

# The power of music

Jazz bassist Mimi Jones visits MSU

See page 10



02.14.19 · 7:30 PM LANSINGSYMPHONY.ORG

## W H A **R T**

# 

### REGINA CARTER: SIMPLY ELLA

"[Carter] is at the top of her art on this fantastic tribute." -DownBeat Magazine

#### FEBRUARY 22 8:00pm

#### whartoncenter.com 1-800-WHARTON

Sponsored by The Doctors Company. Media Sponsor: WKAR.

> W H A R T O N C E N T E R FOR PERFORMING ARTS

THE BEST OF BERNSTEIN'S BROADWAY WITH TEDDY ABRAMS & MORGAN JAMES

Vocal wonder Morgan James joins conductor Teddy Abrams and a stellar ensemble for a Valentine's weekend show to remember.

FEBRUARY 16 8:00pm

#### whartoncenter.com 1-800-WHARTON

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> W H A R T O N C E N T E R FOR PERFORMING ARTS

#### 3

## A new era for City Pulse

This issue marks a milestone for City Pulse: a new printer, and, with it, changes.

Michigan Web Press, in Davisburg, offers a number of advantages. We have restored later deadlines that our old printer would no longer accommodate. We

now have color available on every page. And we are being printed on a better press, which means better reproduction.

The tradeoff is a smaller page. (For arcane technical reasons, we can print some pages — what we call 'pop-up" pages — at a bigger size, but not all.) But unlike what has happened at many newspapers, this is NOT a cost-cutting move. In fact, just the opposite.

For example, this issue is four pages more than it would have been with our old printer.

Two are accounted for by making up the space lost to a smaller page. But the other two result from a decision to give readers more content. We will continue to do so.

Here I am reminded of the best newspaper company I worked for in my peripatetic journalism career. The Bingham family owned the morning and afternoon papers in Louisville, Kentucky (where both editorial pages would castigate a young pol on the rise, Mitch McConnell). I worked there in the early 1970s, still a golden time for newspapers, whose profit margins were often 35 percent or more.

The Binghams declared that 14 percent was enough; it put the rest back into the product. Why 14 percent I don't know, but I do know that they produced two of America's best newspapers (both in black and white). That was the direct result of a willingness to reinvest in content — a philosophy City Pulse shares.

What will fill the additional "newshole"? Today we introduce a weekly feature called "Favorite Things" (an idea stolen from The New York Times), kicked off on this page with Gov. Gretchen Whitmer explaining why she values a beloved object. (If you would like to suggest a candidate for "Favorite Things," please email its editor, Dennis Burck, at dennis@lansingcitypulse. com.)

We have also expanded the size of "This Modern World," one of our most popular features, to make Tom Tomorrow's dense dialogue easier to read.

In a few weeks, we will expand our events section in print (and online), thanks to a partnership with CitySpark, a national company many other alternative newspapers have aligned with.

Mostly, though, the additional space will allow us to give readers more complete reporting. That bucks the trend in newspapers today, including, unfortunately, in Lansing. As a weekly with a small staff, City Pulse cannot fill the local news void, but we are committed to bringing you the best newspaper our resources allow.

Finally, thanks to the many, many people who have donated to City Pulse this year. (You can join them at www.lansingcitypulse.com.) Your investment in City Pulse has helped make these improvements possible.

(Berl Schwartz is editor and publisher of City Pulse.)

## *— Favorite Things*

## Gov. Gretchen Whitmer and her Mackinac Bridge commemorative coin

When I decided to run for governor I was trying to figure out what was going to be the symbol of my campaign and landed on the bridge.

The Mackinac Bridge is just a great symbol of Michigan. It was built at a time when we had a Democratic governor and Republican legislature, which is where we find ourselves now.

This is a coin from the day they opened the Mackinac Bridge. It is 61 years old. It's got the bridge on one side and a quote from Gov. Gerhardt Mennen "Soapy" Williams on the other.

It says, "Built by the will of a great people upon foundations of Michigan's faith in her future."

I got it from a man whose father was very politically active. He sent me this 1958 coin his dad had saved and kept. His dad knew the governor, so he sent it to me.

Getting across the bridge is something I've done all my life. I never thought about it as much as when I was in the legislature and had the opportunity to tour the bridge. I actually went up to the top of the towers. You have to crawl through these little spaces and go up a tiny elevator and fire ladders. At the top of the bridge is the most magnificent view of the upper and lower peninsulas. Where two great lakes meet is one of the most unique places in the world with the abundance of fresh water, beauty of our geography and our land.





Dennis Burck/City Pulse

Gov. Whitmer shows her commemorative coin from the Mackinac Bridge opening ceremony.

This is when I really got interested on when it was built, how it was built and the stories around it. Bridging the Straits of Mackinac was a phenomenal feat. It is something we should really be proud of. It is still the largest suspension bridge in our hemisphere.

People didn't think they could build the bridge — They even called it "Soapy's folly." It is something not many Michiganders even know about. But they worked together and did it. It connected our people and strengthened our economy. In a time when there is so much talk about dividing us building walls, building bridges together is a much better frame of mind and philosophy of what we need to do.

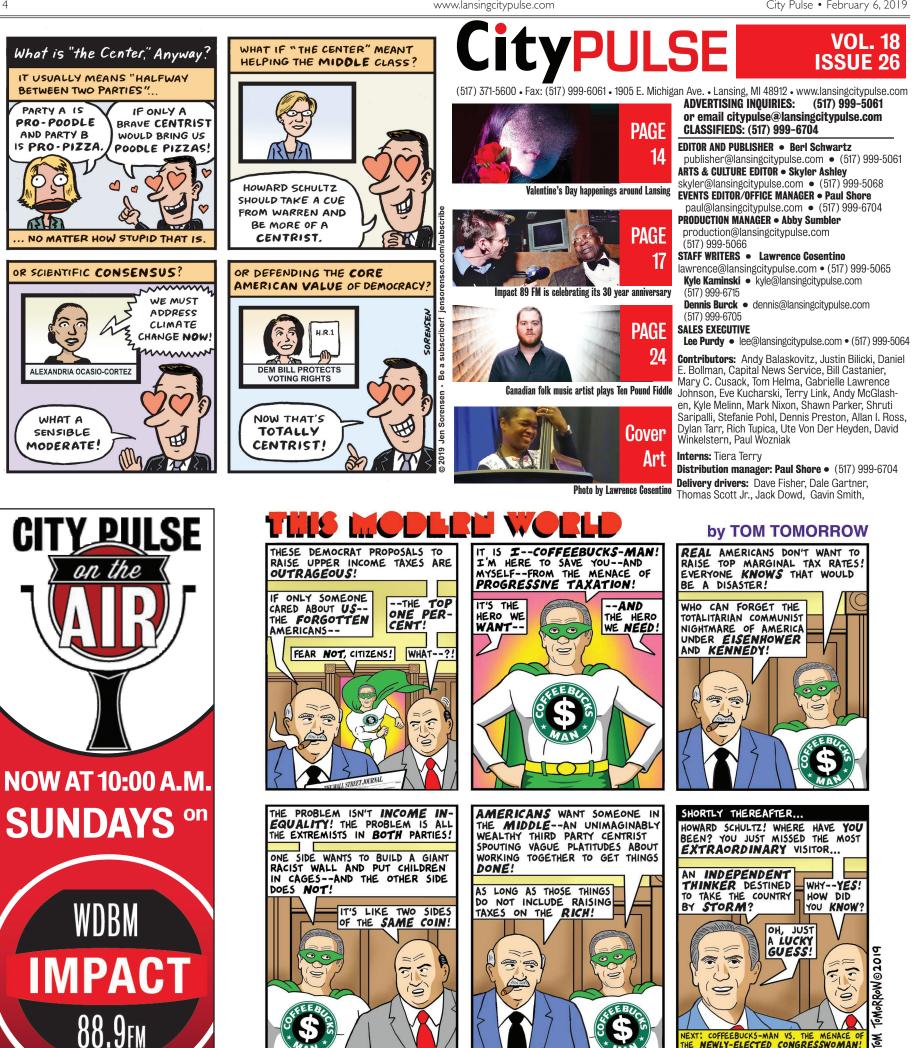
I've talked about this part of our history frequently. To have a piece from it is very cool. I was really grateful.

I won't be able to keep it. It will be something we give to the people of the state of Michigan when I'm done being governor. It will be something that I will cherish, look upon and share with people while I am governor.

(This interview was edited and condensed by Dennis Burck. If you have a recommendation for "Favorite Things," please email dennis@ lansingcitypulse.com.)



NEWLY-ELECTED CONGRESSWOMAN!



## **PULSE** Merries News & OPINI Are your trees next?

#### Scott Woods neighborhood losing a stand of 60 for city sanitary sewer

Dog walkers, wildlife lovers and strollers emerged from last week's deep freeze Sunday to find a prized patch of forest in Scott Woods, north of Hawk Island County Park, marked off by stakes and orange tape.

Lansing's public service director, Andy Kilpatrick, said "about 50 or 60 trees" have been marked for clearing so workers can replace an aging sanitary sewer this summer.

But some local residents are less than confident the city will minimize the damage. Others are upset that the project was undertaken without notice.

The project zone crosses Sycamore Creek, the River Trail and a rare patch of spectacular wildlife habitat.

"That's going to suck for me," Oren Kennedy said. Sunday afternoon, Kennedy, a wildlife photographer, took time from his usual Sunday hunt at Scott Woods to size up the zone of planned destruction.

"I was just walking through there," he said, pointing to a tree inside the zone. "I just shot a pair of pileated woodpeckers back there. I had six deer watching me."

He pointed to his right. "There's also an owl over there I couldn't identify yet. He's hanging low because crows are flying through, and owls get attacked by crows."

Kilpatrick said the city has to replace a worn-out sewer main dating from 1964 that runs from Willard to Clifton avenues. The old cast iron pipe will not be removed. A new PVC pipe about a foot in diameter will be laid next to it.

Although the new sewer is scheduled to be installed this summer, the trees have to be removed at the end of February, or early in March, to keep endangered bats from roosting in trees that are doomed to go down.

"We will try to minimize the amount of trees that need to be removed, based



on the width we need for equipment," Kilpatrick said. "Obviously, you don't need it for the sewer itself, it's only a 12-inch sewer."

Kilpatrick said it's possible that not all trees in the rectangle surrounding the sewer will have to be removed. The whole area was marked, he said, to give contractors information on which to base their bids.

"A number of those trees are already dead," Kilpatrick offered.

But the dead trees are a crucial part of Scott Woods' fragile ecosystem, permanent or temporary home to dozens of species of birds, mammals and amphibians. Lawrence Cosentino/City Pulse Wildlife photographer Oren Kennedy examines a stake marking a zone of 50 to 60 trees in Scott Woods the city plans to cut down in late February or early March to clear the way for a sanitary sewer.



#### **Meridian Township**

Helen M. Hansens of Lansing was the first person to correctly identify the Jan. 16 Eye for Design at the MSU Music Building (below), adding that she was a graduate of the College of Music. The limestone relief carvings grace the building with scenes of music and dancing, plus quotes from Plato and Sir Thomas Browne.

The pair of chimneys shown above touch the sky in a decorative detail, located in Meridian Township. The first person to identify the location of the detail will receive a City Pulse Eye for Design mug. Send your answer to daniel@eastarbor.com by Feb. 13.

Daniel E. Bollman, AIA



"Eye for Design" is our look at some of the nicer properties in Lansing. It rotates each with Eye candy of the Week and Eyesore of the Week. If you have a suggestion, please e-mail eye@lansingcitypulse.com or call Berl Schwartz at 900-5061

### Trees

#### from page 5

"That's what's drawing the wildlife," Kennedy said.

He pointed to two dead trees in the middle of the marked-off sewer zone. Both were riddled with holes made by pileated woodpeckers, a frequent sight here. It takes as long as five years for a dead tree to become soft enough for the pileated woodpeckers to peck.

Even before Sunday's thaw, early last week, the city began to get inquiries from concerned residents who spotted the stakes. A meeting was scheduled Tuesday night to discuss the project with residents.

Another frequent Scott Woods walker, Lauren Hampton, joined a steady stream of strollers Sunday. Hampton lives nearby, on Clifton Street.

"It's really disturbing to me," she said of the planned tree removal. "I use this park all the time. This is the most beautiful

part of the River Trail." While Hampton was talking, two more walkers, Doug Reynolds and his wife, Gay, stopped by.

"It will make a mess out of the place," Reynolds said, when he heard what was up. "We come here and watch deer. There's owls, eagles, hawks."

"We love all four seasons here," his wife said.

Lauren Cooper, a doctoral student in MSU's Forestry Department, is not satisfied with the city's handling of the project. Cooper leads MSU's Forest Carbon and Climate program.

"The whole thing feels sloppy," Cooper said. "There's no information on line, no environmental impact statement. Why is it that the community and the taxpayers don't know about the project but companies are coming and bidding on the work?"

Cooper said she bought her home in the Scott Woods area three and a half years ago "because of the woods."

She bikes the trail, walks her dog at the

#### NOTICE

The Board of Review of the City of Lansing will meet in regular sessions in the 3rd Floor Conference Room, City Hall for five days on March 11,12,13,14,&15 2019 at 9:00 AM to 12:00 NOON and 1:30PM to 4:30PM. **EXCEPT** for Wednesday, March 13 from 1:30PM to 4:30PM and 6:00PM to 9:00PM to review the assessment roll and hear appeals from taxpayers. Taxpayers are permitted to file his or her protest by letter and his or her personal appearance shall not be required. Protest at the Board of Review is necessary to protect your right to further appeal to the Michigan Tax Tribunal if your property is residential or agricultural. An appointment is suggested and must be scheduled before 3:00PM, March 14, 2019. If you do not make an appointment, you will have to wait for the next available opening in the schedule. Letter appeals must be received in the Assessor's Office by 4:30PM, March 14, 2019. City of Lansing will also hold its Organizational meeting on Tuesday March 5, 2019 at 10AM; no appeals may be heard at this meeting. Please call the City of Lansing Assessor's Office at (517) 483-7624 for information about your assessment and/or to make an appointment

#### RATIO AND TENTATIVE EQUALIZATION FACTORS FOR 2019

	Eaton County		
Property Class	Tentative Ratio	Multiplier	
Agricultural	N/C		
Commercial	43.34	1.15367	
Industrial	51.56	0.96975	
Residential	43.94	1.13792	
Timber-Cutover	N/C		
Developmental	N/C		
Personal	50.00	1.0000	
	Ingham County		
Property Class	Tentative Ratio	Multiplier	
Agricultural	N/C		
Commercial	43.76	1.1426	
Industrial	49.09	1.0000	
Residential	46.48	1.07574	
Timber-Cutover	N/C		
Developmental	N/C		
Personal	50.00	1.0000	

Clinton County							
Property Class	Tentative Ratio	Multiplier					
Agricultural	48.54	1.0301					
Commercial	46.72	1.0702					
Industrial	46.88	1.0666					
Residential	N/C						
Timber-Cutover	N/C						
Developmental	N/C						
Personal	50.00	1.0000					

CP#19-009



The sewer cuts through a northern stretch of Scott Woods, home to a unique concentration of songbirds, owls, hawks, woodpeckers, deer and other wildlife.

dog park, hauls her kids to nearby Hawk Island in a wagon and takes them tubing at the sledding hill.

"We use that park a lot. It's an amazing asset and it makes Lansing a great place to live for us."

Among the areas of expertise listed on her MSU bio is "stakeholder engagement," an area where she thinks the city has fallen short.

"There's still no signs there," she said.

"I don't know whether the people who live up near those woods know about the project."

The project was news to Kennedy (the photographer), to Hampton and to Doug and Gay Reynolds Sunday, although they use the trail frequently. "There was absolutely no transparency on this one," Hampton said. "It seems like a done deal."

Cooper said the city could at least have given notice to the Scott Woods neighborhood group, which meets monthly.

"Everyone around here takes ownership of this place," Hampton said. "Planting flowers, cleaning trash, putting in the drinking fountain at the pavilion."

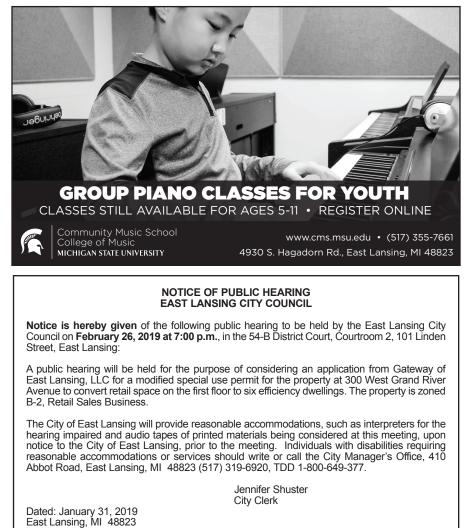
As of last Friday, Cooper said she had received no response to her questions about the project from city parks director Brett Kaschinske.

"If you work in city government, stakeholder engagement is part of your job," Cooper said. "I'm startled at how unhelpful they've been. We feel a little sidelined."

"It's understandable," Kilpatrick said. "We should have sent something out to the residents in advance."

He said the clearing will take a week or so to complete and will begin in "late February or early March."

- LAWRENCE COSENTINO



CP#19-030

## Strange Matter Coffee Co. in hot water

#### Developer Gillespie Co. sues over renovations to Michigan Avenue shop

One of Lansing's more popular coffee shops could soon find itself at risk because a developer is waging a legal battle over allegedly unpaid bills.

The Gillespie Co., owned by developer Scott Gillespie, filed suit against Strange Matter Coffee Co. in January for breach of contract for more than \$25,000 in allegedly unpaid renovations at its new Michigan Avenue location. Owner Cara Nader said she plans to take the case to trial if necessary as she continues to dispute the costs.

Nader said her business could be in jeopardy. Gillespie holds the lease to both Strange Matter locations — the other is downtown on Washington Square - for the next two years. Attorney fees can be expensive. And no tenant wants to pick a fight with the landlord – especially over money.



Courtesy Debbie Carlos

Cara Nader is concerned that a suit with her landlord may drag her business, Strange Matter Coffee Co., under water.

"I don't know where this will lead," Nader explained. "My business is everything to me. I don't want to see it go under, but I'm also out of my depth with all of this shit. I make coffee for a living.

8:30am

9:15 am

10:00 am

ABANDONED VEHICLE SALE CITY OF LANSING, MICHIGAN

Sealed bids marked S/19/069, ABANDONED VEHICLES will be accepted at the City of

Questions regarding this sale may be directed to Stephanie Robinson, Buyer, at (517) 702-

Auction AD Report

KIA

TOYO

AUDI

FORD

TOYO

CHEV

CHEV

CADL

OLDS

JEEP

CHRYS

CHEV

BUICK

BUICK

FORD

CHEV

CHEV

MERCEDES

GMC

NORTHSIDE

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SHROYERS

2013

2008

2003

2011

2018

2016

2007

1997

2003

2007

2007

2007

2005

2007

2006

2011

1999

2012

2013

Lansing Purchasing Office, 1232 Haco Dr, Lansing Mi. 48912 until but no later than, 1:00 PM, local time in effect WED. Feb. 13, 2019

6197 or email: stephanie.robinson@lbwl.com - 7 day notice.

Vehicles may be inspected WED. FEB 13, 2019, as follows:

PJ Towing, 1425 Rensen St., Lansing MI 48910 Northside Towing, 226 Russell, Lansing, MI 48906

Shroyer's, 2740 Eaton Rapids Rd, Lansing Mi. 48911

I don't fight legal battles. I don't really know what the future holds, but there is a lot more uncertainty now than there has

ever been."

Nader moved to Lansing in 2014 and quickly carved out a niche for a quality pour with a shop at 2001 E. Michigan. Around the same time, Gillespie was looking to launch a mixed-use development across the street that would eventually become the The Venue, a four-story mix of retail and apartments.

Nader said Gillespie, who she said was a frequent customer at the time, suggested Nader could lease a larger space there. Afternoon beers turned into a signed agreement and plans were underway to build out a new shop across the street.

"We talked about it a lot, and I explained that I still didn't have that kind of capital," Nader said.

Nader said she thought Gillespie would cover renovation expenses. Strange Matter, she said, would pay for portions of the work, but Nader said she thought parts of the capital investment would be repaid by virtue of her shop being a successful, longstanding tenant inside the building.

See Coffee, Page 8



Agenda approved. Claims approved. Executive session held to discuss pending litigation and labor negotiations. Board returned to regular session. Ratified the tentative agreement between Lansing Township and Teamsters Local #243 and authorized Supervisor and Clerk to execute on behalf of the Township. Authorized the Township Assessor and Attorney to negotiate settlement of tax tribunal cases. Meeting adjourned

Diontrae Hayes, Supervisor Susan L. Aten, Clerk

CP#19-031

## Coffee

#### from page 7

The total costs weren't discussed until after the work had been completed, Nader maintained. And unlike typical renovations, Nader said she wasn't given the option to approve the work as costs continued to climb.

"I was under the impression that some of these things were just covered in the lease," Nader added.

Eventually, Nader discovered that Gillespie planned to hold Strange Matter responsible for more costs than she anticipated. She said she was shocked to receive bills for \$24,186 and \$9,814. But, given the seven-year lease she signed with Gillespie, Nader penned her signature on both invoices.

"This guy held both my leases for the next several years," Nader explained. "If I agreed to pay him \$500 a month, maybe he would've just let it go. Honestly, I would've paid the \$500 per month forever — even though I didn't think I needed to pay it — just so I wouldn't have to create this sense of instability with my landlord."

According to court records, the payment plan called for Gillespie to be made whole by Dec. 31, 2018, regardless of the remaining balance. Just before Christmas, Nader paid off \$8,665 and tried to call it square. But Gillespie, who still tallied a \$24,000 debt, filed a lawsuit to recover the rest.

Several billed costs were for renovation

FRIDAY 6 P.M. - 9 P.M. A BLEND OF LOCAL AND NATIONAL WHISKEY BRANDS ENJOY A LIVE DJ, LANSING FOOD TRUCKS. CENTER MAR RIVERFRONT GAMES AND ACTIVITIES LAZA FOR MORE INFO GO TO bit.lv/WWarm19 **CHARTER TOWNSHIP OF LANSING** LEGAL NOTICE Notice is hereby given of a meeting of the Charter Township of Lansing Board of Appeals to be held Monday, February 25, 2019, at 7:00 p.m. at the Township Offices located at 3209 West Michigan Avenue, Lansing, Michigan, for the purpose of hearing the following appeal: BA-18-20: Request by Colin P. Davy for an after the fact variance to allow a 4 foot high fence in the front yard. Ordinance allows a maximum height of 3 foot high fence in any front yard of a residential district Address: 1305 N. Foster Ave. BA-19-01: Request by Steve Millman, Northstar Commercial to allow parking encroachment into required front yard setback along Grand River and Fairview Ave. Ordinance requires that in the "E" Local Business Zone, a minimum front yard of 25 feet must be appropriately landscaped. Address: 920 N. Fairview Ave. Additional information may be examined at or obtained from the office of the Township Clerk, 3209 West Michigan Avenue, Lansing, Michigan 48917. Written comments regarding the request may be submitted to the Township Clerk at that address.

> Susan L. Aten, Clerk Charter Township of Lansing

> > CP#19-027

that Nader contends to be Gillespie's responsibility. Monthly installments from June through October — paired with the final payment — were more than enough to cover the costs of the project, she maintained. And a court order to pay more could lead to financial ruin.

"Since the new location has opened, it has been a struggle," Nader added. "A lot of the costs exceeded my expectations. Additionally, I had to pay Scott Gillespie like \$12,000 in money that I just do not have. I'm not super caught up on rent right now. We're behind on both locations. We're still behind on the water bill."

Nader also argued that several renovation costs, such as electrical upgrades, were grossly inflated compared to industry standards. She recognized that she signed the invoices for the renovations and ultimately agreed to a payment plan that fell short — but it was only because the alternative was an immediate lawsuit from Gillespie, she said. Now, with the lawsuit facing Strange Matter regardless, Nader said she plans to dispute the bill in the courtroom.

"It was entirely because I just didn't know what else to do. It was terrifying," Nader added. "It was really just me trying to avoid a lawsuit that I thought would have costed me my business. I wouldn't say I was afraid, but I was just very out of my depth on this. The plan is to fight it because, at this point, I don't have another option."

The lawsuit requests a judgment that would force Nader to pay out an additional \$24,186, plus Gillespie's court fees and attorney costs. Strange Matter has yet to file a formal response. No hearings have been scheduled. Gillespie directed a reporter to court filings and declined to comment.

"There was an agreement to pay and now they just don't want to pay" said Gillespie's attorney, John Fifarek. – KYLE KAMINSKI

kyle@lansingcitypulse.com

#### CITY OF LANSING NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing will be held on Monday, February 11, 2019 at 7:00 p.m. in the City Council Chambers, 10th Floor Lansing City Hall, 124 W. Michigan Ave., Lansing, MI for the purpose of considering:

An Ordinance of the City of Lansing, Michigan, to amend the Lansing Codified Ordinances by amending Chapter 1610 – Uniform Fire Code and Uniform Fire Code Standards.

For more information, please call 517-483-4177. If you are interested in this matter, please attend the public hearing or send a representative. Written comments will be accepted between 8 a.m. and 5 p.m. on City business days if received before 5 p.m., on the day of the Public Hearing at the City Clerk's Office, Ninth Floor, City Hall, 124 West Michigan Ave., Lansing, MI 48933 or email city.clerk@lansingmi.gov.

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

Dated: January 31, 2019 East Lansing, MI 48823 CP#19-026

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

**Notice is hereby given** of the following public hearing to be held by the East Lansing Planning Commission on **Wednesday, February 27, 2019 at 7:00 p.m.**, in the 54-B District Court, Courtroom 2, 101 Linden Street, East Lansing.

A public hearing will be held to consider an application from **CA-East Lansing**, **Inc.** for special use permit approval for the property at **1234 East Grand River Avenue**. The applicant is requesting approval to convert the existing multiple-family apartment building to a medical marihuana provisioning center and office space.

Call (517) 319-6930, the Department of Planning, Building and Development, East Lansing City Hall, 410 Abbot Road, East Lansing, for additional information. All interested persons will be given an opportunity to be heard. These matters will be on the agenda for the next Planning Commission meeting after the public hearing is held, at which time the Commission may vote on them. The Planning Commission's recommendations are then placed on the agenda of the next City Council meeting. The City Council will make the final decision on these applications.

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

Jennifer Shuster City Clerk

CP#19-029

## **Big day: Nassar survivor in court, U.S. Capitol**

On the first day of former Michigan State University President Lou Anna Simon's preliminary hearing on charges she lied to police about the Larry Nassar situation, sexual assault survivor



Amanda Thomashow appeared in court to talk about the roadblocks she faced in trying to shine the light on Nassar back in 2014.

Later Tuesday, Thomashow flew to Washington to be U.S. Rep. Elissa Slotkin's guest on the House floor for the President Trump's State of the Union address.

For Slotkin, bringing Thomashow to the nation's Capitol was a moment to highlight how her leadership "effected real change on an issue directly impacting the 8th District community."

The visit also highlighted Slotkin's recent questioning of U.S. Secretary of Education Betsy DeVos' proposed rule change to how sexual assaults are reported on colleges campuses.

"If adopted without substantive and significant revision, this rule will excuse large swaths of harassing activity from scrutiny under Title IX, creating a chilling effect on the reporting of sexual harassment and assault, and make an already arduous grievance process ever more difficult for victims," Slotkin wrote to DeVos.

DeVos' proposed changes from November require schools to respond to every known report of sexual harassment and investigate every complaint. But the proposed changes are getting pushback because it gives the accused the right to cross-exam an accuser through an intermediary.

Slotkin's problem is the term "sexual harassment" becomes strict under the changes and schools would only be held liable in cases of "deliberate indifference." Combined, she sees this as turning colleges and universities into "safe harbors" to avoid liability.

Thomashow said before the visit that she looked forward to "continuing the conversation around institutional responsibility for preventing and addressing sexual assault head-on, but also to discuss how Congress can push back on attempts to roll back students' and survivors rights and strengthen Title IX protections."

Meanwhile, Slotkin's re-election machine fired up late last week. In its first fundraising drive email, "Team Slotkin" acknowledged "it seems soooo early" to be talking about this so early, but it stressed that it needs to build on the momentum of 2018.

Also, "Team Slotkin" believes five Republicans are considering running against Slotkin in 2020, although it didn't say who.

#### Leonard hangs out a shingle

Former House Speaker Tom Leonard, of DeWitt — the unsuccessful GOP candidate for attorney general against DanaNessel — is launching his own policy development and strategic collaboration firm called MiStrategies, LLC. Leonard's client is Detroit developer Dan Gilbert's Quicken Loans.

The former speaker ended up supporting the Gilbert-driven "MiThrive" brownfield tax credit legislation in 2017, despite the charge from some House conservatives that the bills were "corporate welfare."

Since then, Gilbert has been pushing for substantial auto insurance reforms. Leonard was the leader of an auto reform package in the House that ended up getting voted down in November 2017.

Leonard said he will not be a registered lobbyist. The difference is noteworthy. Consultants give clients advice while lobbyists speak directly and advocate to a government official for their paid client.

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

## Student Body

BY FRANK WINTERS DIRECTED BY DEB KELLER

#### 8 P.M.FRI. AND SAT. • 2 P.M.SUN. FEB. 15–16 AND 22-24 • DART AUDITORIUM

\*This play contains adult language and deals with issues of sexual assault.



lcc.edu/showinfo

Lansing Community College is an equal opportunity, educational institution/employer

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## Looking for the common thread

Jazz bassist Mimi Jones' visit to MSU is three stories in one

#### **By LAWRENCE COSENTINO**

Seated like a Cyclopean cube of lime Jell-O in the exurban sprawl north of East Lansing, the headquarters of the MSU Federal Credit Union will never be mistaken for the Village Vanguard, Birdland or the Three Deuces.

But jazz bassist Mimi Jones was stunned by the cozy vibe there Monday.

"I wish I could take this with me," said the New Yorker. "Thank you for this amazing energy."

The house was packed with some 500 members of the Credit Union and students

MSU Jazz Octets Mimi Jones, bass 8 p.m. Friday, Feb. 8 Demonstration Hall \$5-17 www.music.msu.edu to hear Jones and the MSU Professors of Jazz kick off a weeklong residency. This week, students

are getting to know Jones and absorb

and rehearse her music. Together, they'll barnstorm by bus to schools in Mason, Comstock Park, Kalamazoo, Midland and Detroit for concerts and workshops.

They'll cap off the week with a joint performance at MSU's Demonstration Hall Friday.

Jones is the latest in a remarkable sixyear string of guest artists who spend a week with MSU jazz studies students. The series was seeded by a \$1 million gift from the credit union.

The residencies follow a familiar pattern by now, but the music changes with each new visitor and the cumulative power of the program grows more evident with each year.

That makes Jones' visit worth at least three stories. The first is of an artist with her own unique take on jazz. The second is of the six-year residency series and its power to change lives. The third is the crest of a wave of women taking their rightful place in a music long dominated by men, part of a deep correction now happening in the culture at large.

#### A million monsters

Midway through Monday's set, the horn players walked off the stage, leaving Jones and the rhythm section to drift into a haunting version of Wayne Shorter's "Fall." Jones sang a fragile, wordless vocal line, doubled by Randy Napoleon's gentle guitar, grounding the reverie with earthy eruptions from her bass. Jones doesn't limit herself. She might sing a confessional ballad, rub the music into a velvety funk, toy with odd time signatures, swing like it's 1960 or fracture a tune into avant-garde shards.

"There are four or five people alive who can do what she does," jazz studies director Rodney Whitaker said.

"She writes creative things, odd meters. She has a grasp of a lot of different styles funk, Latin, swing."

Jones doesn't trace the creative impulse to her own ego.

"I feel that there's a source that has nothing to do with me," she said. "Historically, a lot of the music I play comes from Africa. Once you are in touch with the beat, the groove, hip-hop, tap dance, Caribbean music, swing — it can all fit on top of each other, although the accents or the instrumentation might change."

Like many jazz artists in the 21st century, she has an inner iPod that shuffles across boundaries at will.

"It makes me feel the same if I listen to Charlie Parker or Jimi Hendrix or an opera song, field hollers and Negro spirituals. There's a common thread and I always look for that."

Her eclectic spirit was nurtured by the music playing in her house as she grew up.

"Sundays was cleaning the house to Al Green with the windows open," she said. "Saturday night was Frank Sinatra and country music — Willie Nelson. Friday nights, it was Miles Davis, John Coltrane, Nancy Wilson, Gene Ammons."

She soaked it all in, but she preferred Run-DMC as a teen. Michael Jackson also fascinated her. Early on, she declared to her father that she wanted to be Jackson's guitar player.

Her dad insisted she learn classical guitar first. She did well and tried a lot of other things along the way — drums, vibraphone, voice and dance, all of which left traces in her music. A high school band director asked her to learn bass to fill a vacant seat in the orchestra.

"I started reading bass lines out of the school music book and I had a knack for it," she said. She earned a full scholarship to the Manhattan School of Music.

"Then my life got serious," she said. "That's when you're deep in it — no sleep, dragging my bass around the city, playing the street."

She jumped into the world of perform-



ing so fast that she missed her graduation ceremony from the Manhattan School to go on her first road trip, a two-month tour of Japan with veteran drummer Dennis Charles.

As her jazz life took root, Jones' childhood yearning to have her "name in lights" with Michael Jackson morphed into something much deeper.

"Jazz is different," she said. "It's a humbling thing. You get there and you realize there are a million monsters more proficient than you, and there's just so much to learn. Look at Barry Harris," she said, referring to the legendary Detroit composer-bandleader. "He's 93 and he's still tourLawrence Cosention/City Pulse Mimi Jones will teach, rehearse and perform with MSU student orchestras all week.



Trumpeter Jon Faddis keeps his cool amid a jazz dance frenzy at East Lansing's Red Cedar Elementary School during a 2013 residency.

## Jones

#### from page 10

ing."

Jones has issued three CDs on her own record label and keeps pushing her music in new directions, grounded by a humanist impulse.

"I'm always in a different scenario," she said. "I'll be in Bogota one day and the Bronx the next, then Ireland in the same week. You realize that people are people. We have families we love and want to protect. We all want health insurance."

#### Conglomeration of positivity

Once upon a time, Rodney Whitaker would bring in a guest artist here and there, as the budget permitted, often shifting funds from other important projects. The Credit Union residencies have brought a steady stream of 20 top jazz musicians to MSU since they started six years ago.

"This has been beyond our imagination," Whitaker said.

"It's changed our program because

we're bringing in a fresh perspective, constantly. It's changed the way we all do education, repertoire, everything."

Among the dozens of students in the wings of the conference room Monday, listening to Jones and the professors, was Zach McKinney, a fifth-year senior in jazz drum.

McKinney has been on several tours with MSU's jazz artists in residence, from Detroit's Carr Center to Lansing area schools to Ludington and Cheboygan.

"This one is going to be sweet," McKinney said. "She's a phenomenal composer and musician and really puts it out there for women, and that's a very positive thing."

Touring with guest artists has lifted the ensembles to new heights.

"They have way more touring experience and performance opportunities than we ever had," Whitaker said.

To saxophone Professor Diego Rivera, who often leads the orchestra, the weeks go by in a flash. There is only time for one rehearsal before the tours begin.

"It quickly gets to the point where I'm a spectator," Rivera said. "The guest artist takes the reins and they get the experience of actually being in their band. I announce a couple of tunes, MICHIGAN STATE UNIVERSITY | DEPARTMENT OF THEATRE THEATRE.MSU.EDU WHARTONCENTER.COM OR 1-800-WHARTON



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#### Jones

#### from page 11

remember everybody's name and get out of the way."

The workshops at middle and high schools have given jazz students a zeal for education and outreach along with performance.

"Going to Cheboygan and playing the opera house, seeing the whole community come out for that concert — it really pushed the kids to play," Whitaker said.

The tours take an interesting twist when the ensembles and guest artists stop in Detroit, often at the Carr Performing Arts Center, where Whitaker is jazz artistic director.

In a striking cultural reversal, the Detroit concerts often mark the first time MSU's white students have played jazz for African-American audiences.

"In jazz education, you rarely interface with black students or black folks, black audiences," Whitaker said. "The acceptance has changed the perspective of a lot of our students."

McKinney described the bus trips in euphoric terms.

"When you get on the road you begin to forget which place is where and with who and it becomes this big conglomeration of positivity," he said. "You try to make every night great and it just gets better and better."

One-on-one time with the world's greatest jazz artists has been priceless for Jordyn Davis, a jazz studies senior.

"A lot of these people are my heroes," she said. "Being able to sit down and have a conversation with someone you've admired from afar for a very long time, you realize, 'I can be great and do all these things in the future too and still be a normal person."

Other moments turned out as stressful as one might expect when students encounter great artists.

As part of a 2018 residency, visiting bassist Ron Carter agreed to do two master classes, one for a classical student and one for a jazz student.

"I was the victim on the jazz side," MSU senior Stanley Ruvinov said. "He made me play one scale for 40 minutes, until it was absolutely perfect. You can't move on until it's right."

While doing so, Ruvinov had to shut out the stress of being scrutinized, point blank, by the most recorded bassist in history, a member of Miles Davis' second great quintet and an iconic American musician.

"I was tuning my instrument and taking too long," Ruvinov recalled. "He was like, 'I'm just standing here waiting for you." He folded his arms and loomed, a la Carter. "I was like, 'Come on, just give me a second.' No pressure there. It was beautiful."

At such moments, everyday learning curves veer into differential calculus. Ruvinov spoke faster and faster, as if he had seen the burning bush and was seared by the sight.

"Hearing him play, he has a really soft touch, but he's so explosive at the same time, because he's so articulate and particular with his note choice," Ruvinov said. "Every note is just a *bwing*, *bwing*, bwing, bwing.'

**Deep correction** 

Listening to Mimi Jones Monday felt like more than a bright moment.

It felt like part of a deep correction.

Although there are no women on the MSU jazz faculty. Jones is one of several women to serve as jazz guest artists at MSU in the past two years, along with saxophonist Melissa Aldana, pianist Helen Sung and saxophonist Anat Cohen.

If communication, the desire to he heard, is a battle - and it often is - it's finally dawning on a lot of people that jazz has been fighting with one hand tied behind its back.

Although women have excelled, largely unheralded, in jazz for a century, a fresh wave of voices are bringing new stories, moods, colors and approaches to the music, from bassist-singer Esperanza Spalding to drummer Teri Lynne Carrington to guitarist Mary Halvorson to trumpeter Jaime Branch and Jones' former bandleader, saxophonist Tia Fuller.

Some, like Chicago flutist Nicole Mitchell and legendary Detroit pianist Geri Allen, who died in 2017, earned their place in the canon years ago, but history is still catching up with them.

Mimi Jones has noted a sea change in the culture since she studied jazz 20 years ago.

"Women were always out there, but now there's more of a platform for them to be heard," Jones said. "They're doing it and the world's becoming more educated."

Whitaker said he's made it "number one priority" to recruit a woman on the jazz faculty at MSU. He's also revising a course in jazz history to better reflect the contributions of female artists.

"We have to change the way history is told," he said. "If you don't see yourself in it, it's difficult."

The mid-20th-century composer-pianist Mary Lou Williams, a musical force comparable in originality and brilliance to Duke Ellington, is a major Hundreds of people packed a conference room at the MSU Federal Credit Union headquarters to hear the **MSU Professors** of Jazz and guest artist Mimi Jones Monday.

Lawrence Cosentino/City Pulse

example.

"Take the bebop era alone - it may not have developed without Mary Lou Williams tutoring Dizzy and Monk and Bird," Whitaker said. "They all spent time hanging and learning from her."

But the deficit goes beyond education. It's an uphill fight for anyone to make a living as a jazz musician, but women face an often hostile and dismissive culture. Vibraphonist Sasha Berliner detailed her long, varied and relentless experience with sexism in jazz in a melancholy 2017 blog entry responding to now-infamous sexist comments made by jazz pianist Robert Glasper.

"Women are finally claiming voicedness in a genre and industry that has rejected and demeaned them time and time again, and that is something to be visibly celebrated," Berliner wrote.

Mimi Jones can relate to many of the experiences Berliner described.

"It's still male dominated," Jones said. "A lot of times women are not the first ones people call. People assume you're carrying your boyfriend's bass. I get that too. It's still happening."

As the artistic director for jazz at Detroit's Carr Performing Arts Center, Whitaker has worked with top jazz stars like Teri Lynne Carrington and DeeDee Bridgewater. He has four female students in his bass studio.

"They're schooling me," Whitaker said. "They're like, 'Look, you've got to talk to everybody you know and help to make this change.' It's a civil rights issue."

Listening to Mimi Jones Monday, Jordyn Davis thought about the week ahead, and the life ahead of her. Like Jones, Davis plays bass, composes and sings, and isn't all that interested in limitations.

"It's great to see her doing so many things, not being stuck in one part of jazz," Davis said. "It's also great that she owns her own label and produces her own music. That's something I want to do and I'm eager to talk with her about that."



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## Hotwater Works



## 'Bitter Sometimes' is Lansing's anti-Valentine's Day

#### **By DENNIS BURCK**

Forgo the price gouged flowers and lofty relationship traditions for a night focused on arts and individuality in this "anti-Valentine's Day" event.

Produced by LGBTQ, persons of color and women's art empowerment group Sometimes Art House, "Bitter Sometimes" will feature a talent show, local art vendors and performances by DJs V and Problematic Black Hottie. The talent show winner will receive a \$50 cash prize and vendor goods.

Decorating the inside of Mac's will be banners about how love is stupid.

"When we have holidays like Christmas, even if you aren't religious there is anxiety over getting gifts," Sometimes Art House founder Audrey Matusz said. "It is the same with



**"Bitter Sometimes"** Feb. 8, 8 p.m. to 1:30 a.m. \$12 Mac's Bar 2700 E. Michigan Ave., Lansing, MI www.sometimesarthouse.com Valentine's Day for single people trying to fit in with this majority." Instead, Valentine's

Day should be about putting a pause on life to give attention to the people around you, she added.

"For people who don't have a community, we hope this space can be that home."

The true spirit of Valentine's Day for Matusz represents a simpler time.

"In elementary school, we used to give everyone an appreciative note. It's about having genuine appreciation for people in your community," Matusz said. "I want to talk to people who are supporting me and show them love in some way."

Detroit native DJ Problematic Black Hottie will spin hip hop and R&B tunes throughout the night. DJ V will perform a techno and electronica set to open.

"Her presence and energy is on par with her theme, speaking for the empowerment of dark-skinned women," Matusz said.

Local vendors will also sell homemade bracelets, original abstract and



Model Nhung Lam and roses.

pastel artwork, art prints and clothing by Bebé Cansada.

Ran by metro Detroit native Brianna Nolasco, Bebé Cansada will offer handmade and second hand clothing with a focus on recycled fabric and repurposed items.

There will also be tarot card and astrology readings.

"We really tried to create spaces where our friends can come out and hang," Matusz said. "I have a lot of single friends so I want to pay homage to what they've been doing with this anti-Valentine's Day."

#### Love in Nature

Take a guided hike with a loved one and return to the Woldumar Nature Center for a craft making session. Woldumar asks attendees to dress accordingly to weather conditions.

FEB 9

11 a.m. to 2 p.m., \$5 suggested donation,

Woldumar Nature Center, 5739 Old Lansing Rd., Lansing (517) 322-0030 • www.woldumar.org

#### Thot or Not Party

The second annual Thot or Not Party kicks off with DJ sizzle, shot boys and drag performances by Asio Aviance and Caj Monet. 9 p.m. to 2 a.m., \$5 21+, \$10 18-20, Spiral Dance Bar, 1247 Center St., Lansing www.spiraldancebar.com

#### 15

### Job and Internship Fair

2 — 5 p.m. · Feb. 19 · LCC West Campus

100+ employers.

Reserve your spot at **lcc.edu/jobfair**.







From page 14

#### FEB 10

**Self Love Aromatherapy Flow** This 90 minute aromatherapy yoga class reminds us not to forget about ourselves during the Valentine's season. Fruit infused water will be served after savasana. Attendees get to take home a container of essential oils and a free yoga class pass. 2 to 3:30 p.m., \$30, Lansing Hot Yoga, 914 Elmwood Rd., Lansing (517) 897-2998 • Mihotyoga.com

#### **Beer and Chocolate Pairing**

This event will feature pairings of six EagleMonk beers, five locally made chocolates and a MSU made ice cream. Registration deadline is Feb. 8. 3 to 4 p.m., \$20, EagleMonk Pub and Brewery, 4906 W. Mt. Hope Hwy., Lansing (517) 708-7350 • www.eaglemonkbrewing.com

#### **Burning Desires: an Afternoon of Love Poetry**

Since 1993, Old Town has played host to an open mic poetry event surrounding Valentine's Day. This year MICA will present 14 poets spanning the breadth of the love experience. Emcees Dylan Rogers and Grace Carras will host. 2 to 4 p.m., UrbanBeat Event Center, 1213 Turner St., Lansing (517) 331-8440 • www.Urbanbeatevents.com

More listings on Page 16



THE BEST OF BERNSTEIN'S BROADWAY with teddy abrams & morgan james

Vocal wonder Morgan James joins conductor Teddy Abrams and a stellar ensemble for a Valentine's weekend show to remember.

FEBRUARY 16 8:00pm

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#### **FEB 10** (continued)

#### Heartwarming Harp at The Library

MSU College of Music harpist Chen-Yu Huang performs dazzling array of songs with the romantic instrument for free.

3 to 5 p.m., Capital Area District Libraries, 401 S. Capitol Ave., Lansing (517) 367-6363 • www.cadl.org



#### **Chocolate and Wine Yoga**

After an hour long yoga class, HiiT Fitness will treat attendees to an assortment of chocolates and a wine tasting. Admission includes a ticket for a random drawing for a bouquet of roses, hand selected wine or chocolates.

7:15 to 8:15 p.m., \$5, HiiT Fitness Lansing, 5310 Ivan Dr., Lansing

(517) 977-0257 • www.facebook.com/MichiganHiiTFitness

#### The Springtails' Valentine's Show

Husband and wife duo The Springtails invites all to come to a cover free show. The multi-instrumentalist couple performs swing era style music utilizing the ukulele, harmonica and cornet.

9 p.m. to midnight, Moriarty's Pub, 802 E. Michigan Ave., Lansing (517) 485-5287 • www.moriartyspublansing.com

#### Valentine's Day at MP Social

Sample delicious cured meats and exotic cheeses off a charcuterie board while sipping on wine selections for a memorable date night. Reservations can be sent to events@mp-social.com.

4 to 10 p.m., \$30, MP Social, 313 N. Cedar St., Lansing (517) 679-4032 • www.mp-social.com



## ARTS & CULTURE A ART • BOOKS • FILM • MUSIC Impact 89 FM reaches 30 years on the air

#### **By SKYLER ASHLEY**

Impact 89 FM, gearing up for its spring open house, has a huge milestone on its horizon -30 years on the air. Michigan State University's student radio station, founded as WBDM but rebranded to WDBM due to a misprint on press materials, first debuted Feb. 24, 1989, and has been a staple on campus ever since.

"I think it just attracts a certain kind of person that's very engaged with radio and wants to see things grow and to contribute to making Impact their own place,"

#### Impact 89 **Spring Open House** 6 p.m., Wednesday, Feb. 6 G-4, Holden Hall, MSU 234 Wilson Rd., East Lansing (517) 884-8900

www.impact89fm.org

student manager Olivia Mitchell. Impact's

said current

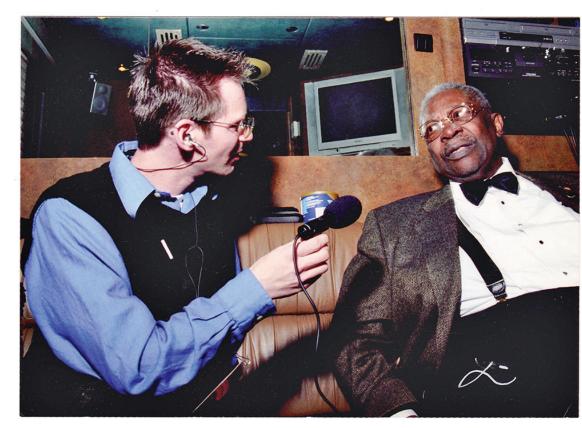
roots begin with the Michigan State Network, which students could tune

into using their dorm room's radio. It was the largest of its kind on an American university campus. Impact grew out of this system after receiving FCC approval in 1988 to move to FM, about a decade after it applied.

The station's original general manager, MSU faculty member Gary Reid, came on board after the university's initial choice canceled at the last minute. Reid would end up holding that position for more than two decades. He oversaw many decisions that solidified Impact's status as an alternative media presence in Michigan.

"The one thing that is kind of rewarding to me, although to be honest it makes me feel very old, is that I'm still in touch with a vast number of the students that I worked with," Reid said.

'Two that were with me 30 years ago ended up getting mar-



Accidental Blues host Jay Schneider interviews BB King in the studio in the mid-2000s.

ried; their son is now enrolled at MSU. To have their kid as a student really brings it full circle."

Impact's lifeblood? The students. Current general manager Jeremy Whiting, the station's third, began as a volunteer DJ in 2002, spinning songs from then brand-new groups like The White Stripes.

Whiting attributes Impact's 15 College Radio Station of the Year awards from the Michigan

Association of Broadcasters to the students.

"I look back at the difference between now and when I was a student, and the talent pool is even better," Whiting said. "As a person coming in to lead it, I think it's a great opportunity to always stay on the forefront of what's current."

When Whiting began at Impact, many innovations in radio had yet to take place, relegating him to a grave-

yard shift of broadcasting on weekdays from 2 a.m. to 6 a.m. Without the common automated playlist systems of today, somebody had to man the booth - no matter how impractical the time slot.

"You don't have to pull out CDs anymore; you don't have to worry about scratching them; you don't have to worry about missing things," he said.

Many of Impact's important decisions that seem to have carried it gracefully through the past decade were left up to Whiting's predecessor, Ed Glazer.

Glazer, who also began as a student volunteer working the same dead-of-night hours, rose through Impact's ranks as a production director and student manager before grad-

uating. He eventually came back on board to manage Impact's website and took over in 2012 for Reid, who left to oversee WKAR.

Courtesy photos from Impact 89 FM

"My first task was to rebuild and do as much recruiting as possible. We built up our staff — when I left we had about 40 or 50 paid staff and upwards of 200 volunteers," Glazer said. "It was a year-by-year process. We completely replaced all of the analog consoles with newer digital ones."

Glazer placed a strong emphasis on digital content, including Impact's social media presence and allowing his students to create podcasts.

"A radio station can't just have a radio signal anymore. You have to have a presence in the realm of social media," Glazer said. "The students consume the media that they're most interested in, and they should be able to practice producing the media that aligns with their interests, as well as the marketplace."

And the marketplace has fondly welcomed many Impact students. Alum who worked for the station under Glazer have gone on to companies like Sirius XM, Roc Nation, NPR and Gimlet Media.

It's now up to Whiting to oversee Impact's next steps, which will likely be further punctuated by a heightened focus on digital content - podcasting in particular - and covering news and sports along with the usual diet of alternative music.

"They've always predicted the end of radio and TV whenever a new technology comes out. I think we've seen that radio has survived though it for a long time," he said.



Original General Manager Gary Reid cuts a piece of cake at an Impact party in the late-'90s.





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### Peppermint Creek to leave Miller Road in June

Another business is looking for new digs after its eviction from a city-owned building.

As the Lansing City Council finalizes the sale of the Miller Street Center to the Capital Area Soccer League, the Peppermint Creek Theatre Co. will be kicked to the curb in June at the end of its current season. Founder and artistic director Chad Swan-Badgero has yet to secure another venue suitable for his shows.

"We're just grateful that we're going to be able to finish our current season," Swan-Badgero said. "We can finish our show in June, but then we'll only have a little under a month to either move everything out or throw everything away. It depends on where we can end up going. Finding the space has been a challenge."

The Miller Street Center has housed

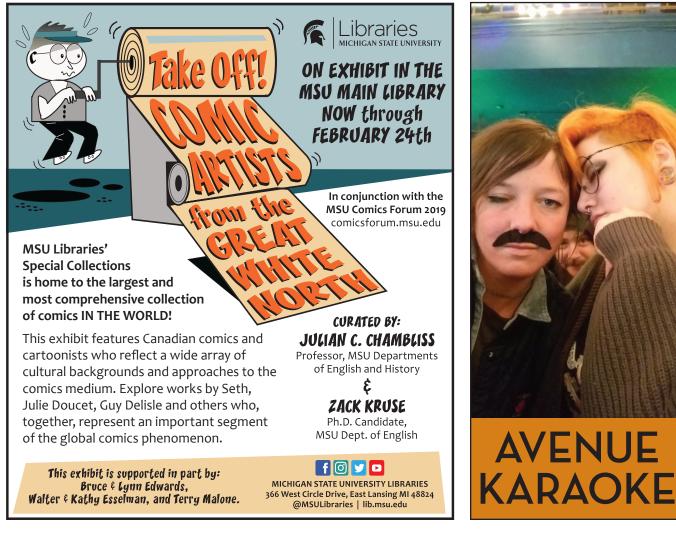


Dennis Burck/City Pulse

Peppermint Creek Theatre will move out of its current space in south Lansing.

Peppermint Creek since 2013. Voters approved the sale of the building in 2014; it was appraised for \$155,000 in 2016 — the Soccer League offered \$125,000 and Peppermint offered \$5,000. City officials, obviously, took the former. Swan-Badgero said Peppermint's lowball offer was his only available option.

CASL director Scott M. Dane said the league needed dedicated office space but has since agreed not to disrupt Peppermint's current performance



schedule inside the building.

And as it turns out, finding performance space in (and around) downtown Lansing isn't necessarily the easiest task for a small theater company like Peppermint.

"We're sort of looking for any space that is available," Swan-Badgero added. "Both the theater community and the city have been really great about giving us suggestions, but there just aren't many viable spaces out there. We have every intention of having another season; it's just a matter of finding the right fit for our needs."

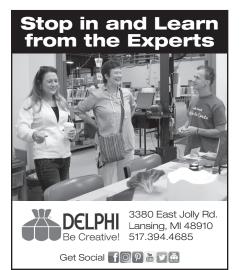
Peppermint's one-man play titled "Every Brilliant Thing" will continue on Feb. 7-10. Next up is a performance of "Play Book #2: Constellations" on March 5 and several showings of "The Same Moon" in April. The season will conclude with "Indecent" by Pulitzer Prize-winning playwright Paula Vogel in early-to-mid June.

"Typically, we'd be planning our next season by now, but that has all been paused for the time being," Swan-Badgero added. "We can't really plan dates or different shows without knowing the size of our next facility. With the space on Miller Road, we've really come to appreciate all this stage space. We're still hopeful."

Mayor Andy Schor, in the meantime, is also looking to provide assistance for Peppermint's eventual move. But space constraints — even for the mayor — can be difficult to navigate.

A shared space might offer a solution, but theatrical performances still need plenty of space for a stage, seating and plenty of parking for the audience.

"We like to help people when we can," Schor added. "I'm a fan of the arts community. We couldn't turn down the \$125,000 (from CASL) but we can do the best we can to make sure Peppermint Creek lands on its feet."



## The heart of the matter: 'The A-Train Plays'

#### **By TOM HELMA**

Imagine a New York City subway car hurtling down a track at breakneck speed in early morning darkness. A writer observes a homeless man taking off well-worn tennis shoes to cool

#### "The A-Train Plays"

\$12 General Admissio Feb. 14-17, 21-24 **Riverwalk Theatre** 228 Museum Drive, Lansing (517) 482-5700 www.riverwalktheatre.com

his feet, careful not to let his feet touch the subwav floor. Welcome to "The A-Train Plays"

sometimes called the "fast plays," as they are written from everyday source material gathered from observations of scenarios that happen on New York City's longest subway train.

The A-Train stretches from upper Manhattan to the beaches of Far



Rockaway on Long Island. In the time it takes to travel from one end of the island and back, a one act play is written and performance time is also limited to that same small moment of time.

And now seven of those stories are

rumbling in to the black box station at Riverwalk Theatre.

Director Doak Bloss, himself a veteran actor of 70 productions stretching all the way back to a 1976, has assembled a seasoned cast of young actors - mostly alumni from the Lansing Community College theater program - to replicate this A-Train experience. Featured actors and actresses include Heath Sartorius, Cassie Little, Jesse Frawley, Anasti Her and Ndegwa McCloud.

"What is most unique about these plays, is not just the mechanics of the plays, how they were conceived and produced, but rather that they are heart-felt metaphors for life experiences that can happen in a myriad of everyday, ordinary places," Bloss said.

"The subway represents life as a

series of unpredictable encounters, in which one person attempts to connect with another or flees from the opportunity because of previously failed relationships, because of the pain entailed," he added.

Bloss helps his actors prepare for their roles with three pages of upfront director's notes in which he shares these thoughts.

"I see the theme of these plays as life being a struggle to connect with someone authentically despite the limits of learned separateness," Bloss said. "Touch, autonomy, obligation and celebrity, are some of the aspects of this theme."

Bloss has called in shape-shifting scenic designer Jeff Boerger to create a minimalistic set that captures a sense of the dark underbelly of Manhattan.

### **Cole Swindell, Chris Janson announced for Common Ground Music Festival**

#### **Bv SKYLER ASHLEY**

Platinum-selling country artist Cole

Common Ground 2019
Tickets start at \$29
June 27-30
Adado Riverfront Park
201 E. Shiawassee St., Lansing
www.commongroundfest.com

Swindell and Chris Janson, rising country stars and the voungest member of

the Grand Ole Opry, are the first to be announced for Common Ground Music Festival's 20th edition.

Swindell, who has released seven sin-

gles that have charted on Billboard's Hot Country Songs and Country Airplay, will perform with Janson at Adado Riverfront Park on June 29.

Common Ground is continuing with a shortened format, running for four days this year, June 27-30. The full lineup, yet to be announced, is set to feature different nights dedicated to a single genre, such as rock, pop, hip hop and country.

Various ticket packages are now available on commongroundfest.com.



Swindell



Janson

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## The gripping suspense of 'To Quiet The Quiet'

#### **By DAVID WINKELSTERN**

The destination of the play isn't revealed until near its finish. Figuring out where "To Quiet The Quiet" **Review** 

is headed helps make the journey an intriguing ride.

Along the way, the world premiere of Christy Hall's play at the Williamston Theatre gives the audience numerous signs, markers, and some deceptive clues. Guessing what might be unfolding in "To Quiet The Quiet" keeps the play

#### **"To Quiet The Ouiet**"

Through Feb. 24 Tickets start at \$28 Thursdays, Fridays and Saturdays, 8 p.m. Saturdays, 3 p.m. Sundays, 2 p.m. Williamston Theatre 122 S. Putnam St. Williamston (517) 655-7469 www.williamstontheatre.org engrossing. It is not just a "Whodunit." It's also a "Whoisit," "Whatisit" "WTFand wasthat." Since the joy of discovering the surprises in "To Quiet The Quiet" would be

spoiled by any plot details, this reviewer will be quiet about those.

Loud praise for the cast is harder to muffle. Brenda Lane masters the role of Kathy – a multifaceted woman with a shifting personality. Lane seems completely natural as a woman with some unnatural mannerisms and volatile moments. Watching her is more like spying on a real character than witnessing a performance.

Steve Wojtas is commanding as Quinn — a younger fellow who often



Steve Wojtas and Brenda Lane in "To Quiet The Quiet."

gives particular commands to Kathy. Wojtas gives a strong performance that suits his sturdy frame. He handles his role as if the part was written for him although the real identity of Quinn's "part" isn't revealed until he leaves the stage.

Todd's identity is more obvious. John Lepard plays the character with a believable sensitivity, gut-wrenching emotion, and real tears. Like the other actors, Lepard delivers the countless lines of a wordy script flawlessly and with a sincere delivery.

Hall's play has dialogue that mixes tenderness, pathos, poetry and rage. The just-over-an-hour-with-no-intermission, "To Quiet The Quiet" has few quiet moments on stage - and none of the often-rapid conversations have petty speech. It's the kind of articulate and suspenseful story Alfred Hitchcock would have loved.

Courtesy Chris Purchis

The Williamston Theatre production comes with special dressings. Lex van Blommestein's substantial set has a working door, see-through window and detailed flooring. Michelle Raymond's

extensive adornments add realistic detail, including numerous shadow box wall hangings, kitchen accessories, a filled cedar chest, ceramic dolls, a crazy quilt and sewing machine. Everything on the stage seems appropriate for a decades-ago period and just right for many of the play's revelations.

Sometimes subtle, sometimes eerie and sometimes startling sound effects by Jason Painter Price always feel authentic. Fitting lighting by Dustin Miller also embellishes the changing moods of "To Quiet The Quiet."

Alexis Black's fight choreography adds some "how-did-they-do-that" moments. Shannon Wojtas' smooth direction keeps the assembly of the puzzle pieces like she followed a detailed storyboard. Again, Hitchcock would have approved.

"To Quiet The Quiet" managed to quiet and still an official opening night house that was completely immersed in the mystery. Breaks in the silence were when the audience occasionally chuckled, gasped and wept. Only robots, those in comas, or buried statues could hide emotions during such a moving play.

When it was over, and all was finally divulged, a thunderous applause erupted during the curtain bows. When the actors walked off the stage and the house lights came up, most attendees remained in their seats and seemed stunned. "To Quiet The Quiet" has that kind of punch. It's worth making Williamston a destination to see why.

## What is on your list?

#### Peppermint Creek's 'Every Brilliant Thing'

#### **By TOM HELMA**

An intimate confession; the use of



light-hearted humor to shine a light into the darkest corners of one's despair.

"Every Brilliant Thing," now playing at Peppermint Creek, is a one-person play that invites the audience into the life

"Every Brilliant Thing" \$15 General Admission Through Feb. 10 Miller Performing Arts Center 6025 Curry Ln., Lansing (517) 927-3016 www.peppermintcreek.org

of "the narrator," who describes the challenges of growing up in a family with an epi-

sodically despairing, suicidal mother.

Actor Spencer Smith is the narrator - a storyteller who spans the ages of 6 to young adulthood, explaining the coping device he uses as he ages to avoid being overwhelmed by traumatic circumstances, i.e. the use of a simple listing of good things in life of which to be appreciative.

Number one, for the 7-year-old, is ice cream. The list quickly expands: the color yellow, hugging, bubble wrap, old books, skinny dipping, chocolate, sunlight, friendly cats, old books, hammocks, Kung Fu movies, laughing so loud you shoot milk out your nose and construction cranes. You get the idea. Anything can be on the list.

Smith, as the narrator, engages the audience in this listing process by pre-assigning both numbers and specific "good things" to be announced by them.

On occasion, he invites audience members to play specific parts: his



**Courtesy Peppermint Creek** Spencer Smith in "Every Brilliant Thing."

father, a girlfriend who proposes to him and becomes his wife and a kind elementary school teacher who talks to the child-version of him with a sock puppet.

As the narrator grows up, the list continues to grow with him. He loses the list, finds it, puts it away and brings it out again and again until it grows to a million brilliant things. He uses it to fall in love, to marry, to cope with a marital separation and more.

"Every Brilliant Thing," written by Duncan Macmillan with Jonny Donahoe, has a Ted Talk quality to it. It's an ongoing engaging conversation with the audience that shows a strategy of clever desperate denial that works until ultimately it does not.

The narrator has to face himself, seek therapy and finally address the profound sadness of losing a mother who has succeeded in ending her life.

Smith is perfect in this role, evoking both empathy and identification especially for any in the audience who may have grown up in families where a parent was periodically hospitalized with emotional, suicidal issues.

## Ann Arbor author questions toxic potential of household products

#### **By BILL CASTANIER**

Have you looked under your sink lately? What about your laundry room or your medicine cabinet? What's in those multitudinous sprays, creams and lotions could be a detriment to your health.

For example, Johnson & Johnson are on the hook for \$4.7 billion in damages after a lawsuit found that their baby powder contributed to ovarian cancer found in 22 women.

Cindy Klement, an Ann Arbor health care practitioner and adjunct professor at Eastern Michigan University, has published "Your Body's Environmental Chemical Burden" to help consumers navigate the tricky or even unpublished ingredients of the products we consume.

Klement

Take one product with these ingredients: sodium monoflourphosphate, dicalcium phosphate dehydrate, glycerin, sodium lauryl sulfate, cellulose, gum, flavor tetrasodium pyrophosphate and sodium saccharin. Should consumers be putting this in their mouth to brush their teeth?

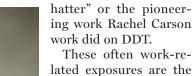
Klement, who has worked for more than 40 years as a nutritionist, herbalist and integrative health specialist in Ann Arbor was inspired to write the book after she began researching a phrase she came across in her work.

"I attended a lecture where the speaker mentioned the body burden. At first, I thought it was referring to excess body weight or an emotional burden," she said.

That was until she put the phrase into the search engines at Eastern Michigan and more than 420,000 research articles on the subject appeared. Today a quick search uncovers 180 million citations.

"I was scrolling through the results and added the search term 'environmental' and that's when I really became alarmed," she said.

The articles mostly referenced the possibility of chemicals in the body causing health problems. Scientists have known for a long time about the impact on people that exposure to certain chemicals have – the impact of mercury, lead and benzene are the most obvious. Think about the phrase "mad



lated exposures are the most well known, but what about the chemicals we use every day to keep our hair in place, to eliminate wrinkles and to make our world smell better?

Do they have an impact on a person's health? That's the question Klement set out to answer when she took a

simple blood and urine test to determine the toxic core effect of chemicals on her body.

She said she was 60 at the time and had been eating only organic food since 1979. Despite her healthy lifestyle she said there were some results that ranged in the highest percentiles.

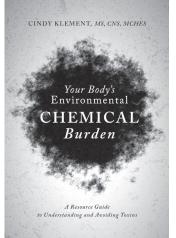
Klement began delving in to the issue more thoroughly reviewing 1,500 research articles in more detail.

The result is a 266-page book filled with ideas, citations, resource guides and websites where readers can take even a deeper dive into the effects of toxic exposure.

For example, readers can research products they have in their own homes or before they buy replacement products on the National Institute of Health website: hpd.nlm.nih.gov.

On the site, you can browse products by category such as pesticides, personal care and arts and crafts. For example a quick search of finger paint shows that "chronic inhalation has resulted in benign pneumoconiosis."

There is also a website (www.ewg. org/skindeep) where consumers can



ucts that are used on the skin such as sunscreen, perfume and makeup.

There are also numerous websites where consumers can download a phone app, which enables them to scan bar codes on products to see where they stand in relation to toxins in the products they use or are thinking about using.

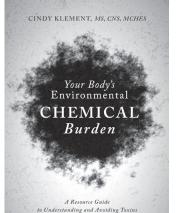
Klement recommends EWG's Healthy Living App which is free and rates more than 120,000 food and personal care products.

app while sitting on the floor of Whole Foods and scanning more than two dozen home cleaning products before she found one that met her requirements.

Klement said she is especially concerned about the millennial generation's exposure to chemicals and their toxic buildup, which could be passed on to any children they may have.

millennials is "they came into the world with toxicants already in their system." "They have to detox before they have

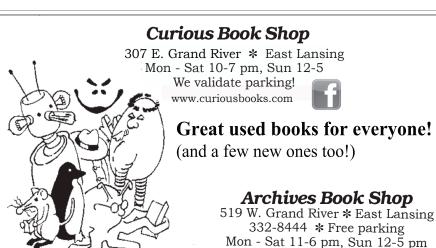
thearchivesbookshop@gmail.com



learn more about the toxicity of prod-

The author remembers using the

She said her reason for focusing on



families," Klement said. Otherwise, the umbilical cord acts as a conduit for chemicals into the baby's blood. Recent research in this area found 287 chemicals in a sample group's umbilical cord blood.

Klement said this toxic buildup, which can be transferred to the child, is contrasted with the baby boomer generation that came into the world with relatively few if any toxicants in their systems.

Klement said she is not afraid to be called a 'quack' for her beliefs.

"I know I will," she said. "I started as an herbalist and was written up as doing witchcraft. There is nothing in the book I can't prove," Klement said.

#### SchulerBooks Your Local & Independent Bookstore **February Author Events** More information may be found on our website and Facebook page **Dr. Randall Jelks** Wednesday, February 20 @ 7pm Join us for an in conversation event featuring this award winning author where he will discuss his most recent work, Faith and Struggle in the Lives of Four African Americans: Ethel Waters. Mary Lou Williams, Eldridge Cleaver, and Muhammad Ali. Dr. Jelks will be available for a signing after the event. Dr. Madeleine Albright Friday, February 8 @ 7:30pm Our sister store, Nicola's Books in Ann Arbor, hosts a conversation with Secretary Albright at the Michigan Theater. Tickets include a signed

paperback copy of Fascism: A Warning. More information at NicolasBooks.com **Children's Story Time** Saturday, February 16 @ 11am

Join us for a story-time on the third Saturday of each month designed to instill a love of reading in little ones. This week super reader Abby Perry reads Unlimited Squirrels and When Sadness is at Your Door.

#### Magic / Key Forge and **Board Game Nights**

Enjoy games and gaming in a casual, friendly environment. All Magic items 20% off for attendees. On Board Game night, bring your own favorite, or play one of ours. Full details on our website

Located in the Meridian Mall 1982 W. Grand River Ave., Okemos SchulerBooks.com



at lansingcitypulse.com. Deadline is 5 p.m. Wednesdays for the following week's issue. Charges may apply for paid events to appear in print. If you need assistance, please call Paul at (517) 999-6704.

#### Wednesday, February 6

#### **CLASSES-AND-SEMINARS**

**Mindfulness Meditation.** From 7 to 9 p.m. Chua Van Hanh Temple, 3015 S. Martin Luther King Jr. Blvd.

MSU Libraries' Game Studies Guild: Literature Discussion. From 6:30 to 8:30 p.m. free MSU Library Digital Scholarship Lab, 2W. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

MSU Libraries' Paper Marbling for Stationary and Wall Art. From 12 to 1:30 p.m. free. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

Photography Class with Ron St. Germain. From 6:30 to 9 p.m. \$60/4-day session. Harris Nature Center, 3998 Van Atta Road Meridian Township. (517) 349-3866.

#### MUSIC

Jazz and Men's Choir sponsored by Lansing Matinee Musicale. From 1 to 2 p.m. Free. Ascension Lutheran Church, 2780 Haslett Road East Lansing.

#### **EVENTS**

Blue The Film Screening . From 6:30 to 8 p.m. General Admission: \$11.50. Celebration! Cinema Lansing, 200 E. Edgewood Blvd. Lansing. (517) 393-7469.

**Brain Injury Association Capital Area Chapter Support Group.** From 6 to 8 p.m. Free. Peckham, Inc, 3510 Capital City Blvd. Lansing. Thursday, February 7

#### CLASSES-AND-SEMINARS

MSU Libraries' Qualtrics Workshop. From 2 to 4 p.m. free MSU Library Red Cedar Instruction Room. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

#### THEATER

Youth Auditions: The Swan Princess and Charlotte's Web. From 6:30 to 8:30 p.m. Downeaster Theatre, 1120 N. Pennsylvania Ave Lansing.

#### EVENTS

Capital Area Audubon Society. From 7 to 9 p.m. FREE. Fenner Nature Center, 2020 E. Mount Hope Ave. Lansing. (517) 483-4224.

MSU Libraries' Therapy Dog Thursdays. From 3 to 4:30 p.m. free. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

#### Friday, February 8

#### **CLASSES-AND-SEMINARS**

**MSU Libraries' Georeferencing in QGIS 3.** From 4 to 5 p.m. free. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

MSU Libraries' Special Collections Pop-Ups. From 11:30 a.m. to 1:30 p.m. free. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

#### MUSIC

**TGIF Dance Party Friday 2/8/19.** From 7 p.m. to 12 a.m. \$15 includes complimentary dance lesson & buffet. Hawk Hollow Banquet Center, 15101 S. Chandler Rd. Bath.

#### THEATER

**Red Carpet Melodies.** At 7 p.m. Show with dessert \$25 adult; \$18 children 12 and under Show only \$20 adult; \$18 students 13-22 and seniors 62 and over; \$13 children 12 and under. Waverly East Intermediate School, 3131 W. Michigan Avenue Lansing, 517-599-2779.

#### Saturday, February 9

#### **CLASSES-AND-SEMINARS**

Old-Time String Band Fiddle Tune Repertoire Week 5, Key of C. From 11:30 a.m. to 1 p.m. \$20. Elderly Instruments, 1100 N. Washington Ave. Lansing. (517) 372-7880.

Seed Starting & Transplanting. From 12 to 2 p.m. suggested \$12. To register: https:// startseed.eventbrite.com 517-999-3913 Hunter Park Community GardenHouse, 1400 block of E. Kalamazoo St. Lansing.

#### **EVENTS**

**2nd Annual Find Love at Henry's.** From 6 to 9 p.m. \$20 for the event. tickets can be purchased on eventbrite's website.. Henry's Place Neighborhood Gastro Sports Bar, 4926 Marsh Road Okemos.

Artisan Fine Chocolate paired with Hand Crafted Artisan Teas. From 2 to 3 p.m. \$25 per person for this experience. Deb's Sereni-TEA Lounge, 115 E. Walker Saint Johns. 989-493-5824.

See Out on the town, Page 25



#### **MID-MICHIGAN WOMEN'S EXPO**

Featuring over 300 exhibits and vendors, the Mid-Michigan Women's Expo will take over the Lansing Center for exclusive goods, artwork, fashion and performances tailored

to

women

of

and families.

There will

be a broad

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painter Martina Hahn will perform Feb. 8. Ashley Gold, star of truTV's popular series Hardcore Pawn, will be a featured vendor Feb. 9. After leaving Hardcore Pawn in 2015, Gold started the online company ashleygold.com where she handmakes jewelry for men and women.

She will take to the main stage at noon and 3 p.m. On Feb. 9 there will be a runway fashion show by international fashion stylist Kev Couture. Graduating from the International Academy of Design and Technology, Couture has dressed celebrities for events like the Grammys, Oscars, Screen Actors Guild Awards and Golden Globes.

There will also be free healthcare screenings and assessments courtesy of McLaren Greater Lansing.

WEDNESDAY FEB. 6 >> OLD TOWN ANNUAL WINTER MIXER PERFORMANCE

The Old Town Commercial Association hosts its annual networking event featuring free food, drinks and a silent auction of Greater Lansing made goods. Both casual and dressy attire are welcome.

6 to 9 p.m., Old Town Marquee, 319 Cesar E. Chavez, Lansing (517) 853-5880 www.iloveoldtown.org



THURSDAY FEB. 7 >> MAX LOCKWOOD ALBUM RELEASE SHOW THEATRE



Described as a '50s beat poet mixed with Tom Petty, Michigan-based artist Max Lockwood will release his self titled album "Max Lockwood" at the Robin Theatre. Singer-songwriter May Erlewine will open.

7 to 8:30 p.m., \$16, The Robin Theatre, 1105 S. Washington Ave., Lansing (989) 878-1810 www.therobintheatre.com 20

#### Free Will Astrology By Rob Brezsny

Aries (March 21-April 19): Climbing mountains has been a popular adventure since the nineteenth century, but there are still many peaks around the world that no one has ever ascended. They include the 24,591-fot-high Muchu Chhish in Pakistan, 23,691-foot Karjiang South in Tibet, and 12,600foot Sauyr Zhotasy on the border of China and Kazakhstan. If there are any Aries mountaineers reading this horoscope who have been dreaming about conquering an unclimbed peak, 2019 will be a great time to do it, and now would be a perfect moment to plan or launch your quest. As for the rest of you Aries, what's your personal equivalent of reaching the top of an unclimbed peak?

Taurus (April 20-May 20): Eminem's song "Lose Yourself" was a featured track in the movie 8 Mile, and it won an Academy Award for Best Original Song in 2003. The creator himself was not present at the Oscar ceremony to accept his award, however. He was so convinced his song would lose that he stayed home. At the moment that presenter Barbra Streisand announced Eminem's triumph, he was asleep in front of the TV with his daughter, who was watching cartoons. In contrast to him, I hope you will be fully available and on the scene for the recognition or acknowledgment that

should be coming your way sometime soon. **Gemini (May 21-June 20)** ):While enjoying its leisure time, the peregrine falcon glides around at 50 miles per hour. But when it's motivated by the desire to eat, it may swoop and dart at a velocity of 220 miles per hour. Amazing! In accordance with your astrological omens, Gemini, I propose that we make the peregrine falcon your spirit creature for the next three weeks. I suspect you will have extraordinary speed and agility and focus whenever you're hunting for exactly what you want. So here's a crucial question: what exactly do you want?

Cancer (June 21-July 22): Now and then the sun shines and rain falls at the same time. The meteorological name for the phenomenon is 'sunshower," but folklore provides other terms. Hawaiians may call it "liquid sunshine" or "ghost rain." Speakers of the Tangkhul language in India imagine it as "the wedding of a human and spirit." Some Russians refer to it as "mushroom rain," since it's thought to encourage the growth of mushrooms. Whatever you might prefer to call it, Cancerian, I suspect that the foreseeable future will bring you delightful paradoxes in a similar vein. And in my opinion, that will be very lucky for you, since you'll be in the right frame of mind and spirit to thrive amidst just such situations.

Leo (July 23-August 22): A study by the Fidelity financial services company revealed that in 43% of all couples, neither partner has an accurate knowledge of how much money the other partner earns. Meanwhile, research by the National Institute of Health concludes that among heterosexual couples, 36 percent of husbands misperceive how frequently their wives have orgasms. I bring this to your attention in order to sharpen your focus on how crucial it is to communicate clearly with your closest allies. I mean, it's rarely a good idea to be ignorant about what's going on with those close to you, but it'll be an especially bad idea during the next six weeks. Virgo (August 23-September 22): Torre Mayor is one of the tallest skyscrapers in Mexico City. When workers finished its construction in 2003, it was one of the world's most earthquakeproof buildings, designed to hold steady during an 8.5-level temblor. Over the course of 2019, Virgo, I'd love to see you erect the metaphorical equivalent of that unshakable structure in your own life. The astrological omens suggest that doing so is quite possible. And the coming weeks will be an excellent time to launch that project or intensify your efforts to manifest it.

Libra (September 23-October 22): Multitalented Libran singer and actor Donald Glover uses the name of Childish Gambino when he performs his music. How did he select that alias? He used

Go to RealAstrology.com to check out Rob Brezsny'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.

an online random name generator created by the rap group Wu-Tang Clan. I tried the same generator and got "Fearless Warlock" as my new moniker. You might want to try it yourself, Libra. The coming weeks will be an excellent time to add layers to your identity and expand your persona and mutate your self-image. The generator is here: tinyurl.com/yournewname. (P.S.: If you don't like the first one you're offered, keep trying until you get one you like.)

Scorpio (October 23-November 21): Leonardo da Vinci's painting Salvator Mundi sold for \$450 million in 2017. Just twelve years earlier, an art collector had bought it for \$10,000. Why did its value increase so extravagantly? Because in 2005, no one was sure it was an authentic da Vinci painting. It was damaged and had been covered with other layers of paint that hid the original image. After extensive efforts at restoration, the truth about it emerged. I foresee the possibility of a comparable, if less dramatic, development in your life during the next ten months, Scorpio. Your work to rehabilitate or renovate an underestimated resource could bring big dividends.

Sagittarius (November 22-December 21): We can behold colors because of specialized cells in our eves called cones. Most of us have three types of cones, but a few rare people have four. This enables them to see far more hues than the rest of us. Are you a tetrachromat, a person with super-vision? Whether you are or not. I suspect you will have extra powerful perceptual capacities in the coming weeks. According to my analysis of the astrological omens, you will be able to see more than you usually do. The world will seem brighter and deeper and more vivid. I urge you to deploy your temporary superpower to maximum advantage.

Capricorn (December 22-January 19): There are two kinds of minor, boring little tasks. One is when you're attending to a detail that's not in service to a higher purpose; the other is when you're attending to a detail that is a crucial step in the process of fulfilling an important goal. An example of the first might be when you try in vain to scour a permanent stain on a part of the kitchen counter that no one ever sees. An example of the second is when you download an update for an existing piece of software so your computer works better and you can raise your efficiency levels as you pursue a pet project. The coming weeks will be an excellent time to keep this distinction in mind as you focus on the minor, boring little tasks that are crucial steps in the process of eventually fulfilling an important goal.

Aquarius (January 20- February 18): Can you sit on your own head? Not many people can. It requires great flexibility. Before comedian Robin Williams was famous, he spontaneously did just that when he auditioned for the role of the extraterrestrial immigrant Mork, the hero of the TV sitcom Mork and Mindy. The casting director was impressed with Williams' odd but amusing gesture, and hired him immediately. If you're presented with an opportunity sometime soon, I encourage you to be inspired by the comedian's ingenuity. What might you do to cinch your audition, to make a splashy first impression, to convince interested parties that you're the right person?

Pisces (February 19-March 20): Twitter wit Notorious Debi Hope advises us, "Before you diagnose yourself with depression or low selfesteem, first make sure that you are not, in fact, just surrounded by assho--s." That's wise counsel for you to keep in mind during the next three weeks. Let me add a few corollaries. First, stave off any temptation you might have to believe that others know what's good for you better than you do. Second, figure out what everyone thinks of you and aggressively liberate yourself from their opinions. Third, if anyone even hints at not giving you the respect you deserve, banish them for at least three weeks.

Jonesin' Crossword By Matt Jones "Most Generous"--great things that share initials. 15 Matt Jones Across1 Nevertheless 18 19 4 Bosc center 21 23 8 Augments 14 Gold, to CortÈs 15 "Let me sleep \_\_\_\_ 30 16 Round figure? 17 "Elementary" star Lucy 35 34 36 18 Fictitious nursery rhyme writer 's razor (logical 42 43 46 principle) 22 Tappan Bridge (span demolished in January 2019) 50 23 Mice, to owls 24 Snug as ... 26 Haphazard 62 63 65 29 I it 68 32 Handled farm tool 33 They're unnamed until the end, on some game shows 37 Reddit Q&A feature 68 "Your point being ...?" 13 Follows directions 45 King Minos' daughter who aided Theseus 38 Bored response 69 Assents 19 Ultra-wide shoe width 46 Gear parts 39 "Fight Club" chemical 21 Kind of 70 Fully satisfy 49 Full of fruit, like some 42 Thanks, to Tom·s 71 "Woohoo!" 25 Gina of "Cocktail" and doughnuts 47 Prefix for liberal or 'Showgirls' Down 50 Swirly marble conservative 27 Make happy 1 "Seize the day" acronym 48 Aptly titled 1999 debut 51 Towelettes 28 Pugilist's stats 2 Clapton or Idle album (and genre) for 52 Moray, e.g. 29 "You may say \_\_\_\_ Fiffel 65 3 Cereal mascot since 53 Q-Tip ends dreamer 1963 49 Mandibles 30 Place with 57 Pound of poetry 4 Get to work? 54 Wolf's intended memberships books 5 "Starpeace" musician victims, in a story 31 "Electra Woman and 59 Actress Meyer Yoko 55 Currency exchange Girl" ('70s series) 60 "Toy Story" boy 6 Nabisco brand 34 Stop-and-\_\_\_ (some 62 Laredo-to-Galveston 56 Female sheep 7 Air beyond the clouds landings) dir. 8 Condensed, as a 58 Carne 35 Push for 63 Pedal next to the pocket dict. 61 Like some doughnuts 36 Escapes brake 9 NYC's 65 Earn the crown 40 NBA legend Ming Hammarskj^ld Plaza 64 Take in 41 Ability that may be just 66 Active volcano in 10 Bit of rain Sicily lucky guessing 11 Brick-and-mortar 67 Regular breakfast 43 Opens, as a lock operation choice

**Answers Page 25** 

Advanced

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12 Stuns, in a way

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#### **TO PLAY**

44 Senior suit

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

Answers on page 25

February 6 - 12, 2019

www.lansingcitypulse.com



and international folk legends, the concert series also showcases up-and-coming folkies - performers genuinely carrying on the traditions of the rootsy genre. Sunday, Newfoundland-based musician Matthew Byrne performs an intimate set at The Robin Theatre in REO Town. Byrne is an emerging singer-songwriter, guitarist and storyteller. His mellow yet powerful vocal delivery is accented by his polished acoustic-guitar skills. Back in 2005, Byrne co-founded The Dardanelles, an award winning Canadian-based folk group.

By 2010, Byrne released "Ballads," his debut solo LP. Other soothing-folk solo records followed, including 2014's "Hearts & Heroes" and 2017's "Horizon Lines" LP. His love of music dates back to his childhood, when his musicloving parents shared obscure traditional songs with him. It sparked an interest in him that never waned.



PAUL@LANSINGCITYPULSE.COM

least not officially," Byrne says. "And I'm not a purist. I've pored over the nuances of the pub standards as much as the obscure murder balladry. What attracts me to a traditional song is the right combination of melody and language, both of which have always fascinated me."

With a catalog of albums under his belt, Byrne has earned praise from critics across his home turf of Canada. He also nabbed the 2018 "Traditional Recording of the Year" award at the Canadian Folk Music Awards. Meanwhile, Tom Power of CBC Music said: "His reverence and respect for his material, along with his unabashed exploration of new songs and his staggeringly beautiful voice, makes for the rarest and most vital type of folk performer."

Advance tickets for this Sunday "Fiddle" show are available at tenpoundfiddle.org.

2005 E. Michigan Ave., Lansing. 21+, 9: 30 p.m.

The Green Door remains one of Lansing's busiest music venues, offering up live music six nights a week. The stage is host to a variety of danceable genres, most often high-energy blues, R&B, funk and classic rock bands - plus a nice assortment of local '80s cover bands. This month, the full-service bar and grill features Starfarm, the Scratch Pilots, Avon Bomb, and the Rotations, just to name a few. Another upbeat Green Door show, happening Saturday, is Frog & the Beeftones.

Since its formation in 1985, the bluesy-rock outfit has played countless shows at venues across the region — often playing over 100 shows each year. Headed by bandleader S. J. Forgey, a Lansing-based guitar virtuoso and seasoned vocalist, the band has not only frequented area clubs, but has also warmed up stages for the likes of Molly Hatchet, Mitch Ryder, Edgar Winter, and Blue Oyster, to only name a few. In February 2011, the band was featured on WKAR's "Backstage Pass" television program, which showcased the band in top form on sizzling tracks likes "Satisfy My Soul," "Tell Mama," and the classic "Unchain My Heart."

Forgey's local guitar-hero status in the Michigan music scene has earned him comparisons to six-string icons like Stevie Ray Vaughan, Gary Moore and Steve Vai. For those who appreciate precise, yet soulful, blues-rock, Frog & the Beeftones deliver the goods.

DESTINATION	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Avenue Café, 2021 E. Michigan Ave.		Outside In DJs 9PM	Scary Women 9PM	Tease-A-Gogo 9PM
Buddies, 1937 W Grand River Ave		Karaoke, 9PM		
Crunchy's, 254 W. Grand River Ave.	Johnny Aimcrier 8PM	Karaoke, 9PM	Karaoke, 9PM	Jerry Sprague
Claddagh, 2900 Towne Center Blvd.		Big Bang Theory Trivia, 7:30		
Classic Pub & Grill, 16219 Old US 27	DJ Trivia	Joe Wright	Handsome Pete 8PM	DBL Jack
Coach's, 6201 Bishop Road	DJ Trivia			Allie Garland w/ Awesome Sauce 9PM
Esquire, 1250 Turner St.	Karaoke, 9 p.m.			
The Exchange, 314 E. Michigan Ave.	Good Cookies Band	Jeff Shoup & Friends	Smooth Daddy	Smooth Daddy
Green Door, 2005 E. Michigan Ave.	"Johnny D" Blues Night	Karaoke	Avon Bom	Frog and the Beeftones
Lansing Brewing Co., 518 E. Shiawassee	Trivia Night W/Sporcle 9PM		Chris Canas 8PM	Be Kind Rewind 8PM
The Loft, 414 E. Michigan Ave.			Homegrown Throwdown 6:30PM	
Macs Bar, 2700 E. Michigan Ave.	Remember Sports 7PM	Break Out SZN Feat. Kelsey Lynn 8PM	Bitter Sometimes 8PM	
Nuthouse, 420 E Michigan Ave.		Music Bingo 7PM		
Reno's East, 1310 Abbot Rd.		The New Rule 7PM	The New Rule 7PM	

## **The Hive**

#### **Bv DENNIS BURCK**

Above the hubbub of Streetkitchen, The Hive is Lansing's first shared workspace. It features 43 units, a stylized common lobby, state of the art video conferencing rooms, a barbershop and a small gym.

The aesthetic avoids drab grev office vibes with colorful retro '60s style furniture, modern light fixtures and local art. Organizations like LightSpeed Communications and The Lansing Promise now call it home.

"These types of entities typically don't have the energy and desire to deck out a workspace perfect for them," said Jeff Deehan, property owner and Dymaxion Development CEO. "It is unlikely a small growth stage company is going to spend a bunch of energy and time picking the right looking rugs when their goal is to grow their business."

Furthermore, signing complicated leases can be quite daunting and confusing, Deehan said.

"It is very rarely correctly sized to an operation and is always someone renting too much or too little space for what

The Hive Hours vary by business 2722 E. Michigan Ave., Lansing www.facebook.com/ hiveleasing

they're actually doing."

The Hive addresses this by creating a modular network with shared amenities so each operation can be nimble, he added.

The idea came from the question: What is the ideal work environment?

"We were imagining what we would want ourselves with our family of companies and started building exactly what we wanted," Deehan said. "This attracted some other entities to what we were doing because they wanted the same thing."

The stylization continues to the outside of the building with a gargantuan mural of a bee hive on the rear of the building by local artist Andy Drier of Enden Arts. Drier also has a few bee related 3D vector wood laser cuts hanging up indoors.

The name came from an inside joke

Out on the town

#### from page 22

Moonlight Ski and Shoe. From 6 to 9 p.m. \$10/person with our equipment or \$3/person with your own equipment. Harris Nature Center, 3998 Van Atta Road Meridian Township. (517) 349-3866.

Second Saturday Supper. From 5 to 6 p.m. \$9 (children \$5). Mayflower Congregational Church, 2901 W Mount Hope Ave. Lansing. (517) 484-3139

#### Sunday, February 10

#### **CLASSES-AND-SEMINARS**

Juggling. From 2 to 4 p.m. FREE. Orchard Street Pumphouse, 368 Orchard St. East Lansing.

The Brothers Yares: From the Mid-Atlantic to the Middle East, a One of a Kind Pairing of Jewish Troubadours. From 7 to 8:30 p.m. Free to the public. Kellogg Center Auditorium.. Kellogg Conference Center, 55 S. Harrison Road East Lansing.

#### HOLIDAYS

FREE Family Series: Heartwarming Harp. From 3 to 4:30 p.m. free. CADL Downtown Lansing Library, 401 S. Capitol Ave. Lansing (517) 367-6300.

#### MUSIC

Ten Pound Fiddle: Matthew Byrne - Sunday Concert. From 7 to 9:30 p.m. \$18 Public; \$15 Fiddle Members; \$5 Students. Available online or at the box office at 6:00 PM. http://www. tenpoundfiddle.org/event/matthew-byrne-sundayconcert/. Robin Theater, 1105 S Washington Ave, Lansing, MI 48910 Lansing. 989-878-1810.



Artist Andy Drier of Enden Arts painted the mural on the backside of the building housing The Hive shared workspace.

between real estate developers.

"Our work process in real estate development and property management is we spend a lot of time running around the city dealing with problems and trying to figure things out," Deehan said.

"It was like we were bees running around the city to bring back honey to the hive."

#### **Tuesday, February 12 CLASSES-AND-SEMINARS**

**Google Seminar: Sharing Your Story** Through Online Video. From 2 to 3 p.m. Free! To Register Call: (517) 483-1921. Small Business Development Center, LCC, 309 N. Washington Sq. Suite 110 Lansing

MSU Libraries' Knit In Tuesdays. From 12 to 1 p.m. free. MSU Library, 366 W. Circle Drive

MSU Libraries' The Hallowed Grounds: **Race, Slavery, and Memory.** From 4 to 5:30 p.m. free. MSU Library, 366 W. Circle Drive East Lansing. (517) 353-8700.

CROSSWORD SOLUTION From Pg. 23 CORE ADDSTC ORO В ARTA THERGOOSE ZEE OCCAIM PREY RECKLESS Albiuigi NITED HOE STERYGUESTS MUCHASGRACIA NEO JAWBONESPIGS A G I O E E W E A S A D M A P L E G L A Z E O W I M T E T N A Y E S S E S BRA ISIAIT

The strategy of synergy between businesses is no longer relegated to the Dymaxion drawing board.

"It's only been a month but I've seen the lobby on several nights a week turn into a little mixer area for all kinds of people doing all kinds of things," Deehan said. "It is fun to sit out there and work rather than being stuck in an office."

#### LITERATURE-AND-POETRY

Book Discussion - League of Women Voters of Lansing Area. From 10 to 11:30 a.m. Free. Grand Traverse Pie, 1403 E. Grand River Ave. East Lansing. (517) 203-3304.

Preschool Storytime. From 11 a.m. to noon Grand Ledge Area District Library, 131 E Jefferson St. Grand Ledge.

#### **EVENTS**

Henry's Place Bailey's & Dessert Pairing. From 6 to 8 p.m. \$15 per person. Does not include tax or gratuity. . Henry's Place Neighborhood Gastro Sports Bar, 4926 Marsh Road Okemos.

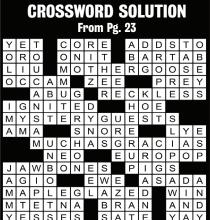
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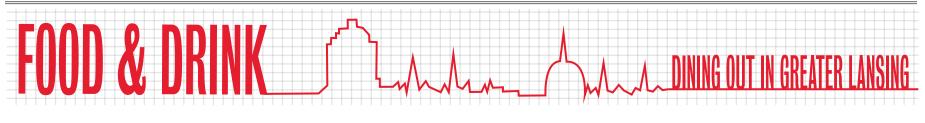
FRIDAY FEB. 8 >> JANICE HIRONAKA EXHIBITION AND OPENING RECEPTION

Multicolor opaque, transparent and iridized glass creations will adorn the walls of the Arts Council of Greater Lansing for the "Glass Shapes and Sounds" opening reception. Featured artist Janice Hironaka strives to impart "kinetic balance" with her work. 5 to 7 p.m., Arts Council of Greater Lansing, 208 Turner St., Lansing (517) 372-4636 www.lansingarts.org



East Lansing. (517) 353-8700.





## Streetkitchen to expand as The People's Kitchen in March

#### **By DENNIS BURCK**

It started out as a simple idea to activate an unused office building in Lansing — park a food truck right beside it.

In 2017, Zane Vicknair left his popular Golden Harvest digs to open the

**Streetkitchen** 2722 E. Michigan Ave Lansing, MI 48912 Tuesday - Friday 11 a.m. to 8 p.m. Saturday 9 a.m. to 2 p.m. (517) 507-5730 www.eatpeoples.com Streetkitchen food truck with a handful of employees. The group braved the inclement weather, sometimes dealing with freezing temperatures below the

counter and sweltering temperatures from the stovetops and grills above.

Bit by bit, Vicknair progressed. He started moving a few picnic tables inside the building. Then came a cooler, a service counter and lights. Soon, Vicknair began marking with blue tape the layout of the new restaurant.

"Taking a blighted abandoned building sitting on a corner and bringing it up organically came out of necessity," Vicknair said. "When cold weather came, we had to find a way to shelter the people who were waiting for the food we were making. Putting picnic tables in really activated the space."

Jeff Deehan, Dymaxion Development CEO and Streetkitchen's principal investor, called it an exercise of "tactical urbanism," where one small bustling development takes over a larger space.

"We organically allowed it to come alive and tell us what it wanted to be," Deehan said. "The final product is significantly different than what our original idea was, but that was the intention from the beginning."

Now, with expansion on the horizon, Vicknair's team will leave the confines of the food truck to work indoors for the first time this March. He'll have a brand-new, shiny kitchen with a hell of a lot more space than the 24 inches of clearance from counter to counter they were used to.

The new restaurant, like the food truck it will replace, will expand incrementally starting with adding a breakfast menu. Pending this success, The People's Kitchen will add a liquor



license and a dinner service. When the space is complete, Vicknair estimates the staff will have grown to around 40 employees.

"Right now, our menu is limited by the space, storage and equipment of a food truck," Vicknair said. "We are no stranger to working in minute postage stamp mini restaurants, but to have a kitchen that's bigger than the rest of the old restaurant is completely exciting to us."

The new name comes from a personal place in the head chef's past living as a homeless youth in search of food, as well as a relic of Lansing's history.

"When I was in California, there was a soup kitchen attached to a farm I went to that was called The People's Kitchen. It was one of the first times I saw people care about what they were making to take care of other people," Vicknair said.

Being a patron opened up Vicknair's mind to the importance of quality food availability.

It followed him to Lansing as Streetkitchen hosts the nonprofit Punks



with Lunch every Saturday during the brunch special. The group provides food and other necessities for people in need in the Lansing community.

Vicknair also said there used to be a place called The People's Restaurant next to Clara's on Michigan Avenue, which further cemented the name for him.

"I've never eaten there or been there, but it spoke to my heart as far as paying homage to the restaurants and communities that have been here before us."

Most importantly, The People's Kitchen menu options will be reflective

Dennis Burck/City Pulse

Head chef and owner of The People's Kitchen Zane Vicknair stands with co-worker Lissa Blon-Jacot in their new kitchen.

of the people it serves, Vicknair said.

"We want to make sure that we have a little something for everyone — even if it is a \$5 bowl of beans and rice to playing with molecular gastronomy."

Vicknair said after the restaurant opens, the food truck will still be active in some capacity. Prospective plans include a vegan food truck.

"This is an opportunity for us to build it from the ground up and be involved in every aspect from design to execution," Vicknair said. "You never get a chance to build a dream like this. Bring on any challenges because we're ready."

## The underappreciated spoils of Portuguese wine

#### **By JUSTIN KING**

Portugal's food and wine culture is fascinating and allows for seemingly endless adventures for your taste buds. Unfortunately, we just don't see a lot of it



around town. Wine shelves are reasonably void of wines from Spain's western neighbor, with the exception of the largely sweet category of Port wines and a few

mass-produced innocuous wines made from the region of Vinho Verde, or "green wine" — think youth and freshness, not wine literally colored green.

And, thankfully, those two categories are known by reasonably simple names.

The common grapes of Portugal are mostly obscure and occasionally difficult to pronounce. But there's an ocean of wine to discover from everywhere else in this gorgeous country.

Popular red grapes include touriga franca, touriga nacional, tinta roriz — also known as tempranillo, which is widely-planted in Spain — tinta barrocca and tinto cão. Popular white grapes include arinto, alvarinho, loureiro and verdelho. How often do you see any of those words on labels available for purchase? They certainly can be a tough sell, when we're so used to household names like chardonnay, riesling, pinot noir, cabernet sauvignon and merlot. The good news is that the unknown can taste pretty damn delicious.

The really good news is that sometimes, because a wine is relatively unknown, it goes to market at a wonderful price. If you haven't received your tax refund yet, well, values sound even more important.

Nortico alvarinho might be the best white wine I've had under \$20 retail in the past year. At roughly \$17, this beauty is a dream for those who like chardonnay from Chablis, France or gruner veltliner from Austria. It's a pretty wine, but it's not jammed up with gobs of fruit. It literally smells like fresh daisies and tastes like green melon.

Alvarinho is better known up north in Galicia, Spain as albarino. Truth be told, the grape's origins are in Portugal, from the northeastern part of the country. Either way, the history of this grape is long, and one bonkers fact is that there still exists alvarinho vines that are more than 200 years old.

A small-production bottling from the avessa grape is a white wine with more body and volume, at about \$18. Made

#### See Wine, Page 28



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## Wine

#### from page 27

by Covela, from the region of Vinho Verde, this avessa is packed with flavors of apricots and peaches, with a little of those spring-like florals we so appreciate after the winter goes away. If you dig on Oregon or Michigan pinot gris, this could be a neat bottle to check out.

Casal do Coelheira makes some killer red wine from the region of Alentejo, northeast of Lisbon. Their 2013 red wine

The only American owned &

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I've had hundreds of wines twice the

price that don't deliver like this. Now, I

don't know if I'd enjoy this wine with-

out food — it's not as "polished" as most

wines you find on corporate store shelves.

But throw a hunk of meat down and I'm

game. It's made of the grapes touriga

nacional, alicante bouchet and touriga

franca. So, yes, it's easier to just call it

Quinto do Pinto's "Vinhas do Lasso"

2011 bottling is another surprising deal

about \$15. Three grape variety in this one

as well: aragonez, touriga nacional, and

"red."

this is a gimme.

Sure, these wines are barely out there. This is a great chance for wine lovers to talk to their favorite local, independent wine shop and ask to bring in a couple of bottles. If they don't know where to find it, I'm happy to help. It's as simple as telling them which distributor it comes from.

Justin King is an Advanced Sommelier through the Court of Master Sommeliers, and was named 2017 Wine & Spirits Magazine "Best New Sommelier." He is the owner of Bridge Street Social, a wine and cocktails-focused restaurant

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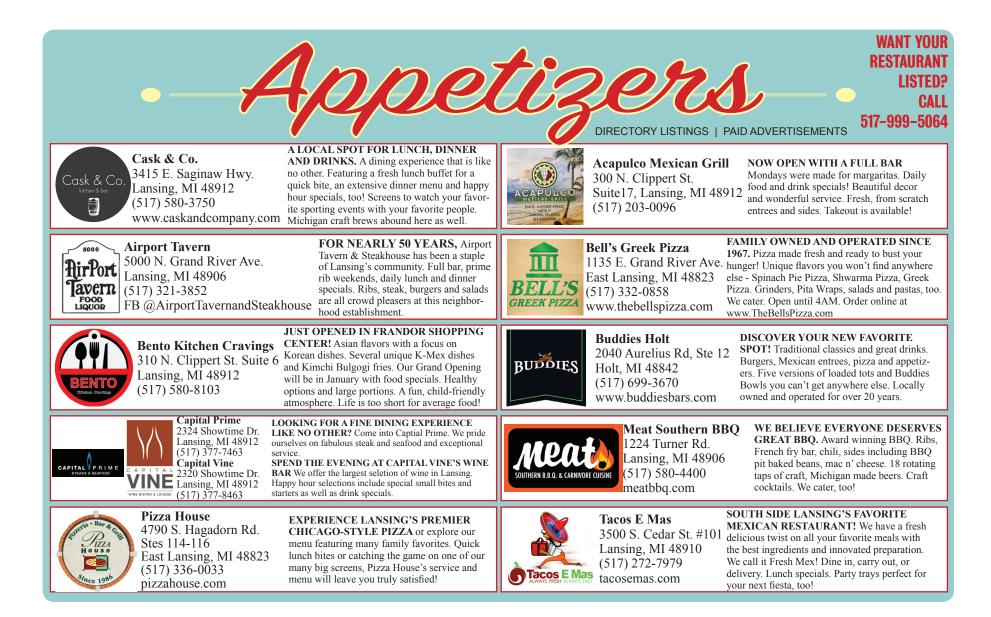


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#### **JEWELRY Quality Time**

Many people don't know how we got our standard of time. Before 1883, cities and regions all set their own time according to the sun. There would be a sundial or a church steeple with which townsfolk would measure the passing of the hours. Back then, midday was when the sun was at its

highest in the sky relative to wherever you were. Not until the popularity of train travel (and with it, using trains to ship goods) did it become imperative for our time to be standardized. Trains leaving at "local times" had the tendency to run into each other, causing loss of lives and freight. The U.S. finally accepted standardized time in 1918, but Detroit was the last major city to convert in 1927. Valentine's Day is just around the corner. Give your loved one the gift of a quality timepiece from our collection at Linn & Owen. An heirloom clock to mark the years past and future to be spent together makes a wonderful gift, as well.





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#### MEDICAL **Discover the Therapeutic Effects of CBD Oil**

• Chronic Pain - Early research has shown promising results for the use of CBD oil to relieve chronic pain. Studies have indicated this oil might have the potential to help arthritis patients.

• CBD oil alleviates cancer symptoms - CBD is found to be highly effective when fighting cancer related pain, nausea and vomiting caused by chemotherapy.

• Helps with substance abuse recoveries - CBD interestingly counteracts the psychoactive properties of THC, making it an excellent tool against marijuana addiction. In similar studies, addiction of substances like alcohol, tobacco and heroin could also be addressed with its help.

• CBD oil can reduce anxiety and depression - CBD has the ability to activate the brain receptors for serotonin, the neurotransmitter responsible for regulating our mood, appetite and sleep. • Reduces seizures in Epilepsy - Most of the CBD research to date has studied its seizure reducing properties on two rare kinds of childhood-onset epilepsy. In fact, the FDA just approved the first prescription cannabis drug, called Epidiolex, for these two forms of epilepsy.

 Anti-psychotic properties – Other research on CBD has focused on its anti-psychotic properties in helping patients with Parkinson's disease and schizophrenia.

Please contact your nearest Central Pharmacy location for more information and availability about our CBD oil products.



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#### **GIFTS** The Legend of Stormy Kromer

Handcrafted in the USA since 1903, these hats have certainly made a mark in our gallery. Starting with a few hooks of the original, we now have an entire wall dedicated to a variety of different colors for both men and women.

After he repeatedly lost his cap on a locomotive, railroad engineer George "Stormy" Kromer asked his wife, Ida to stitch a new-fashioned baseball cap with a higher crown, a pull-down ear band and a cloth visor to keep it snug. Of course, his fellow engineers at the locomotive couldn't get enough of Ida's new custom-made hat and her sewing machine started to sing. Once the caps were popular, it was too much for the small factory at Kaukauna, Wisconsin, to handle, Ida eventually moved the factory to Milwaukee. George passed away in 1965, leaving the company behind. But heading into the 21st century, word got out that the hat makers were closing the doors on the factory. Bob Jacquart then made a call to Milwaukee and relaunched Stormy Kromer from Ironwood, Michigan. Please visit Absolute Gallery in Old Town for our Stormy Kromer collection and other unique gifts.









#### (517) 482-8845

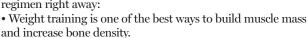
307 E César E. Chávez Ave Lansing, MI 48906 absolutegallerv.net

#### **MEDICAL**

www.lansingcitypulse.com

#### Focus Your Exercise Regimen on Weightlifting

Leading a healthy lifestyle has proven to not only combat illnesses but also prevent diseases. The pivotal part of this lifestyle is finding a form of exercise you can enjoy and to keep at it consistently. Weightlifting, is exciting and challenging for anyone used to only cardio and aerobic training. Here are four reasons weight training should be a part of your workout regimen right away:



• Resistance training can improve insulin sensitivity as well;

your blood sugar level may not be elevated if you develop more muscle, making it a great tool for managing diabetes. · A weight training program for an hour per week has proven

to positively impact the health of your heart. • Burn calories even when you rest: Muscle is metabolically

active, which means the more muscles you have, the more calories you will burn throughout the day.

I am accepting patients and would love to assist with a customized weight training plan to lead a healthy life.

#### **PLASTIC SURGERY** 6 Common Skin Care Myths

1. Antibacterial soap for your skin to keep looking clean - The antibacterial variety strips the natural moisture of skin, making it look dull.

2. You don't need to apply sunscreen on cloudy days - Cloudy or rainy, ultra violet rays have the potential to penetrate clouds. You need to apply sunscreen every day of the year, no

excuses! 3. Toothpaste to zap a zit! - Toothpaste can actually burn your skin. Additionally, most drugstore brand toothpaste contains sodium laurel sulfate which is a known pore-clogger.

4. Popping a zit will make it go away faster - It actually

spreads the bacteria and will take longer to get rid of blemishes.

5. Younger people do not need anti-aging products - Starting an anti-aging regimen in your 20s can delay the signs of aging. The earlier you start using them, the longer you keep your skin looking young.

6. Foundation with SPF can replace sunscreen - A sunscreen protects against UVA and UVB rays effectively. It would take seven times the normal amount of foundation to get the desired amount of SPF.



**Rick Smith MD** 

#### (517) 908-3040

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