

## Cratrings

GRAND OPENING WEEK! JULY

## DOWNLOAD THE APP THE PULSE — City Pulsés Free Mobile App

City Pulse's Entertainment, Event, Restaunant, Live Music and City Guide for the Lansing area



## Missing Goodrich's

I should probably be glad to see Goodrich's ShopRite go. It's been too convenient - especially on my way to home or office after a gym visit. I think there must be something akin to the Freshmen 15 when it comes to this store.

My addiction is Zingerman's bread. I've been buying loaves at Goodrich's
BERL SCHWARTZ at least weekly since it started carrying this Ann Arbor mainstay, along with an occasional package of rugaleh. The East Lansing Food Coop will be the sole distributor come Saturday, when Goodrich's closes. I love ELFCO, but it's not on the way (and it doesn't have a slicer). Maybe

## Have something to say

 about a local issue or an item that appeared in our pages?Now you have two ways to sound off:
-E-mail: leters
lansingcitypulse.com

- Snail mail: City Pulse, 2001
E. Michigign Ave., Lansing, M1 48912
-Fax: (517) $371-5800$
2.) Write a guest column:

Contact Berl Schwartz for more information: publisher@lansingitypulse.com or (517) $371-5600$ ext. 10
(Please include your name, address and telephonone number
so we can reach you Ken $\$$ etters to to 250 words or few City Pulse reserves the right to edit teterers and columns.) it's time to go gluten free. After I use those Zingerman's loaves I stuck in the freezer.

Really, though, it's not just about the bread or the deli counter, the legendary meat counter, the wine selection (which I loved too much) or the odds and ends I'd find, such as a brand of musli I haven't seen elsewhere that became my breakfast mainstay, mixed aw nuts, a natural peanut butter you don't need to refrig-
erate, Concord grapes in season
Nor just about how well the staff treated customers or what a gathering place it was for friends to run into friends.

For me, it's a little more personal. Back when, Goodrich's gave me a break. It let me put a City Pulse rack in the lobby. What's the big deal? Well, for a newspaper just starting out to get into this well-established store with a prestigious clientele ... it was a huge deal. Goodrich's understood that a supermarket done right is a community gathering spot. Goodrich's had a heart and soul. Until the end drew near, 500 to 600 people a week picked up City Pulse there.
So, thank you, Steve and Fred, for letting City Pulse in and for sticking with us. (Unlike several major businesses, Goodrich's didn't rush to judgment when a local sociopath tried to get us banned for content. Goodrich's ignored him, while others overreacted and threw us out overnight. We eventually got back in most everywhere, but it was truly scary to see how easily a small business could get the boot without even an opportunity to defend itself.) Thank you, Goodrich's, for giving City Pulse a chance and for sticking with us.

Now, I'm excited to tell you, another locally owned store is giving us a chance. As of this week, Horrocks has a City Pulse rack by its main entrance. Horrocks won the most votes overall in our latest Top of the Town contest. When I presented Kim Horrocks with a plaque, he was kind enough to agree to give City Pulse a shot inside. Thank you.
It will be sad on Saturday, Goodrich's last day, when I pick up our rack and maybe a last loaf of Zingerman's. I'll be studying the story in this week's City Pulse on where to shop for the goods so many of us have come to depend on Goodrich's for.

I'll find them. But it isn't going to be the same.

## PUBLIC NOTIGES

B/15/005 FIRE STATION TRENCH DRAIN REPAIRS as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the FINANCE DEPARTMENT, PURCHASING OFFICE, 8TH FLOOR CITY HALL, 124 W. MICHIGAN AVENUE, LANSING, MICHIGAN 48933 until 3:00 PM local time in effect on JULY 29, 2014 at which time the bids will be opened and read aloud. Complete specifications and forms required to submit bids are available by calling (517) 483-4128, or email: Stephanie.Robinson@lansing wow, mitn.info . The City of Lansing encourages bids from all vendors including MBE/WBE vendors and Lansing-based businesses.

CP\#14 189

## NOTICE OF PUBLIC HEARING

Notice is hereby given of the following public hearing to be held by the East Lansing City Council on Wedne

A public hearing will be held to consider an application from Sprinx, LLC for Site Plan and Special Use Permit approval for the property at 248 West Grand River to construct a three-story addition to the existing Showroom Shine building, containing nine, one-bedroom apartments. The property is zoned B-2, Retail Sales Business District.

The City of East Lansing will provide reasonable accommodations, such as interpreters for the hearing impaired and audio tapes 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.

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Marie E. Wicks
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City Clerk
CP\#14_192

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## THIS MCLELU WOLLD



## PULSE

## Postponing King Coal's retirement

Pressure is on for BWL to plan beyond aging coal plants

Fed up with delays by the Lansing Board of Water and Light to retire its coalfired Eckert Power Station, local activists are pressing the utility to set a date to close the 60-year-old facility.

The stage is set for a sharp discussion this fall over the BWL's future energy mix. The activist group, led by The Sierra Club's Brad van Guilder, says it will be costly to run the Eckert Plant past 2016, when new federal Mercury and Air Toxics Standards, or MATS, go into effect.

The delay in closing Eckert is part of a larger planning discussion the activist group wants to jumpstart, calling for wide community involvement. At a June 10 meeting, the group showed a fivepoint petition to Sandra Zerkle, chairwoman of BWL Board of Commissioners, vice chairman Dennis Louney, BWL CEO J. Peter Lark, and the director of strategic planning, George Stojic. The petition, which the group is circulating this summer, calls on the BWL to commit to a "date certain" for the closing of


Turbines inside Lansing Board of Water and Light's coal-fired Eckert Power Station, pictured in 2009, are part of a generation system that contributes to the region's mercury pollution. The utility plans to close the plant within seven years.
both the Eckert and 41-year-old Erickson power plants, make energy replacements through energy efficiency and Michigan based renewable energy and commit to a "just transition" for its workforce. The petition also calls for an "inclusive and transparent community planning process" to implement these goals.

The group plans to submit the petition, after gathering signatures, to the entire BWL board this fall.

The Eckert plant is by far the biggest emitter of particulate matter, volatile organic compounds, mercury, carbon dioxide and sulfur oxides and nitrogen oxides in the tri-county area of Ingham, Eaton and Clinton counties, according to the EPA, dwarfing polluters such as GM's Grand River and Delta plants and even BWL's own Erickson plant.

But BWL's Stojic said the public utility "simply cannot" give a certain date for
closing Eckert without "potentially undermining" reliability of service to Lansing's downtown concentration of manufacturers and businesses, especially during periods of peak demand in summer.

Meanwhile, BWL is building two interconnections to the outside power grid, the International Transmission Co. and its subsidiary, Michigan Electric Transmission Co., owners and operators of the power grid in Michigan's Lower Peninsula. Until the connections are done, Stojic said, Eckert can't be closed, even though the plant is only used "sparingly" for most of the year, except during peak summer demand periods.

Stojic said that building the interconnections, transmission lines and substations needed to put a downtown transmission network into place can be more

## See Eckert, Page 6

## Mercury rising

Pollution controls at BWL's Erickson plant installed but idle for years

Controls that would slash toxic mercury emissions by over 90 percent have been installed and ready to go at BWL's Erickson power plant since 2008 but haven't been turned on, to save money and because the utility didn't have to.

EPA data show that the Erickson plant spewed 46 pounds of mercury, a known neurotoxin, in 2012 alone, the most recent year for which data are available.

George Stojic, the BWL's director of strategic planning and development, said the activated carbon devices were installed in 2007 , when new state mercury rules looked imminent, and tested early in the following year.
"It tested successfully when it was installed," Stojic said.
The state rules were never finalized, but the federal EPA issued long-awaited standards for mercury and other toxic metals emitted by power plants in 2011. Stojic said the controls at Erickson will be turned on by April 2016 to comply with federal Mercury and Air Toxics Standards, or MATS, which go into effect then.

The amount of mercury per unit of energy produced puts Erickson's mercury emissions on a par with the nation's dirtiest coal plants, according to the Sierra Club's Brad van Guilder.
"It is outrageous that they would have the pollution controls in place and not run them, but it is common in the utility industry," van Guilder said.
"We haven't run it because there has been no requirement to run it," Stojic said. "There is a cost to activated carbon, so we have chosen not to run it."

Stojic didn't have an estimate of the cost, but said it would have to be figured into any utility rate increase.

Multiple sources say the carbon injection devices would cut mercury emissions by 90 to 94 percent and possibly more.

Mercury is especially dangerous to fetuses, young children and pregnant mothers. It settles in lakes and rivers and works its way up the food chain to top predators such as fish. Coal-fired power plants are the nation's biggest source of mercury pollution, according to the EPA.

The buildup of mercury in the environment has turned eating fish into a roll of the dice in Michigan, especially for more vulnerable parts of the population. The state's latest "Eat Safe Fish" guidelines start with the following advice:
"If you are a healthy adult who is not planning on having children in the next several years and you don't fish in an area that has "Do Not Eat" signs posted by Michigan Department of Community Health, then it is usually OK to eat most Michigan fish one or two times a year without looking them up in the Eat Safe Fish Guide first."
-Lawrence Cosentino


Property: Beaumont Tower, East Lansing

This grand icon of Michigan State University was built in 1928-29. It is located on the former site of College Hall, which served as the first instructional building at MSU and had collapsed in the previous decade. The tower rises above its brick covered plaza to a height of 104 feet, overlooking the Campus Circle.

Lancet arches featuring delicate window tracery, which exemplify the Collegiate Gothic style, are set within the smooth stone base. The building rises through stoneaccented brick buttresses and culminates in a carved stone cap, where its similarity to medieval Gothic cathedrals is most evident. Note the tower's northeast finial, which is markedly more elaborate than the others.

A bas-relief Art Deco sculpture entitled The Sower is located above the main entrance. The sculpture includes the inscription "Whatsoever a Man Soweth," no doubt acknowledging the University's roots as an agricultural college, and possibly noting the result of students' commitment to learning and society's responsibility to support education.

This month is the perfect time to visit this landmark structure. The carillon is being played each Wednesday during the Muelder Summer Carillon Series Recitals. Concerts run throughout the month of July and begin at 6 p.m., so pack a picnic supper and head to campus.

- Dan Bollman
"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@lanthe Week. If you have a suggestion, please e-mail eye@
singcitypulse.com or call Andy Balaskovitz at 999-5064.


## 'It's personal'

Fearing reprisals, laid-off LSJ worker calls for boycott with 103 jobs lost

The man who posted a video calling for a boycott of the Lansing State Journal hopes his "crusade tugs on (people's) heartstrings" enough to cause 10,000 readers to stop buying the paper or cancel their subscriptions.

Monday marked the first day that the Lansing State Journal was printed by Advance Central Services in the Grand Rapids suburb of Walker. The closing of the Delta Township printing facility resulted in the loss of 103 full- and part-time positions.

Readers may notice that the size of the paper shrunk overnight. The page size is about 1.75 inches shorter and a half-inch narrower than when it was printed locally.

Last week, a YouTube video surfaced calling for a boycott of the LSJ. The video was posted by a user under an alias account of "Guy Foukes." (The name is an intentional misspelling of Guy Fawkes, the 16th-century English conspirator hanged for plotting the assassination of King James I. Fawkes' name and imagery is often used as a symbol of opposition to tyranny.)

The man, who identified himself as an employee of the Delta printing facility, spoke to City Pulse by phone under a condition of anonymity. He expressed concern that if identified, his effort to "stand up for the
common man and my fellow workers" could jeopardize his severance package.
The man alleges that workers were not told of the shut down, and that on April 29, third-shift workers learned they were losing their jobs after seeing a small article in the paper they were printing.
"It was a total blindside to a lot of people," he said. "They were checking the print quality (of the paper), saw the article and knew they were done."
When the employees were brought into meetings afterward, to discuss unemployment and severance package options, some of them "burst into sobbing tears," he said.
"Some people had hoped to make it three or four years to retirement," he said, adding that he felt upper management should have reached out to employees to solicit solutions to avoid shutting the plant down.
He also chastised the paper for making financial gains without reinvesting it into the Lansing community.
"Theyre saying that (printing in) Grand Rapids is cheaper but theyre still charging the same amount for their paper," he said. "They're not passing the savings onto you. Theres no human element."

His message to subscribers: "If they've lost a job, been outsourced - stand up for the little guy that can't stand up for himself."

Lansing State Journal and Advance Central Services did not return calls for comment.

- Becky McKendry



## Eckert

## from page 5

time-consuming than building power plants He guessed it would take "certainly less than seven years, but probably more than four."

In July 2013, when the BWL's new gasfired REO Town cogeneration plant opened, Lark told City Pulse that the plant's three oldest units were "close to shutdown" and would stay on standby for summer 2013. After that, Lark said, they "will not see much work again, ever." The three newer turbines were scheduled to phase out by 2017, Lark said. However, at a June 10 meeting, Lark told the Sierra Club group it could take five to seven years to close Eckert.

Stojic said Tuesday that Lark's 2013 projections were changed because "it takes more time than we thought it was going to take to reinforce our transmission system." He said the buildout is challenging, in part, because BWL's transmission system was centralized in the downtown area for over 100 years and the utility had to move carefully into new territory.

To replace the capacity lost by shutting down Eckert, the activist group wants the BWL to speed up work on the transmission line and step up its solar and wind initiatives. Van Guilder said the line could be completed in three years.

BWL has contracted for 20megawatts of wind energy from turbines that will be erected in August in Gratiot County, with electricity scheduled to come on line in October. The utility has also issued a Request for Proposal for up to 5 megawatts of solar energy. The BWL's one-year-old REO Town cogeneration plant, by comparison, generates up to 100 mesgawatts of electricity.
"One really good thing about BWL is that unlike the other two major utilities in Michigan, they have embraced solar," van Guilder said. "I'd like to see them call for 5 megawatts of solar every year.'


Stojic said solar energy has "particular value" because it correlates with peak summer demand. The BWL plans to triple its 54 kilwattsolar array on Cedar Street, at one time the state's largest, to about 160 kilowatts. He marveled that solar technology has improved to the point that "we're putting triple the capacity into less space at a third of the cost of the original."

As regulations on coal-fired plants get stricter and renewable energy technology gets more efficient, keeping the Eckert Plant wheezing past 2020 looks more short-sighted than ever.

Van Guilder and Stojic disagree on the cost of pollution controls that will be needed to keep Eckert going past 2016.

Stojic said that in view of improved pollution control technology, it's "easily" cheaper for BWL to hang on to the Eckert plant a while longer.

Van Guilder predicted "extremely high costs," especially if the EPA decides to implement the Cross State Air Pollution Rule, upheld by the U.S. Supreme Court this year, but Stojic said the rule would have "no substantial impact" on BWL operations.

Everyone agrees that the Eckert plant is no spring chicken. Unlike the efficient REO Town plant, the turbines at Eckert take 10 hours to start up and each turn of the key costs $\$ 4,000$ to $\$ 7,000$ in oil, according to Lark.

Some of the turbines have had recent mechanical problems. "Maintenance is an issue," Stojic said. "There might be another reason to remove some of them from service."

With Eckert in its dotage, now is the time for the community to take a keen interest in BWL's planning process, Anne Woiwode, director of the Sierra Club's Michigan chapter, urged at a July 1 meeting at Foster Community Center.
"What we saw with the ice storm was this incremental decision making: 'Here's the problem we have to fix today,"' Woiwode said. "The lack of planning means you never have the chance to get ahead of the curve."

Woiwode said the BWL has been urged to listen to its owner/customers in the wake of the ice storm and it's time to press that advantage.
"We don't want them to go back behind that wall and disappear from public view, saying 'we've got it all under control,"' she said.


# In Michigan, why not torture? 

Supreme Court, A.G., embrace cruel and unusual punishment

Last week I wrote about Michigan's shortsighted fiscal policies, its unwillingness to fund education, environment, roads, communities, etc. - investments that produce good jobs and real growth.

This week it's about Michigan's soul and how we've devalued it. It's sadly illustrated by last week's ruling from the Republican Supreme Court endorsing cruel and unusual
 punishment of juveniles. It's an issue here. Michigan is second only to Pennsylvania in the number of juveniles serving life-withoutparole sentences.

In 2012, the U.S. Supreme Court ruled that sentencing juveniles to automatic life-without-parole was "cruel and unusual punishment" and violates the Eighth Amendment of the U.S. Constitution. It found quite reasonably that the cognitive development of young people differs from that of adult and that judges must consider factors like maturity, home life, education and culpability in a crime when handing down sentences. This is hardly a ground-breaking finding. Think of how you changed between 15 and 20 or 30. If you have kids, you know how they changed. Age matters in so many ways.

Michigan, like other states, altered its sentencing policies to comply with the U.S. Supreme Court ruling. But the High Court didn't address the status of juveniles already sentenced to life-without-parole. There are 334 such prisoners in Michigan. Ever looking to play to his conservative base, Attorney General Bill Schuette determined that prisoners already subject to the state's cruel and unusual punishment sentencing were out of luck. He justified the constitutional violation of fundamental rights as a way to fulfill what he said were promises made to the families of victims.
"First-degree murder is a serious crime, and it carries with it serious consequences. In every case where a juvenile is sentenced to life in prison, a victim was already sentenced to death - forever. The victim's family then grapples with the aftermath of post-traumatic stress, depression, unyielding grief, and visits to a grave."

No legal scholarship needed for this assertion. The crimes committed by juveniles are often horrific and sentences should be severe. But is that justification to trample on the Bill of Rights, to perpetuate punishments that are cruel and unusual? Challenges to Schuette's policy was ultimately worked its way to the Michigan Supreme Court whose four Republican justices: Chief Justice Robert P. Young Jr. and Justices David F. Viviano, Brian K. Zahra and Ste-
phen J. Markman outvoted Justices Mary Beth Kelly (a Republican), Michael F. Cavanagh and Bridget Mary McCormack both Democrats. The majority said that there was no need for the state to reconsider the sentences of juveniles. They are much comfortable defending the Second Amendment - the "right to bear arms."

The opinion, written by Markman, dismissed the Supreme Court's ruling as "procedural" and not "substantive." Then he offered this incredible rationale for the decision.
"There would be considerable financial, logistical, and practical barriers placed on prosecutors to recreate or relocate evidence that had previously been viewed as irrelevant and unnecessary."

Considerable financial barriers. At least he's honest.

For Markman and his colleagues there must be a price point where they are willing to address constitutional violations, some acceptable financial threshold. But what is the price of justice? Markman didn't say.

Of course, wealth already is an issue in these criminal proceedings. Well-funded government prosecutors square off against $\$ 50$ an hour (or less) public defenders. What, other than overmatched and overworked lawyers, would prompt defendants in a state without a death penalty to plea to first degree murder and life without parole sentences. Take the trial; take a chance.

Michigan is a state where law-and-order credentials help win elections. Markman, for example, was endorsed by Michigan's Fraternal Order of Police in his well-funded campaign for the Supreme Court. Zahra and Viviano are seeking reelection in November, the appropriate time to remind voters of their tough on crime rulings from the bench.

At some point the Supreme Court is likely to address the retroactive sentencing issue. And there is another case dealing with juveniles moving through the courts. U.S. District Court Judge John Corbett O'Meara ruled in the case of Hill v. Snyder that the juvenile decision by the Supreme Court was retroactive. He ordered the state to provide parole hearings and provide educational and training opportunities to live-without-parole prisoners.

He said in an article reported by the Voice of Detroit: "Indeed, if ever there was a legal rule that should - as a matter of law and morality - be given retroactive effect, it is the rule announced in Miller. To hold otherwise would allow the state to impose unconstitutional punishment on some persons but not others, an intolerable miscarriage of justice."

Of course, his decision was appealed by Schuette at the 6th U.S. Circuit Court of Appeals. O'Meara's ruling is currently stayed.

And thanks to the attorney general and his compliant Supreme Court, we in Michigan can continue the government enforced policy ruled cruel and unusual punishment by the nation's highest court.

Email Mickey Hirten at mickey@lansingcitypulse.com.

## PUBLIG NOTIGES

## ORDINANCE \# 2579

AN ORDINANCE OF THE CITY OF LANSING, MICHIGAN, PROVIDING FOR THE REZONING OF A PARCEL OF REAL PROPERTY LOCATED IN THE CITY OF LANSING, MICHIGAN AND FOR THE REVISION OF THE DISTRICT MAPS ADOPTED BY SECTION 1246.02 OF THE CODE OF ORDINANCES.

The City of Lansing ordains:
Section 1.That the district maps adopted by and incorporated as Section 1246.02 of the Code of Ordinances of the City of Lansing, Michigan be amended to provide as follows:

To change the zoning classification of the property described as follows:

## Case Number:

Address:
Z-2-2014
3012 Seventh Avenue \& two vacant properties located immediately to its south
Parcel Numbers: PPN: 33-01-01-03-154-003, 33-01-01-03-157-002/-011
Legal Descriptions: Lots 52 through 62 Elmore M. Hunt Subdivision \& vacated Howe Street Right-of-Way between Lots 54 and 55 and north $1 / 2$ of vacated Howe Street Right-of-Way located south of Lots 59 through 62 east of Seventh "treet, City of Lansing, MI City of Lansing, Ingham County, MI , from " A " Residential, " $\mathrm{G}-2$ " Wholesale \& " J " Parking Districts to " H " Light Industrial District.
Section 2.All ordinances or parts of ordinances inconsistent with the provisions hereof are hereby repealed.
Section 3.This ordinance was duly adopted by the Lansing City Council on July 14, 2014, and a copy is available in the office of the Lansing City Clerk, 9th Floor, City Hall, 124 W. Michigan Avenue, Lansing, Ml 48933.
Section 4.This ordinance shall take effect upon the expiration of seven (7) days from the date this notice of adoption is published in a newspaper of general circulation.
CHRIS SWOPE, LANSING CITY CLERK
CP\#14_188

## CITY OF EAST LANSING

## ORDINANCE NO. 1335

AN ORDINANCE TO AMEND ARTICLE III - PROPERTY MAINTENANCE CODE - OF CHAPTER 6 - BUILDING AND BUILDING REGULATIONS - OF THE CODE OF THE CITY OF BUILDING REGULATIONS - OF THE CODE OF THE CITY OF EAST LANSING BY MAKING FURTHER LOCAL CHANGES TO 1998 EDITION KNOWN AS THE PROPERTY MAINTENANCE 1998 EDITION, KNOWN AS THE PROPERTY MAINTENANCE CODE OF THE CITY OF EAST LANSING, AS ADOPTED AT § 6-171 AND AMENDED BY SECTION 6-175 BY ADDING SECTION 1010.12 TO PROVIDE STANDARDS FOR THE OFFENSES OF CONSECUTIVE CITATIONS FOR DAILY OFFENSES.

## THE CITY OF EAST LANSING ORDAINS:

The International property Maintenance Code, 1998 Ed, as adopted by § 6-171 and amended by §6-175 of Article III of Chapter 6 of the Code of the City of East Lansing is hereby further amended by adding section 1010.12 to read as follows:
1010.12 Number of court appearance citations for daily offenses. The number of citations issued for violations of this article in which each day that a violation exists constitutes a separate offense shall be determined by application of the following standards.
(1) Where the investigation reveals the value of the consideration illegally collected and/or saved as a result of the violations, the number of citations issued multiplied by the minimum fine for each citation shall not exceed two times the value of the consideration illegally collected and/or saved.
(2) Where the investigation fails to reveal a specific value of the consideration illegally collected and/or saved as a result of the violations, the number of citations issued multiplied by the minimum fine for each citation shall not exceed $\$ 1,000.00$ per month for each illegal occupant for each month or partial month the investigation reveals consecutive daily violations occurred.
(3) Where application of these rules preclude the issuance of daily citations for the number of days the investigation reveals the violation has occurred, the citations may be issued for a lesser number of consecutive days or may instead be issued for consecutive weeks or months in order to comply with the provisions of this section. Failing to issue citations for consecutive days, weeks or months in the issuance of the actual citations shall not constitute a defense to the citations issued.
(4) The number of citations issued pursuant to these provisions shall be calculated and determined by the time period the issuing officer has reasonable cause to believe the violation has occurred regardless of the present ability to prove the violations for any specific time period.
(5) Nothing herein is intended to interfere with the Court's discretions to impose fines greater than the minimum fine for some or all of the daily violations for which a defendant is found responsible. The court shall impose less than the minimum fine for each citation issued upon a showing that imposition of the minimum fine for each citation would result in the imposition of excessive fines contrary to the State or Federal Constitutions or otherwise be in violation of the State or Federal Constitutions.
(6) Nothing herein is intended to interfere with the issuing officer's discretion to request authorization for or to issue a lesser number of citations based on the circumstances of the violations, the good faith of the violator, or the general interests of justice.

Marie E. Wicks, City Clerk
CP\#14_186

## PUBLIO NOTIGES

CITY OF LANSING
NOTICE OF PUBLIC HEARINGS

## SLU-3-2014, 1521 Herbert Street

Special Land Use Permit - Parking Lot
The Lansing Planning Board will hold a public hearing on Wednesday, August 6, 2014, at 6:30 p.m.., Neighborhood Empowerment Center Conference Room, 600 W. Maple Street (Corner of W. Maple and N. Pine Streets) to consider SLU-3-2014. This is a request by LJC Properties for a Special Land Use permit to construct a parking lot at 1521 Herbert Street to provide additional parking for Leroy's Classic Bar \& Grill at 1526 S . Cedar Street. Parking lots are permitted in the "C" Residential district, which is the designation of the subject property, if a Special Land Use permit is approved by the Lansing City Council.
If you are interested in this matter, please attend the public hearing, or send a representative. Written comments will be accepted between 8 a.m. and 5 p.m. on City business days if received before 5 p.m., Wednesday, August 6, 2014 at the City of Lansing Planning Office Department of Planning and Neighborhood Development Suite D-1, 316 N. Capitol Ave. Lansing, MI 48933-1236. For more information concerning SLU-3-2014, call Susan Stachowiak at 483-4085

CP\#14_187

## NOTICE OF ELECTION <br> PRIMARY ELECTION <br> TUESDAY, AUGUST 5, 2014

To the qualified electors of the City of Lansing, Counties of Ingham and Eaton, State of Michigan
Notice is hereby given that the City of Lansing will conduct the Primary Election in the City of Lansing, Counties of Ingham and Eaton, State of Michigan on Tuesday, August 5, 2014. Polls will be open at 7:00 a.m. and will remain open until 8:00 p.m.

## For the purpose of nominating candidates to the following offices:

Governor, U.S. Senator, Representative in Congress, State Senator, State Representative, Prosecuting Attorney (Eaton County), County Commissioner, Delegate to county convention

## Proposals:

State: Approval Or Disapproval Of Amendatory Act To Reduce State Use Tax And Replace With A Local Community Stabilization Share To Modernize The Tax System To Help Small Businesses Grow And Create Jobs
Transportation Authority: Capital Area Transportation Authority (CATA) Millage Renewal Proposition District Library: Capital Area District Library Renewal

Voting Precincts and Polling Places are:

## Lansing Ward 1

Pct. 1 - Otto Middle School
Pct. 2 - Grand River Headstart
Pct. 3 - Post Oak Elementary School
Pct. 4 - Fairview Elementary School
Pct. 5 - Foster Community School
Pct. 6 - Riverfront Apts Community Rm
Pct. 7 - Pilgrim Congregational Church
Pct. 8 - Bethlehem Temple Church
Pct. 9 - Pilgrim Congregational Church
Pct. 10 - South Washington Office Cplx

## Lansing Ward 3

Pct. 22-Southside Community Center
Pct. 23 - Averill Elementary School
Pct. 24 - Attwood Elementary School
Pct. 25 - Attwood Elementary School
Pct. 26 - Southside Community Center
Pct. 27 - Pleasant View Magnet Schoo
Pct. 28 - Elmhurst Elementary School
Pct. 29 - Wainwright Magnet School
Pct. 30 - Averill Elementary School
Pct. 31 - Lewton Elementary School

## $\frac{\text { Lansing Ward } 2}{\text { Pct } 11 \text { - South }}$

Pct. 11 - South Washington Office Cplx.
Pct. 12 - Lyons Ave. Elementary School
Pct. 13 - Cavanaugh Elementary School
Pct. 14 - Gardner Middle School
Pct. 15 - Mt. Hope Elementary School
Pct. 16 - Forest View Elementary School
Pct. 17 - Kendon Elementary School
Pct. 18 - Gardner Middle School
Pct. 19 - Henry North Elementary School Pct. 20 - Henry North Elementary School Pct. 21 - Forest View Elementary School

## Lansing Ward 4

Pct. 32 - Elmhurst Elementary School
Pct. 33 - Lewton Elementary School
Pct. 34 - South Washington Office Cplx.
Pct. 35-Grace Lutheran Church
Pct. 36 - Letts Community Center
Pct. 37 - Letts Community Center
Pct. 38 - Willow Elementary School
Pct. 39 - Emanuel First Lutheran Church
Pct. 40 - Willow Elementary School
Pct. 41 - Cumberland Elementary School
Pct. 42 - Transitions North
Pct. 43 - St. Stephen Lutheran Church

For assistance in finding your polling location or assistance with a ride to the polls, you may call 2-1-1.
All polling places are accessible and voting instructions are available in alternative formats of audio and Braille. An accessible voting device is also available.

## Photo Identification OR Affidavit Required to Vote

Under a Michigan law passed in 1996 and upheld in July by the Michigan Supreme Court, ALL voters will be asked to show photo identification to vote at the polls. Voters without identification will be required to fill out and sign an affidavit in order to receive a ballot.

To see if you are registered or to find your polling location, check the Secretary of State Voter Information web site at www.michigan.gov/vote.

The Lansing City Clerk's Election Unit, 2500 S. Washington Ave, will be open on Saturday, August 2, 2014 from 8 a.m. to 2 p.m. to issue and accept absentee ballots to qualified electors.

Monday, August 4 at 4 p.m. is the deadline to request an absentee ballot. Ballots requested on Monday, August 4 must be requested and voted in person at the Clerk's Office at 124 W . Michigan Ave, 9th Floor or 2500 S. Washington Ave.

## Chris Swope

Lansing City Clerk
CP\#14_184

B/15/004 FIRE STATION \#2 KITCHEN REPAIRS as per the specifications provided by the City of Lansing. The City of Lansing will accept sealed bids at the FINANCE DEPARTMENT, PURCHASING Lansing. The City of Lansing will accept sealed bids at the FINANCE DEPARTMENT, PURCHASING 3:00 PM local time in effect on JULY 29, 2014 at which time the bids will be opened and read 3:00 PM local time in effect on JULY 29, 2014 at which time the bids will be opened and read
aloud. Complete specifications and forms required to submit bids are available by calling aloud. Complete specifications and forms required to submit bids are available by calling Stephanie Robinson, CPPB at (517) 483-4128, or email: Stephanie.Robinson@lansingmi.gov, or for content and purpose of this bid contact Marty Riel, at (517) 483-4079, or go to www. mitn.info. The City of Lansing-based businesses.

CP\#14_190

## NOTICE OF PUBLIC HEARING

## EAST LANSING ZONING BOARD OF APPEALS

Notice is hereby given of the following public hearing to be held by the East Lansing Zoning Board of Appeals on Wednesday, August 6, 2014, beginning at 7:00 p.m., in the 54 B District Court, Courtroom 1, 101 Linden Street, East Lansing:

A public hearing will be held to consider a variance request from Larry T. Schaefer, Inc. for the property located at 987 Longfellow Drive, in the R-2, Medium Density Single-Family Residential District from the following requirement of Chapter 50Zoning Code of the City of East Lansing:
a. Article IV. Sec. 50-301. - Table of lot and building requirements, to increase the lot coverage to $42.3 \%$ where $40 \%$ is allowed, and
b. $\quad$ Article IV. Sec. 50-301. - Table of lot and building requirements, to reduce the side yard setback to 4 feet where 5 feet is required.

The applicant is proposing to build a one car garage with an enclosed breezeway to attach it to the house.

Call (517) 319-6930, the Department of Planning, Building and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, for additional information. All persons interested in these appeals 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 Department of Planning, Building and Development, 410 Abbot Road, East Lansing, MI 48823. Phone: (517) 3196930. TDD Number: 1-800-649-3777

Marie E. Wicks
City Clerk
CP\#14_191
CITY OF EAST LANSING
ORDINANCE NO. 1334
AN ORDINANCE TO RENUMBER SECTION 4-6 AND ADD A NEW SECTION 4-6 TO CHAPTER 4 OF THE CODE OF THE CITY OF EAST LANSING TO PROHIBIT THE FEEDING OF DEER

## THE CITY OF EAST LANSING ORDAINS:

Section 4-6 of Chapter 4 of the Code of the City of East Lansing is hereby renumbered and a new Section 4-6 is hereby added to read as follows:

## Sec. 4-6. Deer feeding prohibited.

(a) No person shall place or permit the placement of any fruit, berries, grain, vegetables, nuts, salt, bait, or other edible material which may reasonably be expected to attract or feed deer unless such materials are covered or protected in a way to prevent deer from feeding on them.
(b) This section does not apply to the following:
(1) Naturally growing vegetation, including trees and fruit trees, shrubs, live crops, gardens, plants, flowers; or
(2) Bird feeders; or
(3) Animal control officers, federal and state game officials and other persons authorized by the City or other public authority acting within the scope of their authority to treat, manage, count, capture or control deer and deer populations.
Sec. 4-7. Penalty; citations.
(a) Any person found responsible for a violation of this chapter shall be responsible for a municipal civil infraction as defined by MCL 600.113, punishable by a civil fine of not less than $\$ 25.00$ for the first offense, $\$ 50.00$ for the second offense or $\$ 250.00$ for a third or subsequent offense, plus costs, damages, expenses, and further orders as provided by section 1-13 of this Code.
(b) Cases commenced under this chapter shall, to the extent applicable be commenced by the issuance of a citation to the alleged violator as in the manner provided by MCL 600.8707 and shall contain the information required and be processed under the provisions of MCL 600.8709 and MCL 600.8711. Limited duty parking and property maintenance officers appointed by the city manager and assigned to enforcement of the provisions of this chapter under the supervision of the chief of police shall be authorized to issue and serve appearance tickets with respect to any violation of this chapter.

Marie E. Wicks, City Clerk
CP\#14_185

## REAL ESTATE AUCTION

## By order of the County Treasurer of Ingham County

## Wednesday, July 23 at 10:00am / Registration 8:30am

 AUCTION LOCATION: Lansing Center, 333 E. Michigan Ave, Lansing MI

2989 Briarcliff, East Lansing M1 48823


309 W. Kilborn St., Lansing MI 48906


1116 W. Allegan St., Lansing MI 48915


2130 W. Holmes Rd, Lansing, MI


102 S. ML King Jr. Blvd., Lansing MI 48915


3537 Tecumseh River Rd., Lansing MI


1308 W. Ottawa St., Lansing MI 4891


106 Mount Hope, Lansing, MI


1224 W. Michigan Ave., Lansing MI 48915


2919 Cumberland Road, Lansing MI 48906


812 W. Genesee St., Lansing MI 48915


18 Terminal Rd, Lansing, MI

Detailed information on parcels to be offered \& terms of sale can be obtained on the internet at www.BippusUSA.com Incredible Low Reserves!!
A deposit of $\$ 1,000$ is required to receive a bid card.
Eric Schertzing, Ingham County Treasurer, 341 S. Jefferson St, Mason, MI (517.676.7220)


217 N. Jenison Ave., Lansing MI 48915


2227 Turner St., Lansing MI 48906


711 Merrill Ave., Lansing MI 48912


939 N. Verlinden Ave., Lansing MI 48915


1616 New York Ave., Lansing MI 4890

## Open House Schedules - Pre-Auction Open Houses (on Select Properties)

 All properties open for Public Viewing from 4:00 to 6:00 PMMONDAY, JULY 14, 2014
3317 Turner St., Lansing MI 48906 (33-01-01-04-105-181, Lot \#33153) 2227 Turner St., Lansing MI 48906 (33-01-01-04-378-081, Lot \#33151) 2919 Cumberland Road, Lansing MI 48906 (33-01-01-06-455-001, Lot \#33149) 3537 Tecumseh River Rd., Lansing MI 48906 (33-01-01-07-101-101, Lot \#33148)

## TUESDAY, JULY 15, 2014

939 N. Verlinden Ave., Lansing MI 48915 (33-01-01-08-353-301, Lot \#33142) 309 W. Kilborn St., Lansing MI 48906 (33-01-01-09-376-221, Lot \# 33133) 217 N. Jenison Ave., Lansing MI 48915 (33-01-01-17-184-091, Lot \# 33101) 812 W. Genesee St., Lansing MI 48915 (33-01-01-17-229-241, Lot \#33100)

## WEDNESDAY, JULY 16, 2014

1308 W. Ottawa St., Lansing MI 48915 (33-01-01-17-257-081, Lot \#33097) 1224 W. Michigan Ave., Lansing MI 48915 (33-01-01-17-260-061, Lot \#33094) 1116 W. Allegan St., Lansing MI 48915 (33-01-01-17-401-261, Lot \#33093) 102 S. ML King Jr. Blvd., Lansing MI 48915 (33-01-01-17-401-341, Lot \#33092)

## THURSDAY, JULY 17, 2014

1616 New York Ave., Lansing MI 48906 (33-01-01-10-131-131, Lot \#33130) 711 Merrill Ave., Lansing MI 48912 (33-01-01-11-379-181, Lot \#33122) 920 Prospect St., Lansing MI 48912 (33-01-01-15-311-201, Lot \#33112) 2989 Briarcliff, East Lansing MI 48823 (33-02-02-20-353-001, Lot \#33036)


# STATE OF THE STATE: WEIRD 'ODDBALL MICHIGAN' AUTHOR SERVES UP A SEMINAR IN ROADSIDE DIVERSITY 

If you're looking for a summer guide to Michigan's storied waterfalls, wooded trails and crystal lakes, Jerome Pohlen's "Oddball Michigan" is not it.

But if you need to know where all the giant hot dogs and colossal cows are, or where to find the Watergate burglars' tools or the last place Jimmy Hoffa was seen alive, he's your man. The Chicago-based traveler/author is drawn to "really strange places," and he's found 450 of them in Michigan.
"Every time I see one of those Pure Michigan commercials I want to sit on a dune and watch the sun set over Lake Michigan," he writes in the introduction, "but I inevitably get distracted by the big lug nut atop a Lansing smokestack."

His favorite Michigan discovery is on the book's cover - a bizarre menagerie of scrap steel sculptures called Lakenenland, on Lake Superior near Marquette. A metal worker, Tom Lakenen, built 80-plus sculptures from scrap after he quit drinking and needed something to fill his time. The sculptures, most of them bigger than a car, include giant insects, dancing wolves and "a fat corporate pig pooping on the American Worker." It's free and you can snowmobile through it in the winter.

Pohlen loves do-it-yourself projects like Lakenen's. "He does it because he loves it, and we're the better for it," he said.

That goes double for the "roadside fetus," an anti-abortion display in Newaygo, and Dinosaur Gardens, a Christian site near Ossineke that greets the visitor with a giant Jesus, apparently bowling with the planet Earth.
"I admire people who put something on their front lawn that not everyone else would, or trying to create something, express themselves while everyone else is watching television," he said.

Ideology is not a problem for Pohlen. He includes the birthplace of the Republican Party (in Jackson) and a brisk walk through Michael Moore's Flint. Wing nuts, lug nuts and assorted sites sacred and profane are all part of his huge Michigan mosaic.

Pohlen packs a lot of history into the candy coating of oddness. He includes many sites with civil rights significance, such as the Underground Railroad monument at Detroit's Hart Plaza and Sojourner Truth's grave in Battle Creek and the Orsel and Minnie McGhee House in Detroit, subject of a U.S. Supreme Court case that broke the back of restrictive racial covenants.

It's not that such sites are odd, Pohlen said, but they're "out of the ordinary" as tourist destinations. The Grand Hotel on Mackinac Island can fend for itself.

Pohlen, 50, was born in Colorado and moved to Chicago in 1990, where he taught in the public schools and published math and science books for kids. On the side, he started a self-published magazine, "Cool Spots," to showcase little-known alternatives to the state's "hot spots." Soon his eagle eye for odd attractions and his breezy writing style got the attention of Chicago Review Press. The magazine evolved into into a series of full-length books, beginning with "Oddball Illinois" in 2001. He's done 10 states and 12 books so far. (Two are expanded versions of early editions).

He visits every spot in each guide personally. "There are some long weeks of touring around," he said. "I try do do as much research as I can, but you'd be surprised how much bad information there is out there."

He is careful to include up-to-date directions, hours and contact information. "I want people to actually go out and see these things, not just do the armchair traveling thing," he said.
In the Lansing area, besides the giant lugnut, Pohlen took a liking to Joe's Gizzard City in Potterville. "I was impressed," he said. "The gizzards were pretty good."

Other Lansing-area attractions featured in the book are MSU's Magic Johnson statue, Sparty, the MSU Bug House, Malcolm X boyhood homes, the "moon tree" (grown from a seed that orbited the moon) on the Capitol grounds, and Stevie Wonder's piano and harmonica at the Michigan Historical Museum. Several Marshall sites are also thrown in: the Honolulu House, the US Postal Service Museum, the Crosswhite Boulder and the American Museum of Magic.

Pohlen even included Potterville in a special "Christmas tour" section of "Oddball Michigan," referring to the hellish town-that-could-have-been from "It's a Wonderful Life." He noted the luckless town's numerous train derailments and fires, a 1994 earthquake and a lighting strike that killed 22 people. "Potterville might be the kind of town that old man Potter would rule if George Bailey had never lived," he said.

After every book, Pohlen is besieged by suggestions for places and things he left out. The second editions of his Illinois and Wisconsin book nearly doubled in length.
"I expect the same thing to happen with the Michigan book, and it's already pretty long," he said. "It's a very odd state."
-Lawrence Cosentino

## оовall Lansing

Several Lansing-area oddities made it into Jerome Pohlen's "Oddball Michigan" (see related story) but there are plenty more. Here are some things he missed.


## 1. REMY EAT WORLD

Remy Mumby is currently greater Lansing's most famous, and interesting, oddity.

Mumby, 14, has posted over 100 YouTube videos in which he cheerfully samples exotic foods like tarantulas, scorpions and balut, or partially developed duck embryo, a delicacy in southeast Asia. He started the series as a moppet of 8 and plans to continue them indefinitely.

Mumby's upbeat, offbeat videos earned him a slot on "America's Got Talent" July 1. (The judges seemed to enjoy his gustatory display, but he was eliminated from further competition by "no" votes from Howard Stern and Heidi Klum.)

The grossout factor is Mumby's hook, but he really relishes the chance to explain the folkways and history behind each food he eats. This tousle-haired, allAmerican kid, headed for the wrestling team at Lansing Catholic Central this fall, is a living rebuke to the conservative Midwestern mindset.
"There are chicken fingers on the adult menu at some restaurants," he lamented. "They still won't try any other stuff."

Mumby said he has always had a curious palate. When his baby brother was born, he realized "there were people who didn't like things." Later, when he went to school and saw how squeamishly his peers ate, he realized he was special.
"I'm eating sushi, I'm eating lima beans, why not dig a little deeper?" he said. He was on the road to ant eggs and lutefisk. His two grandmothers and a great grandmother egged him on, suggesting he post videos of his oral adventures.

## Oddball Lansing

## from page 16

"It's not as much about the taste of the food, it's about where the food came from," he said. "I'm trying to show that there are people different from us who may eat foods that seem crazy to us, but it's everyday food to them."

His favorite example is the tarantula, which became a staple of the Cambodian diet during the privations of Khmer Rouge rule. (The legs are excellent deep fried.)
"Behind every meal, there's a story," Mumby said. "Scorpions, for example, aren't something to run away from in southeast Asia. They're something to put in a frying pan. They have deep fried scorpion on a stick, like corn dogs."

Mumby has munched his way, smiling, through dishes of rattlesnake, bamboo worms, pork brains ("tastes like pork") and swingin' sirloin (bull testicles), but he met his match in a mess called stinky tofu, a prized dish in parts of China which he described as "tofu covered in fish, salt and ash and left to rot."
"Apparently it's better deep fried, but I couldn't ever imagine it being considered good," he said.

Surströmming, a Swedish fermented herring dish banned from some airlines because of its pressurized gases, was another gorge-raising challenge. "This is horrible," he gasps in the video, opening the can with tears in his eyes. "Rancid, putrefied, foul." Fighting the messages from his brain, he swallowed a bite, "for my dignity."

Mumby has gotten hundreds of text, tweets, emails and Facebook messages, many of them from grateful parents whose kids found him while surfing the Web, got hooked on the series and started showing an interest in other foods and cultures. "I wanted to show kids they could try stuff other than what they get at McDonald's," Mumby said. "I didn't think it would be super successful."

He plans to keep making videos, but he expects the pace to slow as he adjusts to high school. There are plenty of foods he's dying to try, including the potentially deadly puffer fish.
"I'm trying to get my hands on a stingray, but apparently it's not stingray season," he shrugged.

## 2. EARTHLY GRAVE OF 'THE STRATOSPHERE MAN'

Nobody made his "pre-need" funeral arrangements more public than Arzeno E. Selden, "the Stratosphere Man of Lansing, Michigan."

Selden, a high-wire daredevil who performed for millions of people around the country, made his tombstone the centerpiece of a nationwide publicity campaign.
"Located in Deepdale Cemetery, Lansing, Michigan, Selden's tombstone is ready and waiting," trumpeted an ad in the Nov. 25, 1950, Billboard Magazine. Go to Deepdale Memorial Gardens, at 4108 Old Lansing Road, to see the elaborate, poignant stone, which waits no longer.

The stone was unveiled May 20, 1950, as part of Lansing's Mid-Century Festival, with Selden doing his act directly above the monument.
"Alive ... and still performing the world's highest aerial act," the ad read. "But ... one never knows when something may happen ... so it is best to be prepared!"

Selden danced with that stone many times. In June 1947, he performed before 300,000 people in Chicago, his biggest crowd ever. His closest brush with death came before a crowd of 25,000 at Pittsburgh's Kennywood Park in 1944. As he slid down a wire by his neck from the top of a 175 -foot pole, the brakes on his wire slide failed. The fall crushed his collarbone, chest and ribs. A doctor advised him to quit because of a bad heart, but he outlived the doctor, who died of a heart attack.

Selden exuded a cheerful fatalism that suited his profession. His wife was killed falling from a trapeze in 1930. A colleague, "The Great Peters," hung himself in a hangman's act in St. Louis while working with Selden. "We all go on until we go out," Selden philosophized.

Selden died of a heart attack in 1950, a week after falling 50 feet during a performance in Florida, fracturing his hip and leg.

## 3. THE GHOST THEATER

Usually, when grand old theaters are turned into parking lots, they don't leave ghosts behind, but Lansing's downtown Michigan Theater did.

Look at the back of the building at 211 Washington Square, from the Grand Avenue backside, and you will distinctly see the terraced seating, French-style balcony curves and "vomitoria" (exits to the lobby) of the old vaudeville and movie house, built in 1921 as the Strand and renamed the Michigan in 1940. The salmon paint job makes the old auditorium's innards look like a Pueblo cliff dwelling.

After the theater closed in 1980, its elaborate front arcade facing Washington Square was turned into mixed use office space, but a fundraising drive (including a concert by jazz legend Dave Brubeck) failed to save the whole structure.

In its heyday, the ceiling of the Strand was painted sky blue with wisps of clouds. Now the phantom seats look up at the real thing.

## 4. SHORTEST PIER IN THE GREAT LAKES

Now that the Grand River is cleaner than it's been in decades and the River Trail is giving the water a hug, the city is trying to whip up kayak and canoe traffic, but this silly dock shows how far it has to go. The "shortest" claim is unprovable but, at about four and a half ducks long, the Metro Marina dock in the heart of downtown Lansing is absurdly small next to the Grand River and the large buildings surrounding it.

## 5. COPS, ROBBERS AND ELEPHANTS

Stone elephants guard a strange menagerie of masonry in the heart of downtown Lansing, cloaked in the dignity of the city's most venerable bank.

Look for two hunched figures near the top of a window on the Michigan Avenue side of Comerica Bank at 101 Washington Ave., designed in 1933 for the Bank of Lansing by the New York architecture firm York and Sawyer, builders of the Federal Reserve in New York.

To an architect, the two lurkers are corbels small supports that seem to hold up the top of the window frame. But they've got business of their own. One holds a nightstick and the other a bag of cash. The cop and robber are carved in stone like medieval demons. A man with his hand on his jaw and a dentist with a tooth extractor take corre-

See Oddball Lansing Page 12



Oddball Lansing
from page 11
sponding places on the opposite window. (The upper floors of the building used to house medical offices.)

No classical Greek austerity here. This is a money palace to match the era's baroque movie palaces, with scrolled archways, giant tile mosaics, limestone walls
and painted leather-covered wooden beams. Inside and out, hundreds of details are carved into the walls, from monetary symbols to abstract patterns to cameo roles by real people, including modernist Lansing architect Kenneth C. Black and former City National Bank president Benjamin F. Davis, who didn't like his likeness because he thought it made him look like a miser.

Perched high above the tellers, Davis looks like he's about to kiss a bag of cash.

## Safe Disposal of

## Unwanted Medications

The Take Back Meds Program is a joint effort between local pharmacies, law enforcement, health departments wastewater treatment operators and MDEQ to provide residents with proper household medicine disposal.

## Drop at 25 Locations



Handle Unwanted Medicine Properly

## Do NOT

© Throw in the trash
© Pour down the drain
© Flush down the toilet
www.takebackmeds.org

## Household Hazardous

## Waste Collection

Thursdays May - September 2:00pm - 6:00pm

Ingham County Health Department 5303 South Cedar Street, Lansing
Asphalt Sealing or Roofing Tar Flammables: aerosol products, gasoline. fuel oil (cans are not returned) Fluorescent Lights and Ballasts Mercury: all devices must be sealed in separate bags
Oil Based Paint \& Paint Products Pesticides, Herbicides and Fungicides Do NOT Bring:
Antifreeze or Waste Oil
Batteries or Electronics
Latex Paint: Add an absorbent material to solidify and throw in regular garbage

For a full list of acceptable and unacceptable items scan the QR code or go to www.hd.ingham.org

Scan to go to the Ingham County Health Department, Environmental Health Division Main Webpage


## THE OUTSIDERS

## Take advantage of summer with a trip to one of these local patios

## By ALLAN I. ROSS

It seems like only a few years ago a list of the Lansing area's best patios was a one-to-one ratio with a list of the Lansing area's only patios - there just weren't that many. Patios are warm-weather investments, and for a city that sees snow on the ground up to seven months a year, creating outdoor dining space hardly seemed like a priority.

But then about 10 years ago, something about being cooped up inside for all those cold months finally make local restaurant owners snap - new places started opening with outdoor dining space
built into the floor plans, and longstanding establishments started knocking down walls and connecting their interiors with the great wide open.
"Smoking or non?" has been replaced by "outside or in?" That's called progress.

And so to celebrate al fresco dining season, here are a list of some of mid-Michigan's better excuses to take in a little fresh air over a burger, beer or boat drink.
(Alexandra Harakas contributed to this story.)

## COACH'S PUB AND GRILL

Six nights a week, Sunday through Friday, you can get a front-row seat of the Coach's volleyball leagues bump-set-spiking action from the bar's wraparound patio, built in 2004. Off to the side, the horseshoe pits keep the action clanging.

Order off the menu from your courtside seat, choosing from a full array of salads, burgers, pasta dishes, steak, ribs and Mexican fare. You can also get a bucket of domestic beer for $\$ 11$.

6201 Bishop Road, Lansing
Patio hours: 11 a.m.-11 p.m. daily; sometimes closes earlier Friday-Saturday. (Restaurant hours: 11 a.m.-2 a.m. daily) (517) 882-2013, coachspubandgrill.com

## COREY'S LOUNGE

The patio at Corey's Lounge debuted Labor Day weekend 2012. Owner/operator Angie Miller said it was constructed as a tribute to her father, Robert Corey, who opened the bar in 1977. Corey died in 2010.
"He always wanted rooftop or patio seating, and we created the space in his honor,"

Miller said. "We are family first (and) the business is an extension of that. That is how my dad led the restaurant."

Miller said customers had requested outdoor seating for years, and the 2 -year old patio was also the restaurant's way to "give our customers a different atmosphere."

1511 S. Cedar St., Lansing
Patio hours: 11 a.m.-midnight MondaySaturday; noon-midnight Sunday. (Restaurant hours: 10 a.m.-2 a.m. Monday-Friday; 11 a.m.2 a.m. Saturday; noon-midnight Sunday) (517) 482-3132, coreyslounge.com

## CRUNCHY'S

From your seat overlooking Grand River Avenue, you may not be able to partake in the Thursday-Saturday karaoke nights - and only hear snippets of the live music on Wednesdays and Sundays - but you can still enjoy half-off pizza on Sundays and indulge in a bucket of draft beer (that's 270 ounces of suds) with several of your closest friends. There are 27 taps to choose from, including a wide selection of craft beers. Don't forget, City Pulse readers voted Crunchy's burger No. 1 in this year's Top


## GRACIE'S PLACE

"Dog Friendly"

## PATIO is open

Live Music Wed. \&e Fri
151 S. Putnam, Williamston 517-655-1100
of the Town contest.
254 E. Grand River Ave., East Lansing
Patio hours: 11 a.m.-midnight daily (restaurant hours: 11 a.m.-1 a.m. MondayWednesday; 11 a.m.-2 a.m. Thursday-Sunday) (517) 351-2506, crunchyseastlansing.com

## DAGWOOD'S TAVERN \& GRILL

Established in 1947, Dagwood's Tavern \& Grill is an institution for Lansing beer and burger enthusiasts. But for most of those 67 years, it was drink/dine inside only. That changed last year when Dagwood's branched out with its new outdoor drinking/ dining area on the building's north side.
"Everybody seems to enjoy sitting outdoors, so we're trying to get along with that same trend," said owner Mark Cheadle. In its eighth decade, Dagwood's finished in the

Top 3 in four categories in this year's Top of the Town awards, including Best Pub/Tavern. Some things get better with age.

2803 E. Kalamazoo St., Lansing
Patio hours: 11 a.m. to 11 p.m. daily (restaurant hours: 11 a.m.-1 a.m. daily) (517) 374-0390, dagwoodstavern.com

## FIRESIDE GRILL

The building that's home to the Fireside Grill underwent a few identities before Ed Hall, former owner of Barley's American Grill, moved his business to this location and opened with the new moniker last August.
"We bought it because it has that beautiful patio," said managing partner Melanie Baker. "It's a very peaceful view with a lot of pine

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## Patios

from page 13
trees. We're glad it's there.'
The expansive patio overlooks a countrylike setting, making for an idyllic outdoor dining experience. Who needs a trip up north when Dimondale is only 10 minutes from downtown Lansing?

6951 Lansing Road, Dimondale
Patio/restaurant hours: 11 a.m.-11 p.m. Monday-Thursday; 11 a.m.-1 a.m. Friday-Saturday; 11 a.m.-9 p.m. Sunday
(517) 882-7297, firesidegrilllansing.com

GRACTE'S PLACE
Want to enjoy a nice meal but can't bear to leave your dog at home? Gracie's Place in Williamston feels your separation pangs. The patio at Gracie's Place is pet-friendly, ensuring your best friend can be at your side for every meal

On Wednesdays, local artists provide live
entertainment from 6-9 p.m. There are also beer and weekly barbecue specials.
"(The owners) Dawn Marie Joseph and Paul needed to expand and they wanted to make a quaint patio," said Gracie's spokeswoman Karin Ware about the outdoor space, built in 2008. "It's private and very nice back there. They wanted people to enjoy the weather when it's nice."

151 S. Putnam St., Williamston
Patio/restaurant hours: 11 a.m.- 9 p.m. Tuesday-Wednesday; 11 a.m.-10 p.m. Thurs-day-Saturday; 11 a.m.-6 p.m. Sunday; closed Monday
(517) 655-1100, graciesplacewilliamston.com

## MIDTOWN BREWTNG CO.

After months of hard work, the Midtown Brewing Co.'s beer garden debuted earlier this summer. For managing partner Marc Wolbert, the decision to build it was a nobrainer.
"I think you're silly if you're in Michigan with the ability to have a patio and don't have one," Wolbert said. "It's very green. There is a giant wall of plants surrounding you. We have toma-
toes, herbs, hops growing, along with squash and sweet potatoes."

Those fresh ingredients go back to the kitchen for use in sandwiches, entrées and pizza creations, as well as to the brewing area, which produces original craft beers like the Caramel Wheat, Coconut Stout, Imperial Black IPA and its signature Midtown IPA.

402 S. Washington Square, Lansing
Patio/restaurant hours: 11 a.m.-midnight Sunday-Wednesday; 11 a.m.-1 a.m. Thurs-day-Saturday
(517) 977-1349, midtownbrewingco.com

## PEANUT BARREL

Since 1983, East Lansing's Peanut Barrel bar/restaurant has been synonymous with the word "patio."
"I think it's one of the oldest (in town)," said owner Joe Bell. And what compelled him to build what would become his bar's trademark feature?
"It seemed to make sense."
Summer is usually slow for mid-Michigan bars, but lines form to drink with a clear view of Berkey Hall and either reminisce about
your Spartan years ... or be reminded about your test tomorrow.

521 E. Grand River Ave., East Lansing
Patio hours: 11 a.m.-midnight daily (restaurant hours: 11 a.m.-1:30 a.m. daily) (517) 351-0608, peanutbarrel.com

## TRIPPER'S

The newest patio in town opened last month at Tripper's, just in time for the Frandor sports bar's 25th anniversary. It inspired a special drink menu catered to outdoor tastes, and features a cornhole game set off to the side to make up for the lack of TV screens outside. Some people just need to watch sports no matter what.
"We had room for it, always wanted a patio so we finally got it together," said assistant general manger Luke Warner. The patio features umbrella tables and has already hosted several live music performances.

350 Frandor Ave., Lansing
Patio hours: 11 a.m.-11 p.m. daily (restaurant hours: 11 a.m.-2 a.m. Monday-Saturday; noon-1 a.m. Sunday)
(517) 336-0717, tripperslansing.com


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## ARTS \& CUTUURE

## 

## END OF AN ERA

Where to go when Goodrich's is gone
Listings compiled by Simone Carter, Eric Finkler, Alexandra Harakas and Alexa McCarthy

When Goodrich's Shop-Rite closes Saturday, it will the only mid-Michigan vendor of Zingerman's leave a hole in the Lansing area for a locally owned breads. And Tom's Party Store \& Wine Shop is a market selling fresh meat, baked goods, spirits and worthy successor with hundreds of wine varieties, specialty packaged products. Over its 76 years, craft beers and hard-to-find liqueurs. Goodrich's became the go-to place for all of these things and now ... where do you go?

We know: You'll never remember all that. That's why we've assembled a handy list of alternative made) jams, pickled veggies and (ant's shopping destinations for Goodrich's fans who, Between the Buns \& More has dozens of where to get their lamb cops and T-bones. selections. The East Lansing Food Co-op is now
-Allan I. Ross



## Common purpose

## Q\&A with Common Ground festival organizer Scott Keith

## By ALLAN I. ROSS

Last week was the 15th year for the annual Lansing music festival Common
 Ground, featuring alt-rockers, country twangers and R\&B veterans Earth, Wind and Fire.

Scott Keith is the President and CEO of the Lansing Entertainment \& Public Facilities Authority and chairman of Center Park Productions, the public entity that plans, organizes and executes the festival each year.

Keith, 43 , said the festival has an annual budget between $\$ 1.8$ and $\$ 2$ million, of which the City of Lansing contributes about $\$ 120,000$; the remainder comes from ticket sales, merchandising and sponsorships. He said final numbers for this year's Common Ground won't be in until August, but that he was happy with the turnout.

Lansing Convention and Visitors Bureau President Jack Schripsema estimates Common Ground brings in over $\$ 4$ million to the downtown area. He also called it Lansing's "signature event." How would you respond to that?

We saw a big increase in the number of people traveling from outside the community (to attend Common Ground) this year. If you look at the money that's spent in local restaurants, in hotels, in gas stations and stores, that estimate could easily be $\$ 4$ to $\$ 5$ million. But that number is for the region, not just downtown.

How do you think it went?
It's too soon to call, but we saw an increase in ticket sales. By dropping back to a six-day (event) versus a seven-day, that reduces some of your overhead. We think our
goal to break even should be attainable.
What was behind the decision to scale back to six days?
(Common Ground) started as a five-day festival. We expanded to seven days over the years. Most of that is based on artist availability. We used be Tuesday through Saturday (but) saw the opportunity to go to Sunday. The reason we expanded was we had the opportunity to get Peter Frampton (in 2007) on the last date of his tour. That was a no-brainer - it was a great opportunity to get a great artist.

How do you see Common Ground changing?

Originally, this was always the time of year (General Motors) had their natural shutdown. That's changed (and) our demographic has changed. (We're) seeing a lot of festivals moving to two weekends and eliminating the weekdays. We try to see what's working, what's not working and constantly evolve the festival for its continued success.

## What is your demographic?

Baby Boomers are less attracted to going to outdoor festivals. It is nice to go to a concert and sit in a cushy seat that's reserved in the air conditioning. A lot of music festivalgoers are getting younger - under 35, over 20. They have disposable income. They like the experience, not just who's performing. That's the next big push of festivalgoers.

How do you see that affecting your booking?

We look at diversity in music. For example, a person who likes R\&B might like R\&B from the ' 70 s or current R\&B or from the next generation. We try to be as diverse as possible. We try to see what's trending, what's hot. Electronic music is hot right now, but it's hard to (make it work) outside. And there's a lot of competition from the Detroit area. But the biggest factor is who's (touring) right now.

What kinds of things do you do now that it's over?

We're still getting the park cleaned up, restore it to as good a condition as we found it. It usually takes a couple weeks for the grass to recover, but it always does. We start to look through the financial pieces, make sure we've got all the bills paid, everything collected that we need to collect. By the end of August, we'll already have started working on next year's. It really is a year-round process.

## From fear to finish

A training guide for your first endurance race

## By NATHAN KARK

Endurance sports are all about suffering - the threat of exceeding your personal limitations and self-destructing is absolutely real. Every athlete has his own pre-race fear, regardless how many
 races he may have completed. But fear is a good thing - it means an athlete cares. However, it's critical to balance fear with confidence. That way, once the starter gun goes off, confidence can turn fear into focus, and focus will lead the way to the finish.
Start by selecting a distance and a discipline that you can handle. For beginners, I consider a 5 K run as the gateway to other disciplines and distances. At 5 kilometers (3.1) miles, the length of the race is challenging, but not out of reach. Beginners can
comfortably train for the event in 10 to 12 weeks and set themselves up for a lifetime of progress. Furthermore, mid-Michigan has a steady supply of 5 Ks year-round, and race organizers are creating endless variations on the event by adding food, beer/wine tastings, live music, obstacles and other themes. (If you were in downtown Lansing last weekend, you may have noticed the Color Run, where runners received a blast of colored powders over the 5 K course.) Whatever your style, RunMichigan.com is a great resource to help find a 5 K that fits it.

Training requires adapting your body to certain loads at set intervals to maximize results. Have a plan that balances hard work and recovery and stick to it. You risk injury and wasted time without having some sort of guidance in your training. Be careful not to go on a run-training Google odyssey; you will end up finding a bunch of training plans that are too technical for most beginners and probably end up buying expensive 'runccessories, like GPS watches or any of the other fancy doo-dads that are nice but unnecessary. All you need are some clothes to run in, a pair of running shoes and a watch.

Once you're geared up, here is a simple 10-week plan to get nearly anyone confidently to the finish line:

Weeks 1-2 - Base Phase: This portion of your training is all about preparing your body to train. During base phase, walk at a steady pace you can maintain for 20-30

See Gold Mettle, Page 19



## Gorilla warfare

Great 'Apes' delivers thoughtful examination of humanity, chimps with firearms

In the 1981 film "Quest for Fire," three early humans seek out a new pilot light that will keep their tribal fire sustained. It's the simplest story ever told: Man have flame, man lose flame, man look for flame without being eaten by saber-toothed lions. The filmmakers tried to create as authentic a film as possible, even developed proto-languages based on the earliest known human words, and for 100 unsubtitled minutes you can see what it was like for our earliest ancestors to

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Tue., July 22 @ 7 pm Eastwood Towne Center Paths to Publishing Panel Discussion
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Nelson, Jenny Milchman \& Rick Murcer.
Wed., July 23 @ 7 pm Meridian Mall

For more information, visit www.schulerbooks.com
realize the power of their intelligence and experience the dawning of consciousness. It was a groundbreaking film that has for years been without equal.
Until last weekend, that is. With "Dawn of the Planet of the Apes," the sequel to the brilliant reboot 2011 "Rise of the Planet of the Apes," Hollywood has finally achieved the ultimate feat: It's created a tentpole franchise that can appeal to savvy moviegoers who appreciate a dark, cerebral examination of what it means to be human, and also to action/adventure junkies who have always wanted to see a chimp ride a horse bareback into battle. Through a wall of flames. With machine guns firing in each hand. In slow motion. (Not a thing can prepare you for the awesomeness of that image.)

It's a delicate balance, but "Apes" pulls it off thanks to the perfection of motion capture animation, brainy storytelling and a 40-year-old mythology that has provided a wealth of source material.

After the 1968 "Planet of the Apes," the sci fi film series devolved into mess of bad makeup and monkey puns. But something wonderful happened when writers Rick Jaffa and Amanda Silver reimagined the

"Apes" universe from the ground up with "Rise," smoothing out the scattershot continuity and logical gaps into a single, cohesive narrative that leaves plenty of room for future installments. They created a modern sci fi masterpiece and set the stage for a slew of sequels that can go anywhere It's also Exhibit A the best possible argument for the concept of remakes.

Part two of this new storyline picks up 10 years after a worldwide plague has reduced humanity to scattered settlements of desperate survivors; the same pandemic has also given all great apes - chimpanzees, gorillas and orangutans - human-level intelli gence. The apes live in an arboreal village in Muir forest outside San Francisco, led by the wise chimpanzee Caesar (Andy Serkis), who comes across as an ideological mix between Che Guevara and Sitting Bull. Across the San Francisco Bridge, a few hundred people huddle in the remnants of a skyscraper, and their dwindling fuel supplies send them in a desperate foray into ape territory to revive a hydroelectric plant.



Courtesy Photo "Dawn of the Planet of the Apes" resets the sci fi mythology to the beginning of hostilities between a decimated human race and superintelligent apes.

The humans want power; the apes just want to live in peace. But fear, mistrust and one vengeful bonobo drive each side into a frenzy that doesn't look good for hominid relations.

The power of science fiction is its ability to allegorize both rational and irrational fears, giving us a way to envisage the frightening unknowns of the future. Slap some pointy ears on a character or find out she's a robot and suddenly racism, sexism and homophobia go from abstract concepts to living, breathing thought experiments. Does consciousness separate us from animals? Why are we so violent? Are we destined to destroy ourselves?

As revolutionary as the film's ideas are, the computer-generated special effects are even more so. "Dawn" blows open the possibilities for motion-capture CG use in storytelling, and does for the newish technology what "Terminator 2 " did for key frame animation. Computer generated special effects, once a novelty, have now changed the way movies can be made and stories can be told. The chimps, particularly the volatile Koba (Toby Kebbell) are eerily humanlike in their attitude while being rooted in great ape anatomy. Koba, a former lab chimp, hates humans for the things they've done to him, and he has the scars and blind eye to prove it.
"I thought apes (were) better than humans," contemplates Caesar after witnessing some surprising brutality from one his chimp brethren. "But now I see we're just as bad as them." It's a chilling reminder that the qualities that make us human may contribute to that flame being extinguished forever.

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## Art GalleryCONFIDENTIAL

## Gods and bunnies

## July art exhibits use books as more than just inspiration By Jonathan Griffith

C.S. Lewis once said if an author is not concerned with originality and simply tries to tell the truth, then nine times out of 10 they produce something original without even knowing it. Any truth to be found in MICA Gallery's new exhibit, "NEXT: Anamnesis," is best left up for the viewer to decide. But originality in the pieces is hard to ignore, even if some of them
"NEXT: Anamnesis" MICA Gallery 1210 Turner St., Lansing (517) 371-4600, micagallery.org "Don't Know You Don't Know Me Lansing Art Gallery,
119 N . Washingty 119 N . Washington Square, Lansing
(517) $374-6400$, lansingartgallery.org are utilizing Lewis' work. Physically.

Katelin Mae Thomas' giant tree branch in MICA's window is constructed entirely out of pages from Lewis' "The Chron- icles of Narnia." Her work is half of "Anamnesis," a show that is part of NEXT, an initiative started by MSU Professor Henry Brimmer meant to bring younger artists to Lansing's art scene. Both artists in "Anamnesis" are re-

## Gold Mettle

## from page 17

minutes, four days per week. Be sure to pick up good habits like drinking eight to 10 big glasses of water per day and tracking your training. Make yourself a weekly training calendar and include your goal workout, completed workout and any notes that you may have, such as "Pre-run Snickers bar = bad choice."

Weeks 3-9 - Build Phase: Continuing to train four days per week, we'll start what I call "walk, run, walk" workouts. This plan works great on a Tuesday-Thursday-Satur-day-Sunday rotation, but any four days during the week will work.

Week 3: 35 minutes per day. Days 1 and $3=30$ minute walk with five-minute run at 15 -minute mark. Days 2 and $4=$ walk the whole time.

Week 4: 35 minutes per day. All four days $=30$ minute walk with five-minute run at 15-minute mark.

Week 5: 35 minutes per day. Days 1 and $3=25$-minute walk with 10 -minute run at 15 -minute mark. Days 2 and $4=$ walk the whole time.

Week 6: 40 minutes per day. All four
cent MSU graduates.
Many of Thomas' sculptures are made from antique books. Little figures, such as a mermaid or a primly dressed woman, are constructed from the actual pages and situated on aging tomes. A surprising intricacy is achieved in the deftly constructed little figures with their subtle coloring, almost telling as much of a story as the books they sit on. Book pages might not be the first material that comes to mind when you think of sculpting, but to understand Thomas' reasoning is hardly a matter of reading between the lines.
"The written word on paper is becoming obsolete with the various forms of electronic reading devices out there," she said. I want to inspire others to see the same kind of magic that I do in books."

Thomas also has a series of three fantastical etchings on display, with giant creatures living in symbiosis with other elements. In one, a whale carries a small city on its underside. They're images that are not difficult to picture gracing the cover of today's fantasy works (a professed possible future career choice for Thomas).

The other half of "Anamnesis" is a collection of photographic works of artist Kathleen Matkovic, who has a more personal story to tell than lions, witches and wardrobes. Her collages are a blend of her photographs and those from travel magazines. (Her work can also be seen this month at (SCENE) Metrospace's new exhibit, "Landsome.") The pieces
days $=30$-minute walk with 10 -minute run at 15 -minute mark.

Week 7: 40 minutes per day. All four days $=20$ minute walk with 20-minute run at 10-minute mark.

Week 8: 45 minutes per day. All four days $=15$-minute walk with 25 -minute run at 10-minute mark.

Week 9: 45 minutes per day. All four days $=10$ minute walk followed by 30-minute run.

Race Week - Week 10: Train three days this week. Day $1=$ five-minute walk and 35 -minute run. Day 2 = five-minute walk and 20 -minute run. Day 3 = five-minute walk and 15-minute run.

Race day: Get a five- to $10-$ minute walk in with a couple intervals of 60 seconds of running before the start. Then, wiggle into the crowd of participants, embrace your prerace fear, have faith in your training and wait for the start. I guarantee your fear will disappear. You've got this!

Nathan Kark is an elite-level triathlete, USA Triathlon Level 1 Certified Coach, Certified Personal Trainer, member of the Lansing Triathlon Team, and co-owner of T4 Endurance, where he offers nutrition and multisport coaching. For information on coaching and free local group workouts, go to t4endurance.com.

are dreamlike landscapes with surreal juxtapositions featuring a visual medley of mountains, vines, flowers and a tiny white structure in every piece.
"That's a picture of my family cottage that my dad took." says Matkovic. "The series was inspired by my transition from graduating school (and) feeling like I don't have a home anymore."

Another series in Matkovic's exhibit is "The Bunny Years," which takes the viewer on a tour through a dollhouse Matkovic once built with her father. Vibrant colors are are haunted by an occasional eerie silhouette of a fluffy creature - a rabbit the artist had as a child.
"I grew up and the rabbit eventually died," she said.

Continuing in the literary vein, H.P. Lovecraft once wrote of his disinterest in people's businesses, but his curiosity about their thoughts and dreams. Given his penchant for writing about otherworldly creatures, he'd have quite a time picking artist Lesa Doke's brain with her exhibit, "Don't Know You Don't Know Me" at Lansing Art Gallery.
"The imagery suggests an anthropomor-

phism or humanoid that the viewer may not recognize," says Doke in her artist statement for the exhibit. "The objects may share a similar perplexity about themselves and the relationship to the viewer."

Perplexity indeed. Viewing Doke's drawings, gives the viewer the feeling of squinting at something alien, almost nightmarish. Doke utilizes a form of crosshatch with paint marker, playing with the negative space and resulting in something that looks like a glimpse into Lovecraft's dreams as interpreted by Dr. Seuss.

Doke's paintings would also make Lovecraft proud. Layers of acrylic are spread on large canvasses, with dark colors suggesting shapes and forms similar to those found in Doke's drawings. Additionally, several paintings in the series feature a squid-like creature, calling to mind the Lovecraftian god, Cthulu.

To close out her artist statement, Doke writes, "Hopefully, the viewer will bring to this experience his/her own perceptions to enhance the 'reading' of my work."

It's surprising she didn't add, "Cue devilish laugh."

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

## Wednesday, July 16 <br> Classes and seminars

Family Storytime. Ages up to 6 . Stories, rhymes and activities. 10:30 a.m. FREE. CADL South Lansing Library, 3500 S. Cedar St., Lansing. (517) 367-6363. Meditation. For beginners and experienced. 7-9 p.m. FREE. Vietnamese Buddhist Temple, 3015 S . Washington Ave., Lansing. (517) 351-5866. A Community Conversation. Herpetologist discuss: turtles, snakes, and frogs. 7 p.m. FREE. Okemos Library, 4321 Okemos Road, Okemos. (517) 347-2021. Tween Color Chaos. Ages $9-12$. Explore color with cool experiments. 2-3 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 3. dtdl.org.
DIY: Make your own Pasta. Join us and learn how to make your own pasta. 6-8 p.m. FREE. Bretton Woods Covenant Church, 925 Bretton Road. Lansing. (517) 323-3316, bwcc.net/ministries.php.

Cops Against Drug Prohibition. Discussion. 6-7 p.m. FREE. Pilgrim Congregational United Church of Christ, 125 S. Pennsylvania Ave., Lansing. (517) 4847434. PilgrimUCC.com.

Intermediate Microsoft Word. 6-8 p.m. FREE. Foster Community Center, 200 N. Foster Ave., Lansing. (517) 708-4394. iteclansing.org.

MiCafe Counseling. Consultation for financial assistance for ages 60 and up. 9:30 a.m.-noon, FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.
Overeaters Anonymous. 7 p.m. FREE. First Congregational United Church of Christ, 210 W. Saginaw Highway, Grand Ledge. (517) 256-6954, fcgl.org.

## EVENTS

Allen Street Farmers Market. Featuring locally grown/prepared foods. Live music. 3-6:30 p.m. FREE. Allen Street Farmers Market, 1619 E. Kalamazoo St., Lansing. (517) 999-3911.
DTDL Book Club. Discuss "The Reason I Jump" by Naoki Higashida. 6-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4. dtdl.org.
Liederkranz Rummage Sale. Wide selection of items and baked goods sale. 9 a.m. -5 p.m. Lansing Liederkranz Club, 5828 S. Pennsylvania Ave., Lansing. (517) 882-6330. LiederkranzClub.org.

Practice Your English. 7-8 p.m. FREE. East
See Out on the Town, Page 22

Twenty-three years after the release of "Hook," Steven Spielberg's sequel to L.M. Barry's book "Peter Pan," one of the film's chants about one of the Lost Boys, Rufio, is still quick to escape from Ozay Moore's lips. This Friday, Moore opens the Turner Street's Outdoor Theater feature of "Hook," hosted by the Capital City Film Festival and the Old Town Commercial Association. Moore will provide his blend of classic hip hop and conscious rap for the free community event.

This will be the first time Turner Outdoor Theater will include live music before a feature, but Dominic Cochran, co-founder of the Capital City Film Festival, is well versed in organizing live peformances.
"We've always made music a huge part (or our presentations), and we wanted to incorporate it into (the Turner Street) event," Cochran said. "Music is closely related in film, so it made sense."

Moore previously worked with Capital City Film Festival under his former moniker, Othello and the Third Coast Kings. Upon his latest album's release last month, Moore changed names trying to distance his new music from the older albums and create a brand for himself.
"I wanted a clean break from 18-yearold me to 30 -year-old-me," Moore said. His new album "Taking L's" was released
last month, and focuses on the losses (the "L's" of the title) that one may experience in life. Moore also runs the Lansing hip-hop academy All of the Above Creative, which gives kids a place to practice performing. Outdoor Theater July $18 \& 25$; Aug. $8 \& 15$ All concerts start at 9 p.m.
 18: Ozay Moore +"Hook" July 25: Wisaal + "The
Karate Kid" Aug. 8: DJ Ruckus + "Gremlins"
Aug. 15: Gifts or Creatures + Aug. 15: Gifts or Creatures +
"Flight of the Navigator" Lot 56/Cesar Chavez Plaza, ansing
FREE
"Earlier in my
career I had a few chances to tour

joy being there for
joy being there for the community," Moore said. "I'm trying to get artists to contribute to the city they live in and create opportunities for them to express themselves. Unfortunately, we lose a lot of artists because they don't have (that) opportunity."

All of the Above looks to educate students about self discipline, artistic responsibility and community involvement. Moore is the first musical guest featured at Turner Street Outdoor Theater; other acts include the band Wisaal, DJ Ruckus and Gifts or Creatures.

And as for Moore's connection with "Hook"?
"I love that chant," he said. "Rufio! Rufio!"

-ERIK FINKLER



THE EARLY NOVEMBER GOES ACOUSTIC AT MAC'S
Mac's Bar, 2700 E. Michigan Ave., Lansing. All ages, \$17, \$ 15 adv., 7 p.m., Friday, July 25.

Since it formed in 1999, The Early November has released three EPs and three LPs, on labels like MCA, Drive-Thru, and most recently Rise Records. The band performs an all-ages acoustic set at The Loft. Openers are Empire! Empire! (IWas a Lonely Estate), and Signals. The Early November's latest full-length is 2012's "In Currents." The New Jersey natives, known for its emo-slanted indie rock signed with Drive Thru in 2002 and became regulars on theVan's Warped Tour circuit. The band is lead by Arthur Carl "Ace" Enders (vocals/guitar).Aside from his work in Early November, the 32-year old songwriter also moonlights in his bands I Can Make a Mess Like Nobody's Business and Ace Enders \& a Million Different People.


## OPEN MIC AT DAGWOOD'S

Dagwood's Tavern \& Grill, 2803 E. Kalamazoo St., Lansing, 21 and over, 10 p.m. to I a.m., Tuesday, July 22.
Local singer/songwriter Jen Sygit hosts this long-running weekly open-mic. The stage is open to both veteran musicians and beginners. The eclectic night is often stocked with a blend of folk, blues, bluegrass, swing, jazz and even some folk rock. The music begins at 10 p.m. and runs to I a.m. Artists sign up for three songs, or 15 minutes. You must bring your own instruments, but a four-channel sound system, two microphones and one acoustic guitar are supplied. Sygit has made a name for herself as a mainstay in the Lansing-area Americana scene. Aside from solo work, she's also collaborated with local songwriter Sam Corbin and has gigged wit The Lincoln County Process, Stella! and Eight to the Bar.

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

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| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Mr. Softy, 9 p.m. | Hooks N' Crooks, 9 p.m. | Summer Night, 10 p.m. |  |
| DJ Trivia, 8 p.m. | Updraft, 9 p.m. |  | DJ Jimmy, 9 p.m. |  |
|  | Open Mic w/Pat Zelenka Project, 9 p.m. |  |  |  |
| Avery Black and James Tuthill, 10 p.m. | Karaoke, 9 p.m. | Karaoke, 9 p.m. | Karaoke, 9 p.m. |  |
| Blue Wednesday, 8 p.m. | Skoryoke Live Band Karaoke, 8 p.m. | Showdown, 8 p.m. | Showdown, 8 p.m. |  |
|  | Kathy Ford Band, 7:30 p.m. | Karaoke w/Joanie Daniels, 7 p.m. | Dazzlin Dena, 8 p.m. |  |
| Johnny D Jam, 8 p.m. | Stan Budzynski, 8:30 p.m. | Big Willy, 9 p.m. | Groove Revived, 9 p.m. |  |
|  | Open Mic w/Hot Mess, 9 p.m. | Karaoke |  |  |
|  | Final Confession, 7 p.m. |  | Mr. Denton on Doomsday, 8 p.m. |  |
|  | Born Without Bones, 8 p.m. | Eleanor Quigley, 8 p.m. | Ghost Town, 6:30 p.m. |  |
|  | Electro Cats, 10 p.m. | Cash 0'Riley, 9:30 p.m. | Lincoln County Process, 9:30 p.m. |  |
|  | Shawn Bodell, 6/8 p.m. | Smooth Daddy, $6 / 8$ p.m. | Rachel \& Alex, $6 / 8$ p.m. |  |
|  | Rachel \& Alex, $6 / 8$ p.m. | New Rule, $6 / 8$ p.m. | The Tenants, $6 / 8$ p.m. |  |
| Waterpong, 11 p.m. | Karlee Rewerts, 8 p.m. |  |  |  |
| DJ Trivia, 8 p.m. | Waterpong, 8 p.m. |  |  |  |
|  | Chaos \& Confusion, 8 p.m. | All Ends Black, 8 p.m. | Stereo Whiplash, 8 p.m. |  |
|  | Frog \& the Beeftones, 8:30 p.m. | Untamed, 8:30 p.m. | Untamed, 8:30 p.m. |  |
| Suzi and Love Brothers, 6 p.m. | Jason Demmon, 6 p.m. | Joe Wright, 6 p.m. |  |  |
| DJ, 9 p.m | DJ, 9 p.m. | DJ, 9 p.m. | Brinley Addington, 7 p.m. |  |

## PLAYINABAND? BOOK SHOWS? LIVE \& LLCAL LISTS UPCOMING GIGS!

## To get listed just email us at liveandlocal@lansingcitypulse.com or call (5I7) 999-67IO

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

## Out on the town

from page 20
Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420.

Capital Area Crisis Men's Rugby Practice.
Weather permitting. All experience levels welcome. 6:30 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale St., Lansing. crisisrfc.com.
Optical Illusion Craft. Create flip books and optical spinners. Ages 4 plus. 10:30-11:30 a.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org.

Racial Healing Film Series. Project 60/50 Film and discussion. 6:30 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. elpl.org.

## MUSIC

Concerts in the Park. Featuring the blues band Big Willy. 7 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale, Lansing. lansingmi.gov/attractions. Music in the Park. Featuring Twilight Memories. 7
p.m. FREE, donations accepted. Meridian Historical Village, 5113 Marsh Road, Okemos. (517) 349-8548. meridianhistoricalvillage.org.

## LITERATURE AND POETRY

Veronica Roth Book Talk. Authors Veronica Roth(Divergent)/Phoebe North. 7 p.m. Schuler Books \& Music (Lansing), 2820 Towne Centre Blvd., Lansing. (517) 316-7495, schulerbooks.com.

## Thursday, July 17 <br> CLASSES AND SEMINARS

Take Off Pounds Sensibly. Contact Jan. 5:15 p.m. $\$ 5$. New Hope Church, 1340 Haslett Road, Haslett. (517) 349-9183, newhopehaslett.com.
Take Off Pounds Sensibly. Weigh-in 6 p.m., meeting 6:30 p.m. FREE to visit. St. David's Episcopal Church, 1519 Elmwood Road, Lansing. (517) 882-9080, stdavidslansing.org.
Family Storytime. Ages up to 6 . Stories, rhymes and activities. 10:30 a.m. FREE. CADL Downtown Lansing

## Jonesin' Orossword

By Matt Jones

## "One Day in Rome"

-- I think you can
handle this.
Matt Jones

## Across

1Capital founded in 1535
5 Fit for farming
11 Like many a gen. or maj. 14 "Once __ a midnight dreary..."
15 Bag brand
16 Prefix that follows giga,
tera and peta
17 Question for someone who's already written "beta" and "kappa"?
20 Magazine staff members
21 Hide from the cops
22 Drink too much
23 Annual MTV bestowal,
for short
25 Decidedly unhip 26 Packs away 28 Flower necklace given by an environmental group? 30 Knitter's ball 31 Result of a punch 32 They drop the bass 33 Brawl site 34 "Glee" network 37 Great
38 Hayride seat
39 Avril Lavigne's take on an Elton John song? 43 Some fountain drinks 44 "He's __ among men... 45 "Voices Carry" group

Tuesday
46 Fruit in the lyrics to "Portland, Oregon" 47 Elaborate architectural style
49 Satellite launched
10/4/57
52 "Stop trying to imitate

57 Emanate

## Down

 Boothe lab5 Sky blue ment

the best boxer of all time!" 55 "Saving Private Ryan" craft, for short 56 Add fizz to 58 "__Miserables" 59 Freudian topic 60 Gets the idea

1Activist/playwright Clare 2010 Apple arrival 3 Screens in a computer

4 Unremarkable place
6 Fixes, as a fight
7 Big primate 8 Diner order 9 Seductive guys 10 Agree with, as a senti-

11 Annul, as a law 12 Dig up
13 Capital of Taiwan
18 __ ! All Berries (Cap'n
Crunch variety)
19 "First Lady of Song" Fitzgerald
23 What internet trolls may spew
24 Christopher of "Law and Order: SVU"
26 Barrett of the original Pink Floyd 27 __Mahal
28 Simba's mother, in "The Lion King"
$29331 / 3$, for an LP
31 Oranges, reds and golds
in fashion terms 49 Rogen unwelcome in
33 Gym teacher's deg. (hey, North Korea it even has the class in its 50 "Would ___ to you?" name)
34 What a celebrity may
use to sign in at a hotel

35 Cheer heard a lot at World Cup 2014 36 Simple signatures 38 Crocheted footwear for infants 39 Nittany Lions all-time leader in touchdowns _-

40 Words after "loose as" or "silly as"
41 Reproach about jumping ahead in line
42 Singing program, to fans 43 Golf bag item 46 Word after shopping or crime
48 Show that you like the 51 First-aid boxes 53 Trick ending? 54 Rug cleaner, briefly

Library, 401 S. Capitol Ave., Lansing. (517) 367-6363. cadl.org.
Meditation. For beginners and experienced. 7-8:30 p.m. FREE. Quan Am Temple, 1840 N. College Ave., Mason. (517) 853-1675, quanamtemple.org.
Tarot Study Group. With Dawne Botke. 7 p.m. FREE. Triple Goddess New Age Bookstore, 2019 E. Michigan Ave., Lansing. (517) 883-3619, triplegoddessbookstore.net. Lansing Area Codependent Anonymous. Held in room 214G. 7-8 p.m. FREE. Community Mental Health Building, 812 E. Jolly Road, Lansing. (517) 515-5559, coda.org. Ojibwe/Anishinaabemowin Class. Teaching the
language of the first people from this region. 7-9 p.m. Donation. Nokomis Learning Center, 5153 Marsh Road, Okemos. (517) 349-5777, nokomis.org. Craft Night Social. Creating quill boxes, making dance shawls and teaching the peyote stitch. 5-7 p.m. FREE. Nokomis Learning Center, 5153 Marsh Road, Okemos. (517) 349-5777, nokomis.org.

Sign Language Classes. For ages 12 and up. 6-7:30 p.m. FREE. Meridian Christian Church, 2600 Bennett Road, Okemos. (517) 492-6149.
Zumba for Seniors. Join any time. 10:30-11:30 a.m.
See Out on the Town, Page 23

## SATURDAY, JULY $19 \gg$ TASTE OF DOWNTOWN

This year marks the 5th annual Taste of Downtown event along Washington Square in the heart of downtown. The event includes food samples from 12 local restaurants, wine and craft beer tasting and live entertainment. The event will also be a showcase for local talent, including 17-year-old Lansing singer/songwriter Taylor Taylor and soulrock fusion band Mighty Medicine. Each ticket comes with four food tickets, a keepsake Taste of Downtown wine tasting glass and six wine sampling tickets (with valid I.D.) Each child's ticket includes two food sample tickets. 3-8 p.m. $\$ 5 / \$ 15 / \$ 20$ children. 100 block of Washington Square, Lansing. (517) 487-3322, tasteofdowntown.org.

THURSDAY, JULY 17-SUNDAY, JULY 20 >> 'TYLER FAMILY PORTRAIT' BY PEPPERMINT GREEK THEATRE GO.
"Tyler Family Portrait" is a dramatic play about the power of family. When the Tylers reunite to take their annual portrait, old wounds are uncovered and the family's three daughters must deal with the consequences of the secrets they've kept. The script was the winner
 of last year's Renegade Theatre Festival's New Original Works contest, and this week it will get a special four-day run, produced by the Peppermint Creek Theatre Co. The play was written by Michigan playwright A.M. Brown; a Q\&A session with the director and Renegade Theatre Festival representatives will follow the opening night performance. 8 p.m. Thursday-Saturday; 2 p.m. Sunday. Miller Street Theatre, 6025 Curry Lane, Lansing. \$10. (517) 927-3016, peppermintcreektheatre.org.

## SATURDAY, JULY $19 \gg$ EXPANDED WRITING: A POSTSGRIPT SYMPOSIUM

In March, the Broad Art Museum opened the "Postscript: Writing After Conceptual Art" exhibit. It explores the way we perceive language in all its forms through means of repurposing and re-contextualization. This Saturday, The Broad and the MSU College of Arts and Letters present "Expanded Writing: A Postscript Symposium," an all-day event that explores the ideas put forward by the exhibit. The symposium features scholars, artists and poets from the student and professional level who will lead a series of discussion panels. Visit the site to register or for a complete schedule of the day's events. 10 a.m. FREE. Eli and Edythe Broad Art Museum, 547 E . Circle Drive, East Lansing (517) 884-3900, cal.msu.edu/postscript.

## SUDOKU

INTERMEDATE

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

## 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 25

## Out on the town

from page 22
$\$ 49 / \$ 35$ members. Meridian Senior Center, 4000 N . Okemos Road, Okemos. (517) 706-5045.
Mind Benders. Have fun while you stretch your memory. 11 a.m.-noon. FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.

## EVENTS

Moonlight Film Festival. Featuring Patch Adams and live music by Taylor Taylor. 9:30 p.m. FREE. Valley Court Park, 400 Hillside Ct., East Lansing. cityofeastlansing.com. Spanish Conversation Group. Both English and Spanish spoken. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. Euchre. No partner needed. 6-9 p.m. \$1.50. Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing. (517) 484-5600.
Karaoke. With Atomic D. 9 p.m. LeRoy's Classic Bar \& Grill, 1526 S. Cedar St., Lansing. (517) 482-0184. Dimondale Farmers' Market. Live music, locally grown produce and fun. 3-7 p.m. FREE. Downtown Dimondale, Bridge Street, Dimondale. (517) 646-0230. villageofdimondale.org
SoupGrant Lansing. Soup and support for community projects. 6:30-8:30 p.m. \$5. Grace Lutheran Church, 528 N. Martin L. King Jr. Blvd., Lansing. soupgrantlansing.wordpress.com.
TNL! Courthouse Concert Series. Featuring The Sea Cruiser. 6-7:30 p.m. FREE. Ingham County Courthouse, 341 S. Jefferson, Mason. (517) 676-1046. Student Organic Farm Farmstand. Local, organic produce for sale including berries. 11 a.m.-5:30 p.m. MSU Erickson Hall, 620 Farm Lane, East Lansing. (513) 230-7987, msuorganicfarm.com.
i5 at ELPL: Tiny Creepy Crawlers. i5 hosts free workshops at ELPL for ages Ages 6-10, 2-4 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. elpl.org/register.
Sip \& Shop. Wine, sweets, give aways and more. 5-7 p.m. FREE. Belle Row Boutique, 3320 E. Lake Lansing Road, East Lansing.

## MUSIC

Rally In The Alley Open Mic. 6:30 p.m. FREE. American Legion Post 48, 731 N. Clinton St., Grand Ledge. (517) 627-1232.
\{REVOLUTION\} at Tavern. Electronic music, 21-up. 9 p.m.-2 a.m. FREE. Tavern On the Square, 206 S. Washington Square, Lansing. (517) 374-5555. Bluegrass Jam. For beginners and pros alike. 7 p.m. FREE. Elderly Instruments, 1100 N Washington Ave. Lansing. (517) 372-7880. elderly.com.
Open Jam at The Colonial. All talents welcome. $\$ 8$ Sizzler dinner special, 8 p.m. No cover. Colonial Bar and Grill, 3425 S. MLK Jr. Blvd., Lansing. (517) 882-6132. colonialbarandgrille.com.
Music in the Garden. Featuring Starfarm, 1980s tribute band. 7 p.m. FREE. Veterans Memorial Gardens Amphitheater, 2074 Aurelius Road, Holt. (517) 694-2135. holtarts.org.
Marshall Music Drum Circle. All ages and levels welcome. Hand drums provided. 6:30 p.m. FREE. Marshall Music, 3240 E. Saginaw St., Lansing. (517) 3379700. marshallmusic.com.

## LITERATURE AND POETRY

Writers Roundtable. Get feedback on your writing. 6-7:45 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321 4014. dtdl.org.

## Friday, July 18

CLASSES AND SEMINARS
Ice Cream Social \& Horticulture. Frozen treats and take home mini-garden project. 1-3 p.m. FREE.

Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.
Alcoholics Anonymous. A closed women's meeting. 7:30 p.m. St. Michael's Episcopal Church, 6500 Amwood Drive, Lansing. (517) 882-9733.

## EVENTS

Lansing Bike Party. Bike ride with TGIF stop. 5:45 p.m. FREE. Broad Art Museum, 547 E. Circle Drive, MSU campus, East Lansing. facebook.com/groups/ lansingbikeparty.
Teen DIY: Steampunk. Ages 13-18. Make a steampunk hat and more. 10 a.m.-2 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014. dtdl.org.

## MUSIC

Summer Concert Series. Featuring Stella. 7 p.m. FREE. Ann Street Plaza, Albert Avenue at M.A.C. Avenue, East Lansing. cityofeastlansing.com. Rock N' Roll Benefit. 8-11 p.m. \$20/\$10 children. SierraRose Farms Healing Hearts with Horses, 5953 W. Cutler, DeWitt. (517) 668-0057. srfhealingheartswithhorses.org.

## Saturday, July 19 <br> <br> Classes and seminars

 <br> <br> Classes and seminars}Domestic Violence Support Group. Noon-1:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163, womenscenterofgreaterlansing.org. Tai Chi in the Park. For beginning and experienced tai chi practitioners. 9-10 a.m. FREE. Hunter Park Community GardenHouse, 1400 E . Kalamazoo St., Lansing. (517) 272-9379. Fabric Art Postcards. Create a postcard-size work of art. 9:30 a.m.-12:30 p.m. \$30, $\$ 10$ kit fee. SmittenDust Studio, 257 Bridge St., Dimondale. smittendust.blogspot.com.

## EVENTS

Paws for Reading. Kids read to therapy dogs. 10:30 a.m.-noon. FREE. Deta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 3. dtdl.org. Karaoke. With Atomic D. 9 p.m. LeRoy's Classic Bar \& Grill, 1526 S. Cedar St., Lansing. (517) 482-0184. Stewardship Morning. Restore habitats and care for the park. 9-11 a.m. FREE. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866. meridian.mi.us. Animal Songs \& Sounds Campfire. Campfire, animals, marshmallows and a walk. 7-8:30 p.m. \$3/ $\$ 5$ family. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866. meridian.mi.us. Taste of Downtown. Food, music and more. 3-8 p.m. \$15. Downtown Lansing, Washington Square between Michigan and Washtenaw Avenues, Lansing. (517) 4873322. tasteofdowntown.org.

Expanded Writing: A Postscript. Symposium on writing and themes of Postscript. 10 a.m. FREE. Eli and Edythe Broad Art Museum, 547 E. Circle Drive, MSU Campus, East Lansing. cal.msu.edu/postscript.
Boating Bonanza. Come explore the Grand River at Woldumar. 11 a.m.-3 p.m. $\$ 5 / \$ 3$ members. Woldumar Nature Center, 5739 Old Lansing Road, Lansing. (517) 322-0030. woldumar.org.

## MUSIC

Matt LoRusso Trio. Jazz. 9 p.m.-midnight, FREE.
Troppo, 111 S. Washington Square, Lansing. (517) 371-4000.
Summer Concert Series. Performance by Gifts or Creatures. 7 p.m. FREE. Ann Street Plaza, Albert Avenue at M.A.C. Avenue, East Lansing. cityofeastlansing.com/summerconcertseries.


## By ALLAN I. ROSS

Last month, Lansing-based fashion line DEFYE moved its headquarters from inside the Meridian Mall into the John Bean building, south of downtown Lansing. Owner/ designer Michael Doherty, 35 , said he made the move in order to focus more on production and distribution of his clothing than retail.
"There are lots of things in the works," Doherty said. "I'm trying to get DEFYE into stores in other states and countries. This has the possibility of becoming a global enterprise."

The 45,000-square-foot John Bean building, 1305 S. Cedar, St., has grown to become an incubator of sorts for Lansing
 area creatives trying to turn their art into business. The building is also
home to commercial photographers, artists and fitness professionals. DEFYE has a 6,000 -square-foot space inside the building, where he does his design work and
manages the distribution.
DEFYE's products consist of highly stylized T-shirts, hoodies and jackets in both men's and women's fashions. Doherty oversees all design work.
"It's alternative, rocker wear," Doherty said. "Our target audience is the edgy 18-35 crowd."

The clothes are actually manufactured in Los Angeles, but Doherty said he's committed to keeping DEFYE an independent, U.S. based line.
"I spent a month and a half in China and Vietnam doing apparel research to see how to be competitive," Doherty said. "I want to be on of the biggest labels in world."

## Smith Floral wins

 statewide award Lansing florist Smith Floral \& Greenhouses was recognized last month by Michigan Meetings + Events magazine as the Best Florist in Michigan. Over 10,000 event planners from around the state voted in the 9th annual contest earlier this year.Owner Karen Smith said she didn't even know she was in the running.
"I've never even been nominated for anything, and I absolutely didn't expect to win," Smith said. "It was a complete surprise. But I'm so honored that so many people voted for us."

The magazine targets Michigan event planners who specialize in weddings, corporate events and other high-profile occasions. Winners were named in 47 categories including sound and light engineers, caterers and decorators.

Smith credited the "creativity and commitment" of her employees and their dedication to impressing people.
"Their quality and creativity mean everything to me," she said. "And it's nice to see that they received the recognition they deserved. We're always putting our best foot forward."

Smith was presented an award at a special ceremony. She did not do the flowers for the event.

## Sunday, July 20 <br> CLASSES AND SEMINARS

Juggling. Learn how to juggle. 2-4 p.m. FREE. Orchard Street Pumphouse, 368 Orchard St., East Lansing. (517) 371-5119, ruetenik@gmail.com. Spiritual Talk, Pure Meditation and Silent Prayer. 10 a.m. FREE. Self Realization Meditation Healing Centre, 7187 Drumheller Road, Bath. (517) 641-6201, selfrealizationcentremichigan.org. Lansing Area Codependents Anonymous. Third floor meeting room. 2-3 p.m. FREE. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 515-5559, coda.org.

## EVENTS

Lansing Area Sunday Swing Dance. Lessons 6-6:45 p.m., dance 6:45-10 p.m. \$8 dance/\$10 dance and lesson. The Lansing Eagles, 4700 N. Grand River Ave., Lansing. (517) 490-7838.
Family Fun in the Park. Free Family Magic
Show with Jeff the Magician. 3-4 p.m. FREE. Sharp Park, 1401 Elmwood Road, Lansing. (517) 323-8555, deltami.gov/parks.

Poet Save That Poem! Breathing life into Dead Poems. Open Mic. 2 p.m. FREE. MICA Gallery, 1210 Turner St., Lansing. (517) 614-5751, lansingpoetryclub.com.

## Monday, July 21 <br> CLASSES AND SEMINARS

Adult Rape Survivor Support Group. Preregistration preferred. 6-7:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163.
Job Seekers Support Group. Find the right job or career. 10 a.m.-noon, FREE. Women's Center of Greater Lansing, 1710 E. Michigan Ave., Lansing. (517) 372-9163, womenscenterofgreaterlansing.org. Support Group. For the divorced, separated and widowed. Room 9. 7:30 p.m. St. David's Episcopal Church, 1519 Elmwood Road, Lansing. (517) 323-2272, stdavidslansing.org.
Fun in the Sun. Learn safe ways for protection from the sun. 6:15 p.m. FREE. Rassel-Daigneault Family Chiropractic, 537 N. Clippert St. Lansing. (517) 203-2090.

## Out on the town

from page 23
achiro.net.
2020 Girls Camp. For 9-13 year olds. Scholarships are available. 9 a.m. -4 p.m. $\$ 25$ for Lansing students. Foster Community Center, 200 N. Foster Ave. Lansing. (517) 708-4392. teclansing.org.
Sound Waves. Hands-on activities with sound and music. 2-3 p.m. Delta Township District Library, 5130

Davenport Drive, Lansing. (517) 321-4014 ext. 3. dtdl.org. 5 Elements Qigong Class. Exercises that condition the body \& quiet the mind. 5:30-6:30 p.m. \$10. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 3493866. meridian.mi.us.

## EVENTS

Ancestry Club. Learn \& share genealogy tips. Call to register. 10 a.m.-noon, FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4. dtdl.org.

## July 10 - August 17, 2014



## Music by Jed Feuer <br> Book and Lyrics by Boyd Graham

Pay-What-You-Can Preview Thurs., July 10, 2014
\$15 Previews
July 11 @ 8PM, July 12 @ 8PM July 13 @ 2PM

Two wanna-be tycoons are desperate to line up funding for their outrageous, musical extravaganza, so they've set up a "backers audition" and you're invited!!!

This zany song-and-dance romp will leave you breathless!

Directed by Rob Roznowski
Featuring: Matthew Gwynn and Zev Steinberg

Williamston Theatre 122 S Putnam St.,Williamston 517-655-7469
www.williamstontheatre.org

Social Bridge. No partner needed. 1-4 p.m. \$1.50. Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing. (517) 484-5600.
Mac's Monday Comedy Night. Hosted by Mark Roebuck and Dan Currie. 9:30 p.m. FREE. Mac's Bar, 2700 E. Michigan Ave., Lansing. (517) 484-6795. macsbar.com. Club Shakespeare. 6-8:45 p.m. Donations. CADL Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 348-5728, cadl.org.
Saints, Sinners \& Cynics. Lively conversation, variety of topics-no judgment. 6:30-8:30 p.m. FREE. Coral Gables, 2838 E. Grand River Ave., East Lansing. (517) 882-9733, saintmichaellansing.org

## MUSIC

Pawsapalooza. To benefit Capital Area \& Eaton County Humane Society. 6 p.m. \$5/FREE with Pet supply donation. Downtown Charlotte, 1885 Courthouse, ow.ly/z33Xq

## Tuesday, July 22

CLASSES AND SEMINARS
Take Off Pounds Sensibly. Have a support system, lose weight. 7 p.m. FREE to visit. Eaton Rapids Medical Center, 1500 S. Main St., Eaton Rapids. (517) 543-0786. Lansing Area Codependents Anonymous. 5:456:45 p.m. FREE. Everybody Reads Books and Stuff, 2019 E. Michigan Ave., Lansing. (517) 515-5559. coda.org.

Not So Happy Endings Support Group. For women ending relationships. 5:30-7:30 p.m. FREE. Women's Center of Greater Lansing, 1710 E . Michigan Ave. Lansing. (517) 896-3311.
Hopeful Hearts Grief Group. Learn, grow and heal together. 10-11 a.m. FREE. The Marquette Activity Room, 5968 Park Lake Road, East Lansing. (517) 381-4866. Capital City Toastmasters Meeting. Learn public speaking and leadership skills. 7 p.m. FREE. CADL

Downtown Lansing, 401 S. Capitol Ave., Lansing. (517) 367-6300, cadl.org.
Speakeasies Toastmasters. Improve listening, analysis, leadership and presentation skills. 12:05-1 p.m. FREE. Ingham County Human Services Building, 5303 S. Cedar St., Lansing. (616) 841-5176.
Reading with the Animals. Kids can read to animals and enjoy free pizza. 6 p.m. FREE. Ingham County Animal Control Outreach Center, 826 W. Saginaw, Lansing. (517) 367-0676.
Build a Better Credit Report. Call 372-5980 to register or email bruce@gic.org. 6-8 p.m. FREE. Neighborhood Empowerment Center, 600 W. Maple St. Lansing. (517) 372-5980. glhc.org.
Fur, Feathers, Scales \& Slime. Preschool nature camp includes time with animals. 9 a.m.-noon. $\$ 65$. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866. meridian.mi.us.

Amazing Animals Camp. Kids discover animals and more at nature camp. 9 a.m.-noon, $\$ 65$. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866, meridian.mi.us.
Things with Wings Nature Camp. Kids take fligh discovering animals that fly. 9 a.m.-noon, $\$ 65$. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349 3866, meridian.mi.us.
Counselor-in-Training Camp. Kids spend time in nature \& become camp counselors. 9 a.m.-3 p.m. $\$ 125$. Harris Nature Center, 3998 Van Atta Road, Okemos. (517) 349-3866. meridian.mi.us.

Starting a Business. Hands-on workshop. Call to register. 6-7:45 p.m. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 4. dtdl.org. Free Hearing Screeings. 11 a.m. 1 p.m. FREE. Meridian Senior Center, 4000 N. Okemos Road, Okemos. (517) 706-5045.
Basics of Microsoft Excel. Learn the basics of Microsoft Excel. $6-8$ p.m. FREE. Foster Community

See Out on the Town, Page 25


## Out on the town

## from page 24

Center, 200 N. Foster Ave., Lansing. (517) 708-4394. iteclansing.org.
Starting a Business. Includes steps, costs, planning \& financing. 6-8 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 483-1921. sbdcmichigan.org.
Summer Tutoring. Tutoring for grades K-6 on Tuesdays in July. 10:30 a.m.-noon , FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 3512420. elpl.org.

## EVENTS

Bible and Beer. Discussion of scripture in everyday settings. 6 p.m. Midtown Brewing Co., 402 S. Washington Square, Lansing. (517) 482-0600, bibleandbeer@ccclansing.org.
Instrument Petting Zoo. Instruments provided by White Brothers Music of Bath. 7-8 p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420. elpl.org.

## Wednesday, July 23

CLASSES AND SEMINARS
Family Storytime. Ages up to 6. Stories, rhymes and activities. 10:30 a.m. FREE. CADL South Lansing Library, 3500 S. Cedar St., Lansing. (517) 367-6363.
Meditation. For beginners and experienced. 7-9 p.m. FREE. Vietnamese Buddhist Temple, 3015 S . Washington Ave., Lansing. (517) 351-5866.
Overeaters Anonymous. 7 p.m. FREE. First Congregational United Church of Christ, 210 W. Saginaw Highway, Grand Ledge. (517) 256-6954, fcol.org. Maya Angelou Discussion. 6-7 p.m. FREE. Pilgrim Congregational United Church of Christ, 125 S . Pennsylvania Ave., Lansing. (517) 484-7434. PilgrimUCC.com. Advanced Microsoft Word. 6-8 p.m. FREE. Foster Community Center, 200 N. Foster Ave., Lansing. (517) 708-4394. iteclansing.org.
Marketing Your Business. Seminar. 9:30 a.m.-noon. FREE. Small Business Development Center, LCC, Suite 110, 309 N . Washinton Square, Lansing. (517) 483-1921. sbdcmichigan.org.
Prayer and Meditation. Improve your practices. $6-7$ p.m. FREE. Pilgrim Congregational United Church of Christ, 125 S. Pennsylvania Ave., Lansing. (517) 484-7434. PilgrimUCC.com.

## EVENTS

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

Strategy Game Night. Ages 18 and under. Learn and share favorite games. 5-7:30 p.m. FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321 4014 ext. 4, dtdl.org.
Practice Your English. $7-8$ p.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 3512420.

Capital Area Crisis Men's Rugby Practice.
Weather permitting. All experience levels welcome. 6:30 p.m. FREE. St. Joseph Park, 2151 W. Hillsdale St., Lansing, crisisffc.com.
Summer BabyTime. Intended for ages $0-2$ yrs. with adult. 10:30-11 a.m. FREE. East Lansing Public Library, 950 Abbot Road, East Lansing. (517) 351-2420, elpl.org Ice Cream Social \& Hymn Sing. 6-8 p.m. FREE. Bretton Woods Covenant Church, 925 Bretton Rd., Lansing. (517) 323-3316, bwcc.net/ministries.php.

## MUSIC

Concerts in the Park. Oldies concert featuring the Sea Cruisers. 7 p.m. FREE. Turner-Dodge House \& Heritage Center, 100 E. North Street, Lansing. (517) 483 4220, lansingmi.gov/attractions.
Music in the Park. With Raw Brass and Bridges to Chorus. 7 p.m. FREE, donations accepted. Meridian Historical Village, 5113 Marsh Road, Okemos. (517) 3498548. meridianhistoricalvillage.org.

## LITERATURE AND POETRY

Tween Book Club. Ages 9-12. Call to register. 2-3 p.m FREE. Delta Township District Library, 5130 Davenport Drive, Lansing. (517) 321-4014 ext. 3, dtdl.org.

## Gity Pulse Classifieds

Interested in placing a classified ad in City Pulse? (517) 999-5066 or adcopy@lansingcitypulse.com

Lead Parking Technician, \$13.06-\$17.57/ hr., City of Lansing. The position requires a High School
Diploma or GED. Previous customer service experience Diploma or GED. Previous customer service experience preferred. Experience in electrical and mechanical repair work. Must possess and maintain a valid driver license. Application and adaditional details of position to apply
July 24,2014 are online at www.lansingmi.gov. EOE
Moving Garage Sale Saturday, July 19, 8a-5p 420 Barry Rd, Williamston. 6 mi. North of E. Grand River.

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## Free Will Astrology by Rob Brezsny

ARIES (March 21-April 19): "I have complete faith in the continued absurdity of whatever's going on," says satirical news commentator Jon Stewart. That's a healthy attitude. To do his work, he needs a never-ending supply of stories about people doing crazy, corrupt, and hypocritical things. I'm sure this subject matter makes him sad and angry. But it also stimulates him to come up with funny ideas that entertain and educate his audience - and earns him a very good income. I invite you to try his approach, Aries. Have faith that the absurdity you experience can be used to your advantage.
TAURUS (April 20-May 20): Bananas grow in Iceland, a country that borders the Arctic Ocean. About 700 of the plants thrive in a large greenhouse heated by geothermal energy. They don't mature as fast as the bananas in Ecuador or Costa Rica. The low amounts of sunlight mean they require two years to ripen instead of a few months. To me, this entire scenario is a symbol for the work you have ahead of you. You've got to encourage and oversee growth in a place that doesn't seem hospitable in the usual ways, although it is actually just fine. And you must be patient, knowing that the process might take a while longer than it would in other circumstances.
GEMINI (May 21-June 20): While at a cafe, I overheard two people at the next table talking about astrology. "I think the problem-solvers of the zodiac are Cancers and Capricorns," said a young, moon-faced woman. "Agreed," said her companion, an older woman with chiseled features. "And the problem-creators are Scorpios and Geminis." I couldn't help myself: I had to insert myself into their conversation so as to defend you. Leaning over toward their table, I said, "Speaking as a professional astrologer, l've got to say that right now Geminis are at least temporarily the zodiac's best problem-solvers. Give them a chance to change your minds." The women laughed, and moon-face said, "You must be a Gemini." "No," I replied. "But I'm on a crusade to help Geminis shift their reputations."
CANCER (June 21-July 22): Mozart debuted his now famous opera Don Giovanniin Prague on October 29, 1787. It was a major production, featuring an orchestra, a chorus, and eight main singers. Yet the composer didn't finish writing the opera's overture until less than 24 hours before the show. Are you cooking up a simila scenario, Cancerian? I suspect that sometime in the next two weeks you will complete a breakthrough with an inspired, last-minute effort. And the final part of your work may well be its "overture;" the first part will arrive last. (P.S.: Mozart's Don Giovanniwas well-received, and I expect your offering will be, too.)
LEO (July 23-Aug. 22): "We must learn to bear the pleasures as we have borne the pains," says writer Nikki Giovanni. That will be apt advice for you to keep in mind during the coming months, Leo. You may think I'm perverse for suggesting such a thing. Compared to how demanding it was to manage the suffering you experienced in late 2013 and earlier this year, you might assume it will be simple to deal with the ease and awakening that are heading your way. But 'Id like you to consider the possibility that these blessings will bring their own challenges. For example, you may need to surrender inconveniences and hardships you have gotten used to, almost comfortable with. It's conceivable you will have to divest yourself of habits that made sense when you were struggling, but are now becoming counterproductive.
VIRGO (Aug. 23-Sept. 22): I would hate for your fine mind to become a liability. As much as I admire your native skepticism and analytical intelligence, it would be a shame if they prevented you from getting the full benefit of the wonders and marvels that are brewing in your vicinity. Your operative motto in the coming days comes from Virgo storyteller Roald Dahl: "Those who don't believe in magic will never find it." Suspend your
disbelief, my beautiful friend. Make yourself receptive to the possibility of being amazed.
LIBRA (Sept. 23-Oct. 22): Kris Kristofferson is in the Country Music Hall of Fame now, but it took a while for him to launch his career. One of his big breaks came at age 29 when he was sweeping floors at a recording studio in Nashville. He managed to meet superstar Johnny Cash, who was working there on an album. A few years later, Kristofferson boldly landed a helicopter in Cash's yard to deliver his demo tape. That prompted Cash to get him a breakthrough gig performing at the Newport Folk Festival. I wouldn't be surprised if you were able to further your goals with a similar sequence, Libra: luck that puts you in the right place at the right time, followed by some brazen yet charming acts of self-promotion.
SCORPIO (Oct. 23-Nov. 21): In her poem "Looking Back," Sarah Brown Weitzman writes that she keeps "trying to understand / how I fell / so short of what intended / to do with my life." Is there a chance that 30 years from now you might say something similar, Scorpio? If so, take action to ensure that outcome doesn't come to pass. Judging from the astrologica omens, I conclude that the next ten months will be a favorable time to get yourself on track to fulfill your life's most important goals. Take full advantage!
SAGITTARIUS (Nov. 22-Dec. 21): "There is no such thing as a failed experiment," said author and inventor Buckminster Fuller, "only experiments with unexpected outcomes." That's the spirit I advise you to bring to your own explorations in the coming weeks, Sagitarius. Your task is to try out different possibilities to see where they might lead. Don't be attached to one conclusion or another. Be free of the drive to be proven right. Instead, seek the truth in whatever strange shape it reveals itself. Be eager to learn what you didn't even realize you needed to know.
CAPRICORN (Dec. 22-Jan. 19): Architects in ancient Rome used concrete to create many durable structures, some of which are still standing. But the recipe for how to make concrete was forgotten for more than a thousand years after the Roman Empire collapsed in the fifth century. A British engineer finally rediscovered the formula in 1756 , and today concrete is a prime component in many highways, dams, bridges, and buildings. I foresee a similar story unfolding in your life, Capricorn. A valuable secret that you once knew but then lost is on the verge of resurfacing. Be alert for it.
AQUARIUS (Jan. 20-Feb. 18): Beginning in 1798, European cartographers who drew maps of West Africa included the Mountains of Kong, a range of peaks that extended more than a thousand miles east and west. It was 90 years before the French explorer Louis Gustave Binger realized that there were no such mountains. All the maps had been wrong, based on faulty information. Binger is known to history as the man who undiscovered the Mountains of Kong. I'm appointing him to be your role model in the coming weeks, Aquarius. May he inspire you to expose longrunning delusions, strip away entrenched falsehoods, and restore the simple, shining truths.
PISCES (Feb. 19-March 20): In the simplest, calmest of times, there are two sides to every story. On some occasions, however, the bare minimum is three or more sides. Like now. And that can generate quite a ruckus. Even people who are normally pretty harmonious may slip into conflict. Fortunately for all concerned, you are currently at the peak of your power to be a unifying force at the hub of the bubbling hubbub. You can be a weaver who takes threads from each of the tales and spins them into a narrative with which everyone can abide. I love it when that happens! For now, your emotional intelligence is the key to collaborative creativity and group solidarity.


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Bn

## The gluten chalange

How the rise in gluten-free dining options helps more than just celiac sufferers By DANIELLE WELKE

You may have noticed the term "glu-ten-free" sneaking into restaurant menus and choices for the items at the grocery store in the past few years. Given the small percentage of Americans (about 1 percent) who suffer from celiac disease, the condition that causes gluten allergies by preventing the body from absorbing parts of food that are important for staying healthy, you wouldn't think that gluten-free fare would have such a demand. However, as non-celiac people find that gluten-free diets give them a healthier gut and a sense of better overall well being, gluten-free pastas, breads and other items are on the rise. If you don't have a gluten allergy, though, what does it mean for you?

Wheat, spelt, rye and barley all contain gluten and are primarily found in breads and pastas. People suffering from celiac disease who eat gluten could have joint pain, stomach and intestinal upsets, anemia, infertility or any of a number of seemingly unrelated symptoms. Those diagnosed with celiac disease or gluten sensitivity have a difficult time finding processed foods without the specific protein that makes up gluten. But times are
getting better due to non-celiac consumers wanting to try a gluten-free diet.
"When gluten-free products first (became popular), we made an effort to put them all in one area," said David Finet, general manager of the East Lansing Food Co-op. "But now the selection is so big that the products are placed with like products." The co-op is in the process of labeling all its products as organic, gluten-free and soy-free so that it's easier for members and customers to find what they are looking for.

Gluten-free dining is a growing trend, and companies are finding a niche market. But producing a gluten-free food is not a guarantee that the food will really be gluten-free and safe for a celiac sufferer to consume. Oat, although glutenfree, is usually suggested to be avoided because it is usually grown near wheat, harvested by the same machine or processed in a factory where wheat and gluten-filled grains are processed. The East Lansing Food Co-op carries two varieties of Bob's Red Mill Oats; one is made in a designated gluten-free facility while the other is made at their normal processing facility.

Rice, corn and so called "ancient grains" such as millet, amaranth and quinoa are gluten-free, but again must be processed in a factory with a machine that has never seen a gluten product or has been completely disassembled and reassembled and cleaned after a gluten product is processed.

According to the University of Michigan Comprehensive Diabetes Center, people diagnosed with celiac disease should avoid all processed foods until they become familiar with the hidden types of gluten in supermarket and res-

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## Organic

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taurant meals. Food starch or modified food starch are terms that might be seen on the side of the box that will tell you whether gluten is in the processed foodstuff. Dextrin is usually thought of as gluten, but as long as the food is produced in the U.S., the dextrin is produced from corn, which is gluten-free.

Locally, there are many gluten-free foods on the shelves of Meijer, the East Lansing Food Co-op and other local supermarkets. In most restaurants, you should be able to find one or two glutenfree products.

WOW (With Out Wheat) in Okemos makes gluten-free pizza and is the only certified gluten-free restaurant in the area. The restaurant is attached to Guido's Premium Pizza, a Detroit-based franchise. WOW is the only restaurant in mid-Michigan that has gone through this additional certification and can call itself a National Foundation for Celiac Awareness-certified gluten-free restaurant. Most impressive: All of its products are made on-site in Okemos.

Steven Pollard, owner of WOW, said he started making gluten-free pizza for his stepmother, who has celiac disease. He opened the pizzeria about seven years ago and is celebrating his fourth year in the separate gluten-free kitchen this month. He has the highest-ranking gluten-free pizza in the area on the app Find Me GF, a guide to local establishments that carry gluten-free goods. Pollard said people drive from as far away as Royal Oak, Grand Blanc and Kalamazoo because of that app.

WOW's menu is extensive, including gluten-free Chicago-style deep-dish pizza, pastas, deli sandwiches and baked sweets. And the prices are sensible - the deep-dish pizza starts at $\$ 10.95$ while the baked goods range from $\$ 1.50$ for a cookie to a whole loaf of freshly baked glutenfree bread for around $\$ 6$. This is the place where a person diagnosed with celiac disease can eat and not worry about crosscontamination.

The FDA has ruled that products labeled gluten-free were permitted to contain no more than 20 parts of gluten per million, but that is not carried over to restaurants. Pollard said he has a separate
knife for cutting onions and tomatoes He even has special knives he uses for his gluten-free and dairy-free loaves.
If you are interested in finding glutenfree products, check out glutenfreeregistry.com, an online registry for glutenfree Michigan restaurants and bakeries There is a certification process that restaurants can go through to become a certified gluten-free restaurant.
"When gluten-free products first (became popular), we made an effort to put them all in one area. But now the selection is so big that the products are placed with like products."

- David Finet, general manager of the East Lansing Food Co-op

As with any food trend, eating glutenfree is about awareness of what you put in your mouth. With all the gluten-free options, can you guarantee that it's the lack of gluten that is making a healthy difference in your life or is it that you are just more aware of what they are eating and are eating fewer processed foods?

Danielle Welke is the founder of MidMitten Homemade (mid-mittenhomemade.com) and the organizer for the MidMichigan Food Club.




## FOODS $\stackrel{\text { For }}{=}$ LVING



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## Thank you Goodrich's!

Community members of the Red Cedar neighborhood in East Lansing bid fond farewell to the owners and employees of our valued neighbor, Goodrich's ShopRite.
This store has met the diverse culinary needs of our international community for the
past 77 years by providing high quality and unique specialty foods and wines, personalized and friendly service, and a welcoming social atmosphere in which to shop.

The staff always went the extra mile to obtain whatever we requested.
We are very saddened to see Goodrich's ShopRite close; for us the store is a member of our neighborhood family.

We wish the staff well in their future endeavors and thank Goodrich's ShopRite for being such a long-term, contributing component of the broader East Lansing community.

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