucha,” said Rod Horlings, co-founder and co-owner of Seoul Foods, “Our product, after a lot of testing, has been able to be developed in a certain vessel. We are almost the only commercial producer in the Midwest that even sells kombucha commercially out the barrel.”

The Better Health Store serves the kombucha in three different flavors: citrus ginger, grape and raspberry. The barrels roll in every Friday.

“They brew it as we order it, and after it ferments, when it’s ready, we have it fresh for 10 days and serve it out of the small kegs that we have,” Kuhn said.

Better Health Store serves the Kombucha tea on tap to keep it at its most fresh taste. According to Kuhn, Kombucha is full of B vitamins, probiotics, niacin and it carries a lot of health benefits. The Better Health Store is always on the lookout for new healthy products, and Seoul Foods approached them with the idea of kombucha tea on tap.

“The beverage carries probiotic benefits, and it’s a newer type of beverage

that will appeal to their market,” Horlings said.

While the science on kombucha’s health benefits is still out, the drink has become a fad among fans of alternative medicine. It’s easy to find websites and blogs touting its alleged medical benefits, including everything from liver detoxification to improved digestion and weight loss.

Seoul Foods is owned by Horlings and his wife, Claire. They brew their kombucha tea with organic black and green tea, as well as organic, evaporated cane sugar and purified water. They started the company when they noticed a lack of the product in the Midwest.

Out of the 14 Better Health Store locations, Seoul Foods chose the East Lansing, Horlings said, because the business is hoping to reach university students and the surrounding alumni community. The tea has become a popular attraction at the Better Health Store since its arrival last year.

Seoul Foods is planning to expand to another Better Health Store in Novi, and the Better Health Store in Frandor will eventually sell the its kombucha tea by the bottle.

“You are getting a 100 percent hand crafted beverage, I think this is what the market is looking for,” Horlings said.



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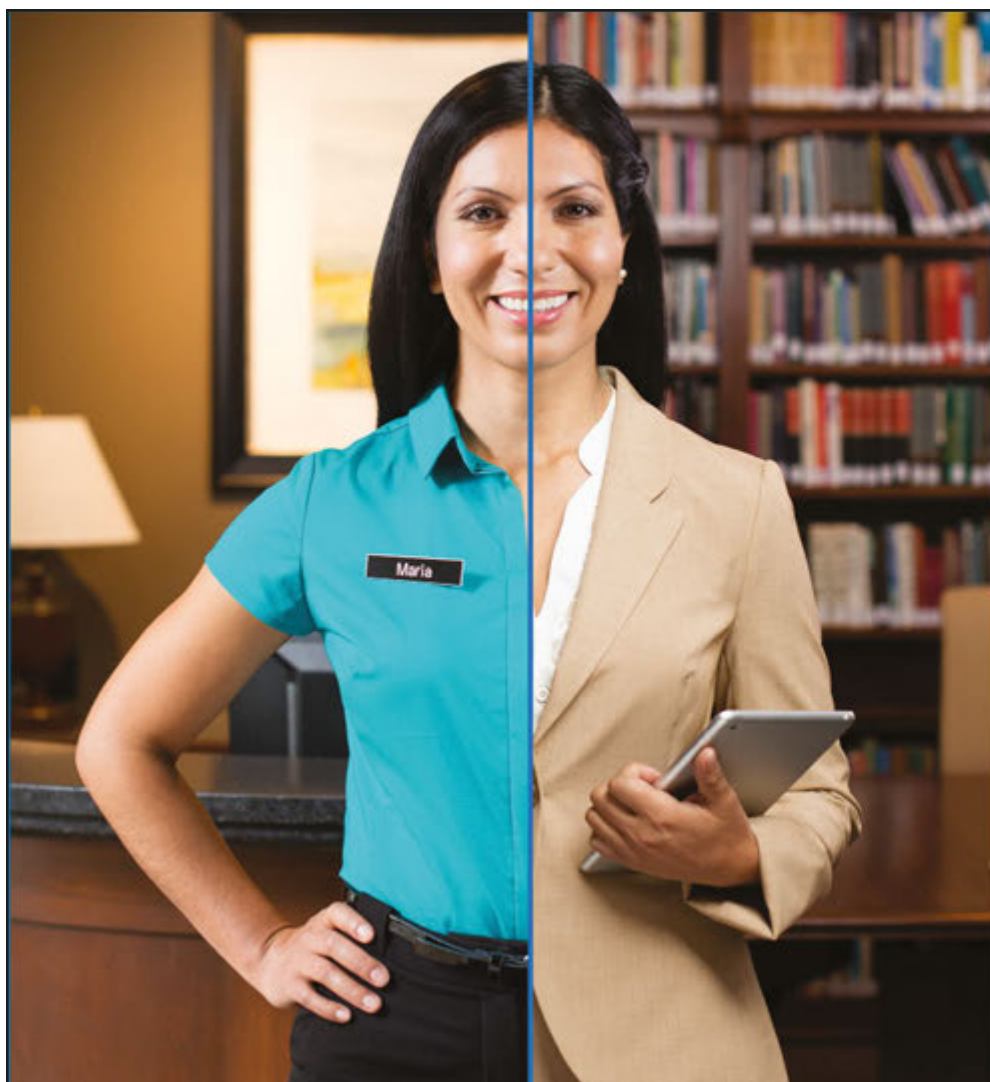
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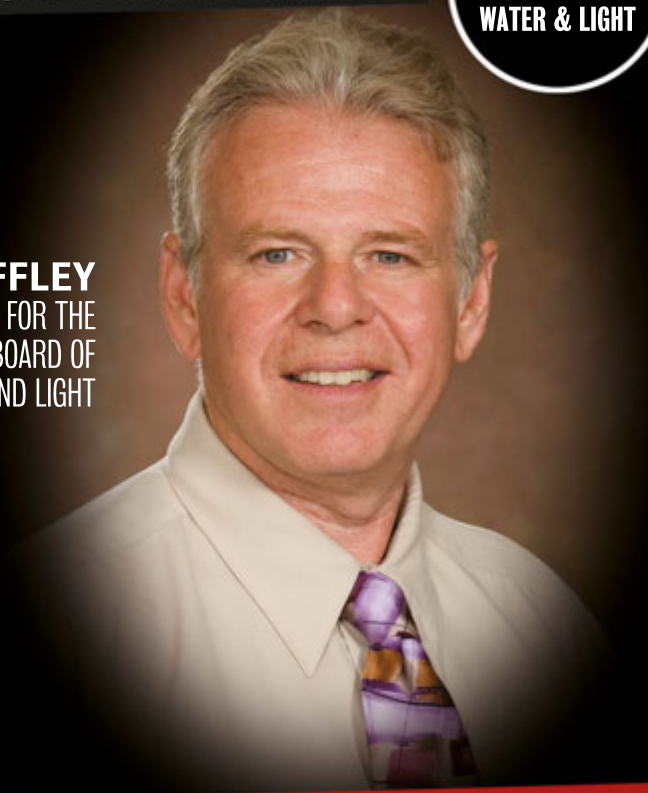
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# Heady matters

Jim Proebstle takes on concussion awareness in youth sports

By BILL CASTANIER

The "NCAA Game of the Week" football program for Nov. 23, 1963 lists J. Proebstle at right end and D. Proebstle at quarterback for the Michigan State University Spartans. For the brothers, Jim and Dick Proebstle, this wasn't the first team they had played together on. Back home in Stark County, Ohio, they had played together on a very good high school football team.

But that day, neither of them would take the field against the University of Illinois for the conference championship. Just hours before kickoff, the game was canceled in reaction to the assassination of President John F. Kennedy the day before. A rescheduled game played on Thanksgiving Day did not go well for the Spartans, who were dominated by an Illini team anchored by legendary line-backer Dick Butkus.

Before the loss, Dick Proebstle had led the No. 4 ranked Spartans to four straight victories. He took over the starter role midseason when Steve Juday was injured. MSU ended the season with a record of 6-2-1 and a final ranking of No.

9 in the AP poll.

Today, that season is only a vague memory for Jim Proebstle; his memories of playing football for MSU are overshadowed by the death of his brother. Dick Proebstle died in 2012 due to complications caused by the degenerative brain condition Chronic Traumatic Encephalopathy, more commonly known as CTE.

In his book, "Unintended Impact: One Athlete's Journey From Concussions in Amateur Football to CTE Dementia," Jim Proebstle connects his brother's condition to the concussions he had received during his football career.

In an interview from his summer home in Minnesota, Proebstle told City Pulse that the book is meant both to honor his brother and as a way to educate others about CTE. He wants people to know that CTE isn't just something that happens to professional football players.

The most prominent cases of CTE, however, have involved professional player. One such case is recent Pro Football Hall of Fame inductee Junior Seau, who committed suicide at 43 in 2012. He was posthumously diagnosed with CTE.

Proebstle said the hardest part of writing the book was the "emotional journey" for him and his brother's two children.

"He had started to exhibit strange behavior in his 30s and 40s. His value system was changing rapidly. Dick was a good guy, but when his house burned down in 1982 he really began to unravel. By the 1990s he was in throes of CTE," Proebstle said. "I didn't want to throw him under the bus (for his errant behavior). I had to let loose of judging him and recognize this is a disease."

When Dick died in May 2012, a portion of his brain was donated for further CTE research.

Proebstle believes stories like Dick's are more commonplace than we suspect and that anyone who plays organized contact sports like football, rugby, hockey or even soccer is at risk.

And although the NFL has reluctantly admitted to a problem, Proebstle still believes there isn't enough being done with youth and youth coaching.

"Kids get a 60-page play-book, and I think there should be a section in there on concussions, its symptoms and recognizing them," he said. "Youth sports, unlike college and pro sports, don't have a trainer on the sidelines. Kids between 10 and 12 are the most vulnerable."

In Michigan, legislation requires that all youth coaches, school employees and volunteers who are involved in youth sports receive concussion awareness training. But if Proebstle had his way, he'd even change how young kids play the game.

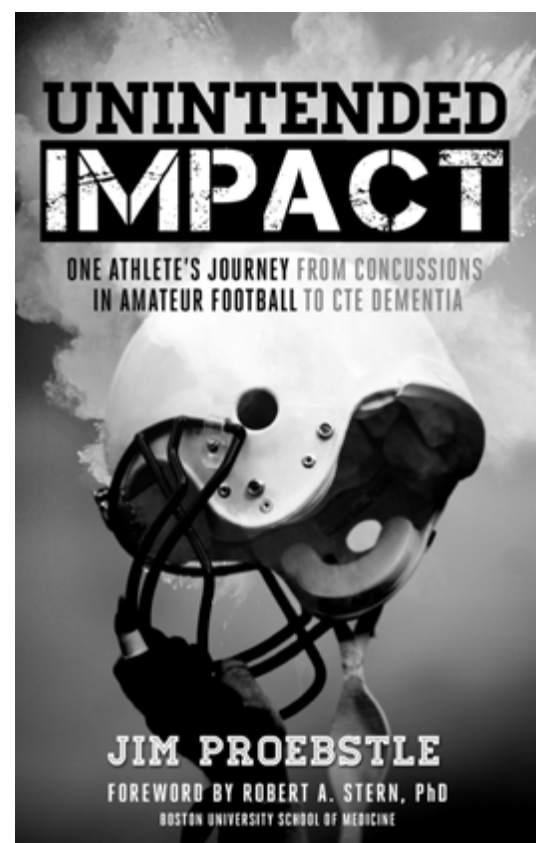
"I'd rather see touch football at young ages," he said. "I don't think contact has any connection to how they will perform later in life."

Proebstle knows the answer in other sports isn't as simple, and that after football, women's soccer is the next most dangerous. The effort to eliminate the header in youth soccer, he said, needs to continue.

He does see some positive signs in the NCAA's Big Ten conference, which just approved the use of a spotter at collegiate games to keep track of collisions that may lead to concussions.

He also praises MSU, which is one of the universities leading research in the area of CTE.

"Right from the top, (President Lou Anna) Simon and (athletic director Mark) Hollis are committed to player safety," Proebstle said.



Courtesy Photo

"Unintended Impact," by Jim Proebstle, tells the story of his brother's descent into dementia, which was likely caused by football related concussions.

But he has less kind words for the NCAA, whose views, he said, run parallel to the NFL.

"They have had a denial system of years' proportion," he said.

He also finds it nearly incomprehensible that the connection between CTE and contact sports hasn't come to the forefront earlier. The term CTE appeared in medical digests as early as 1966. The symptoms were first described in 1928 as a condition common to boxers, who were then called "punch drunk."

In addition to his book, Proebstle recommends "The Concussion Crisis: Anatomy of a Silent Epidemic," by Linda Carroll and David Rosner, and "Head Games: Football's Concussion Crisis," by Chris Nowinski, to parents who have children in contact sports.

Proebstle said his brother's disease and the process of researching and writing his book have solidified his commitment to the issue.

"I want to do as much as I can and, in particular, help past players by making public presentations on this problem," he said.

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# OUT ON THE TOWN

Events must be entered through the calendar at [lansingcitypulse.com](http://lansingcitypulse.com). Deadline is 5 p.m. Wednesdays for the following week's issue. Charges may apply for paid events to appear in print. If you need assistance, please call Allison at (517) 999-5066.

## DANCE TEAM AUDITIONS FOR THE LANSING STINGS ABA BASKETBALL TEAM

9 Headshots and resumes will be collected at 8:45 a.m. Auditions consist of two choreographed routines: Jazz and Hip Hop. Dancers will audition in small groups in front of a panel of judges. Selected dancers will be asked to stay for an interview. 9 a.m. Spartan Dance Center, 3498 E. Lake Lansing Road, Lansing. (517) 999-5415, [spartandancecenter.com](http://spartandancecenter.com).

## Wednesday, August 19

### CLASSES AND SEMINARS

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

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

**Foods to Choose & to Lose.** Seminar about the healing properties of food. 6 p.m. FREE. BetterHealth Market, 305 N. Clippert Ave., Lansing. (517) 332-6892, [thebetterhealthstore.com](http://thebetterhealthstore.com).

**Food Product Development @ ANC.** Presentation on food development. 10 a.m.-noon, FREE. Allen Market Place, 1619 E. Kalamazoo, Lansing. (517) 367-2468, [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org).

**Back to School Health Fair.** Health screenings, information, giveaways and fun. 9 a.m.-6 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 887-4311, [hd.ingham.org](http://hd.ingham.org).

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

**Aux Petits Soins.** French immersion for babies/toddlers. 9:30 a.m. (ages 2-4) & 10:30 a.m. (0-2). \$15/\$12 students. Willow Tree Family Center, 3333 S. Pennsylvania Ave., Lansing. (517) 643-8059, [facebook.com/auxpetitsoinsllc](http://facebook.com/auxpetitsoinsllc).

**Lansing Fashion Meetup Launch.** Learn about local resources for fashion and design, 6:30 - 8 p.m. Free. Washington Square between Michigan Ave. and Washtenaw Ave., Lansing. [ow.ly/QV6kA](http://ow.ly/QV6kA).

See Out on the Town, Page 33

## Attack of the arts



Courtesy Photo  
Artists painted barrels, shown here, for last year's Art Attack competition. This year, competing artists will paint picnic tables.

Saturday, Aug 15

Festival season in Greater Lansing is still moving ahead at full tilt, with only a few more weekends of summer fun between now and the start of the school year. This week's installment features the fifth annual Art Attack festival, which invades historic REO Town Saturday.

Art Attack is a celebration of local talent, featuring diverse work from local artists, live music, a food court and a beer tent. The event is organized by the REO Town Commercial Association in collaboration with REO Town's own REACH Studio Art Center. Joy Baldwin, REACH Studio Art Center program director, hopes the event will be fun for people of all ages.

"The beer tents tend to drive people out, but we also have stuff for the kids," she said. "This is an event made to entertain everyone."

The art portion of this year's event centers on a showdown competition where artists will decorate wooden picnic tables. Working either alone or in teams of up to six, the artists will have six hours to decorate the table — on site and in full view of the public. Cash prizes of \$200, \$100 and \$50 will be awarded to the top three tables as selected by a panel of judges. Interested artists are encouraged to register for

the competition by emailing [register@reotownartattack.com](mailto:register@reotownartattack.com).

REACH Studio Art Center and O'Leary Paint will supply paints and other supplies, but competing artists are welcome to bring their own supplies. The only rule is that the finished product must still be usable as a table. All of the painted tables from the competition will be placed in different areas throughout REO Town.

"With the cash prizes on top of the REO Town restaurants having the painted tables on display, it's a big win all around," Baldwin said.

While those artists are decorating their tables, a dozen local vendors will be on hand selling a variety of art and craft goods. REACH Studio Art Center will also bring its splash tent, which allows the community members to either splash others with paint or be splashed with paint themselves.

"It's just a beautiful community event," said Morgan Scallen, REACH Studio Art Center outreach coordinator.

The festival's live music lineup will showcase artists from across the state, including the Lansing Unionized Vaudeville Spectacle, Off the Ledge, the Jonestown Crows, Bastards of Young, Light and Caves, and Vandalay.

Saturday looks to be another warm one, and festival patrons of legal drinking age are encouraged to cool off at the beer tent. Keeping the local focus, the festival's beer tent will offer frothy cups of cold beer from Mason's BAD Brewing Co. and Lansing's Sleepwalker Spirits and Ales.

If you prefer to consume your calories in food form, local favorites like Mark's Gourmet Dogs, Saddleback Barbecue and Good Truckin' Food will be serving up tasty dishes in the food court.

Whether you're looking for a great art piece for the home, or just want to take in some music and enjoy a pulled pork sandwich, Baldwin hopes that Art Attack can satisfy your appetite.

"It's a wonderful event for art and music," said Baldwin. "An entire day of family fun for everyone."

### Art Attack

Noon-9 p.m. Saturday,  
Aug. 22 )  
FREE  
REO Town, Lansing  
(517) 487-1910,  
[reotownartattack.com](http://reotownartattack.com)

—ASHA JOHNSON



# Turn it Down

A SURVEY OF LANSING'S MUSICAL LANDSCAPE

BY RICH TUPICA



WED. AUG 19TH

Ultrabunny

## ULTRABUNNY AT THE ROBIN THEATRE

Wednesday, Aug. 19 @ The Robin Theatre, 1105 South Washington Ave., Lansing. All ages, \$10, 9 p.m.

The newest venue to pop up in Lansing's music scene, the Robin Theatre in REO Town, hosts a variety of events — including loud and raw rock music. Ultrabunny, a glam/noise/psych/punk hybrid plays tonight at the intimate venue. The Connecticut-based band comprises Bobby Bunny (vocals/guitar), Malcolm Tent (bass) and drummer Chris Prorock. The experimental trio began under the moniker the BunnyBrains in 1988, and in 2002 the outfit morphed into Ultrabunny. Fans of Butthole Surfers, Flipper or Happy Flowers might want to check out the show. Along with the raucous rock 'n' roll, the Robin Theatre's walls will be filled with locally-created art by Joy Baldwin. Keep up to date with the Robin Theatre, "a community-minded performing arts space," via its Facebook, facebook.com/therobintheatre.

## MATT BLITON 'NEW MORNING' RELEASE SHOW

### MATT BLITON BAND

SAT. AUG 22ND

'New Morning' Album Art

Saturday, August 22 @ The Avenue Café, 2021 E. Michigan Ave., Lansing. \$10, 7:30 p.m.

The Matt Bliton Band releases its new album, "New Morning," Saturday at the Avenue Café. The disc, a follow up to 2013's "Solid Ground, Endless Sky," was recorded at producer Ryan Wert's studio, Elm Street Recording, in REO Town. Bliton is an East Lansing-based singer/songwriter who plays acoustic guitar and harmonica. Backed by a band of local music veterans, the group plays a mixture of melodic folk-rock and blues. Fans of Paul Simon, James Taylor or Neil Young might want to check out the show. Opening the gig at the Avenue Café is Linda Abar, who performs a fusion of folk, jazz and classical that blends in touches of Celtic and new age. Her career has spanned from the Ten Pound Fiddle in East Lansing to the Montreaux Jazz Festival.

## DARSOMBRA AT MAC'S BAR



SUN. AUG 23RD

Darsombra

Sunday, Aug. 23 @ Mac's Bar, 2700 E. Michigan Ave., Lansing. All ages, \$8, \$7 adv., 8 p.m.

Baltimore-based rock duo Darsombra returns Sunday to Mac's Bar. Opening the all-ages show are the Jackpine Snag, Hordes, Normandd and They're Dead. Darsombra is a self-described "transcendental audio/visual rock" band that's been gigging for 10 years now. The theatrical band features Brian Daniloski, whose past work includes stints in metal bands Trepine and Meatjack. In Darsombra, he alternates between guitar riffs, experimental loops, immense vocals and trippy soundscapes, creating a progressive blend of psychedelic rock and spacey metal. The other half of the band is filmmaker/vocalist Ann Everton, who also spends time on the synthesizer and percussion, as well projecting her "kinetic, psychotropic" videos specifically composed for the music.

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

## LIVE & LOCAL

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Black Cat Bistro, 115 Albert Ave.				Taylor Taylor, 8 p.m.
Blue Gill Grill, 1591 Lake Lansing Rd.			Rob K., 9 p.m.	Scott Smith, 5 p.m.
Capital Prime, 2324 Showtime Dr.			Grant Hendershot, 8:30 p.m.	Bob Schultz, 8:30 p.m.
Coach's Pub & Grill, 6201 Bishop Rd.	DJ Trivia, 9 p.m.		Blue Hair Bettys, 9 p.m.	DJ, 9 p.m.
Colonial Bar, 3425 S. MLK Blvd.		Open Mic w/Pat Zelenka, 9 p.m.		
Copper, 2874 E. Lake Lansing Rd.		Crosstide, 6 p.m.		
Crunchy's, 254 W. Grand River Ave.	Fussion Shows Presents, 10 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.	Karaoke, 9 p.m.
Dublin Square, 327 Abbot Rd.			Crosstide, 10 p.m.	John Solitro, 7 p.m.
The Exchange, 314 E. Michigan Ave.	Good Cookies, 9:30 p.m.	Skoryoke Live Band Karaoke, 9:30 p.m.	The NEW Smooth Daddy, 9:30 p.m.	The NEW Smooth Daddy, 9:30 p.m.
Grand Café/Sir Pizza, 201 E. Grand River Ave.			Karaoke w/Joanie Daniels, 7 p.m.	
Green Door, 2005 E. Michigan Ave.	Johnny D Jam, 9 p.m.	Karaoke Kraze, 9 p.m.	Glamhammer, 9 p.m.	Soulshake, 9 p.m.
Gus's Bar, 2321 W. Michigan Ave.			Karaoke, 9 p.m.	
Leroys, 1526 S. Cedar St.		Karaoke, 9:30 p.m.		Karaoke, 9:30 p.m.
The Loft, 414 E. Michigan Ave.			Young Pioneer, 7 p.m.	
Harper's, 131 Albert Ave.		Mike Cooley, 6 p.m.	Mark Sala, 6 p.m.	Greg Smith, 6 p.m.
Mac's Bar, 2700 E. Michigan Ave.	Young & Heartless, 6 p.m.	Christopher Paul Stelling, 8 p.m.		Marrow, 7 p.m.
Moriarty's Pub, 802 E. Michigan Ave.		Springtails, 9 p.m.	Second Nature, 9 p.m.	Greg Nagy, 9 p.m.
Reno's East, 1310 Abbot Rd.	Rush Clement, 6 p.m.	Karle Velo, 6 p.m.	Well Enough Alone, 6 p.m.	Dan MacLaughlin, 6 p.m.
Reno's West, 501 W. Saginaw Hwy.	Reggae Lou, 6 p.m.	Brent Burns, 6 p.m.	Life Support, 6 p.m.	Chris Laskos, 6 p.m.
Tavern & Tap, 101 S. Washington Sq.			Steve Cowles, 8 p.m.	
Unicorn Tavern, 327 E. Grand River Ave.		Frog's Open Blues Jam, 8:30 p.m.	Blue Jay, 8:30 p.m.	Blue Jay, 8:30 p.m.
Waterfront Bar & Grill, 325 City Market Dr.			Joe Wright, 7 p.m.	
Watershed, 5965 Marsh Rd.	Trevor Compton, 7 p.m.	Dan MacLaughlan, 8 p.m.	Capital City DJs, 10 p.m.	Capital City DJs, 10 p.m.
Whiskey Barrel Saloon, 410 S. Clippert St.				

## LIVE & LOCAL LISTS UPCOMING GIGS!

To get listed just email us at liveandlocal@lansingcitypulse.com or call (517) 999-5069. Only submit information for the following week's paper.



# Out on the town

from page 31

## EVENTS

**DTDL Book Club.** Discussion of "The Art of Mending" by Elizabeth Berg. 6-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtdl.org.

**Practice Your English.** Practice listening to and speaking English. 7-8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Open Workshop.** Bike repair, bike safety and biking as healthy exercise. 6-8 p.m. FREE. Kids Repair Program, 5815 Wise Road, Lansing. (517) 755-4174.

**Weekly Chess Club.** Chess tutoring or practice, depending on skill. Age 6 and up. 6-8 p.m. FREE. CADL Okemos Library, 4321 Okemos Road, Okemos. (517) 347-2021, cadl.org.

**Drop-in LEGO Club.** Get creative with our LEGO collection. 4-5:30 p.m. Ages 4 plus. FREE. CADL Foster Library, 200 N. Foster Ave., Lansing. (517) 485-5185, cadl.org.

**Rockin' On The River.** Blues Concert on the river. 5:30 p.m. FREE. Grand River Park, 3001 Lansing Road, Lansing. (517) 483-4277, lansingmi.gov/parks.

**Allen Market Street Farmers Market.** Locally grown, baked and prepared foods. 2:30-7 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

**3rd Wednesday Open Mic.** 7 p.m. FREE. Ann Street Plaza, Albert Avenue at M.A.C. Avenue, East Lansing. (517) 319-6888, ow.ly/QVlq7.

**One Path to Human Progress.** Atheists and believers together for justice work. 6 p.m. FREE. Pilgrim Congregational United Church of Christ, 125 S. Pennsylvania Ave. Lansing. (517) 484-7434, pilgrimucc.com.

## MUSIC

**Fusion Shows presents.** Music begins at 10 p.m. 21 and older welcome. 10 p.m. FREE. Crunchy's Pizza & Burgers, 254 W. Grand River Ave., East Lansing. (517) 351-2506, crunchyseastlansing.com.

**St. Johns Concert in the Park.** Toppermost,

Beatles tribute band. 7 p.m. Donations Accepted. St. Johns City Park Performance Shell, 800 W. Park St., St. Johns. (989) 224-2429, clintoncountyarts.org.

**Deacon Earl.** Live blues, reggae, Americana and more. FREE, 10 a.m.-2 p.m.. Meridian Farmer's Market, 5151 Marsh Road, Okemos. (517) 712-2395, ow.ly/QVmhP

**The Springtails.** Delightful husband-and-wife duo perform. 4-6 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911, facebook.com/AllenStreetFarmersMarket.

## THEATER

**Ernie: The Play.** Play about famed sports broadcaster Ernie Harwell. 7:30 p.m. \$32. Wharton Center, MSU Campus, East Lansing. (517) 353-1982, whartoncenter.com

## Thursday, August 20 CLASSES AND SEMINARS

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

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

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

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

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

**Baby Cafe.** Drop-in breastfeeding center. Every Thurs. 1-3 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 337-7365, facebook.com/cababycfe.

**Celebrate Recovery.** For all types of habits,

hurts and hang-ups. 6:30 p.m. FREE. Trinity Church (Lansing), 3355 Dunckel Road, Lansing. (517) 492-1866.

**Autism Centers of Michigan LAN.** Open House at Autism Centers of Michigan in Okemos, 5:30 - 8:30pm, FREE. Greater Lansing Area, Lansing. (517) 992-5333, AutismCentersMI.com.

**HERO: Installing Ceiling Fans** Call or email bruce@glhc.org to register, 6-8 p.m. FREE. Neighborhood Empowerment Center, 600 W. Maple St. Lansing. (517) 372-5980, glhc.org.

## EVENTS

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

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

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

**Back to School Health Fair.** Health screenings,

information, giveaways and fun. 9 a.m.-6 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 887-4311, hd.ingham.org.

**Household Hazardous Waste.** Waste collection on Tue. and Thur. Thru Sept. 30. 2-6 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 887-4312, ow.ly/QCPLp.

**LifeReach Inaugural Fundraiser.** Dinner and silent auction. 6:30 p.m. \$25/\$40 couple/\$150 for table. Old Town Marquee, 319 E. Grand River, Lansing. (517) 253-0275, mylifereach.com.

**South Lansing Farmers Market.** Local produce, delicious prepared foods and hand made goodies. 3-7 p.m. FREE. St. Casimir Catholic Church, 800 W. Barnes Ave. Lansing. (517) 374-5700.

**8-Ball Tournament.** Bring your pool game to the Avenue. Call to confirm because it is cancelled occasionally. 7 p.m. \$10. The Avenue Cafe, 2021 Michigan Ave., Lansing. (517) 492-7403.

**SoupGrant.** Crowd-sourcing micro-grants for community projects, 6:30 p.m. \$5. Grace Lutheran Church, 528 N. Martin L. King Jr. Blvd. Lansing. soupgrantlansing.com.

**Capital Area Crisis Men & Women's Rugby**

## Jonesin' Crossword

By Matt Jones

"Free Kee"--another freestyle rife with words.

Matt Jones

### Across

- 1 Birthday command
- 10 Letter between rho and tau
- 15 Time for a late lunch
- 16 Violinist Zimbalist or actor Zimbalist, Jr.
- 17 Comedian who once stated "I'm the luckiest unlucky person"
- 18 "\_\_\_ hound dog lies a-sleepin' ..." (folk song line)
- 19 Blue book composition
- 20 Grow in status, perhaps

1	2	3	4	5	6	7	8	9	10	11	12	13		
14					15			16						
17					18			19						
20					21		22			23				
			24		25		26		27					
28	29	30			31		32		33		34	35	36	
37				38			39				40			
41					42			43	44					
45				46	47			48						
49			50			51				52				
				53		54		55		56				
57	58	59			60		61		62			63	64	65
66					67			68		69				
70							71			72				
73								74						

- albums "19" and "21"
- 59 In the costume of

### Down

- 1 Bit of dust
- 2 Flavoring for a French cordial
- 3 Gastropub supplies, maybe
- 4 Europe's tallest active volcano
- 5 Sailor's greeting
- 6 Oscar Wilde's forte
- 7 "This American Life" radio host
- 8 Honest sort
- 9 Lingual bone that's not attached to any other bone
- 10 Always, in music
- 11 Tentative offer
- 12 Junkyard dog's warning
- 13 Chaotic mess
- 14 NAFTA part
- 21 Simpsons character that all members of metal band Okilly Dokilly look like
- 22 Take top billin g
- 23 City SSE of Sacramento
- 24 "Author unknown" byline
- 25 It may be in a pinch
- 26 Machine at the gym
- 27 "V for Vendetta" actor Stephen
- 31 Line feeder
- 32 Peut-\_\_\_ (maybe, in Marseilles)
- 33 Sound of an air leak
- 35 Venue for testing out new jokes, perhaps
- 36 Gamers' D20s, e.g.
- 37 Blue Jays' prov.
- 41 Capricious
- 42 Headquarters, for short
- 44 Like some communities
- 45 Maternally related
- 46 Sprayed via inhaler, perhaps
- 47 Letter after Oscar
- 48 Assortment behind the bartender
- 49 Succulent houseplant
- 50 Modem's measurement unit
- 51 "\_\_\_ possibility"
- 52 "Disco Duck" man Rick
- 55 End of the holidays?

## THURSDAY, AUGUST 20 >> LIFE REACH FUNDRAISER BANQUET

Thursday will be a monumental night for local nonprofit Life Reach. That evening, the organization officially launches its organization and begins a fundraising campaign to help establish programs to mentor local youth and provide aid for the homeless and elderly. The event includes dinner, live music, a photo booth and a silent auction. 6:30 p.m.- 9 p.m. \$25/\$150 for an eight-person table. Old Town Marquee, 319 E. Grand River Ave., Lansing. (517) 348-7562, gofundme.com/mylifereach.

## SUDOKU

## ADVANCED

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

Level: Advanced

## TO PLAY

Fill in the grid so that every row, column, and outlined 3-by-3 box contains the numbers 1 through 9 exactly once. No guessing is required. The solution is unique.

Answers on page 36



**Practice.** Weather permitting. All experience levels welcome. 6-8 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale St., Lansing.

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

**Harvest Basket Produce Sale.** Farmers market with organically grown produce. 3-7 p.m. FREE. Smith Floral and Greenhouses, 1124 E. Mount Hope Ave., Lansing. (517) 484-6085.

**Film Movement Series.** View an award winning, foreign or independent film, 6:30 p.m., FREE. CADL Okemos Library, 4321 Okemos Road, Okemos. (517) 347-2021, cadl.org.

## MUSIC

**Marshall Music Drum Circle.** All ages and levels welcome. 6:30 p.m. FREE. Marshall Music, 3240 E. Saginaw St. Lansing. (517) 337-9700, marshallmusic.com.

## LITERATURE AND POETRY

**Chipmunk Story Time.** Preschoolers enjoy nature stories, games and crafts. 10-11 a.m. \$3/child. Harris Nature Center, 3998 Van Atta Road, Okemos. (517)

349-3866, meridian.mi.us.

**Local Author Night w. Dan Combs.** An evening of Lansing authors. 5-7:30 p.m. FREE. Old Town General Store, 408 E. Grand River Ave. Lansing. (517) 487-6847, oldtown-generalstore.com.

## Friday, August 21

### CLASSES AND SEMINARS

**Mud And Mug (21 and Up).** Clay-building workshop. Ages 21 and up. 7-10 p.m. \$25. Reach Studio Art Center, 1804 S. Washington Ave. Lansing. (517) 999-3643. www.reachstudioart.org.

**Aux Petits Soins.** French immersion for babies/toddlers. 9:30 a.m. (ages 2-4) & 10:30 a.m. (0-2). \$15/\$12 students. Willow Tree Family Center, 3333 S. Pennsylvania Ave., Lansing. (517) 643-8059, facebook.com/auxpetitssoinsllc.

### EVENTS

**Back to School Health Fair.** Health screenings, information, giveaways and fun. 9 a.m.-6 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 887-4311, hd.ingham.org

**Art Show and Sale: Call for Art.** Faith Journey 2015 Art Show. Call for artists. First Presbyterian Church (Lansing), 510 W. Ottawa, Lansing. Kathe DeMara Smith at (517) 332-0029. bit.ly/1MNIM41.

**Popcorn and a Movie.** Popcorn while supplies last. The Incredibles, 1 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Downtown Lansing Inc. Family Outdoor Movie Night.** Finding Nemo on the Capitol Lawn, 8 p.m. FREE. Capitol Lawn, Lansing. (517) 483-6057, downtownlansing.org.

**Free Back to School PC Clinic.** Hosted by Career Quest IT students. 10 a.m. FREE. Career Quest Learning Center (Lansing), 3215 S. Pennsylvania Ave. Lansing. (877) 481-4930, careerquest.edu.

## MUSIC

**The Delta Saints.** With guests For Foxes and Stikyfut. 7 p.m. Tickets start at \$10. Mac's Bar, 2700 E. Michigan Ave. Lansing. (517) 484-6795, fusionshows.com.

**The Coffeehouse at All Saints.** A musical/spoken word open mic. 7:30-9:30 p.m. FREE. All Saints Episcopal Church, 800 Abbot Rd. East Lansing. (517) 402-2582, facebook.com/TheCoffeehouseAtAllSaints.

## THEATRE

**Goldilocks.** Comic spin on classic fairy tale. 7 p.m. \$7/\$5 seniors and ages 12 and under. Mid Michigan Family Theatre, 3448 Hagadorn Road, Okemos. (517) 339-2145, mmft.org.

## Saturday, August 22

### CLASSES AND SEMINARS

**Tai Chi in the Park.** For beginning and experienced tai chi players. Instruction in Qigong, meditation and Yang style tai chi forms. 9-10 a.m. FREE. Hunter Park, 1400 E. Kalamazoo St., Lansing. (517) 272-9379.

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

**Sound Bath Immersion.** Immersion into spiraling cocoon of sacred sound, 3-5 p.m. \$30. LotusVoice Integrative Therapies, 4994 Park Lake Rd. East Lansing. (517) 897-0714, lotusvoice48823.com.

**Aux Petits Soins.** French immersion class for babies. 9:30 a.m. \$15 drop-in/\$12 students. Mother & Earth Baby Boutique, 1212 Turner St., Lansing. (517) 643-8059, facebook.com/auxpetitssoinsllc.

**Yoga at the Broad MSU.** Bring your own mat. 11 a.m. FREE with advanced registration. Eli and Edythe Broad Art Museum, 547 E. Circle Drive, MSU Campus, East Lansing.


### EVENTS

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

**Mitten Mavens Roller Derby.** Lansing Mitten Mavens vs. Ann Arbor Bruising Co. 7:30 p.m. \$10. Court One Athletic Club, 1609 Lake Lansing Road, Lansing. (517) 372-

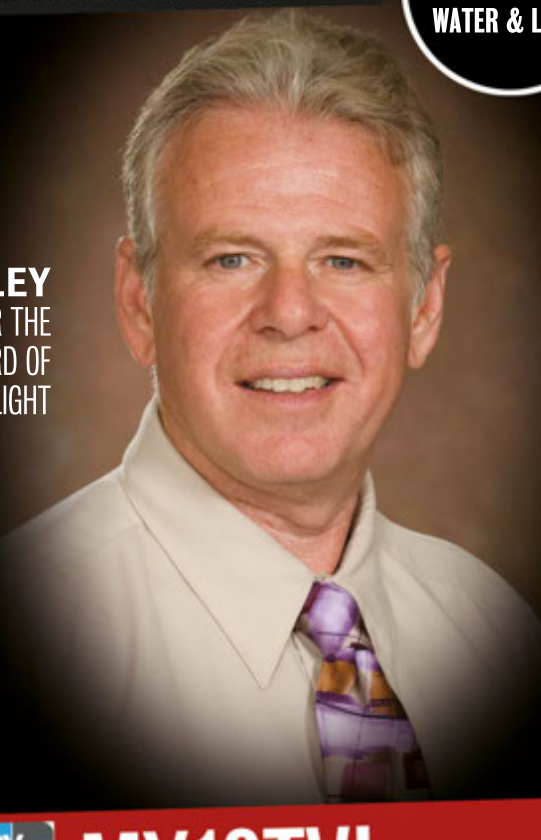
**CityPULSE**

**NEWSMAKERS**




**HOSTED BY BERL SCHWARTZ**

THIS WEEK  
LANSING BOARD OF  
WATER & LIGHT



**RICHARD PEFFLEY**

INTERIM MANAGER FOR THE  
LANSING BOARD OF  
WATER AND LIGHT



**MY18TV!**

10 A.M. EVERY SATURDAY

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**COMCAST CHANNEL 16 LANSING**

7:30 P.M. EVERY FRIDAY

### FRIDAY, AUG. 21-30 >> 'GOLDILOCKS' AT MID-MICHIGAN FAMILY THEATRE

We all know the story of Goldilocks and the three bears, but have you heard about Joe, the bears' exchange student? The Mid-Michigan Family Theatre's latest production, "Goldilocks," is a comic spoof on the classic tale, containing a host of fairy tale characters not seen in the original version. 7 p.m. Friday-Saturday; 3 p.m. Sunday. Happendance Dance Studios, 3448 Hagadorn Road, Okemos. (517) 339-2145, mmft.org.

### SATURDAY, AUGUST 22 >> REO TOWN MURAL DEDICATION

Historic REO Town gets a colorful new addition Saturday in the form of a 56-by-28 foot mural. REO Town is the former home of the defunct REO Motor Car Co., founded by R.E. Olds. The mural will be mounted on former REO Motor Car Co. showroom. Entitled "Community Heart of REO," the mural honors this history through images of former REO Motor Car Co. employees, the REO Club House and REO cars. Actual REO cars and trucks will also be on display at the dedication. 11:30 a.m. FREE. 1300 S. Washington Ave., Lansing. (517) 372-0529.

### SATURDAY, AUG. 22 >> BURGDORF'S WINERY CELEBRATION

What's better than the classic combination of wine and cheese? Locally made wine and cheese, of course. Burgdorf's Winery in Haslett is celebrating 10 years of operation with a six-hour open house Saturday. And the winery has more than just an anniversary to celebrate; winemaker Deborah Burgdorf recently won "Best in Show" in the 2015 International Women's Wine Competition. Saturday's celebration will include wine tasting, hourly door prizes and live music from the Anthony Stanco Ensemble. Burgdorf's award-winning wine will be available for tasting, both in liquid form and as wine slushies. To compliment the beverage offerings, the event will feature a selection of locally made cheese and other foods available for sampling or purchase. Noon-6 p.m. \$10. Burgdorf's Winery, 5635 Shoeman Road, Haslett. (517) 655-2883, burgdorfwinery.com.



9531.mittenmavens.net.

**Weaving Demo-Exhibit-Sale.** Weaving-spinning demos, exhibit, sale. Noon-4 p.m. FREE. St. Matthew Lutheran Church, 2418 Aurelius Road, Holt. (517) 694-0978, lansingweavers.blogspot.com.

**REO Town Art Attack!** Art, music, food, and drinks all day in REO Town, Noon-10 p.m. FREE. REO Town, 1100 block of S. Washington Ave. Lansing. reotownartattack.com.

**Dog Wash for Gone 2 The Dogs.** All proceeds benefit G2tD Animal Rescue. 1-4 p.m. \$5 donation. Soldan's Feed and Pet Supplies, 1802 W. Grand River Ave., Okemos. (517) 323-6920, facebook.com/gone2thedogspetrescue14.

**Fun Sale at Faith on Waverly.** Carshow, craft sale, music and food. 9 a.m.-2 p.m. FREE. Faith U.M.C. 4301 S. Waverly, Lansing. (517) 882-0660.

**Burgdorf's Winery 10th Annual Anniversary.** Celebration with wine, food, door prizes, and music. Noon-5 p.m. \$10. Burgdorf's Winery, 5635 Schoeman Road, Haslett. (517) 655-2883, burgdorfwinery.com.

**MUSIC**

**Concert by the Fireplace.** Featuring the Jazzy-Pop music of Taylor Taylor. 2-3:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. www.elpl.org.

**Goatwhore.** With guests Black Fast, Genocya and Recorruptor. 8 p.m. Tickets start at \$12. Mac's Bar, 2700 E. Michigan Ave. Lansing. (517) 484-6795, fusionshows.com.

**Young Pioneer at The Loft.** With guests the Most Powerful Weapon and more. 7 p.m. Tickets start at \$10. The Loft, 414 E. Michigan Ave., Lansing. fusionshows.com.

**THEATRE**

**Goldilocks.** Comic spin on classic fairy tale. 7 p.m. \$7/\$5 seniors and ages 12 and under. Mid Michigan Family Theatre, 3448 Hagadorn Road, Okemos. (517) 339-2145, mmft.org.

**Sunday, August 23**

**CLASSES AND SEMINARS**

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

**Pokemon/Magic the Gathering Card Games.** Tutorials. Starter decks provided. 12:30 p.m. FREE. Everybody Reads, 2019 E. Michigan Ave., Lansing. (517) 346-9900, becauseeverybodyreads.com.

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

**Spiritual Talk, Pure Meditation and Silent**

**Prayer.** 7 p.m. FREE. Self Realization Meditation Healing Centre, 7187 Drumheller Road, Bath. (517) 641-6201, selfrealizationcentremichigan.org.

**Parents of LGBTQ kids.** Weekly support group. All faiths are welcome. 3-4:30 p.m. FREE. Diversity Psychological Services, 1310 Turner St., Lansing. (720) 401-4214.

**EVENTS**

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

**East Lansing Farmers Market.** Essential food items and much more. 10 a.m.-2 p.m. FREE. Valley Court Park, 400 Hillside Court, East Lansing. (517) 319-6888, cityofeastlansing.com/farmersmarket.

**Atheists and Humanists Meeting.** Dr. Partin lecture: Extraterrestrial Intelligence. 5 p.m. \$6.35. Old Great Wall Restaurant, 4832 W. Saginaw Hgwy., Lansing. (517) 914-2278, atheists.meetup.com/453.

**THEATRE**

**Goldilocks.** Comic spin on classic fairy tale. 7 p.m. \$7/\$5 seniors and ages 12 and under. Mid Michigan Family Theatre, 3448 Hagadorn Road, Okemos. (517) 339-2145, mmft.org.

**Monday, August 24**

**CLASSES AND SEMINARS**

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

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

**Adult Rape Survivor Support Group.** Registration preferred. 6-7:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163.

**3D Printing Meetup.** Educational meetup about 3D printing and design. 6:30-8:30 p.m. FREE. Turner-Dodge House & Heritage Center, 100 E. North Street, Lansing. (517) 483-4220, meetup.com/Lansing-3D-Printing-Meetup.

**General Cancer Support Group.** 7-9 p.m. Sparrow Professional Building, 1200 E. Michigan Ave., Lansing. (517) 364-5471.

**EVENTS**

**Monday Movie Matinee.** "The Water Diviner" starring Russell Crowe, 1 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

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

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

**Out of This World Book Club.** "Shards of Honor" by Lois McMaster Bujold, 7-8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Meridian Seniors Book Group.** 11 a.m. FREE. CADL Haslett Library, 1590 Franklin St. Haslett. (517) 339-2324.

**THEATRE**

**Auditions for Fairy Tale Network.** Auditions for a comedy inspired by fairy tales. 6:30 - 8 p.m. \$30 if cast. Mid Michigan Family Theatre, 3448 Hagadorn Road, Okemos. (517) 339-2145, mmft.org.

**Tuesday, August 25**

**CLASSES AND SEMINARS**

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

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

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

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

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

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

**Household Hazardous Waste.** Waste collection on Tue. and Thur. Thru Sept. 30. 2-6 p.m. FREE. Ingham County Health Department, 5303 S. Cedar St. Lansing. (517) 887-4312, ow.ly/QCPLp.

**Overeaters Anonymous.** Support for weight loss efforts. 7 p.m. FREE. Okemos Presbyterian Church, 2258 Bennett Road, Okemos. (517) 290-5163.

**Midday Matinee.** Guests bring lunch and enjoy foreign films. 12:30-3:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtld.org.

**HERO: Buying a Foreclosed Home.** Call to register

or email bruce@glhc.org, 6-8 p.m. FREE. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. (517) 372-5980, glhc.org.

**EVENTS**

**Alphabet Heroes Tuesdays.** Early literacy program about the alphabet. 10:30-11:30 a.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Sporcle Live! Trivia.** Team based. Win Crunchy's gift certificates. 7 p.m. FREE. Crunchy's Pizza & Burgers, 254 W. Grand River Ave., East Lansing. (517) 351-2506, crunchyseastlansing.com.

**Capital Area Crisis Men & Women's Rugby Practice.** Weather permitting. All experience levels welcome. 6-8 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale, Lansing.

**Stories in the Garden.** Teens read to children at MSU 4H Children's Garden, 10-11:30 a.m. FREE. MSU 4-H Children's Garden, MSU Campus, East Lansing. (517) 351-2420, elpl.org.

**Speculative Book Discussion.** Discussion about new and classic speculative fiction. 6:30-8:00 p.m. FREE. CADL Downtown Lansing Library, 401 S. Capitol Ave., Lansing. (517) 367-6300, cadl.org.

**LITERATURE AND POETRY**

**Tuesday Morning Book Club.** Discuss "Frog Music" by Emma Donoghue. 10:15-11:15 a.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtld.org.

**Wednesday, August 26**

**CLASSES AND SEMINARS**

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

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

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

**Aux Petits Soins.** French immersion class, ages 4-6. 4:30 p.m. \$15/\$12 students. Mother & Earth Baby Boutique, 1212 Turner St., Lansing. (517) 643-8059, facebook.com/auxpetitssoinslc.

**Ukulele Play-Along.** Ukelele lessons. 6 p.m. FREE. Marshall Music, 3240 E. Saginaw St., Lansing. (517) 337-9700, marshallmusic.com.

**EVENTS**

**Strategy Game Night.** Ages 18 and up. 5-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4, dtld.org.

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## Free Will Astrology By Rob Brezсны

Aug 19-25

**ARIES** (March 21-April 19): You'd probably prefer to stay in the romantic, carefree state of mind. But from what I can tell, you're ripe for a new phase of your long-term cycle. Your freestyle rambles and jaunty adventures should now make way for careful introspection and thoughtful adjustments. Instead of restless star-gazing, I suggest patient earth-gazing. Despite how it may initially appear, it's not a comedown. In fact, I see it as an unusual reward that will satisfy you in unexpected ways.

**TAURUS** (April 20-May 20): In accordance with the current astrological omens, I recommend the following activities: Sing a love song at least once a day. Seek a message from an ancestor in a reverie or dream. Revisit your three favorite childhood memories. Give a gift or blessing to the wildest part of you. Swim naked in a river, stream, or lake. Change something about your home to make it more sacred and mysterious. Obtain a symbolic object or work of art that stimulates your courage to be true to yourself. Find relaxation and renewal in the deep darkness. Ruminant in unbridled detail about how you will someday fulfill a daring fantasy.

**GEMINI** (May 21-June 20): The ancient Greek epic poem the "Iliad" is one of the foundation works of Western literature. Written in the eighth century BCE, it tells the story of the ten-year-long Trojan War. The cause of the conflict was the kidnap of Helen of Troy, reputed to be the world's most beautiful woman. And yet nowhere in the "Iliad" is there a description of Helen's beauty. We hear no details about why she deserves to be at the center of the legendary saga. Don't be like the "Iliad" in the coming weeks, Gemini. Know everything you can about the goal at the center of your life. Be very clear and specific and precise about what you're fighting for and working towards.

**CANCER** (June 21-July 22): The comedian puppets known as the Muppets have made eight movies. In "The Great Muppet Caper," the muppets Kermit and Fozzie play brothers, even though one is a green frog and the other a brown bear. At one point in the story, we see a photo of their father, who has the coloring and eyes of Kermit, but a bear-like face. I bring up their unexpected relationship, Cancerian, because I suspect that a similar anomaly might be coming your way: a bond with a seemingly improbable ally. To prepare, stretch your ideas about what influences you might want to connect with.

**LEO** (July 23-Aug. 22): English author Barbara Cartland published her first novel at age 21. By the time she died 77 years later, she had written more than 700 other books. Some sources say she sold 750 million copies, while others put the estimate at two billion. In 1983 alone, she churned out 23 novels. I foresee a Barbara Cartland-type period for you in the coming months, Leo. Between now and your birthday in 2016, I expect you to be as fruitful in your own field as you have ever been. And here's the weird thing: One of the secrets of your productivity will be an enhanced ability to chill out. "Relaxed intensity" will be your calming battle cry.

**VIRGO** (Aug. 23-Sept. 22): "On or about December 1910, human character changed," wrote English author Virginia Woolf in 1924. What prompted her to draw that conclusion? The rapidly increasing availability of electricity, cars, and indoor plumbing? The rise of the women's suffrage movement? Labor unrest and the death of the King? The growing prominence of experimental art by Cezanne, Gauguin, Matisse, and Picasso? The answer might be all of the above, plus the beginning of a breakdown in the British class system. Inspired by the current astrological omens, I'll borrow her brash spirit and make a new prediction: During the last 19 weeks of 2015, the destiny of the Virgo tribe will undergo a fundamental shift. Ten years from now, I bet you will look back at this time and say, "That was when everything got realigned, redeemed, and renewed."

**LIBRA** (Sept. 23-Oct. 22): "The greatest and most important problems of life are all in a certain sense

insoluble," said psychologist Carl Jung. "They can never be solved, but only outgrown." I subscribe to that model of dealing with dilemmas, and I hope you will consider it, too -- especially in light of the fact that from now until July 2016 you will have more power than ever before to outgrow two of your biggest problems. I don't guarantee that you will transcend them completely, but I'm confident you can render them at least 60 percent less pressing, less imposing, and less restricting. And 80 percent is quite possible.

**SCORPIO** (Oct. 23-Nov. 21): Hundreds of years ago, Hawaiians celebrated an annual holiday called Makahiki. It began in early November and lasted four months. No one worked very much for the duration. There were nonstop feasts and games and religious ceremonies. Community-building was a featured theme, and one taboo was strictly enforced: no war or bloodshed. I encourage you Scorpios to enjoy a similar break from your daily fuss. Now is an especially propitious time to ban conflict, contempt, revenge, and sabotage as you cultivate solidarity in the groups that are important for your future. You may not be able to make your own personal Makahiki last for four months, but could you at least manage three weeks?

**SAGITTARIUS** (Nov. 22-Dec. 21): Located in Ann Arbor, Michigan, the Museum of Failed Products is a warehouse full of consumer goods that companies created but no one wanted to buy. It includes caffeinated beer, yogurt shampoo, fortune cookies for dogs, and breath mints that resemble vials of crack cocaine. The most frequent visitors to the museum are executives seeking to educate themselves about what errors to avoid in their own companies' future product development. I encourage you to be inspired by this place, Sagittarius. Take an inventory of the wrong turns you've made in the past. Use what you learn to create a revised master plan.

**CAPRICORN** (Dec. 22-Jan. 19): "Insanity is doing the same thing over and over and expecting a different result." Virtually all of us have been guilty of embodying that well-worn adage. And according to my analysis of the astrological omens, quite a few of you Capricorns are currently embroiled in this behavior pattern. But I am happy to report that the coming weeks will be a favorable time to quit your insanity cold turkey. In fact, the actions you take to escape this bad habit could empower you to be done with it forever. Are you ready to make a heroic effort? Here's a good way to begin: Undo your perverse attraction to the stressful provocation that has such a seductive hold on your imagination.

**AQUARIUS** (Jan. 20-Feb. 18): "Everything I've ever let go of has claw marks on it," confessed the late, great author David Foster Wallace. Does that describe your experience, too? If so, events in the coming months will help you break the pattern. More than at any other time in the last ten years, you will have the power to liberate yourself through surrender. You will understand how to release yourself from overwrought attachment through love and grace rather than through stress and force.

**PISCES** (Feb. 19-March 20): "Most people love in order to lose themselves," wrote Hermann Hesse in his novel "Demian." But there are a few, he implied, who actually "find" themselves through love. In the coming months, Pisces, you are more likely to be one of those rare ones. In fact, I don't think it will even be possible for you to use love as a crutch. You won't allow it to sap your power or make you forget who you are. That's good news, right? Here's the caveat: You must be ready and willing to discover much more about the true nature of your deepest desires -- some of which may be hidden from you right now.

**Open Workshop.** Bike repair, bike safety and biking as healthy exercise. 6-8 p.m. FREE. Kids Repair Program, 5815 Wise Road, Lansing. (517) 755-4174.

**Practice Your English.** Practice listening to and speaking English. 7-8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Home Safety @ ANC.** Seminar with Bruce Witwer and Maurice Ruiz. 10 a.m.-noon, FREE. Allen Neighborhood Center, 1619 E Kalamazoo St., Lansing. (517) 367-2468.

**Allen Market Street Farmers Market.** Locally grown, baked and prepared foods. 2:30-7 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.

**Practice Your English.** Practice listening to and speaking English. 7-8:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

**Setting the Captives Free.** Local efforts and advocacy for inmates and felons. 6 p.m. FREE.

Pilgrim Congregational United Church of Christ, 125 S. Pennsylvania Ave., Lansing. (517) 484-7434, pilgrimucc.com.

### MUSIC

**Fusion Shows presents.** 21 and older welcome. 10 p.m. FREE. Crunchy's Pizza & Burgers, 254 W. Grand River Ave., East Lansing. (517) 351-2506, crunchyseastlansing.com.

**St. Johns Concert in the Park.** With Matt King, Elvis Impersonator. 7 p.m. Donations accepted. St. Johns City Park Performance Shell, 800 W. Park St., St. Johns. (989) 224-2429, clintoncountyarts.org.

**Tania Hayward.** Singer/songwriter Tania Hayward performs. 4-6 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St. Lansing. (517) 999-3911, facebook.com/AllenStreetFarmersMarket.

**Choir Auditions.** Must call in advance. 3-7 p.m. FREE. MSU Community Music School, 4930 S. Hagadorn Road, East Lansing. (517) 355-7661, ow.ly/QVvSy.

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### CROSSWORD SOLUTION

From Pg. 33

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### SUDOKU SOLUTION

From Pg. 23

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# HE ATE

# SHE ATE



## From Nola to 'Nam

### Pho-nomenal

By **MARK NIXON**

In 1968, I hitchhiked with a girl named Kelly from East Lansing to south Lansing. It was winter, it was late, and we didn't care. We were on a quest for the most exotic food I'd ever tasted. Something she had never tasted. We found it.

Tacos.

It's unfair to characterize Greater Lansing back then as a culinary wasteland, but it's fair to say that for years — nay, decades — this town has severely lacked in dining diversity.

When did it change? Someone please tell me. All I know is that the dining landscape has shifted dramatically. I never imagined a restaurant in these parts that serves both Vietnamese dishes and Cajun/Creole fare.

Yet there it is, Nola Bistro, the stylish frontispiece of an otherwise drab strip mall on Lansing's west side. Add it to the list of new bistros and diners that seem to arise every month or two like volcanic islands from a sea of ordinary cuisine — fresh, determined, different.

"Nola," of course, is Southern shorthand for New Orleans. At Nola Bistro, the relatively small menu splits almost 50-50 between New Orleans-style cooking and Vietnamese dishes.

I'm a sucker for food inspired by the Big Easy, so I had to try the seafood gumbo. It had the proper dose of filet powder, imparting the trademark smoky-sweet flavor. There was a generous amount of shrimp and chunks of smoked sausage. The most expensive item on the menu (\$12.99), the gumbo is worth it — though I was a tad disappointed to not find any okra, usually a staple in gumbo.

Flip to the Vietnamese side of the menu for the best thing at Nola Bistro — the pho. "Pho-nomenal" read the servers' t-shirts, and I agree. (I only learned in recent months that it's pronounced "fuh." I lead a sheltered life.)

Judy's meatball pho (\$8.50) was very good, a rich, beefy broth that reaches the table a few notches below boiling. Add cool rice noodles, fresh cilantro and bean sprouts, and you have an entire meal. A cultural quibble: This is the second Vietnamese restaurant I've visited that describes a pho with "meatballs." The term "meatball" appears theoretical. These are actually disc-shaped meat slices that, presumably, were once fully formed as a meat ball.

An even a better version is the Rare Steak Pho (\$8.50). On a second visit, our group ordered takeout. My colleague, Victoria, is well-acquainted with pho.

"When cooked incorrectly pho can be watery and lack flavor," she said. "But the rare steak pho from Nola Bistro had a dimensional flavor easily comparable to or better than others."

What sets this pho apart are thin slices of steak that are served, as implied, virtually raw. Plunge them into the broth, and they cook in seconds. Excellent.

On two trips to Nola Bistro, we sampled six dishes, appetizers and sandwiches, and a dessert. In descending order, here's how I rank some of them:

For dessert, we shared an order of beignets (\$5.99), those amazing powdered sugar-dusted fried pastries immortalized by Café Du Monde in New Orleans. No one makes these better than Café Du Monde, but Nola makes a valiant attempt.

Next up, the banh mi and shrimp po'boy. The best part of these sandwiches is the baguettes they are served on. This bread provides the combination of crunch and chew that sets true French bread apart from all others. I ordered the Banh Mi (\$3.95) with cold

See He ate, Page 38

### Signature soups shine

By **GABRIELLE JOHNSON**

Vietnamese food alongside Cajun food? What gives?

For those of you who have not had the pleasure of spending any measureable amount of time in New Orleans, let me give you a quick explanation. There are a lot of Vietnamese people in Louisiana, and the two food cultures have become intertwined. Both cuisines feature a signature soup heavily laden with aromatics and a starch — Vietnamese pho and Cajun gumbo — so maybe the similarities do outweigh the differences.

On our very first visit to Nola Bistro, the fiancé and I were befuddled by the menu. Roughly half of the items were marked with an "x," which, contrary to our logic, meant that they were offering those items. The other half of the items, the ones that weren't marked, were not available that day. Thankfully, by our next visit, this extremely confusing menu scheme had been scrapped, and everything on the menu was available.

I'm not sure if it is the policy at Nola Bistro for the servers to remain anonymous or if it's just a quirk with the waitress we had on multiple visits, but we never heard our server introduce herself. This wouldn't be a problem, except that on many occasions we wanted to make a personal plea to her to refill our long-empty

water glasses — something that she seemed determined to actively overlook as she ignored the empty glasses, pointedly positioned on the very edge of our table.

We started our first meal with the Vietnamese egg rolls (four for \$5.50). I prefer the spring roll variety — especially during the summertime, because the rice paper is lighter and they're more refreshing — but the fiancé loves egg rolls, and dinnertime, especially within the bounds of a relationship, is about compromise. The egg rolls were overcooked, a fact that I won't let him forget until at least our 10-year anniversary.

I had the rare steak pho (\$8.50), because why would I not want to eat a giant, steaming bowl of noodle soup in the middle of July? If you're intimidated by pho, you don't need to be. First of all, learn how to pronounce the word. Say "fuh," like fun without the "n." Next, they're going to bring you a big plate piled with basil leaves, bean sprouts, jalapeno slices, lime, and various sauces. This is where you can get crazy and just do what you feel. Do you want your head to explode? Throw in the raw jalapeno slices! I like my pho basically straight up, but with a little basil added for the fragrance and a few bean

sprouts for crunch.

The fiancé had the seafood gumbo (\$12.99), which he loved. It's spicy, but not too hot, he said, and features not only seafood, but also sausage. The tomato-based broth was rich, and the two scoops of white rice on top soaked it up, thickening the stew. This hearty gumbo could be a meal and a half for most eaters.

On our next visit, the two of us split a grilled pork banh mi (\$3.95), a traditional Vietnamese sandwich on a crusty roll. I had more pho. When I find something that I like, I become obsessed with it and want to eat it every day. (Just ask Fresh Thyme where all of its bulk chocolate hazelnut granola has been going.) He had the crawfish etouffe (\$12.99), which he didn't like as much as the gumbo.

Toward the end of the meal, things took a strange turn. The nameless waitress approached our table and asked, in the most inappropriately lascivious tone possible, "Do you guys want to try our beignets?" Just read that question aloud in your sexiest voice possible. And then imagine a waitress asking it. It was a Wednesday night, and it was weird.

See She ate, Page 38

#### Nola Bistro

603 N. Waverly Road, Lansing

(517) 327-4771

nolabistro.net

11 a.m.-10 p.m. Monday-Saturday,  
11:30 a.m.-9 p.m. Sunday



Photos by Gabrielle Johnson for City Pulse

LEFT: Pho, a Vietnamese beef soup, is one of the highlights of Nola Bistro's menu. RIGHT: Nola Bistro patrons can cap off their meal with beignets, a deep fried French pastry popular in New Orleans.



## He ate

from page 37

roast pork. The overall taste was a delight, with fresh cucumbers and cilantro playing off a slightly spicy mayonnaise.

The pork was a bit of a mystery. It tasted fine, but its look and feel was decidedly un-pork-like. My first thought was that maybe it had been grown in a test tube. Its texture was somewhere between foam and grits.

The po'boy (\$8.99) was served on the same good baguette, with fried shrimp dusted in corn meal. I give it a C-plus.

The char-grilled chicken plate (\$8.95) features a smallish piece of chicken, juicy

inside and with a slightly sweet, crisped exterior.

My colleague, Justin, had the Nola hot sausage po'boy (\$8.75). I agree with his assessment: The remoulade reminded him of a "chipotle mayo-esque sauce" that added a needed zing, compensating for a dry, somewhat bland sausage.

Speaking of sauces, Nola Bistro seems to excel in well-crafted dipping sauces. The peanut sauce, especially, is worth the cost of the pork dumpling appetizer (\$5.50).

Nola Bistro has only been open a few months. I applaud the friendly, attentive service, the focus on fresh vegetables and the restaurant's clean, minimalist interior. I hope it will expand its menu. If and when it does, I hope the baguettes will be employed in new and tasty ways.

## She ate

from page 37

We did try the beignets though, so I guess her bizarre tactic worked. We got a half order of the deep-fried doughnuts (\$3), which we had to choke down. They were extremely dry and, of course, we were out of water.

On our most recent visit, it was po'boy night. I had the hot sausage variety (\$8.75) and he had the shrimp (\$8.99). Both sandwiches came with French fries, which were completely unseasoned and

bland. My sandwich had spicy sausage patties on a toasted baguette, spread with remoulade sauce. If you're not familiar with remoulade, imagine a spicy, garlicky mayonnaise — and imagine getting some for home because you don't know what you're missing.

The shrimp po'boy was heavy on the iceberg lettuce, but shrimp didn't figure as prominently. The bread, fried shrimp, and French fries make for a monochromatic plate. I'd love to see something green, even as a garnish. A sprig of fresh herb can go a long way on differentiating a classy restaurant plate from a last-minute dinner at the kitchen table.



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## TOP FIVE DINING GUIDE!

Based on your votes in City Pulse's 2015 Top of the Town contest, we've assembled a guide to your favorite Lansing-area eateries. We'll run single categories in the paper periodically, but the complete dining guide is always available on our website or on our official mobile app, *The Pulse*. The app is available on iPhone and Android platforms; head over to [facebook.com/lansingapp](http://facebook.com/lansingapp) or text "pulse" to 77948 for links to download. Bon appétit!

### TOP 5 BAKERY

#### #1 ROMA BAKERY

City Pulse readers love its baked goods, especially the cannolis  
428 N. Cedar St., Lansing  
(517) 485-9466  
romabakerydeli.com  
9 a.m.-6 p.m. Monday-Friday; 9 a.m.-5 p.m. Saturday; closed Sunday

#### #2 BAKE N' CAKES

"Butter makes it better" at this bakery, known for its cupcakes and specialty desserts  
3003 E. Kalamazoo St., Lansing  
(517) 337-2253  
bakencakes.com  
6:30 a.m.-8 p.m. Monday-Friday; 6:30 a.m.-6 p.m. Saturday; closed Sunday

#### #3 GREAT HARVEST BREAD CO.

Known for its specialty breads, including cinnamon swirl and raspberry white chocolate swirl  
1919 W Grand River Ave, Okemos

(517) 347-0022

greatharvestlansing.com  
7 a.m.-7 p.m. Monday-Friday; 7 a.m.-5 p.m. Saturday; closed Sunday

#### #4 WHIPPED

City Pulse readers praise Whipped's cake decorating, cupcakes and cookies (currently operating out of Roma Bakery)  
428 N. Cedar St., Lansing  
(517) 483-2653  
whippedbakerylansing.com  
9 a.m.-6 p.m. Monday-Friday; 9 a.m.-5 p.m. Saturday; closed Sunday

#### #5 SUGAR SHACK

City Pulse readers love Sugar Shack's cookie bites and giant cupcakes  
215 N. Clippert St., Lansing  
(517) 316-2009  
sugarshackshop.com  
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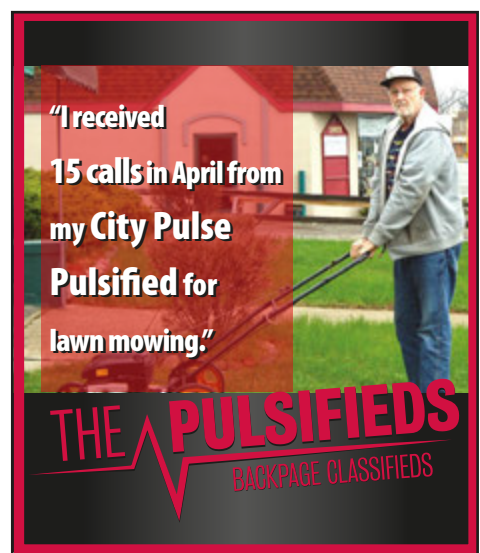
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