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THE MORLOK QUADRUPLETS: A TRAGIC CHAPTER OF LANSING'S HISTORY

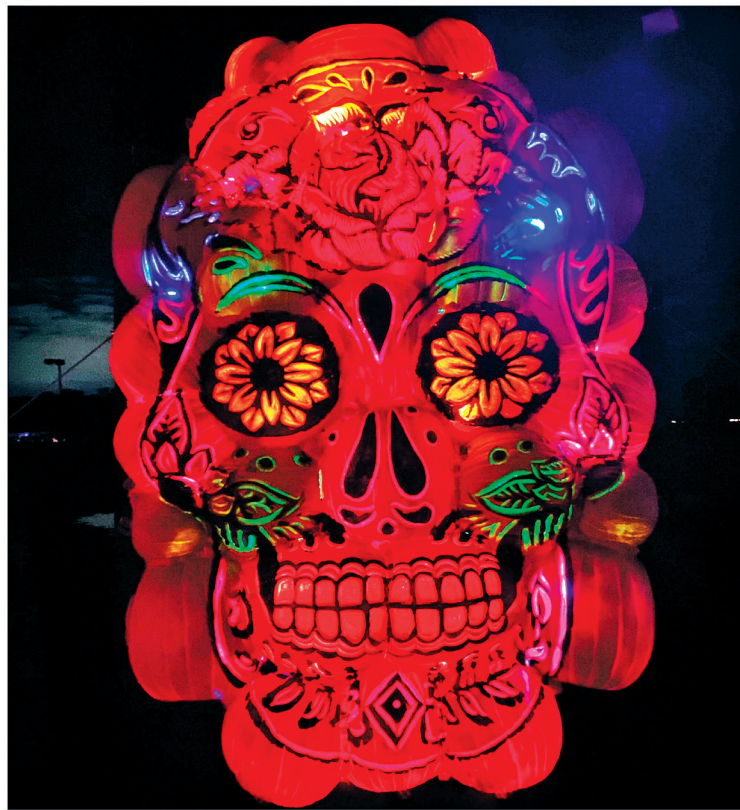
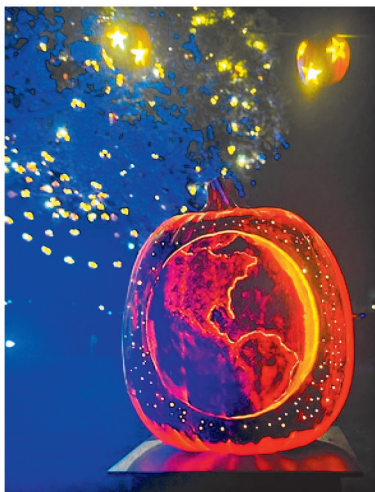
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DOOM SPIRAL

LONG HISTORICAL CONFLICT LEADS TO A NATION CONFINING A VAST POOR POPULATION IN THE NAME OF SECURITY

MILITANT GROUP CLAIMING TO REPRESENT THIS POPULATION BRUTALLY ATTACKS INNOCENT PEOPLE

STATE RESPONDS WITH ESCALATION THAT PUNISHES CIVILIANS

WE WILL DENY THEM FOOD, WATER, AND ELECTRICITY, AND LAY SIEGE TO THEIR CITIES.

DENSELY-POPULATED AREAS ALREADY SUFFERING FROM HUMANITARIAN DISASTER REDUCED TO RUBBLE

KIDS GROW UP KNOWING NOTHING BUT DEATH AND DESTRUCTION

WHICH MAKES SOME OPEN TO EXTREMISM

SORENSEN

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Cavalcade's Cale Sauter discusses upcoming double LP

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Victims of sexual violence share art at Lansing Art Gallery

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Homemade ketchup is a step above the rest

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THIS MODERN WORLD

by TOM TOMORROW

IT'S TIME ONCE AGAIN FOR THE ADVENTURES OF CONSERVATIVE JONES, BOY DETECTIVE--

--AND HIS PERENNIALY BEFUDDLED SIDEKICK, "MOONBAT"!

COME IN, MOONBAT! YOU'RE JUST IN TIME!

YOU KNOW, THAT LITTLE NICKNAME IS REALLY GETTING OLD--

SILENCE, MOONBAT! I'M ATTEMPTING TO UNRAVEL A TRULY BAFFLING MYSTERY--WHY DIDN'T DEMOCRATS SAVE KEVIN MCCARTHY?

EXCELLENT QUESTION! WHY DIDN'T THEY HELP THE MAN WHO RENEGED ON HIS BUDGET AGREEMENT WITH JOE BIDEN, GAVE JANUARY 6TH FOOTAGE TO TUCKER CARLSON, AND APPROVED THE IMPEACHMENT SHAM IN A FUTILE ATTEMPT TO APPEASE THE FRINGE NUTCASES IN HIS CAUCUS?

WHY DIDN'T THEY SAVE HIM FROM THE DEVIL'S BARGAIN HE MADE WITH GAETZ AND THE REST, BACK WHEN IT TOOK FIFTEEN ROUNDS OF VOTING TO SECURE THE SPEAKERSHIP? WHY DIDN'T THEY EXTEND A HELPING HAND WHEN HE WAS OFFERING NO CONCESSIONS WHATSOEVER IN RETURN?

WHY OH WHY WERE THEY NOT MOTIVATED TO SAVE THE REPUBLICAN PARTY FROM ITSELF? WHAT COULD POSSIBLY EXPLAIN IT?

MOONBAT, IF I MAY INTERRUPT YOUR TEDIOUS BLATHER-- I THINK I'VE FIGURED OUT THE SOLUTION!

LET ME GUESS--IS IT BECAUSE DEMOCRATS HATE AMERICA?

BY GOD MOONBAT, WE'LL MAKE A BOY DETECTIVE OUT OF YOU YET!

NEXT: ANOTHER PERPLEXING ENIGMA! WHY WON'T DEMOCRATS SUPPORT JIM JORDAN FOR SPEAKER?

OH WAIT-- I THINK I KNOW!

TOM TOMORROW © 2023-10-09 ... JOIN SPARKY'S LIST: thismodernworld.com/subscriptions

PULSE

NEWS & OPINION

Downtown businesses fight City Hall over EL housing plan

Last spring, Al Bay and other East Lansing business owners were hit with some startling news.

At a Downtown Development Authority meeting on May 25, the city revealed a proposal to create a five-story, 122-unit, 1,100-square-foot affordable housing development on Albert Street between Bailey and Division streets on the site of a surface-level parking lot.

“Within a few days of that, we saw the soil samples being taken,” said Bay, owner of the Wild Goose Inn, which is next to the lot. “We were immediately concerned because we, the business owners, depend on that parking.”

To fight the plan, Bay and other nearby business owners formed Citizens to Protect East Lansing Access. In June, they collected over 900 signatures against the development.

The City Council is set to vote on the matter as soon as Tuesday (Oct. 17).

“We didn’t find out about this for a year and a half,” Bay said. “It’s a matter of transparency and good governance in general. Something has to change in the way that things are being run here.”

The city owns 29% of the lot. For over two decades, it has leased the remaining 71% from the Metzger/Fabian family for public parking.

In 2022, city officials expressed their desire to the family that the lot be developed. The family was told it would not be offered another long-term lease. A short-term lease was created at significantly reduced revenues and was restructured with the family now responsible for property tax payments.

“I mean, that’s basically the city saying: ‘We want you to put something on this land,’” said Mark Meadows, a former East Lansing mayor and state representative who’s running again for City Council. “And so, in defense of the family, they did what the city basically told them to do.”

In response, the family hired CBRE, a national commercial real estate brokerage firm, to seek development proposals. Of the interested groups, they went with American Community Developers, which submitted a plan



Tyler Schneider/City Pulse

Al Bay, owner of the Wild Goose Inn, in the public parking on Albert Street in East Lansing that he and other business owners are fighting to keep from being developed into housing. The City Council is expected to decide on Tuesday (Oct. 17).

calling for two years of development.

The city is steadfast in assuring that a parking study, done this summer, shows that Bailey Street parking ramp to the east and the Division Street ramp to the west have more than enough space to accommodate cars that have been parking at the Albert Street lot.

“Had they made us aware that they wanted to close the lot, perhaps we would have gotten together and tried to buy it,” Bay said. “There’s a provision in the city comprehensive plan that forbids private parking enterprises in the downtown area — but that could be changed, too.”

The outcry came to a head at the Oct. 3 City Council meeting, where a public hearing on the matter brought out about 20 speakers. In anticipation of that heavy turnout, and because Councilmember Dana Watson was absent, Mayor Ron Bacon delayed the Council’s vote on the matter until at least next week.

Only two speakers supported the plan.

“Having more housing options that are close to downtown is going to be good, particularly about if you just think about the expenses of owning a car,” said MSU Professor Josh Berman. “Insurance is expensive.”

Roy Saper, longtime owner of a nearby art gallery and framing shop, said, “The city has studied housing for 30 years. Before you is the one project that fits precisely what you have pronounced as a need: affordable housing for working people.”

“A more populated downtown becomes a more vibrant downtown,” Saper added. “Businesses can stay open for longer hours, vacant spaces become more desirable, and create even more business — particularly those that are unique and locally owned.”

The rest of the speakers were opposed.

“I’ve been going to the Peanut Barrel since 1984,” said Sally Potter, referring to the restaurant with a back entrance that faces the parking lot. “Rodeo burger, medium well, cheese

on rye, and fries. Sometimes a basket.

“Has anybody done a customer count of people coming out of their cars to go to the Peanut Barrel? No. We’re talking about something that no one’s done the numbers on,” said Potter, the manager of the Eastside Lansing Food Co-op.

Potter listed a handful of other businesses in the area, including Sushi Ya, Yoga State, Skin Studio 211, Splash of Color Tattoo Studio that she said will suffer greatly from the loss of the lot.

“The margins are too thin and the customers are too important. And you are taking away the most valuable resource they have: parking,” she added, citing her experience as a shop owner for 15 years.

Dave Bernath, owner of Flat, Black & Circular, 541 E. Grand River Ave., said he wishes the Council would delay the development until after the Nov. 7 election, when three new members will be elected to the five-member Council.

“I’ve been here the longest of anyone on this block,” Bernath said. “We’ve seen a lot of places come and go over the years. When we started, there weren’t as many people or businesses. By the time we got the parking lot, it was a godsend.”

Now, with the potential loss of the lot, Bernath is afraid that the business turnover may soon escalate.

He thinks he’s got a feel for the city’s motivations.

“For the city, it’s gonna be taxes they’re going to make. I understand the money position,” he said. “It’s just that the small businesses are gonna hurt. What’s more important: the city’s budget, or the small businesses on the 500 block?”

Business owners are hoping for a solution that would preserve parking or create spaces nearby. None have an issue with affordable housing, but the general takeaway has been that it is a good project in a poor location.

If the Council goes through with the plan, the Citizens to Protect East Lansing Access is prepared to initiate a citizens’ referendum, according to the

Concern, grief and hope in Lansing's Jewish community after Hamas attack

Ody Norkin and his wife, Rachel, were asleep in their home in Okemos early Saturday when their cell phones rang to life at about 1:30 a.m., with texts and videos on WhatsApp from Rachel's family in Israel — messages about attacks, videos showing gunmen and shooting.

Obviously, the Norkins were concerned. They grew up in Israel, and Rachel's brother, Issac, his family and numerous cousins still live in Tel Aviv. "We have a WhatsApp group, and they started sending texts and videos, like 28 of them in five minutes," he said. "Some of the videos were going viral within minutes. We saw these things well before they hit the airwaves."

Still, the Norkins believed what they first saw and were told about were smaller-scale terrorist attacks by Hamas fighters, all too familiar in recent years. "We thought it was another missile bar-

rage, which are kind of routine now, and that it was just one terrorist squad that had somehow infiltrated," he said.

So, they eventually returned to sleep. Hours later, they awoke for the day to a horrifying truth. The Hamas attacks were nationwide, Israeli President Benjamin Netanyahu had declared war in response, and the escalation of hostilities has quickly reached a level not seen for many years.

Ody Norkin shared this story from his vehicle in Okemos Monday as he drove to a Rotary Club meeting in Lansing. In 2022, Norkin's extensive efforts to assist Ukraine in their war against Russia have been well-publicized in stories by City Pulse and other outlets. While driving, he was interrupted by a call regarding a shipment this week of medical supplies heading to Ukraine. "I need someone in Suceava Rotary to clear customs for me," he said, referring

to a city in Romania.

As Norkin absorbs the news from his homeland and tries to help, even as he continues his previous mission. One thing he can do best with his background — he's the vice president of Michigan Flyer bus service — is help with travel. "I've been assisting Israel Defense Force reservists that were here on holiday get rebooked on flights to get back to their units. Delta/United/American flights were all canceled, so EL AL is the only carrier from the U.S. flying," he said, referring to the Israeli national airline. "I managed to get some booked, but not all."

Norkin has been moved by calls of concern from connections he's made during his Ukrainian relief efforts, including U.S. Rep. Elissa Slotkin and retired Lansing attorney Raj Wiener. As he said in a reply to a message of their concerns, "This war has truly hit home."

Norkin's family in central and northern Israel are OK so far. However, his wife's sister-in-law has a cousin, Inbal, whose brother and German girlfriend were murdered in the Nir Oz kibbutz, or collective, near the Gaza Strip border in southern Israel while visiting for the Yom Kippur holiday. Plus, Inbal's father is one of the hostages Hamas has taken. "The hopes are that Inbal's father is still alive."

The attack isn't personal for Norkin just because of the extended family that has been harmed, but also for the heroic efforts of his kibbutz. The Norkins first met in 1973 when they were living and working in Kibbutz Nirim, where he was called up to fight as a 19-year-old soldier in the Yom Kippur War, exact-



Ody Norkin in Ukraine after delivering an ambulance paid for by Lansing-area contributions.

ly 50 years and a day before the Hamas attack.

"It's the only kibbutz in south Israel that so far has not had any fatalities," he said. "Everyone has holed up in their homes and safe rooms, and with just a handful of volunteers they've managed to hold off the attack on Nirim, which is an untold story yet. This is the same story of 1948; Nirim was first village to

See Israel, Page 9

NOTICE OF PUBLIC HEARING EAST LANSING BUILDING BOARD OF APPEALS

Notice is hereby given of the following public hearing to be held by the East Lansing Building Board of Appeals on **Thursday, October 26, 2023, at 7:00 p.m.**, East Lansing City Hall, 410 Abbot Road, Conference Room A, Second Floor, East Lansing, Michigan 48823:

1. A public hearing will be held to consider the appeal of **Martin DuBois, owner of Postema Sign Company regarding the property at 111 Division St.**, requesting a variance to the 'SIGN' code to allow one electronic sign for The State News to wrap the corner of the building.

(10) *Electronic display signs. Commercial properties shall be allowed one electronic display sign on the premises. The illumination of the sign shall be limited to an average of 2,000 nits, during daylight hours and shall be reduced to a maximum of 500 nits from a half hour before sunset to a half hour after sunrise as measured from the sign's face at maximum brightness. The display shall not, or shall not appear to flash, pulse, or portray explosions, fireworks, or flashes of light. The display shall not appear to move toward or away from the viewer, expand or contract, spin, rotate, or twist. The message on the display shall remain in a fixed, static position for a minimum of eight seconds and shall change by means of a dissolve effect. All electronic display signs in any residentially zoned district or within 150 feet of a residentially zoned district that are directly visible from residential uses shall discontinue the display between the hours of 11:00 p.m. and 6:00 a.m.*

For more information on the request please contact Scott Weaver at (517) 319-6810 or sweaver@cityofeastlansing.com. Materials related to the request are available for viewing at the Department of Planning, Building, and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, MI, 48823 between the hours of 8:00 am and 5:00 pm. Written comments may be sent prior to the public hearing to the Building Board of Appeals, City of East Lansing, 410 Abbot Road, East Lansing, Michigan, 48823, or by email to bba@cityofeastlansing.com.

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

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

Dated: October 11, 2023,
East Lansing, MI 48823

Marie Wicks
Interim City Clerk

CP#23-264

Parking lot

from page 5

group's lawyer, Jeffrey Hank.

Erik Altmann, a former City Council member running again in November, has another possible solution in mind.

"There is a way forward, which is to use eminent domain to force a sale of the property to the city, Altmann said. Under eminent domain, government can take private property and turn it into public use. In Michigan, it is a complex legal process that is usually used for the construction of roads, bridges, drain and public utilities, according to the Foster, Swift law firm.

"Eminent domain sometimes makes people uncomfortable, but I

think this is an appropriate use case," Altmann said. "We can probably fund the purchase with a revenue bond. So you'll be getting revenue from the parking lot paying off the purchase price over the years and the owners of the property would be appropriately compensated for it. So, we're not taking anything from anybody."

Whatever happens, Bay said he feels that the city could have done better to accommodate local business owners.

"Here I am as a customer, I've spent nearly \$200,000 purchasing parking and they don't even let me know, if they knew for a couple of years and just kept it secret," Bay said. "It just gives you insight as to the mindset that they have."

— TYLER SCHNEIDER

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The masculine bravado often shown by the far-right masks a deep cowardice of the modern world. They have devolved to the more prehistoric tactics of pounding their chests and riling up those primitive instincts to convince anyone who might be influenced by fear, that what's comfortable to them is at risk of being lost. In actuality, what they fear is the unknown. And what they don't know is that if they'd let go of their fear, they'd open their minds to understanding. They'd soon realize that their fears are their own worst enemies, and behind that fear is acceptance, because fear is something WE ALL have in common.

Fear has been used to divide because it's easier than understanding. Understanding takes effort. Fear requires nothing but teaming up in numbers to alienate those who don't submit to societal constructs. It's unnatural. Fear begets fear. Love begets understanding. It requires effort. It requires forgiveness. It uplifts and empowers us to be our authentic selves.

What makes a society safe is not God, not organized religion, societal norms, or acceptable constructs based on nationalistic ideology. What makes a society safe is compassion and tolerance. What is happening is a breakdown of civilization, our ability to be civilized.

I am personally saddened by the image we have been reduced to as Americans. I grew up believing we were the envy of the world. That we were free, first and foremost, but that we were also supposedly leading the way by setting the example for the rest of the world in kindness, civility, and humility. Instead, we have proven by our own actions that we can't even take care of our own, let alone lead others. Our corporations continue to exploit their workers in the name of greed. The rich become richer, and the poor become poorer. Our politicians can't get elected unless they can raise millions for a campaign and that type of money carries strings. Their representation is often tainted by racism and classism. The police enforce laws but not equally, and the justice system protects them when they abuse their authority.

The poor and the underprivileged are the ones who are on the receiving end of injustice. People are getting sick and becoming broke while insurance companies profit from their misery. Teachers buy supplies for their students out of their less than honorable wages, while bureaucrats deliberately deny funding to one of the most important institutions we have. Our higher learning has become unattainable for most people and drowns many who do go in insurmountable debt. Land and property were the staple of the American dream, and now wages have not kept up with living expenses, let alone housing. Subsequently, being a landlord has become a

profession that often exacerbates an already unhealthy living situation with an unhealthy home situation.

I'm just scratching the surface of what saddens me. The symbols we display have lost their significance. The scales of "Lady Justice" have tipped with judges who are not blind, but rather have been partial to those who make contributions to their extravagance. The term "patriot" has been reduced to someone who shouts about the second amendment but claims nothing can be done about the bloodshed daily while they turn a blind eye. Even the American flag has become a reduction of freedom because according to many, I don't deserve to be here, and I should move. The same people who would banish me fly the Confederate flag alongside the Stars and Stripes as if they are equally American.

I have my own fears, but I refuse to let my fears define me. I have made efforts to claim them, and it has opened my eyes. I'm not gay, but I can see where my silence in the past contributed to the violence against them. I'm not black, but I can see where my privilege has afforded me more opportunity when someone else was denied for only one reason. As I listen to the rhetoric, I remember when I didn't have the understanding I do now, and I understand how irrational that fear was. My personal revolution is rooted in love.

My hope is that more and more people will choose love over fear. We are more than big salaries, big churches, big guns, big trucks, and a plate full of bacon.

People who are intellectually honest must be in earnest with justice and fear no consequences by speaking truth to power, even if those in the public spotlight resort to their most primal instincts and use fear for power and respect. What may appear as respect, is often just fear of losing power. Let love rule.

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REWIND

NEWS HIGHLIGHTS FROM THE LAST 7 DAYS

BY TYLER SCHNEIDER



Ted Lawson, secretary of Ingham County's Democratic Party, died after being shot in the 1100 block of North Jenison Avenue Sunday afternoon. The longtime regional activist and member of Ingham County's Board of Canvassers was out canvassing for Trini Lopez Pehlivanoglu, an at-large candidate for Lansing City Council, when he was shot just a few blocks away from his home at around 3 p.m. on Sunday. Lansing police said Tuesday they had taken a 15-year-old boy into custody in connection with the murder. Lawson, 63, is the ninth homicide victim in the city this year.



U.S. President John F. Kennedy. More than 200 people attended the event, where Kennedy spoke on issues that included housing and the economy. On Monday, Kennedy announced that he will run as an independent instead of as a Democrat, as he had originally intended.

Public safety

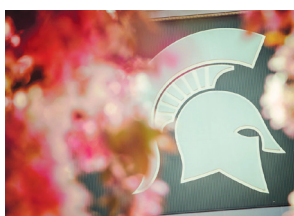
A 22-year-old Kalamazoo man was hit by a train in East Lansing on Oct. 4. The incident occurred just after 2 a.m. along Harrison Road, where the victim was found by the city's Fire Department and taken to a local hospital in critical condition. ... A 22-year-old man was shot Thursday morning at Trappers Cove Apartments on the city's south side. The victim was taken to a nearby hospital with life threatening injuries. ... The Lansing Police Department took an unknown number of suspects into custody after an attempted bank robbery near Frandor Shopping Center on Friday. Officers caught up with a fleeing vehicle on the 2800 block of Cooley Street following a short pursuit.



Sixty Black educators who formerly worked at the Lansing School District voiced racism concerns at

the district's school board meeting Thursday. Claude Hogan claimed he faced unfair treatment while he worked there and was placed on leave without reason, prompting him to resign. Lansing School Board President Rachel Willis said some allegations were false and that the district is committed to hiring more teachers from minority groups. In 2020, the district authorized a third-party equity audit. The results, released in 2022, revealed that Black teachers felt more pressured to participate in equity programs than their white colleagues and that students of color were twice as likely to face suspension.

Michigan State University announced Monday that it will begin providing tuition-free enrollment for up to 6,000 Michigan residents next fall. The Spartan Tuition Advantage program will cover tuition for high school graduates whose families make \$65,000 or less per year, with the inaugural group initially expected to include about 1,500 students and rising to nearly 6,000 in subsequent years. MSU says it will cover tuition for all Pell Grant-eligible candidates who meet the financial requirement and complete the Free Application for Federal Student Aid. Recipients will have to find alternative grants or programs to cover room and board, textbooks and fees. Since 2006, MSU has provided more than \$387 million in financial aid to nearly 12,000 Michigan residents.



The City of East Lansing will add the Mayor's Youth Commission to its city government in November.

Applications are being accepted for a commission of nine voting members, ages 14 to 18, who would serve one-year terms. Applicants must be city residents or attend a city school. The city's website said the group's purpose is to "engage the youth of the City of East Lansing by actively involving them in the functions of City government, schools and libraries," and that the commission will act as an advisory board to the City Council. Mayor Pro Tempore Jessy Gregg was the first to suggest the idea of the commission about two years ago.

The new Lansing City Hall will continue to bear the name of former Mayor David Hollister when the city makes the move to the former Masonic Temple building, possibly as soon as 2025. Last month, the city announced its intent to purchase the property at 217 S. Capitol Ave from the Boji Group and renovate it. The current facility at 120 W. Michigan Ave. was renamed in honor of Hollister in 2017. Hollister, 81, served as Lansing's mayor from 1993 to 2003.



2024 presidential hopeful Robert F. Kennedy Jr. made a campaign stop at Lansing's Doubletree by Hilton on Saturday. Kennedy, 69, an environmental lawyer, is the son of the late former U.S. Attorney General and Sen. Robert F. Kennedy and nephew of former



I don't know if you'd call it a mascot, but Weston's Kewpie Sandwich Shoppe in downtown Lansing has one of the coolest storefront signs, based on the Kewpie comic characters created in 1909 by the late cartoonist Rose O'Neill. O'Neill drew the popular characters for several women's magazines, and they became an international phenomenon, spawning innumerable copycats and rip-offs since she didn't copyright them.

By 1912, the Kewpies had been mass-produced as dolls and were likely the first mass-marketed toys. One of the first fun uses of the Kewpie dolls was when they were offered as a prize for games of chance at burgeoning amusement parks. Today, the surviving bisque dolls are expensive collector's items.

Autumn Weston, the fourth-generation owner of Weston's, has taken that collecting to a new level. In addition to memorabilia in the downtown Lansing eatery, which celebrates its 100th anniversary next year, Weston has added a Kewpie tattoo to her ankle.

O'Neill was truly one of the greatest women entrepreneurs, and at the time of her death, her estate exceeded \$1.4 million.

— BILL CASTANIER



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

Israel

from page 6

be attacked in the War of Independence. Twenty-eight guys held off a whole division. History is repeating itself.”

The cruel irony of the timing and nature of the attacks is not lost on Nor-kin. “It’s really unfortunate that there were so many intelligence mishaps,” he said, comparing it to 9/11 and 1973 Yom Kippur War, which was another surprise invasion. “Nobody connected the dots. There’s a lot of loss of life, and we have 150 hostages right now in the Gaza Strip and the chances of them coming home alive are pretty low. The whole thing is horrible.”

Meanwhile, Rabbi Amy Bigman, who serves the Congregation Shaary Zedek in East Lansing, is trying to generate hope. She learned of the news Saturday morning (“our sabbath and a festival day”) when it was already a large-scale attack. She has cousins in Israel with

families and has been in touch with them. She has also reached out to temple members to share prayers and suggest organizations that are accepting donations. A Jewish community service of mourning and of hope will be scheduled this week.

“I spent a year studying in Jerusalem at our school’s campus,” Bigman said. “I worry about the students that are in Jerusalem now studying to be rabbis; I think of my Israeli colleagues and their synagogue members. I pray for the innocent Israelis and Palestinians who are injured or have lost their lives.”

Above all, she hopes and prays for peace in her worship services.

“This includes peace for all peoples around the world, regardless of religion, country of origin, etc. I teach that no country is perfect and while we may disagree with the government in any country, still we have hope for and pray for peace. The Israeli national anthem is called ‘HaTikvah,’ which means ‘The Hope.’”

— STEVE UNDERWOOD



Political canvasser’s murder in Lansing brings youth gun violence to the fore

Sunday’s shooting death of Ted Lawson as he campaigned door-to-door for Lansing City Council candidate Trini Lopez Pehlivanoglu on a neighborhood street can’t be simply chalked up as a sad tragedy and the city’s ninth homicide of the year.

It’s nothing short of an outrage.

A 15-year-old kid was allegedly walking along North Jenison Avenue, inexplicably carrying a gun. He and Lawson supposedly had an exchange that ended with the 63-year-old being shot in the head at 3 in the afternoon.

The cold-blooded murder has Lansing political people clearly rattled because of its numerous implications.

This wasn’t somebody hanging out with the wrong people. This wasn’t a regrettable, isolated domestic incident where tempers spun out of control. This wasn’t even an accidental shooting in which someone mistakenly shot a bullet in the air.

This was the treasurer of the Ingham County Democratic Party sharing information to Lansing voters about a political candidate. It’s a civil activity conducted by hundreds of good, well-meaning people every fall weekend.

These are people who feel passionate enough about their causes to share them with others. It’s one of the most basic forms of public participation there is.

Hopefully, we’ll learn more about the exchange between this armed child and Lawson during the judicial process, but we can all be assured this was in no way justified.

Issue No. 1: How is a 15-year-old wandering around our neighborhood streets with a gun? Where did he get it? Why did he feel a need to have it? Is this a parental failure? A failure of society? Of government?

The Greater Lansing community experienced the horror of a gunman firing into a Michigan State University classroom this year. In that case, the shooter was a grown man. He was clearly troubled, but by all accounts, he legally purchased the firearm.

Unless this 15-year-old was hunting deer in the woods with a licensed adult, he can’t legally handle a gun.

Issue No. 2: How can people in any neighborhood, particularly this one, feel safe?

My family drives by this exact spot sometimes multiple times a day. I jogged with my son down this road the other day without thinking twice about it.

This isn’t a shady part of town either, not that it matters. Neighbors have their blown-up Halloween decorations up. The homes are well-kept. Lawns are mowed. There’s a couple of churches around.

This isn’t some burned-out neighborhood. On a normal weekend day, people are regularly out walking their dogs. Kids are playing outside. You can smell someone’s barbecue grill going.

Now we must worry about kids my daughter’s age carrying guns up and down the street, seemingly indiscriminately shooting random people over God knows what?

We’re blessed to have (no joke) hundreds of kids of all ages trick or treating on our street every Halloween. It’s hard to think this one won’t be different.

Issue No. 3: Not that this rises to the top of everybody’s list of concerns, but local political office-seekers are going to have a problem, at least in the short term, finding people willing to canvass for them.

Clearly, this is a first-time occurrence. But people aren’t going to feel safe sticking fliers in front doors when one of the city’s favorite Democratic volunteers lost his life while doing it.

Mayor Andy Schor, the Lansing Police Department and folks in the neighborhood where the shooting took place should be commended for working together to apprehend a suspect in fewer than 48 hours.

If the courts find the correct person has been apprehended, we can breathe a little easier.

Still, it’s hard to compartmentalize this outrageous incident as one-and-done.

What happened to Lawson could happen to anyone.

It’s what makes this killing so startling to politicians. One of their own was murdered while doing something that they, themselves, have done for years in a seemingly regular, safe neighborhood.

It moves the issue of youth gun violence away from the theoretical to something that’s uncomfortably personal.

(Email Kyle Melinn of the Capitol news service MIRS at melinnky@gmail.com.)



KYLE MELINN

Opinion

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, November 1, 2023 at 7:00 p.m.**, at the East Lansing Public Library, 950 Abbot Road, East Lansing, MI, 48823:

A public hearing will be held to consider an application from Absolute Solar (Dan Bacon) on behalf of All Saints Episcopal Church (Pastor Kit Carlson) for the property located at 800 Abbot Road, East Lansing, MI 48823 from the following requirement of Chapter 50 – Zoning Code of the City of East Lansing: *Section 50-156 – Alternative Energy Systems*. The applicant intends to construct a 33.6 kW roof-mounted photovoltaic array, exceeding the permitted 15 kW system allowance. The property is zoned RM-32, City Center Multiple-Family Residential District.

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

Materials related to the request are available for viewing at the Department of Planning, Building, and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, MI, 48823 between the hours of 8:00 am and 5:00 pm or on the City’s website located at www.cityofeastlansing.com/currentapplications. Written comments may be sent prior to the public hearing to the Zoning Board of Appeals, City of East Lansing, 410 Abbot Road, East Lansing, Michigan, 48823, or by email to coelzba@cityofeastlansing.com.

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

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

Marie E. Wicks
Interim City Clerk

CP#23-265

Progress on internet access for all is at risk if Washington does not act

By SEAN HOLLAND

(Sean L. Holland is senior pastor of the Epicenter of Worship Church in south Lansing and director of transformational Leadership at One Love Global, a local nonprofit.)

Access to broadband internet during the Coronavirus pandemic was one of the most significant and advantageous tools for families, students and workers during a historic, frightening period of world history. Not only were we able to virtually gather, learn and be productive, we were empowered to worship with our faith communities and to collectively watch and dialogue about our nation's long history of racial violence in the wake of the murder of George Floyd.

I'm a pastor and social justice leader in our community, and access to affordable internet ensured that I could continue ministering to my flock and that grassroots activists with our community could continue to raise awareness of the most pressing social needs and disparities in Lansing. But prior to the pandemic many families, students and workers could not afford to access the internet. The digital divide — the gap between those who have a connection to high-speed internet and those who do not — was staggering. So, what began as a temporary, federal funding program known as the Emergency Broadband Benefit was made permanent as the Affordable Connectivity Program, or ACP, on Dec. 31, 2021, as part of the Infrastructure Investment and Jobs Act of 2021. This was a big deal, but now it is in jeopardy of running out of funding. ACP is at risk of expiring within the next few months if the White House and Congress do not act.

For those without a connection, it is seemingly impossible not to lag behind in a society that is now interlinked through broadband service. For many students, it means they have few-to-no resources with which to attend school or complete their schoolwork, causing them to lag behind their counterparts who are fully connected. For those employed or seeking a job, not having reliable broadband can mean the difference between financial ruin and a stable income. And for the countless

Americans struggling with chronic health conditions, lacking a connection can mean going without the critical access to telehealth that more seamlessly allows them to access the regular health care services required for better health outcomes.

ACP, introduced by President Biden, is not only addressing the digital divide — it is perhaps the best tool we have for closing it. Over 21 million Americans, including 787,000 Michiganders, are enrolled in this much-needed service, and thousands more are enrolling each week.

It is critical that we also acknowledge the ways in which the digital divide intersects with many of systemic, racial inequities that continue to harm communities of color today. For these communities, lacking a connection only exacerbates access disparities that already exist when it comes to critical resources for education, healthcare, economic opportunity and more. Analysis has

reflected the inequities in connectivity, with one recent Pew survey finding that while 80% white adults have broadband connectivity at home, just 71% of Black households and 65% of Hispanic households do, oftentimes due to a lack of the financial means to afford their monthly subscription bill.

Understanding the ways in which the digital divide worsens already troubling racial disparities in access, the Congressional Tri-Caucus, comprising the Congressional Asian Pacific American Caucus, Congressional Black Caucus and Congressional Hispanic Caucus, recently called upon the White House to prioritize extending ACP's funding to ensure communities of color are not left behind at this critical junction.

President Biden has led on this issue before, but we need the administration's leadership once again to extend ACP's funding. Many Americans, including communities of color here in Lansing, depend on connectivity for their kids' education and their families' economic well-being. A fully connected America will win the 21st century, whereas an America that does not meet its potential in bridging gaps in broadband will be outpaced by the rest of the world. Many Lansing residents and many Michiganders are depending on this essential program; we need the White House and Congress to extend ACP's funding to sustain the progress we have made in closing the digital divide.



Opinion

Ingham County Land Bank Fast Track Authority

Notice is hereby given that the Ingham County Land Bank will hold a public hearing on Monday, October 16, 2023 at 5pm at the Land Bank Office or virtually via Zoom. The public hearing will be held for the purpose of considering the fiscal year 2024 budget. See the meeting agenda packet posted at www.inghamlandbank.org for more information and the Zoom link, or call 517-267-5221. All interested persons will be given an opportunity to be heard.

CP#23-266

STATE OF MICHIGAN INGHAM COUNTY PROBATE COURT. NOTICE TO CREDITORS.

Decedent's Estate. Case No. 23-1147-DE. Estate of Henrietta Elaine Tucker Date of Birth: 10/30/1961. **TO ALL CREDITORS: NOTICE TO CREDITORS:** The decedent, Henrietta Elaine Tucker died 08/20/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Jareesa Tucker McClure, personal representative, or to both the probate court at 313 W. Kalamazoo St. Lansing, MI 48893 and the personal representative within 4 months after the date of the publication of this notice. 10/03/2023 Jareesa Tucker McClure, 3843 Lake Sanctuary Way, Atlanta, GA 30349

CP#23-263

STATE OF MICHIGAN INGHAM COUNTY PROBATE COURT. NOTICE TO CREDITORS.

Decedent's Estate. Case No. 23-1046-DE. Estate of George Richard Meluch Jr. Date of Birth: 09/29/1948. **TO ALL CREDITORS: NOTICE TO CREDITORS:** The decedent, George Richard Meluch Jr. died 04/27/2023. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Heather Dorey, personal representative, or to both the probate court at 313 W. Kalamazoo St. Lansing, MI 48893 and the personal representative within 4 months after the date of the publication of this notice. 10/04/2023 Heather Dorey 2746 Kittansett Dr. Okemos, MI 48864

CP#23-257



Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) is holding a Hiring Fair on Thursday, October 19th from 12pm to 5pm at 812 E. Jolly Rd., Lansing, MI 48910. On the spot interviews are available.

CMHA-CEI is currently looking to hire for multiple Relief Mental Health Worker, Relief Family Support Worker, and Relief Residential Technician positions.

The relief positions have a flexible schedule of 0-19 hours per week. These positions are great for students or those looking for supplemental income. Positions have the ability to grow into part-time and full-time opportunities that include increased salary and benefits.

To apply for any relief position, all candidates must have a valid driver's license, a GED or high school diploma, and must be able to pass a background check.

To learn more about various open positions, please visit: www.ceicmh.org/employment

CP#23-250

NOTICE OF PUBLIC HEARING ON PROPOSED 2024 INGHAM COUNTY BUDGET

The Ingham County Board of Commissioners will hold a public hearing on the proposed 2024 Ingham County Budget on Tuesday, October 24, 2023 at 6:30 PM at the Ingham County Courthouse, 341 S. Jefferson, Mason, Michigan 48854 and virtually by accessing the following link. <https://ingham.zoom.us/j/86246962326>

The hearing is for the purpose of receiving comments on the proposed budget prior to its adoption. **The property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.**

The proposed budget may be examined on on-line by accessing the following link. http://cms3.revize.com/revize/inghamcounty/departments_and_officials/controller/index.php

Questions on the proposed budget may be addressed to Gregg A. Todd, County Controller/Administrator, P.O. Box 319, Mason, Michigan 48854.

CP#23-259



COLLEGE NIGHT

SPEAK WITH REPRESENTATIVES FROM 50+ COLLEGES AND UNIVERSITIES
Oct. 19 • 6 – 7:30 p.m. • Downtown Campus • lcc.edu/collegenight

LANSING COMMUNITY COLLEGE IS AN EQUAL OPPORTUNITY EDUCATIONAL INSTITUTION/EMPLOYER.

ARTS & CULTURE ART • BOOKS • FILM • MUSIC

TURN IT DOWN!

Loud dispatches from Lansing's music scene BY RICH TUPICA

CAVALCADE DOUBLES DOWN



Courtesy photos

Cavalcade, a long-running Lansing-based metal outfit, releases its new double album, "Evergreens," on Nov. 4.

Lansing's weird-metal masters prep 'Evergreens' LP

The Lansing metal scene has been a bit off for quite some time, thanks to the bleak weirdness of Cavalcade. The band's otherworldly discography isn't strictly metal, punk or sludge rock, but it touches on all those genres and then some — sometimes all within the same unnerving track.

While things have been somewhat quiet on Cavalcade's discography front, the band returns Nov. 4 with its first album since 2020's "Quarantine," a quick three-song EP. The new record, "Evergreens," offers up plenty more weight —

a double album's worth.

Cavalcade, which comprises Sean Peters (vocals, synth, noise), Craig Horky (bass, theremin, toys), Cale Sauter (guitar, samples, keys) and Christian Urrabazo (percussion), dropped the first single, "Demons for the Truth," and an accompanying music video earlier this month. The dynamic track checks all the weirdness boxes the outfit is known for.

"It's one of the first songs where we've compiled all of the looks and dynamics we'd give across an entire album into a single song," Sauter said. "There's the

soft-loud dynamic and weird chords and tuning. There's spacey stuff; samples; sparse post-punk moments; blackened-noise moments; a thick, sludgy chorus; and everything in between."

While those descriptors veer far left of the radio dial and come littered with sonic Easter eggs, Sauter said the single doesn't entirely abandon the pop blueprint.

"It's all still sandwiched into a relatively classic pop-song structure," he said. "With how it flows, we think it still makes for a fairly breezy seven minutes. We're happy that, so far, people all seem to notice something different every time they hear it."

As for the rest of the album, the big decision to drop a 17-track double LP stemmed not only from an abundance of new material, which piled up during the COVID-19 lockdown, but also nostalgia from growing up listening to classic four-sided albums back in the '80s and '90s.

"We all grew up in houses with vinyl collections, and those gatefold double LPs were always fun curiosities," Sauter said. "At the outset of the shelter-in-place days, we talked about some of our favorite double LPs and what made them not feel bloated. Plus, it's always been somewhat of a bucket list item for the band to attempt. We set out to accomplish that goal."

While this is the band's first double album, it's far from its first LP. Though its been through multiple lineup changes, Cavalcade originally formed back in 2006.

"Evergreens' will be our sixth full-length overall," Sauter said. "But I look at this as the third in a trilogy of albums since Sean joined the band that all fit nicely together. That would include our previous two LPs 'Lake Side Effect' and 'Sonic Euthanasia.' We still play songs from records before those, so it's no slight to our roots. Those three just perfectly sit together in a way we didn't necessarily intend but are certainly happy with."

Lyrically, a trio of band members may have penned the words on "Evergreens," but Sauter said a Cavalcade-style hive mind formed during the writing process and, completely by chance, delivered a cohesive thread across all sides of the new record.

"Surprisingly, with the lyric writing spread out across three members, we seemed to land in similar territory," he said. "That's where the name 'Evergreens' came from eventually. Part of the reason we ended up in this band together comes from being the type of people who make music and art for fun. It's almost preternatural. We can't stop creating."

"We also stay conscious of what's going on around us and try to better ourselves, but we don't switch up too much or lose our leaves over changing seasons," Sauter added. "That's something that worked its way into multiple songs with multiple mentions of evergreens, so

Cavalcade "Evergreens" release show

Saturday, Nov. 4
9 p.m. doors, 9:30 p.m. show
The Avenue Cafe
2021 E. Michigan Ave., Lansing
FREE, 21+
avenuecafelansing.com

it pretty much titled itself."

With one bucket list item checked off, what would be another dream sequence for Cavalcade?

"No bones about it. We want to score a movie," Sauter said. "We've been a band long enough that we've shared a lot of nontraditional goals and ideas and keep circling back around to this. Hopefully, a project emerges or is offered to us before we start rescoring movies that we don't like the original score to. We've been only half-joking about that."

Follow Cavalcade at facebook.com/CavalcadeMI and listen at cavalcade.bandcamp.com.

UPCOMING SHOWS

Annie Capps and a Band of Badass Women @ University United Methodist Church
Friday, Oct. 13
7:30 p.m.
1120 S. Harrison Road, East Lansing
\$20 public, \$18 Ten Pound Fiddle members, \$5 students

Chelsea-based singer-songwriter Annie Capps celebrates the release of her ninth recording and first solo album, "How Can I Say This?," at a concert hosted by Ten Pound Fiddle. Capps wrote the album's 12 original songs as "a love letter" to her younger self. She explores self-discovery, shame, learning, forgiveness, grief and strength. The album features a supporting cast of more than 40 women from across the United States and Canada. Mirroring that, for this concert, Capps has assembled an all-women band, some of whom performed on the album.

Teddy Bear Orchestra @ Mac's Bar
Saturday, Oct. 14
8 p.m.
2700 E. Michigan Ave., Lansing
\$17

Fans of Captured! By Robots, the long-running animatronic grindcore outfit led by Jay Vance, might want to check out his new group of programmed robot musicians: the Teddy Bear Orchestra. His gang of trusty robots performs bizarre original tunes and punk-rock covers, only this time in cuddly bear exteriors.

Fozzy @ Grewal Hall at 224 Nov. 2
6 p.m. doors, 6:45 p.m. show
224 S. Washington Square, Lansing
\$25

While professional wrestling legend Chris Jericho leads Fozzy, the band has also earned its keep after embarking on tours spanning the globe. With six consecutive Top 20 singles, Fozzy continues to move up the mainstream rock chart. Last year, the band's smash song "Judas" achieved gold record status, or 500,000 units sold. The band describes it as "catchy, groovy, hooky and sweaty" rock 'n' roll. The openers, hand-picked by Jericho, are Seventh Day Slumber, The Nocturnal Affair and Magdalene Rose.

'A house of

New book details the decades of torments



Morlok Family Scrapbook, courtesy of Forest Park Library and Archives, Capital Area District Libraries

Carl and Sadie Morlok pose for a family portrait with their quadruplet daughters, Edna, Wilma, Sarah and Helen, in 1937.

By **BILL CASTANIER**

When the Fox Movietone News production staff pulled up outside the home of Carl and Sadie Morlok on Lansing's east side in September 1930 to film the couple's quadruplet daughters, the event was featured on the front page of the Lansing State Journal.

The children's birth four months earlier had become international news due to its rarity: four identical children born from a single egg. Scientists calculated the odds as 20 million to one.

From the day they were born, the Morlok quadruplets were bombarded with media coverage. Even the naming of the girls was a publicity stunt, with the State Journal sponsoring a naming contest. It received more than 12,000 entries, including the typical rhyming schemes, but the 10-year-old daughter of the doctor who delivered the babies ultimately won the honor of naming them Edna, Wilma, Sarah and Helen. The names were inspired by the initials of where they were born: E.W. Sparrow Hospital.

The Morlok family was immediately bombarded with presents from community members and businesses. The city of Lansing provided the family with a rent-free home for a year. They received cash gifts, food and hand-made matching outfits for the girls, and a carriage company provided them with a four-seat stroller, which is in storage at the Michigan History Museum.

Based on the family's fame, Carl Morlok would later

be elected Lansing's justice of the peace, a post he would hold for three decades.

In her memoir, "The Morlok Quadruplets: The Alphabet Sisters," Sarah Morlok Cotton, 93, the only living quadruplet, writes that her parents put a sign on the front porch advertising that for 25 cents, visitors could view the children. It was a sideshow that would continue for years.

The birth of the quadruplets couldn't have come at a better time, with the United States entering the depth of the Great Depression. Everyone needed cheering up.

The girls' every move was documented by the media, from their first day of school to dance classes at the Virgiline Simmons School of Dance to "doing their bit for Uncle Sam" during World War II.

But not all was well behind the closed doors of the children's home. Their father was an admirer of Adolph Hitler, a tyrant, a drunk and a womanizer.

Early on, two of the girls were circumcised to prevent excessive masturbation. As they entered puberty, their father would squeeze their breasts and buttocks to see how they would react, telling them this was what boys would do to them on dates. Their mother was passive and complicit in the abuse.

In today's world, the parents would likely be facing a court case.

But how do we know all this?

As the girls aged, symptoms of schizophrenia began to emerge, and they were all diagnosed with the mental

illness, of which little was known.

Because of their unique situation and schizophrenia diagnoses, the girls were selected by the National Institute of Mental Health for further study, especially relating to the nature-versus-nurture concept of personality, which explores the influence of both genetics and environment on a person's development.

When he found out the girls, now 24 and still living at home, would be treated for free, Carl Morlok jumped at the opportunity to have them relocated to the institute's campus in Baltimore. The girls resided on the campus for three years, from 1955 to 1958, where they were observed by more than 45 practitioners and staff members who recorded their every move and interaction. In addition, the institute sent researchers to Lansing to interview the girls' parents, friends, teachers and other community members.

Each of the girls had different experiences during their three years at the institute. Only Sarah appeared to show signs of recovery. Afterward, she stayed in the Baltimore-Washington area, working various secretarial jobs. The other three sisters returned to Lansing to live with their mother but were soon institutionalized at Northville Psychiatric Hospital.

The lead researcher on the girls' case, David Rosenthal, took great interest in the case study and would regularly visit the girls in Lansing and call them on the phone after the study had concluded.

In 1963, the landmark study "The Genain Quadru-

of horrors' nt that plagued the Morlok quadruplets

plets: A Case Study and Theoretical Analysis of Heredity and Environment in Schizophrenia" was published in book form, edited by Rosenthal. For privacy, Rosenthal chose the pseudonymous name Genain in place of Morlok, which came from the Greek words "genos" and "ainos" and means "dire birth." The study was well received among insiders doing research on mental illness, but it mostly languished on the shelf until Pennsylvania author and educator Audrey Clare Farley discovered it in 2020.

Farley said her mother had just read "Hidden Valley Road: Inside the Mind of an American Family," by Robert Kolker, which details the research into a family of 10 boys, six with schizophrenia. The book mentions the National Institute of Mental Health study on the Morlok quadruplets, and Farley's mother thought it would be a good idea for a novel.

Farley listened to her mother. She writes, "After hanging up, I googled 'Genain quadruplets' and ... I was intrigued enough to spend \$300 on Rosenthal's now-out-of-print book, a few pages into which I knew that my mother had been right."

"I was quickly sucked in and began working on a book proposal," Farley said. "I assumed all the girls were dead, but when I began Googling, I discovered a birthday party had been held at Sarah's retirement community. I knew about her son David and sent him a message on Facebook. When he got back to me, he was comfortable with the book idea and was on board right away. He wanted the truth to come out."

Farley got Sarah's blessing, too, and traveled to Michigan to visit her.

"I told her it was not going to be a book that repeats the puff pieces of previous work, and she agreed to cooperate," Farley said. "Sarah was very forthright, and she trusted me, so we continued our conversations."

Farley, who covers the intersections of religion, sexuality, eugenics and mental illness, has published extensive work in magazines and is the author of the true-crime novel "The Unfit Heiress: The Tragic Life and Scandalous Sterilization of Ann Cooper Hewitt." Cooper Hewitt ended up suing her mother for a procedure that was done to her under the guise of being "oversexed," Farley said. In reality, it may have been simply to secure a larger inheritance for her mother. Under the will, Cooper Hewitt would receive two-thirds of the estate only if she had children.

Undeniably, some of the topics in Farley's books and articles are very dark.

"I got interested in these topics because I grew up in a traditional Catholic home that emphasized sexual purity," she said. "This belief actually hypersexualized girls, reducing them to virginity. The purity culture also got caught up in the racial purity movement and the mixing of races."

For the Morlok novel, Farley immediately began reviewing medical records and scientific reports, but she also began talking with David Cotton in Plymouth, Michigan. She later began having conversations with Sarah, and the two developed a friendship.

The information Farley has included in her new book, "Girls and Their Monsters: The Genain Quadruplets and the Making of Madness in America," is frightening, to say the least. She writes that the National Institute of Mental Health study reveals "the little clapboard two-story to be a house of horrors." (Farley will join me to discuss the book 7 p.m. Thursday (Oct. 12) at the Library of Michigan.)

As the Morlok quadruplets grew up, all four developed schizophrenia to varying degrees. They were in and out of institutions and halfway houses and, except for Sarah, they all required intensive care. Even though Sarah was the only one to marry and have children, she also had bouts of the illness that left her diminished for a time.

Farley said their vulnerability led them to be sexually

attacked and harassed in their workplaces and neighborhood. She writes about the limitations of the National Institute of Mental Health study, saying, "For all their contributions to scientific literature, the NIMH researchers will leave some parts of the story untold. If the quadruplets' home was a mire of threats, so was the wider society in which they lived. There was danger all around."

Farley also believes the girls became limited by early expectations that they would become child stars. For a while, they toured as a group, singing and dancing in lookalike outfits. They often shared bills with black-faced minstrel groups at performance venues like the Chesaning Showboat.

The author said that when it came time to write the book, she faced a couple of challenges.

"I was always afraid that even if Sarah gave her blessing, the book would be hard for her to read," she said. "Also, there's not much of a happy ending — there's no justice, but Sarah continues to have a beautiful relationship with her son David."

Farley also uses her book to elucidate the disparity in how African Americans were treated by the mental health system. She details how Malcolm X, who shares a birthday with the quadruplets and whose time in Lansing overlapped with the Morloks, was given a preliminary diagnosis of pre-psychotic paranoid schizophrenia, and his mother, Louise Little, was institutionalized at what's now the Kalamazoo Psychiatric Hospital for 24 years under the guise of paranoia. Farley points out how different the treatment was for the two families.

Farley adds that for far too long, the mental health system saw family dysfunction as the mother's problem and overlooked the role of the patriarch, which is obvious in the analysis of the Morlok family.

The National Institute of Mental Health report also disproved the myth of the "happy-go-lucky girls at school," describing tales of bullying, fights and behavioral problems. The girls' father was overly protective, often not allowing them to socialize or date. In middle school, as the girls' mental health began to deteriorate, Helen was locked up in the house, the same year Sadie Morlok was named Lansing's mother of the year.

Just before Edna turned 21, she quit her job at Lansing City Hall. She was the first quadruplet to be institutionalized, receiving numerous rounds of electro-shock therapy. A year later, Wilma was diagnosed with schizophrenia, then Sarah. In 1954, Helen was the last to be diagnosed.

"I lean toward the nurture concept of schizophrenia and believe that Sarah was the most resilient because she was the best treated and had extensive psychotherapy while at the National Institute of Mental Health," Farley said.

The author also details how three of the quadruplets were sexually assaulted and all of them were sexually harassed in an era when family, workplaces and the legal



The Morlok quadruplets in 1933.

Morlok Family Scrapbook, courtesy of Forest Parke Library and Archives, Capital Area District Libraries

system looked the other way.

In a recent episode of her podcast, "Violent Ends," Jenn Carpenter, owner of Deadtime Stories in REO Town, graphically describes Carl Morlok's aberrant activities with his spouse, children and hired nannies.

She says she was shocked that local newspapers didn't print anything negative about the Morloks until the '90s.

Another lesson that can be taken from Farley's history of the Morlok quadruplets is that history as we know it isn't perfect, and it's easy to become cheerleaders without knowing all the facts.

"The public's admiration of them was conditional. 'If we do this, expect us to drop by and see them' was their attitude," Farley said.

She also said she believes the local media was aware of the girls' mental condition since the National Institute of Mental Health had requested all the newspaper clippings for review.

"However, the show went on," she said. She writes, "From the day they were born, the Morlok quadruplets belonged to other people ... It was as if they considered the family to be some sort of carnival show."



Courtesy of the Historical Society of Greater Lansing

The Morlok girls were featured in a promotional calendar for the now-defunct Lansing bakery Lawrence Baking Co.

"Girls and Their Monsters: The Genain Quadruplets and the Making of Madness in America" author discussion, presented by the Historical Society of Greater Lansing

Thursday, Oct. 12
7 p.m.
Library of Michigan
702 W. Kalamazoo St., Lansing
FREE
lansinghistory.org



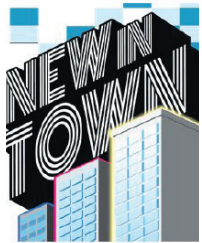
Round 2 Voting begins October 18th!

Visit www.lansingcitypulse.com for more information

Captivated by kava Rooted Socialite offers alternative beverages in communal space

By TYLER SCHNEIDER

When Douglas Crawford opened Rooted Socialite on East Michigan Avenue in May 2022, he knew there would be a learning curve for both himself and his customers. The business is one of just



Rooted Socialite

2010 E. Michigan Ave.,
Suite 104, Lansing
2:30-11:30 p.m.
Tuesday-Saturday
517-993-9870
rootedsocialite.com

a handful of kava bars in Michigan serving the traditional South Pacific beverage made from the rootstock of the kava plant, or Piper methysticum. “Basically, kava

spreads person to person,” Crawford explained. “It’s very elusive for marketing. Instead, somebody has to experience it. They have to tell a friend about it. In some cases, they have to actually bring the friend with them.”

That’s how Crawford was introduced to the drink, sometime between 2016 and 2017. The Lansing native was working in the wine industry in Berkeley, California, at the time, and a friend brought him out to a kava shop. “I was just ridiculously captivated

by the atmosphere there. It was very unique, unlike anything I’d ever experienced,” he said.

Inspired by the experience, Crawford made the decision to head back home and open his own kava shop in Lansing. Channeling the camaraderie he observed in California’s kava scene, he decided his business would emphasize the communal aspect of the drink.

Kava lends itself well to this atmosphere. Consumers often cite experiencing feelings of calmness and relaxation without losing any mental clarity or awareness. For this reason, Crawford estimates that 60% of his clients are either in recovery or at least looking to significantly reduce their alcohol consumption. Others have found the drink to aid in recovering from benzodiazepine dependency.

Crawford sources his kava from Nakava, a wholesaler based in Boca Raton, Florida, that packages dried and ground kava roots from the South Pacific island nation of Vanuatu.

The concoction is what one con-



Courtesy of Douglas Crawford

Rooted Socialite on East Michigan Avenue offers open seating areas in addition to a bar so customers can chat and connect while enjoying their drinks.

firmed regular described as “earthy,” and he nailed it. The immediate effect is a numb, tingly feeling in the mouth. Some may require two, three or more cups to feel anything more than that. For others, one may be more than enough. Interestingly, that individual tolerance doesn’t change, according to Crawford.

There are “guard rails built into the experience,” he said. At some point, consumers will reach a limit where more kava won’t necessarily add to the visceral experience associated with its consumption. When one finds their personal limit, Crawford likes to say they’ll feel “loose, but loosened.”

Rooted Socialite doesn’t strictly sell kava, however, with a number of Japanese-sourced teas, kombuchas, CBD-infused beverages and canned drinks also on the menu. Those offerings are subject to grow in the future, as Crawford said he thinks he’s finally

found his stride in terms of knowing what his customers prefer.

“I’ve been fiddling around with different beverages and offerings during the past year, and I finally decided what I want to stock consistently,” he said. “It’s been a year-long experiment finding out what sells and what doesn’t.”

Crawford said he hosts a number of regulars upwards of four times per week. As the only employee, he’s also ready to educate interested newcomers who find their way into the relaxed, communal atmosphere he’s cultivated.

Grab a seat and tell him you’re new, and he’ll bring over a book and a stack of papers explaining the history and health benefits of the plant. Of course, the best way to familiarize yourself with the drink is to order a cup for \$6, including tax, and give it the old college try.

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State of Michigan
Probate Court
County of Ingham
Annual Report of Guardian on Condition of Minor
FILE NO. 22-000345-GM-P33

In the matter of Mohammed Issa Sarwar

I, Bibi Khadija Sawar, am the guardian of the above-named minor and my annual report for the period June 9th, 2022 to June 9th, 2023 is as follows:

Present age of the minor: 11. Living Arrangement: The minor’s residence is 4131 N Grand River, Apt. 12, Lansing, MI 48906 – Guardians Home. The minor has been in the present residence since December 2021. I rate the minors living arrangement as: excellent. I believe the minor is content with the living situation. Physical Health: During the past year the minor’s physical condition has remained about the same. During the past year the minor received the following medical treatment (include check-ups, and optical, and dental work): 08/18/2023: Received Vaccinations and a Physical at Community Mental Health, 06/2023: Discoloration of skin, received a cream from Community Mental Health. The minor regularly attends school at Sheridan Rd. Lansing, School district and is in grade 6. The minor’s social activities (including sports) are: language class, hanging with family and friends, and soccer club. Parenting time between the minor and parents was as follows: c. Comments about parenting time: Parents live out of country. Parents complied with the court structured plan as follows: Gave Bibi Khadija Sawar guardianship. The guardianship should be continued because the parents live out of country, he’s part of the Afghan refugees. I am willing to continue to serve as guardian. As guardian I have been ordered by the court to file an annual account.

Dated: 08/28/2023

Bibi Khadija Sawar
4131 N Grand River, Apt.12
Lansing, MI 48906
517-894-1942

CP#23-267

For victims of violence, art can help heal

Small Talk Children's Advocacy Center curates art show by sexual assault survivors

By **CHELSEA LAKE ROBERTS**

According to the Centers for Disease Control and Prevention, child sexual abuse can have devastating long-term impacts. As adults, survivors are twice as likely to experience nonsexual intimate partner violence. Women who were sexually abused as children are 2 to 13 times more likely to experience rape or sexual assault in adulthood.

Small Talk is a children's advocacy center, a place where children receive coordinated services and counseling in the aftermath of physical or sexual abuse. The staff is trained in a variety of methods to help survivors overcome trauma.

Small Talk's "We Are Survivors" exhibition, featuring work by eight individual artists, all of whom are sexual assault survivors, and two pieces by the community and Small Talk staff, is on view in the Lansing Art Gallery's Mezzanine Gallery through Oct. 28. The exhibition aims to create a conversation regarding sexual violence and provide a way for the artists to heal.

"After the shooting at Michigan State University, our staff felt there was something more we could do for the community," said Small Talk Executive Director Alex Brace. Development Director Claire Redmer and Family Advocate Mya Trevino spearheaded the effort to put together a call for artists. They considered hosting an art show in the Small Talk office but decided to call around to local art galleries instead.

"It was basically a cold call to the Lansing Art Gallery, but it's turned into a great partnership," Brace said. "We want the community to know that they have support in the wake of a traumatic event."

Of the eight artists who answered the call, seven are adults and one is a minor. 2022 statistics from the National Children's Alliance paint a grim picture of the problem of child abuse in America. Of all cases reported to children's advocacy centers around the country, 28% of child maltreatment victims were no more than 2 years old. While girls have a higher victimization rate, boys are more likely to die from child abuse.



Chelsea Lake Roberts for City Pulse

Mya Trevino (left) and Claire Redmer of Small Talk Children's Advocacy Center stand with art by Rachel Nanzer and Ryan Holmes, on display at the Lansing Art Gallery through Oct. 28.

Trevino graduated from MSU with a bachelor's degree in criminal justice and a minor in youth and society. As a family advocate, she connects children and families to resources they may need during the child abuse investigation process, like housing, transportation, financial support and legal assistance. While in college, she interned as a victim advocate for the Ingham County Prosecutor's Office and in the Michigan Department of Corrections' Sex Offender Program, where she assisted psychologists in evaluating the risk of sexual offense recidivism.

Trevino has been working at Small Talk for just over a year. After the MSU shooting, she said, "I wanted to show our resiliency and show

how strong we are."

She doesn't consider herself to be an artist, and she doesn't practice art therapy with children, but she loves art and drawing.

"It's my coping skill," she said.

She believes that everyone is artistic in their own way, and she worked with Brace and Redmer to share the call for artists in the community through various channels like the Arts Council of Greater Lansing and the MSU Center for Survivors.

"I heard about the show from Priscilla Bordayo," said Rachel Nanzer, an artist who's exhibiting multiple pieces

in the show. Bordayo is a local advocate who focuses on rehabilitation and restoration for victims and perpetrators of incest. She's a motivational speaker and Christian faith leader.

Nanzer is an MSU grad who works as a social media strategist and administrative assistant at House of Prayer East Lansing. She said her deepest inspirations come from the Bible and that she likes to create artwork exploring the human heart, social issues and faith.

Nanzer has exhibited her paintings at Grand Rapids' ArtPrize competition, Kalamazoo's Black Arts & Cultural Center and House of Prayer, but she said her pieces in "We Are Survivors" represent a turning point for her.

"This is the first time I have shared these pieces with the transparency of my pain and trauma from sexual violence," she said.

She grew up making art with her family, but she was always told that a career as an artist was unrealistic. In the past few months, however, she has been "taking a step of faith" and painting more often.

One of her pieces, "Promise," explores kintsugi, the Japanese art of repairing broken pottery with gold. In her artist statement, she writes, "After I experienced sexual assault in college, I believed there would always be a part of me that remained broken. I didn't believe in healing for myself, and I didn't believe that I could become more beautiful or radiant after the



Chelsea Lake Roberts for City Pulse

An abstract, "Suspend: Frozen Colors No. 3," by Anonymous.

experience than before. I am grateful that I was wrong. As I turned to Jesus, I experienced healing — not because of my faith in recovery, but because of his faithfulness and love toward me."

Nanzer said she decided to share these pieces and her story because "experiencing physical or sexual violence of any kind can cause feelings of hopelessness that the pain or brokenness we feel will never go away. I've discovered this doesn't have to be our stories. We are able to become beautiful and radiant people, and I've experienced this transformation through God's grace and love."

Next to "Promise" is a piece by Lansing artist Ryan Holmes depicting a Spartan helmet destroyed by bullet holes and the phrase, "Policy Change Now." Holmes shared the piece on his Instagram account the day after the mass shooting at MSU with the caption, "Art helps me work through pain. Process. I hope it can do the same for our community."

Other featured artists include Domonique Brace and Elizabeth L., and there are three pieces submitted by anonymous artists. The artwork is not for sale through the gallery, but interested parties can reach out to Redmer, who can contact artists on behalf of the public. Confidential support and healing resources for abuse survivors are available through Small Talk and the MSU Center for Survivors.

"We Are Survivors"

Through Oct. 28
11 a.m.-4 p.m. Wednesday-
Thursday, Saturday
11 a.m.-6 p.m. Friday
Lansing Art Gallery
300 S. Washington Square, Suite
100, Lansing
517-574-4521
lansingartgallery.org

Actors and set carry 'Isaac's Eye' at Lansing Community College

By **MARK GMAZEL**

To kick off its 2023-'24 season, Lansing Community College presents "Isaac's Eye," by Lucas Hnath, at the increasingly difficult-to-access Black Box Theatre 8 p.m. Friday (Oct. 13) and Saturday (Oct. 14). Thanks to the indefinite closure of the Dart Auditorium, road construction nearby, a paucity of signage and recently enhanced security efforts, including keeping the doors to the Gannon Building and theater locked and unattended in the moments before the show starts, it's best to leave a little extra time to get to the theater



Review

because finding it is more a matter of luck than guidance. Apparently, the only way into the theater is via the adjacent parking garage, so don't bother parking anywhere else.

The lives of Isaac Newton (Chet Brayton) and his now-forgotten contemporary Robert Hooke (Jonathan Riley) are the center of the action in the show, with Newton's unrelenting desire to be accepted into the Royal Society being the driving force of his life. Newton goes to shocking and surprising lengths, including blackmail, to guarantee that his dream comes true.

Catherine (Will Milstein) is the muse and love interest who stokes a rivalry between Newton and Hooke. Actor/Dying Man (Camilla Trudell) serves as the narrator and guides the audience through this meta-theater examination of highly regarded but not-so-perfect men. Riley exudes an easy charm and handles the change in fortunes and tone that his character experiences rather well. I



Photo by Kevin Fowler

Camilla Trudell (left) as Actor and Chet Brayton as Isaac Newton in "Isaac's Eye," by Lucas Hnath, running at Lansing Community College's Black Box Theatre 8 p.m. Friday (Oct. 13) and Saturday (Oct. 14).

See 'Isaac's Eye,' Page 17

LANSING ORIGINAL

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MSU presents a captivating and humorous rendition of 'Clue'

By MARK GMAZEL

The Michigan State University Department of Theatre's current production, "Clue," running through Sunday (Oct. 15), is an absurd and campy whodunit full of physical comedy, sight gags and laughs, inspired by the familiar Parker Brothers board game. The farce takes the form of a murder mystery in a remote mansion where six guests meet for a dinner party that leads to mayhem and murder.

This version of the play, written by Sandy Rustin, is not to be confused with the 1997 musical by Peter DePietro. Rather, it's a lively update of the 1985 cult-classic film, co-written and directed by Jonathan Lynn. The plot will be familiar to fans of the movie, and the acting students acquit themselves quite well in the iconic and familiar roles. The guests each assume an alias and are offered potential murder weapons by

the mysterious butler, and the murders ensue with great energy and vigor.

A spectacular set, designed by Thalia Lara, welcomes the audience, with the elements of the board game faithfully and expertly recreated on the Pasant Stage. I open with the mention of the set because it's expertly dressed and full of detail. Antiques blend with fine set painting and artfully arranged props to bring the board game to life, and each room seems to have a unique personality.

The lighting is expertly timed and crafted, using gobos and breakups to outstanding effect. The on-stage lights include three hanging chandeliers, one of which moves; three desk lights; and a gorgeous candelabra in the dining room, all of which enhance the mood and intensify the menacing aura of the set. The sound is sharp, and you can expect lightning bolts, gunshots and doorbells to be delivered right on cue.

Kudos to the entire tech staff.

The role of Wadsworth the butler, the master of ceremonies for the night, is enacted with dash and gusto by master of fine arts acting candidate Christopher Eastland, who competes with the memorable performance by Tim Curry in the film. Eastland has strong chops, evidenced by his excellent voice, clean physicality and expert comic timing, and he's outstanding in managing the intricacies his role requires. It is easy to imagine him playing the role in professional tours sometime very soon.

All the characters are memorable and well played, with femme fatale Miss Scarlet (Tessa Kresch) and nu-



Photo by HCookMedia

From left: Anna Yarnal as Mrs. Peacock, Christopher Eastland as Wadsworth and Joie Culligan as Yvette in the Michigan State University Department of Theatre's production of "Clue."

ance-challenged Col. Mustard (Tyler Radze) keeping the audience laughing throughout the 90-minute run time. Mr. Green (Ben Corsi) provides laughs and surprises as well as he brings the murder mystery to a quite satisfying conclusion.

'Isaac's Eye'

from page 16

found Newton's inscrutability a little off-putting, and I felt like I was watching the same tantrum over and over, but that may have been due to artistic choice and character interpretation presenting Newton as possibly autistic.

Trudell shows a great deal of promise while playing multiple characters, including one that conversationally breaks the fourth

wall very well. All actors speak clearly, move well, stay true to their blocking and keep the tempo moving forward by hitting all their cues. I saw a precise, focused and well-prepared play, but I feel it was a little too safe and careful, lacking the high highs and low lows I like to see in a drama. I wish the stakes were higher, the passions were more intense and the exaltations and condemnations were stronger than what I saw Friday night (Oct. 6).

A minimally constructed and roughly finished set is offset by a

beautiful floor covering torn from the pages of Newton's journal, detailing the experiment he proposes in the play. A simple two-chair and café table configuration with no set changes and few props leaves plenty of space for the actors. There are occasional sound cues and at least three light cues — blackout, pre/post-show and full wash — but that's a sore disappointment for a show dedicated to the discussion and study of light. I feel that this play certainly calls for special lighting effects that are not provided.

There are several jarring moments in the play, but the most noticeable

are the occasional interspersions of modern slang and language, including adding F-bombs into the dialogue, which otherwise usually remains lofty and status-appropriate. I don't see how it enhances the play to swear and add iconoclastic phraseology, but that's how the playwright put it on paper, so I guess I should ask him about it and not blame this production.

"Isaac's Eye"

Oct. 13-14
8 p.m.
LCC Black Box Theatre
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lcc.edu/showinfo

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Jonesin' Crossword

By Matt Jones

"TV Without Hesitation"--some abrupt endings.

by Matt Jones

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ACROSS

- 1. Cinema showing
- 5. Antibacterial body wash brand
- 9. Push a product
- 13. Actor Stonestreet
- 14. Heavenly figure
- 16. Ash, for one
- 17. Message that you missed an entire state at your door while out for a stroll?
- 20. Familial-sounding U.K. trip-hop group that once enlisted DJ Shadow, Thom Yorke, and Mike D
- 21. UT campus
- 22. Tagline intoned gruffly in many Halloween horror movie trailers
- 25. Had regrets
- 29. Where purple dinosaurs are ground into powder?
- 32. Poi-making need
- 33. Writer Roxane of the short story collection "Difficult Women"
- 34. "A Prayer for Owen ___" (John Irving novel)
- 35. Place on a scale
- 36. ___ Lanka
- 38. Vow at an altar
- 39. Measure from an annual checkup, perhaps
- 40. Unemotional one
- 42. Singer-songwriter Frizzell
- 44. Like 39, 49, 59, you get the idea
- 47. It may be signaled with a whistle
- 48. German connecting word that's, like, the height of a human?
- 50. Captain Kangaroo player Bob
- 52. 2009 movie with a 2022 sequel

1	2	3	4	5	6	7	8	9	10	11	12	
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50				51				52				
			53			54	55					
56	57	58				59				60	61	62
63					64				65			
66						67				68		

- 53. Scientist's workplace
- 54. Chef's cutting gadget
- 56. Near an open flame or eating holes in my sweater, probably?
- 63. Thor's father
- 64. Accumulated, as a bill
- 65. Rug stat
- 66. Simon of "Hot Fuzz"
- 67. Largemouth fish
- 68. Coin with a Lincoln profile
- 8. "Superman" archvillain Luthor
- 9. Walked with confidence
- 10. Edwardian or Elizabethan, e.g.
- 11. Cariou who played Sweeney Todd on Broadway
- 12. Something to stand on
- 15. Put a tag on
- 18. Native to a particular region
- 19. Word fragment (abbr.)
- 22. "Notorious" SCOTUS member of the 2010s
- 23. Remote control battery size
- 24. "Have a sample"
- 25. Head out from the airport
- 26. Rescue financially
- 27. 2022 World Cup winner (abbr.)
- 28. Homer Simpson grunt
- 30. Submit, as an absentee ballot
- 31. Pointer finger
- 35. "For what reason?"
- 37. German white wine
- 40. Exch. purchase
- 41. Reason for OT
- 43. Relatively tame (but dizzying) Disneyland ride
- 45. Forensic letters
- 46. Arcade game with fast-moving arrows that (gasp) turned 25 this year, for short
- 48. Fencing weapon
- 49. Airport runway surface
- 51. Breakfast sandwich meat
- 54. "Electra Woman and ___ Girl" ('70s series)
- 55. Promises to pay, for short
- 56. Short trip
- 57. Lyric verse
- 58. Drag accessory
- 59. Key above Caps Lock
- 60. Minecraft resource
- 61. X, on a clock
- 62. Fedora, e.g.

DOWN

- 1. Not so many
- 2. Savings plan option
- 3. Word before Jon or Wayne
- 4. Rod who wrote the 1974 #1 hit "Seasons in the Sun"
- 5. Bread that often contains molasses
- 6. Part of IHOP
- 7. "The Night of the Hunter" screenwriter James

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Answers on page 21

SUDOKU

Intermediate

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

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Free Will Astrology

By Rob Breznsky

October 11-17, 2023

ARIES (March 21-April 19): JooHee Yoon is an illustrator and designer. She says, "So much of artmaking is getting to know yourself through the creative process, of making mistakes and going down rabbit holes of research and experimentation that sometimes work out — and sometimes don't." She adds, "The failures are just as important as the successes." I would extend this wisdom, applying it to how we create our personalities and lives. I hope you will keep it in mind as you improvise, experiment and transform yourself in the coming weeks.

TAURUS (April 20-May 20): Sometimes we droop and shrivel in the face of a challenge that dares us to grow stronger and smarter. Sometimes we try our best to handle a pivotal riddle with aplomb but fall short. Neither of these two scenarios will be in play for you during the coming months. I believe you will tap into reserves of hidden power you didn't realize you had access to. You will summon bold, innovative responses to tantalizing mysteries. I predict you will accomplish creative triumphs that may have once seemed beyond your capacities.

GEMINI (May 21-June 20): Gemini novelist Meg Wolitzer suggests that "one of the goals of life is to be comfortable in your own skin and in your own bed and on your own land." I suspect you won't achieve that goal in the coming weeks, but you will lay the foundation for achieving that goal. You will figure out precisely what you need in order to feel at home in the world, and you will formulate plans to make that happen. Be patient with yourself, dear Gemini. Be extra tender, kind and accommodating. Your golden hour will come.

CANCER (June 21-July 22): Some astrologers say you Crabs are averse to adventure, preferring to loll in your comfort zones and entertain dreamy fantasies. As evidence that this is not always true, I direct your attention to a great Cancerian adventurer, the traveling chef Anthony Bourdain. In the coming weeks, I hope you will be inspired by these Bourdain quotes: 1. "If I'm an advocate for anything, it's to move. As far as you can, as much as you can. Across the ocean, or simply across the river. Open your mind, get up off the couch, move." 2. "What a great way to live, if you could always do things that interest you, and do them with people who interest you." 3. "The more I become aware of, the more I realize how relatively little I know, how much more there is to learn. Maybe that's enlightenment enough — to know there is no final resting place of the mind." 4. "Travel is about the gorgeous feeling of teetering in the unknown."

LEO (July 23-Aug. 22): Author Iain S. Thomas writes, "The universe is desperately trying to move you into the only spot that truly belongs to you — a space that only you can stand in. It is up to you to decide every day whether you are moving toward or away from that spot." His ideas overlap with principles I expound in my book "Pronoia Is the Antidote for Paranoia: How the Whole World Is Conspiring to Shower You with Blessings." In the book, I propose that life often works to help dissolve your ignorance and liberate you from your suffering. I hypothesize that you are continually being given opportunities to grow smarter and wilder and kinder. In the coming weeks, everything I've described here will be especially apropos to you. All of creation will be maneuvering you in the direction of feeling intensely at home with your best self. Cooperate, please!

VIRGO (Aug. 23-Sept. 22): "Never do anything that others can do for you," said Virgo novelist Agatha Christie. That's not a very Virgo-like attitude, is it? Many astrologers would say that of all the zodiac signs, your tribe is the most eager to serve others but not aggressively seek the service of others on your behalf. But I suspect this dynamic could change in the coming weeks. Amazingly, cosmic rhythms will conspire to bring you more help and support than you're accustomed to. My advice: Welcome it. Gather it in with gusto.

LIBRA (Sept. 23-Oct. 22): I'm not enamored of Shakespeare's work. Though I enjoy his creative use of language, his worldview isn't appealing or interesting. The people in his stories don't resonate with me, and their problems don't feel realistic. If I want to commune with multi-faceted characters dealing with fascinating dilemmas, I turn to French novelist Honoré de Balzac (1799–1850). I feel a kinship with his complex, nuanced understanding of human nature. Please note I am not asserting that Shakespeare is bad and Balzac is good. I'm merely stating the nature of my subjective personal tastes. Now I invite you to do what I have done here: In the coming weeks, stand up unflinchingly for your subjective personal tastes.

SCORPIO (Oct. 23-Nov. 21): As much as I love logic and champion rational thinking, I'm granting you an exemption from their iron-grip supremacy in the coming weeks. To understand what's transpiring and to respond with intelligence, you must partly transcend logic and reason. They will not be sufficient guides as you wrestle with the great riddles that will be visiting. In a few weeks, you will be justified in quoting ancient Roman author Tertullian, who said the following about his religion, Christianity: "It is true because it is impossible."

SAGITTARIUS (Nov. 22-Dec. 21): As a Sun-conjunct-Uranus person, I am fond of hyperbole and outrageousness. "Outlandish" is one of my middle names. My Burning Man moniker is "Friendly Shocker," and in my pagan community, I'm known as Irreverend Robbie. So, take that into consideration when I suggest you meditate on Oscar Wilde's assertions that "all great ideas are dangerous" and "an idea that is not dangerous is unworthy of being called an idea." Oscar and I don't mean that interesting possibilities must be a risk to one's health or safety. Rather, we're suggesting they are probably inconvenient for one's dogmas, habits and comfort zones. I hope you will favor such disruptors in the coming days.

CAPRICORN (Dec. 22-Jan. 19): Some people might feel they have achieved the peak of luxury if they find themselves sipping Moët & Chandon Imperial Vintage Champagne while lounging on a leather and diamond-encrusted PlumeBlanche sofa on a hand-knotted Agra wool rug aboard a 130-foot-long Sunseeker yacht. But I suspect you will be thoroughly pleased with the subtler forms of luxury that are possible for you these days. Like what? Like surges of appreciation and acknowledgment for your good work. Like growing connections with influences that will interest you and help you in the future. Like the emotional riches that come from acting with integrity and excellence.

AQUARIUS (Jan. 20-Feb. 18): There are more than 20 solutions to the riddle your higher mind is now contemplating. Several of them are intellectually smart but not emotionally intelligent. Others make sense from a selfish perspective but would be less than a blessing for some people in your life. Then there are a few solutions that might technically be effective but wouldn't be much fun. I estimate there may only be two or three answers that would be intellectually and emotionally intelligent, would be of service not only to you but also to others and would generate productive fun.

PISCES (Feb. 19-March 20): Naturalist John Muir didn't like the word "hiking." He believed people ought to saunter through the wilderness, not hike. "Hiking" implies straight-ahead, no-nonsense, purposeful movement, whereas "sauntering" is about wandering around, being reverent towards one's surroundings and getting willingly distracted by where one's curiosity leads. I suggest you favor the sauntering approach in the coming weeks — not just in nature but in every area of your life. You're best suited for exploring, gallivanting and meandering.

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

OUT on the TOWN

Events & Happenings in Lansing This Week

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

Wednesday, Oct. 11

"A Course of Love" Book Study, Facilitated by Lucille Olson & Bill Dietrich - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

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

Anti-Violence Initiative - Seven-week program for teens ages who have faced violence or bullying due to sexual orientation or gender identity. 4-5:30 p.m. Salus Center, 408 S. Washington Square, Lansing. saluscenter.org/programs/calendar.

Basic Cartooning with Dennis Preston - View demonstrations and try basic exercises. 4-6 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Coffee & Books: "Dirty Laundry," by Disha Bose - Intended for adults. 11 a.m. BlackDog Coffee, 120 W. Hamlin St., Eaton Rapids. 517-663-0950. eradl.org.

"Fitness Over 50" Senior Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at Central Park Pavilion. 9-10 a.m. 5151 Marsh Road, Okemos. meridian50plus.com.

Highfields Strengthening Families Breakfast - Client speakers will share stories about how their lives were positively affected by Highfields. Highfields' CEO and president will discuss successes and challenges. 8 a.m. Kellogg Center, 219 S. Harrison Road, East Lansing. highfields.org.

Lord of the Gourd - See the "Lord of the Gourd" carve amazing, wacky creations from gourds & pumpkins! Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

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

Paper Pumpkins Craft - Intended for adults. 5 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Weaving the Web: Law of Return - Join us online or in person for discussions, rituals, meditations and more! 6 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-657-5800. weaverstheweb.org.

"Wholly Integrated," by Zoe Beaudry - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Thursday, Oct. 12

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

Acting 101 Class - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Bath Farmers Market - 3-6:30 p.m. James Couzens Memorial Park, 13753 Main St., Bath. 517-641-6728. shopbfm.org.

Darin Larner Jr. at Old Bag of Nails Pub - 6 p.m. 210 Cascade Blvd., Lansing. 517-826-6266. facebook.com/oldbagofnails Lansing.

(De)Tour: Game Changers - Discuss gender equality in athletics and the legislation that has empowered generations of women athletes. 6 p.m. Broad Art Museum, 547 E. Circle Drive, East Lansing. 517-884-4800. broadmuseum.msu.edu.

Dimondale Farmers Market - 3-7 p.m. 136 N. Bridge St., Dimondale. villageofdimondale.org.

Eloquents Toastmasters Weekly Meeting - Safe and positive environment to practice public speaking and leadership skills. 6:30 p.m. Okemos Presbyterian Church, 2258 Bennett Road, Okemos. eloquents.toastmastersclubs.org.

Higher Ground Enrichment Time - Kids can use the computers, eat snacks and have a great, safe time. 3-6 p.m. Higher Ground Community Development Center, 3637 W. Jolly Road, Lansing. 517-894-1633.

Karaoke Thursday - 8 p.m.-midnight. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. greendoorlive.com.

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

Laingsburg Farmers Market - 5-8 p.m. First Congregational Church of Laingsburg, 401 E. Grand River Road, Laingsburg. 517-295-8128. laingsburg-business.org/farmers-market-1.

Mental Health First Aid Workshop - Registration req. 10 a.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Michigan Great Lakes International Draft Horse Show and Pull - 9 a.m. MSU Pavilion for Agriculture and Livestock Education, 4301 Farm Lane, Lansing. mgli.org.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

Organic Yoga with Maja McKeever - 6 p.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

REACH Virtual Meet-up: Arts Incubator for Young People - 4 p.m. Zoom meeting ID: 828 0808 9879. 517-999-3643. reachstudioart.org.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-7 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Beerfest at the Ballpark

Saturday, Oct. 14
3-8 p.m.
Jackson Field
505 E. Michigan Ave.,
Lansing



The biannual Beerfest at the Ballpark returns 3 to 8 p.m. Saturday (Oct. 14) at Jackson Field, giving attendees ages 21 and up an opportunity to sample more than 100 craft beers from more than 30 Michigan Breweries in addition to ciders, hard seltzers, meads, wines and spirits.

The festival features live music by Scotty Karate, Shelby & Jake, the Five 'N' Dime Poets and JP & the Energy as well as food trucks, local vendors, a free cornhole tournament with prizes and more.

Advance tickets start at \$35 for general admission and \$50 for VIP. General admission tickets include entry, a souvenir glass and 10 tasting tickets, which are redeemable for a 3-ounce pour of beer or cider. VIP tickets include early entry at 2 p.m., access to the VIP area and its 35 exclusive drinks, a dated souvenir glass and 15 tasting tickets. Additional tasting tickets will be available for \$1 each at the event.

To purchase tickets and view a full list of beverage offerings, visit beerfestattheballpark.com.

Take Off Pounds Sensibly - Weight-loss support group. Weigh-in 5:30 p.m., meeting 6-7 p.m. Haslett Middle School, 1536 Franklin St., Haslett. 800-932-8677. facebook.com/HaslettTops.

"Wholly Integrated," by Zoe Beaudry - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Friday, Oct. 13

10th Annual Mitten Mash-Up - Celebration and showcase of flat-track roller derby, featuring a collection of tournaments. 10 a.m. Lansing Center, 333 E. Michigan Ave., Lansing. lansingrollerderby.com/mittenkitten2023.

Aaron Johnson at The Peanut Barrel - 8 p.m. 521 E. Grand River Ave., East Lansing. 517-351-0608. peanutbarrel.com.

Adult Yoga Class Series - Free weekly yoga session with a master-level instructor. 1 p.m. DeWitt District Library, 13101 Schavey Road, DeWitt. 517-669-3156. dewittlibrary.org.

Awaken Haunted Attraction Friday the 13th event - Meet Douglas Tait, who played Jason Voorhees in "Freddy vs. Jason." Special costumed photo op 5-6:30 p.m., regular meet-and-greets 7-11 p.m. 4760 Churchill Road, Leslie. awakenhaunt.com.

Broad Underground: "Machines in Flames" - Film screening inspired by themes in "Shouldn't You Be Working? 100 Years of Working from Home." 7-9 p.m. Wells Hall Room B122, 619 Red Cedar Road, East Lansing. 517-884-4800. broadmuseum.msu.edu.

The Corzo Effect - 8:30 p.m. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. greendoorlive.com.

Divination Roundtable - Learn a new divination method, get a reading and compare notes with others in your field. All readings free, all systems

of divination welcome. 5 p.m. Keys to Manifestation, 809 Center St., Suite 7, Lansing. 517-974-5540. manifestlansing.com.

Eaton County Box Stall Benefit Speed Show - 7 p.m. Eaton County Fairgrounds, 1025 S. Cochran Ave., Charlotte. goshowmichigan.com.

"Fitness Over 50" Senior Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at Central Park Pavilion. 9-10 a.m. 5151 Marsh Road, Okemos. meridian50plus.com.

Going to Pieces Quilt Show - 275+ quilts on display as well as door prizes, raffles, a silent auction and other vendors. 10 a.m.-4 p.m. Ingham County Fairgrounds Main Arena, 700 E. Ash St., Mason. capitalcityquiltguild.org.

Higher Ground Enrichment Time - Kids can use the computers, eat snacks and have a great, safe time. 3-6 p.m. Higher Ground Community Development Center, 3637 W. Jolly Road, Lansing. 517-894-1633.

"Isaac's Eye" - 8 p.m. LCC Black Box Theatre, 411 N. Grand Ave., Lansing. lcc.edu/showinfo.

Life Drawing (Clothed) - Drawing session with a live model or still life, taught by artist and educator Elyse Gambino. 6 p.m. REACH Studio Art Center, 1804 S. Washington Ave., Lansing. 517-999-3643. reachstudioart.org.

Live Music with Great Scott! at LBC - 7 p.m. Lansing Brewing Co., 518 E. Shiawassee St., Lansing. 517-371-2600. lansingbrewingcompany.com.

Melt and Pour Soap with Sindy - Watch a demonstration on how to make, melt and pour soap and take home a sample! Registration req. 6 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

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Events

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Michigan Great Lakes International Draft Horse Show and Pull - 8 a.m. MSU Pavilion for Agriculture and Livestock Education, 4301 Farm Lane, Lansing. mglii.org.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

North of Five at Harrison Roadhouse - 6 p.m. 720 E. Michigan Ave., East Lansing. 517-337-0200. harrisonroadhouse.com.

The Novak Trio Performing Chamber Music for Cello, Violin and Piano - 5:30 p.m. Facility for Rare Isotope Beams, 640 S. Shaw Lane, East Lansing. frib.msu.edu.

Pierre's Grand Re-Opening Sip & See Event - Enjoy food and drinks while exploring our newly renovated space. Exclusive discounts on purchases and appointment bookings, plus giveaways. 5-7 p.m. Pierre's Bridal, Prom & Tuxedo, 4025 W. Saginaw Hwy., Lansing. pierresbridal.com.

Salus Center Clothing Swap - Pick up or donate fall and winter clothing and Halloween costumes. Free snacks and photo booth. 5-9 p.m. 408 S. Washington Square, Lansing. saluscenter.org/programs/calendar.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-7 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Wacousta-DeWitt Masonic Lodge Fundraiser Fish Fry - Limited seating available. Bake sale on main floor. 4-6:30 p.m. or until food runs out. 9030 W. Herbison Road, Grand Ledge. wacousta.net/home.

"Wholly Integrated," by Zoe Beaudry - 11 a.m.-6 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Whorled Band - Doors at 5 p.m., show at 7 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

Saturday, Oct. 14

10th Annual Mitten Kitten Mash-Up - Celebration and showcase of flat-track roller derby, featuring a collection of tournaments. 8 a.m. Lansing Center, 333 E. Michigan Ave., Lansing. lansingrollerderby.com/mittenkitten2023.

Awaken Haunted Attraction Friday the 13th event - Meet Douglas Tait, who played Jason Voorhees in "Freddy vs. Jason." Special costumed photo op 5-6:30 p.m., regular meet-and-greets 7-11 p.m. 4760 Churchill Road, Leslie. awakenhaunt.com.

Bittersweet: A Reading for Recovery, Resilience & Remembrance - Space for a range of recovery experiences, including substance abuse disorder. Poetry, prose, photos and more. 3:30 p.m. Everybody Reads, 2019 E. Michigan Ave., Lansing. facebook.com/EverybodyReads.

Boo at the Zoo - Put on a costume and join us for this seasonal stroll through Potter Park Zoo. Hay-bale maze, hayrides, candy stations, costume parade, kids' activities, inflatables and more. Noon-5 p.m. 1301 S. Pennsylvania Ave., Lansing. 517-483-4222. potterparkzoo.org.

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

Design & Build Day - Explore the science of skilled trades and home building with hands-on activities led by professional plumbers, electricians, landscapers and roofing contractors. 9:30 a.m.-5 p.m. Impression 5 Science Center, 200 Museum

Drive, Lansing. impression5.org.

Eaton County Box Stall Benefit Pleasure Show - 9 a.m. Eaton County Fairgrounds, 1025 S. Cochran Ave., Charlotte. goshowmichigan.com.

Environmental Stewardship Work Day - Restore East Lansing's park biotic communities by removing problematic invasive plant species and replacing them with native species. 9-11 a.m. Azaadiikaa Park, 2801 Abbot Road, East Lansing. 517-319-6804. cityofeastlansing.com.

Going to Pieces Quilt Show - 275+ quilts on display as well as door prizes, raffles, a silent auction and other vendors. 10 a.m.-4 p.m. Ingham County Fairgrounds Main Arena, 700 E. Ash St., Mason. capitalcityquiltguild.org.

The Graveyard Shift Cruise-In - Coffee, cider and donuts for participating drivers and passengers. Afterward, cruise over to REO Town for lunch! 9 a.m.-noon. R.E. Olds Transportation Museum, 240 Museum Drive, Lansing. 517-372-0529. reolds-museum.org.

"Isaac's Eye" - 8 p.m. LCC Black Box Theatre, 411 N. Grand Ave., Lansing. lcc.edu/showinfo.

Kommuna Lux - 7 p.m. UrbanBeat, 1213 Turner St., Lansing. 517-331-8440. urbanbeatevents.com.

The Louderthans - 8:30 p.m. The Green Door Bar & Grill, 2005 E. Michigan Ave., Lansing. 517-325-9897. greendoorlive.com.

Meridian Township Farmers Market - 8 a.m.-2 p.m. Marketplace on the Green, 1995 Central Park Drive, Okemos. 517-712-2395. meridian.mi.us/farmersmarket.

Michigan Great Lakes International Draft Horse Show and Pull - 8 a.m. MSU Pavilion for Agriculture and Livestock Education, 4301 Farm Lane, Lansing. mglii.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-7 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

Old Town Commercial Association Silver Gala - Join the OTCA in celebrating more than 25 years as an organization dedicated to developing and promoting Old Town. 6-10 p.m. R.E. Olds Transportation Museum, 240 Museum Drive, Lansing. iloveoldtown.org.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

The Story Tour - Musical journey featuring the Allan Scott Band, powerful testimonies and stories of God's redemption. 6:30 p.m. Waverly High School, 160 Snow Road, Lansing. thestorytour.org.

Surprise Mixed-Media Project with Steph Joy Hogan - Fall for mixed-media art while playing, experimenting and creating a mystery project! 18+. 10 a.m.-noon. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Timber Trails 5K - Run/walk on a slightly challenging course with ranging elevation. Proceeds benefit trail development in Eaton County parks. 9 a.m. Fitzgerald Park, 133 Fitzgerald Park Drive, Grand Ledge. eatoncounty.org.

"Wholly Integrated," by Zoe Beaudry - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Wine in the Woods - Bring your favorite beverage and enjoy a guided walk through the woods. After the walk, "unwine" by the campfire and enjoy gourmet smores. 21+, registration req. 7 p.m. Harris Nature Center, 3998 Van Atta Road, Okemos. 517-349-3866.

Sunday, Oct. 15

10th Annual Mitten Kitten Mash-Up - Celebration and showcase of flat-track roller derby, featuring a collection of tournaments. 8 a.m. Lansing Center, 333 E. Michigan Ave., Lansing. lansingrollerderby.com/mittenkitten2023.

Comedy in Billtown

Tuesday, Oct 17

8 p.m.

Williamston Theatre

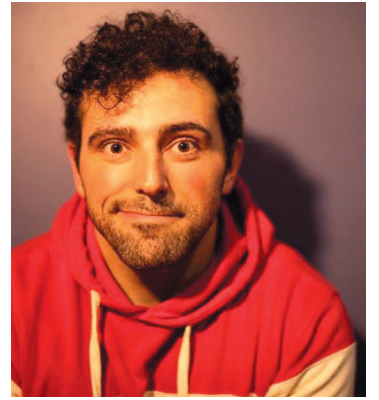
122 S. Putnam St., Williamston

The Williamston Theatre presents the first show in its new stand-up comedy series, Comedy in Billtown, 8 p.m. Tuesday (Oct. 17), featuring performances by five Michigan comedians.

The evening's host, Louis D. Michael (pictured right), has been featured on National Public Radio and "Don't Tell Comedy," which hosts pop-up comedy shows throughout the United States, United Kingdom and Canada. According to the theater, "His 'edgy and not entirely well-thought-out' jokes and stories will have audience members laughing at some darker topics, cutting like a butter knife with an edge."

The four additional performers include Robert Jenkins, a Detroit native and Lansing resident who "combines his quick wit and sharp words with a disarming delivery to leave you wondering if you just heard what you thought you heard"; Pat Sievert, who has "honed his charmingly quirky, wickedly funny material with diligent road work" at festivals across the country and won the 2019 Funniest Person in Grand Rapids competition; Nick Leydorf, who "talks about his unrelatable profession" as a lawyer "in such a relatable way that audiences can't help but laugh"; and Camila Ballario, an Argentine-born comedian who was voted Best Comedian in Washtenaw County by Current Magazine in 2020 and has won Best of Fest at both the Big Pine Comedy festival in Arizona and the Laugh After Dark Comedy Fest in Las Vegas.

Tickets are \$20 and can be purchased online at williamstontheatre.org or by calling 517-655-7469. The series will continue in February and May 2024, with Michael returning to host.



American Sign Language with Chris McEnhill - McEnhill has been an ASL interpreter for many years in the Lansing School District and has many tools and much information to share. 9:30 a.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

Awaken Haunted Attraction Friday the 13th event - Meet Douglas Tait, who played Jason Voorhees in "Freddy vs. Jason." 7 p.m. 4760 Churchill Road, Leslie. awakenhaunt.com.

Boo at the Zoo - Put on a costume and join us for this seasonal stroll through Potter Park Zoo. Hay-bale maze, hayrides, candy stations, costume parade, kids' activities, inflatables and more. Noon-5 p.m. 1301 S. Pennsylvania Ave., Lansing. 517-483-4222. potterparkzoo.org.

Chamber 2: Brass Quintet - 3 p.m. Molly Grove Chapel, First Presbyterian Church, 510 W. Ottawa St., Lansing. lansingsymphony.org.

East Lansing Farmers Market/Autumn Fest - Celebrate the splendor of fall at the market! Activities include yard games, a petting zoo and pony rides. 10 a.m.-2 p.m. Valley Court Park, 280 Valley Court, East Lansing. cityofeastlansing.com/farmersmarket.

Eastern Ingham Farmers Market - 10 a.m.-2 p.m. McCormick Park, 123 High St., Williamston. 517-618-1630. easterninghamfarmersmarket.org.

GLAD Drum Circle at Lake Lansing Park North - All ages and experience levels welcome. 2-4 p.m. 6260 E. Lake Drive, Haslett. facebook.com/GreaterLansingAreaDrummers.

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

Meet the Authors - Book signing and conversation with local authors Dedria Humphries Barker and Veronica Wilkerson Johnson. Discuss history and education with two local experts and enjoy fall beverages. 2 p.m. Hooked, 3142 E. Michigan Ave., Lansing. hookedlansing.com.

Michigan Great Lakes International Draft Horse Show and Pull - 8 a.m. MSU Pavilion for Agriculture and Livestock Education, 4301 Farm Lane, Lansing. mglii.org.

Mid-Michigan Art Guild Small Works Art Exhibit - Noon-5 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

Shiawassee Artists' Guild Presents: "Potpourri" - Noon-4 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Unity's Monthly Euchre and Games - Self-organizing event. Potluck snacks. Bring your favorite board game. Noon. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 517-371-3010. unitylansing.org.

Walk to End Alzheimer's - World's largest fundraiser for Alzheimer's care, support and research. Registration 11 a.m., ceremony 12:30 p.m. Michigan State Capitol, 100 N. Capitol Ave., Lansing. alz.org.

Monday, Oct. 16

Ballet II for kids - Ages 9-13. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Beginning West Coast Swing Dance Class - 7 p.m. Michigan Athletic Club, 2900 Hannah Blvd., East Lansing. 517-364-8888. sparrow.org/our-hospitals-services/michigan-athletic-club.

"Fitness Over 50" Senior Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at Central Park Pavilion. 9-10 a.m. 5151 Marsh Road, Okemos. meridian50plus.com.

Graphic Novel Book Club - Hang out with friends, chat about the book, have a snack and do a book-related activity or craft. Grades 3-6. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Higher Ground Enrichment Time - Kids can use the computers, eat snacks and have a great, safe time. 3-6 p.m. Higher Ground Community Development Center, 3637 W. Jolly Road, Lansing. 517-894-1633.

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Improv Acting Class - 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Jazz Dance Class - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

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

"Letting Go," by David Hawkins: Book Study with Lucille Olson - 1:30 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

Rest with Music: Phoebe Holmes - Take a break from your day, relax and enjoy a free concert under the 'night sky' of the planetarium. Noon. Abrams Planetarium, 755 Science Road, East Lansing. health4u.msu.edu/courses/rest-with-music.

Ruhala Broadway Ensemble - Learn to excel equally in singing, acting and dance. 5:30 p.m. 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Shiawassee Artists' Guild Presents: "Potpourri" - Noon-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Zombie Barbie - "Zombify" a fashion doll. Bring old Barbies of your own or choose one of ours. Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Tuesday, Oct. 17

Acting Ensemble Class - 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Higher Ground Enrichment Time - Kids can use the computers, eat snacks and have a great, safe time. 3-6 p.m. Higher Ground Community Development Center, 3637 W. Jolly Road, Lansing. 517-894-1633.

Intro to Acting/Improv for Kids - Ages 5-12. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

LAGE Game Night East - 6:30-11 p.m. The Junction, 410 S. Clippert St., Lansing. meetup.com/lansing/events.

LAGE Game Night West - 6:30-11 p.m. Frank's Press Box, 7216 W. Saginaw Hwy., Lansing. meetup.com/lansing/events.

Level I Dance Class - Introduction to theater dance using ballet, tap and jazz. Ages 5-8. 4:45 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

Organic Yoga with Maja McKeever - 6 p.m. Unity Spiritual Center of Lansing, 2395 Washington Road, Lansing. 269-762-3189. unitylansing.org.

Preschool Family Storytime - Join us for stories, songs and a simple craft! Ages 1-6. 11 a.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

StressBusters: Positive Mental Health for Kids - 3 p.m. session for ages 3-6 and caregivers, 4 p.m. sessions for ages 7-10 and 11-14. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-346-8094. gladl.org.

YA Book Club - Chat, eat snacks and have book-related fun. Grades 8-12. Registration req. 6 p.m. Charlotte Community Library, 226 S. Bostwick St., Charlotte. 517-543-8859. charlottelibrary.org.

Wednesday, Oct. 18

"A Course of Love" Book Study, Facilitated by Lucille Olson & Bill Dietrich - 7 p.m. Zoom ID: 177 417 886. Passcode: 601744. unitylansing.org.

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

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

Anti-Violence Initiative - Seven-week program for teens ages who have faced violence or bullying due to sexual orientation or gender identity. 4-5:30 p.m. Salus Center, 408 S. Washington Square, Lansing. saluscenter.org/programs/calendar.

Basic Halloween Drawing with Matt Mulford - Draw festive Halloween pieces and learn basic skills while you're at it! 10 a.m.-noon. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Emergency Services - 6 p.m. LSW Emergency Services, 7425 Woodbury Road, Laingsburg. laingsburg.us.

"Fitness Over 50" Senior Exercise Group - The Meridian Township Parks and Recreation Stretch and Flex Exercise group exercises at Central Park Pavilion. 9-10 a.m. 5151 Marsh Road, Okemos. meridian50plus.com.

How It All Started: A Brief History of Dystopian Literature - Jeffery Vande Zande, author and professor, offers a brief history of dystopian literature and a reading from his own novel, "Rules of Order." Registration req. 6 p.m. Grand Ledge Area District Library, 131 E. Jefferson St., Grand Ledge. 517-627-7014. gladl.org.

Improv Acting Class - 8:30 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.East Lansing, MI

Jazz Dance Class - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

JP Peters at the Graduate Rock Bar - 8 p.m. 133 Evergreen Ave., East Lansing. 517-348-0900. facebook.com/graduaterockbar.

Mid-Michigan Art Guild FALL MEMBER ART SHOW - 9 a.m.-5 p.m. Neighborhood Empowerment Center, 600 W. Maple St., Lansing. midmichiganartguild.org.

Mid-Michigan Art Guild Small Works Art Exhibit - 10 a.m.-8 p.m. CADL - Haslett Library, 1590 Franklin St., Haslett. 517-339-2324. cadl.org/about/our-locations/haslett.

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

Movie Night: "Monster House" - Snacks and beverages provided. Grades 4-12. 4 p.m. Eaton Rapids Area District Library, 220 S. Main St., Eaton Rapids. 517-663-0950. eradl.org.

MSUFCU & Peckham Art from the Heart Exhibit opening reception - Enjoy refreshments and meet the resident artists. 5:30-7:30 p.m. MSUFCU Headquarters Building 2, 3899 Coolidge Road, East Lansing. facebook.com/peckhaminc.

Shiawassee Artists' Guild Presents: "Potpourri" - 10 a.m.-5:30 p.m. Framer's Edge, 1856 W. Grand River Ave., Okemos. 517-347-7400. framersedge.net.

Tap II Class - 6 p.m. Ruhala Performing Arts Center,

1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

"Wholly Integrated," by Zoe Beaudry - 11 a.m.-4 p.m. Lansing Art Gallery & Education Center, 300 S. Washington Square, Suite 100, Lansing. 517-574-4521. lansingartgallery.org.

Thursday, Oct. 19

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

Acting 101 Class - 7 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Acting Ensemble Class - 8 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

Bath Farmers Market - 3-6:30 p.m. James Couzens Memorial Park, 13753 Main St., Bath. 517-641-6728. shophbfm.org.

Carl Pawluk at Old Bag of Nails Pub - 6 p.m. 210 Cascade Blvd., Lansing. 517-826-6266. facebook.com/oldbagofnails Lansing.

Chipmunk Story Time: It's Fall! - Story time comes alive with puppet Chicory Chipmunk and his animal friends. Stories followed by nature activities and a guided walk. 10 a.m. Harris Nature Center, 3998 Van Atta Road, Okemos. 517-349-3866. meridian.mi.us/hnc.

Dimondale Farmers Market - 3-7 p.m. 136 N. Bridge St., Dimondale. villageofdimondale.org.

Eloquents Toastmasters Weekly Meeting - Safe and positive environment to practice public speaking and leadership skills. 6:30 p.m. Okemos Presbyterian Church, 2258 Bennett Road, Okemos. eloquents.toastmastersclubs.org.

Higher Ground Enrichment Time - Kids can use the computers, eat snacks and have a great, safe time. 3-6 p.m. Higher Ground Community Development Center, 3637 W. Jolly Road, Lansing. 517-894-1633.

Jazz/Hip Hop II class - Ages 9-13. 4 p.m. Ruhala Performing Arts Center, 1846 Haslett Road, East Lansing. 517-337-0464. ruhalacenter.com.

ORDINANCE # 2632

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: Z-8-2023
Parcel Number's: 33-01-01-16-354-122 & 33-01-01-16-354-003
Addresses: 415 & 421 W. Kalamazoo Street
Legal Descriptions: Lots 2, 3, 10, 11 & 12 and the West 66 feet of Lot 1, Block 139, Original Plat from "DT-2" Downtown Core to "R-AR" Residential Adaptive Reuse.

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 Oct 2, 2023, and a copy is available in the office of the Lansing City Clerk, 9th Floor, City Hall, 124 W. Michigan Avenue, Lansing, MI 48933.

Section 4. This ordinance shall take effect on the 30th day after enactment

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

CROSSWORD SOLUTION

From Pg. 18

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SUDOKU SOLUTION

From Pg. 18

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FOOD & DRINK

DINING OUT IN GREATER LANSING

Feel like a don at Goodfellas Bagel Deli

By **NICOLE NOECHEL**

I never had an interest in mafia-related TV shows or movies until I watched “The Sopranos” all the way through a few years ago, but since then, my love for mob media has grown immensely. The first two “The Godfather” movies will go down in history as some of the greatest pieces of media ever made — we don’t need to mention the third one — and “Goodfellas” had me on the edge of my seat for the entire two-and-a-half hour runtime. I’ve also picked up on a lot of Italian-American slang and use it whenever possible, dramatic hand gestures included.

So, when I found out there’s a “Goodfellas”-themed bagel place just five minutes away from my apartment, I knew I had to visit as soon as possible. Sand-

wich options such as The Goodfella, The Made Man, The Godfather, The Hitman and Bada Bing piqued my interest, but as a pork fiend, I went with The Don, composed of ham, bacon, eggs, whole-grain mustard and garlic and herb cream cheese sandwiched between my go-to parmesan-crust

ed bagel. I believe a warm breakfast sandwich can be a cure-all, a way to start the day off on the right foot no matter what’s waiting for you on the other end. This sandwich was no exception, filling me with enough protein and carbs to keep me satiated and energized throughout all my morning tasks. The bacon was crispy but not burnt, a consistency any pork lover would be thrilled with, and the scrambled eggs were

browned on the outside but still soft and airy on the inside, which can be hard to achieve if you aren’t watching the eggs the entire time they cook. The herby cream cheese and tangy mustard balanced the richness of the meat and eggs, and the parmesan on top of the bagel added another layer of salty goodness that tied it all together.

I also ordered a side of hash browns, which were perfectly golden brown and somehow very light on grease. I decided to place one of the potato patties within the sandwich, a hack that I recommend to anyone looking to take their breakfast to the next level. The extra layer of crunch made each bite a delight, and the potato added another element of comforting richness.

While the mafia theming could come off as a gimmick, Goodfellas has the quality to back it up. My sandwich was loaded with delicious, well-cooked ingredients, and I’m excited to



Nicole Noechel/City Pulse

The hearty breakfast sandwiches at Goodfellas Bagel Deli are perfect for fueling up before a day of intimidating rival mob members and collecting gambling winnings.

try the other options the shop offers — especially The Fugazi, a vegetarian option that includes a black bean patty, egg, spinach, chipotle aioli and avocado cream cheese, all of which sounds absolutely delightful. The next time you’re looking to fuel up for a day of intimidating rival mob members and collecting gambling winnings, be sure to stop off at Goodfellas.



The Don Sandwich \$8

Goodfellas Bagel Deli
235 Albert St., East Lansing
8 a.m.-4 p.m. Sunday-Wednesday
8 a.m.-4 p.m., 10 p.m.-3 a.m. Thursday-Friday
10 p.m.-3 a.m. Saturday
517-977-1895
goodfellasbageldeli.com

TOP 5 DINING GUIDE

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

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

TOP 5 NEW RESTAURANTS

1. Joe’s on Jolly

Bar & grill putting an elevated spin on the classic pub menu with local ingredients and new-age plates
2360 Jolly Road, Okemos
517-246-5637
joesonjolly.com
11:30 a.m.-10 p.m. daily

2. Babe’s Corner

Ice cream and hoagie shop with unique soft-serve flavors and vegan options
800 E. Michigan Ave., Lansing
517-939-9598
facebook.com/babescornerlansing
4-8 p.m. Tuesday

Noon-8 p.m. Wednesday-Saturday

3. BJ’s Restaurant and Brewhouse

Family-friendly chain pairing familiar pub fare with an extensive list of house brews
2515 Lake Lansing Road, Lansing
517-246-0010
bjsrestaurants.com
11 a.m.-midnight Monday-Saturday
11 a.m.-11 p.m. Sunday

4. King Pho

Casual restaurant serving Vietnamese staples such as pho and banh mi sandwiches
4749 Central Park Drive, Okemos
517-977-1520
10 a.m.-8 p.m. Monday, Wednesday-Saturday
Noon-8 p.m. Sunday

5. Slice by Saddleback – South Lansing

Wood-fired pizza restaurant serving a variety of inventive pies made with homemade dough and sauce
3135 S. Pennsylvania Ave., Lansing
517-306-9002
slicebysaddleback.com
11 a.m.-8 p.m. daily

Vote for your favorite restaurants in the
2023 Top of the Town contest!

Ditch store-bought ketchup for good

By ARI LEVAUX

It's easy to take ketchup for granted. But once our all-American burger and fries arrive, if we don't have ketchup, we have a problem.

Of course, there are other uses for the condiment, many of which are hacks and secret family recipes where a little ketchup here or there goes a long way in beef stew, borscht, bloody marys and beyond. Ultimately, ketchup is a low-fuss steak sauce for people who take their meat in burger or dog form.

That same thick, tangy sweetness makes it a great dipping sauce for people's preferred deep-fried potatoes. Former President Ronald Reagan once called ketchup a vegetable during a fight over school budgets. Thankfully, that didn't fly, although he did have a point. My homemade ketchup is absolutely a vegetable.

Heinz is better than all the other commercial brands, but homemade ketchup is much better than Heinz. And this time of year, when tomatoes are overflowing, a batch of ketchup is a good allocation of this resource. The homemade version explodes with flavor, and when I compare mine to Heinz side-by-side, I make a bitter face and call the store-bought version "cardboard" in an angry French accent.

For my first batch of ketchup, I followed a recipe in the classic "Stocking Up" food preservation manual. Until then, I never thought about the delicate layers of flavor it delivers. Sweet and sour

are the dominant flavors, but the condiment has many more. A touch of spice, a touch of umami from the tomatoes, a hint of bitterness from the garlic and paprika and aromatic spices like clove and cinnamon. Since then, I have made the recipe my own. The concept is flexible. Taste and tweak as you go. If you follow my recipe, you'll end up with a sauce so thick and meaty you won't even need a burger.

Each fall, when it comes time for my tomato processing push, I make a batch of ketchup alongside my

pizza and pasta sauces. If I have the time, I'll start by halving the tomatoes and broiling them cut-side down on cookie sheets until the skins blacken. I let them cool, then pluck off the stiff skins before whizzing them in the blender.

You don't need to go that far, but you do have to get the seeds out, which means filtering the blended tomatoes. I use a mesh strainer and a rubber spatula to smear it through. My kids, impressed with the smoothness of my ketchup, now demand that all my red sauces be equally as smooth. But none are as quietly complex as my humble pot of ketchup.



Homemade ketchup

The most tangy and flavorful ketchup you'll ever try.

Makes 2 cups

- 1 quart blended tomatoes
- 1 cup apple cider vinegar
- 1/4 cup sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt

Place the tomatoes in a food processor and liquify until smooth. (Or, if you already have some tomatoes cooking for another project, dip into those. I like to broil my tomatoes to get the peels off first, but that's optional.)

Push the blended tomatoes through a food sieve or food mill to remove the seeds and any other solids. I use a fine mesh strainer and a rubber spatula.

Pour the strained mixture into a pot. Bring to a simmer.

In a separate pot, combine the vinegar, sugar and seasonings. Bring it to a simmer, then add it to the tomatoes.

Simmer the ketchup, stirring often, until it thickens to a ketchup-like consistency.

When you drop a spoonful on a clean plate, it should not have a ring of reddish water around it. Lower the heat as it thickens. Once the water is gone, stop cooking. It will thicken further as it cools.

Your ketchup will last for months in the freezer — and almost as long in the fridge — after you open it, thanks to the sugar and acid, both of which are preservatives. If you're canning your ketchup for the pantry, follow these steps:

Prepare clean, sterile canning jars and lids.

Ladle the homemade ketchup into the prepared jars, leaving some headspace. Seal the jars with lids.

Process the sealed jars in a water bath for 10 minutes to ensure proper preservation.

Allow the jars to cool and check for proper sealing. Store any unsealed jars in the refrigerator and use them within a few weeks. Properly sealed jars can be stored in a cool, dark place for an extended period.



Courtesy of Ari Levaux

This time of year, when tomatoes are overflowing, try making a batch of homemade ketchup, which you'll likely find is a step above any store-bought varieties.

THE PULSIFIEDS

SENIOR SOFTWARE DESIGNER/IMPLEMENTERS (ORACLE/J2EE)

Delta Dental seeks full-time Senior Software Designer/Implementers (Oracle/J2EE) (multiple positions available). Lead/contribute to analysis & design specs. & perform programming & testing of syst. components (WebLogic, Java, .Net, etc.). Provides tech. direction & support to users, peers & other domain/feature team members ensuring standards are followed & participate in collaboration across Info. Syst. Security & Business. Req: Bachelor's or equiv.+ 5 yrs. exp.; alternatively: Master's or equiv.+ 3 yrs. exp. Jobsite: Okemos, MI. Hybrid position w/ in-office requirement. Must live within a commutable distance of Okemos, MI & be able to work in-office as req. Apply online at www.deltadentalmi.com/careers.

SENIOR PERFORMANCE ENGINEER

Delta Dental seeks full-time Senior Performance Engineer. Create & maintain performance testing specifications & scripts. Performs req. testing & monitoring of syst. components while under load & provides tech. assistance & guidance on complex performance issues ensuring consistency & improving performance of bus. systems. Req: Bach. or equiv.+ 5 yrs. exp. Jobsite: Okemos, MI. Hybrid position w/ in-office req. Must live within a commutable distance of Okemos, MI & be able to work in-office as req. Apply online at www.deltadentalmi.com/careers.

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Lansing
(517) 648-7693
eloasisfood.com

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Serving the Lansing community for 13 years, we extend an invitation to all those to give us a try to find out why we were voted the best food truck in Lansing's 2019 Top of The Town Contest.



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Lansing
(517) 580-4400
meatbbq.com

WE BELIEVE EVERYONE DESERVES GREAT BBQ.
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14TH ANNUAL

DETROIT FALL BEER FESTIVAL



10.28.23

SAT. 1-6 P.M. • EASTERN MARKET • DETROIT, MI

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